

The Stonehenge Australia Reiki Treatments and Training are Unique to Deborah Lang from Stonehenge Australia Massage Kits.



The Reiki Symbols

Reiki symbols are sacred healing symbols which enhance the flow of Life Force Energy. They are like keys that open doors to higher levels of awareness and manifestation.

Reiki symbols are Sanskrit-derived Japanese forms. Sanskrit is the mother-tongue of all other languages. It is the language of the Vedas, the oldest writings known to man. The Vedas say that Sanskrit is the language of the spirit world.

Reiki symbols are shown to the student prior to being attuned, and an imprinting takes place that links the image they are shown to the metaphysical energies the symbol represents. Then the Reiki attunement actually empowers the symbols so that they fulfill their intended purpose. This process has been created by a Divine covenant or sacred agreement between the Creator and those who have been attuned.

The symbols have their own consciousness, and it is possible to meditate on them and receive guidance on how to use them directly from the symbols themselves.

Cho Ku Rei



This is the Power Symbol. Reiki Energy will flow without it, but when you use it, it is believed that the energy increases significantly. It would be as if you had changed the bulb in a lamp from 50 watts to 500 watts. Use at the beginning of the healing session, and at any other time that additional power is needed. It is geared specifically for healing within the physical body.

Sei He Ki

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This symbol is used for mental and emotional healing, protection, purification, clearing and balancing. It works with the cause of the disease, which is often hidden in the subconscious mind (the emotional body) and/or the conscious mind (the mental body). When the body manifests dis-ease, it is often attempting to deliver a message that there is something that needs tending, that needs attention within the mental or emotional patterns we carry. The mental and emotional healing symbol balances the right and left brain.

This symbol:

Is especially helpful for healing relationship problems and the issues that stem from them.

Is used for any sort of emotional or mental distress such as nervousness, fear, depression, anger, sadness, etc.

Can enhance one's memory, as it connects with the

subconscious mind, where all memories are stored.

Can be used to enhance the effectiveness of affirmations, causing them to enter more deeply into the subconscious and manifest the results you desire more quickly.

Is used to purify food or water, or to clear a room of negative energy, followed by the power symbol.

If, during a treatment, a person begins an emotional release, use this symbol to assist in drawing it out and clearing it.

Hon Sha Ze Sho Nen



This symbol transmits Reiki energy across time and space. Using this symbol you can send Reiki across the room, across town, to other parts of the country or anywhere in the world. Distance is no barrier. You can also use this symbol to bridge time. You can send Reiki into the "future," where it will store up like a battery, to access at the time you or others will be needing it. Likewise, you can send Reiki into the "past," to heal issues from earlier in this lifetime, or to past life issues that affect you or others now.

The essential message of the symbol is "The Buddha in me greets the Buddha in you." (Another word for Buddha is "The Awakened Heart.") And so when you use this symbol you are saying "The Awakened Heart in me greets the Awakened Heart in You." And when that connection is

declared and honored through your hearts, you and the recipient are in a state of Divine Union, and Reiki can be shared regardless of the physical distance between you.

This symbol connects to the Akashic Records, the life records of each soul, and so it can be used to heal karmic patterns or tendencies that have manifested as dis-ease in the body or that have resulted in mental or emotional pain or distress.

Dai Ko Myo

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Traditional Master Symbol



Contemporary Master Symbol

This is the Master Symbol. It's essence is the Light of the Buddha, the Light of the Awakened Heart. It signifies expanded wisdom and clairvoyance.

This symbol is used for the healing of the soul--the level of the blueprint from which the physical body is derived.

Reiki: Healing Touch

The simplest translation of the Japanese word Reiki (pronounced Ray-key) is Universal Life Energy--that energy that enlivens and animates matter. It is boundless, transformational and knows no denomination. The practice of Reiki focuses this energy and directs it through the hands of the practitioner. The concentrated flow of this energy accelerates the healing and balancing of body, mind and spirit.

Reiki is not a spiritual belief system and in no way contradicts any individual religious beliefs. It is instead, a simple and gentle transfer of energy that accelerates the body's ability to heal physical and emotional disorders. Reiki energy also opens the mind and spirit to the causes of disease and pain, the necessity for taking responsibility for one's life and the joys of balanced wellness.

Healing methods involving the use of subtle energy have existed throughout time. Historically, the knowledge of this healing was carefully guarded and preserved. It was often passed on by oral tradition to those chosen for their purity of motive and integrity of spirit.

The gift of healing by the laying on of hands was rediscovered in the 1800's by Dr. Mikao Usui. Dr. Usui was a Christian minister in Japan. He devoted many years of his life to discovering how Jesus, Buddha and their disciples were able to offer healing with their hands.

Dr. Usui searched for years through Christian scriptures and Buddhist sutras. He learned several languages in the process. At last he found the knowledge he sought in a Sanskrit sutra written by a disciple of Buddha 2500 years ago. He gave it the name Reiki. The word REIKI embodies the concept of the transformation that occurs when the REI or universal boundlessness of energy meets the KI or vital energy flowing through all living things.

The Usui System of Natural Healing is also known as Usui Shiki Ryoho. A translation of that is "the understanding of healing both transcendental and physical".

