



Reiki 1 Seminar

Compendium

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<http://reikinetwork.org>

Contents

Reiki	p.3
The History of Reiki	p. 4
What Reiki is NOT	p. 5
What Reiki Is or an do	p. 5
The Iceberg	p. 6
The Energy System /Chakras.....	p. 7
Reiki Self Treatment	p. 8
The 5 Reiki Principles/Usui’s 5 Rules	p. 9
Reiki Unions	p.10
Treating Adults	p.12
Reiki for Children	p.12
Reiki for Plants, Animals and Food	p.13
First Aid with Reiki	p.13
Group Reiki	p.14
Reactions after Self Treatment	p.14
An Afterthought	p.14

Reiki



REI KI
universal energy

Harmony – balance

Life energy – around us, inside of us (microcosm/macrocosm)

Everything consists of energy (molecules in motion)

e.g. body, thoughts, feelings, colours, matter etc.

Reiki is an activated, naturally inherent energy, which everybody possesses.

The History of Reiki

- Through out history many civilizations have talked about an omnipresent energy supposed to benefit the life force
- An ancient method thousands of years back
- Tibet, India, China, Egypt, Mesopotamia (the Sumerers)

Dr Mikao Usui 1862-1926



Dr Chujiro Hayashi 1879 – 1941



Hawayo Takata 1900-1980



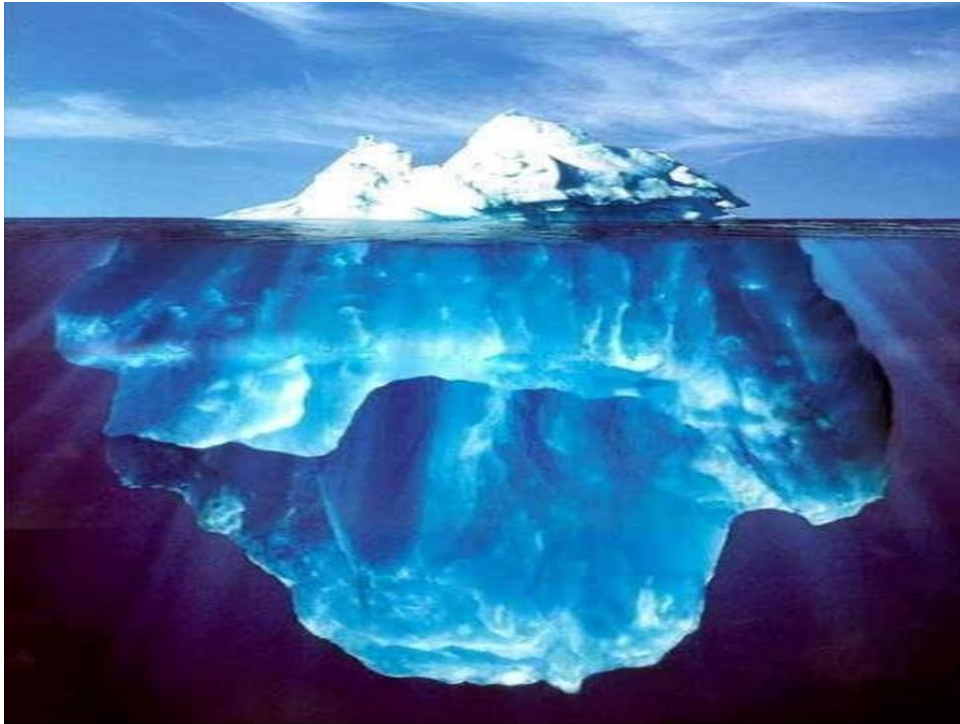
What Reiki is NOT

- Religion
- Something you must believe in
- Guru/cult/sect
- Diagnosis
- Dependent on doer's health
- Side effects
- Something to manipulate/a recipe - because we all have different imbalances

