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PRESENTS

YOUR GUIDE TO REIKI

Use This Powerful Healing Energy to
Restore Your Body, Mind, and Spirit



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INTRODUCTION

REIKI IS A SIMPLE AND NATURAL system of touch healing that originated in Japan through the discovery of a Zen Buddhist named Mikao Usui. The history and healing techniques used in Reiki are continuously passed down from teacher to student through a unique attunement process. Today, there are a variety of different lineages, all of which stem from this one man's influence.

Although Reiki is a spiritual healing art, it is not associated with any one belief system or doctrine, organized or otherwise. For this reason, Reiki practitioners make up a very diverse community. Reiki can be practiced by anyone who is open to its love energies. All that you need in order to give yourself a Reiki treatment are your hands, your body, and a willingness to touch it. Regardless of the status of your health, whether you are incredibly healthy or troubled by disease or injury, Reiki can offer great benefits. When you are ill, Reiki treatments can help restore you to good health. When you are healthy, Reiki treatments will reinforce your vitality and strengthen your immune system.

Reiki is a holistic healing modality that encourages relaxation and relieves suffering. Its gentle action makes it a perfect instrument to have readily available under all circumstances. As you learn and begin to use Reiki, you will discover that it is easily accessible in any situation because it "turns on" automatically whenever you place your hands either on your body or on another person's body.

Extremely adaptable, Reiki complements other types of health treatments. Pre-op and post-op Reiki treatments will often shorten the care period following surgery because Reiki accelerates the healing process. Also, Reiki

treatments can easily be conducted in your home because no special equipment is required. The recipient can relax in a bed or recliner during the session.

This book is meant to present Reiki not only as a healing art, but also as a way of life. Reiki is so simple that Reiki Level I, the first of three levels of training, can be learned in only a few short hours. And yet, after a person takes that first-level Reiki class and becomes attuned to Reiki, he will be changed forever. The changes that may occur will vary from person to person, but these are changes that will ultimately be positive for everyone.

Balance comes to both the giver and receiver of Reiki's ki (life force) energies. In this book, the term "practitioner" is used to represent the person giving a Reiki treatment. The term "recipient" represents the person receiving it. Everyone who has been attuned to any level of Reiki may be called a Reiki practitioner.

Reiki will extend its gentle, yet powerful, healing energies to you. All you have to do is open your heart to it and invite it in.

PART 1

WHAT IS REIKI?

Be the peace you want to see in the world.

Gandhi

In this part, you'll be introduced to the basic concepts of Reiki. You'll find out what it is, where it came from, and how it developed. You'll discover the way it uses ki (life force) energy to help create healing. You'll learn how and where energy enters and leaves the body, and you'll learn about the basic techniques practitioners commonly perform to encourage the flow of this energy where it is needed. You'll also discover what it feels like to perform and receive Reiki treatments and how to measure the Reiki pulse to facilitate flow.

CHAPTER 1

REIKI ENERGY AND SENSATIONS

The energy we give heals our own wounds.

Jaclyn Costello

THE TERM “REIKI” is derived from two Japanese syllables, *rei* and *ki* (pronounced “ray key”), meaning Universal Life Energy. *Rei* represents the source of this energy and *ki* represents the energy’s movement within and around us. In this chapter, you’ll discover more about Reiki energy, how to channel *ki*, and what experiencing Reiki feels like. You’ll also find out the appropriate way to honor Reiki and you’ll learn the basic techniques of how to perform Reiki.

Finally, you’ll find out more about Reiki sensations, including why you may not experience any at all, why Reiki healers are sometimes said to have “hot hands,” and why you may sometimes feel extra hands are helping you.

What Is Reiki?

Usui Reiki Ryoho is an energy healing art that derived from ancient healing practices that intentionally channels *ki* energies to promote balance and well-being. *Ki* is the Japanese term that refers to the life force, or living energy, that connects us to everything and sustains our life breath. *Ki* animates the body and gives life its pulse. Every living thing exists because of *ki*. Without *ki*, there is no life. When a person, animal, tree, or any living thing is

in poor health, it is an indication that ki is not functioning as well as it could be. A sickly body's energy is blocked in some way, meaning that ki is not able to flow freely. The Reiki practitioner assists the recipient by channeling pure ki energies into the body to help break through blockages and balance his or her life force. It is important to remember that a Reiki practitioner does not "heal" the recipient, but helps the recipient heal himself or herself. A Reiki practitioner is simply a channel for energy that the recipient will use for its highest and best use.

Reiki Is Energy

Reiki is the source of Universal Life Energy, and it is also a term used to describe the healing modality that accesses and transmits that energy. Reiki as a healing instrument operates through the concept that there is an unlimited supply of Universal Life Energy available for us to tap into.

It can be difficult to describe what Reiki is to someone who has not come into contact with it, but it can be helpful to think about how you would describe the wind to someone who has never experienced it. You cannot actually see the wind. You can feel and see only the effects of the wind; you feel its warmth or coolness against your skin when a breeze is gentle, and you see its strength when trees and homes are leveled during hurricanes. Wind upsets your hair, sweeps and scatters leaves about, waves your flags, and so on. It is an external force that you feel outside of your body. In contrast, Reiki could be compared to wind internalized. Reiki's life source fluctuates within your body and can be depleted by physical or emotional stress, but also restored through healing.

