# REIKI LEVEL I MANUAL

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DEFINITION OF REIKI

REI means, universal, spiritual consciousness or cosmic knowledge, KI refers to life force. (QI in Chinese, PRANA in Sanskrit and LUNG in Tibetan.) Thus REIKI refers to “spiritually guided life force energy.”

The word Reiki was already in use in Japan when Dr Mikao Usui developed his technique, which he called *Usui Reiki Ryoho*, which means the practice or healing arts of the Usui universal energy.

There are many reiki systems. In order to be named Reiki, the healing techniques encompass the following four qualities: (excerpted from The History Of Reiki)

1. The ability to perform Reiki comes from **receiving an attunement**, rather than developing the ability over time through the use of meditation or other exercises.

2. All Reiki techniques are part of a lineage, meaning the technique has been passed from teacher to student through an attunement process, starting with the one who first channeled the technique.

3. Reiki does not require that one guides the energy with the mind, as it is guided by the higher power that knows what vibration or combination of vibration to have and how to act.

4. Reiki can do no harm.

Thus, any system that possesses these qualities can be called Reiki. There are over 30 Reiki systems. What you are learning is *Usui Reiki Ryoho*, and *Integrative Shakti Reiki* that not only integrates Usui, but also shamanic and shakti feminine KI or energy.
REIKI AND ENERGY HEALING

Science has demonstrated that our bodies and minds are intricate, complex, and coherent systems of information processors. Every nerve fiber is encased in crystalline cells that set up low voltage currents sensitive to magnetic fields (Mae Wan Ho, 1966). In the 1970s, Bruce Lipton discovered that em (electromagnetic) fields in seeds or egg embryos are formed at the moment of germination or conception. These em fields then continue to rise from the embryonic tissues, extend outwards and return to the embryos, bringing information that influences their growth and development.

Our electromagnetic physical bodies generate energy fields, which include the vitality field surrounding the physical body. These energy fields interact with our inner states and external environment. The food we eat, the air we breathe, our thoughts, emotions, environment, and our consciousness all interact and influence the coherence in our waves.

Ancient traditions recognize and honor the energy web, an all-pervasive life force that sustains all creation. Shamans believe everything is alive and the purpose of our existence is to connect matter, nature, and spirit. Illness arises when there is an energetic imbalance and disturbance. This energy is variously known as Qi/Chi, Ki, Mana, Prana, and by many other names. Our physical body is an energy system comprised of meridian and chakras. Balancing this flow of our meridians and chakras is central to energy medicine and psychology.

REIKI ATTUNEMENT AND ENERGY:

There are three degrees or levels of attunement. **First degree** attunes the physical body to the universal life force, which promotes this flow and accelerates ability to balance and direct energy towards well being and healing. This level focuses on basic Reiki principles, self-healing, and allows initiate to give reiki to family members, pets, and the environment.

**Second degree** introduces initiates to the healing symbols, including distance healing. Following training, initiates can offer reiki to others. The attunement transforms us by raising the vibration in our energy system: physical, emotional, and mental. It generates a quantum leap in intuitive awareness and creates a clear and conscious connection to the Higher Self. It also activates the abilities to use reiki symbols.

**Third degree** is also known as Master or Shinpiden, which means mystery teaching; the mystery refers to the direct awareness of our true essence. The master level attunes initiates to spiritual awareness and connection to Oneness. It also allows initiates to pass first degree attunement to others.
For those called to teach reiki, the Master initiate may enter process of learning how to give second and master degree attunements and also how to teach new initiates to be reiki practitioners.

CLEANSING: As we are energy beings, it is important for healers to have self-care, learn how to cleanse energy, and create energetic boundaries. Following are suggestions from ancient traditions to promote this

1. Begin first with cleansing energy using the HRIM mantra and bringing hands upwards to sky and down to body, like a French press, clearing the negative energy into mother earth. Always visualize opening to mother earth and a powerful stream cleansing the energy and your hands.

2. Then proceed with cleansing with pendulum, and then balancing (usually, counter clockwise is to clear, clockwise is to balance and enhance). Most important is to program pendulum with your intention. Always cleanse pendulum using HRIM before going to next chakra. Afterwards, clean in sea salt and water.

3. Smoke or candle light: program the sage, frankincense or copal and votive that the smoke or light will automatically suck and clear the negative energy and bring balance. Then cleanse the body. Don’t forget soles of feet and armpits.

