

REIKI

Reiki is an ancient healing therapy which is believed to have originated in Tibet, later surfacing in Japan and introduced to the Western World in the mid 1970's. Since then its use has spread worldwide and now millions of people use Reiki to help themselves and others stimulate the natural healing processes.

Reiki is a form of spiritual healing using "Universal Life Energy" channeled through the practitioner to the recipient. It is the energy which animates us all and is found all around us. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reiki has evolved as an energy medicine which can be understood through advanced physics principles. Reiki is neither cult, religion nor belief system and is beyond all our human divisions. Besides the obvious use in illness, Reiki actively promotes the healing process in many other ways. Reiki acts not only on the physical levels, but also addresses mental, emotional, and energetic imbalances. Reiki is a particular frequency of energy that heals on all levels--physical, mental, emotional and spiritual. You don't need to have anything "wrong" with you to benefit from Reiki.

Reiki has a similar effect on the body/mind as meditation. Regular Reiki promotes personal & spiritual growth, expands consciousness and stimulates intuitive, spiritual and creative awareness. Reiki Practitioners often say that one hour of Reiki is the equivalent of three to four hours deep relaxing sleep and Reiki is one of the most effective natural stress relief and health improvement therapies available today.

Activation of Reiki within a persons hands is made possible by a simple process called an "attunement". The attunement or empowerment is performed by a Reiki Master during a workshop. It is the attunement which allows the person to tap into and channel the Reiki energy. It cannot be learned from books or just being talked about. Without the attunement you may direct healing energy, but it will not be Reiki energy.

No previous knowledge or training is required to attend the Reiki I workshop. Once Reiki is activated by the attunement process everyone is able to radiate this gentle, nurturing, unpolarised energy - regardless of age, experience, background or belief system. Anyone can receive and learn to give a Reiki treatment and Reiki is entirely compatible with any other conventional or complementary treatments. In one weekend you can obtain the skills and attunements necessary to use Reiki effectively for yourself, your family, your friends and pets! The laying on of hands is taught with specific hand positions and procedure to channel energy into the chakras, major organs and glands and balance out the energy flow throughout the body. Reiki can be done on yourself as well as on all living things.

FREQUENTLY ASKED QUESTIONS ABOUT REIKI

1. What is Reiki?

Reiki is a form of spiritual healing using "Universal Life Energy" channeled through the practitioner to the recipient. It is the energy which animates us all and is found all around us.

2. What does Reiki do?

- ❖ Reiki helps to harmonize body, mind and spirit for yourself or anyone you want to help.
- ❖ Reiki - a powerful and gentle healer
- ❖ Promotes natural self-healing
- ❖ Balances the energies in the body
- ❖ Balances the organs and glands
- ❖ Strengthens the immune system
- ❖ Treats symptoms and causes of illness
- ❖ Relieves pain
- ❖ Clears toxins
- ❖ Adapts to the natural needs of the receiver
- ❖ Enhances personal awareness
- ❖ Relaxes and reduces stress
- ❖ Promotes creativity
- ❖ Releases blocked and suppressed feelings
- ❖ Aids meditation and positive thinking
- ❖ Heals holistically

3. What can be treated with Reiki?

Reiki has had a positive affect on all forms of illness and negative conditions. This includes minor things like head or stomach aches, bee stings, colds, flu, tension and anxiety as well as serious illness like heart disease, cancer, leukemia, etc. The side effects of regular medical treatments have also been reduced or eliminated. This includes the negative effects of chemotherapy, post operative pain and depression as well as improving the healing rate and reducing the time needed to stay in the hospital. Reiki always helps and in some cases people have experienced complete healings which have been confirmed by medical tests before and after the Reiki treatments. However, while some have experienced miracles, they cannot be guaranteed. Stress reduction with some improvement in ones physical and psychological condition are what most experience.

4 . How does one learn Reiki?

Anyone can "learn" Reiki. The ability to use Reiki is normally given via an attunement or initiation. When attending a Reiki course the participant gets attuned/initiated by a Reiki master through a simple process, this opens him/her to receive and utilize more of the Universal Life Energy. The attunements have in themselves a very powerful balancing and healing effect. Since energy spins at different levels Reiki is normally split into 4 levels: Reiki 1, Reiki 2, 3a & 3b (Master levels). Once attuned Reiki is easy to use and your ability to use Reiki will never leave you!

5. Can Reiki be used on any illness?

Yes, Reiki can be used on any illness but this does not mean everyone will be healed using Reiki. Reiki will help restore the balance in the body and can relieve or even remove symptoms. Reiki has successfully

been used on conditions such as reducing stress, relieving pain, headaches, stomach upsets, back problems, Asthma - respiratory problems, menstrual problems, sinus, anxiety and many more.

