

Using Reiki  
Techniques with  
Children:

A Guide for Parents and  
Professionals

Mary Riposo, PhD

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Mary Riposo, PhD

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## Notice to Readers:

The techniques described in this book are for Reiki students and practitioners. They are not meant to be an independent guide for self-healing. If you or your child has a medical condition, please consult a qualified medical or other health professional. The information contained in this book is not meant as a substitute for standard medical care.

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This Book is Dedicated to

my Reiki Guides,

my husband, Tony,

my Reiki Master Teachers,

and all of my

Reiki clients and students,

who have been my best teachers.

## About the Author

Mary Riposo has a PhD in Child and Family Studies from Syracuse University. She is also a licensed Mental Health Counselor and a certified School Psychologist. Mary became interested in complementary therapy techniques early in her career and sought training in that area, becoming a certified Reiki Master Teacher and a Registered Polarity Practitioner. Mary has worked with families of children with special needs in both school and clinic settings for the past 25 years. Mary maintains a private energy healing practice, writes, and teaches classes on esoteric topics, including Reiki. Mary lives in Syracuse, NY with her husband, Tony, who is a Kripalu Yoga Instructor. Mary can be contacted through her website at [www.IntegratedEnergyHealing.com](http://www.IntegratedEnergyHealing.com).

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# PART ONE

## Introduction

## A Spiritual Approach to Parenting

Many adults have recently begun to embrace the spiritual in life. In our search to bring greater meaning to our lives, we have learned to meditate, have taken yoga and tai chi classes, and read self help books by such authors as Deepak Chopra, Caroline Myss, Wayne Dyer, and others. However, when it comes to parenting, we often feel frustrated. Picture this scene; mom and dad are meditating. A candle is lit, soft music is playing in the background, and they are seated on soft pillows on the floor with the door shut. They rhythmically breathe in and out, releasing the stress of the day with each out breath.

In the rest of the house, there can be heard sounds of children running and screaming. The TV is blasting in the living room. And then... a loud crash, and the sound of a child screaming. The sacred space has been broken. Mom and dad bolt from the room. Dad begins to yell and

mom attempts to restore the peace. Both feel frustrated and believe that their attempts to find greater meaning in their lives have failed. They begin to blame each other and feel that their lives have spiraled out of control since they had children. The arrival of children is one of the most defining moments in a person's life. The emotional strain of dealing with growing children on a daily basis can at times be overwhelming.

Parents of this generation are often admonished by their own parents, who say that they are not strong enough disciplinarians; that if they only showed their children who's boss more often, they would have less trouble. Yet parents of today are beginning to realize that they can't parent as they were parented. Times have changed. Their parents raised them under the Old Parenting Paradigm, an authoritarian approach based on power and fear. Celia Fenn, who has written extensively about parenting in the New Age, describes the role of parents under the Old Parenting Paradigm as follows.

The Old Style Parent is an Authoritarian, and demands compliance and respect on the basis of that authority vested in the parent/child relationship. In this belief system, the parents 'own' the child and have the right to demand compliance. The parents believe themselves to know more and to be wiser, and therefore have the right to demand certain behavior patterns and life choices from 'their' child.

Children are seen as a responsibility and the parental duty is to ensure that the child is provided for materially, educated and formed into an adult, just like all other adults. If they succeed in this task, then the parents have done their job. The child is raised to fear punishment and to see parents, teachers, and other adults as authority figures to be obeyed, even if the norms go against the child's natural inclinations. Parents are entitled to punish the child, even with violence, if the child disobeys. In the Old Parenting Paradigm, the point of the rules and regulations was to ensure that the child

would 'fit in' or conform to society. Old Style parents would say things like: "You will do it because I said so, and I'm your mother/father", or "you will do it because that's what everyone else does".

Surely there must be a better way to live a spiritual life and raise a family at the same time. A New Parenting Paradigm is evolving in response to the changing times and changing needs of families. Scientists have documented changes that are occurring in the energy field of the Earth. These energy shifts have influenced us as human beings on many levels. More and more children are being born with neurobiological differences and, as a result, being diagnosed with conditions such as Attention Deficit Hyperactivity Disorder, Autism, and Sensory Processing Disorder, among others. In addition, many adults are feeling out of balance and have noticed that time seems to be speeding up.

In response to these changes, a New Parenting Paradigm has begun to evolve, one which is based on love and is centered in the heart. In this new paradigm, every child is seen as a gift and a privilege. Parenting is viewed as a sacred experience, in which the adult is given the task of nurturing and assisting a newly arrived soul on the planet. This task is viewed as a partnership, in which the parent and the child share the adventure of creating the conscious experience of growth and learning within the nurturing parameters of the relationship.

In this new heart-based parenting model, the child is seen as a highly evolved soul, who has its own wisdom to impart to the adult world, and the parent's role is often to assist the child to bring its message to the world. To do so requires that the child be loved and nurtured, encouraged to express the fullness of who they are, and to be given the opportunities to develop their full potential in a loving environment. In order to be this kind of parent, qualities such as compassion, authenticity, and

unconditional acceptance need to be part of the basic parenting skills.

Mimi Doe, author of many books on the topic of spiritual parenting, eloquently describes the benefits of “parenting in the light”. She says that when we parent with an awareness of our child’s natural spirituality and follow our own intuition, we remain centered and secure no matter how rocky the journey. She advocates viewing your children as ‘big spiritual beings housed in little human bodies’. But what are the outcomes for children who are raised using such a paradigm? The benefits include increased self esteem and feelings of empowerment. Children raised under the New Parenting Paradigm possess a belief system that they can count on and as a result, they feel connected to something greater than themselves. They feel secure enough to follow their dreams and begin to ask, “What can I give?” rather than “What can I get?”

But how can the practical world of child rearing be reconciled with the lofty realm of spirituality? You might argue that parenting is such a practical and busy occupation, that there is neither time nor place for transcendent thinking, and that spirituality is too far removed from a parent's life. Well, here is where practical spirituality comes in. Practical means the translation of nebulous spiritual concepts into tangible objectives. Is there a place a parent can turn to, a place to retreat, to find new energy and vision? The New Parenting Paradigm offers all of us the opportunity to bring a spiritual approach to the practical job of parenting. In the next section I will introduce and describe five guidelines for bringing a spiritual approach to your parenting. This framework should prove helpful whether you are a parent, professional, or just someone who loves children.

## Five Guidelines for Bringing a Spiritual Approach to Your Parenting

1. Cultivate Compassion
2. Simplify Your Life
3. Invite the Sacred into Your Life
4. Live in Harmony with Nature
5. Incorporate Energy Balancing Techniques

Below, I will briefly outline each of the five guidelines for bringing spirituality to your parenting and offer you some simple examples of how to incorporate them into your daily life.

## Cultivate Compassion-

We can all improve the quality of our lives by looking more often through the lens of love and compassion. The Buddhists have a term called lovingkindness, which is a practice that they consciously cultivate. The yogis use a Sanskrit term called 'ahimsa', which is one of the Yamas, or concepts to live by. Ahimsa translates into 'do no harm to any living creature' or 'act in a loving way toward every living thing'.

When we practice compassion, we open our hearts to the truth of what is and see the positives of the situation. When we use sacred listening techniques, we truly hear the other person and come up with respectful solutions where everyone feels satisfied. Doing this instills a sense of value in the child. We can also use words that empower rather than deflate. When we take a compassionate approach to life, we release our unrealistic expectations

of ourselves and our children, opening us to the love and joy inherent in all situations.

