



A LITTLE BOOK OF SELF CARE

SELF REIKI

TUNE IN TO YOUR LIFE FORCE TO ACHIEVE
HARMONY AND BALANCE

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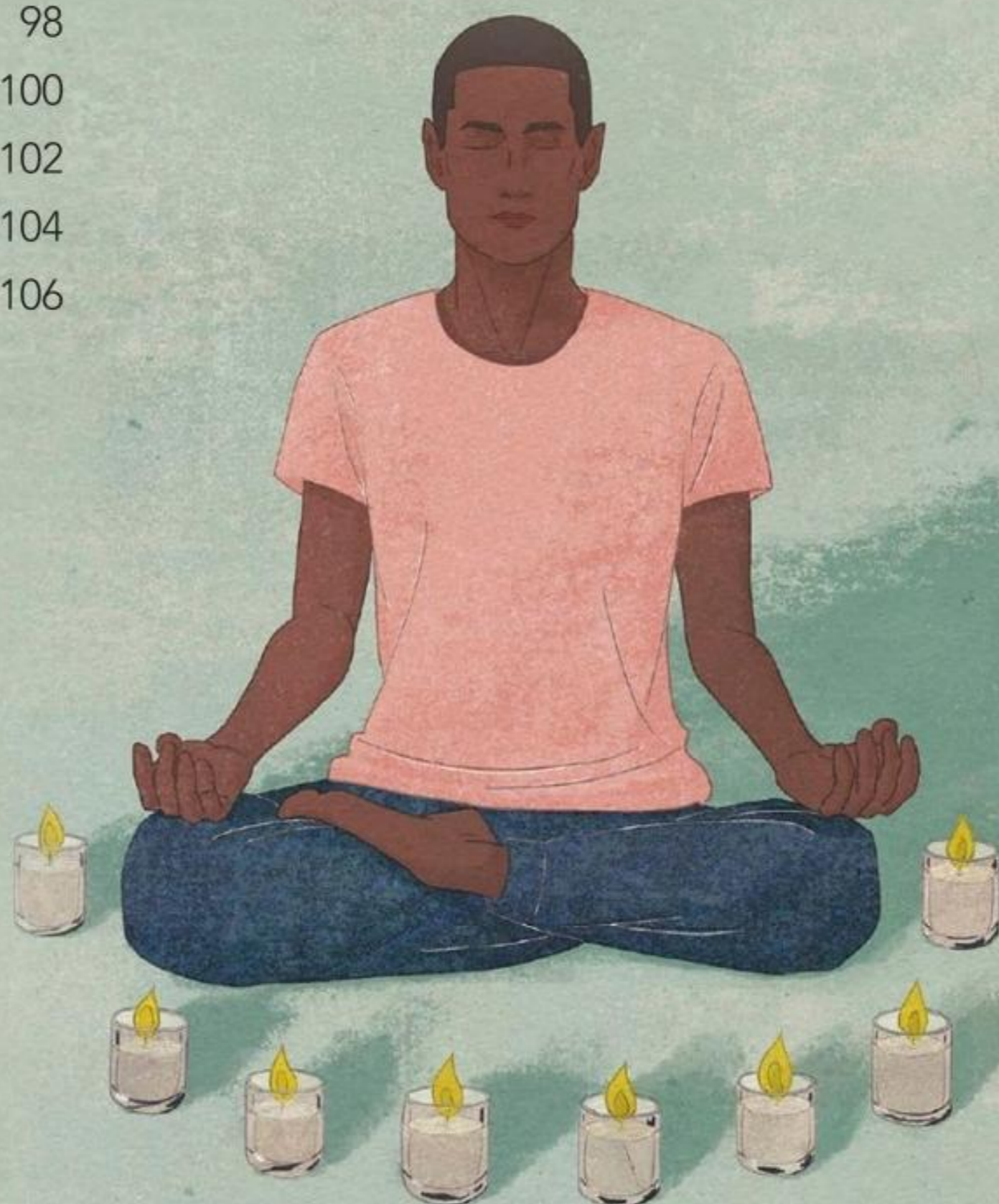
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FOREWORD

Reiki changed my life. The day that I received my first treatment I felt awakened by a bright light inside me, and after my first attunement I gradually became aligned to my true self, passions, and purpose.