Reiki is not just a healing modality, but a way of life. To help his followers to live in integrity with this energy, Dr. Usui shared some simple truths.



The Principles of Reiki

Just for today
do not worry-
Just for today
do not anger-
Honor your parents,
teachers and elders-
Earn your living
honestly-
Show gratitude to
every living thing.

In the years since Dr. Usui three people have held the position of steward to the Usui healing system in the world, making certain that the clarity, simplicity and integrity of Reiki remained unchanged. Dr. Chugiro Hayashi willingly took over this responsibility after Dr. Usui's death. As Dr. Hayashi's life came to a close, he charged Hawayo Takata with keeping the essence of his teachings intact.

Mrs. Takata lived, practiced and taught Reiki for over 40 years. She died in 1980 leaving the stewardship of Reiki in the hands and heart of her granddaughter, Phyllis Furumoto. Phyllis' guidance is felt and appreciated by hundreds of Reiki Masters and practitioners in the world. Her life is dedicated to living and teaching Reiki and to guiding

and supporting others. Through these people the purity and essence of Reiki have been maintained.

The ancient Reiki Initiations open the door to grace and a deepening connection with both self and spirit. They offer the gift of light. Reiki is like a powerful light that fills each person illuminating and transforming the darkness within. It has the simplicity of greatest truth. It is an energy of magic and mystery--so powerful it inspires awe and so gentle it feels like unconditional love.

The energy of Reiki accepts people where they are and moves them toward their highest good. The ability to be present with every level of life grows with Reiki. It empowers by bolstering our strengths and gives support while moving through pain and fear.

Reiki is an intelligent energy that knows where to go in the body and just how much energy is required. Trusting in Reiki takes away the fear of human error. The energy of Reiki supports the highest good of both individual and situation. Reiki supports both allopathic and holistic treatments.

A Reiki treatment is generally experienced as gentle, relaxing and meditative. People often feel peaceful, secure, loved and warm. Emotions are sometimes touched and released. Since Reiki works where and how it is needed, experiences differ.

During a Reiki treatment the receiver lies or sits in a comfortable position. There is no need to disrobe as this energy moves through clothing and even casts. A complete treatment lasts for an hour to an hour and one half. During this time the Reiki practitioner allows his or her hands to rest gently for three to five minutes or more in each of a number of positions corresponding to the major organs, chakras and endocrine glands of the body. The receiver need only relax and receive.

Reiki is a simple and natural way to offer universal life energy to yourself or another. It is also a powerful way to support plants and animals. Any one can learn Reiki with no prerequisite other than willingness, openness and the desire to learn. The original tradition of Reiki recognizes three degrees--each exponentially more powerful.

1st Degree Reiki is often taught in a weekend class and may also be done individually. The class includes four attunements which empower the natural healing channels within to awaken. Students learn to use Reiki for simple and powerful self-healing and to give complete treatments to others. Many find the Initiation process of connecting to Reiki to be one of the deepest and most moving experiences of their lives. Connecting with Reiki in this way often brings about transformation, increases intuition and accelerates personal growth. The energy moves into a person's life supporting all they are and all they do.

First Degree Reiki creates a changing, a shifting inside an individual, as he or she adjusts to the finer, brighter energy of Reiki. This shift goes to a cellular level. For some the shifting feels dramatic, for others, gentle and natural.

2nd Degree Reiki means going deeper, with Reiki and with yourself. The timing is individual, for some a few months, for others--years. It is important to honor the time necessary to complete the shifting from 1st Degree. The class involves the sharing of ancient symbols for invoking more energy, for deep mental healing and for healing through time and space. This level of Reiki often brings about profound shifts in a person's life and awareness.

Reiki Master is the third level of Reiki. To be a Master involves a life-long commitment to grow and learn--to teach and facilitate healing. The process is very individual and very deep--often taking years in process. A Reiki Master is able to initiate and open up the healing channels in others. Most Masters commit their lives to service.

Not many years ago all Reiki Masters stewarded the Usui System of Natural Healing. A person connecting with any Master would be assured of connecting with the energy through the same powerful ceremonies of Initiation used by Dr. Usui. This particular ritual, passed on painstakingly and exactly, provides the actual connection to the energy. In a Reiki class the simple truths were passed on without embellishment, in the classic oral tradition.

Today there are many expressions of Reiki in the world. Leaders of these different systems have added their own feelings, thoughts, visions and ceremonies much as religious leaders through time have created many denominations. The form and content of both classes and Initiation

ceremonies differ greatly as do the price structure and the amount of instruction received. The degree of connection, commitment and integrity of the teaching Masters varies as well. All have in common the use of touch for the purpose of transmitting healing energy.

While this offers more choice, it can be quite confusing. Each person exploring Reiki is encouraged to examine the different systems of Reiki and find the one that is the best fit for them. Meet Masters with different backgrounds. Many Reiki Masters offer free introductions. Any should be willing to talk with you and answer your questions.


Look beyond a convenient date or location and an inexpensive price. Seek to be sure that the Master's level of truth and integrity in their work and life can support you in your own connection, transformation and growth. Ask if that Master offers ongoing support after the class. Honor your own inner sense of rightness and connection and let that be a deciding factor as you choose your teacher. Take your time, be clear and certain of your choice.