We all try to be more loving and compassionate in our daily lives, but sometimes it seems that there is just no more of us to go around. When that occurs, we can be sure that we are practicing 'one-sided' compassion. As parents, and especially as mothers, we tend to overfocus on our children and our partners, and often neglect ourselves in the process. However, we have all heard the story of the parent on the airplane which is about to crash. When the warning light comes on and the oxygen masks drop, you are directed to place the mask on yourself before attending to your child. The idea is practical yet profound. If we forget to nurture ourselves in the process of parenting, we will surely have less to give our children in the long run. So many of us feel guilty taking time for ourselves in order to rest or recharge, but that is exactly what we need if we are to be good parents to our children.

## Simplify Your Life-

Our lives are so hectic these days and it seems like time is moving faster than ever, leaving us with a fear that we'll never catch up. When we have children, our lives seem to get only busier and our children end up living lives as hectic as ours. They go from school to practice to appointments, and on and on. No wonder they have trouble going to sleep at night and waking up on time in the morning. So what do we do? In this day and age, we will probably never achieve a truly simple life, but simplifying down to a manageable level rather than having overwhelming stress is a worthwhile goal. Mimi Doe calls it living a 'busy but balanced' life in her book of the same title.

Can we reduce the number of activities our children are involved in on a daily basis in order to bring us back to the 'speed of life'? It is far easier to stay relaxed and loving when you are dealing with fewer deadlines.

Clearing out the clutter in our homes so that there is less to deal with can also simplify things. Sometimes we feel more stress when there are too many options to choose from. I don't know of anyone who, on their deathbed, complained of not working more. When you 'do less', you can 'be more'.

### Invite the Sacred into Your Life-

Whether it is through formal religion or personal spiritual practices, a sense of being connected to the flow of life helps us feel like we belong to something greater than ourselves. Turning within for guidance when facing everyday problems helps us to become centered and offers a deeper understanding of any given situation. Sacred practices can be as simple as family traditions or rituals. Saying a blessing before meals or sharing a bedtime prayer can teach gratitude and nonduality. Children can also learn that there is a higher power

through connecting with the Earth, in such simple activities as planting seeds and watching them grow. Earth Day, which is celebrated on April 22, provides a nice opportunity to honor Mother Earth and to begin activities that can continue on for the rest of the year.

Johanna van Zwet, author of "Parenting and the Spiritual Life" suggests that we look for and recognize the spiritual reality in everyday life. She defines spiritual reality as "the place where the spark of an idea originates and the realm where love is recognized as the essence of life". We can invite the sacred into the ordinary moments of our lives when we nurture our child's pretend play and join them in seeing magic everywhere. We can also create sacred space in our homes; a place where we can go to recharge and become centered again. As adults, we can set aside a corner of our bedroom to place a candle and a meditation pillow. But children need sacred space, too, and we can help them accomplish this by encouraging them to make a special room in a hollowed out tree or

simply by draping a blanket over two chairs to make a fort.

### Live in Harmony with Nature-

In our technologically advanced society, we have lost touch with nature in many ways. We eat food that is shipped from around the world, are exposed to fluorescent lighting, and spend large amounts of time using technology such as cell phones, computers, etc. Technology has helped us in many ways, but it has also taken a toll on our health and well being, and has separated us from nature. Our sleep/wake cycles have been interrupted, we have developed allergies and sensitivities, and we spend more time in virtual reality than we do face to face with other people.

What can we do to reestablish our connection with nature and still live in society? We can begin by reducing the amount of time we spend using technology. We can

also get out in nature more, so that we can re-attune ourselves to the cycles of light and dark. We can eat food grown locally, in season, and organically if possible. We can also wear clothing made of natural fabrics and clean with nontoxic formulas. By living in harmony with nature, we can begin to reestablish a connection with our true nature.

### Incorporate Energy Balancing Techniques-

One way that parents get support for their spiritual journey is through classes such as yoga, t'ai chi and meditation, to name a few. But did you ever think that your children could benefit from these types of classes as well? Children can derive many benefits from these types of practices, and there are many classes now offered just for children. In addition to classes, children can benefit from the use of aromatherapy, essential oils,

and flower essences, which can help to balance their energies and help them focus and calm themselves.

Bodywork is another beneficial means of balancing and stress reduction for children. Massage, reflexology, IET, polarity therapy, and Reiki are all good choices, and help children to achieve balance at the level of mind, body, spirit, and emotions. We will spend the remainder of this book focusing on how Reiki can help you and your child to reduce stress and to live a more balanced life. You will also learn how Reiki can be used as a tool on your journey into Spiritual Parenting.

# PART TWO

## Overview of Reiki

## What is Reiki?

Reiki (pronounced ray-key) is a Japanese holistic healing technique that was discovered by Dr. Mikao Usui in the early 1900's. Reiki is considered a 'hands-on' healing method, one of many such techniques that have been practiced for thousands of years. Reiki is a very simple yet powerful technique that can be easily learned by anyone. It has been used as a technique for stress reduction and relaxation that also promotes deep healing.

The word Reiki is composed of two Japanese words, 'Rei', which means universal or spiritual, and 'Ki', which means life force energy. The word 'Ki' means the same as 'Chi' in Chinese or 'Prana' in Sanskrit. Ki is life energy. It is the non-physical energy that animates all living beings. As long we are alive, we have life force energy moving through us, and surrounding us. When we die, it leaves us. When your Ki is abundant and flowing

freely, you have a general sense of well-being and are less vulnerable to illness. When your Ki is restricted or depleted, the opposite is true. You do not feel well and you are more likely to get sick. Ki, or life energy, plays an important role in everything we do. It animates the physical body and is the primary energy of our emotions, thoughts, and spiritual life.

In practice, the two concepts are combined to describe this spiritually guided life force energy that we call Reiki. When Reiki is employed, it is experienced as energy being guided by a higher force than the practitioner, rather than requiring the direction of the practitioner. Reiki is a particular type of healing energy that can only be channeled by someone who has been attuned to it.

## How is Reiki Taught?

There are three degrees, or levels, of Reiki training, as follows:

### First Degree or Level I:

This level is a permanent attunement to Reiki healing. Once a person is attuned to Level I, they can channel Reiki energy for healing themselves and others. By simply placing your hands on another and opening your heart to universal love, you automatically bring in the Reiki energy. The First Degree is the foundation of all three degrees, but is complete in it and one never needs further training in order to use it to its fullest extent.

### Second Degree or Level II:

Level II requires further initiation for attunement to the symbols utilized in this level. The student is trained to use appropriate Second Degree symbols which provide an increase in power for use in a more professional practice of these skills.

### Third Degree or Level III:

This degree designation is the level of Reiki Master/Teacher. The student is attuned to the full extent of Reiki and the path of the teacher begins to unfold.

## The Reiki Attunement

Reiki is not taught in the way other healing techniques are taught. The ability is transferred to the student by the Reiki Master during the attunement process. The Reiki Master does not direct the process, but is simply a channel for the energy flowing from source to the student. In an attunement, the Reiki, or spiritually directed life force energy comes through the Master to the student and, in the process makes adjustments in the student's energy field to accommodate the ability to channel the Reiki energy. It then links the student directly to the Reiki source.

Each person will experience the Reiki attunement in their own way. Some students may immediately feel a sense of heat in their hands and a strong flow of energy throughout their body. Others will feel nothing right away. It is important to trust the process; however, as each person's experience will be different, and the time

frame for experiencing the full effects of the Reiki attunement is uniquely individual. Once a person has received a Reiki attunement, they will have access to Reiki for the rest of their life. The ability can never be lost.

