

## Module 1 - Reiki Foundations

## Your Notes



### module 1

## *Reiki Foundations*



### MODULE 1: REIKI FOUNDATIONS

## *in this module*

- ✦ What is Reiki
- ✦ The history
- ✦ 5 Reiki Principles



### MODULE 1: REIKI FOUNDATIONS

### module 1.1

## *What is Reiki*

## in this module



Different  
Definitions



Inge's Definition



Going Deeper

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## Definitions abound

BEFORE WE GET INTO IT....

- Many of these definitions use big words that themselves need definitions.
- Words only get us so far.
- My goal: You intimately know Reiki by the end of this course and can relax about words.



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## Definition 1

"a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being."

From Google Dictionary



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## Definition 2

Reiki is a Japanese form of energy healing, a type of alternative medicine. Reiki practitioners use a technique called palm healing or hands-on healing through which a "universal energy," is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing. Wikipedia



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## Definition 3

"Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive."

Bellapapilio.com



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## Definition 4

"A subtle and effective form of energy healing using spiritually guided life force energy (Rei-ki)"



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## Definition 5

- Rei = Universal
- Ki = Life force energy.



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## Definition 6

“Universal spiritual healing energy, channeled by a practitioner to promote physical, emotional, mental and spiritual wellbeing and wholeness.” - Inge



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## Going deeper: Energy

For the purposes of learning Reiki, the following facets of understanding energy are helpful:

1. We live in an energetic Universe.
  - a. *Everything* is energy.
  - b. The fabric of the universe is energy. Much of it is manifested physically. Much of it isn't.
2. We are energetic beings.

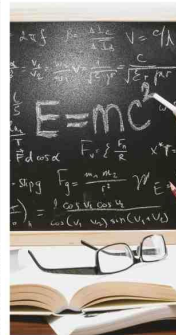
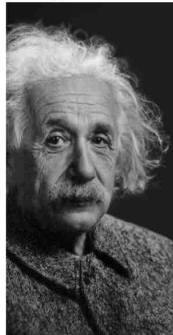


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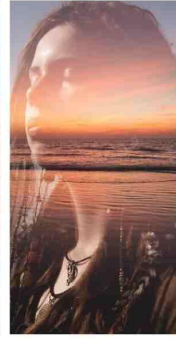
## Going deeper: Energy

" $E = mc^2$ . It's the world's most famous equation, but what does it really mean? "Energy equals mass times the speed of light squared." On the most basic level, the equation says that energy and mass (matter) are interchangeable; they are different forms of the same thing. PBS website.



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## Going deeper: Energy

It helps me to see it this way:

Everything is vibrating information.  
Some of that vibrating information we're good at perceiving already with our 5 senses.  
Some of it is more subtle but still perceivable.  
Reiki is a subtle energy.



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## *Going deeper: Reiki is Universal*

- It is not bound to a specific time and place
- It can be accessed anywhere at any time
- It isn't limited



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## *Going deeper: Spiritual*

"Spirit" & "spiritual" often relate to:

- The "life-force" often mentioned in Reiki definitions
- The breath
- The undefinable essence that perdures during life and beyond it



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## *Going deeper: Spiritual*

- Reiki works on the physical, emotional, mental and spiritual layers of the being.
- It operates following spiritual principles rather than physical ones.



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## Going deeper: Spiritual

For me, spirituality is in its essence an understanding and devotion to the idea that:

- we're connected to something bigger than ourselves
- we're interconnected to each other



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## Going deeper: Healing

Definitions from Online Merriam-Webster

- to make free from injury or disease, to make sound or whole
- to make well again, to restore to health
- to cause (an undesirable condition) to be overcome
- to patch up or correct (a breach or division)
- to restore to original purity or integrity



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## Summing it up

- We live in an energetic Universe. Everything is energy, everything is vibrating information, everything is communicating.
- **Reiki is a loving energy (vibrating information) that operates to bring healing to our energy field. That may be felt physically, emotionally, mentally or spiritually for these are all different expressions of our essence.**



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## implications

This view of the world has major implications

- Compassion & Acceptance are C E N T R A L
- Resonance helps explain many phenomena in relationships and on our healing journey.
- Triggers can be taken responsibility for in a new way when we look at everything this way.



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## implications

This view of the world has major implications

- With our intention, we can connect with different energies. This can empower us.
- This is all happening already. Now is simply a time to become aware of it and USE it.
- Each person is a U N I V E R S E unto themselves.