Reiki, in its purest form, is basically an uncomplicated system of healing. You do not have to believe in Reiki for it to work. The practitioner cannot claim or take responsibility for healing or nonhealing when Reiki is applied. Reiki works at the level of acceptance of the person who is receiving it. Acceptance is not a matter of

faith or belief. Acceptance suggests that there is a willingness to move from a painful experience into a less painful experience.

Reiki As Love Energy

Because of its gentle nature, Reiki is often described as a love energy. Its infinite healing power is limited only by our self-made boundaries. As you open up to Reiki's love energies, you will discover the myriad of benefits it offers, including the following:

- Reiki replenishes vitality of life.
- It treats causes and symptoms of dis-eases.
- It clears away toxic and stagnant energies.
- It serves as a stress reliever and calming agent.
- It boosts the immune system.
- It enhances intuition.
- It does not conflict or interfere with any religious beliefs.
- It complements other healing modalities.
- It is always available, wherever you are.
- It promotes balance in all aspects of your life.
- It offers unconditional love.

How Reiki Enters the Body

Also known as energy vortexes, or wheels of light, chakras are funnel-shaped centers within our bodies that serve as intake and outflow mechanisms to control the

flow of ki energies that sustain us. Healers are familiar with seven major and twenty-one minor chakras. Chakras are discussed in more detail in [Chapter 17](#). Reiki enters the body through one or a combination of these centers. Some people believe that Reiki is pulled upward from the earth's grounding energies through the soles of the feet at the earth chakra. Others believe it enters from a celestial source through the top of the head at the crown chakra. Others feel it enters through the tan tien (the energy center located just below the navel, also called the hara or sacral chakra), and some feel it enters through the root chakra (at the base of the spine).

Open and functioning chakras spin clockwise, allowing energy to vitalize our auras and nourish our physical bodies.

How Reiki Flows from the Body

When Reiki is applied to the recipient, healing energies flow out of the practitioner's body through the palms of the hands as they touch the recipient's body. The energy flow varies in speed, depending on various factors such as the extent of the recipient's illness, degree of blockage, and readiness to accept change. The source offers an unlimited supply of Reiki so that we, as facilitators of Reiki, are never depleted.

How Is Reiki Taught?

Reiki is taught through the process of passing attunements from Master to student. An attunement is best explained as a metaphor. Think of your body as a radio with the power turned on. You have access to energy (or a radio station) all the time. An attunement allows your body to be adjusted like a radio dial so you can hear the station clearly. An attunement clears and opens the channels in your own body so you are now connected to the source of universal ki. Attuned Reiki students are then able to serve as conduits of an unlimited supply of Universal Life Energy that can be transferred to others, assisting them in healing.

Reiki is so powerful that a healer that has had an attunement will notice that life changes start to happen. In order to be a conduit for pure, loving ki energies, you must let go of things that are no longer serving you. Awareness of the possibility of experiencing subtle, and at other times, pronounced, changes in your life as an aftereffect of an attunement will benefit you in the long run.

Before attempting to draw upon this powerful healing reservoir, a person must be able to accommodate it, so that the life force can flow freely. Through the attunement process, a passageway is cleared within the body to serve as an empty vessel for channeling the ki energies.

Keep in mind that in order to become a Reiki practitioner, you must be attuned by a teacher. Some people have proclaimed themselves to be Reiki practitioners without ever having been attuned by a teacher. This is not ethical behavior and dishonors the Reiki rite of passage. However, this is not to say that you cannot tap into the life force and do energy-healing work without being attuned to Reiki. There are other energy-healing modalities that do not involve attunements; however, it is the initiation process involving attunements

that makes Reiki different from other energy-healing techniques.

Reiki Sensations

What does Reiki feel like? As Reiki energies flow between practitioner and recipient during a Reiki session, the two bodies may respond or react with particular sensations. These sensations are nearly always pleasant. You may feel heat, warmth, cold, or sensations of subtleness, steadfastness, or forcefulness. The fact that you can feel Reiki energy flowing, whether you are giving or receiving it, is verification that the energy is being welcomed.

What It Feels Like

Reiki works like a thermostat that regulates the body. Much like a furnace that automatically turns on and off to regulate the temperature, Reiki flows slowly or rapidly—as needed—to dispense balancing energies. Reiki sometimes moves erratically, other times smoothly. These fluctuations of ki energy churning within us can often be felt as pins and needles, hot flashes, goose

bumps, throbbing, and so on.

Sensations Felt by Giver and Recipient

During a Reiki treatment, both the Reiki practitioner and the recipient feel sensations. A practitioner's hands will often heat up as a result of the flow coursing through his palms. The recipient frequently feels sleepy and yawns repeatedly as incoming Reiki energies soothe and calm pent-up emotional tension and stress.

Some people are more in tune with their bodies than others and will be able to share fantastic stories about feeling the different sensations that occur while using Reiki. They will talk about experiencing imagery, kinesthesia, and/or inner voices while either giving or receiving Reiki.

