

# A Brief Introduction to Reiki

2009© Esoteric Resource & Information Corp.

## History

Reiki is a combination of two Japanese syllables: “Rei” which means the cosmic, universal aspect of the second syllable, “Ki”. Ki is the fundamental life force that is studied in both healing and martial arts. Reiki is just a bit over 100 years old. Dr. Mikao Usui, a Japanese Christian priest and director of a small university in Kyoto, created Reiki. He studied the healing techniques of Christ and Buddha until he had an epiphany in which the method of Reiki was revealed.

The original Reiki principles are simple. They read:

- Just for today-thou shalt not anger.
- Just for today-thou shalt not worry.
- Be thankful for the many blessings.
- Earn the living with honest labor.
- Be kind to thy neighbors.

There is also a more modern version that reads:

- Just for today, be free and happy.
- Just for today, have joy.
- Just for today, you are taken care of.
- Live consciously in the moment.
- Count your blessings with gratitude.
- Honor your parents, teachers, and elders.
- Earn your living honestly.
- Love your neighbor as yourself.
- Show gratitude to all living things.

## Methodology

Reiki is a healing method that allows you to absorb life force energy. It utilizes laying-on of hands and this directs the healing energy into the body of the receiver. The source of the energy is the Universal Life Energy found naturally in the universe. All humans are born with a certain amount of this energy, but we exhaust it during our daily activities and must then replenish our store. Reiki allows the giver to pass on more energy to the receiver. The receiver’s body uses the energy in exactly the correct location and fashion to address the issue.

The key to Reiki is the energy attunements also known as transmissions or initiations. These initiations must come from Master-Teachers. The attunement is a transmission of healing energy that allows your inner healing channel to open, thus allowing more Universal Life Energy to flow through you. At each level, a cleansing occurs on physical, mental, emotional, and spiritual levels. This cleansing often results in self-healing processes including detoxification.

Reiki assists in healing and relieves pain and other symptoms quickly. It also influences spiritual growth and mental clarity. Emotional blocks are often released and the receiver may find that old problems are thus resolved.

## Study Progression

There are three degrees of expertise in the Reiki structure. The first degree is the beginning degree and the practitioners are able to treat themselves and others. After being given four attunements, Reiki energy flows through the hands. The attunements increase the vibration of the four upper Chakras – the heart, throat, third eye, and crown.

The second degree may be applied for after some time has passed. This time is necessary to allow the body to adjust to the higher energy levels. Practitioners state that energy and intuition are expanded. Usually the Reiki power takes about 3 days to modify each Chakra, so the complete modification process takes about 21 days. Second-degree practitioners are also taught to do distance healing which is the transmission of healing energy to a recipient located at a remote location. They are also taught mental healing to allow them to contact the subconscious and the higher self and to bring about healing via the spirit.

A further attunement given for the second degree primarily stimulates the sixth chakra and this enhances intuitive powers. The 2<sup>nd</sup> degree practitioner is also given the three confidential Reiki Symbols and the accompanying mantras. These symbols and mantras increase the practitioner's energy and generate a higher vibration within them. Using the symbols carries great responsibility and not all applicants are considered responsible enough to receive them.

The master or third degree requires the initiate to make a commitment to practice, teach, and live Reiki. Once the first and second degrees have been practiced for 1 – 3 years, the initiate is qualified to apply for the third degree.

The third degree demands spiritual maturity and lifts energy and consciousness to a much higher level. At this level, Reiki interacts with all elements of the practitioner's life. The training program is tailored towards the individual's needs and may take several months, but sometimes can be compressed into a weekend. The energy system of the master is greatly enhanced by use of the three symbols and the master is also given the fourth Reiki symbol, the master symbol. The master is qualified to teach Reiki to others.

## Elements of Reiki Treatment

Rules to observe in a treatment:

- Both giver and receiver take off watches and jewelry.
- The receiver removes shoes, belts, and loosens tight clothing.
- The room is cleansed with the first symbol and charged with positive energy.
- The giver relaxes and centers himself.
- The giver washes her hands in cold running water before and afterward.
- The receiver keeps legs uncrossed.
- Play relaxing music softly or observe silence.
- Possibly use a blanket if room is cold.
- The giver reminds herself that she is the channel for healing energy.
- After the treatment, the receiver's aura is smoothed three times and an energy line is drawn from the coccyx up over the head.
- The receiver rests after treatment.

There are several routines of treatment observed, one of which is harmonization of the Chakras. This is a technique that balances the amount of energy in each chakra so that there is no imbalance.

## **Some Uses of Reiki**

Reiki may also be used to treat animals, plants, and the entire earth. Reiki can also be used effectively for first aid until medical professionals arrive. Used properly, it can stop bleeding and reduce the effects of bruises, sprains, broken bones, burns, insect bites, and even heart attacks. It will also effectively reduce the impact of stress and reduce anger.

Reiki may be used to cleanse rooms, work on malfunctioning cars, computers, and other objects, energize food and drink, enhance the entire body's energy, centering or grounding, meditation, and even personal protection against energetic attacks. Using the first symbol to create a shield generates considerable protection against psychic attacks.