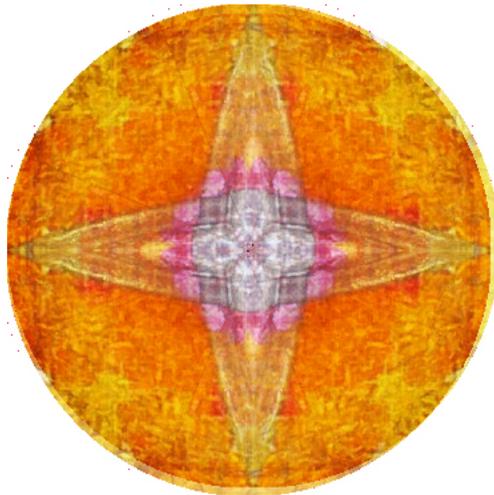


# Reiki I Healing Course

靈  
氣

With  
Nicola Quinn



**Unit 4**

**Reference Charts**

# Contents

<b>REFERENCE CHARTS</b> .....	<b>3</b>
THE PHYSICAL AND ETHERIC BODIES .....	3
OUR ORGANS .....	5
ORGANS – FRONT VIEW .....	7
ORGANS – BACK VIEW .....	8
OUR ENDOCRINE GLANDS.....	9
CHAKRAS .....	10
MIND/BODY CORRELATIONS .....	11
<b>REIKI CERTIFICATION</b> .....	<b>14</b>
<b>FINAL WORDS</b> .....	<b>15</b>

## Reference Charts

### *The Physical and Etheric Bodies*

On the following pages there are drawings showing the various structures of the body, for reference if needed.

Being familiar with the anatomy and physiology of the body, with the meridian and chakra systems, and with the interpretations of the emotional and mental links to physical conditions can be useful. You yourself may feel more confident about giving treatments if you know which parts are under your hands. If you are practising Reiki professionally, then a basic knowledge of anatomy and physiology will be expected.

However, please note that absolutely no knowledge of anatomy is necessary to give a successful treatment. In fact in many ways it is easier to do so if you have little idea of the inner construction and workings of the body, and are not steeped in psychotherapy beliefs. Such knowledge makes it tempting to analyse, diagnose and try to effect a solution.

Reiki works best when you take your conscious self out of the treatment and just allow yourself to be a channel. Reiki is a lot wiser than any of us and will go automatically to wherever or whatever needs it most, undoing disharmonies in the right order, which might not be apparent to us. Only the higher self of the recipient is involved in how the Reiki flowing in is used. On a conscious level we are unlikely to know the whole story or pattern and sequence of cause and effect behind symptoms, feelings, attitudes, and it is too easy to misinterpret.

The person giving the treatment cannot direct the flow of energy, and the flow will be blocked if you try to do so. Once you stop using your logical mind to work out what is going on, you will relax and may get intuitive flashes about placing your hands in particular positions. It is good to follow these.

If you feel a lot of heat, tingling or coldness in your hands at any time during the treatment, you will know something needs a lot of Reiki. You are unlikely to know what however, unless it comes intuitively. Remember that in most places there are many different layers under your hands - skin, flesh, muscles, bones, organs, glands, blood vessels, lymph channels, meridians. The Reiki could be focussing

on any of them. It could also be correcting imbalances in the auric layers around the body, or the chakras, or releasing emotions locked into cells from the past.

Reiki assists us to balance our physical as well as our energy bodies, and those of our clients. You will notice that the Reiki hand positions are designed to channel energy to all our organs, glands, and associated chakras.

## ***Our Organs***

**Heart:** Our heart is the muscular pump of the vascular system. It has four chambers; the two on the right relate to the lungs, and the two on the left relate to the rest of the body. Our hearts take deoxygenated blood into the right side, pump it through the lungs, and return oxygenated blood to the left side and the rest of the body.

**Lungs:** Our lungs bring air into a place where it can be absorbed by our blood, and take undesired gasses from the blood and release them to the outside world.

**Stomach:** Our stomachs store undigested food and start the digestion process, preparing our food for treatment by the small intestine.

**Small Intestine:** Our small intestine fills our abdominal cavity and is framed by the large intestine. It receives partially digested food from the stomach and uses secretions from the pancreas and liver (via the gall bladder) to further break down food. It is responsible for all digestion of nutrients, including vitamins.