Sage: cleansing, healing, wisdom, harmony.
Lavender: clearing, cleansing and healing.
Cedar: protection, energy, decision-making, strength, blessing.
Juniper: cleansing, mental alertness, energy recharge.
Frankincense: healing, reducing stress, communicate with higher plane.
Copal: healing, protection, spiritual cleansing, grounding, inspiration.

4. After cleansing, visualize a shield of light around you and seal it.
PURPOSE OF REIKI LEVEL I ATTUNEMENT

The First Degree attunement transforms us by:

1. Opening the physical body to become a channel for greater life force.
2. It raises the chakras, especially from heart to crown, and seals them.
3. Once attuned, the higher vibration can then be maintained throughout one’s life.

The 21 day Reiki I cycle following attunement:

1. During the 21 days process, reiki will enter and clean stuck energy.
2. There will be an activation and release of old patterns and perceptions.
3. It is important during these 21 days to be gentle, mindful and practice self-reiki.
Dr. Mikao Usui was born on August 15, 1865 in the village of Yago in Japan. He was well-educated and traveled extensively to Europe and China. His studies included medicine, psychology, religion, kiko or qi gong. Although he studied Christianity, Dr. Usui was not a Christian. He was a devoted Buddhist practitioner who was open to all aspects of knowledge and traditions. It was rumored he was a psychic, which simply affirmed his intuitive gifts. He became a successful physician and businessman.

In March of 1922, when he was 57 years old, Dr. Usui entered a 21-day retreat on Mt Kurama. Toward the end of the retreat, a powerful spiritual light entered his crown and he had a satori (enlightening experience). The light was the attunement to Reiki Energy Source. Upon his return to his community, Dr. Usui founded the Usui Reiki Ryoho: the healing art, method or practice of channeling the sacred energy (ki) of the universe (rei).

His emphasis is on the development of a spiritual mind, followed by the empowerment of the body as a vessel. He believed that if the mind is aligned with the true spiritual essence and integrity from the Source, then the body and manifested actions will be expression of this spiritual wisdom. In his words:

First the mind must be healed.
Second, the body must be made sound.
If the mind is healthy, conforming to a path of integrity,
then the body becomes sturdy of its own accord.
He passed these attunements to his 16 students who became teachers. It was acknowledged that he attuned only 4 original symbols. He suffered a fatal stroke on March 9th 1926, four years after his satori experience. His grave is at Sihoji Temple, Suginami, Tokyo.

One of his students was Chujiro Hayashi, who then taught Madam Hawayo Takata. She was born in Hawaii and returned to Japan to attend her sister’s funeral. Having been diagnosed with several ailments, she entered Hayashi’s clinic and was cured. This sparked her interest to be a reiki master teacher. She brought Reiki to the West, where it flourished.

However, her system of teaching was different from the original. *Usui Reiki Ryoho*. Not only did she charged $10,000 for a weekend of training, her many claims of facts, including there were no living reiki masters were found to be untrue. We are grateful to Madam Takata’s impetus in spreading reiki, but it is important to know the truth and the inaccuracies. She also was very stringent in how reiki was to be taught, and did not allow written information, and all apprentices adhere to a strict vow to continue teaching according to her precepts. Fortunately, her cousin, Iris Ishikura decided to expand reiki and shared the information openly and at a reasonable fee. Thus reiki began to flourish.

There are many historic facts attributed to Dr Usui. Many have been proven to be inaccurate. It is important to come from integrity and honor Dr Usui’s principles and original teachings as we continue to evolve. For the best information, read William Lee Rand, *An Evidence Based History of Reiki*. 2015.
INTEGRATIVE SHAKTI REIKI FOUNDED BY B. RAVEN LEE

B. Raven Lee was born and raised as a cat holic in Hong Kong, but her mystical experiences brought her to the direct knowing *GNOSIS* of Christianity, and eventually Tibetan Buddhism, and Bön, the indigenous religion of Tibet.

Following a crisis in 1985 that shattered her worldview, Raven emerged with visions and gifts. One of which is that she is to be a beacon for the Sacred Feminine and Shakti. (For more information, read *Unbinding the Soul: Awakening through crisis and compassion*).

