

Class 2

Introduction to Reiki

Reiki training levels, lineage, benefits, history etc.

Performing Attunement

Practice and discussion

Second Attunement

- Meditation
 - The attunement.
 - When done meditate on experience.
 - Journal any experiences.
 - Master lineage is explained and the reason it is important is discussed.
- Notes:

Discussion of Assignments

- Experience with exercises
 - Experience with self-Reiki
 - Questions
- Notes:

Reiki Defined

- Reiki is a form of energy work that uses life force energy to help improve a person's overall wellbeing.
 - It is a quite subtle yet powerful tool to alter one's energy field in a positive manner.
 - Reiki is pronounced like ray and key as one word.
 - Rei stands for universal life force and Ki is energy.
- Notes:

Spiritual Healing

- Reiki is a spiritual healing technique.
 - Dr. Daniel J. Benor
 - It works with and on the unseen and is difficult to quantify by scientific methods.
- Notes:

Excerpt from “Spiritual Healing”, by Daniel J. Benor, MD
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“When a new acquaintance asked in 1980 what I thought about healing, I told him in no uncertain terms what I thought. He challenged me, asking: “Have you ever observed a healer?” Humbled, I had to admit I’d never even spoken with one, and sheepishly accepted his invitation to observe a healer at work.

Ethel Lombardi, a Reiki Master, did a laying-on of the hands on a young man we’ll call “Joe,” who had a lump under his nipple. She invited me to examine him. The lesion was 1 by 2 centimeters, rubbery firm (like an eraser), not as mobile as I’d like to see (suggesting the possibility of an invasive growth), and quite tender. Joe was a skeptic who had come only because he hoped he might avoid surgery on the lesion that was scheduled for two weeks later.

Ethel proceeded with a laying-on of hands treatment lasting half an hour, at the end of which she invited me to examine Joe again. I was astounded to find that the lesion had shrunk by a centimeter, was very soft, and completely mobile, and no longer tender.

This was a healing of my skepticism as much as it was a healing of Joe’s lump. I knew instantly that this was something I would have to study further.”

Dr. Benor has written several books on healing and studied healing every since. He can be found on Google and it all began with the observation of a Reiki session!

Different from other energy work

- Passed on from master to student via attunement process. (the lineage is traceable to Dr. Usui)
 - Knowledge of anatomy and physiology not needed as practitioner is a channel
 - Energy accessed is considered intelligent
 - Practitioner not using own energy
 - Can do no harm
- Notes:

Highest Good

- The highest good is not necessarily what we might think.
 - The determination of what is the highest good is made by the energy.
 - The energy will only address what is best for the situation.
 - The practitioner does not need to know what that is and needs to remain neutral.
- Notes:

Reiki Levels

- There are three primary levels of Reiki training.
 - Level I is the basic level and oriented to the physical and personal healing. One can utilize it for yourself, family or close friends for the highest good.
 - Level II is associated with mental and emotional healing and distant healing. Symbols are introduced.
 - Level III often called the Master Level is more spiritual in nature as well as learning to attune others.
 - Some schools add additional levels.
 - Our programs are structured with additional components to provide a better foundation for you.
- Notes:

Reiki is simple

- The simplicity of Reiki is misleading.
 - Often it is disrespected as not being complicated or technical.
 - To be effective with Reiki requires practice. The more you practice the better the flow and results.
 - To be good requires detachment from the outcome.
- Notes:

Benefits of Reiki

- Relaxation: This is the initial response.
 - Stress reduction: In the relaxation process, the body begins to release the built-up stress.
 - Response vs. Reaction
 - Awareness of your life. (Being aware is key to life.)
 - Empowerment: You are now able to grow and evolve.
 - Integrate the physical and spiritual.
 - Relationships: The interactions between individuals become better.
- Notes:

History

- This is a very difficult area with much confusion. Very little or no documentation, information mainly word of mouth. In beginning nothing in writing not even teaching notes.
 - Mikao Usui a Japanese man is considered the person who developed Reiki as we know it in current times. Also known as: Dr. Usui, or Usui-Sensei (teacher).
 - Usui studied Sanskrit documents with roots in India, China and did 21 days of meditation/fasting on a mountain .
 - The meditation and fasting were where he received detailed input on how to do Reiki.
- Notes:

History continued

- Began in early 1900's exact dates difficult to determine.
 - Dr. Usui transitioned in 1926.
 - Before his transition Dr. Usui made Mr. Chûjirô Hayashi the Grand Master (Western Term not necessarily actual title) of Reiki. There are some that say Mr. Hayashi was a medical doctor, others say his background was military apparently both.
 - A split occurred in Reiki: intuitive vs. structured. Intuitive being traditional in Japan and structured being the new way developed by Hayashi.
 - Hayashi developed the method of teaching with the hand positions.
- Notes:

History continued

- His most famous student was Mrs. Hawayo Takata, a Hawaiian born Japanese woman.
- She had come to Japan to find help with illness that western sources could not assist with. The doctors in Japan suggested she go to Hayashi's clinic.
- There she was healed and asked to learn Reiki.
- Mrs. Hawayo Takata with Mr. Hayashi's help brought Reiki to Hawaii in 1936.
- He made Mrs. Takata a Master in 1938.

- Notes:

History continued

- Mrs. Takata took over and lead its growth in the west until her transition in 1980.
 - She attuned 22 Reiki Masters during that time.
 - Mrs. Takata wanted Barbra Ray to take over leadership but there was a group who felt it should remain in Mrs. Takata's family.
 - On her transition her granddaughter Phyllis Lei Furumoto became Grand Master.
- Notes:

History continued

- Phyllis Lei Furumoto started the Reiki Alliance.
 - This resulted in a split with Barbara Ray who started the Radiance Technique.
 - Over time, it has evolved and there are several branches including the Japanese version.
- Notes:

Reiki and Religion

- What is religion?
 - Religions have dogma and or detailed guidelines on how to live according to the rules and laws of the specific religious belief system.
 - Reiki does not have this and is compatible with all religions
 - Reiki is spiritual but not religious, there is a difference.
 - What is spirituality?
- Notes:

Reiki Precepts

- Just for today, do not worry.
 - Just for today do not anger.
 - Do your work honestly.
 - Honor your parents, elders and teachers.
 - Be grateful for all living things.
- Notes:
 - Remember this is one version of translation.
 - Work in that time often referred to self-work.

Precepts continued

- Meiji Emperor- Originator
 - Various translations
 - Multiple meanings
 - How can one apply these ideas or concepts in your daily life?
- Notes:

Assignments

- Practice exercises in learning tools
 - Pay attention to process journaling any experiences.
 - Contemplate the precepts and meditate on each.
 - Review all notes from class.
- Notes