**Large Intestine:** Our large intestine absorbs water, vitamins, and minerals. It includes our appendix (lower right side), goes up our right side, across at about our waist, and down our left side.

**Liver:** The liver is our largest organ. It is responsible for a multitude of chemicals and changes. Blood brings nutrients into the liver. It converts carbohydrates into fat and proteins. It makes cholesterol, stores vitamins A, D, B12, and iron, and removes toxic substances from the blood.

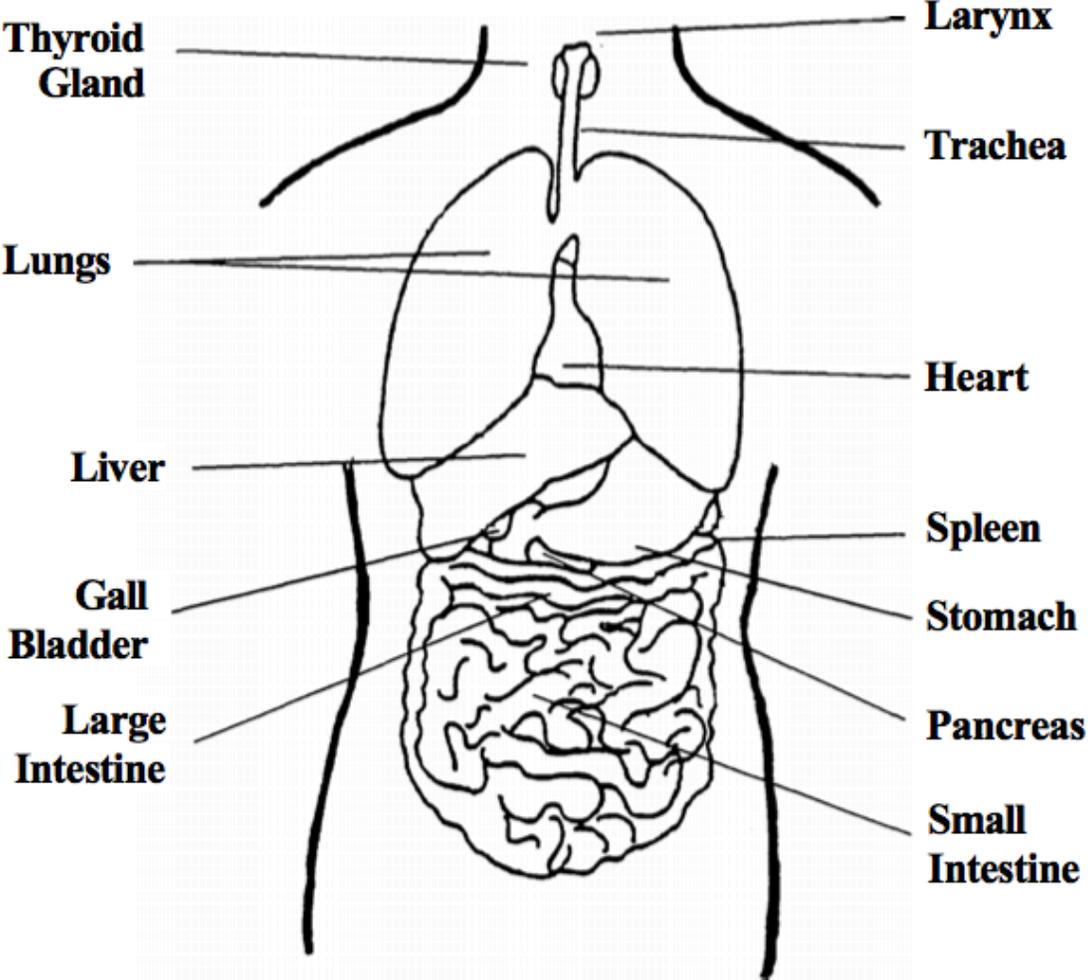
**Gall Bladder:** The gall bladder lies just under the liver. It stores bile that is secreted to the beginning of the small intestine. Bile helps digest fats by making them soluble in water so enzymes can act on them.

