

**LEVEL 1**

**Reiki**

**PRACTITIONER  
CERTIFICATION**

**Reiki Level 1 Manual**

A Complete Guide to the First Degree

Usui Method of Natural Healing

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Reiki Level 1 Manual:  
A Complete Guide to the First Degree Usui Method of Natural Healing

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## Authors & Publishers Disclaimer

Reiki is an ancient form of healing that is practised by the authors and numerous practitioners around the world. The information and techniques in this book do not constitute medical advice. Healing and medicine are two very different disciplines. You should always remember to seek medical advice from a qualified doctor or practitioner in the case of serious illness. While all suggested treatments are offered in good faith, the author and publisher cannot accept responsibility for any illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical practitioner.

## Important Note to the Reader/Student

The purpose of this book is to give the reader a step by step guide to the teachings and disciplines associated with First Degree Usui Reiki. We have purposely kept the information concise so the reader can quickly and easily understand and apply Reiki.

Wherever possible we have avoided adding personal beliefs that may differ from the traditional teachings of Dr Mikao Usui. The knowledge and information contained in this book is based on the original **Shiki Ryoho** Method of Healing developed by **Dr Usui** over two hundred years ago.

If you desire to use the teachings contain within this book to heal yourself and others you must first have received the necessary attunements from a Reiki Master.

## Course Outline

Lesson 1: Reiki, the Universal Life Force

Lesson 2: What is Reiki?

Lesson 3: How Reiki Works

Lesson 4: The History of Reiki

Lesson 5: The 5 Reiki Principles

Lesson 6: Preparing for Reiki Level 1

Lesson 7: Anatomic Illustrations for Reiki

Lesson 8: Reiki Self-Treatment

Lesson 9: Preparing to Treat Others with Reiki

Lesson 10: Treating Others with Reiki

Lesson 11: Rapid Reiki Treatment

Lesson 12: The Ultradian Rhythm Technique

Lesson 13: Group Reiki Treatment

Lesson 14: Reiki and Pregnancy, Babies, and Children

Lesson 15: Reiki Brings Comfort to Those Souls Crossing Over

Lesson 16: Use Your Imagination

Lesson 17: Final Thoughts



"I am realistic. I expect miracles." - Dr. Wayne Dyer

## An Introduction to Usui Reiki

*"To heal from the inside out is the key"* – Wynonna Judd



Reiki is the gift of vitality and self preservation encoded into the genetic makeup of all God's creatures. It is the higher self's connection to the universal energy that breathes life into all living things. We are all born with the omniscient wisdom to heal and preserve life. All living things are connected. Our ancestors used and relied on their own abilities and instincts. Unfortunately, these basic skills have been forgotten and are rarely used today. Humanity in its relentless ambition for progress has given up its most precious and natural gift.

Through the media and clever advertising campaigns the majority of the world's population have been conditioned to rely heavily on modern technology at the expense of their own birthright. There is a need for humanity to become re-balanced. Instead of giving up responsibility for one's life and health, it is vitally important to regain equilibrium between ancient and modern technology. ***Reiki is the catalyst.***

Many people believe when you are ready to embrace the principles of Reiki you will be guided to a teacher. I personally believe that Reiki with its infinite wisdom and unconditional love seeks out the person when they need it most. This is true of my own experience and introduction to Reiki.



“Eventually you will come to understand that love heals everything,  
and love is all there is” - Gary Zukav

## Lesson 1: Reiki the Universal Life Force

“Our sorrow and wounds are healed only when we touch them with compassion” –  
Buddha

There is a non physical ubiquitous energy that gives life to every living organism. For many thousands of years we have known of this energy and have sought to develop ways to harness its power to heal and influence our lives. The Japanese call this energy Ki. It is also known as Chi by the Chinese, Prana by a number of Asian cultures and the Holy Spirit or Holy Ghost by most of the western world.