The Reiki Alliance is a global organization of Masters of the Usui System of Natural Healing. The purposes of The Reiki Alliance are to honor Reiki, to serve as steward of the Usui System of Natural Healing and to provide support and community for its Masters. Alliance members realize that their training and learning continue after being initiated as Masters. Growth proceeds through: teaching classes, giving treatments, attending workshops and training sessions, private inner work, spiritual disciplines and the willingness to continuously open themselves to life. The prices charged by Alliance Masters for classes are standardized worldwide and have remained the same for nearly 40 years.



1992 Sheila King - Reiki Master

Ancient Wisdom – Quantum Healing



Reiki was brought forward for us 150 years ago. Dr Mikao Usui rediscovered ancient secrets of energy healing in Tibet and named it Reiki. This ancient form of healing was written about by a disciple of the Buddha over 2500 years ago and hidden away in Tibet for safekeeping.

In "The Isaiah Effect" Gregg Braden, an earth scientist and student of ancient texts, speaks of manuscripts of special wisdom being hidden away in Tibet to be discovered when mankind was ready for them and needed them. Perhaps this particular Buddhist Sutra was one of them? I think it was.

I have been a student of Reiki for nearly 20 years, a student of quantum physics for just a few. The practice of Reiki is such a part of me that I hadn't separated myself from it enough to notice the quantum qualities of Reiki in general, and distant healing in particular.

Modern thought has proven that we need to redefine the practice of medicine because nature simply does not work the way we used to think. We are in process of readjusting our understanding of both ourselves and the world.

Consider these principles:

1. What appears to be so isn't always true. (Einstein's theory of Relativity)
2. We cannot always know what the outcome of an illness will be. (Heisenberg, it is impossible to know all the parameters of a quantum system.)
3. Our bodies are not mechanistic systems of solid matter. They are oscillating energy in constant flux, sometimes appearing as solid matter. (Einstein, $E=mc^2$ Energy and matter are interchangeable.)
4. Seeming opposites in a quantum system complement each other. They do not cancel out. (Principle of complementarity.)
5. There is no objective reality. All are a part of the quantum. (the doctor

cannot be a neutral observer.)

6. The human mind is an inexhaustible resource that we can use to create health and joy rather than sickness, poverty and war.

My thanks to Dr. Thalia Kafatou, Reiki master and physicist and to the Reiki Magazine for the principles above.

"There exists in every person a place that is free from disease, that never feels pain, that cannot age or die. When you go to this place, limitations which all of us accept cease to exist." Deepak Chopra

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We need to harvest the tremendous power of the patient's mind and that of the healers and doctors of the world. Health is a co-creation.

The great gift of 2nd degree Reiki is that we consciously step into the quantum field, that place Chopra speaks of in the above quote. We quite simply work in that place where all of us are one and all are perfect and focus the Reiki energy and our intention for the highest good for the person, country or situation we are connecting with.

In the 19 years I've done Reiki at a distance I've grown to trust it completely. I've often thought that I feel closer to a person sending distance Reiki than doing a hands-on treatment, for in the quantum field there is NO separation. We are truly one.

I am often reminded of the miracle of this connection through space and time. A few months ago I received a picture and a card from a new mother thanking me again for my part in the delivery of her first child.

This young woman has not taken Reiki herself. I met her in a Reconnective workshop. She called me about 3 weeks before she delivered because she had heard that Reiki was very helpful during labor. And, of course, it is!

I had some classes and trips coming up and told her I couldn't guarantee being in the delivery room with her, but I could promise to send her Reiki from a distance. A week or so before her delivery she had a day of fatigue and pains. We arranged a distance treatment for that night when she went to bed. She called the next day to tell me how she had felt the

treatment and felt so much better.

Then, in the wee hours of the morning, the day before Mother's Day, I received a call from her husband. "It's time for the Reiki", he said. I sent Reiki for 30 minutes and went back to sleep. It was 4:30 AM at the time. At 7:00 AM she called me to say she knew exactly when I started and that the babe was born 20 minutes later. What a Joy!

A number of double-blind medical studies have been done with Reiki. In a recent report of a study on the use of Reiki for HIV-related pain and anxiety it was shown that self-treatment (by patients who had taken Reiki classes) were as effective as Reiki administered by another practitioner. This is very important.

You can do Reiki on yourself!

In another study, this one on Reiki and depression, the researcher randomly assigned forty-six people to one of three groups. One group received hands-on Reiki, another received distant Reiki and the third group received a "distant Reiki placebo". None of them knew what they were actually receiving. Participants received a 60-90 minute treatment once a week for six weeks. This study found a significant reduction in symptoms of psychological distress in the two treatment groups compared with the control group. AND, the differences continued to be present one year later. Important! Distant Reiki is as effective as hands-on. (This was written up in "Alternative Therapies in Health and Medicine" June/July 2004. [www.alternative-therapies.com](http://www.alternative-therapies.com))

Currently there is a federally funded Reiki study underway in the Seattle, WA area on the efficacy of Reiki for pain in the treatment of fibromyalgia. This study will take place at three treatment centers. Patients will receive Reiki treatments twice a week for eight consecutive weeks. This is a double blind study. Patients will be broken down into 4 groups.