**Pancreas:** The pancreas excretes enzymes that enter the small intestine and help with the breakdown of protein, fat and carbohydrate. The pancreas makes insulin. It is considered a gland, and is regulated by hormones.

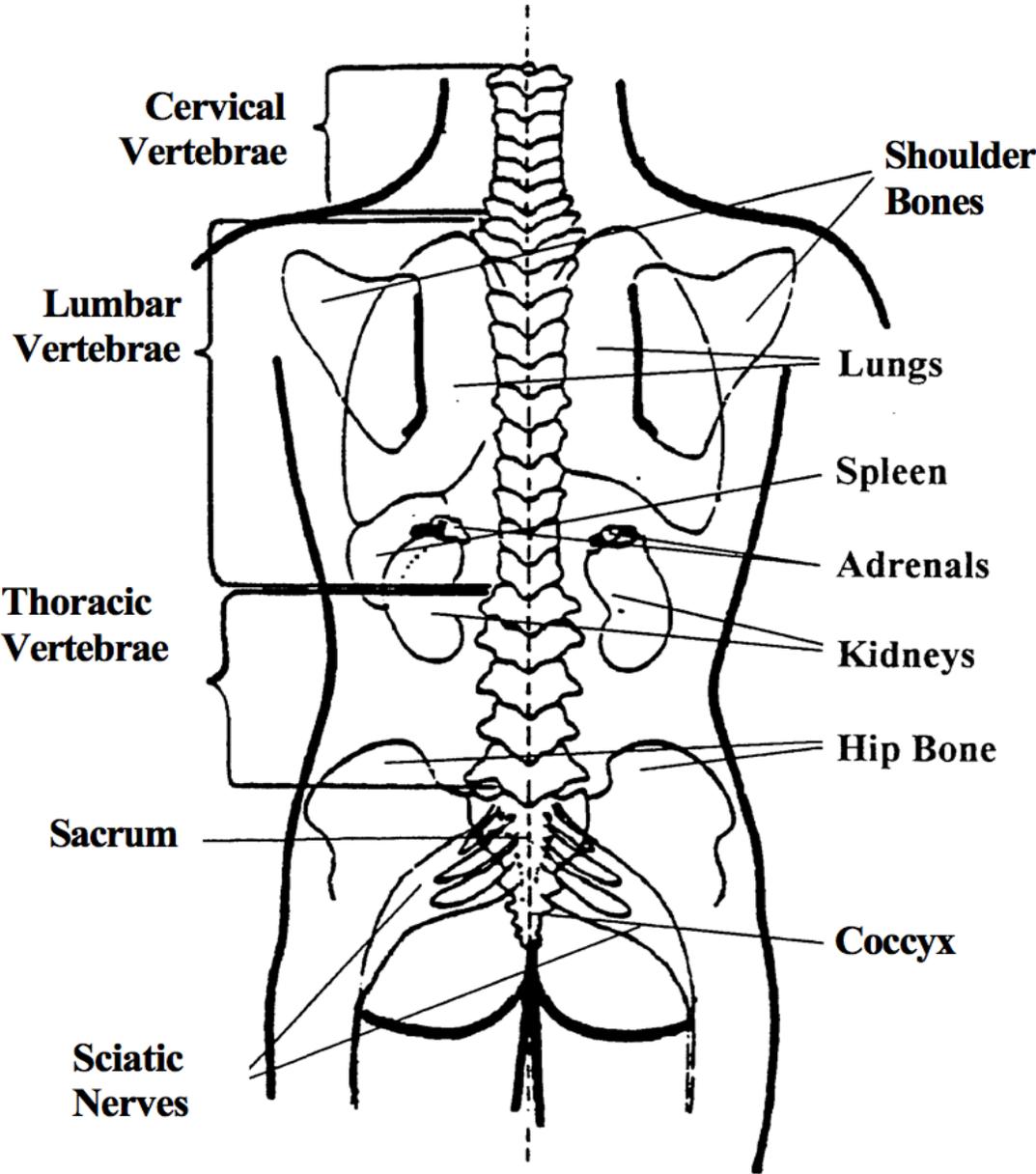
**Spleen:** The spleen is a lymphatic organ. It filters our blood, and is active in the immune system.

