

Reiki *for Beginners*



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**Enhance Your Life
Using the Power of
Universal Energy**

Reiki for Beginners:

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Published in eBook format by eBookIt.com

<http://www.eBookIt.com>

ISBN 9781456613525

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Introduction

As people are becoming more health conscious, and more concerned for their overall health and wellbeing, Non-traditional methods from other parts of the world, especially from the East are becoming more mainstream.

These methods are referred to as alternative medicine types and are gaining favor not only with the public, but also with medical professionals. The reason why is simple, because they work.

Alternative medicines fall into the following categories:

Whole Medical Systems

Homeopathy – Using small doses of natural substances that trigger that cause mild symptoms in order to trigger a healing response by the body

Ancient healing systems – Healing methods that have been around for a long time, well before Western medicine was developed; such as Chinese medicine and Ayurveda, which is traditional Indian medicine

Naturopathy – herbal remedies, acupuncture, massage, exercise

Mind-Body Medicine – techniques that rely on the connection between the body and the mind

Meditation

Prayer

Relaxation therapy

Art therapy

Supplements – using dietary supplements and herbal remedies

Body- based healing – body manipulation

Massage

Chiropractic

Energy Therapy – medicine based upon the belief that there is an invisible energy flow in the human body and when it gets blocked it causes sickness

Reiki

Magnet therapy

Qi gong

Therapeutic touch

Western medicine focuses on taking medication, treat the symptoms and the disease and nearly everything has a prescription to try to cure it.

However, prescription medications often have side effects that can be worse than the symptoms that they are supposed to be curing.

More and more people are moving away from Western medicine and turning towards alternative medicines that take a whole body and holistic approach to healing, such as Reiki.

What is Reiki

Reiki is a Japanese word, it is a combination of Rei, which means cosmic or divine and KI, which means energy.

Reiki is an alternative medicine that deals with the energy flow in the body, also called spiritual energy.

The idea of an invisible universal energy force is a big part of Eastern Medicine. Reiki originated in Tibet and became popular in Japan in the early 1900s when it was developed into a system by Mikao Usui. Upon his death, Usui was succeeded by a series of Reiki masters, sixteen in all.

Reiki is a hands-on healing method that uses energy to heal. Reiki is not just about healing yourself, but about others as well. Reiki focuses on today, the present; it is all about being in the here and now, and not dwelling on the past or worrying about the future. Only the present is controllable and that is what Reiki focuses on.

The belief is that there is an omnipresent and universal energy and that practitioners can tap into this universal energy and transfer it through hands on healing, or palm healing, to help restore energy flow and allow for healing to happen.

Reiki can be used to heal emotional, physical, and spiritual ailments and the best part about it is that anybody can learn this time-tested technique.

Reiki is based upon the belief that we all carry energy within us, and we can use this energy to heal ourselves as well as others.

Reiki is a spiritual type of healing because it promotes self-awareness and a connection with all things, because we are all connected through the universal energy of the world, and the energy that we carry in ourselves. We are, in essence, connected to all things through this universal energy.

Because it involves the invisible energy, life force energy, which makes up this world and us, Reiki is not just a healing method, but also a guideline to be healthier, happier and to be more aware of yourself and your purpose, as well as connecting better to others, promoting goodwill and kindness.

Reiki promotes unity, peace, and love; love for yourself, love for others and love for the world. Reiki helps achieve harmony to both those who practice it and those that receive it as treatment.

Believing in the existence of universal energy, Reiki helps you see the beauty in the world as it promotes harmony and peace within yourself and in the world.

It will help put you in touch with your feelings, senses and your own thoughts; helping you to find that center and the calm that you need. Reiki is a way to balance yourself mentally and emotionally as well as help, you feel connected to the world.

By tapping into the energy that you carry within you, you can improve your life, improve your outlook of the world, and live with love and peace in your heart.

You will use your own energy and the universal energy around you to help you feel good, be happy and to even help others as well, such as helping them heal by channeling energy into them, through palm healing.

What are some of the benefits of Reiki?

Reiki is a great way to reduce stress and promote calmness. Reiki is a relaxation method as well, and it can help overcome insomnia by creating an aura of peace.

Another benefit of Reiki is the restoration of the mind/body balance and with that comes self-confidence, self-control, and increased self-esteem.

Reiki helps with pain, including finding relief from chronic pain and other physical ailments that have manifested.

Reiki has five basic principles that were developed by Dr. Usui, a founder of modern Reiki.

- Just for today do not anger – Anger is a negative emotion that does nothing but harm, there is no benefit for holding onto anger. Because Reiki is all about the today, it says that for today, do not anger because tomorrow is not something to worry about because it has not happened yet. People who have trouble letting go of the past often have trouble letting go of anger and it can pollute their mind with negativity, Reiki says to let the anger go.
- Just for today do not worry – The future is unknown and cannot be predicted and so worrying about what has not happened yet and what cannot be known is a waste of energy. Reiki tells you to focus on the present and to shed your worry of the future because it is the “now” that matters.
- Honor your parents, teachers, elders, and yourself – According to Reiki, everything is connected and our actions are guided by karma and the actions of our past. Therefore, if we make honorable choices, we will have good karma. Appreciate yourself and the people in your life and be grateful for them and for all that you do have in the present. When you honor yourself,

you make wiser and better choices, and when you honor others then you bring about good karma.

- Earn your living honestly – Live your life with respect for yourself and for others. Karma is related to universal energy and so what you do affects your energy, by living honestly you promote good karma in your own life.
- Show gratefulness to every living thing and being – Universal energy connects us all and therefore we should all be nothing but kind and compassionate towards all living things.