# Reiki Shiki Ryoho

**LEVEL I MANUAL**

# CONTENTS

**Reiki Shiki Ryoho – Level I Manual**


Contents ……...……...…….2
What is Reiki Shiki Ryoho? …..……...…..…...3
Benefits of Reiki ….…….……..…..4
How Does Reiki Work? …..……..…...4
A Brief History of Reiki …..…….…4
The Reiki Principles/Precepts …..……....5
Reiki Ethics ……..……..…….....6
Scanning ……..…….…6
Reiki Preparation (Optional) ……6
Hatsurei-Ho ……..6-7
Hand Positions ...……...……...……..……..8-9
Example Illustrations of Reiki Positions …….……..…9
Chakra Aligning/Balancing …..…….…..…..10
Illustration of Chakras ..……..…..10
Chakra Descriptions …..…….……..11
Healing Guide – Chujiro Hayashi's Own Manual …...12-21
Disclaimer ……21
My Views/Opinions …..……...22

**Suggested Reading .....23**

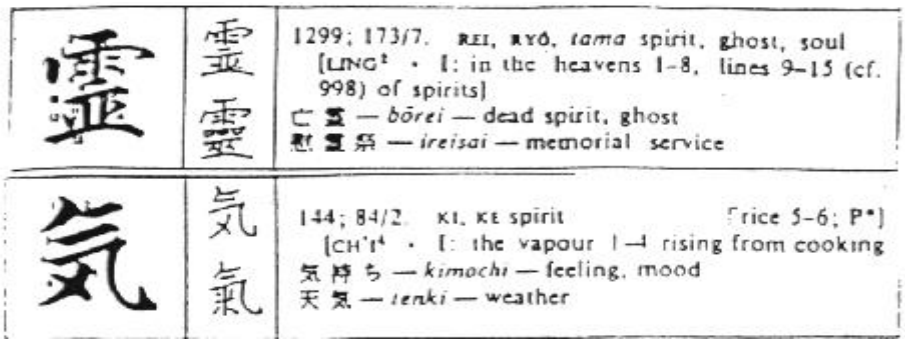
# WHAT IS REIKI SHIKI RYOHO?

Reiki Shiki Ryoho is an ancient method of self-mastery (or self-growth, if you prefer) and healing using the chakras (energy centre's) along with several energy/power symbols. The symbols are merely, in my opinion, a training guide for new initiates to get used to using intent and focusing on the different levels/frequencies of energy.

The words "Reiki Shiki Ryoho" (pronounced: Ray-key Shi-key Ro-ho) mean:

'**Reiki**' **{**Universal Life Energy**}**
'**Shiki**' **{**System**}**
'**Ryoho**' **{**Method of Healing**}**

An excerpt from a Japanese dictionary reveals the following about the word "Reiki":




Reiki Shiki Ryoho is a set of five principles for living (precepts), has three degrees or levels to learn (some others you may encounter use more), a set of hand positions for treating yourself and others, and the receiving of an Attunement to connect to the Reiki energy. An Attunement is a simple ceremony that helps you to reconnect to the energy that IS Reiki performed by a Reiki teacher or "Master".

In Reiki I, the student learns to use the Reiki and to heal using hands on healing for themselves and others. Scanning, or Byosen, is not usually taught, but I use it. The student receives four Attunements.

In Reiki II, the student learns three Reiki symbols and learns distant healing for those not physically present. The student receives one Attunement.

Reiki III is the Master/Teacher's degree. The student receives one Attunement and two symbols are taught. The Attunements for Reiki I, Reiki II, and Reiki III (Master) are also taught. A Master is someone who knows the Reiki system, and has been trained to teach and Attune others to Reiki.

My *recommended* learning periods between Reiki levels are:

Level I – 2 months before learning Reiki II
Level II – 4 months before learning Reiki III
Level III – 6 months before teaching Reiki

Remember these are only recommendations, not law. For example, if you feel proficient with Level II and its symbols after 4 weeks and want to learn Level III before the recommended 6-month mark, be my guest. Like I said before, these are only my *recommendations*, nothing more, nothing less.

## BENEFITS OF REIKI

There are many benefits to learning and practicing Reiki. At its most simple level, Reiki is an effective way to bring mind, body and spirit into unison. Reiki helps to increase the body's ability to heal itself. It seems to bring about a balance in the body's organs and re-establish harmony in the system. Reiki helps balance the energy in the body, and loosens up blocked energy. Reiki can enhance all other forms of healing. It can relieve pain. Reiki can also help to relieve ailments such as headaches, stress, anxiety, fear, colds & flu, et al. People receiving Reiki usually perceive it to be a warm, relaxing, and pleasant experience.

In order to learn Reiki, a Reiki Master must do an Attunement. The Attunement can either be hands-on or over a distance. This opens you up to the Reiki energy and connects you forever to the Divine Reiki Source. Attunements are done at all three levels of Reiki. The Attunement is permanent and will not be lost or taken away, even if you don't practice Reiki for "**X**" amount of days or years.

## HOW DOES REIKI WORK?

Nobody actually knows! Anybody who says they do needs to read the following extract from the manual (of Usui Reiki Ryoho Gakkai), that Mikao Usui (founder) gave his students:

"…I've never been given this method by anybody nor studied to get psychic power to heal. I accidentally realized that I have received healing power when I felt the air in mysterious ways during fasting. So I have a hard time explaining exactly what it is even though I am the founder. Scholars and men of intelligence have been studying this phenomenon but modern science cannot solve it. But I believe that day will come naturally…"

