

Reiki I Healing Course

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With
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Unit 1

History of Reiki

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Welcome to the Reiki I Healer Course

It has long been an ambition of mine to offer these attunements distantly. Time seems to be running short and being able to attune more people by this means is a valuable way to contribute to the healing of our planet and its diverse communities of differing needs and resources.

I feel very strongly that everyone has a role to play and that if you are not part of the solution, the healing, then you are most definitely part of the problem.

If each of us reaches out to touch just one other person every single day then enormous changes of global proportion are possible.

Please read all the material very carefully and carry out the exercises conscientiously prior to your attunements. It is up to you how honest you are with yourself and how deep you are willing to dig in order to maximize the benefits you, and those you give healing to, attain.

And remember we are dealing with energy here and in the energy realms all is quantum. Shifts occur in moments, deep old painful burdens can be shed in the blink of an eye and replaced by the healing love of the Creative Order in nanoseconds.

So please take the time and make the effort to actively engage with the material and I promise you, you will be well rewarded with the two extraordinary gifts of Reiki and EmoTrance to heal yourself, your life and relationships and contribute positively to healing the world.

So let us begin!

My Background in Reiki

I was first attuned in 1994 when my daughter got ill, diagnosed with diabetes, and my sister recommended I take a Reiki I class for myself as I was so stressed out. It was some months later I learned my first Reiki lesson. I was so determined to heal my daughter, I spent every possible minute with her pinned down under my hands, and then I realized I was trying to heal her for myself, not for her, and that it was up to her if she wanted to be healed or not.

Despite this revelation, and an easing up on treating her, I was still certain Reiki could help her so I arranged in the summer of 1995 for her to be initiated by a wonderful Spanish Reiki Master in Spain, overlooking orange groves in a fantastic location. My daughter agreed though was full of foreboding and it was while we were there, staying with my parents, that I dreamed this same Master attuned me to Reiki II and the next day I found out she had had the same dream so agreed to attune me a week later at the summer solstice.

It was an incredible experience. At last, time on my own with a Master, able to ask anything and everything I wanted and the powerful attunement opened me to an endless world of possibilities in my life.

After that incredible day I diligently sent distant healing, with my new symbols, every evening during my nightly meditations, with some very profound results, to family, friends and clients around the world and it was that discipline and training that gave me the sensitivity and awareness to be able to attune at a distance years later when I too became a Reiki Master.

But I'm skipping ahead of myself!

Between taking Reiki I and II I had got interested in Tachyon Energy. Someone had told me using Tachyon Energy doubled your Reiki so I was willing to give that a go and was amazed at the results and went on to visit the USA to train as a Tachyon Energy practitioner.

It was the day after my return from Los Angeles, I was extremely jetlagged but had previously arranged to show Tachyon at a MBS event for animals locally which for some reason I felt compelled to attend. And it wasn't long before I

knew why I had pushed through my extreme tiredness to drive all the way to Hiram, unpack my Tachyon and stand around all afternoon.

I met two extraordinary women there who were to have a profound impact on my life.

The first was Dr. Silvia Hartmann who I continue to work with researching human energy fields and with whom I co-created an amazing energy therapy, EmoTrance.

And the second was Laura Mason, a Reiki Master, who came over to my table to investigate Tachyon and just looked at me and said, "You must teach!". I had never thought of myself as a teacher and just smiled, had a brief chat and put her card away.

It was several months later after countless nights of dreams and exhortations from my guides during meditation to carry my training on further and take my Reiki Mastership that I finally phoned Laura and went to her for my Master attunement in early 1998.

I was still doing daily distant healing and it was during this time, just after becoming a Master, that I started practicing giving attunements in Sanctuary to assist the healing process in particularly stubborn cases.

To my amazement this worked beautifully and I received reports of feeling Reiki flowing from people's hands spontaneously, though this did not last for more than a few days.

I practiced more and more and was directed to a special technique that sealed the Reiki there forever, as happens in a live attunement.

I was amazed and honoured to have been shown this but it was still several years until I decided that I was ready to use this special gift and offer long distance Reiki attunements to those who could not attend a live training.

And as soon as I had decided to do this I was visited by Dr. Usui himself who now assists in all my attunements so you will not only be joining a long and illustrious list of Reiki healers but will also be attuned by the originator of this most remarkable and profound healing method.