What Reiki Is or Can do

- Self treatment, a safe, simple and natural method
- Compatible with all other treatments
- Harmonious energy
- Improving health
- Preventing stress, tensions, improves sleep quality, relieving pains, creating harmony, balance and mastering skills
- Reiki flows to the cause of the symptom (the iceberg)
- Reiki energy flows from the hands to where it is most needed
- Works holistically/enhances the self healing powers of the body
- Strengthens the immune system
- Harmonizing organs, hormone system and excreting deleterious products faster
- Increases creativity, intuition, ability to see new possibilities – e.g. in job and private life
- Energy refill/a simple method for helping yourself
- Works with plants, animals and food
- Safe method/no contraindications
- No diagnosis
- First aid/quickens healing of acute damages and conditions

The Iceberg



The 10 / 90 rule

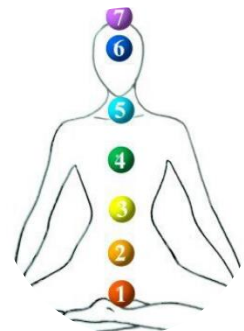
The top of the iceberg is the symptom of our ailments – that is what we can see, feel, sense.
The cause of our ailments often lies underneath the water and is hidden for us.

- Holistic Reiki treatment
- Reiki has effect on the cause of our ailments and melts down the iceberg little by little
- Reiki creates balance because it takes care of the biggest unbalance first - which may be somewhere else than we think ourselves
- De 12 Reiki positions help us treat the whole of the iceberg

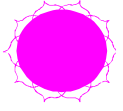
The Energy System/Chakras

The chakras are energy centres in the subtle bodies. Each chakra is connected to a bigger nerve complex and endocrine glands in the densest (physical) body.


Dysfunction on chakra level may result in too much/too little activity in the endocrine glands, and may be connected to changes in the nervous system. For example reduced function in the throat chakra may lead to hypothyreosis or to a depression. The chakras are the doors to consciousness through which emotional/mental/spiritual forces flow in order to express themselves physically.



7. Crown Chakra


Yantra: A thousand leaves lotus	Colour: Violet	
	Quality: Unselfishness, spirituality	
	Organ/Gland: Cerebral cortex, pineal gland	

6. Brow Chakra


Yantra: Circle + two lotus leaves	Colour: Purple (or indigo)	
	Quality: Wisdom, intuition	
	Organ/Gland: Pituitary	

Vitalizes cerebellum

5. Throat Chakra

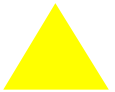
Element: Ether	Colour: Blue	
Yantra: Half moon	Quality: Unity, communication	
	Organ/Gland: Thyroid, parathyroid, hypothalamus	

4. Heart Chakra


Element: Air	Colour: Green	
Yantra: Hexagram	Quality: Satisfaction	
Feeling: Joy/sadness, self-love	Organ/Gland: Heart, lungs, thymus, heart, Immune system	

influences the circulatory system. Anchors the life energy in the body. The heart chakra is the balancing centre of the body, and the strength of the chakra is connected to the ability to love one self.

3. Solar Plexus Chakra


Element: Fire	Colour: Yellow	
Yantra: Triangle	Quality: Radiation, digestion of life itself	
Feeling: Anger	Organ/Gland: Gall bladder, liver, stomach, spleen, pancreas	