My training follows a line back to the founder Mikao Usui, and I am grateful to have learnt wisdom from inspirational teachers and mentors across the world. In this book, I want to share some of that wisdom and also give you a taste of the history and system of Reiki. But most of all, I want to show you how Reiki can be a powerful, transformative way to care for and heal yourself. Human beings are incredible – we are intuitive and our bodies can heal themselves. Reiki helps us to tap into this innate ability.

In Reiki teaching, healing means to be whole. Our bodies are made up of four layers – physical, emotional, mental, and spiritual – and healing needs to take place on all the layers of our being. When we separate the layers or emphasize one more than the others we feel unbalanced, constantly yearning for that missing piece. Through Reiki, we connect to all our layers, we delve deep into the root of any issue, and we experience love like no other. In being whole, we shift from loneliness and isolation to understanding that we are all connected and never alone.

In this book, we have divided the exercises into two themes. In the “Wellbeing” section, you’ll find self-Reiki practices and meditations to help you feel and be your best. In “Healing”, you will learn techniques and meditations to heal yourself by connecting to the vibrant energy of the universe that’s within and around you.

Reiki is for everyone, all living things. I love the feeling that, because of this book, there may be more lights waking up around the world – and our planet, Mother Earth, needs this now more than ever. Reiki is not a religion; it is a healing therapy and spiritual pathway. Through committed daily practice, you will journey deeper and discover what Reiki could mean to you.

If you are new to Reiki, I hope the exercises here will inspire you to find out more and become attuned yourself. If so, you will find details on where to train and receive attunements on pages 138–139. For those already attuned, my Reiki community, I hope this book is something you will carry with you and turn to whenever you need inspiration and support in your self-care.

Sending you light, love, compassion, and kindness as you journey through *Self Reiki*.

With gratitude,
Jasmin Harsono

INTRODUCTION TO REIKI

WHAT IS REIKI?

Reiki (pronounced “ray-key”) is a healing art and spiritual practice founded in Japan by Mikao Usui in the early 20th century. By placing hands over the body to share the unseen life-force energy that flows through everyone and everything, we use Reiki to heal, reduce stress, and increase relaxation.

REIKI CHARACTERS

The Japanese Kanji writing system uses two characters for Reiki, expressing the interconnection of heaven and earth energy.

REI



Represents wisdom falling as rain to nourish the earth

The 3 *tandens*

A divine being reaching up for heavenly support

KI



The invisible life-force energy that is everywhere

A grain of rice, which is necessary to sustain human life

WHAT DOES “REIKI” MEAN?

In Japanese, *rei* means “spirit” or “soul” and *ki* means “the energy of the universe”. The word can be translated as “universal energy” and also describes the practice of healing with energy. Reiki is more than a complementary therapy for our body, mind, and soul. It can also take us on a journey to inner peace and a more meaningful life. It connects us to all other beings and the universe, and opens a door to our true potential.

“ Reiki connects us to all other beings and the universe, and opens a door to our true potential. ”

HOW DOES REIKI WORK?

Reiki can heal by sharing universal energy to sustain and harmonize the energy field that surrounds us. Anyone can practise Reiki, although you will need to receive training and attunements from a Reiki Master teacher, who will share universal energy with you as part of the Level 1 training. There are three levels of training in the Reiki system, with five elements – this book outlines the basics through practical self-care exercises.

WHAT MAKES REIKI SPECIAL?

Reiki is often described as heaven and earth energy coming together in our hearts, unifying our mind, body, and spirit. The more we practise it, the more we embody oneness, compassion, and kindness. Each soul that connects with Reiki is a star that shares its light throughout the universe. When you heal yourself, you help others too.