The Reiki attunement can begin a cleansing process that affects the physical body, mind, and emotions. Toxins that have been stored in the body may be released, along with feelings and thought patterns that are no longer needed. Not all students may become aware of such a cleansing process, but if you have such an experience it is important to support yourself in this cleansing, as it is a healthy reaction to the attunement. Be gentle with yourself and listen to your body, giving it what it needs as you move through the process. In the next section, I will describe the nature of the Human Energy Field and discuss how Reiki is used as a method of Energy Healing.

## Principles of Energy Healing

- Everything is made of energy.
- As energetic beings, we have an energy anatomy, the densest expression of which is the human body.
- The human energy field is made up of various layers to form the aura, and include the physical, emotional, mental, and spiritual layers.
- The free flow of energy is the basis of health and well being.
- Disruptions in the human energy field are eventually manifested in the physical body.
- Energy follows intention (Law of Attraction).
- Universal life energy can be directed through the hands for healing purposes. However, since energy follows intention, healing does not have to be hands-on, and can be accomplished at a distance.

## How Does Reiki Heal?

‘Ki’ represents the life force energy that flows through every living thing. The word ‘Ki’ means the same as ‘Chi’ in Chinese or ‘Prana’ in Sanskrit. Ki is life energy. It is the non-physical energy that animates all living beings. As long we are alive, we have life force energy moving through us, and surrounding us. Ki flows through the physical body through energy pathways called chakras and meridians. It also flows around the body to create the human energy field, or aura.

When your Ki is abundant and flowing freely, you have a general sense of well-being and are less vulnerable to illness. Ki animates the physical body as it flows through it. It nourishes the cells, organs, and tissues of the body, supporting your overall health. When your Ki is restricted or depleted, the opposite is true. You do not feel well and you are more likely to become sick.

Ki, or life energy, plays an important role in everything we do. It animates the physical body and is the primary energy of our emotions, thoughts, and spiritual life. Because Ki not only flows through the physical body but also animates our thoughts and emotions, Ki responds to changes in thoughts and feelings. When we have pleasant thoughts, our Ki increases and we attract more positive feelings into our life through the Universal Law of Attraction, which states that “Like Attracts Like”. When we have unpleasant thoughts, however, our Ki is disrupted or depleted and, if this happens frequently, we can experience a permanent disruption of Ki, leading to chronic illness and disease.

When a person receives a Reiki treatment, the ‘Rei’, or God-Consciousness that directs the energy assesses where the person needs healing and directs the healing energy to the appropriate place in the person’s energy field. It moves through the Reiki practitioner, out their hands, and into the person’s energy field, delivering

healing energy and raising the energetic vibration of the person. The negative energy is then transmuted into positive energy and returns to the source. It also heals any disruptions in the energy pathways, so that the energy can flow freely again. During this process, the practitioner and the person receiving the treatment may feel sensations of heat or cold, tingling, or waves of energy. People also report noticing fleeting memories, thoughts, and emotions as they are cleared from the energy field. But even if nothing is felt, be assured that the Reiki energy is still doing its work. It just may not be noticed by the person receiving the treatment at that time.

The aura is an electromagnetic energy field that surrounds every living thing. It is alive and always changing in response to your environment. The aura is made up of all of the energies flowing through and around your physical body, including your thoughts and feelings. It is made up of many layers, the basic ones

being the physical, emotional, mental, and spiritual layers, and extends approximately 4-5 feet away from the body. Your state of health is reflected in your aura and many people believe that all illness that is manifested in the body has its origin in the aura. So, treating the aura with Reiki can be an invaluable practice, as it may actually prevent illness and disease from manifesting in the physical body.

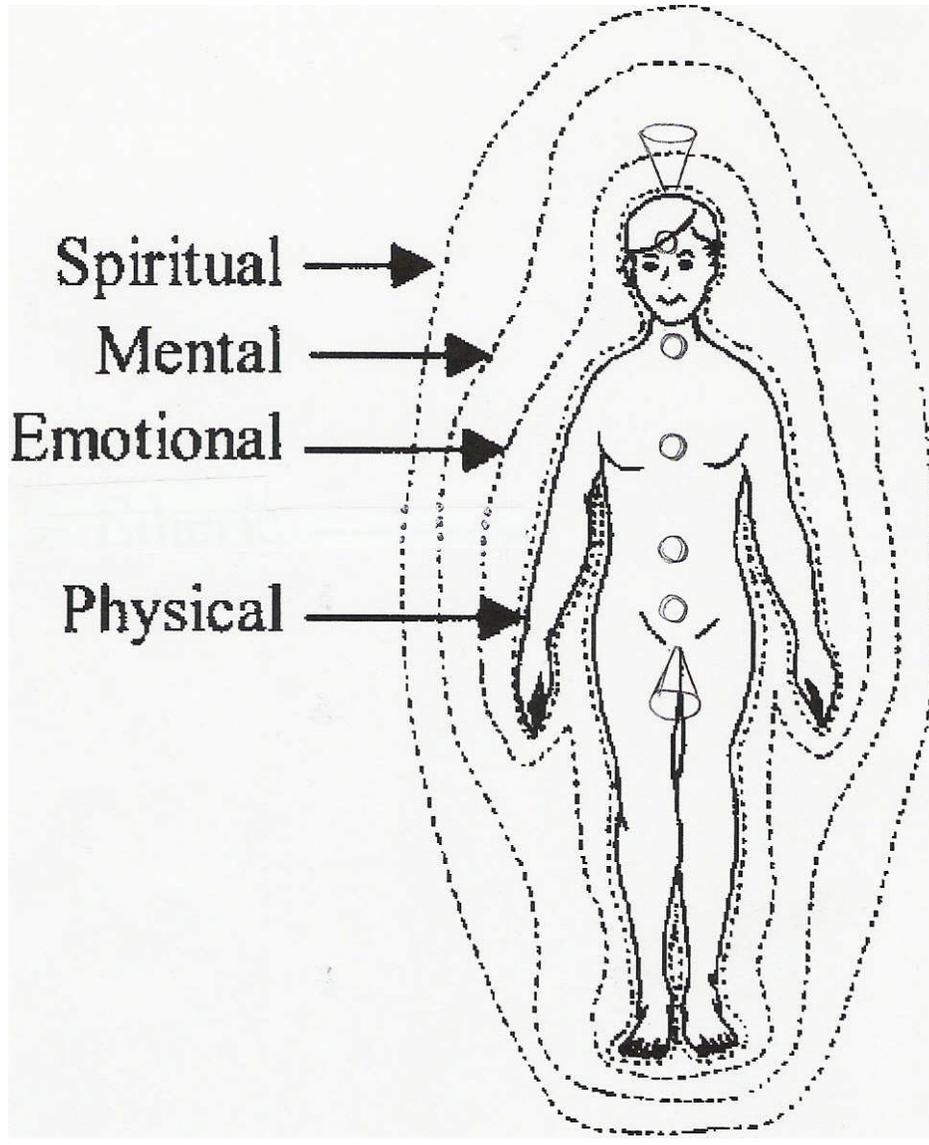
In addition to the aura, the human energy field is comprised of the chakras and meridians. The chakras are the major energy centers of the body. They are located along the midline of the body and work to transform universal life energy into the subtle energies we need to live. There are seven major chakras in the body, as well as many minor chakras, some of which are contained in the hands and feet. When we begin to use Reiki, our hands become sensitized to receive subtle energies that we were not aware of before. The health of our chakras is important to the overall well being of our bodies. The

energy flowing through our chakras can become disrupted or depleted, adversely affecting our health. During a Reiki session, the energy moves through the chakras and clears them, which will help to keep them healthy.