2. Sakral/Hara Chakra

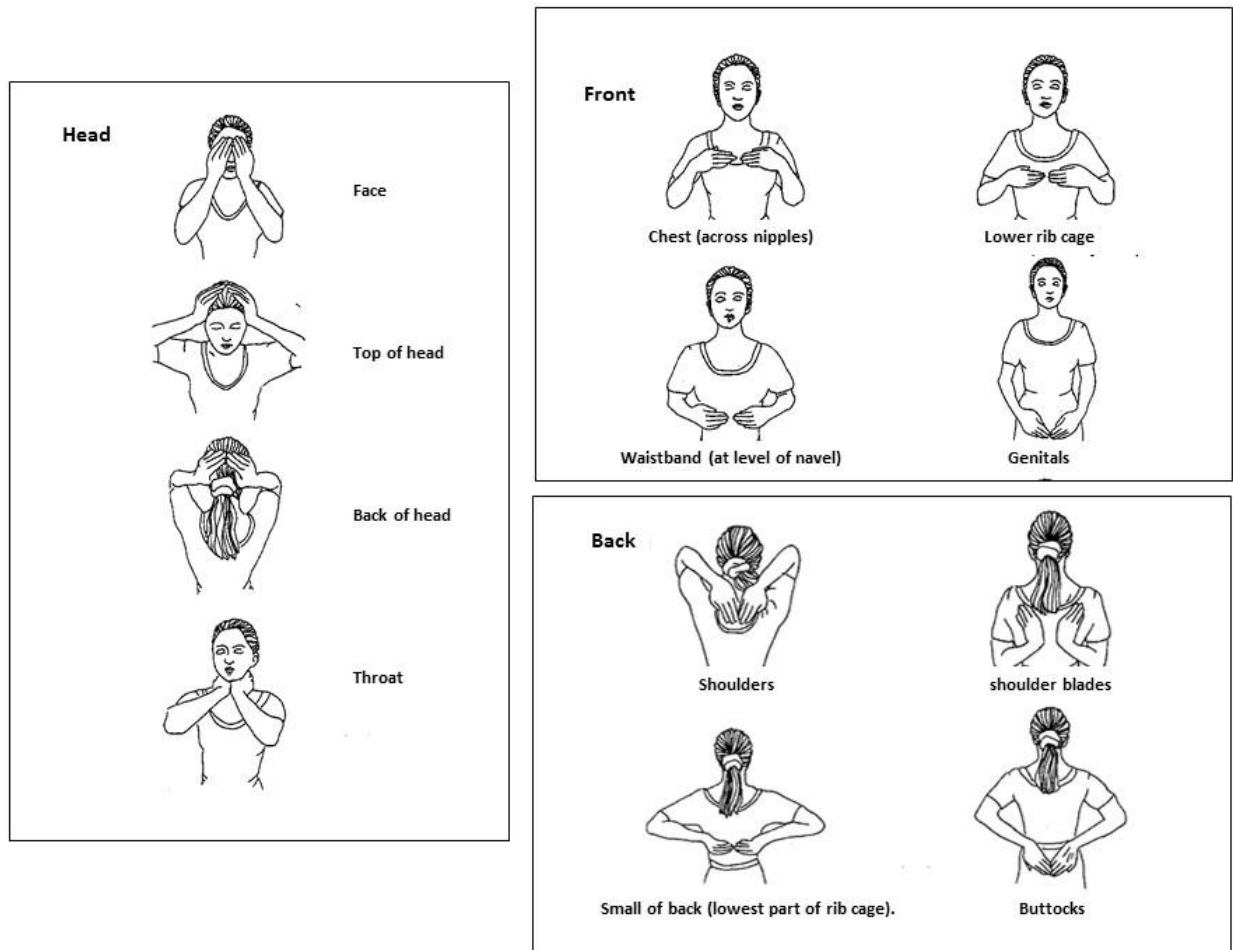
Element: Water	Colour: Orange	
Yantra: Circle	Quality: Purity, creativity	
Feeling: Love (for others)	Organ/Gland: Ovaries, testicles, prostate	

Influences all the fluids of the body, reproductive system, the blood flow.

1. Root Chakra

Element: Earth	Colour: Red	
Yantra: Square	Quality: Patience	
Feeling: Horror	Organ/Gland: Kidneys, adrenals	

Self Treatment



Takes about 60 minutes – 12 positions of 5 minutes each

A dynamic change of each chakra (the big energy centres) happens as soon as you are initiated into Reiki. This may lead to changes at all levels. **Regular self treatments are essential** in order to accelerate and ease the changes you may go through.

Some times repeatedly self-treatments are required, preferably for several weeks or more, before you can acknowledge the effect of Reiki. It may often be difficult to be objective about one self, and it may therefore be a good idea to write a journal. For example about how you are, physically, emotionally, mentally etc. If you cannot be objective about personal changes it may help to write down the changes, which happen in your surroundings and with the people who are closest to you, as they are mirroring you.