Now you have read my background it is time to look at what Reiki really is and what it means to become a Reiki practitioner and a brief history of its origin.

What is Reiki?

Reiki is a Japanese word pronounced raykee, which translated means Universal Life Force Energy. Reiki is an ancient system that can be experienced by either "hands on" or by distance (remote) healing. The Reiki treatment encourages physical, mental and emotional healing and spiritual growth.

This unique gift of healing is learned by a process of attunements or initiations. A person who has been attuned to Reiki has experienced a very ancient technology for fine tuning the physical and etheric bodies to a higher vibrational level. Also the energy centres, the chakras, are opened to enable a person to channel higher amounts of Reiki energy.

Reiki is drawn through the practitioner who acts as a conduit, and the recipient's body will draw the energy to those parts of the body that require it, the practitioner is also being treated as they give the treatment. Energy enters through the practitioner's crown chakra and passes through the upper chakras to the heart and solar plexus chakras and passes out through the arms and hands to the recipient.

The process does not drain the practitioner as the Reiki passes through a purified channel that is opened by the attunements. During this process the whole person is being treated, not the specific area. When this healing force enters the body it is automatically directed to the area or organs where it is needed most.

This is not just supposition. Research workers at Stanford University using sensitive instruments were able to measure the energy flow in the body and verified that the Reiki energy enters the crown chakra (head) and exits through the palm chakras in the hands. The Reiki energy also seems to flow in an anti-clockwise manner. Furthermore, Kirlian photography has demonstrated an increase in the emanations from the hands during treatment.

Reiki is not a religion, or a belief system. Reiki will work whether you believe in it or not!

Reiki not only works on the physical level; it can relieve pain, help to regenerate organs and tissue, but also Reiki loosens blocked energy, promotes

total relaxation, and works on the mental and emotional levels re-establishing mental well-being and spiritual equilibrium.

Reiki is one of the oldest forms of healing known to mankind.

When man first incarnated in a physical body he was still attuned to his spirit and soul. In this divine state there was little illness or disease, only the ability to live for many years in a healthy state. As he gradually became more and more immersed in matter, becoming denser in vibration and desirous in nature, attached to material things, so he started to develop a denser, lower frequency physical body, allowing tiredness, illness and disease to manifest.

The cause of ill health is the same today as it has always been. Where there is disharmony between the body and soul, no higher guidance, overwork, wrong diet, lack of exercise, unbalanced emotions, rigid thought patterns, fear and guilt, so there will be disease in the physical body.

We are now working our way in an upward spiral; back towards our spiritually attuned, light, healthy bodies.

Doctors, practitioners, health authorities and scientists are now starting to look at the possibility of environmental stress, anxiety and all the destructive aspects of 21st century life as being the true cause of illness and disease.

Throughout the past 1000 year time period certain advanced souls have been sent into incarnation to help us point mankind in the right direction.

Such wonderful beings as Paracelsus, Dr. Samuel Hahnemann, Dr. Edward Bach and Dr.Usui have chosen to incarnate at the right time to bring forth new teachings, medicines and forms of healing to help us onward towards our spiritual form once more, to recognize our health potentiality.

One of these masters incarnated in the last century. His name was Dr. Usui. In his desire to help others he was divinely illuminated and given the ability to heal through touch.

As a pure channel he was able to extend this energy to others to heal physical, mental and emotional imbalance. This was the introduction of the Universal Reiki ray of healing to the world. It was passed onwards, through Dr. Usui as he

was guided to initiate others into this energy. This is how the Reiki energy continues to grow today, across the world through many different teachers known as Reiki masters. Each of these masters will teach according to their own level of consciousness and their own individual style or personality. Each, however, will be initiating others into the same pure, healing energy ray of Reiki which comes from the highest Divine source.

Reiki is a transformational tool to help the development of higher levels of consciousness and spiritual awareness. It awakens the inner self to know that it is part of all creation.

Reiki can be used for self healing. Daily self treatments will maintain well being, reduce stress and encourage the body's natural healing abilities.

Reiki can also be used to promote growth and health of plants and to germinate seeds.

Reiki can be used to heal the Earth, and to direct healing energy to troubled areas of the planet.

Reiki is for life, you will not need further attunements.

MAY YOUR EXPLORATION OF REIKI BE A JOYOUS ONE!