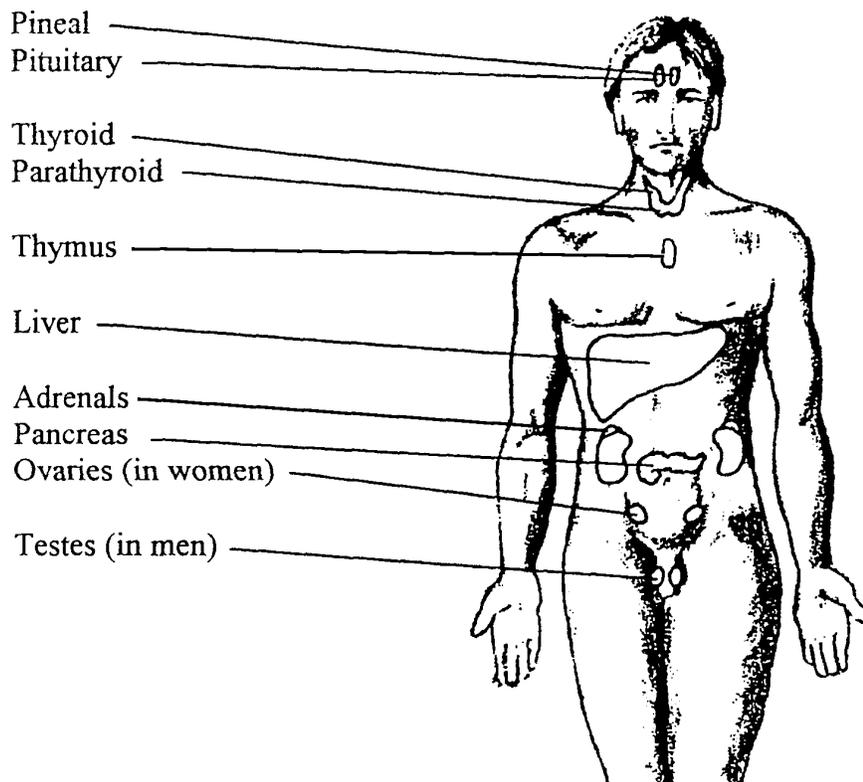
**Kidneys:** The kidneys work to maintain the electrical, chemical, and concentration balances and integrity of the body water. They maintain the body water volume, process blood plasma, and maintain the acid-base balance in our bodies.

**Organs – Front View**



**Organs – Back View**





## ***Our Endocrine Glands***

**Pituitary:** The pituitary and the pineal glands are related to the body's metabolism. They secrete hormones that cause other secretion in other parts of the body.

**Pineal (hypothalamus):** The pineal can secrete hormones to create oestrogen, progesterone, and testosterone, and also regulate the thyroid, bone, skin, adrenals, milk production in mothers, and water conservation.

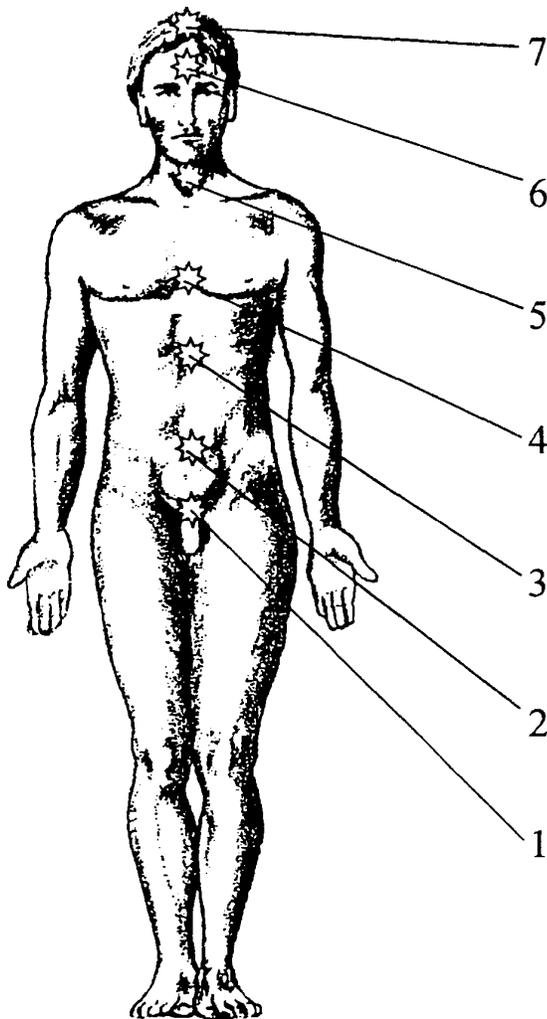
**Thyroid:** The thyroid increases oxygen consumption in our tissues and thereby fuels and maintains metabolic activity.