However, something may happen almost right away and the changes can be big. Remember that Reiki is a maintenance programme, do not treat yourself only when you are feeling bad! **The self treatments have a positive, accumulating effect.** The more you give yourself Reiki on a regular basis, the deeper relaxation you will reach during the treatment and the more effective the treatment will be.

This simple self treatment of 12 positions is holistic, which means it treats the whole body/mind and it is **physiologically equal** to 3 to 4 hours of sleep. This is worth remembering when you are self-sabotaging and think you do not have the time.

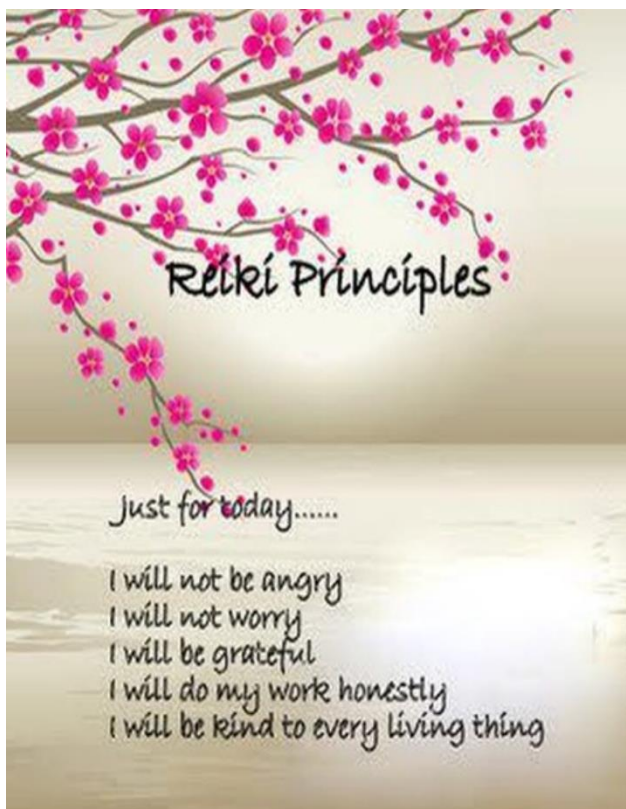
It is preferable to do the self treatment coherent for a whole hour. This will ensure maximum susceptibility and it will optimize the effect of Reiki.

Do not fritter the energy in your hands! Leave your hands on your body during the day when you do nothing else (this is a fine opportunity to treat knees and feet). **Remember**, you can never "over-Reiki" neither yourself nor others!

Regular self treatments as a life style is a good tool for personal development.



The 5 Reiki Principals/ Usuis 5 Rules of Life



Just for today...

- I will be free from anger
- I will be free from worry
- I will be grateful
- I will be totally honest
- I will respect all living things

Reiki Unions



REIKI 1

Reiki 1 is the basic level. Here the important connection to Reiki takes place.

On a Reiki 1 seminar Reiki will be activated in your hands by a Reiki Master or Reiki Master Teacher.

You will have Reiki in your hands for the rest of your life. You will learn how to treat yourself and others.

It is a complete seminar with both theory about Reiki and practical exercises.

You do not need any previous knowledge or special gifts in order to take part in a Reiki 1 seminar.

A Reiki 1 seminar lasts 2 days or 12-14 hours.

REIKI 2

We recommend that the participants wait 2-4 months after Reiki 1 before they continue to Reiki 2. This allows changes to be digested, which may be a consequence of the first activations. Moreover, this creates the possibility to get to know this subtle energy by using it regularly on one self and/or others.

At the Reiki 2 seminar you learn to give Reiki treatments at a distance, i.e. a method of sending Reiki beyond time and space.

You learn several powerful treatments and techniques, which give you the possibility of working in your everyday life. These techniques can support your personal growth.

A Reiki 2 seminar lasts 3 days, about 15 hours.

Reiki 3A

Reiki 3A is a seminar which goes deeper, increasing great personal growth and development.

