

Reiki 1 Manual



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Authors & Publishers Disclaimer

Reiki is an ancient form of healing that is practised by the authors and numerous practitioners around the world. The information and techniques in this book do not constitute medical advice. Healing and medicine are two very different disciplines. You should always remember to seek medical advice from a qualified doctor or practitioner in the case of serious illness. While all suggested treatments are offered in good faith, the author and publisher cannot accept responsibility for any illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical practitioner.

Important Note to the Reader/Student

The purpose of this book is to give the reader a step by step guide to the teachings and disciplines associated with First Degree Usui Reiki. We have purposely kept the information concise so the reader can quickly and easily understand and apply Reiki.

Wherever possible we have avoided adding personal beliefs that may differ from the traditional teachings of Dr Mikao Usui. The knowledge and information contained in this book is based on the original **Shiki Ryoho** Method of Healing developed by **Dr Usui** over two hundred years ago.

If you desire to use the teachings contain within this book to heal yourself and others you must first have received the necessary attunements from a Reiki Master either in person or via distant attunement.



"I am realistic. I expect miracles." - Dr. Wayne Dyer

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An Introduction to Usui Reiki

“To heal from the inside out is the key” – Wynonna Judd



Reiki is the gift of vitality and self preservation encoded into the genetic makeup of all God’s creatures. It is the higher self’s connection to the universal energy that breathes life into all living things. We are all born with the omniscient wisdom to heal and preserve life. All living things are connected. Our ancestors used and relied on their own abilities and instincts. Unfortunately, these basic skills have been forgotten and are rarely used today. Humanity in its relentless ambition for progress has given up its most precious and natural gift.

Through the media and clever advertising campaigns the majority of the world’s population have been conditioned to rely heavily on modern technology at the expense of their own birthright. There is a need for humanity to become re-balanced. Instead of giving up responsibility for one’s life and health, it is vitally important to regain equilibrium between ancient and modern technology. **Reiki is the catalyst.**

Many people believe when you are ready to embrace the principles of Reiki you will be guided to a teacher. I personally believe that Reiki with its infinite wisdom and unconditional love seeks out the person when they need it most. This is true of my own experience and introduction to Reiki.



*“Eventually you will come to understand that love heals everything,
and love is all there is” - Gary Zukav*



Lesson 1: Reiki the Universal Life Force

“Our sorrow and wounds are healed only when we touch them with compassion” – Buddha

There is a non physical ubiquitous energy that gives life to every living organism. For many thousands of years we have known of this energy and have sought to develop ways to harness its power to heal and influence our lives. The Japanese call this energy Ki. It is also known as Chi by the Chinese, Prana by a number of Asian cultures and the Holy Spirit or Holy Ghost by most of the western world.

We carry this energy in and around our bodies from the moment we are conceived. Science has established its existence, and with the aid of Kirlian photography we are able to see this energy that encompasses all living things. Ancient Eastern cultures have harnessed and applied this energy for healing since before the birth of Jesus Christ.

Many successful disciplines such as Reiki, Tai Chi, Feng Shui, Meditation, Yoga and Acupuncture have been developed to control and greatly enhance the flow of this energy in and around the body. The energy itself is pure and has omniscient wisdom.

10 Things That Weaken the Life Giving Energy





1) Too Much Alcohol



2) A Poor Diet



3) A Lack of Exercise



4) Drugs



5) Tobacco



6) Negative Habits



7) Stress



8) Poor Breathing



9) Lack of Sleep and Rest



10) Negative Psychic Activity

Humanity has become fragmented and hollow; we are only a shadow of what we could be. We need to go back to go forward once more. By practising the discipline of Reiki you regain your natural abilities to heal yourself and others and the knowledge you require to lead a happier more fulfilling life.

Nature's life giving energy is a great and wise teacher, by pursuing its wisdom through Reiki you will grow to new heights of understanding and life will flow at a more enjoyable and exciting pace. Remember always that this life giving energy is a gift from God – your Birthright. Everyone possesses this gift and uses it daily even though they probably do not realise they are doing so.

When a child for instance falls and hurts their knee, instinctively they place their hand on the sore spot and the pain is relieved as they unconsciously work with this energy to heal themselves. Likewise, a parent will kiss their child's hurt or injured limb better and place their hand on top. Unknowingly both the parent and the child are working unconsciously with this healing energy. The parent sending and channelling the energy; the child receiving and drawing the energy.



This wonderful energy is free. There are no patents or copyrights attached. All you need is the desire and the discipline to attune yourself to the energy and its life changing properties.



A new philosophy, a way of life, is not given for nothing.

It has to be paid dearly for and only acquired with much patience and great effort.

- Fyodor Dostoyevsky