1. Receiving hands-on Reiki by a Reiki Master.
2. Receiving distant Reiki from a Reiki Master
3. Receiving hands-on treatment by an actor
4. Receiving distant treatment from an actor

A study was completed in June 2003 by the University of Michigan. Complementary Research Center in Ann Arbor. This study was on the effects of Reiki on 100 people with diabetic neuropathy. Results are still being analyzed, to be released later this year.

I have been a part of a double-blind medical study of the effects of distant healing on Glioblastoma Multiforme (a type of brain cancer unresponsive to medical protocols) through California Pacific Medical Center's Complimentary Research Institute. The study was begun in 2001. Results should be published in 2005. This institute is also running a parallel study on the effects of distant healing on AIDS.

For 3+ years now some 30 of us have sent distant Reiki to those in crisis through an e-mail notification Reiki Crisis Line. Many miracles have been reported by the recipients. How powerful to have many focused practitioners sending to the same person! Many thanks to those faithful members who are willing to take time from their lives to send Reiki to those in great need.

And don't forget the great ability this gives us to send Reiki for the highest good of our planet. We can and do make a huge difference. And please, everyone that is able, send light and Reiki to our upcoming elections.

Reiki is a powerful energy for healing and balancing the body on all levels, physical, emotional, mental and spiritual. It is an "equal opportunity" energy and can be simply learned by anyone. It works always for the highest good of the receiver and it's always 'handy'. I can't imagine being without Reiki in my life.

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*Please honour me by asking permission before sharing this article in any way.*

*Permission asked for and received.*

## First Degree Reiki

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1st Degree Reiki is called 'Shoden', the beginning. It is a beginning, an awakening of the natural healing channels within each of us....a profound and loving experience. It is also complete in and of itself. the 1st Degree class teaches about Reiki and it's history as well as providing the connection to source offered by those ceremonies of connection that we refer to as 'Initiations' or attunements. It is an opportunity first and foremost to learn to use Reiki for self-healing and it affords the time and space to practice giving to and receiving from others. There is space to share about those experiences and learn from the experiences of other participants in the class.

Besides the well-known healing aspects of Reiki, connecting with this level of energy brings about transformation, increases intuition and accelerates personal growth.

Classes are offered every month to 6 weeks in the greater Portland area. If you live out of this area I am willing to travel to teach a class you have organized.

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## 2nd Degree Reiki

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We call it 'Okuden', the deeper learning. It is important to take the time for and honor the shifts of energy that take place within each person after 1st Degree Reiki. That time varies from person to person. You will know your timing.....if there is a question about it, we can talk.

2nd Degree presents you with the opportunity to go more deeply within yourself as well as to open to new levels of the energy of Reiki. It is exponentially more powerful than 1st Degree and it offers you tools other than your all-important hands.

With 2nd Degree you connect with 3 ancient symbols enabling you to invoke more energy, do deep mental-emotional healing and to work through time and space. You can quite literally send Reiki to any when or any where as the 4rd symbol allows Reiki to move through time and space.....working in that dimension where all time and space are one. It is possible to send Reiki to your own childhood traumas, to unhealed relationships.....even if the other person has transitioned. You can send Reiki ahead to smooth the way in any situation. You can send energy to troubled places on the planet. And, of course, you have the ability to send to a loved one no matter where they are physically.

### **Here are some comments 2nd Degree practitioners have shared:**

"I have noticed an increase in the strength of energy flow and vibration in my hands during treatments....and the addition of the symbols is incredible...."

M.M.

"...(since 2nd Degree)...I feel I am leading a very sacred life. I am more open to the magic of life. There is a peacefulness..."

G.M.

"During the Initiation iridescent, colored sparkling lights appeared in my head and I say an angel before me"

N.N.

"Second Degree Reiki has allowed me a greater understanding and an elevated ability to recognize and see more of the light behind the chaos and disorder."

C.L.

"I feel as though I have truly come home, anything is possible for me."

M.R.

"I am amazed by the clarity and alignment in my life and by the incredible increase in the energy of the Reiki pouring through me."

S.C.

"....the energy itself makes me a larger vessel to hold more of itself the more I use it."

A.L.O.

## Reiki Mastery



On one very simple and yet powerful level Reiki Mastery is the ability to Initiate, to open the healing channels within others, to teach and share about Reiki. For me it is my personal Spiritual practice and discipline. It is what I turn to first in times of need. It is the path I follow to take me deeper within myself.

There is no end to Reiki. I can lean into it. I can surround myself with it. I have an endless supply of love and energy to share with others. I have tools, powerful tools that mean I am never helpless.


Reiki calls me to leadership in times of peace and in times of need. The strength that I derive from Reiki allows me to support others at deepest levels including death and transition. I am willing to listen to and support those who come to me, to offer mentorship and guidance to students and to the community around me, and to the world.

In Usui Shiki Ryoho, the traditional path of Reiki that I follow and teach Reiki Mastership is a serious commitment. It is not taught in a class or in a weekend. It is an ongoing mentorship supporting the candidates journey with Reiki and journey within themselves. It often takes a year or more of consideration, practice, study, personal growth. It is a very individual and personal process and not for the faint of heart.

The light that Mastership brings with it illuminates all the dark places within us, gives us the opportunity to gather all of ourselves unto us with love.....to truly be ALL that we are. Choose a Master or Masters for your journey that can support you, hold the energy for your coming into your power with great love.