While our chakras are the major energy centers located along the midline of the body, our meridians are pathways located in the physical body through which subtle energy flows. Located along the meridians are energy points, which are commonly called acupuncture or acupressure points. Each meridian is associated with an organ or system of the body and supplies that part of the body with the subtle energy that it needs to live. When you give Reiki to someone, the energy moves through the meridians, balancing and freeing them to keep the body healthy.

# The Human Energy Field

including the 4 layers of the aura and the 7 basic chakras



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## Basic Reiki Facts

- Anyone can learn Reiki, regardless of age, intellectual level, or physical ability.
- Reiki can be used anywhere, at any time, with no special equipment needed.
- Once a person receives a Reiki attunement, they are permanently linked with the Reiki energy for life.
- A Reiki practitioner does not heal another person. The Reiki energy is offered to the person, and it's the person's choice to accept the healing on whatever level they are able to.

- Reiki is one of the few forms of healing that can be used to heal oneself.
- Reiki can never do harm. Because it is guided from the Source, automatic adjustments are made in order to give each person just what they need; nothing more and nothing less.
- Reiki can be used with all other forms of health care, and only enhances their results, speeding the healing process.
- Reiki is not a religion. It is spiritual in nature, but holds no doctrines or creeds, and is not dependent on belief.

## History of Usui Reiki

Mikao Usui-

founder of the Usui Reiki System of Healing

- Born 8/15/1865 in Japan
- Died 3/9/1926

Dr. Chujiro Hayashi-

retired naval officer

- Received Reiki Master initiation in about 1925 from Dr. Usui at the age of 47.
- Established a healing clinic in Tokyo, Japan.

Mrs. Hawayo Takata-

brought Usui Reiki to the USA

- Born 12/24/1900 in Hawaii
- Died 12/11/1980
- On a trip to Japan in 1930, Mrs. Takata was cured of multiple illnesses at Dr. Hayashi's clinic.
- 13<sup>th</sup> and last Reiki Master that Dr. Hayashi initiated.
- Returned to Hawaii in 1937 and with Dr. Hayashi, started a clinic in 1938. Initiated 22 Reiki Masters between 1970 and 1980.
- Reiki rapidly spread throughout the West. There are now more than 200,000 Reiki Masters and an estimated 2 million people initiated into Reiki worldwide.

# PART THREE

## Reiki Techniques

## The Three Pillars of Reiki

Dr. Usui gave us the three pillars of Reiki, which are Gassho, Reiji-ho, and Chiryō. Gassho means 'two hands coming together' and Dr. Usui instructed his students to use this position when meditating daily on the Reiki ideals, also called the Reiki Affirmation (see p. 97). He taught this practice to attune the student to the spirit of Reiki. In order to practice Gassho, the first pillar of Reiki, place your hands into prayer position at the heart center. Close your eyes and focus your attention on the point where the middle fingers meet. When any thoughts arise, accept them and then let them pass. Doing this Gassho meditation for 15 minutes every day clears the mind, opens the chakras, and strengthens the Reiki energy, thereby preparing you to give Reiki.

Reiji-ho, the second pillar of Reiki, means 'indication of the spirit'. Reiji-ho, in combination with Gassho, prepares a person to give a Reiki treatment. Before

each Reiki session, place your hands in Gassho position and give thanks to the spirit of Reiki, asking or intending that it begin to flow through you. Ask that the spirit of Reiki guide your hands to wherever they are needed, and ask that the session be for the highest good of all involved. Then begin the session.

Chiryō, the third pillar of Reiki, means 'treatment'. By treatment, Dr. Usui meant following your inner guidance instead of relying on a set of predetermined hand placements during a session. In order to fully open to your internal guidance, allow yourself to enter a very relaxed, meditative state during your session and let your hands follow where your intuition leads them. In this way, you allow yourself to become one with the Reiki energy and to enter a healing state with the person who is receiving the treatment.

## Giving Reiki

After you have been attuned to Reiki, all that is needed is to place your hands on another person and request that the Reiki energy flows to them with the intention of healing. To do this, you can silently say 'Reiki' to yourself, or just intend that the Reiki energy will flow. The Reiki energy will flow automatically and will go where it is needed. It is not necessary to direct the energy in any way. The person's energy field has an innate wisdom and will direct the energy to where it is needed. As a practitioner, all that is required is to relax and connect to universal love. It is important, however, to keep your attention on the sensations and to keep an inner attitude of universal love while you are giving Reiki.

What do we mean by universal love? Universal love is not sentimental love; it is not empathy, sympathy, or desire. It is pure love that comes from the source, or God. It is pure love that isn't limited by human emotions

or expectations. When giving a Reiki session, it is helpful to connect with the source of universal love, which will come through you, raise your vibration, and raise the vibration of the person you are working with. It can be helpful to view each Reiki session as a sacred experience, and touch the person with the tenderness you would a newborn baby. It is also helpful to keep a meditative focus during each session, bringing your mind back to universal love whenever it wanders.

When offering Reiki to another person, it is important to get permission whenever possible. If someone asks you for your help, the permission is implied. However, at all other times, you can offer Reiki, always keeping in mind that the person is in charge of their own healing and their wishes should be respected. If you are offering Reiki to someone who can speak, you can directly ask them. If the person is an infant or unable to speak and you believe they are open to Reiki, offer your hands and determine their openness to it by their

response. If they push you away or move away from you, then it is clear that they are not open to the energy at that time.

If a person does not want you to touch them, but you think they may be open to hands-off healing, try beaming Reiki to them from several feet away or from the other side of the room. This is called beaming. Some people are very sensitive and are unable to tolerate hands-on healing at first. However, after a few sessions, they may be open to it, as Reiki may have cleared some of their blockages to it.

When you begin a Reiki session, make the intention that the Reiki energy flow into you for the purposes of healing. Connect with the source of universal love and feel the Reiki energy enter your crown chakra at the top of your head. Then feel it move to your heart center, split in two and go down your arms and out your hands. Place your hands either close to the person's body or on

their body. Look for a sensation in your hands or in your own body. It doesn't matter what name you put to what you feel. If you feel something, that's the goal. When you feel something, your attention is captured, and you should keep your hands in that place until you feel something change. When you feel the change is complete or feel intuitively that you should go on, then move your hands to the next spot.

When giving a Reiki session to someone for general healing purposes, we usually begin at the head and work down toward the feet. However, when giving a short Reiki session addressing a specific concern, just begin where the problem is and don't worry about the directionality of the hand placements. Remember to stay relaxed and breathe during the session. I can't state this strongly enough. The more relaxed you are, the easier the energy will flow through you into the person receiving the session.

When you first begin to practice Reiki, it is important to practice silence. By this I mean the practice of both inner and outer silence. You should not only turn off your voice but also turn off your internal chatter.

This will help you to focus inward, and it will be easier to tune in to the other person and to feel the subtle energy. If you are working with a child, you can speak softly, sing, or hum, if you must do so in order to calm the child. But, as soon as you feel the child relaxing, you should turn off your voice and continue giving the Reiki treatment.