6. What does a Reiki treatment consist of?

You relax, fully dressed, on a couch or seated while the healer holds his hands on or above you. A treatment can last an hour or longer depending on the treatment required. There is no pressure on the body making it ideal for treating all ages and conditions, sometimes hands are even held away from the body.

7. What will I feel or experience during a treatment?

It differs from person to person and possibly also between different sessions.

The energy flows wherever it is required (spiritually guided) and can normally be felt as a warm sensation or tingling in the body. Receiving Reiki is a very relaxing and soothing experience!

Usually when receiving Reiki you will feel very relaxed and you may have a "floating" feeling. You may feel heat, a tingling or cold under the practitioners hands. These and other feelings come from what the Reiki energy is actually doing in and around your body i.e. adding energy, removing excess energy, balancing, removing blockages etc. It is also possible that you experience different emotions or thoughts you had forgotten might pop up. If they do you are probably supposed to learn something and release them. Some people receive insights on how to solve problems.

8. How many treatments should I have?

There is not really a set number. Every person and his/her problem is different. Some people only require one or two sessions while others need several. If you are just interested in seeing what Reiki can do for you then just take one or two sessions. If you have a chronic problem you need more sessions. Remember that a Reiki initiation in itself is a powerful healer. After an initiation you are also in a much better situation to move yourself towards a balanced and healthy life.

9. How does distant healing work?

Distant healing is when the practitioner sends Reiki energy of a distance to the receiver. It is the practitioners focus and intent to send the energy to another person that makes it work. Some Reiki practitioners schedule the time when the session is to happen. Others will send the energy to be available when the receiver can or wants to receive it. A distant healing session is usually shorter, around 20-30 minutes. Normally Reiki energy is sent to the person as such but it is also possible to send energy to specific problems or even events, past, present and future.

10. Can children receive Reiki?

Yes, anyone can receive Reiki. A session for a child will normally be shorter than for an adult. It is also possible to attune children to Reiki. The first level, Reiki I, can be given even to small children. Older children can be given Reiki II and learn the use of the Reiki symbols.

11. Can Reiki be used on animals?

Reiki works just as well with animals. Horses, cats, dogs, birds and other animals have been given Reiki with good results. Many pets want to be in the same room if you are giving or receiving Reiki. Reiki energies can be sent to animals or one can actually put the hands on the body of the animal. You can even use Reiki on flowers, seeds, trees etc.

12. Who can benefit from a Reiki treatment?

Reiki's gift of increased energy and vitality can be extended to anyone. It doesn't matter what a person's gender, race, intelligence, or financial status is. Reiki is not a healing energy reserved only for the elite, wealthy, educated, or spiritually evolved.

13. What is a Reiki attunement?

A Reiki attunement is a ritual performed by a Reiki Master. The ritual involves energetic placement of Reiki symbols through a specific set of sequenced actions into the student's crown and palms.

14. Can I treat myself?

Yes, once you have received the attunement, you can treat yourself as well as others. This is one of the unique features of Reiki.

15. Are there any side effects from a Reiki treatment?

Most of the time a person will feel relaxed and uplifted by a Reiki treatment. However, sometimes a person will have what is called a healing crisis. As a person's vibration goes up, toxins that have been stored in the body will be released into the blood stream to be filtered by the liver and kidneys and removed from the system. When this happens, sometimes a person can get a headache or stomach ache or feel weak. If this happens, it is a good idea to drink more water, eat lighter meals and get more rest. The body is cleansing as part of the healing process so this is a good sign.

16. How many levels are there to the Reiki training?

In the Usui system of Reiki, there are four levels. These include One, Two, Advanced and Master.

17. Is Reiki a Religion?

A. Although Reiki energy is spiritual in nature, Reiki is not a religion. Practitioners are not asked to change any religious or spiritual beliefs they may have. They are free to continue believing anything they choose and are encouraged to make their own decisions concerning the nature of their religious practices.

What Reiki Is

- ❖ Reiki is a powerful natural system that unlocks the inner flow of vital energy.
- ❖ Reiki is an evolutionary process that increases the natural flow of events and patterns of manifestation in life.
- ❖ Reiki is always available. Once attuned to the Reiki energy, you never lose it.
- ❖ Reiki is safe to use anytime, any place, any situation.
- ❖ Reiki is easy to use.
- ❖ Reiki is an individual experience.
- ❖ Reiki restores and balances natural energy.
- ❖ Reiki is for preventing disorders, maintaining positive wellness and helping the healing process.
- ❖ Reiki is a powerful tool for personal development and spiritual enlightenment.
- ❖ Reiki is for you and everyone alive who is desirous of a higher quality of life.
- ❖ Reiki is beneficial when used with medical or other procedures.
- ❖ Reiki is a completely self-contained natural healing system. It is complete and whole in and of itself, yet acts synergistically with other types of healing.