If I am asked to support you on that journey I will consider it carefully, for to me it must be a journey I can take with you with all my heart. I take these journeys very seriously. My part is to be truthful with you, to be available in all ways, not just on the path to Initiation, but for the rest of our lives.

## **Reiki Tips**



### **Comfort:**

1. Make sure your client is as comfortable as possible!
2. Use a table if you can, padded. If not, a chair or bed.
3. Blanket and pillows for head & under knees (under ankles when on tummy)
4. Be sure YOU are as comfortable as possible!
5. Relax!
6. Keep your back straight and supported

### **Personal considerations:**

1. Don't wear scents (after shave or perfumes or oils, hand creams)
2. Don't breathe into your client's face (turn your head)
3. Limit use of garlic before treatments
4. Wash hands always

### **The Reiki Treatment Itself:**

1. Whenever possible do the entire treatment.
2. More is better. Treating a number of successive days is exponentially more powerful.
3. Provide a quiet, restful setting.
4. Make sure there are no interruptions like visitors, children, phones, cats.
5. Keep conversation to a minimum so your client can relax their mind as well.
6. Ask if the client wants quiet music, not everyone does.
7. Let your touch be gentle, unhurried and present.

## **Reiki Healers Section**

This part of the site covers all aspects of Reiki healing and is continually being updated and expanded for the benefit of Reiki Healers. I welcome input from other Reiki Practitioners and Healers so please feel free to mail me with your comments, suggestions and ideas.

This section describes in detail the following topics

- General Preparation for Reiki Healing
- A suggested procedure for conducting a healing session based on the way I personally do it
- Information on healing yourself
- The hand positions that can be used for healing yourself
- Healing other people
- Full body hand positions

As always this information is based entirely on how I, as a Reiki practitioner, conduct my healing sessions. Once you have become familiar with the basic principles then adapt your methods to suit yourself. Be guided by what feels right or comfortable for you - remember there is no ONE RIGHT WAY to practice Reiki.

### **Preparation**

This session will take around one hour and is performed with the receiver in a lying position, preferably on a massage table but any strong table or sofa or even the floor may be okay, as long as it is comfortable for them and you. You may either stand or sit next to them.

Reiki can be given in any place and at any time but where possible ensure that the place you will be using to give Reiki is clean and uncluttered. Make sure that the temperature is comfortably warm and that the atmosphere is calm and peaceful. If you like you could burn a fragranced candle.

Wash your hands

Although not absolutely necessary, remove any jewellery and ask your receiver to do the same (excluding wedding rings). The reason for this is that metals and crystals have their own energy fields and auras.

Have a blanket and a pillow ready and some restful or meditational type music. There are now many places that you can buy music that has been specially created for Reiki – this will aid the comfort of the receiver.

Put the pillow under the receiver's head and cover them lightly with the blanket. You can explain to the receiver that as the body relaxes it cools down and the blanket is to ensure that they remain comfortable during the session.

Start by asking them to close their eyes and to take a few deep breaths. Before placing your hands on them, take a few moments to still your mind and centre yourself. You may like to silently say a prayer of thanks for the opportunity to help someone.

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### **Sample prayer/invocation**

*I call upon all Beings of Light,  
all Reiki Masters – past, present and future,  
my Guides and Helpers and any other being that wishes to help  
to draw close to me and aid me  
in becoming a clear and open channel for the Reiki energy  
and I ask you to join with me to provide comfort and healing  
to ..... (say the name of the person you wish to help)*

The energy will begin to flow as soon as you place your hands on them. Spend around 3 to 5 minutes in each of the positions as shown in the accompanying diagrams.

During the Reiki session, always remain in contact with the receiver. As you prepare to move to each new hand position move one hand to the new position first and then move your other hand. This ensures that the receiver is always aware of where your hands are and that you do not lose contact with the receiver.

As with the self healing, with practice you will learn to trust your intuition and alter the procedure as necessary. It is good to always finish off with the legs and feet, as it helps to reconnect and ground the receiver before the session finishes.

At the end of the session, tell your receiver to sit up when they feel ready to do so. It is also beneficial for both you and your receiver to have a glass of water. This helps you both become grounded.

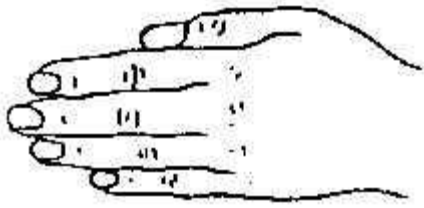
You may find that your receiver wishes to talk and describe how they feel. Allow them to talk about whatever they wish. Remain compassionate and supportive and always remain unjudgemental. It may be that your receiver may talk about very private or intimate feelings – it is therefore essential that you make sure that your receiver knows that whatever is said will be held in total confidence.

Many Reiki practitioners treat both the front and the back of the receiver. This is not absolutely necessary as the Reiki energy will flow to wherever it is needed. Often the mere act of asking the receiver to turn over will disturb the relaxed and comfortable state into which they will have entered. However, as with everything, trust your intuition.

