The Reiki Guide

What is Reiki?

Reiki is a form of energy healing that was developed by Japanese Buddhist monk Mikao Usui in 1922. Reiki can translated as spirit, life force, or consciousness.

What can Reiki do for you?

Those who have had a Reiki treatment describe it as deeply relaxing. In studies Reiki has shown to lower the heart rate, respiration and blood pressure. Reiki is available in more than 800 hospital in the United States. Doctors and Nurses who have experience with Reiki in a clinical setting report that patients who receive Reiki are relaxed and benefit from reduced stress and suffer less pain. They enjoy improved sleep
and need less medication. They also say that Reiki reduces many of the unpleasant side effects of chemotherapy. *(IARP.org)*

Reiki works holistically, benefiting our whole system, mind, body, spirit and emotions. Many people say that it aids the release of emotional blocks and brings them deeper within themselves. Reiki has no side effects or contraindications.

Reiki also stimulates our spiritual and personal development. The relaxed but alert position we take when giving a Reiki treatment, coupled with the powerful life force energy flowing through us allows our awareness to be freed up and expand. This in turn allows us to awaken to more subtle energies and our capacity to be aware of our intuition increases. The more we work with the Reiki energy the deeper these changes go.

**Frequently Asked Questions:**

*Can everyone learn Reiki?*
There are no prerequisites to follow the Reiki 1 course which is for beginners. Everyone can join.

*Is Reiki based on a religion?*
Reiki has no religious affiliations. It is available to every person regardless of race, religion or background. Although Reiki has no
religious leanings, its practice will often promote a spiritual experience of deeper interconnectedness.

Are other forms of Reiki better?
Whichever name it is given ultimately there is only one Reiki. Some people teach Reiki in a slightly different form but the effect is neither stronger nor less effective. If you are looking for more depth and a deeper understanding, then the 3 Reiki levels offer sufficient opportunity to develop spiritually as well as at the level of consciousness.

What happens during a Reiki attunement?
An initiation liberates an inherent or natural potential we all have available to us. The following aspects converge to allow this potential to be realised.

Resonance: In English the Reiki initiation is most usually called an attunement. This term is a useful way to think about what is happening. In the same way that a vibrating guitar string struck close to another string causes it vibrate in sympathy, during an attunement the Reiki Master has a similar effect on the student. Let's look at a technical
definition: “Resonance occurs when the natural vibrational frequency of a body is greatly amplified by vibrations at the same frequency from another body”. The only nuance with an initiation is a Reiki Master tunes the student to the Reiki frequency.

Intention: We all know that intent determines everything and the more focus and energy behind the intention, the more can be achieved. During the attunement, it is the intention of the Reiki Master to tune the student to the Reiki energy. He or she creates a focused area in which the attunement takes place. This shared focus acts as a conductor and catalyst enabling a shift to occur.

A metaphor in consciousness and energy transfer: That millions of people around the world are now initiated into Reiki means that there is a strong groove in our collective consciousness making Reiki accessible to us all. During the attunement the Reiki Master brings the Reiki symbols into the aura at the same moment that the effect of the resonance is tuning the student to the Reiki frequency. This, combined with the intent of the Master and the expectations of the student, is what causes the alignment with the Reiki frequency.
How does a Reiki attunement feel?
The experience of the student during the attunement can be varied. Most feel an expanded sense of self and deeper peace. The sensation of movement of chi energy at the energy centers, especially at the Crown chakra are common. Directly after the attunement the student is able to channel and work with the Reiki energy.

The 3 Reiki levels

Reiki 1: The beginners course. People of all levels of experience are welcome. You will learn to work with the Reiki energy so that you know how to treat yourself and others with Reiki. During the course you will have the opportunity to give and receive Reiki with fellow students guided by the Reiki teacher. After the course, practice is important and will allow you to develop further.

Reiki 2: The Reiki 2 attunement takes your Reiki development deeper and further. You learn how to give a Reiki treatment from a distance. The secrets of the Reiki symbols will also be revealed to you, how they work to focus the Reiki on different levels of the body and being. This day will also help you to understand the role that your intention plays in energy healing.

Reiki 3: The Reiki Master course. The Reiki Master attunement takes your Reiki development even deeper and further. You will learn the Reiki Master symbol and how to attune others to Reiki. The course will look at the whole Reiki trajectory of development so that you better understand what Reiki is and how it works, helping you to deepen your autonomy and guide others. Many people who take the Master course do so to
further their own development and not necessarily because they want to attune others.

**How much time should pass between different Reiki grades?**

Everyone’s speed of development is different and unique. The student should allow some time for integration between courses but a standard time of weeks or months that was once applied can’t really be used as standard template any more. People these days often have a background with meditation, yoga or other energy work so the student can discuss this question for themselves directly with the Reiki teacher.

**Choosing your Reiki Master**

A good teacher will be able to speak about Reiki in clear and simple terms making it transparent and available to their students, free from any form of religious or spiritual dogma. Watch out for teachers who say that their form of Reiki is better or more powerful.

A Reiki teacher should be a humble example of the healing and developmental powers of Reiki. They probably won’t bring attention to the title of “Master” or put too much emphasis on their lineage as they are very conscious of whether or not they are living in accordance with their own highest potential. Their ego or image is the last thing on their mind.

A Reiki teacher will be happy to spend a few minutes on the telephone with you answering any questions you have. Trust your gut instinct and go with the Reiki teacher you have the best feeling or click with.