We carry this energy in and around our bodies from the moment we are conceived. Science has established its existence, and with the aid of Kirlian photography we are able to see this energy that encompasses all living things. Ancient Eastern cultures have harnessed and applied this energy for healing since before the birth of Jesus Christ.

Many successful disciplines such as Reiki, Tai Chi, Feng Shui, Meditation, Yoga and Acupuncture have been developed to control and greatly enhance the flow of this energy in and around the body. The energy itself is pure and has omniscient wisdom.

Humanity has become fragmented and hollow; we are only a shadow of what we could be. We need to go back to go forward once more. By practising the discipline of Reiki you regain your natural abilities to heal yourself and others and the knowledge you require to lead a happier more fulfilling life.

Nature's life giving energy is a great and wise teacher, by pursuing its wisdom through Reiki you will grow to new heights of understanding and life will flow at a more enjoyable and exciting pace. Remember always that this life giving energy is a gift from God - your Birthright. Everyone possesses this gift and uses it daily even though they probably do not realise they are doing so.

When a child for instance falls and hurts their knee, instinctively they place their hand on the sore spot and the pain is relieved as they unconsciously work with this energy to heal themselves. Likewise, a parent will kiss their child's hurt or injured limb better and place their hand on top. Unknowingly both the parent and the child are working unconsciously with this healing energy. The parent sending and channelling the energy; the child receiving and drawing the energy.

This wonderful energy is free. There are no patents or copyrights attached. All you need is the desire and the discipline to attune yourself to the energy and its life changing properties.

## 10 Things That Weaken the Life Giving Energy



1) Too Much Alcohol



2) A Poor Diet



3) A Lack of Exercise



4) Drugs



5) Tobacco



6) Negative Habits



7) Stress



8) Poor Breathing



9) Lack of Sleep and Rest



10) Negative Psychic Activity



A new philosophy, a way of life, is not given for nothing.  
It has to be paid dearly for and only acquired with much patience and great effort.

- Fyodor Dostoyevsky



## Lesson 2: What is Reiki?

In the deeper reality beyond space and time,  
we may be all members of one body - Sir James Jeans

Reiki is a form of hands on healing, with its origins in India and the East dating back many thousands of years to the time before Christ and Buddha. The original name, disciplines and techniques of Reiki were lost due to the traditional method of passing knowledge from generation to generation by word of mouth. Exactly when this ancient art of healing disappeared is difficult to determine. However, we do know that it was rediscovered by a Japanese Scholar and monk name Dr Mikao Usui. It was in fact Dr Usui who fashioned the name REIKI.

The image shows the Japanese character for 'Rei' (靈), which is a stylized black calligraphic character.

**Rei - Universal**

The image shows the Japanese character for 'Ki' (氣), which is a stylized black calligraphic character.

**Ki - Life Force**

Reiki is a two syllable Japanese word meaning universal life force. Although the proper Japanese pronunciation is RYE-KEY, it has been westernised to RAY-KEY.

Rei means universal, omnipresent – present everywhere at the same time. Esoterically Rei means spiritual consciousness, the omniscient wisdom from God or the higher self.

Ki is the non physical vitality that gives life to all living things. Many cultures understand and recognise the importance of Ki energy and how it impacts our lives and well-being.

Ki energy can be activated for the purpose of healing. When you feel healthy and full of enthusiasm, the flow of Ki energy in your body is high and unencumbered. Life seems easier to deal with and you have a higher resistance to illness and disease.

However, when your Ki energy is low because maybe you are under stress or feeling unhappy and tired you will be more susceptible to disease and sickness. Your attitude will be generally negative and you will find it difficult to deal with life's challenges. Ki is the very essence of the soul; it leaves the body when a person dies.

Reiki is holistic; it works on the body mind and spirit by stimulating a person's own natural healing abilities. The blocked emotional and physical elements that lead to illness and disease are cleared. Reiki is neither positive nor negative; it is in fact the highest and most profound vibration of life. Divine in origin, it allows us all to become one with all things alive in our world. Reiki is pure unconditional love and joy bringing all who experience and embrace its principles together in harmony.