## A BRIEF HISTORY OF REIKI

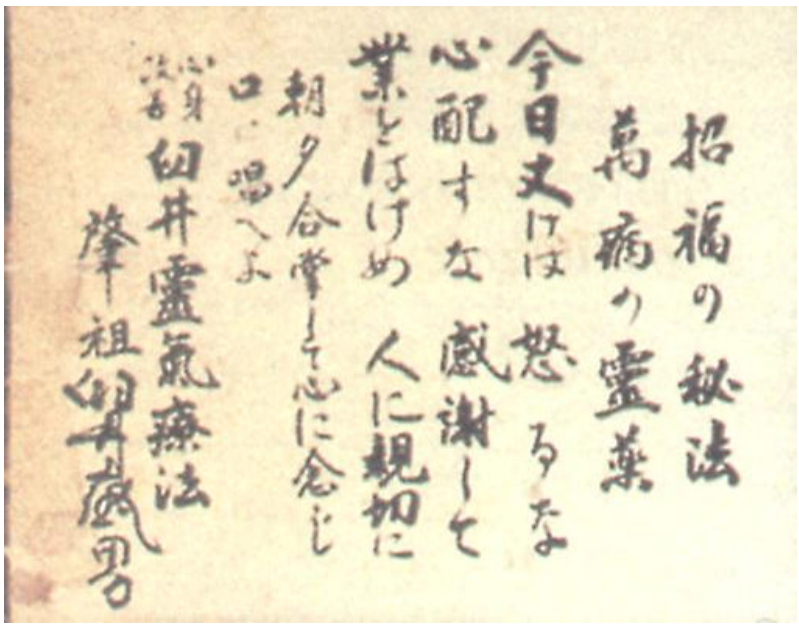
The system of Reiki was invented and developed by a man named Mikao Usui in the early 1900's. Mikao Usui trained a number of teachers in this system. Many of those teachers taught students of their own. There are many lines of Reiki practiced in Japan from these teachers. Usui founded a school there that is said to maintain his original teachings. This school is called the Usui Reiki Ryoho Gakkai. They generally are a closed club and do not freely share information with outsiders.

Most western Reiki practices come from the teachings of Mrs. Hawayo Takata, who was a Reiki Master and studied under Dr. Chujiro Hayashi (Dr. Chujiro Hayashi was a retired Naval Officer and student of Mikao Usui who later became a Reiki Master) in the early 1930's. She called her Reiki, "Usui Shiki Ryoho", or Usui System of Natural Healing. Dr. Chujiro Hayashi made changes to Reiki from Usui's model, perhaps to better suit the people he was treating or for ease of teaching or maybe even ease for himself.

There were originally 5 hand positions taught by Mikao Usui for healing, but it seems Mrs. Hawayo Takata added another 8 or so positions, perhaps allowing easier work with the chakras and/or ailments and allowing smoother integration into the western world.

# THE REIKI PRINCIPLES/PRECEPTS

A direct translation of the Reiki Principles from Japanese reads:




The Secret Method of Inviting Blessings.
The Spiritual Medicine of Many Illnesses.

For today only anger not, worry not.
Be humble, and
With Gratitude work on yourself.
Be Compassionate.

In the morning and at night,
with hands held in prayer,
Think this in your mind,
chant this with your mouth.

The Usui Reiki Method to change your mind and body for the better

- - Mikao Usui - -

## REIKI ETHICS

Of all the ethics in Reiki, the most important is to ask permission prior to treatment. Understand that for some reason, some people actually do not wish to be healed. Respect that choice. People hold onto illnesses all the time if they serve some function, i.e., getting their needs met, having people care for them, etc. I have heard of people saying that others have verbally rejected their offer to heal and they decided to send anyway. I suggest that you do not do that. Respect other people's choices, however much you may personally disagree with them.

## SCANNING

Scanning (Byosen) is a technique that is not usually taught in the west, but is useful to know. To scan, place your hands into the energy field (aura) of another and try to feel for differences in their energy field. You are feeling for anything different. Have the recipient lie down and, starting at the top of the head, have your hands about 2 to 6 inches above their body and move your hands from crown to feet and back up. Don't worry; it may take a few passes. Feelings may seem hot, cold, spinning, fast, slow, tingly, etc. This is a technique that requires a great deal of practice to become proficient at. DO NOT ever diagnose anything!! You are not a doctor. This is a useful technique in finding places that may need extra attention during a healing session.

## REIKI PREPARATION (Optional)

For those interested, the following technique is from Mikao Usui's original teachings and is still taught in the Reiki Ryoho Gakkai (original) schools in Japan today.

The technique is called **Hatsurei-Ho** and involves relaxation, clearing of the mind, intent, and a mudra (not in that order!). Check the glossary for words you are not familiar with.

**Hatsurei-Ho**:

1. ***Preparation*** – clear the mind, either using Gyosei or mantras such as "Om Mani Padme Hum".

2. ***Kihon Shisei*** - sit in zazen style. To sit in zazen, bend your legs and place the left knee on the floor. Place the right knee down about two fist widths from the left. Now flip down the toes and place the feet onto the floor so that the big toes just touch each other. Lower the buttocks down so that they rest on or between the heels. Straighten up and let the lower back move forward so that there is an S shaped curve to the spine. Rounding out the lower back to the rear or trying to sit back too far will cause muscle fatigue. The weight should be centred somewhere between the top of the feet and the knees, more toward the feet. The head is carried in balance on top of the spine. The ears should be in line with the shoulders and the nose in line with the belly button. Note that putting the nose into this position moves the back ever so slightly off of a strictly vertical position. In Iai this is important, as it will encourage "seme" or pressure to the front. Pull the chin in slightly and stretch the back of the neck. This should feel as if someone is pulling straight up on the hair to stretch the spine. To find this centreline you can rock in circles from the hips, slowly reducing the swings until coming to rest in a stable position. This centring is important to prevent muscle cramps or fatigue while sitting.

Another way to check the posture is to imagine a string attached to the top of the head on the inside. The string drops down inside the neck and trunk and is attached to a weight at the height of your tanden. If you bend your head forward or curve your trunk too much the string touches the body shell. If you lean too far forward or back the weight bangs into the hip girdle.
Put the weight in the front half of the hara. Relax the shoulders and let the arms fall downward naturally. The right hand is placed palm upward on the lap with the little finger edge lightly touching the lower abdomen. The left hand is placed on top of the right, palm upward as well. The fingers should be together without strain. Place the tips of the thumbs together so that they are just touching with no pressure. The thumbs and fingers should make an oval shape around a point about 2 to 3 inches below the navel. This point is called the tanden or seika tanden and corresponds roughly to the centre of balance. The left hand over the right represents the calm ("Sei" or "In" in Japanese) aspects covering the active ("Do" or "Yo") aspects. The thumbs unify the two. The tanden is seen as the centre of being around which the Hara or hip girdle is organized. The centre is the point from which your life is lived. Variations of this form are sometimes used but this is the most balanced and relaxed method of sitting.