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## What's Next

The History of Reiki

- The story I was told
- The more likely story
- Why there's a difference
- The key takeaways



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module 1.2

## Reiki's History

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*in this module*



The story I was  
told



The more likely  
story



Why there's a  
difference

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### *The story I was told*

- Japan, late 1800s, early 1900s
- Mikao Usui
  - Christian monk
  - Professor of Theology looking to rediscover "hands-on healing"
- The events on mount Kurama
- Mrs. Takata



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## *The more likely story*

- Japan, 1922 on Mt Kurama.
- Mikao Usui
  - Born into Samurai lineage (Zen, Shinto, Buddhist, Confucianist)
  - Life-long learner
- The events on mount Kurama
- Mrs. Takata



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## *Why there's a difference*

- Oral tradition
- Cultural context
- Each teacher adds their flavor
- The uncovering of the truth



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## *Key Takeaways*

- Reiki came from the Japanese tradition
- Mikao Usui studied many systems before his meditation on Mt Kurama.
- He meditated 21 days.
- Mrs. Takata was instrumental in spreading Reiki to the west.



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## The system of Reiki

- 5 principles
- 21-day self-healing
- attunements
- symbols
- how to heal others
- 3 (or 4) levels



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## Our lineage

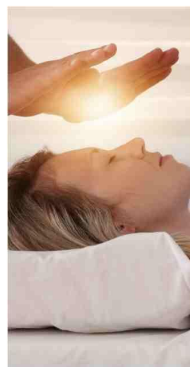
- There are gaps in our known lineage.
- About Ramya
- about her teacher

Possible Reiki Lineage
<u>Mikao</u> Usui
? (1) for most in the West this would be Mrs. Takata. I don't know if it's our case.
? (2)
? (3)
? (4)
<u>Sushila</u> Goel (5)
Ramya Memmi (6)
Inge Broer (7)
You (8)

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## What I'm teaching you

- There are many types of Reiki. This was taught to me as "Usui Reiki". It is most likely not.
- From my experience



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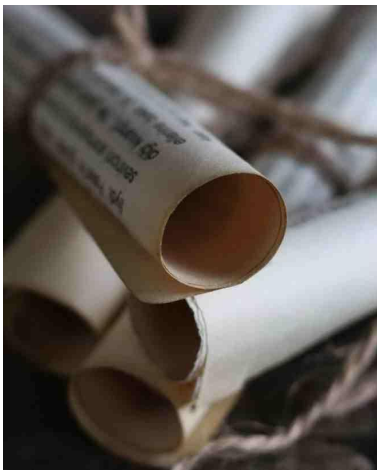
## What's next

The 5 Reiki Principles:

- Context for them
- A closer look at each one
- How to use them



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### module 1.3

## The 5 Principles

### in this module



The Principles



A closer look at  
each one



How to use them

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## *Just for today...*

- Just for today, I will not be angry
- Just for today, I will not worry
- Just for today, I will do my work honestly
- Just for today, I will be kind to every living thing
- Just for today, I will be grateful



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## *Just for today...*

- Just for today, I will release angry thoughts and feelings
- Just for today, I will release thoughts of worry
- Just for today, I will do my work honestly
- Just for today, I will be kind to every living thing
- Just for today, I will cultivate thoughts and feelings of gratitude



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## *Just for today...*

- just for right this moment
- taking the pressure off
- there's always the option to begin again



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*As we dive in...*

- Check with yourself how these land
- Jot down what other aspects of each seems important to you
- Find simple strategies to apply each one in your life



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*Just for today, I  
release anger...*

- The energy of anger
- Considerations
- Simple tricks
- *What else?*



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*Just for today, I  
release worry...*

- The energy of worry
- Considerations
- Simple tricks
- *What else?*



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*Just for today, I  
will do my work  
honestly*

- The energy of honesty
- Considerations
- Simple tricks
- *What else?*



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*Just for today, I  
will be kind to  
every living thing*

- The energy of kindness
- Considerations
- Simple tricks
- *What else?*



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*Just for today, I  
will be grateful*

- The energy of gratitude
- Considerations
- Simple tricks
- *What else?*



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## How to use the principles

- Pick one to focus on for a set period of time
- Recite them in the morning
- Recite them before your Reiki practice



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## What's next

### Module 2: Self-Reiki

- Introduction + What's in the Module
- Guided Audio - Step by Step
- Visual Example
- The Energetics of each step
- Troubleshooting



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*end*