- ❖ Reiki is spiritually guided.
- ❖ Reiki is transcendental energy. It works with physical, mental, emotional and spiritual levels.
- ❖ Reiki is correspondent to the 4 elements: Earth/Physical, Water/Emotional, Air/Mental, and Fire/Spiritual energies.
- ❖ Reiki is counterclockwise spiraling energy.
- ❖ Reiki is safe, it cannot be used to manipulate or control.

Reiki Benefits

Some Physical Benefits of Reiki

- ❖ Reiki works on all chronic and acute illnesses, including serious problems like heart disease and cancer as well as skin problems, flu, fatigue, headaches, and back pain.
- ❖ First Aid (as it speeds up healing).
- ❖ Reduction in pain and nausea after allopathic treatments such as chemotherapy or surgery.
- ❖ Your body being more fully prepared for surgery, including using less anesthesia, and a shortened recovery.
- ❖ Tissue regeneration to replace scars and burns.
- ❖ Lessening of arthritis pain, stiffness, and increased ease of movements.
- ❖ Improved circulation to reduce swelling from many causes (injury, surgery).
- ❖ Balancing of the organs and glands and their bodily functions.
- ❖ A lessening and relieving of symptoms of Fibromyalgia and Chronic Fatigue Syndrome and other auto immune diseases.
- ❖ Strengthened immune system, and improved capacity of your body's ability to clear toxins.
- ❖ Supports pregnancy and childbirth, and afterwards. Many women report painless childbirth using Reiki.

Some Mental Benefits of Reiki

- ❖ Your mind becomes calmer.
- ❖ Improved memory.
- ❖ Enhanced creativity.
- ❖ Help contacting the 'healer within' and relief from emotional upset, anxiety and depression.
- ❖ Restful sleep with more vivid dreams during sleep.
- ❖ You think clearer and you can 'see' clearer.
- ❖ Increased self-confidence. You will be able to answer your own questions knowing that you have the answers.
- ❖ Enhanced personal awareness.

Some Emotional Benefits of Reiki

- ❖ Deep relaxation, the mind calms and becomes less erratic.
- ❖ Eases depression, insomnia, lack of confidence, addiction and fear-based illnesses.

- ❖ Increased intuition, and creativity.

Spiritual

- ❖ Increased intuition and creativity leads to a more purposeful direction in life.
- ❖ Feel more connected and in tune with others and the universe.
- ❖ Peace.

History of Reiki



There are two versions for the history of Reiki: a contemporary one, and the traditional story. The Western traditional story of Reiki and Dr Mikao Usui came from Mrs Hawayo Takata. In the last few years it has been researched by several Reiki masters, such as William Lee Rand, Frank Petter and Chris Marsh. In the early 1990s Chris and Frank came up with new evidence about Dr Mikao Usui, mainly thanks to the discovery of Usui's grave memorial stone in Japan, and visiting Usui's students that are still alive. Here are the two versions. First the traditional story, followed by the contemporary one.

Western Traditional Reiki story

Reiki was re-discovered by Dr Mikao Usui, the founder of the Usui System of Reiki.

Dr Usui was the principal of a university in Japan.

One day his students challenged him by asking how the biblical prophets healed. Dr Usui could not answer this. Being an honourable Japanese man he decided to dedicate his life to discovering the inner healing powers and the ultimate purpose of life.

He set out to try to understand this, travelling first to America to study at the University of Chicago. Even though he received a Doctorate in Theology he did not find what he was looking for, and eventually returned to Japan. He then began visiting Buddhist monasteries, searching for the knowledge of physical healing.

He talked to many Buddhist priests and scholars about physical healings, but was told that the ability to heal the body was lost long ago. Eventually he came across an abbot of a Zen monastery who allowed him to study the sacred writings in the Japanese Sutras (ancient teachings) and Sanskrit Sutras of Tibet. The abbot was also interested in physical healing. He suggested Usui make a spiritual pilgrimage to Mt Kurama a mountain where Buddhist monks used to meditate for enlightenment and spiritual growth. Usui meditated there for 21 days in the hope of receiving enlightenment. He set 21 stones aside to count the days, and discarded them one by one, day by day.

On the 21st day, being distressed for still not finding what he wanted, he saw a light in the distance coming towards him at a great speed. The power of the light struck him on the forehead, making him unconscious. His spirit rose out of his body in an out-of-body experience where he could see a beautiful rainbow of colours and bubbles of light. The light contained the symbols of Reiki, which he had seen in the ancient sutras. When he became conscious again he went dashing down the mountain and stubbed his toe. He held it in his hands, only to realize

the pain had gone. For the first time in his life Usui revealed the healing energies within everyone.