3. ***Mokunen*** – set the intent of your focus with a clear mind and with mindfulness say, “I am beginning Hatsurei now” to both the mind and the subconscious.

4. ***Kenyoku-Ho*** – place your right hand, fingertips facing up, on your left shoulder. The fingertips should be touching the shoulder and the palm flat on chest. Slide your hand downwards toward your right hip (your hand must remain in contact with your body) until your fingertips are at your right hip. Repeat for the opposite side, except using your left hand. Once finished, place your right hand in left armpit and slide hand down to left fingertips. Repeat for the opposite side, except using your left hand. Once finished, place your right hand, palm down, on top of your left forearm (at elbow) and slide hand down to left fingertips. Repeat for the opposite side, except using your left hand.

5. ***Jyoshin Koki-Ho*** – place your hands in Gassho, eyes closed, and breathing in through the nose and out through the mouth. When you breathe in through the nose, visualise a white mist or light entering your nose, going into the crown and ending up in your Hara. When you breathe out through the mouth, visualise the white mist or light going out into the universe, but with the white light still remaining in the Hara.

6. ***Gassho*** – hands are clasped together in prayer position in front of the chest; middle fingers are straight with fingertips touching. Some people call this the “Reiki Laser”. Say the Reiki Principles: “For today only, anger not, worry not, be humble, work with gratitude on yourself, and be kind to all”. Say three times.

7. ***Mokunen*** – set the intent of your focus with a clear mind and with mindfulness say, “I am finished with Hatsurei now” to both the mind and the subconscious.

**Hatsurei-Ho** is now finished.

# HAND POSITIONS

**Note:** Be sure in position one to fold a tissue or soft clean cloth and place it over the eyes prior to doing the position. Remember that Reiki uses a light touch, no pressure or massage is needed. The palms of the hands are used with fingers together, not spaced apart. Please also make sure you explain where you'll be touching as to avoid any legal hassles that may arise.

THE HEAD

**Position 1:**
*Stand/sit at the recipient's head and cover their eyes with your fingers, placing your palms on their forehead. Leave hands in this position for 5 minutes.*
**Position 2:**
*Move hands to side of head, covering temples with fingers. Leave hands in this position for 5 minutes.*
**Position 3:**
*Move hands down from position 2 so that the ears are covered with the palms of your hands. Leave hands in this position for 5 minutes.*
**Position 4:**
*Move hands under head, palms facing upward, cradling the back of the skull, your fingertips touching the place (medulla oblongata) where the spine enters the back of the head. Leave hands in this position for 5 minutes.*
**Position 5:**
*Lay your hands at the sides and below the front part of the throat with index fingers touching or almost touching, making sure not to touch the throat directly (a "V" shape when viewed front-on). Leave hands in this position for five minutes.*

THE FRONT OF THE BODY

**Position 1:**
*Place one hand just under the collarbone, the other at right angles to form a "T" shape. Leave hands in this position for 5 minutes.*
**Position 2:**
*Place one hand on the lower ribs on the right side, the other hand directly below it at waist level. Leave hands in this position for 5 minutes.*

**Position 3:**
*Do the same as position 2, except on the left side.*
**Position 4:**
*Place one hand above the navel-line, the other below it. Leave hands in this position for 5 minutes.*
**Position 5:**
For male recipients – *Place your hands on both sides of the groin area (in a "V" shape when viewed front-on), fingertips above the genitals, making sure not to touch the male organ. Leave hands in this position for 5 minutes.*
For female recipients – *Place your hands over the pubic bone. Leave hands in this position for 5 minutes.*

THE BACK OF THE BODY

**Position 1:**
*Place both hands on the shoulders, one to the left of the spine, the other to the right. Leave hands in this position for 5 minutes.*
**Position 2:**
*Move both hands down so they are on the shoulder blades. Leave hands in this position for 5 minutes.*

**Position 3:**
*Move both hands down so they rest on the lower ribs (above the kidneys). Leave hands in this position for 5 minutes.*
**Position 4:**
*Move both hands down so they are resting on the lower back (hip level). Leave hands in this position for 5 minutes.*
**Position 5:**
*Lay one hand over the coccyx, the other at right angles (forming a "T") If the person is uncomfortable with you touching here, you don't have to! Just raise your hand(s) 2 or so inches above as Reiki will work just the same whether touching or not!*

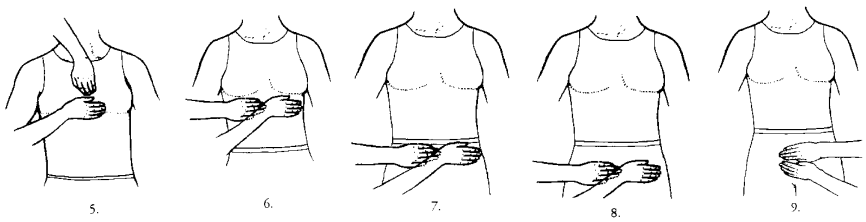
THE LEGS AND FEET

**Position 1:**
*Cover the backs of the knees with your hands. Leave your hands in this position for 5 minutes.*
**Position 2:**
*Place your hands on the soles of the feet, with fingertips covering the toes. Leave hands in this position for 5 minutes.*

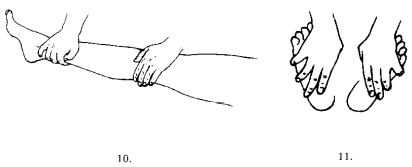
## EXAMPLE ILLUSTRATIONS OF REIKI POSITIONS:

**Head Positions:**

**Front of Body Positions:**




**Legs & Feet Positions:**



# CHAKRA ALIGNING/BALANCING

To balance/align chakras with Reiki is quite simple, and in my opinion, effective, due to Reiki's effect of bringing harmony to the body. All that is required is the laying of the palm of your hands on the chakra areas in the following order. Descriptions will also be given on each chakras effect when treated.