It is ok if the person receiving the Reiki talks during the session. This is common, especially at the beginning of the session, and can be seen as part of the process of relaxing and letting go. Usually the person stops talking after a little while and relaxes. If the person continues to talk or tries to engage you in conversation, briefly encourage them to relax and keep giving Reiki.

When you give a Reiki session, you should begin by floating your arms down and touching the body in a light, gentle manner. It is helpful to float your hands as if they were under water. Then, when you are done in that area of the body, float your hands up and off of the body, and then gently float them down to the next area you become aware of. It is important to move slowly and gently when you are working in the energy field of another person.

Your fingers should stay together, as if you have socks over your hands, and your hands should move as a unit. Keeping the fingers together helps to focus the energy through the hand chakras. It is also important to open your awareness to the sensations in your hands such as warmth, tingling, vibration, pulsation, and the movement of energy.

In the beginning you may find it is easier to practice with few distractions. As you develop the ability to hold and direct your attention, it will become easier to give

Reiki under most any circumstance. You can close your eyes when giving Reiki so that you can maintain a meditative focus. But I suggest that you open your eyes every so often to look at the person, making sure that you're receiving information about their condition from both internal and external sources.

In addition to your mental posture, body posture is important to consider when practicing Reiki. In fact, the body posture of both the person practicing and receiving the Reiki energy is important. The most important fact to consider is keeping the spine as straight as possible. If the person receiving the Reiki is able to sit or lie with a straight spine, without crossing their hands or legs, that will enable the energy to flow freely through the body. However, if they can't be in such a posture, the Reiki treatment will still work, although maybe a little less efficiently. However, if the person cannot achieve that posture, it is still better to give Reiki rather than foregoing the treatment altogether.

Body posture is as important for the practitioner as it is for the person receiving the treatment. If the practitioner can maintain a relatively straight spine with their feet on the ground while doing the treatment, it will help them to be a clear channel for the energy. It is also important that the practitioner be comfortable while giving Reiki. If the practitioner is not in a comfortable position, the muscle tension will be felt by the person receiving the Reiki and the session will not be as effective.

It is also advisable for the practitioner to sit, if they choose to, during a Reiki session, in order to achieve a maximum comfort level. It is important to remember that, whatever position you as the practitioner is in, you should try to keep the body upright and try not to lean over the client. It can feel uncomfortable for the person receiving Reiki if the practitioner leans over them while they have their eyes closed. Above all else, you want to make sure that the person who is receiving the Reiki feels as

comfortable as possible. When your session is complete, give thanks for being a part of this healing experience. Give the person time to integrate the energy before talking or moving.

Reiki can never cause harm. Because it is guided from the Source, automatic adjustments are made in order to give each person just what they need; nothing more and nothing less. Reiki also never depletes your energy as a practitioner. Because it is channeled healing, the energy comes through you to the client, and heals both of you in the process. As it is often said, "Give a session, get a session". This is very important, because every time you give a Reiki session, you have an opportunity to heal yourself.

## The Eastern vs. Western Approach to Healing

The Eastern and Western cultures offer distinctly different approaches to healing. As we know, Reiki originated in the East and then spread to the West, becoming vastly popular here. The first Reiki practitioners in Japan used an approach that was in alignment with the way they practice healing, which has to do with the prevention of 'dis-ease' and the treatment of the source of the problem.

In contrast, the Western approach to healing is dramatically different, and generally symptom-based. We in the West tend to seek help once a condition has already manifested to its fullest extent. Westerners also tend to view the body as consisting of distinct and separate parts, rather than as a whole, functioning unit. So, in general, while the Eastern approach to healing is holistic and focused on prevention, the Western

approach is more fractured and focused on repairing damage that has already been done.

Reiki techniques were originally taught within the Eastern framework, but have invariably been modified to adjust to the Western way of thought. In the West, Reiki students are typically taught a series of hand placements to follow while giving a full-body treatment, taking approximately an hour to complete. All of this is mostly just for the sake of convenience, but it works for us. We in the West generally do not have the cultural foundation necessary to practice Reiki as the Japanese do. However, I want to describe their method so that you will have an idea of how their method works.

Traditionally, in Japan, Reiki students were attuned only after a long period of preparation, as guided by their Reiki Master. When the student had done enough work in clearing and preparing themselves, which likely included fasting and praying, as well as

receiving Reiki sessions, they were granted an attunement. Once they were attuned to Level 1, they practiced under the tutelage of the Reiki Master until they demonstrated their readiness to go on to Level 2, and so on. This was a long process and students dedicated their lives to the practice.

The actual practice of Reiki in traditional Japan was also very different. Traditional Japanese Reiki techniques consisted of scanning the person's energy field and intuitively finding the cause of the disruption, which was then cleared. Individual sessions may have only lasted a few minutes, but clients often had sessions daily for as long as they needed before their treatment was complete. We can benefit from learning some of what they did, such as using Reiki as a preventative technique, as well as using Byosen scanning in our practice to scan the different layers of the aura in order to heal the cause of the problem.

## Byosen Scanning

Byosen Scanning, as stated above, is a hands-off technique used in Reiki to scan the aura or energy field of the person in order to detect the areas that need balancing or healing. During the attunement process, the energy centers in the hands, called chakras, are opened and their sensitivity to energy is heightened, making it possible to feel disturbances in the energy flow. This does not always happen instantaneously, but over time, Reiki practitioners develop more and more sensitivity in their hands as they work with the Reiki energy.

In order to perform Byosen Scanning, ask or intend that the Reiki begin to flow into your hands. Then place one or both of your hands about 6 inches away from the person's body at the head and begin to move your hands very slowly down the body, staying about 6 inches away at all times. Notice any sensations you feel in your hands as well as in the rest of your body. When you feel

something different, whatever that may be, stop and let the Reiki energy flow. At that point, you can either let your hands float down and rest on the person's body or keep them off of the body and beam Reiki into their energy field, which is discussed in the next section.

### Beaming

Beaming can be used with or without Byosen Scanning. It is a method of Reiki used when you can't or choose not to place your hands directly on the person you're treating. To beam Reiki healing energy to a recipient, hold your hands at about chest level, with the palms open and facing the person you will be offering Reiki to. At that point, you ask or intend Reiki to flow through your hands, all the while imagining your hands are like satellite dishes focusing Reiki toward the person or area of the body you want to treat.

If you are close to the body, you can direct Reiki to a small area. If you're across the room, you can direct Reiki to the whole person, enveloping their entire aura or energy field with the Reiki energy. You can treat the whole person that way.

If you want to combine Byosen Scanning and Beaming, you can begin by scanning the person's energy field, finding an area that feels different, and beaming Reiki into that area until you feel a change in the quality of the energy. You would then scan again, until you feel the need to stop the treatment, or until you find no other areas of imbalance.

### Gyoshi Ho

Gyoshi Ho is the practice of channeling Reiki energy through the eyes. It can be used on its own or in combination with any of the other Reiki techniques. It is easily combined with beaming which, when used together, is a very powerful technique. You use Gyoshi Ho by

intending that the Reiki energy flow and then softly focusing your vision in the direction of the person you intend to give Reiki energy to. As you know, energy follows intention, so wherever you focus your attention and make the intention that Reiki energy flows, it will go directly there.

If you practice Gyoshi Ho over time, you will notice that the Reiki energy is travelling not only through the physical eyes, but also through the third eye, or brow chakra. It is very important to keep your vision soft, almost fuzzy, when practicing Gyoshi Ho. Beginners tend to try too hard and attempt to focus their eyes like a laser beam, which can result in debilitating headaches afterward. Remember, Reiki is easy. It is not meant to be hard work. Just relax and let it flow.