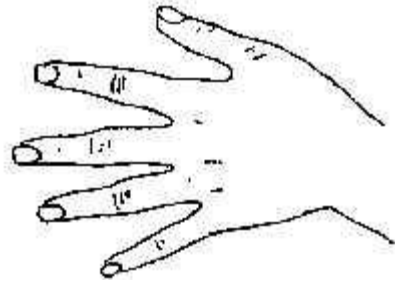
## Procedure for Healing Yourself

- The process is equally effective in either a sitting or lying down position
- Keep all fingers together throughout the process.

### **Correct - Fingers Together**



### **Incorrect - Fingers Apart**



- The hands should be placed gently on the body, however, if the skin is irritated or in any way sensitive, it is perfectly OK to have your hands an inch or so above the body.
- Position yourself so that your hands and arms will remain completely comfortable, as straining them will distract you and divert the energy a little.
- You may find that you naturally enter a meditative or sleep-like state during self-healing and also while healing others. This is good, as there is no need for conscious control, and a clear mind allows the energy to flow most freely.
- The solar plexus area, in the centre of the body just below the chest, is an important energy point in the body. You will find great benefit by placing one or both hands on this area during any situation throughout the day in which you find yourself feeling anxious or upset. It will greatly calm and strengthen you.

### - **Healing Yourself**

- Giving yourself healing is a very important aspect of Reiki. It is strongly recommended that you perform self healing regularly, preferable daily for the first month. As well as improving your health, it will balance and centre your mind / body / spirit system, thereby allowing for a dramatically increased flow of Reiki energy during healing sessions. Most importantly, it will definitely

increase your inner guidance, helping you to cope with everyday situations more successfully, as well as providing spiritual guidance when appropriate.

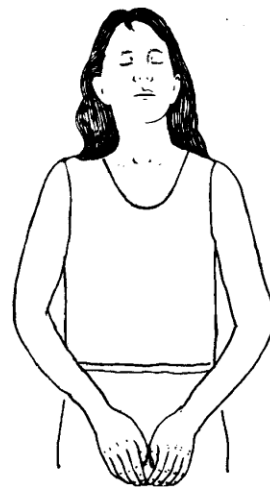
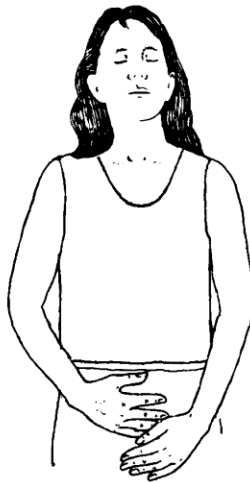
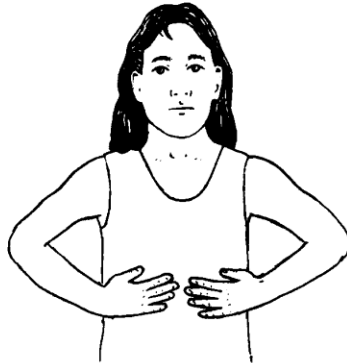
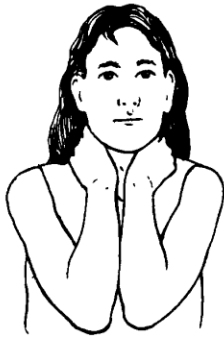
- The accompanying pictures detail the suggested self healing routine. You will be placing your hands in a number of different positions on the body. Spend around 3 to 5 minutes in each of the six hand positions, making the complete session last around 20 to 30 minutes. It is important to follow these guidelines at first. Once you are familiar with the basic procedure and have gained confidence, let your hands be guided by your intuition.
- Practice, experience and patience will surely bring you to the stage where you can trust your inner guidance. In any case, the universal energy is always overlooking your healing sessions, ensuring that none of your attempts will ever go unrewarded.



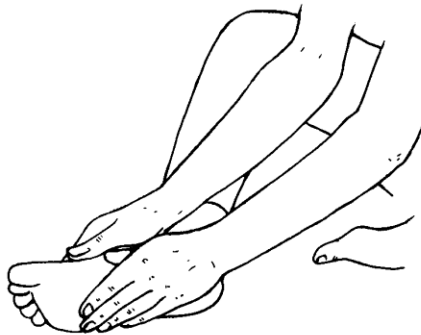
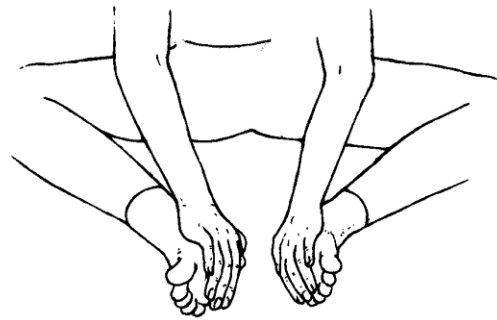
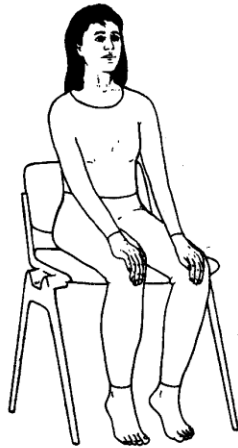
### **Front of the Head**



### **Back of the Head**



## Neck and Chest and Torso



## Knees, Ankles and Feet

## Healing Others

After you have practiced the self healing procedure until it becomes natural and comfortable, you may begin working with others. Be confident in your abilities, and have faith that Reiki will be looking after the procedure and ensuring it's success. You may like to start with willing family members and friends. Even if there's nothing physically wrong with them, they will be very relaxed by the process and will still gain all the other non-physical benefits.