The History of Reiki and the Usui System of Natural Healing

The story of Reiki to date has been an oral tradition, passed on from teacher to student by word of mouth. This is the story as others and I have heard it:

The founder of Reiki as natural healing is Dr. Mikao Usui. The original story tells of Dr. Usui being raised by Christian missionaries and eventually becoming a scholar and philosopher and head of a Christian boy's school in Kyoto. In one of his classes a student asked if Dr. Usui accepted the bible literally. Dr. Usui replied that he did and so the student asked him to demonstrate this belief by performing a miracle such as Jesus has done. As Dr. Usui was unable to do this the student declared his faith as blind and insufficient to bolster their own for they needed more than blind faith in order to believe. Dr. Usui was struck by the enormity of this questioning and asked the young men not to lose their faith. It was then that he promised to return with answers after resigning his post. He travelled worldwide, firstly to America where he received a doctorate in scripture trying to uncover the secret of how Jesus and his disciples healed the sick, but he had not found what he sought.

Realising that in the Buddhist tradition it is held that Buddha had the power to heal he decided to return to Japan. Dr. Usui began to visit Buddhist monasteries searching for someone who had an interest in and some knowledge of physical healing but he always received the same answer 'we are too busy healing the spirit to worry about the body'.

At long last he found someone who was also interested in this problem, an elderly abbot of a Zen monastery. Dr. Usui requested that he be admitted to the monastery so that he could study the Buddhist scriptures, the sutras, in search of the key of healing. He was admitted and began to study. He studied the Japanese translations of the Buddhist scriptures but did not find the explanation he sought. He learned Chinese so that a wider range of Buddhist writings was available to him, still without success.

He then studied Sanskrit; the ancient language so that he could read the original Buddhist writings and have access to those writings that had never before been translated into another language. Through this he finally found what he was looking for. In the teachings of the Buddha that had been written down by an unknown disciple as the Buddha spoke, Dr. Usui found the formula, the symbols and the description of how Buddha healed.

So at the end of a seven-year search it appeared Dr. Usui had found what he sought, but not quite. Although he had uncovered the knowledge he did not have the ability to heal. Discussing this with the abbot he decided to go to a mountain and fast and meditate for 21 days to seek this power. The abbot warned of the dangers but Dr. Usui was determined to go and told him to send someone to collect his bones if he did not return after the 21 days.

Dr. Usui walked to Mt Kurayama, a sacred mountain seventeen miles outside the city. He found a quiet place to meditate beside a stream allowing himself only water during the fast. To keep track of the days he placed beside him on the ground a pile of 21 small stones discarding one each day until only one remained.

Thus in the very early morning of his last day he sat in the darkness, which preceded the dawn, looking into the heavens where he saw a distant light in the black sky. As he watched, the light became very bright and appeared to be rushing toward him. Nearer and nearer it sped and he realised it would strike him if he did continue to sit there. His first impulse was to move, and then he thought of the years he had spent searching for an answer so he sat motionless, determined to allow this experience to happen. The light struck him in the forehead and he lost consciousness.

When he came to awareness again the sun was shining very brightly and was high in the sky so he knew several hours had passed yet he had total recall of everything that had occurred during this period of time. When the light struck him he became aware of beautiful colours followed by an intense white light after which large transparent bubbles appeared before his eyes each containing one of the symbols he had found in the Sanskrit writings. As a bubble would pass through his field of vision and pause, the instruction in the use of the symbol was given. As soon as he had committed the information to memory the bubble moved away, being replaced by another. In this way Dr. Usui was given the full teachings in the meaning of the symbols.

When the trance was over Dr. Usui no longer felt exhausted, stiff, or hungry as he had moments before on that last day of meditation. He got up and made his way down the mountain. In his rush he stubbed his toe very painfully against a rock and so he grasped his toe and experienced instant relief from the pain and received the first validation of the truth of the vision. At the bottom of the

mountain he stopped at a roadside food stall. The old man at the stall recognising his long beard and dusty clothes knew he had been fasting for a long time and recommended cooking him some rice gruel that would be digested easily after such a long time without food but Dr. Usui insisted on being served a full breakfast.