The skills and techniques associated with Reiki are simple and easy to learn. Small children and adults can equally comprehend and incorporate this ancient form of healing into their lives. Regular contact with Reiki will bring the recipients mind body and spirit into balance. It will also help prevent future creation of illness and disease.



"Reiki is the greatest secret in the science of energetic." - Madam Hawayo Takata

## Lesson 3: How Reiki Works

You don't have a soul. You are a Soul. You have a body. ~ C.S. Lewis



The human body is made up of over 50 trillion cells. Each cell contains omniscient wisdom and is connected to the universe and every living thing within it. A good analogy is to think of the universe as a huge ocean of water. Every living thing within that ocean is like a tiny droplet. Together these droplets make up and are part of Reiki the universal life force.

Reiki is part of our genetic structure. An in built intelligence that energises the mind body and spirit. Reiki stimulates growth, health, life and healing. When it is freely allowed to flow around the body it can keep us alive and healthy for over one hundred and twenty years.

Unfortunately, bad habits and poor choices result in the flow of Reiki being stifled. It is important to note that Reiki cannot be destroyed. Even when we die and the life force leaves our body it continues to exist as part of the universe. Through neglect and ignorance we abuse this vital component of life.

When the mind body and spirit are in harmony the biological intelligence that governs the body's resources and allows it to heal itself and function correctly are intensified. Reiki is the key that unlocks the body's optimum capabilities. There are seven main energy centres in the body that control the flow of the universal life force. They are called the Chakras. Each chakra is responsible for supplying energy to specific parts of the body. When they are blocked or clogged the body becomes sick and the flow of energy is diluted.

A full Reiki treatment reopens the chakras and re-balances the flow of the universal life force around the body. A person will normally need four full treatments on four consecutive days to boost the flow of Reiki energy. This will stimulate the body's immune system and natural healing abilities. Normally the body will begin by cleansing itself of

toxins. As the poisons are removed, the body becomes re-balanced and the healing process can begin.

Many cultures have developed techniques and disciplines that stimulate the flow of KI energy around the body. However, Reiki is the easiest to learn and administer. The techniques are simple to master. The results are profound.

## The 7 Major Chakra Points



**The Crown Chakra** (white or violet) is positioned on the top of the head. It represents enlightenment, intuition and spiritual vision. Energy supply to the pineal glands, upper brain and right eye.



**The Third Eye Chakra** (Indigo) is positioned in the middle of the forehead, just above the eyebrows. It represents psychic perception, telepathy and ESP. Energy supply to the spine, lower brain, left eye, pituitary gland, nose, ears and central nervous system.



**The Throat Chakra** (light blue) is positioned in the centre of the neck. It represents self expression, emotions, communication and creativity. Energy supply to the throat, thyroid gland, upper lungs, arms and digestive tract.



**The Heart Chakra** (rose and green) is positioned in the middle of the chest. It represents emotions, love, devotion, spiritual growth and compassion. Energy supply to the heart, thymus gland, liver, lungs and the circulation system.