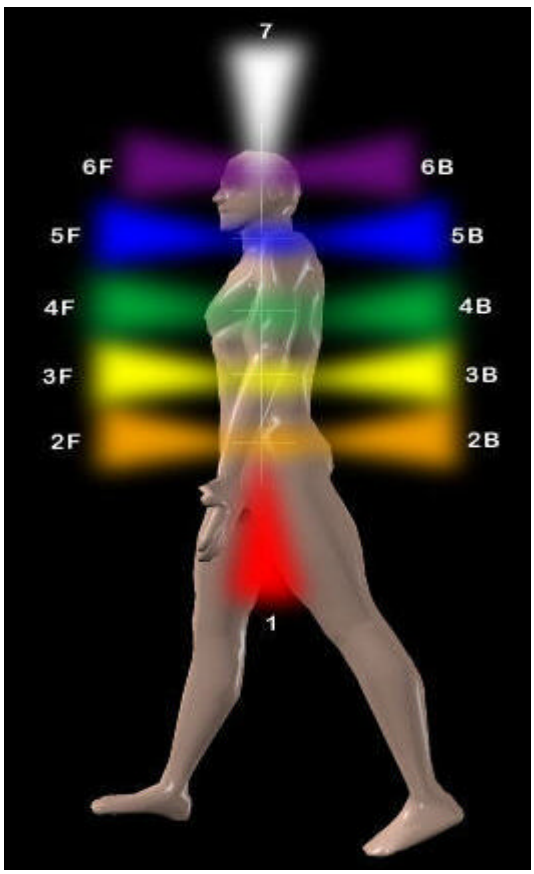
Please also make sure you explain where you'll be touching as to avoid any legal hassles that may arise. This applies to the Reiki positions as well.

**Position 1:**
Place one of your hands on the recipient's forehead (third-eye) and the other just above their groin (root), being mindful where your hand is placed due to privacy issues. Leave until energy feels the same from both hands and move to position 2.
**Benefit:**
Often there is too much energy in the head, and too little in the body, so this particular position helps to correct this imbalance.

**Position 2:**
Place one of your hands *just* below or on the recipient's Adam's apple (throat), making sure you are gentle with touching their throat area, and the other *just* under their belly-button/navel. Leave hands until the energy feels the same from both hands.

**Position 3:**
Place one of your hands just under the recipient's sternum (solar plexus) and the other just above in the centre of their chest (heart). Again, please be mindful of privacy issues. This is the final position.

The following is a numbered chart of the 7 major chakras and their corresponding colour:



## CHAKRA DESCRIPTIONS

The following are descriptions of what may be helped by treating the various chakras:

- - - - - -

1st – **Root Chakra** –

Organs Governed: *adrenal glands, bladder, genitals, and spine.*

Chakra Theme: *will to live, life force, survival, fertility, procreation.*

- - - - - -

2nd – **Sacral Chakra** –

Organs Governed: *reproductive organs, urogenital system, kidneys, gonads, and legs.*

Chakra Theme: *vitality, enjoyment of life, self-esteem, refinement of feelings, relationships, desire.*

- - - - - -

3rd – **Solar Plexus Chakra** –

Organs Governed: *stomach, liver, gall bladder, pancreas, and solar plexus.*

Chakra Theme: *power, dominance, strength, fear.*

- - - - - -

4th – **Heart Chakra** –

Organs Governed: *heart, lungs, circulation, and thymus gland.*

Chakra Theme: *centre of the emotions, love for self and others, peace, sympathy, forgiveness, trust, spiritual development, compassion.*

- - - - - -

5th – **Throat Chakra** –

Organs Governed: *throat, thyroid gland, upper lungs, upper arms, and digestive tract.*

Chakra Theme: *self-expression, communication, creativity, sense of responsibility.*

- - - - - -

6th – **Third-Eye Chakra** –

Organs Governed: *lower brain left eye, nose, spine, ears, and pituitary gland.*

Chakra Theme: *clairvoyance, telepathy, seat of the will, thought control, inner vision and understanding, inspiration, spiritual awakening.*

- - - - - -

7th – **Crown Chakra** –

Organs Governed: *upper brain, right eye, and pineal gland.*

Chakra Theme: *consciousness of oneness, spiritual awareness, extended consciousness, wisdom, intuition, connection to the higher self, connection to inner guidance, connection to all embracing love.*

# Healing Guide

**Dr. Chujiro Hayashi's Own Healing Guide/Manual**
(**NOTE:** this is *only a guide* for information purposes – please read disclaimer).

## Chapter 1; Head

*1. Head; Brain Diseases, Headache*

**1.** Front of jaw **2.** Temples **3.** Back of the Head and back of the Neck
**4.** Top of the Head
**Note:** With any disease you can include Head treatment as a part of the disease treatment. In the case of headache, you should treat very thoroughly the place on the Head that is aching.

---

*2. Eyes; All kinds of Eye Diseases, Conjunctivitis, Trachoma, Leukoma, Nearsightedness, Trichiasis, Ptosis, Cataract, Glaucoma, etc.,*

**1.** Eye balls **2.** Inside corners of eyes **3.** Outside corners of eyes **4.** Back of the Head
**Note:** Even though one eye has a problem, you treat both eyes. You also treat the Kidneys, Liver, Womb, and Ovaries.

---

*3. Ears; All kinds of Ear Diseases, Tympanitis, External Otitis, Ringing Ear, Hard of Hearing, etc.*

**1.** Auditory Canal **2.** Depression just below the ears **3.** High bone behind the ears
**4.** Back of the Head
**Note:** Even though one ear has a problem you treat both ears. In the case of diseases that follow colds, such as Tympanitis and Parotitis, you must treat Bronchi, and Hilar Lymph. Also pay attention to the Kidneys, Womb, and Ovaries.

---

*4. Teeth*

**1.** In the case of a toothache, treat from the outside at the root of the tooth.

---

*5. Oral Cavity*

**1.** Shut the mouth, and then treat the lips by holding the palms on them.
**Note:** cf. Diseases of Digestive Organs

---

*6. Tongue*

**1.** Press on or pinch the diseased part of the tongue. **2.** Treat the root of the tongue from outside the mouth.
**Note:** If you find this technique difficult, then press both arches of the feet forward.