We recommend that you wait at least 6 months after your Reiki 2 seminar. It is important that you have practiced all the Reiki techniques and have repeated the Reiki 2 seminar before you continue to the level of Reiki 3A. You have to go through an interview before you can take part in this seminar.

A Reiki 3A seminar lasts 3 whole days.

Reiki Master

This is about the decision of teaching Reiki and contributing to making Reiki known.

It takes at least 1 year of training to fulfil all the demands of the Reiki network in order to teach Reiki 1 and Reiki 2.

Reiki Master Teacher

After at least 2 years as an active teacher of Reiki it is possible to become a Reiki Master Teacher, and to teach all the Reiki levels.

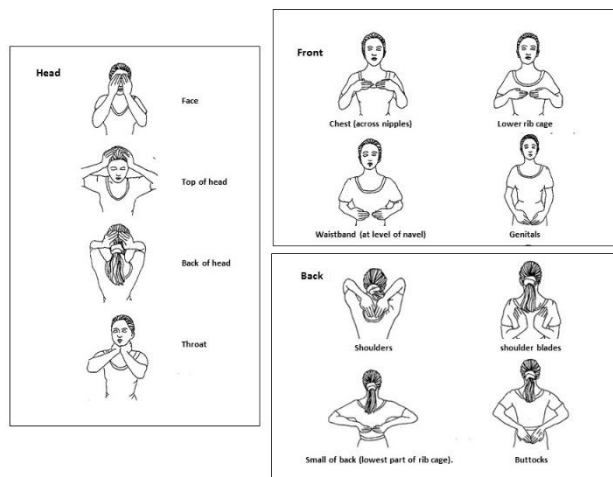
The Reiki Master Teacher also educates Reiki Masters.

Each Reiki level is complete in itself.

Treatment of Adults

The same 12 Reiki positions
Do not persuade anybody
Energy exchange – similar to e.g. massage

Peace and quiet
No diagnosis
Blanket, pillows, relaxing music
Info about 3 treatments because of «healing crises»
Finish treatment with the feet



Reiki for Children



0-2 years, 15 minutes – stomach/head/back
2-9 years, 30 minutes – 12 positions

Seminars for children – the children learn to treat themselves
One of the parents must have Reiki.

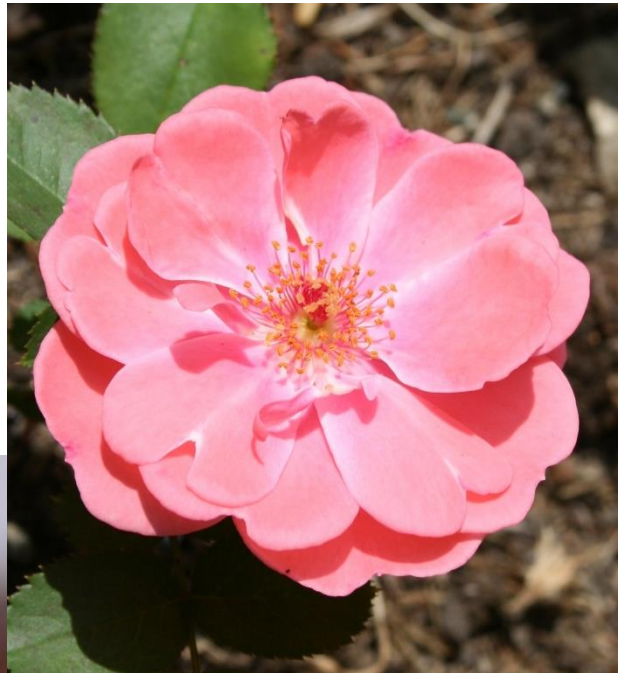
Reiki for Plants, Animals, and Foods

Hold in one place

Plants: 5 minutes
We can give Reiki to flower water

Animals: 15 minutes

Food: 5 minutes



First Aid with Reiki

When the body has been injured our cells remember what it is like to be healthy (24 hours).