**Thymus:** The thymus is part of the lymphatic system. It can produce "T" lymphocytes that attacks the protein of certain tumour cells. It atrophies as we age.

**Adrenals:** Our adrenals secrete a hormone that breaks down starch and fatty acids, and stimulates our metabolism. The adrenals are responsible for "fight or flight" responses that can result in dilated pupils, increased heart rate, nervous activity, and breathing.

**Ovaries, Testes:** The ovaries develop female germ cells (eggs) and female hormones oestrogen and progesterone. The testes develop sperm and the male hormones testosterone.

## Chakras



### 7) Crown Chakra (Sahasrara)

Endocrine system: Pineal gland  
Physical organs: upper brain right eye  
Function: connects us with our spiritual self

### 6) Third Eye Chakra (Ajna)

Endocrine System: Pituitary gland  
Physical organs: Autonomic nervous system / hypothalamus  
Function: Intuitive centre seat of will and clairvoyance

### 5) Throat Chakra (Vishuddha)

Endocrine system: Thyroid  
Physical organs: throat, lungs

Function; communication, self-expression, clairaudience

### 4) Heart Chakra (Anahata)

Endocrine system: Thymus  
Physical organs: heart, lungs, liver, circulatory system  
Function: Love, compassion  
Element: Air

### 3) Sola Plexus Chakra (Mani pura)

Endocrine system: Adrenals  
Physical organs: stomach, liver, gall bladder (digestive system)  
Function: Power and wisdom centre  
Element: Fire

### 2) Sacral or Splenic Chakra (Svadhithana)

Endocrine system: gonads  
Physical organs: reproductive organs  
Function: centre of sexual energy-feeling /emotional centre  
Element: Water

### 1) Root Chakra (Muladhara)

Endocrine system: Suprarenal  
Physical organs: kidneys, bladder, spine  
Function: survival issues, physical vitality, seat of Kundalini, creative expression, abundance issues  
Element: Earth

## ***Mind/Body Correlations***

**HEAD:** This is the computer centre of the body. It's the place where we create all that is going on in our lives. It's important to treat the head so we can keep in balance. Headaches are often withheld feelings which cause imbalances as we try to find out why things aren't how we want them to be... this may be accompanied by unshed tears, anger, confusion - too much analysing.

**EYES:** To do with inner seeing, feeling and hearing, (our third eye is related to our psychic centre). Not being seen by others, or not seeing what others want, not wanting to see what is right in front of our noses. Connected to the sinus passages where stored tears are held. The eyes are also directly connected to the ovaries and uterus in women and the prostate gland and testes in men.

**EARS:** Hearing others, being heard by others, blocking out what we don't or didn't want to hear. Also related to high blood pressure, balance and clarity.

**JAW:** Relationship issues.

**THROAT:** Speaking out, expressing oneself verbally, throat blockages can be caused by literally choking on ideas, words, thoughts or beliefs.

**NECK:** Related to shoulders - carrying burdens and responsibilities, a 'stiff-necked' point of view, 'sticking one's neck out', to do with support, rigidity in thinking etc.

**SHOULDERS:** Right - burdens and responsibilities carried for the family, business etc. Left - emotional burdens/responsibilities and spiritual/emotional/mental growth. Guilt.

**UPPER BACK:** Right side - stored anger, giving too much, storage of 'little angers' such as irritation, being a 'bit' upset, striking out, holding back, defending by being imbalanced with giving/receiving. Left side - sadness, grief, sorrow, loss, guilt. Sometimes relates to too much receiving and not enough giving.

**CHEST:** Heartaches, heartbreak, grief, loss, fear, sadness, rejection, abandonment. Asthma related to anger, fear, low energy, holding back out of fear of being alive (or fear of dying), coughing up pain, blockage of love going in or out of the heart, imbalance of giving or receiving.