## Reiki Session Basics

- Connect with Source & intend that Reiki flow
- Energy enters at crown, moves to heart, and then splits to come down arms and out hands
- Begin at head and move toward feet if doing general session; focus on area of concern if not
- Float hands down to body as if under water
- Hold hands as if in socks
- Tune into sensation & move when sensation changes
- Spine straight, feet on floor, comfortable position
- Voice is off, visual focus is soft
- Focus on Universal Love, gently refocus if mind wanders
- Breathe & relax
- Give thanks

# PART FOUR

## Reiki Techniques for Treating Children

## Using Reiki with Children

Reiki is an energy balancing method that is especially beneficial for use with children. In fact, I bet you've never thought about how you intuitively use energy balancing techniques with your child on a regular basis. Consider this; what is the first thing you do when your child falls down or otherwise gets hurt in some way? You hold them, rub the sore spot, or kiss it to make it 'all better'. You intuitively know what is needed to make your child feel better. And your child knows that your energy is healing; that's why they come to you first when they are hurt or scared.

You can tell when your child's energy is balanced. They are content, happy, and curious about their environment. However, when your child's energy is out of balance, they respond with fussiness, tantrums, or illness. And when your child is out of sorts, you know you have to do something to fix it. Reiki is the perfect choice, as its

gentle, straightforward approach to healing works so well with children. By learning to direct your energy through Reiki training, you can more effectively provide healing for your child by balancing their energy.

Children are like blank canvases in terms of their energy fields. They tend to have clear energy fields that have not been disrupted by the life experiences we accumulate as we grow into adulthood. As children have not yet developed the energy blockages that adults typically have, they tend to be more sensitive and receptive to energy work than adults are. Children also respond more quickly to energy work than their adult counterparts and, therefore, typically require shorter healing sessions.

Reiki sessions with children tend to be impromptu and typically last from less than 5 minutes to 20 minutes. Reiki sessions with children do not require following a prescribed set of hand positions. It is usually sufficient to

place your hands in one or two positions when working with children. And Children are acutely aware of when they've had enough energy work. They will push your hands away or simply walk away when the healing is complete. Bedtime is a good time to give Reiki to your child, and they typically fall asleep quickly and sleep soundly when they have been given Reiki at bedtime. In addition, children respond especially well to Reiki sessions given when they are asleep. Whether you are a parent or a professional working with children, you will find that Reiki helps make the adult-child bond stronger and can make your life easier in many ways.

## Specific Uses for Reiki with Children

Reiki can be used for any of the myriad problems that children encounter on a daily basis. From feeding problems, to bedtime transitions, to irrational fears, Reiki provides the energy balancing children need to face the difficulties of life with ease. Below is a list of common childhood problems that can be addressed effectively with Reiki.

### Illness/Injuries-

By and far the most common use for Reiki is for relief of pain. Reiki can be the first method you employ when your child comes to you with a bump, bruise, or pain of any kind, even before providing traditional medical assistance. Using Reiki for pain is simple. You go to the area of pain and put both of your hands on it and give Reiki until it feels better. If your child has fallen and scraped their knee, put the knee between your hands and give Reiki until the pain stops. When a child is in pain, they not only hurt on the physical level, but are also affected on the emotional level. Reiki helps

to balance the child on both levels so that they can recover quickly and completely.

The above example deals with a relatively minor incident, but what if your child has a major accident or has an injury that you can't touch, such as a bad burn? Of course, seek medical attention at once. But don't forget to use Reiki as well. In such a situation, you can place your hands on another area of the child's body if possible, such as their head, or by holding their hand(s). Remember that the Reiki energy always goes to where it is needed in the body, so it ultimately doesn't matter where you place your hands. If your child can't be touched for some reason, such as when the child is in an incubator or is being treated by medical professionals, you can beam Reiki to them from across the room (see *Beaming*).

## Emotional Upsets-

One of the most wonderful and satisfying uses for Reiki is with emotional imbalances, such as temper tantrums, nightmares, and phobias. When children are sensitive, they often react with fear to things they cannot understand or explain. Children tend to react to emotional upsets by acting out or withdrawing. That is, they either have a temper tantrum of some sort, or become frightened and afraid to act. In both situations, children can benefit from Reiki, as it can do a wonderful job of balancing the emotions.

When a child is in the throes of a temper tantrum, it would be challenging, and usually unadvisable, to do hands-on Reiki with them. But you could beam Reiki into their field, as long as they are safe and you are available to do so. But if your child tends to have temper tantrums, you may be able to pre-empt these occurrences by doing Reiki before they begin. If you give your child regular Reiki sessions, you may see a decrease in the incidence of tantrums in general. And you may also be able to pinpoint situations which trigger the

tantrums, so you can impact by changing the environment. By doing Reiki with your child, you are helping them to achieve balance at the emotional level so that they can cope with difficult situations more effectively in the future.

If you have a child who is anxious or fearful, who is afraid of the dark, afraid of dogs, has nightmares, etc, Reiki can help. Reiki can help children to reduce their levels of anxiety overall, so that the fears no longer hold power over them. Reiki activates the relaxation response, which is modulated by the parasympathetic nervous system. When you are relaxed, you cannot be anxious. In addition to directly giving your child Reiki energy, Reiki can help with emotional upsets in other ways. If your child is afraid of the dark, you can go into their room with them and beam Reiki through the room, direct it to the bed, and charge their favorite toy with Reiki. Then they can take that toy to bed with them and they will feel the soothing energy of Reiki calming them as they fall into a peaceful sleep. If your child has a nightmare, you can gently put them back in bed and

place one hand on their belly while you give Reiki until they fall asleep.

During puberty, children go through hormonal changes that throw their entire energy field out of balance, and they respond with mood swings and emotional outbursts. Teens require more sleep and balanced nutrition in order to move through this difficult period. In addition, energy balancing techniques such as Reiki can be particularly helpful. If the teen is opposed to receiving a session from a parent, you could give them a hands-off treatment while they are asleep, or you could charge something of theirs or use Reiki to clear their bedroom, which is a place that teens usually spend a lot of time in. If you are a professional working with teens, you may have more luck treating them.

Alternatively, you could offer to send them for Reiki training if you think they would go. This would appeal to their sense of control and they could use it on themselves

whenever they need to. There is one caveat, however. You need to be extremely careful not to let the teen think you are judging them or trying to change them in any way. I can guarantee you this; if you have an agenda, they will always oppose your ideas. However, if you expose them to Reiki through your own practice, they may see how wonderful it is and want to do it for themselves.

### Transitions-

Many children have difficulties with transitions at one time or another, from going to bed, to sleeping over at someone's house, to going to school for the first time. No matter what the transition is, the basis of the problem has to do with resistance to change. Fear of the unknown can be debilitating, especially in childhood. What can you do to help your child through those difficult transitions? Well, giving your child a transitional object can help a great deal. We all know that. The most effective transitional objects are imbued with the energy of home, such as a favorite blanket or stuffed animal. But why not take a small object that your

child can easily transport in their pocket and charge it with Reiki? Children respond wonderfully to this technique and receive so much support from objects that have been charged with Reiki energy. In my experience, they seek out that object for support and reassurance whenever they feel anxious or out of sorts. Just holding it gives them a sense of peace and calm, so that they can go on with their day. Any object can be charged with Reiki.