---

## Chapter 2; Diseases of Digestive Organs

*1. Stomatitis*

**1.** Mouth **2.** Oesophagus **3.** Stomach **4.** Intestines **5.** Liver

*2. Thrush*

**1.** Mouth **2.** Tongue **3.** Oesophagus **4.** Stomach **5.** Intestines **6.** Liver **7.** Heart **8.** Kidneys
**Note:** To heal the tongue, treat the arches of the feet.

---

*3. Saliva*

**1.** Mouth **2.** Root of the tongue **3.** Stomach **4.** Intestines **5.** Head

---

*4. Oesophagus Diseases; stricture of the oesophagus, dilation of the oesophagus, oesophagitis*

**1.** Oesophagus **2.** Cardia (Solar Plexus) **3.** Stomach **4.** Intestines **5.** Liver **6.** Pancreas **7.** Kidneys **8.** *Blood exchange
**Note:** In the case of Oesophagus Cancer, the prognosis is most likely not very good.

---

*5. Stomach Diseases; Acute and Chronic Gastritis, Gastric Atony, Gastric Dilation, Gastric Ulcer, Stomach Cancer, Gastroptosis, Neurologic Stomach Ache, Neurologic Dyspepsia, Gastrospasm*

**1.** Stomach **2.** Liver **3.** Pancreas **4.** Intestines **5.** Kidneys **6.** Spinal Cord **7.** *Blood exchange
**Note:** If the condition of the Cancer is obvious, the prognosis is most likely not very good.

---

*6. Intestine Diseases; Intestinal Catarrh, Constipation, Appendicitis, Vermiform process, Ileus, Invagination, Intestinal Volvulus, Intestinal Bleeding, Diarrhoea*

**1.** Stomach **2.** Intestines **3.** Liver **4.** Pancreas **5.** Kidneys **6.** Heart **7.** *Blood exchange **8.** Lumbar Vertebrae **9.** Sacrum

---

*7. Liver Diseases; Liver Congestion, Hyperaemia, Abscess, Sclerosis, Hypertrophy, Atrophy, Jaundice, Gallstone, etc.,*

**1.** Liver **2.** Pancreas **3.** Stomach **4.** Intestines **5.** Heart **6.** Kidneys **7.** *Blood exchange
**Note:** A few days after the treatment, Gallstones will break into pieces by themselves and will be eliminated from the body. In the case of Liver Cancer, prognosis is most likely not very good.

---

*8. Pancreas Diseases; Liver Cyst, Ptosis, Hypertrophy, etc.*

**1.** Pancreas **2.** Liver **3.** Stomach **4.** Intestines **5.** Heart **6.** Kidneys **7.** *Blood exchange
**Note:** In the case of Pancreas Cancer, prognosis is most likely not very good.

---

*9. Peritoneum Diseases*

**1.** Liver **2.** Pancreas **3.** Stomach **4.** Intestines **5.** Peritoneum area **6.** Bladder **7.** Heart **8.** Kidneys **9.** *Blood exchange
**Note:** In the case of Tuberculous diseases, treat the Lung area.

*10. Anal Diseases; Haemorrhoid, Inflammation of Anus area, Open Sores of Anus area, Bleeding Piles, Anal Fistula, Prolapse of the Anus*

**1.** The affected part of Anus **2.** Coccyges **3.** Stomach **4.** Intestines
**Note:** In the case of Anal Fistula, do the same treatment as Intestinal and Pulmonary Tuberculosis.

---

**Chapter 3; Respiratory Diseases**

*1. Nasal Diseases; Acute and Chronic Nasal Catarrh, Hypertrophic and Atrophic Nasal Catarrh*

**1.** Nose **2.** Throat **3.** Bronchi

---

*2. Maxillary Empyema*

**1.** Nose **2.** Depression of upper and front jaw **3.** Chest **4.** Throat **5.** Kidneys
**6.** Stomach **7.** Intestines **8.** *Blood exchange

---

*3. Nosebleed (Epistaxis)*

**1.** Nasal bones **2.** Back of the Head
**Note:** If menstruation is late and Nosebleed occurs, treat the Womb and Ovaries.

---

*4. Sore Throat and Tonsillitis*

**1.** Throat **2.** Tonsil **3.** Bronchi **4.** Kidneys **5.** Lungs **6.** Stomach **7.** Intestines **8.** Head
**Note:** In the case of Tonsillitis, treat the Kidneys well.

---

*5. Tracheitis and Bronchitis*

**1.** Tracheas and Bronchi **2.** Lungs **3.** Stomach **4.** Intestines **5.** Heart **6.** Kidneys
**7.** Head

---

*6. Pneumonia; Catarrhal Croupous*

**1.** Lungs **2.** Bronchi **3.** Heart **4.** Liver **5.** Pancreas **6.** Stomach **7.** Intestines
**8.** Kidneys **9.** *Blood exchange

---

*7. Asthma; Chronic and Acute Asthma*

**1.** Bronchi **2.** Lungs **3.** Liver **4.** Pancreas **5.** Diaphragm **6.** Stomach **7.** Intestines
**8.** Kidneys **9.** Head **10.** Nose **11.** Heart
**Note:** In the case of an acute attack, you may let your patient sit up and treat them in this position.

---

*8. Lung Diseases; Pulmonary Edema, Abscess, Pulmonary Tuberculosis, Emphysema of Lungs*

**1.** Lung area **2.** Heart **3.** Liver **4.** Pancreas **5.** Stomach **6.** Intestines **7.** Bladder **8.** Kidneys **9.** Spinal Cord **10.** Head
**Note:** In the case of women, regardless of their age, always treat the Womb and the Ovaries. Doing *Blood exchange is effective, but do not do it with very weak and very sick patients.