Most problems or illnesses should be started off with a series of four sessions on separate days, preferable over a period of not more than two weeks. After these four sessions you can assess their need for further healing, with perhaps another series of four sessions or maybe only once a week or even more infrequently.

Everybody's healing process is unique. Obvious physical symptoms may disappear, but it is important not to ignore any repressed emotional blockages which may become apparent during the healing process. These often will occur as inner revelations to the receiver, either during or sometime after the session. Often while performing the process you will yourself 'sense' feelings, ideas, or images that relate to the deeper causes of the receiver's illness. It is very important that you let them know what you are sensing. Sometimes the information will be symbolic and at other times can be literal. It will usually relate to past negative experiences or issues that have not been resolved satisfactorily.

Forgiveness of the past is all-important to effective healing. Often during Reiki sessions the receiver experiences forgiveness automatically at a subconscious level, but in more stubborn or deeply ingrained cases there will have to be a conscious decision to forgive and let go of the past.

It is very important to note that it is not appropriate for you to diagnose a person's illness, even if your intuition can sense it. Firstly, it is not at all necessary for effective treatment. But it is also considered illegal unless you are a doctor!

In most situations the ideal is for your healing sessions to accompany orthodox medical treatment. You may find that medication can be reduced due to healing sessions – but only with a doctor's approval.

It is also not appropriate for you to promise any specific results of the sessions, as the healing process is always unique and unpredictable. You can however promise that Reiki definitely benefits everyone who receives it.

Don't be disappointed if your healing produces no noticeable effect at first. Ultimately the healing process relies on the receiver forgiving past hurts and letting go of repressed negativity. The Reiki healing sessions will always be working automatically towards resolving these deeper problems. Meanwhile the external symptoms will usually be reduced, but sometimes this takes longer and is not an indication that Reiki's inner transformational work is ineffective.

Occasionally the Reiki sessions may seem to make physical symptoms worse. This is only temporary and is simply a part of the body's natural healing process as it releases toxins and other accumulated nasties. There may also be mental or emotional releases that cause the receiver's usual behaviour to alter a little. Often this is experienced as being more contemplative than usual, but sometimes it can be the opposite – they may become irritated. This too will only be temporary. Regardless of these releases, continue with the healing sessions and trust in Reiki.

Often the receiver will start to tell you about their problems. It is very important to be non-judgemental. Be very careful when offering advice. The best thing you can do is usually to just listen with compassion.

Sometimes during the healing session the receiver experiences a very deep emotional release which may appear externally as a brief moment of laughing, crying, anger, restlessness, etc. This will only be temporary and it is not important to analyse it.

It is your responsibility to remain completely supportive throughout the release. Let them know that whatever they are feeling is okay. Reiki's intelligence will ensure that you are only presented with these situations when you have more experience and will be ready to handle it.

Some forms of spiritual healing leave the practitioner feeling drained after helping someone. This will never occur when using Reiki, as you will not be using your personal energy to heal them, but rather you will be channelling universal energy into them to stimulate their own self healing process. Rather than being drained, you will usually be

energised yourself from the channelling process, which will occur intent to heal. The Reiki energy will also protect you against absorbing any of the receiver's disharmonious energy during the healing process. Occasionally you may tune into the disharmonious physical or emotional sensations of the receiver, but this will dissipate very quickly. You will always be protected.

### 1<sup>st</sup> Position - Crown Area

As your receiver has their eyes closed it is important that you move your hands slowly through the person's aura and that they come to rest lightly on the person's crown as shown in the diagram.

Alternatively you can place your hands either side of the head with your palms meeting over the crown



## **2<sup>nd</sup> Position – Over the Eyes**

Move your hands one by one until they are resting very lightly over the eyes.

Ensure that your hands are either side of the nose.

## **3<sup>rd</sup> Position – Over the Ears**

Move your hands one by one until they are resting very lightly over the ears.



#### 4<sup>th</sup> Position - Collar Bone Area

Many people do not like their throat being touched so move your hands to rest either on the shoulders close to the neck or on the collar bone as shown in the diagram.



### 5<sup>th</sup> Position - Heart Area

Once the receivers hands are crossed over their chest place your hands as shown in the diagram.

One of your hands will now be directly on top of the receiver's hands.



### 6<sup>th</sup> Position – Solar Plexus Area

Place your hands just beneath the rib cage and above the navel as shown in the diagram.

Alternatively you can place your hands across the body so that the fingertips of one hand are touching the heel of your other hand.



### 7<sup>th</sup> Position - Sacral Area

Place your hands just beneath the navel as shown in the diagram.

Alternatively you can place your hands across the body so that the fingertips of one hand are touching the heel of your other hand.