To charge an object with Reiki energy, hold it in both hands and connect with the source of universal love. Make an intention that Reiki energy flow into the object. Continue to do so for several minutes or until you feel the process is complete. Then give the object to your child. If the child is old enough, tell them in a way they can understand that you will always be with them if they have this object, and that if they are feeling scared or sad, they should just hold it and they will begin to feel better. If the child is too young or cannot understand your words, it doesn't matter; they will feel the energy and instinctively seek out the object for the peace and calm it provides.

## Mealtimes-

Infants diagnosed with failure to thrive respond to Reiki with appropriate weight gain. Reiki can help children with colic or gastroesophageal reflux disease (GERD) resolve their symptoms. And fussy eaters begin to be open to trying new food choices as a result of Reiki treatments. For the best effect, give Reiki to both the child and the food they eat. If you have an infant with feeding problems and you are nursing or giving a bottle, give Reiki while you are holding the infant during the feeding. If you have a child who is eating table food, charge the food with Reiki first and then present it to the child. If possible, you can beam Reiki to the child while they are eating, but oftentimes it is enough to just charge the food with Reiki.

To charge food with Reiki, just hold the plate or the item of food itself in your hands, or hold your hands over the food and beam Reiki into it. This will raise the vibration of the food sufficiently so that the child will tolerate it well.

However, you should also give credence to children's food preferences. Children tend to self select the foods they can best tolerate and the frequency with which they should eat, and that should be honored if at all possible. Many feeding problems occur because parents place children on a feeding schedule that works for them (the parents) and choose foods that they feel are best for them, when in fact children have an inherent sense of what they need in terms of nutrition, and will not starve if allowed to make choices from a variety of healthy foods.

### Bedtime-

Difficulties with bedtime usually revolve around problems with transitions and emotional upsets, such as fear of the dark and nightmares. As stated above, Reiki can be beneficial for bedtime problems. If your child has trouble with transitions, your bedtime routine can include a five minute Reiki session as part of it. You can charge a favorite toy with Reiki and the child can take it to bed with them. In addition, you can beam Reiki energy into the room, beam it

onto the bed, and give the child a few minutes of Reiki as you are reading them a story and they are falling asleep.

Bedtime really can be better with Reiki. If you have a very young child that you rock to sleep, you can send Reiki through your hands while you are rocking the child. You will see that the child responds much more quickly and sleeps more peacefully when you use Reiki at bedtime.

## Reiki and Children with Special Needs

The information below is taken directly from my experience providing Reiki to children with special needs. It is important to note that there has been little research done in this area to date, and because children are all unique, what works for one child may not work for another. There are no hard and fast rules regarding the use of Reiki with children, specifically children with special needs. In this section, I will outline what has worked for the children I have seen in my practice. Remember that diagnoses are the medical community's way of categorizing so that they can determine the best treatment strategy. Diagnoses are not exact, and all children do not fit into nice, neat categories. Remember that Reiki can never harm, and does not interfere with any other form of treatment. In fact, it only enhances other treatment methods.

Autism Spectrum Disorders (including Autism, PDD, NOS, and Asperger Syndrome)-

Children with Autism Spectrum Disorders tend to be very sensitive and often do not like direct touch. They do respond very well to Reiki, but may need you to beam Reiki into their energy field for several sessions before you can do hands-on work with them. When working hands-on, children with Autism Spectrum Disorders tend to do better when the work begins at the periphery of their body (feet and hands, arms, legs, and head). They generally need several sessions of hands-on work on the periphery of the body before they can tolerate work on their core (torso, pelvis, etc). These children also do especially well when they receive Reiki while asleep.

## Sensory Processing Disorder / Sensory Integration Disorder-

Children with Sensory Processing Disorders can have varied presentations, depending on their profile of under- or over-reactivity. Children who have tactile defensiveness tend to do better when the energy is beamed into their field, rather than with hands-on work, especially in the beginning. Children with Sensory Processing Disorders, like children with Autism Spectrum Disorders, tend to do better when the hands-on work begins with their limbs and head, rather than their core. They generally need several sessions of hands-on work before they can tolerate work on their core. Giving a Reiki session during nap time or after they have fallen asleep for the night can be very beneficial for these children.

## ADD/ADHD-

Children with Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) tend to respond beautifully to Reiki.

Children with severe ADHD may have difficulty at first staying still for any length of time to be treated. If that is the case, then I suggest either beaming Reiki to them or using Reiki when they are asleep or in the bathtub. Once they begin to respond, they are generally able to stay still enough to benefit from a session. Children with ADHD respond well when you focus on their head, feet, and chest.

## Learning Disabilities-

Children with Learning Disabilities respond well when you focus the Reiki energy on their head. In addition to the benefits of balancing the hemispheres of the brain, so that information can be processed more effectively, using Reiki on children with Learning

Disabilities helps to clear any emotional blockages to learning.

### Cerebral Palsy-

Using Reiki on children with Cerebral Palsy tends to help relieve their muscle spasms and to relax them by activating the parasympathetic nervous system, which is the source of the relaxation response. Focusing on their limbs, their head, or on either side of the length of the spine is especially effective.

### Cancer-

Children with Cancer tend to respond beautifully to Reiki treatments. It is nice to begin by focusing the Reiki energy on the thymus gland, which is located in the center of the chest and is the seat of the immune system. The thymus gland is the seat of the immune system and focusing Reiki there will help balance and heal the immune system. You can also focus on the area of the tumor if it is a localized form of cancer. Reiki will never cause the

Cancer to spread or make the illness worse. Reiki works beautifully to reduce the fear associated with a diagnosis of Cancer, as well as to help ameliorate the effects of the Cancer treatment.

### Seizure Disorders-

Children with Seizure Disorders can also benefit from Reiki. The treatment can begin by focusing on the child's head, or by placing one hand on the forehead and one hand over the navel. Giving Reiki at these points on the body helps to regulate the nervous system, and can bring the child out of a seizure once it has begun. Giving Reiki at the feet can help children with Seizure Disorders to more effectively ground their energy.

### Emotional Difficulties (Anxiety, Depression, Bipolar Disorder, etc.)-

Reiki is a wonderful technique for balancing the emotions. Reiki works to activate the parasympathetic nervous system, which is the seat of the Relaxation

Response. When children's emotions are balanced, they feel peaceful and content, and they function better on all levels. When working with children who are experiencing emotional imbalances, you can try working on their head and their feet, as well at the chest area.

### Down Syndrome (trisomy 21)-

Children with genetic disorders such as Down Syndrome may have a variety of physical correlates of their disorder, which can help determine where to focus or to begin. If a child with Down Syndrome has associated heart difficulties, focus on the chest at the area of the heart. If they have difficulty with speech or language, focus on the head, neck, and lung area (the avenue of expression).

## Tips for Using Reiki with Children

- Always be kind, gentle, and loving when doing Reiki with your child. If you are not balanced, or are not in the right state of mind, take some time to give yourself a few minutes of Reiki before offering it to your child.
- Reiki should not be used conditionally. Never offer or withhold Reiki as a punishment.
- Reiki is not meant to replace medical care or other specialized therapies your child is receiving. Reiki is a powerful yet gentle healing modality that should be seen as an adjunct to traditional methods of care.

- When giving Reiki, make sure to let go of outcomes. Always set your intention for your child's highest good and let the universe take care of the rest.
- Acknowledge and honor your child's feelings. If they move away from you or in some other way show you that they have had enough Reiki, honor that and stop. Children tend to need shorter periods of Reiki and know when they've had enough.