When he came down from the mountain to get some food he met a food vendors daughter who was complaining about a toothache. Usui put his hands over the girls face and her tooth was healed.

Soon after Usui returned to Kyoto he began working as a healer in a beggars colony, which he did for seven years. After a while he noticed that some of the poor people that he had healed would return to beg in the streets. He asked them why they had returned to a life of begging and their response was that it was too hard to live otherwise. Dr Usui was upset by this and realized that he had ignored their spiritual needs, which were as important as the physical healing. After meditating on this he came up with the Reiki Ideals.

Eventually, Usui left the beggars colony and started to teach people how to heal themselves.

Usui practised and taught Reiki throughout Japan for the remainder of his life, and passed on the Master attunement to 16 other disciples. Before his death in the late 1920s he passed on the Master attunement to one of his students, Dr Chujiro Hayashi.

Dr Chujiro Hayashi

Chujiro Hayashi, born 1878, was a former Captain in the Imperial Navy, and a Naval Doctor. He took his Master training with Usui in 1925 at the age of 47. He and two other Naval Officers, Ushida and Taketomi, were the last to be taught by Usui.

Hayashi opened a clinic with eight beds and 16 healers, where clients would be treated by two or more healers. Hayashi kept a detailed record of the treatments, and used this information to create a manual of standard hand positions for different ailments.

Hawayo Takata

Hawayo Takata was born in 1900 on the island of Kauai, Hawaii. She suffered from serious medical conditions, and was about to undergo an operation. On the operating table, just before the surgery was about to start, Mrs Takata heard a voice saying, The operation is not necessary. She asked her doctor if he knew of any other ways to restore her health, and he referred her to Dr Hayashis clinic.

Mrs Takata felt the heat from the practitioners hands in Dr Hayashis clinic being so strong that she was sure they were using some sort of electrical equipment maybe little electric heaters secreted up their sleeves. She looked into the large sleeves of their Japanese kimonos, under the treatment table, but there was nothing there. Her scepticism turned to belief as her health problems resolved, and she decided that she wanted to learn Reiki.

At the same time Dr Hayashi was looking to teach Reiki to another woman besides his wife,

knowing that women would not be called up to fight in the war. Since Mrs Takata was persistent he taught her to a Master level, in 1938, and gave her permission to teach Reiki in the West. She was the 13th and probably the last Reiki Master that Dr Hayashi initiated. Between 1970 and her death in 1980 Mrs Takata taught 22 Reiki Masters. Until quite recently, all Reiki practitioners in the West derived their Reiki from this lady.

It cannot have been easy for Mrs Takata, teaching a Japanese healing technique in the United States, after the Second World War, with memories of Pearl Harbour still in everyones minds. The American people were not in favour of anything Japanese. For that reason Hawayo Takata adapted the Reiki principles to the West. She modified the practices of Reiki, and also felt obliged to put together a devised story about the history of Reiki. Out went Mikao Usui, Tendai Buddhist, and in came Dr Mikao Usui, Christian theologian, who travelled the world on a great quest to discover a healing system that explained the healing miracles of Jesus.

Phyllis Lei Furumoto

Phyllis was Mrs Takatas granddaughter, and received her First Degree initiation as a young child. However, it wasnt until she was 27 years old that she accepted the Second Degree initiation. Towards the end of the 1970s she was initiated as a Master, and worked with her grandmother on training others into Reiki.

After Mrs Takatas death the Western Reiki society split in two: The Reiki Alliance led by Phyllis, and the Radiance Technique led by Barbara Webber Ray. Barbara divided Reiki into seven degrees under the system she named The Radiance Technique.

The Contemporary Reiki story

According to the modern story Usui was a bright man of many talents who was looking for a spiritual path that would rekindle ancient traditions while embracing new ways. Reiki was one of such systems developed at this time in Japan. The system was rooted in Tendai Buddhism and Shintoism. Usui was teaching his system long before he carried out the meditation. He referred to his system as a Method to Achieve Personal Perfection. According to Usui's Memorial stone, Usui was a well-known and popular healer. He would give his students empowerments to connect them to Reiki permanently. In such a way they could treat themselves in between appointments with him, and if they wanted to take things further they could begin an open-ended program of training in his system. In April 1922 Usui opened his first Seat of Learning in Harajuku, Tokyo, using a small manual book. It did not contain any hand positions for healing others, but contained the Precepts, Meditations and the Waka poetry.

The method of Usui's teachings was leaderless, so as to make sure that no one person would lay claim to it and that the system would be freely available to all.

In 1923 the Kanto earthquake struck 50 miles from Tokyo, destroying Tokyo and Yokohama. An estimated 140,000 people died in the quake and the fires that followed. This was the greatest natural disaster in Japanese history, and Usui gave many treatments to victims. In recognition of his services he was awarded a Honorary Doctorate. It was when he was giving

healing at a Naval base that he met a group of Imperial Officers who later became his students, including the man who would be credited with allowing Reiki to come to the West, Dr Chujiro Hayashi.