Soon the old man's daughter came and served Dr Usui his breakfast but he could see that she had been crying and her face was red and swollen on one side. He asked her what was wrong and she said she had had toothache for three days. He asked if he could touch her face and in a few minutes the pain left her and the swelling started to recede. Dr. Usui was elated to have received yet another indication of the truth of his instruction, on the way to Kyoto.

On his return to the monastery he learned that the abbot was in bed suffering from a painful attack of arthritis so after washing and changing he went to give healing to his old friend. They discussed at length what should be done with this knowledge and Dr. Usui decided to go into the vast slums of Kyoto and heal the beggars, sending the younger ones to the monastery where they could be trained by the monks in skills which would help them to earn a living. For a number of years Dr. Usui continued his work with the beggars until he started to notice some familiar faces, especially of the younger ones.

He soon learned that they had returned to the slums because they found earning a living much harder than begging. Upon hearing this Dr. Usui felt himself to be a great failure so he left the slums immediately. He remembered his earlier discussions with the monks about their deep concern with healing the spirit and now he realised that although he had been very successful in healing their bodies he had had no concern for their spiritual health. Dr. Usui also realised that in his giving away Reiki so freely, the beggars had developed no appreciation for it: they had no gratitude for this wonderful gift that had been given to them. He determined never again to give Reiki to anyone who would not appreciate it.

So he left the beggar camp and began to teach others who wished to know more. He taught them how to heal themselves and gave them the Principles of Reiki to help heal their thoughts. He would arrive in a town carrying a lighted torch, thus capturing the townspeople's attention, then he would invite them to a meeting that evening to learn about light.

He developed a large following of students and in the 1920s met a man who was to become his most dedicated disciple, Dr. Hayashi. When Dr. Usui made his transition on 9th March 1926 Dr. Hayashi opened a clinic in Tokyo, which attracted many affluent and well-educated people for treatments and to learn Reiki. From the clinic, practitioners would go out and treat people who could not attend. Realising the importance of keeping a system of records Dr. Hayashi left manuscripts demonstrating that Reiki finds the source of the physical symptoms, fills the vibration or energy need and restores the body to wholeness.

It was to this clinic that Hawayo Takata was brought in 1935. Mrs. Takata had come to Japan for an operation on a tumour but while preparing for the operation she sensed that it was not necessary and that there was another way. This led her to Reiki. During Mrs. Takata's experiences and treatments at the clinic her illness lessened and her desire to learn Reiki grew.

When her treatments were almost finished she asked to be admitted to a class. She was refused and then realised she must demonstrate a deep commitment to Reiki. She went to Dr. Hayashi and told him her feelings and her willingness to stay in Japan as long as was necessary and he finally consented.

Mrs. Takata, with her two daughters, stayed in Japan with the Hayashi family for a year, learning by practicing Reiki every day and being with Hayashi. When both felt the training was complete Mrs. Takata returned to Hawaii with her gift of healing.

In Hawaii her practice flourished and soon Hayashi and his daughter came to visit. They stayed several months, teaching, training and being with Mrs. Takata. In February 1938 Hawayo Takata was initiated as a Master of the Usui System of Natural Healing.

On returning to Japan Dr Hayashi had a sense that a war was coming with the United States and he could not reconcile being a Reiki Master and having to serve again in the Navy so he began to set his house and his affairs in order. During this time Takata had a vivid dream that she should go to Japan to be with Dr Hayashi. He told her about the war, who would win and what she must do to avoid trouble for herself as a Japanese American living in Hawaii. When all of his business was taken care of he called his family together with the Reiki Masters and giving them his final words he said goodbye, closed his eyes and left his body.

Mrs. Takata returned to Hawaii where she demonstrated her commitment to Reiki throughout her life by practising and teaching. She became a powerful healer and a great teacher, introducing Reiki to the Western World. She trained 22 Masters, one of who was her granddaughter Phyllis Lei Furumoto who set up the Reiki Alliance after her grandmother's transition on December 11th, 1980.