### 8<sup>th</sup> Position - Groin Area

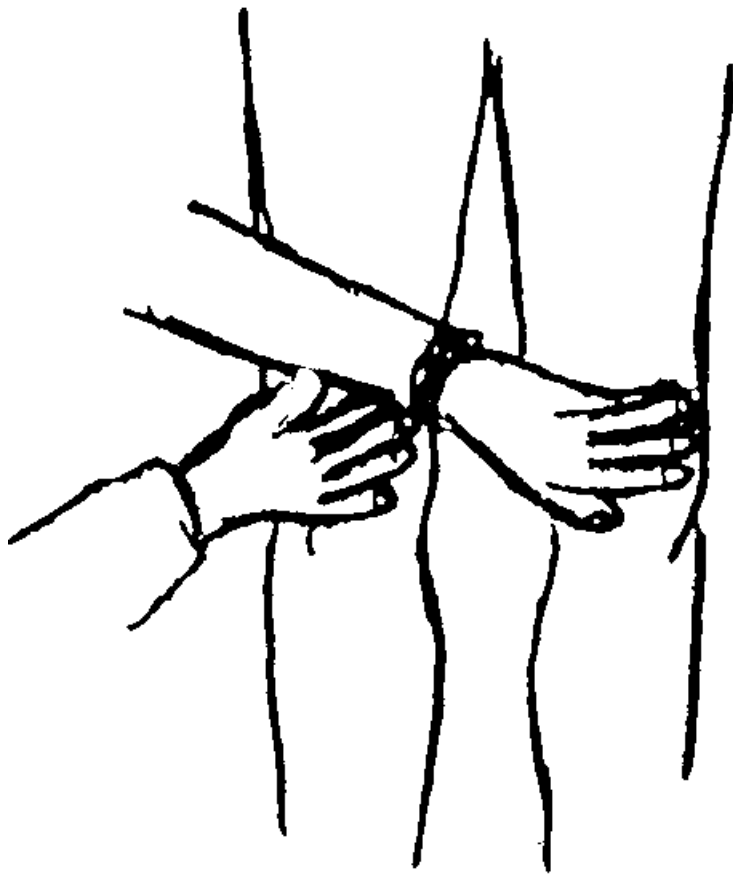
As it is not considered acceptable to touch another person's genital/groin area you should ensure that you place your hands either side of the person - resting on their hips. The Reiki energy will still flow to where it is needed whilst preserving the modesty of the recipient.



### 9<sup>th</sup> Position - Knees

Place your hands gently on the knees of the person.

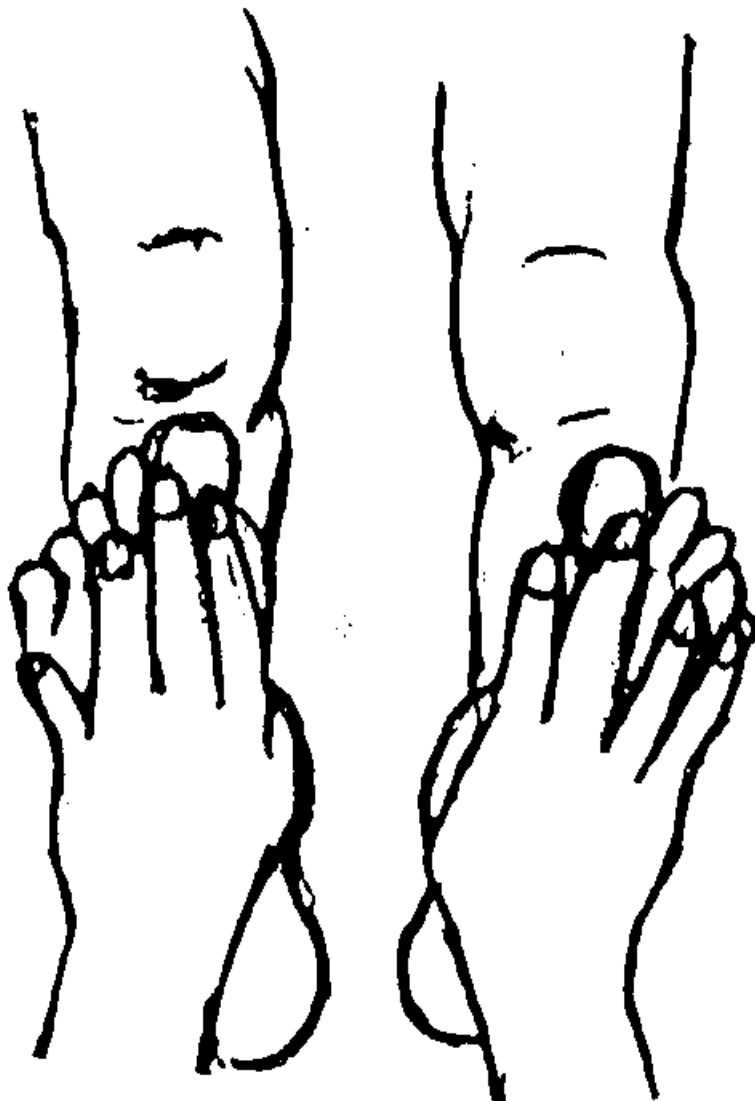
Alternatively treat each knee separately and place one hand under the knee and one over the knee



### **10<sup>th</sup> Position – Feet**

Place your hands gently on the soles of the feet as shown in the diagram

Alternatively treat each foot separately and place one hand over the top of the foot and one hand under the sole of the foot so that the foot is sandwiched between your hands.



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