REIKI ORIGINS

Today Reiki is practised worldwide, but through its master-to-student teaching tradition we can trace its lineage directly back to its founder, Mikao Usui, and to two key individuals who developed his teachings and spread the practice to the West.

MIKAO USUI

Usui (1865–1926) was born in southern Japan. He was well travelled, with varied intellectual and spiritual interests. After suffering a great loss, he spent time on a mountain near Kyoto in 1922 when he experienced *satori* (a moment of enlightenment). After weeks of fasting and meditation, he felt a profound connection to the entire universe.

While returning home, he injured his foot and instinctively placed his hands over it – to find that the pain disappeared and his foot was completely healed.

Realizing that his awakening had gifted him the ability to heal through his hands, Usui began helping people and developing a teaching system for others to be able to do the same. *Usui Reiki Ryōhō Gakkai* – a society devoted to practising his methods, including the five Reiki elements – was established to enhance spiritual development.

Before his death at the age of 62, Mikao Usui had trained more than 2,000 students and attuned 21 Reiki masters. His memorial stone is at the Saihōji Temple in Tokyo.

“Mikao Usui’s awakening had gifted him the ability to heal through his hands.”

DR CHŪJIRŌ HAYASHI

Hayashi (1880–1940) was a Japanese naval medical officer who studied to master level under Usui and later founded his own healing clinic. He further developed the system of Reiki, introducing hand positions for palm healing.

HAWAYO TAKATA

Takata (1900–80) was a Japanese-American born in Hawaii. Whilst in Japan, Takata needed surgery but intuition prompted her to try Reiki first, and over a period of time she was healed.

She decided to stay on in Japan to study under Hayashi, and eventually became the first foreign Master of Reiki. She returned to Hawaii and opened her own clinic, eventually training 22 Reiki masters.

NEW TRADITIONS

Usui integrated Buddhist traditions to develop his system of Reiki, including the Five Principles. Later developments saw variations, such as the use of chakras, integrating with the system of Reiki. Takata emphasized healing and introduced daily self-treatments.

REIKI AND ENERGY

To appreciate why Reiki is about connection, harmony and oneness, you need to understand the nature of “universal energy”.

Science tells us that all matter is made of atoms – each with a nucleus that is filled with energy. So, at the most basic or quantum level, everything is energy and everything is connected.

In Reiki teaching, this energy is called *ki*. It is universal energy, within and around us, vibrating at different frequencies. *Ki* sustains us by supporting the body to vibrate in a constant state of flow, balance and alignment. If we are not aligned, we are disconnected from the physical, mental, emotional, and spiritual aspects of our being, and may experience illness.

Chakras (Sanskrit for “wheels”) are energy points that connect our body to our aura – the seven layers of energy that surround and move through our being. The seven main chakras run from the top of the head to the base of the spine, and “spin” to allow *ki* to flow through. Each chakra influences the part of the body where it is located. When our chakras are distributing the optimum amount of energy, we feel balanced and healthy. When they are moving too fast or too slow – for example, due to stress – illness and disease can occur.

Three Diamonds

Universal energy is made up of Earth *ki* and Heaven *ki*. We connect to *ki* through energy centres called *tandens*, often referred to as the Three Diamonds. *Tanden* points are linked to the chakras (see pages 42–43).