Raven was called to learn about the different healing modalities. In addition to being a licensed mental health clinician for almost four decades, Raven is a Reiki Master since 2004. She is also a board certified fellow in Clinical Hypnotherapy, a Diplomat in Energy Psychology, a doctorate in Transpersonal Psychology, and a shamanic healer.

Integrative Shakti Reiki is channeled and initiated by B. Raven Lee in 2007, when visions called her to S. France and received the blessings and teachings of the Sacred Feminine. Connecting to the Dragon Serpent Wisdom, she continued her pilgrimages to Tibet, India, Nepal, Siberia, Mongolia, and to Peru in the Americas.

In 2010, Raven entered 49 days of solitary dark retreat, during which visions and symbols appeared to her, as they did to Dr Usui after his intensive retreat. Shortly after her dark retreat, Raven was recognized by Mama Lola, the High priestess of the Voodoo tradition, to be a messenger and vessel of the Feminine wisdom. Two months later, Raven was also recognized as the International High Priestess of Mahakali. Maha, which means supreme, and Kali, the Dark Goddess of Death and Rebirth. Mahakali is the manifestation of Adya Shakti, the primordial Feminine Creation Force.

In 2013, Raven was honored by Mary Raponi, the Maori High Priestess, to be a Wisdom Holder, Portal Decoder/Opener, and Healer. She continues to be a beacon for the Divine
Shakti and manifestation of the Primordial Goddess of Rainbow Light. Raven travels and teaches this healing system, which integrates Tibetan, Himalayan, Pre-Hindu energy symbols or patterns (yantra) of Mahakali and the Dark Mother, thus this system is especially suited for releasing and transforming emotional, mental suffering, and connect one to Sacred Feminine Light and Divine Love.

SHAKTI WISDOM

Our human body is a micro-orbit of the Cosmic Orbits, and the Sacred Energies of Feminine and Masculine Wisdom are within us. These energies are expressed in Archetype (the original imprint or prototype). When the energies are disconnected from Divine Wisdom, the feminine and masculine expressions are distorted and form dense energy patterns around certain archetype: mother, father, sister, brother. Healing and transformation can occur when these forces are in balance. However, without Shakti, Shiva (consciousness) cannot manifest. For centuries, our world has valued the masculine expression and has not embodied the Shakti aspect. For evolution of consciousness to continue unfolding, it is essential we bring to life Shakti Wisdom.

Shakti is a Sanskrit word meaning “power” or “empowerment”, and Shakti specifically refers to the primordially cosmic energy or the divine feminine creation energy that moves through the universe. Shakti is the wisdom energy that enlivens and activates all universe life force. From Shakti, Shiva (consciousness) can emerge. It is the force that is responsible for all changes and transformations. It is the Divine as Mother, who “conceives, bears, produces and thereafter nourishes all worlds.” The universe is birthed from the womb of the Divine Mother Shakti. All phenomena, experiences, matter, actions, thoughts, arise from, and dissolve back into the primordial Shakti, which is the Awareness of the Absolute, Unchanging Consciousness.

Shakti awakens the Self-realization of our True Nature as empty of solid condition, as boundless and unchanging. Shakti is a major aspect of Vedanta, the ancient tradition of Hinduism. Veda is knowledge as the Experience-Whole, the non-dual. The KNOWING is not mental but the direct BEINGNESS of the Divine in us, in all of universe.

Women with their female bodies and psyches are the vessel to allow Shakti to manifest. Women’s bodies connect to the vibration of the moon cycle and nature. Also their left/right hemispheres are connected by a thicker corpus colossum that promote flow between both hemispheres and enhance intuitive power. Shakti is alive in the male form also, but as a potential force to be manifested.
LINEAGES:

USUI REIKI: INTEGRATIVE SHAKTI REIKI

Dr. Mikao Usui B. Raven Lee
Dr Hayashi
Madam Takata
Iris Ishikura
Arthur Robertson
Rich & Emma Ferguson
Margaret L. Shelton
Kathleen Ann Milner
Leatryssa Margolis
Diane Giarrusso-Barton
Erika Bauernschmitt
Marie Rientord (with Jan Thompson DeFord)
B. Raven Lee
(ADD YOUR NAME HERE)
GOKAI: THE FIVE REIKI PRINCIPLES (USUI TRADITION)

Kyo Dake Wa                        Just for today
Ikaruna                           Do not be angry
Shin Pai Suna                     Do not worry
Kan Sha Shite                     Be grateful
Gyo o Hagame                      Do your duties
Hito ni Shinsetsu ni              Be kind to others
THREE PILLARS:

Gassho: means “two hands coming together”. Similar to “namaste”, which means the divine in me recognizes and bows to the divine in you.