# PART FIVE

## Reiki Techniques for Self Treatment

## Self Treatment Using Byosen Scanning and Beaming

Reiki is truly one of the only methods of energy healing that can be used for self healing. In order to perform a Reiki Self-Healing, turn your attention to yourself and ask or intend that the Reiki energy begin to flow. If you are experiencing pain, gently place your hands on your body at the area of the greatest pain, letting the Reiki energy penetrate and waiting for the pain to subside. Then go on to the next area of concern. If you are feeling stressed, you can place your hands on your chest, tuning into your breathing and heartbeat, and wait until you feel a greater sense of peace.

There are times when it is not feasible or comfortable to use traditional hands-on Reiki techniques on yourself. One situation might be when you have pain in an area you can't reach, such as your foot, or when you

are too tired or weak to hold a particular position. Another situation might be when you have an open wound, burn, or other injury that is too painful to touch. In such situations, while Reiki can still be used and can be very helpful, it is advisable to use Byosen Scanning and/or beaming. To use beaming on an area that is too painful or out of reach, ask or intend that the Reiki energy begin to flow and hold your hands facing that body part. Remain in the position, letting the Reiki energy flow, until the concern subsides or it feels right to stop.

To use Byosen Scanning and Beaming on yourself, you can lie in bed, sit in a chair, or kneel on the floor. Begin by scanning yourself with your hand approximately 6 inches off of the body, moving from the head toward the feet. Then either stop your hands above any area that you feel needs attention and beam energy there until it feels complete, or beam energy into

your entire field by holding your hands off of the body and letting the energy completely fill your energy field. Make sure you direct your attention toward yourself during this process, connecting with universal love for yourself and intending deep healing.

You can also just place your hands at any point on your body and let the Reiki energy flow to where it is needed. It is nice to fall asleep each night in this way. While lying in bed on your back, place your hands folded over your body at the waist. Ask that the Reiki energy flow through your hands. By doing so, you are bathing your vital organs with Reiki energy and recharging yourself while you sleep. Try it and you will sleep like a baby.

## Some Thoughts on the Healing Process

People have asked if Reiki is contraindicated for people who have serious diseases, such as cancer. They are concerned that the Reiki energy would spread a particular disease throughout the body. This could not be further from the truth. Reiki is universal life energy that is available for healing at all levels. If it is in alignment with the highest path and purpose of the individual involved, Reiki can facilitate a complete healing.

The practitioner can never fully know what the highest path of the person is, however, and if the person does not physically get well, it is for a reason greater than our understanding. It should be reiterated here that it is very important to let go of the results of the work. If you give Reiki with the intention that the person is to be 'cured' of their 'disorder', then you have missed the whole point. The concept of a cure is distinctly different than

the concept of a healing. A cure means that a physical illness has been successfully treated, but a healing means that the source of the problem has been taken care of.

We do not play God when we do Reiki; we allow the life force energy move through us in order to let the experience be for the highest good of the person, and we cannot know what that is. In fact, Reiki has been used as a wonderful healing modality for dying individuals. If your view is that Reiki is successful only if the person is cured and lives, and then the person dies, you may say that Reiki was a failure. However, if Reiki helped the person to have a peaceful transition and that was what was meant to be for them, then it was invaluable. You cannot know what the highest path and purpose is for anyone else, so all you can do is give the results to God.

## The Importance of Caring for Yourself

It is of the utmost importance that you learn how to care for yourself as you embark on this journey of self healing. Most people, when asked why they have chosen to pursue Reiki training at this time, give an answer that is other-focused, such as the desire to help people.

However, at Soul level, each of us has chosen this path with the deepest desire to heal ourselves, to reconnect with Source, whether we are willing to admit it or not.

This is our highest calling, as we cannot facilitate the healing of another until we have fully accepted healing for ourselves.

One of the best things we can do for ourselves throughout our journey is to continually tune in to our motivations for using Reiki. Are we feeling sad that someone is suffering and want to do what we can to ease their pain? Is that so bad? Well, when we have an agenda, no matter what it is, we are directing the session and, in

effect, playing God. It is important to continually examine our motivations and to release them, realizing that we can only be a part of the process, and cannot know what is in alignment with the highest path and purpose of the person we are working with. This is difficult for parents and professionals in the helping fields, as they are naturally empathic and do not want to see others suffer.

When you first begin to practice, it is advisable to take the first two weeks or so and just do self-treatments. When you complete Level 1 Reiki training, you have the minimum skills to begin, and need considerable experience and practice before you start working with others. In addition, after being attuned to the Reiki ray, you will likely undergo a period of adjustment as you clear blockages in your own energy field and will need that time to process the changes you feel. After that, you can begin using Reiki on others, including family members.

If you immediately feel that it is not necessary to include this step, it is likely that you are overly focused on others and are at risk of falling into the category of the 'Unhealed Healer'. I can't state strongly enough how important it is to give yourself Reiki first, before you begin working with others. But when you begin giving Reiki sessions to family members, a number of issues may arise. You may begin to feel like you are spending vast amounts of time on others and you begin to feel drained of energy, which leads to feelings of resentment. That is a clear signal that you are not taking good enough care of yourself and need to focus more energy on yourself. You will not be an effective Reiki practitioner if you are in a state of energetic depletion. In fact, a good rule of thumb is this; for every Reiki session you give someone else, you should spend the same amount of time doing something for yourself that feeds your energy. This is a very difficult choice to make for most of us, but crucial to your well-being.

After you have been attuned to the Reiki ray, you may notice that your sensitivities become heightened. All of your physical senses may feel as if they have been turned up a notch and you may also begin to develop extrasensory perception. This is normal and will help you in your Reiki practice. However, you may need a period of adjustment to this in the beginning. During this time, you may want to take extra care to avoid overstimulating situations, and to listen to your body and give it what it needs, such as more rest or time alone. In addition, you may want to do some specific grounding and clearing exercises, such as Kenyoku or taking an aura cleansing bath.

To take an aura cleansing bath, you should place one cup each of good sea salt and baking soda in a tub full of warm, not hot, water. Soak for up to 20 minutes, making sure to dip your head under the water before you get out.

Kenyoku, or dry bathing, is a Japanese Reiki technique that you can use before and after giving a session, or at any other time you feel the need to release stagnant energy. To practice Kenyoku, stand with your feet hip-width apart and fully connect to the Earth through your feet. Then, place your right hand on your left shoulder and stroke down your chest, across your stomach and right hip. Do the same on the other side. Then extend your arms, one at a time, and stroke all the way down and off the fingertips. You can repeat this process several times if needed.

One of the most important things you can gain from undertaking Reiki training is the practice of self compassion. We are not perfect by design; we are human after all. When we notice that we are judging ourselves for something, we can just choose again in that moment and let ourselves off the hook. It is also helpful to take a few moments each day to connect with the spirit of Reiki.

Dr. Usui taught that it is just as important to cultivate a state of mental clarity and peace as it is to practice Reiki energy healing. To this end, he created the Reiki Affirmation, which connects us to the spirit of Reiki. Dr. Usui suggested each practitioner say this affirmation daily and live by its words. It is as follows:

## The Reiki Affirmation

Just for Today:

I will not worry,

I will not be angry,

I will do my work honestly,

I will give thanks for my many blessings,

I will be kind to my neighbor

and to all living things.

Mikao Usui

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