UPPER TANDEN

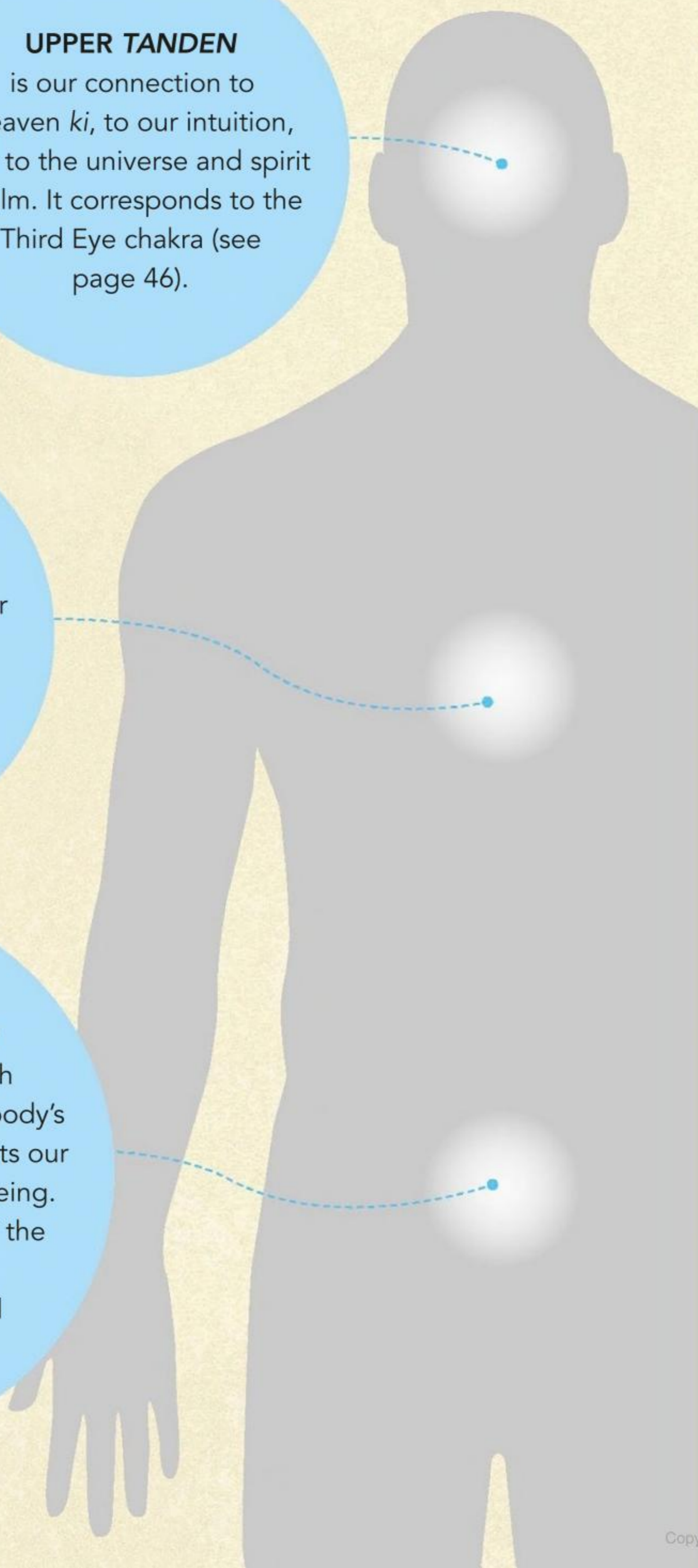
is our connection to Heaven *ki*, to our intuition, and to the universe and spirit realm. It corresponds to the Third Eye chakra (see page 46).

MIDDLE TANDEN

connects Heaven and Earth *ki* and is home to our passions and purpose. It corresponds to the heart chakra (see page 50).

LOWER TANDEN (HARA)

is where we connect to Earth energy and is the home of the body's *ki*, the power centre that supports our basic physical needs and wellbeing. Your *hara* is central to many of the exercises in this book. It corresponds to the sacral chakra (see page 54).



REIKI PRINCIPLES

The Reiki principles (*Gokai*) were created to help us to shift our perspective, live in the moment, and love and respect ourselves and others. Aim to recite them every morning and evening for five minutes each. This requires patience, but it will help you live mindfully and create more positive outcomes. For example, by saying “do not anger” you can let anger surface, consciously observe it, then let the feeling pass. In this way you can understand it is only the ego that wants us to hold onto things that do not serve our true self. As you practise, keep a journal of any emotions, messages, and changes that arise.

... do not anger

This principle helps you discover what lies beneath your anger, and find other, more helpful ways to express negative emotions.

... do not worry

Life will always present obstacles, but worrying can ultimately take us further away from love. This principle is challenging, but helps you to trust in outcomes.