

**Reiki** (pronounced ray-key) is a Japanese word meaning Universal Life Energy, the energy that is in and around everything. Reiki affects all levels of body, mind and spirit. It accelerates the body's natural ability to heal and opens the mind and spirit to the causes of disease, disharmony and pain.

**Origins of Reiki:** The Usui System of Reiki Healing was developed by Dr. Mikao Usui in Japan in the 1920's. Through study, research and meditation, he evolved a system of healing based on ancient Buddhist teachings. He spent the rest of his life practicing and teaching this method of natural healing, which involves attunement to the energy and the laying-on-of-hands. However, healing by laying-on-of-hands is common to all the major religions of the world.

**A Reiki Treatment** is a gentle, hands-on process that allows healing, balancing energy to be passed through the practitioner to another person, an animal, a plant or the practitioner's own body. The experience of a Reiki treatment is usually a feeling of deep relaxation, well-being, safety, and comfort. Reiki is non-intrusive, non-invasive and non-manipulative since it is the receiver's body, not the practitioner, that determines how much Reiki is received and where it goes. A full Reiki treatment takes about 1½ hours. The practitioner's hands are placed in a specific sequence of positions on the head, chest and back of a receiver who remains fully clothed and covered with a sheet or blanket. Reiki energy reaches and benefits every cell in the body.

Reiki can relieve pain and acute symptoms quite rapidly while chronic problems usually require more extensive treatment. The length of treatment depends upon the amount of energy needed to balance and revitalize the body. Reiki works in conjunction with and as a compliment to all other medical and non-medical treatments and therapies.

**A Reiki Practitioner** is a vehicle through which universal energy (Reiki) flows. When a practitioner's hands are placed on a body, he or she does not control how much energy is received, where it goes or how it is used. The willingness and acceptance of the receiver determines the progress made in his/her own healing process. Undergoing initiation as a Reiki practitioner brings this energy into one's life and creates a continuous healing process for body, mind and spirit.



### Three Levels of Reiki

**Anyone can learn Reiki.** All that is required is openness and willingness to learn. Reiki is a means of working with energy; it is not a religion and requires no particular belief system.

**Reiki I - Shoden:** "To deal with and transmit energy."

The first level of Reiki teaches all that is necessary to enable you to treat yourself and others. A Reiki class is primarily a hands-on learning experience that provides the opportunity to reawaken your own natural healing ability through attunement to the energy. This ceremonial process is shared with each student four times during the four consecutive two- to three-hour sessions.

In the first session, the history of Reiki is discussed and the basic self-healing hand positions are taught. In the three subsequent sessions, the Reiki Master demonstrates the specific sequence of hand positions used for treating others and explains the physical and metaphysical effects of each. The students then practice giving and receiving these treatment positions. By the end of the training, each student will have given and received a full Reiki treatment.

**Reiki II - Oku Den:** "Bringing in and transmitting the essence of the energy."

The second level of Reiki is available to those First Degree Practitioners who wish to deepen their experience and commitment to using Reiki in their lives. 100 days is allowed to pass before taking Reiki II giving body, mind and spirit time to adjust to a new level of energy. During this period the practitioner is using Reiki for him/herself and may also be giving and receiving Reiki with others. The Second Degree class includes a deeper initiation by the Reiki Master and instruction in the conscious use of ancient symbols to increase the flow of energy in treatments, to reach the subconscious mind and to be able to send Reiki in a focused way from a distance.

**Mastery - Do Shu:** "Where a Way is Practiced."

The master level in the Usui System of Reiki Healing is for those who feel called to teach Reiki. They are rigorously trained by an elder Master in the original traditions of Reiki. They are personally and professionally committed to this healing art and the lifestyle that it engenders.



**Carol von Kaenel** is a Traditional Teaching Master of the Usui System of Reiki Healing. She is a member of the Reiki Alliance (an international organization of Reiki Masters) and is serving on the executive board of the Northeast Reiki Gathering. She offers classes, talks, demonstrations and private sessions. For more information, to bring a class to your area or to arrange a talk for your group, please contact:

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