Mikao Usui died from a stroke in the town of Fukuyama in Hiroshima in 1926.

REIKI PRINCIPLES/REIKI IDEALS

The Reiki Principles are seen as the art of inviting happiness, and a tool to heal illnesses. Every morning and evening you may join your hands and remind these words to your heart.

- 1 Just for Today I will live in attitude of gratitude
- 2 Just for Today I will not worry
- 3 Just for Today I will not anger
- 4 Just for Today I will do my work honestly
- 5 Just for Today I will show love and respect for every living thing

There is a story told to students of Reiki, and it goes something like this:

Soon after discovering Reiki during his retreat on Mount Kuriyama, Dr. Usui was moved to go to a beggar colony in Tokyo. For seven years, he worked from dawn to sundown, healing the sick beggars, in return for a room to stay in and one bowl of rice per day. One day he came upon a beggar who looked familiar. The beggar said, "Of course you know me. I am one of the first beggars that you healed." Dr. Usui was amazed that he had healed the man, and yet he was still a beggar. The man explained, "Oh, yes...I did just what you told me to, Dr. Usui. I got an education, a good job, and even got married. But it was too much responsibility, so I decided I would just rather be a beggar again, with no responsibilities!" And Dr. Usui then realized that physical healing was not enough...the spirit must also be healed.

Dr. Usui immediately left the beggar colony after speaking with this young man who had received his "healing", yet returned to the life of a beggar. As he left the colony, he was greeted in spirit by the teachers who had been with him on Mount Kuriyama. This time they gave him the 5 spiritual principals (The Reiki Ideals) which he integrated into his teaching of Reiki: "Just for today...Do not anger, Do not worry, Be filled with gratitude, Devote yourself to your work, and Be kind to people."

This story illuminates one very important point. All healing is self-healing, beginning in our subtle energy bodies and working its way out to the physical body.

The individual must take the responsibility for self-healing, and this may involve changes in beliefs, attitudes, emotions and behaviors. If you are not open to allowing the healing energies to show you what you need to learn, what you need to change, or what you need to do, then it is doubtful that you will receive lasting benefit from them.

Once you begin to experience the Reiki healing energies, you may find yourself becoming more open to growth and change, as your body, mind, and spirit seek to participate in the healing process. You may begin to see that you have certain strong underlying thoughts or beliefs that are holding you back from achieving health and well-being, prosperity, or other personal goals.

You may begin to be aware of certain behaviors, habits, or lifestyles that are inhibiting your healing. You may come to see that there are areas in your work or relationships that you would like to improve. You may find people coming into your life who are able to help you to "think things through", and even to help you to effect the changes that you would like to see occur.

You may unexpectedly come upon a book, newspaper article, or TV show that seems to speak to you personally, addressing an issue that you have been struggling with.

The Reiki healing energies do not force us to change in any way. But they do open the doors for us...or maybe they turn on the lights for us...to be able to see how we might be blocking or undermining the healing energies and keeping ourselves "stuck" in unhealthy thoughts, beliefs, actions, habits, addictions, relationships, circumstances, or jobs. The Reiki Ideals offer us an avenue for expressing our openness to these changes. They contain excellent advice on how to achieve good health and well-being in all areas of our lives. They are not meant to judge us or condemn our actions, past or present, but rather to help us to see that there may be a better way of living our lives, a way that brings healing and blessing not only to ourselves, but to every living being. There is nothing in them that is at odds with any religion, as far as I can tell. I would urge you to begin to recite them yourself, twice a day, and see where they lead you.

"Just for today"

Time can be understood as an illusion created by the human mind... Time is psychic activity created by people. The only time that truly exists is The Now, the present moment.

Just for today, since only Now and only Today truly exist.

1. Just for Today, I will live in attitude of gratitude

Always feel thankful for what we know will constantly be provided. Our normal state is that of all - sufficiency or abundance. By living in gratitude one can shift from the vicious spiral of lackness of the virtuous spiral of abundance.

2. Just for Today, I will not worry

Worry results from a feeling of separateness from the universal wholeness. Do not interfere with the Universal timing in life. Live each day to the best of your ability and everything else will be taken care of.

3. Just for Today, I will not anger

Anger is the result of feeling out of control. When you get angry become aware of your reactions and also feel thankful for having an opportunity to look at the phenomenon anger. Do not feel guilty for experiencing anger. Be in attitude of gratitude and just for today not anger.

4. Just for Today, I will do my work honestly

To be honest oneself is to face truth in all things. Truth brings clarity. Honesty with oneself will project honest to others.