---

*9. Pleura Diseases; both dry and moist*

**1.** Chest area in general **2.** Heart **3.** Liver **4.** Pancreas **5.** Stomach **6.** Intestines **7.** Kidneys **8.** *Blood exchange

---

**Chapter 4; Cardiovascular Diseases**

*1. Heart Diseases; Endocarditis, Heart Valve Diseases, Various symptoms of Pericardium, Various symptoms of the Heart itself, Palpitation, Angina Pectoris, etc.,*

**1.** Heart **2.** Liver **3.** Stomach **4.** Intestines **5.** Pancreas **6.** Kidneys **7.** Spinal Cord **8.** *Blood exchange

---

*2. Arteriosclerosis; Aneurysm, Cardiac Asthma, etc.,*

**1.** Same as treating Heart problems **2.** Bronchi and Chest area

---

**Chapter 5; Urinary Organ Diseases;**

*1. Kidney Diseases; Kidney Congestion, Anaemia, Atrophy, Sclerosis, Hypertrophy, Abscess, Wandering Kidney, Pyelitis, Kidney Stone, Uraemia, Filariasis*

**1.** Kidneys **2.** Liver **3.** Pancreas **4.** Heart **5.** Stomach **6.** Intestines **7.** Bladder **8.** Head **9.** *Blood exchange

---

*2. Cystitis; Urinary Retention, Uraemia, Urgency, Pain when urinating*

**1.** Kidneys **2.** Bladder **3.** Urethra **4.** Prostate Gland **5.** Womb **6.** Same as treating Kidney diseases

---

*3. Enuresis*

**1.** Bladder **2.** Intestines **3.** Stomach **4.** Kidneys **5.** Spinal Cord **6.** Head **7.** *Blood exchange

---

**Chapter 6; Neurological Diseases**

*1. Cerebral Anaemia, Cerebral Hyperaemia*

**1.** Head **2.** Heart

---

*2. Hysteria* _

**1.** Womb **2.** Ovaries **3.** Stomach **4.** Intestines **5.** Liver **6.** Kidneys **7.** Head **8.** Eyes **9.** *Blood exchange

---

*3. Nervous Breakdown, Insomnia* _

**1.** Stomach **2.** Intestines **3.** Liver **4.** Pancreas **5.** Kidneys **6.** Eyes **7.** Head **8.** *Blood exchange
**Note:** Be careful with Maxillary Empyema.

---

*4. Meningitis* _

**1.** Head, mainly back of the Head and back of the Neck
**Note:** Mainly treat the Head in order to heal the cause of the disease, such as the Nose, Forehead, and inflammation of the Head; also in order to heal remote organs' diseases, such as Gastritis and Pneumonia caused by Erysipelas. Same for Tuberculous.

---

*5. Epidemic Cerebrospinal Meningitis* _

**1.** Spinal Cord **2.** Back of the Head and back of the Neck **3.** Heart **4.** Stomach **5.** Intestines **6.** Liver **7.** Kidneys **8.** Bladder
**Note:** Mainly treat the Spinal Cord, back of the Head, and back of the Neck

---

*6. Myelitis* _

**1.** Spinal Cord in general **2.** Stomach **3.** Intestines **4.** Liver **5.** Bladder **6.** Kidneys **7.** Head **8.** *Blood exchange

---

*7. Cerebral Haemorrhage, Intracerebral Bleeding, Cerebral Thrombosis, etc.,* _

**1.** Head **2.** Heart **3.** Kidneys **4.** Stomach **5.** Intestines **6.** Liver **7.** Spinal Cord **8.** Paralysed area

---

*8. Polio* _

**1.** Spinal Cord **2.** Stomach **3.** Intestines **4.** Kidneys **5.** Sacrum **6.** Paralysed area **7.** Head **8.** *Blood exchange

---

*9. Neuralgia; Palsy, Neural Spasticity, Migraine* _

**1.** Affected area **2.** Liver **3.** Pancreas **4.** Stomach **5.** Intestines **6.** Kidneys **7.** Head **8.** Spinal Cord **9.** *Blood exchange
**Note:** Pay attention to the Womb and Ovaries.

*10. Beriberi* _

**1.** Stomach **2.** Intestines **3.** Heart **4.** Liver **5.** Pancreas **6.** Kidneys **7.** Paralysed or Edematous area **8.** *Blood exchange

*11. Graves' disease* _

**1.** Womb **2.** Ovaries **3.** Stomach **4.** Intestines **5.** Liver **6.** Pancreas **7.** Heart **8.** Thyroid **9.** Eyes **10.** Kidneys **11.** Spinal Cord **12.** *Blood exchange

---

*12. Epilepsy* _

**1.** Liver **2.** Pancreas **3.** Head **4.** Stomach **5.** Intestines **6.** Kidneys **7.** Spinal Cord **8.** *Blood exchange

---

*13. Convulsion* _

**1.** Liver **2.** Stomach **3.** Intestines **4.** Kidneys **5.** Spinal Cord **6.** Shoulders **7.** Arms **8.** Elbow Joint area **9.** Wrist **10.** Head

---

*14. Chorea*
**1.** Liver **2.** Stomach **3.** Intestines **4.** Kidneys **5.** Spinal Cord **6.** Spastic area at the Legs and Arms **7.** Head **8.** *Blood exchange

---

*15. Sea Sick* _

**1.** Stomach **2.** Solar Plexus **3.** Head

---

*16. Food poisoning* _

**1.** Stomach **2.** Solar Plexus **3.** Liver **4.** Pancreas **5.** Intestines **6.** Heart **7.** Kidneys **8.** Head **9.** *Blood exchange

**Chapter 7; Infectious Disease**

*1. Typhoid; Paratyphi* _

**1.** Liver **2.** Pancreas (Spleen) **3.** Stomach **4.** Intestines **5.** Heart **6.** Kidneys **7.** Spinal Cord **8.** Head

---

*2. Dysentery; Cholera, Children's Dysentery, and others* _

**1.** Stomach **2.** Intestines **3.** Liver **4.** Pancreas **5.** Kidneys **6.** Heart **7.** Head **8.** *Blood exchange

---

*3. Measles* _

**1.** Throat **2.** Trachea **3.** Bronchi **4.** Stomach **5.** Intestines **6.** Heart **7.** Kidneys **8.** Spinal Cord **9.** Head

---

*4. Scarlet Fever* _

**1.** Throat **2.** Chest **3.** Kidneys **4.** Stomach **5.** Intestines **6.** Bladder **7.** Head **8.** *Blood exchange

*5. Varicella* _

**1.** Stomach **2.** Intestines **3.** Kidneys **4.** *Blood exchange **5.** Affected area **6.** Head

---

*6. Influenza* _

**1.** Nose **2.** Throat **3.** Trachea **4.** Bronchi **5.** Lungs **6.** Liver **7.** Pancreas **8.** Stomach
**9.** Intestines **10.** Kidneys **11.** Head **12.** *Blood exchange