**ABDOMEN:** Hara centre, storage place for unexpressed feelings of anger, fear and unresolved feelings related to anger fear or guilt. This is where information in the computer system in the head goes if it isn't cleared.

**LIVER:** Anger/fear storage over long periods of time.

**GALL BLADDER:** Anger eventually turns to bitterness.

**STOMACH:** This is the place where all things that have been swallowed go to be digested. Metaphysically this can relate to old rules, ideas from family, teachers, doctors, other authority figures. Ulcers are anger eating away at the gut, butterflies are anxiety. Indigestion can relate to old thoughts, feelings and ideas that don't fit anymore in your life.

**PANCREAS:** The sweetness has gone out of life. Problems in the pancreas can relate to a need to be nice or sugary.

**SPLEEN:** This is where we store unfinished business with past relationships. This could relate to the death of a person, job or lifestyle which has created strings with the past.

**INTESTINES:** Constipation/holding feelings in - usually anger, fear or guilt. Colitis/diarrhoea is letting go of old feelings, thoughts or ideas without actually dealing with them.

**ADRENALS/KIDNEYS:** Shock and trauma centre for the body. Overactivity of sympathetic nervous system, adrenal rushes, treating this area is healing to the entire auto-immune system. Always treat this area for shock, trauma, illness, after surgery, for stress of any kind, allergies, low energy and for fear responses.

**OVARIES/UTERUS:** Storage of anger with men, issues with birth, abortion, miscarriage, rape, incest, abuse. Fear/guilt/anger about sexuality.

**BLADDER:** Stored anger (literally being 'pissed off'). Often related to fear/guilt around sexuality.

**PROSTATE:** Sexual guilt, anger with women, powerlessness, helplessness, birth issues, incest/sexual abuse.

**LOWER BACK:** Storage of anger, held feelings, sexual stress, barriers against the opposite sex, sexual abuse. Also issues of support are held in this area.

**TAILBONE:** This area has to do with survival, kundalini activation, fear of success, fear of aliveness, and fear of action.

**HIPS:** Support system, something to kick about - often related to stored anger/fear which can create a fat barrier. Being too vulnerable/unprotected sometimes shows by being thin.

**KNEES:** Related to flexibility in thinking, support (left knee emotional support, right knee external support such as money, job, friends etc. Support from mother on left, father on right. Parents with roles reversed will find similar reversal in the knees.

**ANKLES:** Understanding, related to thinking and analysing the word 'why?'

**FEET:** What we stand for, or can't stand, standing up for ourselves or others, setting standards, being soulful. The feet contain points for all the rest of the body. Our feet represent our grounding in life.

## Reiki Certification

In order to receive a certificate you will need to answer the following certification examination questions as fully as you can.

1. Please tell us in your own words what you find most exciting about Reiki and becoming a Reiki Healer?
2. What is the most important thing to remember when giving Reiki?
3. Which parts of this course have you found most useful?
4. Describe one Reiki experience you have had so far.
5. Briefly tell us how you plan to integrate Reiki into your life in the future, personally and/or professionally.
6. Submit one detailed case history, this may be yourself or another person.

Send your answers, pasted into the body of an email, to [nicolaquinn@gmail.com](mailto:nicolaquinn@gmail.com)

Please also include details of how you would like your name to appear on your certificate and your contact details for your listing in the Healers Directory.

Please note there will be an additional small fee for certification to cover printing and postage costs.

## Final Words

Congratulations! You are now a Reiki Healer, with all the information and knowledge you need to make a real change in this world for yourself and others.

Remember, although this is the end of the course this is just the beginning of a great adventure with all the twists and turns of an epic mystery story. The more you experience Reiki the deeper your understanding of yourself and your place in the universe will become.

You will have surprises, delights, moments of sheer ecstasy along the way mixed with moments of doubt and disappointment, being a Reiki Healer does not exclude you from those, though with the tools you now have you will be able to triumph over the bad times and really enjoy the good!

May your journey be a blessed one and may all your dreams and wishes come true.



Nicola Quinn  
27 January 2017

<http://nicolaquinn.com>