5. Just for Today, I will show love and respect for every living thing

We are all of one source and are interdependent. To show love and respect to all others is to love and respect oneself and our mother earth.

CHAKRAS

Chakras are energy centers along the spine located at major branchings of the human nervous system, beginning at the base of the spinal column and moving upward to the top of the skull, through which pass three major energy channels, Sushumna, Ida and Pingala. They are just like power stations that supply life energy or prana to different organs. When the power stations malfunction, the corresponding vital organs become sick or diseased because they do not have enough life energy to operate properly. Chakras are also the major centres of spiritual power in the human body and are circles of energy which balance, store and distribute the energies of life all through our physical body along the subtle body. Prana is the basic component of our subtle body, our energy field, and the entire chakra system. The subtle body is the non physical body or otherwise known as our soul or spirit, which overlays our physical body. Clairvoyants perceive chakras as colorful wheels or flowers with a hub in the center. Each chakra vibrates or rotates at a different speed. The root or first chakra rotates at the slowest speed, the crown or seventh chakra at the highest speed. The size and brightness of the chakras vary with individual development, physical condition, energy levels, disease, or stress. The functioning of the Chakras reflects the decisions we make regarding how we choose to respond to conditions in our lives. We open and close these valves when we decide what to feel, and what to think which through our own perceptual filter we choose to experience the world around us. Chakras interact and communicate with our body through two major vehicles, the endocrine system and the nervous system. Chakras also absorb and transmit energies to and from the universe, nature, celestial entities, from people even from things.

There are 88,000 chakras in the human body. Most are extremely small and play a minor role in our energy system. Among them there are 27 important chakras, In Reiki we consider only 7 chakras which are most important.

They are

1. Root Chakra (Mooladhara) – Grounding, security, primal energy
2. Hara Chakra (Swadishtana) – Relationships, emotions, sexuality, intimacy
3. Solar Plexus (Manipura) – Energy, vitality, will power, personal authority
4. Heart Chakra (Anahatha) – Balance, love, compassion, connection
5. Throat Chakra (Vishudhi) – Communication, speech, expression, healing, creativity
6. Ajna Chakra (Third eye) – Intuition, understanding, sixth sense, clairvoyance
7. Crown Chakra (Sahasrara) – Enlightenment, transcendence, cosmic consciousness

Muladhara, or Root, Chakra

This deep red chakra grounds and connects us to the earth. When our root chakra is open, we feel a sense of belonging. We deserve to be here and to be happy. This chakra focuses on our needs. Basic needs like food, shelter, and water are necessary in order for this chakra to feel balanced. Beyond that, we can use food (both “real” food and all of the things that feed us that don’t come on our plate) in our lives to help us feel more present in our bodies.

Stones: Ruby, Bloodstone, Hematite

Element: Earth

Body Part(s): Adrenal Glands, associated with survival (fight or flight) instincts



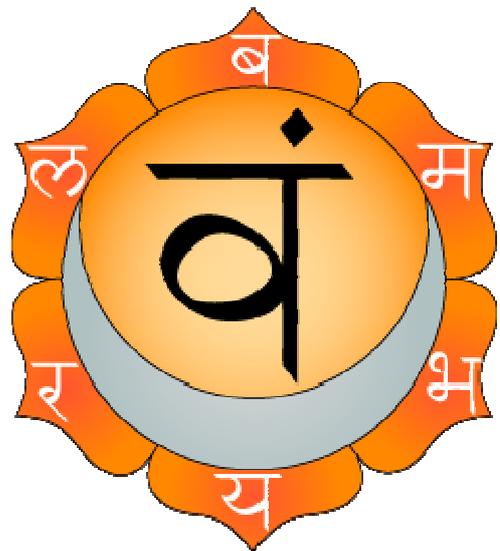
Svadhithana, or Sacral, Chakra

This calming orange wheel goes round in our lower abdomen, right below the navel. This chakra is associated with health, pleasure, feelings, and sexuality. When the sacral chakra is balanced, we feel abundant, we know that we are deserving of pleasure in all areas of our lives. It is this chakra that helps us feel free to let our emotions flow through our lives, taking them as they come and knowing that they will pass, knowing that just as emotions are fluid, so is life. When we are able to find ways to accept and express our emotions, then we are able to keep our emotional, as well as physical, bodies healthy.

Stones: Carnelian, Tiger’s Eye, Onyx

Element: Water

Body Part(s): Testicles, Ovaries, in charge of sexual development



Manipura, or Solar Plexus, Chakra

This bright yellow ball of fire heats up our personal sense of power. Located at the solar plexus, this chakra helps to center us. It is our power center where we develop our autonomy and sense of self. When this chakra is open, we feel worthy of all that life has to offer us. We realize the power we possess to create the life of our dreams is already alive inside of us. When we harness the energy of the solar plexus chakra, we find the strength to conquer our dreams and goals.