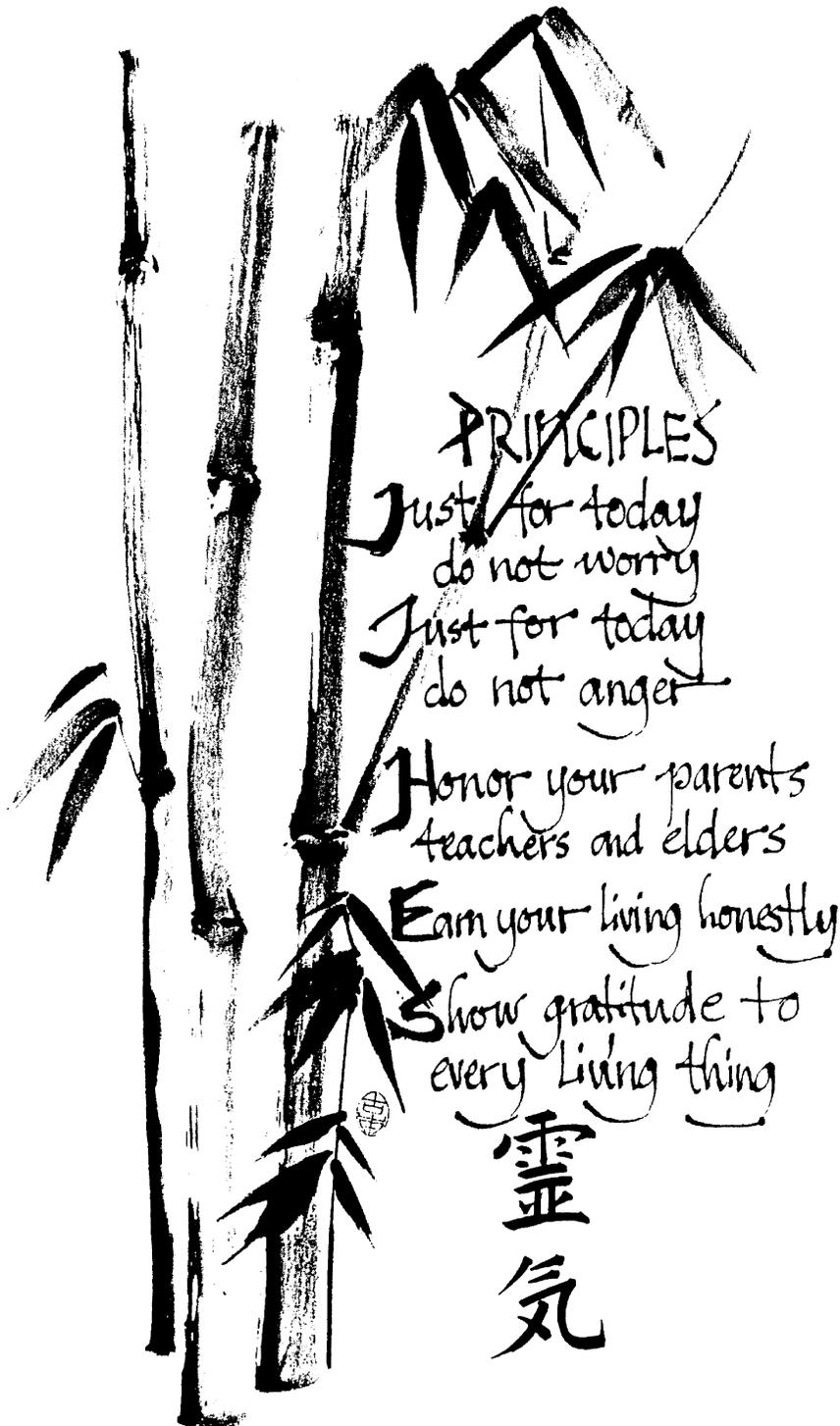
The weak, pain-racked frail woman that Hawayo Takata had been when she first encountered Reiki all those years ago remained strong, energetic and mentally alert until the day she died at the age of eighty, a truly remarkable example of Reiki's rejuvenating effect.

Today the Usui System of Natural Healing is practiced all over the world. When you become a Reiki healer you become part of this history. With your willingness to share this gift you support and quicken the unfolding of life.

Dr. Mikao Usui



The Five Reiki Principles



Unit 1 Review

Now you have read about my background and the history of Reiki it is time to reflect on what becoming a Reiki 1 Healer means to you.

How do you feel about joining such an illustrious lineage of healers?

How do you think Reiki will change your life?

In what ways will having Reiki make you act differently?

Take some time to write these answers down, you may send your findings to me at nicolaquinn@gmail.com

Now it is time to find out about the attunements themselves and how to prepare for your initiation.