1. Close your eyes. Bring hands together, with fingers pointing up, and thumbs touching heart chakra in the middle of your chest.
2. Focus inwardly attention on middle finger. In Chinese medicine, middle finger is related to heart meridian.
3. Meditate with this focus. When thoughts come, let them go like clouds dissolving in spacious sky, and focus back on middle finger and a gentle, even breath.

1. Do gassho meditation for a short time, a minute or so.
2. Then bring hands from heart to crown and third eye. Give thanks to the spirit of Reiki, and request it to flow.
3. Set intention and request that the person or yourself, whom you are treating be healed.
4. Request Spirit of Reiki to guide your hands to where healing is needed.

Chiryo: means treatment, and refers to one’ attitude during session.
HAND POSTITIONS FOR SELF-REIKI: suggested positions:

1. Place hands over face with fingers at top of forehead.
2. First part: Sides of head over ears. Then 2B: Top of head with fingers touching.
3. Hands on back of head, fingers pointing up and bottom of hand at base of skull.
4. Right hand over throat. Left over heart.
5. Both hands over shoulders close to neck.
6. Hands over stomach below rib cage, with fingers touching.
7. Hands over middle of stomach with fingers touching at navel.
8. Hands over lower stomach, finger pointing down touching pubic bone.
9. Hands on middle back fingers touching.
10. Hands on lower back, fingers pointing down over sacrum.
11. Hands on left knee, one on top, other behind. Switch to other knee.
12. Hands over left foot. Then switch.
13. Hands crosses right hand over left foot, and left over right foot. Balancing left/right hemisphere.
BENEFIT AND USES OF REIKI:

BENEFITS:

Reiki is now accepted and recognized world-wide. It is also utilized in medical settings. Following are some of its benefits:

1. Strengthen immune system and natural ability towards healing.
2. Clears energy blockages from physical body and energy fields.
3. Vitalizes and retrieve life force for all levels of our bodies: physical, mental, and emotional.
4. Reduce stress and increase deep relaxation and sleep.
5. Promote quicker recovery and healing.
7. Enhances our food, water, and what we take in.
8. Increase harmonious energy in our homes and work environment.
9. Clear confusion and promote mental clarity.
10. Help align individual’s connection to her/his Higher Self.
11. Increases effects of different energy modalities.
12. Clears and loosens our stored emotions and belief systems.

HOW TO USE REIKI:

Following attunement, initiate can access above benefits through the self-reiki using the suggested hand positions. Initiate can also give reiki to family members, pets and also bring harmony to environment.

ADDITIONAL REIKI METHOD:

Byosen scanning was developed by Dr Usui and his first students. Byosen means “disease line”. Through using one’s hands we can detect the line or area of the imbalance. Dr Usui focused on the practitioner’s own ability to scan and bring awareness to his/her own energy imbalances.
http://www.practicalreiki.com/blog/byosen-reikan-ho-scanning/

1. Do Gassho.
2. Reiji-ho: (Bring hands together and thumbs touch third eye.
3. Then place your non-dominant hand (the receptive hand) about 8cm from crown to first feel energy, then move closer to 4cm down face to rest of body and sense where energy is blocked.
4. Then begin giving reiki.
Practices

1. Please focus on one issue you wish to heal in you or family member, a physical ailment, either large or small. (E.g. insomnia, anxiety, tension headaches)

2. Use your inner sanctuary/relaxing place to do this focus and in that place connect to your wiser self. In this connective state listen to your body. You may simply listen or you may ask for assistance in healing your issue. You may directly ask your higher self or simply state your question in the quiet of your mind. Then do cleansing, self-reiki or reiki for family members.

3. Stay in this state as long as you are able, do not push yourself to a certain amount of time, just feel when it is right to end your session.

4. Journal your experiences. Keeping yourself relaxed and able to access the details of your experience is easier if you remain in the same physical position and place. Some like to journal with their eyes closed. You will discover what works best for you.

5. Enjoy the experience, is best to do this sort of work when you are in a clear and happy state.