---

*7. Whooping Cough* _

**1.** Nose **2.** Throat **3.** Bronchi **4.** Apex of the Lungs **5.** Stomach **6.** Intestines
**7.** Kidneys **8.** *Blood exchange

---

*8. Diphtheria* _

**1.** Throat **2.** Trachea **3.** Nose **4.** Lungs **5.** Heart **6.** Liver **7.** Stomach **8.** Intestines
**9.** Kidneys **10.** *Blood exchange

---

*9. "Not Translated/Unknown"*

**1.** Liver **2.** Pancreas **3.** Spleen **4.** Intestines **5.** Bladder **6.** Kidneys **7.** Spinal Cord
**8.** Head **9.** *Blood exchange

---

*10. Malaria* _

**1.** Pancreas (Spleen) **2.** Liver **3.** Heart **4.** Stomach **5.** Intestines **6.** Kidneys
**7.** Spinal Cord **8.** *Blood exchange

---

*11. Tetanus* _

**1.** Jawbone **2.** Back of Head **3.** Throat **4.** Lungs **5.** Affected area **6.** Stomach
**7.** Intestines **8.** Kidneys **9.** Spinal Cord
**Note:** In the case of puerperal tetanus, treat the womb. In the case of primary child, treat the navel.

---

*12. Articular Rheumatism, Muscular Rheumatism* _

**1.** Affected area **2.** Heart **3.** Chest **4.** Liver **5.** Pancreas **6.** Stomach **7.** Intestines
**8.** Kidneys **9.** Spinal Cord **10.** Head

---

*13. Rabies* _

**1.** Affected area **2.** Heart **3.** Liver **4.** Kidneys **5.** Stomach **6.** Intestines **7.** Spinal Cord
**8.** Throat **9.** Head **10.** *Blood exchange

---

**Chapter 8; Whole Body Diseases**

*1. Anaemia, Leukaemia, Scorbutus* _

**1.** Heart **2.** Liver **3.** Pancreas **4.** Stomach **5.** Intestines **6.** Kidneys **7.** Spinal Cord **8.** *Blood exchange

---

*2. Diabetes* _

**1.** Liver **2.** Pancreas **3.** Heart **4.** Stomach **5.** Intestines **6.** Bladder **7.** Kidneys **8.** Head **9.** Spinal Cord **10.** *Blood exchange

---

*3. Dermatological Diseases* _

**1.** Stomach **2.** Intestines **3.** Liver **4.** Kidneys **5.** Affected area **6.** *Blood exchange

---

*4. Obesity* _

The same treatment as diabetes.

---

*5. Scrofula* _

**1.** Affected area **2.** Stomach **3.** Intestines **4.** Liver **5.** Heart **6.** Chest **7.** Kidneys **8.** Spinal Cord **9.** *Blood exchange

**Chapter 9; Other Diseases**

*1. Infantile Convulsion* _

**1.** Heart **2.** Head **3.** Stomach **4.** Intestines

---

*2. "Not Translated/Unknown"*

**1.** Affected area **2.** Head **3.** Intestines

---

*3. Wrong Position of Foetus* _

**1.** Womb

---

*4. Pregnancy* _

If you treat the womb continually, the growth of foetus is healthy.

---

*5. Delivery* _

**1.** Sacrum **2.** Lumbar Spine
**Note:** If you treat these areas, after twelve labour pains the baby will be born very easily. If you keep on treating these areas after the birth of the baby, the afterbirth will be easy as well.

*6. Death of Foetus* _

**1.** If you treat the womb, the dead foetus will naturally come out on the same day or the next day.

---

*7. Cessation of Mother's Milk* _

If you treat around the breast and mammary gland, the mother will soon start having milk.

---

*8. Morning Sickness* _

**1.** Womb **2.** Stomach **3.** Solar Plexus **4.** Intestines **5.** Kidneys **6.** Head **7.** Spinal Cord

---

*9. Erysipelas* _

**1.** Affected area **2.** Stomach **3.** Intestines **4.** Liver **5.** Heart **6.** Kidneys **7.** Spinal Cord **8.** *Blood exchange

---

*10. Hyperhidrosis* _

**1.** Kidneys **2.** Affected area **3.** *Blood exchange

---

*11. Burn* _

Put one hand one or two inches away from the affected area. When the pain is gone, put the hand on this area.

---

*12. Cut by a Sword* _

Treat as you press the cut with a thumb or a palm to prevent bleeding.

---

*13. Unconsciousness; by falling, an electric shock, etc.,* _

**1.** *Katsu **2.** Heart **3.** Head

---

*14. Drowning* _

**1.** Let the patient throw up water **2.** *Katsu **3.** Heart **4.** Head

---

*15. Menopause, Period Pains* _

**1.** Womb **2.** Ovaries **3.** Cranium

---

*16. Hiccup* _

**1.** Diaphragm **2.** Liver **3.** Pancreas **4.** Kidneys **5.** Stomach **6.** Intestines **7.** Spinal Cord **8.** Head

*17. Stuttering* _

**1.** Throat **2.** Head **3.** Singing practice

**Practice Songs:**
**1.** Mukou no Koike ni "Dojo" ga sanbiki nyoro-nyoro to.
(There are three loaches wiggling in the pond over there.)

**2.** Oya ga Kahyo nara ko ga Kahyo. Ko-Kahyo ni Mago-Kahyo.
(The parent is Kahyo, his child is Kahyo. Son, Kahyo and grandson, Kahyo.)
**Note:** Those who can sing songs can be healed.

---

*18. Pain at the tip of fingers* _

**1.** Affected area

---

*19. Vomiting* _

**1.** Stomach **2.** Solar Plexus **3.** Liver **4.** Spinal Cord at the back of Stomach
**5.** Head **6.** Kidneys

---

*20. Splinter* _

**1.** Affected area
**Note:** When the pain leaves, the splinter comes back. You pull the splinter out at this moment.

---

*21. Gonorrhoea*

**1.** Urethra **2.** Hui-Yin **3.** Bladder **4.** Wombs
**Note:** If it is Orchitis, apply your hand lightly on the testicles.