Stones: Topaz, Citrine, Amber
Element: Fire
Body Part(s): Pancreas, controls digestion



Anahata, or Heart, Chakra

Our heart center creates balance in our lives. When we move into our heart chakra, we feel love and compassion toward ourselves. Once we have learned to be kind to ourselves, then we are able to extend that kindness to others. The heart chakra allows us to live our lives from an understanding, considerate, and peaceful place. It connects us to others, our surroundings, and the universe. When we tap into our heart chakra, love radiates around us and out into the world.

Stones: Rose Quartz, Diamond, Peridot
Element: Air
Body Part(s): Thymus, helps build immune system



Visuddha, or Throat, Chakra

The blue of this energy center spins its truth in our throat, helping us to be authentic in the way we live our lives. The throat chakra is where we communicate, where we are able to openly share our life perspective. Part of speaking truthfully involves carefully considering our words and the effect they will have once they have been spoken, causing us to consciously choose what we say to others. This, however, does not mean that we bottle our words up inside. It means



that we try to look at all perspectives and find a respectful way to present our voice. Be clear, ask for what you want.

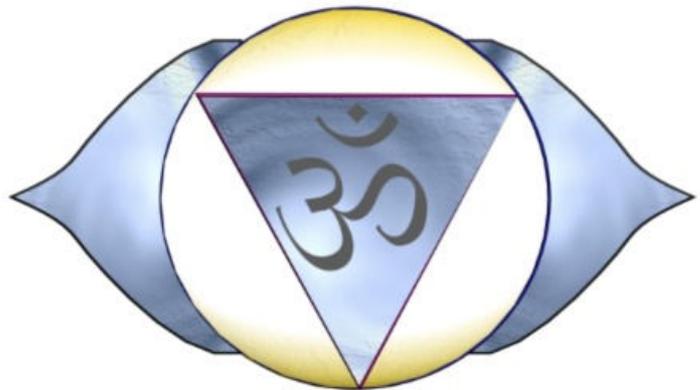
Stones: Turquoise, Blue Agate, Aquamarine

Element: Sound

Body Part(s): Thyroid, controls metabolism

Ajna, or Third Eye, Chakra

The violet light of this chakra makes its mark on our forehead, between the eyebrows and slightly above. This is where we see, where our inner eye lives. When we have an important decision to make or are feeling uncertain in our lives, it helps to focus on the third eye and to seek guidance. Everything we need to know is inside of us. Each one of us has all of the answers to all of the questions that we ask. What we need to do is slow down, take some time out, listen and trust in our own wisdom.



Stones: Sapphire, Tanzanite, Lapis Lazuli

Element: Light

Body Part(s): Pituitary Gland, influences growth and hormones

Sahasrara, or Crown, Chakra

Bright white light glows at the top of our head, radiating upward, reaching its rays out into the world beyond us. When we are grounded in our bodies, we are able to accept the ever-changing world that moves around us. Once we have accepted that change, we can work on building a strong sense of self, knowing that we deserve to fulfill our dreams. Having learned to love ourselves, we can then let that love move beyond the boundaries of our self and enter into our interactions with others. When we know how to love ourselves and others, then we are able to speak our truth from a place of integrity and respect for all involved in the conversation. When we are able to openly be honest, we can then go inside and listen quietly to our inner voice, which guides us. Going inside, we discover that though it often seems we are alone in this journey of life, we are really connected to everything. The white light radiates out from our crown and blends into the rest of the light that flows from all other beings. We are all one.



Stones: Amethyst, Alexandrite

Element: Thought

Body Part(s): Pineal Gland, regulates natural body rhythms

Aura

The human body has an energy field around it that is called the Aura. The aura constantly moves and changes around us, expanding contracting and intensely changes and vibrates. An aura has multiple layers that interact and relay information between the body through its seven chakra energy centers, and the immediate external environment. Each layer of the aura relates to the physical, mental, emotional and spiritual conditions of an individual. Energetic vibrations of a person's thoughts, feelings, state of health, awareness, and past experiences are stored in the different aura layers. There are seven auric layers that are commonly witnessed. The outermost layer of an aura's energy field extends anywhere from five to seven feet from the physical body, with the range of its extension dependent upon the overall health and well-being of an individual. Everyone has their own unique aura in size, color and quality. The auras of one person can be totally different from another person's aura. The shape of the aura around our body is an egg shape.

Seven Layers of Aura

1st (Ethereic) Layer: All physical functioning allowing us to exist on the material plane - including physical sensations, feelings, physical pain & pleasure. Also associated with automatic functions of the body. The etheric layer is closest to the body and fits nearly like a second skin. It has a definite size and shape. Generally, it extends from 1/4 of an inch to two inches from the body. Lines of energy are readily seen in this section of the aura since it is most closely linked to the physical body. It usually appears to "sight" as a blue or gray light or haze.