- After intervention, surgery, fracture
- Burns 15 minutes
- Cuts/wounds
- Damage of the ankle
- Sports injuries
- Nose bleedings

Put your hands as close as possible to the place of damage, preferably 30 minutes.

It is not a replacement of medical assistance! – but something extra.

Group Reiki

Give and receive Reiki for about 15 minutes per person

Equivalent to many hours of Reiki from many hands

Does not necessarily follow the Reiki positions

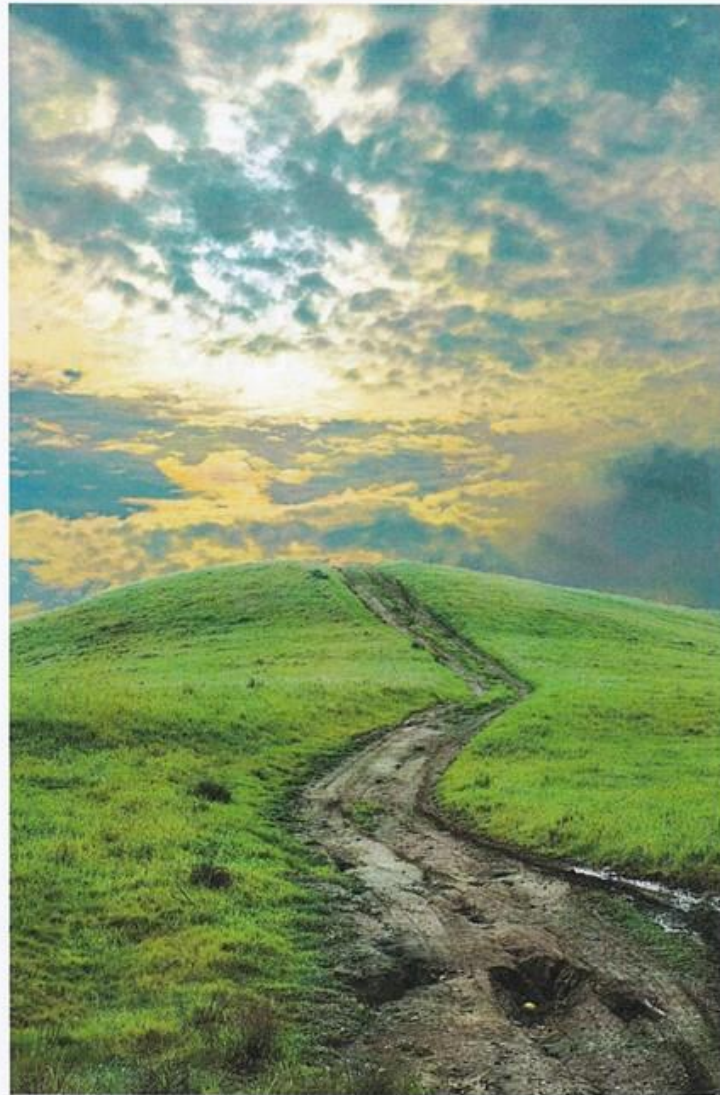


Possible Reactions to Self Treatment

Emotional reactions	Physical reactions	Mental reactions	Energy reactions
Clarity	Heat or warmth	Seeing light	Pulsing
Self love	Relaxation	Seeing colours	Rise and fall of energy flow
Peace	Hot blushing face	Seeing images	Changing energy
Healing	Head aches	Throbbing 3 rd eye and hands	Tingling
Balance	Back pains	Feeling of invisible hands on the body	Release of energy
Calm	Warm hands		Electricity
Wholeness	Pressing in the hands		
Love	Hunger		
Trust	Cold		
Safe and sound	Reduced pain		
Spacey			
Smiling			
Release of negative feeling			
Reduced stress			
Compassion			
Comfort			
Centred			
Harmony			

An Afterthought

Now that you have attended a Reiki 1 seminar, remember to use Reiki every day for 21 days.



The beauty of Reiki is its simplicity

Reiki – a plain, simple and natural method.

Universal Life Force Energy for healing, harmony and balance