---

*22. Spasm of Pain, Stomach Cramps* _

**1.** Stomach **2.** On the back at the Stomach **3.** Liver **4.** Kidneys **5.** Intestines **6.** Head

---

*23. Hernia* _

As you touch the affected area lightly, it will contract by itself. Treat stomach and intestines.

---

**IMPORTANT LEGAL REMINDER/DISCLAIMER:** some of the positions/remedies above require touching of private areas, eg. Gonorrhoea. *This is not recommended* for anyone you are not intimate with. Even then, ask permission. If you use these positions, you *do so at your own risk* and accept all responsibility for your actions. **I WILL NOT** be held liable for people's lack of common sense. You have been warned!!

## MY VIEWS/OPINIONS

To be honest, I can see no *real* difference between the different styles of Reiki. All have the same basic precepts and all deal with healing yourself and others. Western Reiki has a heavy reliance on symbols that I believe is not necessary once you become proficient (AND have faith in yourself!), as all you need is *intent* and the will to help and love yourself and others… but this is only *my opinion*, you can do whatever suits **YOU**, be it using many or few symbols, using or not using "spirit guides", charging money or not for a healing… it doesn't matter, Reiki IS, just let it flow!

The "problem" with Reiki in the western world is that people purport that *they* are the healers, that *they* choose whether *they're* healing or not – how egotistical! Reiki chooses what is healed, how much is channelled, and how strong the output is. It is **not** controlled by anyone; you are simply a channel with the *intent* (*very* important) to heal, nothing more, nothing less.

Think of a radio. A radio lets you listen to different stations, but is not the stations themselves. It is a *channel* that can be tuned to listen to different frequencies. To quote Mikao Usui, "*…Reiki is for all and that is why it cannot be owned by any one person…*"

Don't get me wrong… whenever you lay your hands on yourself or others, the energy will begin to flow automatically and when used in conjunction with the symbols, you can ask for more power, healing over distances, mental and/or spiritual healing, et al. But understand that Reiki is an "intelligent" energy that will go wherever it is needed. For instance, if you know someone has a headache and you perform the head positions, but they also have something else troubling them elsewhere (that you don't know about or detect), the Reiki energy will go to BOTH afflicted areas if needed. Don't worry if you don't feel anything or don't feel the same things as others… it is not important, the Reiki is there – fact!

A lot of Reiki is to do also with self-realisation/mastery. Take good note of what you feel in your hands/body/mind when performing Reiki. Don't expect anything or try to rationalise/judge your thoughts, just accept what you feel and trust the sensations and/or thoughts you receive – this is the key to picking up problems whilst giving Reiki or when Scanning. It also helps you to be a better Reiki channel.

An important point to know is one brought up by Vincent Amador (have a look at www.angelreiki.nu/ for even more information about Reiki). When treating people with Reiki (generally a female treating a male recipient), it is advised to be aware that a lot of people only receive touch in moments of intimacy. Some recipients (although very *rare*) may become aroused from your touch, but please realise it is not a conscious action from them… they are more than likely to be more embarrassed than you may be. So please treat any occurrence with dignity and respect, not belittlement or judgement and give a kind word if they feel uneasy. Thankyou.

Congratulations!! You should now have completed your Reiki Level I training and are now on the road to self-mastery and becoming an accomplished healer! Thankyou for your time and I hope you are now on the way to being more happy with your life AND yourself! Remember to practice on yourself every day (or two) and to practice on someone else at least 3 times per week for the next 3 weeks so as to get used to the energy and to understand the feelings, thoughts, sensations, etc. that you may feel or be feeling when healing. Welcome to the world of Reiki!!!

*Shane - Reiki Teacher (Level III/Master)*
Questions & opinions gratefully accepted! Email me: shanes_reiki_info@iprimus.com.au

## SUGGESTED READING

The following are different books on Reiki, it's various techniques, it's history, and it's application in life.


Arnold, Larry, and Sandy Nevius.
*Reiki Handbook: A Manual for Students and Therapists of the Usui Shiki Ryoho System of Healing*. Pittsburgh: PSI Press, 1982.

Burack, Marsha.
*Reiki: Healing Yourself and Others: A Photo-Instructional Art Book*. Encinitas, California: LoRo Productions, 1995.

Clay, A. J. Mackenzie.
*The Challenge to Teach Rei*ki. Byron Bay (New South Wales, Australia): Dimensions, 1992.

Gleisner, Earlene F.
*Reiki in Everyday Living: How Universal Energy is a Natural Part of Life, Medicine, and Personal Growth*. Laytonville, California: White Feather Press, 1992.

Haberly, Helen.
*Reiki: Hawayo Takata's Story*. Olney, Md.: Archedigm Publications, 1990.

Honervogt, Tanmaya.
*Reiki: Healing and Harmony Through the Hands*. East Roseville (New South Wales, Australia): Simon & Schuster, 1998.

Lubeck, Walter.
*The Complete Reiki Handbook: Basic Introduction and Methods of Natural Application*. 1st Edition ed. Twin Lakes, Wisconsin: Lotus Light, 1994.

Muller, Brigitte, and Horst H. Gunther.
*A Complete Book of Reiki Healing: Heal Yourself, Others, and the World Around You*. Mendocino: LifeRhythm, 1995.

Petter, Frank Arjava.
*Reiki Fire: New Information About the Origins of the Reiki Power; a Complete Manual*. Twin Lakes, Wisconsin: Lotus Light, 1997.

Rowland, Amy Z.
*Traditional Reiki for Our Times: Practical Methods for Personal and Planetary Healing*. Rochester, Vermont: Healing Arts Press, 1998.

Stein, Diane.
*Essential Reiki: A Complete Guide to an Ancient Healing Art*. Freedom, California: Crossing Press, 1995.


Please Note: Some of the information in this manual was gathered from various sites on the Internet. Some of these sites being:-

- www.angelreiki.nu/
- www.threshold.ca/reiki/home.html
- www.groups.yahoo.com/group/grassrootsattunements


I also copyright most of this manual as work of my own. This document may be distributed, but freely ***without*** any sort of charge! © S.Gibson 2002