2nd (Emotional) Layer: All the emotional patterns that makes up our personality are contained in this layer. This is the vehicle through which we experience feelings and emotional life. This layer deals with emotions, emotions with us and emotions we have for other people. The emotional layer is often seen as a swirling mass of energy about the body. The form pretty much approximates the human shape but is not as defined as the etheric layer. In fact, each layer out becomes less and less structured as

a physical person. Emotional layer extends 1-3 inches out from the body.

3rd (Mental) Layer: - Associated with linear thinking. Both the conscious & unconscious minds are active here generating thoughts, desires, fantasies & fears - it never rests unless we are meditating. This is the layer of thought and ideas. The layer where concepts are fashioned into reality. It usually is most visible around the head and shoulders as a yellowish light. It is in this layer that thought and ideas actually become substantial. It extends 3-8 inches out from the body.

4th (Astral) Layer: - Associated with the heart chakra that creates & metabolizes the energy of love - for others around us - & this world. The astral layer marks the division between the physical layers and the higher layers. This layer is responsible for interaction between people. It is the layer of love and of relationship. Emotional bonds are formed on this layer.

5th (Ethereic) Template Layer: - relates to the higher will connected with the divine will. The throat chakra is the power of transforming thought into word, listening & taking responsibility for our actions. This layer represents the divine spark and bears our High Self. This body is a copy of the physical body on a higher level. It is the "master" copy for the Etheric body to model itself after.

6th (Celestial) Body Layer: - Associated with celestial & divine love transcending human love & encompasses all life. We come to this state through meditation & inner work realising that there is no separation between ourselves and all other being. It is the body of emotional level on the spiritual plane. Through this layer we are able to commune with Spirit. It is the level of unconditional love and trust.

7th (Ketheric) Body Layer: - Associated with the higher mind & integration as one with our spiritual life. The outer form is the egg shape of the aura containing all the energy bodies related to our present incarnation. This is the mental layer of the spiritual level. Through this layer we can become one with the Spirit. Through this layer we can access the akashic records and delve into our past lives. It is the layer of true connectedness to the higher planes.

How to Learn Reiki

Traditional Reiki training follows the famous Guru – Shisya (master – disciple) Parampara (tradition). You can learn Reiki from a Reiki Master who in turn learned it from his/her own Reiki Master. This way your chain of teachers must be traced back to the originator – Dr. Mikao Usui. This chain is called ‘Reiki lineage’.

Reiki is not ‘taught’ in the strict sense of the word. Rather, the ability to transmit reiki is transferred from teacher to student through a series of initiations or degrees.

***Attunement - During the Attunement process the Reiki Master helps to open your chakras so that you can receive Reiki and use this energy to heal yourself and others.

4 Levels of Reiki

There are four degrees, taught traditionally

Ist Degree Reiki

This is the beginning level. Level I attunement makes a person capable of healing others hands on. This attunement is primarily for self healing, but Reiki I channels can heal others too. The training includes powerful and sacred Ist Degree activating initiations, information on the history of Reiki, and ways of applying this unique science. Specific hand positions and their corresponding physical, mental, emotional and spiritual significance are extensively covered. Instructions are given on how to utilize Reiki with family, friends, plants, animals, food and water etc.

II Degree Reiki:

This degree takes you deeper into the wonderful world of Reiki. There is one further attunement to connect you to the IInd degree energy and to the power of the keys used in this level. These keys, or symbols, intensify the power of Reiki. This level is at least four times more powerful than Reiki I. After a level II attunement, the channel can heal others not only physically, but from a distance as well. Apart from sending Reiki to people, he can also send Reiki to events and occasions. It includes a powerful, sacred IInd Degree initiation, which attunes you to dynamic, multi-dimensional energy keys or symbols. These sacred symbols allow you to access many different

levels or dimensions of energy. A discussion of the symbols and their origins as well as their precise usage is given. Specific techniques of absentee healing, personal transformation and healing mental/emotional disorders are also presented.

III rd Degree Reiki:

A person attuned to this level is called a 'Master Healer'. This level is at least 10 times more powerful than the second level. In this level one will learn the level III symbols and their use, receive the level III attunements and further refine their Reiki skills.

This level is for personal mastery, personal growth, transformation and increased enlightenment. It is available to those students who have been continuously working with IIInd Degree Reiki and feel ready for the next level. Psychic surgery is taught at this stage to enable the learner to remove energy blocks.

Master/Teacher Level Reiki:

This level is called the Reiki Master/Teacher. After being attuned to this degree, a person can attune and teach others.