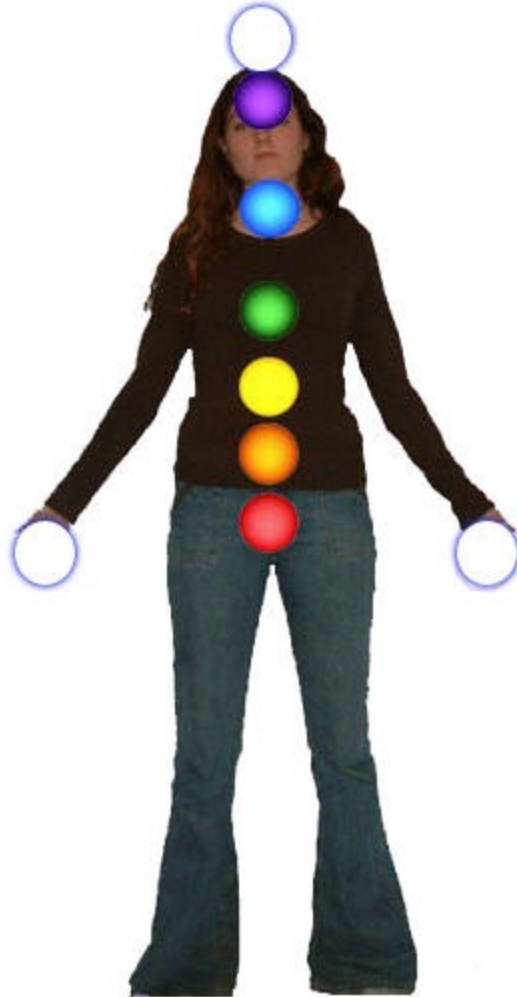
**The Solar Plexus Chakra** (yellow) is positioned just above the navel. It represents the centre of the body, food is assimilated, turned into energy and distributed throughout the body. Energy supply to the emotions, stomach, liver, digestion, gall bladder and the pancreas.



**The Sacral Chakra** (orange) is positioned just below the navel. It represents sexual energy, perceptions and first impressions of people. Energy supply to the reproductive organs, legs and the glands.



**The Root Chakra** (red) is positioned at the genitals. It represents life, physical vitality, birth and creation. Energy supply to the spine, kidneys, bladder and the suprarenal glands.



Reiki is ever-present in our bodies. This means anyone can harness this profound inbuilt intelligent energy for healing.

However, without being attuned to the universal life force you will only be using about 10-20% of its capacity for healing.

Madam Takata explained it best when she described Reiki as being similar to radio waves. We cannot see them but we know they are everywhere around us. When we turn on a radio and tune into the radio waves we can pick up a signal. That signal is turned into a radio programme. Similarly the universal life force is everywhere, although we cannot see it unless we use Kirlian photography.

When we are tuned into the energy by a Reiki Master we are able to harness Reiki to heal ourselves and others. This gift of healing remains with us for the rest of our lives. We can only lose it if we use it for negative or destructive purposes. Reiki is pure and it needs to be treated as such.

Reiki is channelled through the hands. When you place your hands on your own body, or the body of another person for the purpose of healing you connect with the universal life force. The wisdom of Reiki then goes to work to bring about healing, balance and whatever is needed on a holistic level.

**The best way to understand how Reiki works is to experience it.**



God be in my head, and in my understanding.  
God be in my eyes, and in my looking.  
God be in my mouth, and in my speaking.  
God be in my heart, and in my thinking.  
God be at my end, and at my departing. - Anon

*I hope you enjoyed this excerpt from the Manual!*

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*The Licensing for all 3 Reiki Manuals is part of the Reiki Teacher Business Package, which you can purchase from:*

<http://www.sacredwellness.co/reiki-teacher-business-package>

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**A turn-key Reiki Business solution!** Have everything you need to start teaching Reiki workshops, including The Sacred Wellness Reiki Training Guide, all 3 Reiki Manuals, and Lecture Notes!

This package includes the Licensing and Master Resale Rights (MRR) for the following manuals:

- Reiki Level 1
- Reiki Level 2
- Reiki Level 3 Master Teacher

These are the same manuals that I use in my Reiki workshops, and I've received nothing but positive feedback about them from my students. Plus, you'll also receive my expert guidance from years of teaching Reiki workshops, which I've compiled into The Sacred Wellness Reiki Training Guide!

The Sacred Wellness Reiki Training Guide is an indispensable tool for all Reiki Teachers, and it specifically addresses the curriculum found in these manuals. I've included my own commentary on each manual, plus suggestions on how and when to perform attunements, how to facilitate student practice sessions, and how to plan your topics for each of Reiki Level 1, Reiki Level 2, and Reiki Level 3 Master Teacher workshops.

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- Licensed Level 2 Manual (Pages)
- Licensed Level 2 Manual (Word)
- Licensed Level 3 Manual (PDF)
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