For some Reiki practitioners, hand temperature may change as they are giving Reiki treatments. These changes range from burning hot to icy cold. Sometimes, the practitioner's perception and the recipient's perception of the temperature will be different. For instance, as you are giving Reiki, you may feel that you're burning up, but your recipient may feel coolness from your touch. Or, it may be that you are experiencing cold hands, while the recipient may comment on the warmth of your hands.

You May Not Feel Anything

Reiki sensations can be very subtle and may be overlooked, but with continued practice most people will begin to notice even the slightest shifts of energy. A few people will seldom, if ever, feel anything with Reiki beyond the tactile sensation of hands-to-body touch.

Fortunately, Reiki works whether you feel it or not. If you are having difficulty feeling sensations while giving a Reiki treatment, try closing your eyes. Keeping your eyes shut eliminates visual distractions, which will help you focus more on the person and the sensations.

Hot and Cold Hands

It is often taught that after receiving your Reiki Level I attunement, you will develop hot hands. Having hot hands is supposedly a credible sign that the attunement worked and that you are now officially a channel for Reiki. Experiencing hot hands may very well indicate that Reiki has been awakened and you are now a genuine, functioning Reiki conduit. But if you do not experience hot hands, does that indicate nothing has happened and that your attunement was a failure? Not at all. Every person's attunement experience is unique. Being told that you need to experience hot hands or that your experience was somehow deficient because it was different from that of others is greatly misleading.

Extra Healing Hands

This is an experience that is not at all uncommon. Some recipients may feel that additional practitioners are participating in the Reiki session. For instance, one woman reported that during a one-on-one session with the Reiki practitioner, she felt two additional pairs of hands placed upon her body. One explanation of the “extra healing hands” sensation is that healing spirit guides are present. Another explanation is that Reiki goes to the place it is needed most. If a practitioner is placing his or her hands on your crown chakra and you feel like hands are on your stomach, it could be because the Reiki is going directly to your stomach where it is needed. Reiki has an innate intelligence that a practitioner can't control. Your job isn't to control Reiki; it is to be a conduit.

Vibrating Hands

Water pipes expand and contract to accommodate the water as it flows through them. In this same manner, your body also adjusts to the flow of Reiki being channeled through it. When Reiki is being drawn out of your palms at a faster rate or in larger proportions than you are accustomed to, you may experience your hands vibrating. The vibration occurs as a result of the Reiki gushing through your body so quickly that it gets backed up into your hands. Reiki is trying to get out and go

where it needs to go, but the openings in your palms are too narrow to pass it on efficiently. Fortunately, aside from being uncomfortable, the shakiness in your hands is merely signifying that the person receiving Reiki from you is in great need. The recipient is absorbing Reiki as fast as he or she can get it.

Other Sensations

Aside from the vibrational sensation in your hands, you may also experience soreness in your wrists and the joints of your fingers. In treating people with severe illnesses, you may feel a powerful pulling of Reiki energies from your neck, shoulders, and down your arms as well. If you find channeling greater volumes of Reiki painful or uncomfortable when treating someone, periodically remove your hands from the recipient to give your hands a chance to rest. You can alternate—ten minutes hands on, ten minutes hands off, and so on.

CHAPTER 2

THE REIKI PULSE

Look at every path closely and deliberately, then ask ourselves this crucial question: Does this path have a heart? If it does, then the path is good. If it doesn't, it is of no use.

Carlos Castaneda

THE PULSATING SENSATION OF REIKI can be felt in all parts of your body, but especially in the palms of your hands. This is because the palms are the outlets of Reiki energy. Reiki wants to flow out of your hands and be put to good use. As soon as you place your hands on yourself, or someone else, Reiki automatically turns on. In this chapter, you'll find out more about the Reiki pulse and how to facilitate the flow of Reiki through you to others. You'll also be assured that using Reiki will never deplete you—Reiki is limitless. And you'll learn about the importance of using (and releasing!) empathy in Reiki treatments.

Letting Reiki Flow

After you are attuned to Reiki, you become a walking generator of sorts: Your body will heat up and start spewing out healing energies whenever you are near anyone who is receptive to Reiki. This feeling can overwhelm the newly attuned person, especially if he had not been advised beforehand that this could happen. Your immediate reaction may be to place your hands on the person, but this is not recommended. Never assume that you have the right to approach a person and touch him

just because your body's sensations are telling you that he is open to it. Always ask first.

You do not need to lay your hands on the person for Reiki to flow over to him. Simply put a smile on your face and allow Reiki to do all the transference; just being aware that you are a conduit for Reiki is sufficient. The receptive person doesn't need to be aware that anything is happening.

If you are among a crowd of people, such as sitting in a movie theater or shopping at the market, you probably won't be certain to whom the Reiki is actually flowing. Accept your role as a Reiki channel and try not to get caught up in a need-to-know mindset. It is not important to know where the Reiki is going. Simply let it flow. After a while, you won't even pay attention when Reiki is flowing from you because it will become a routine occurrence.

Excess Reiki Energy

There may be times when Reiki will ball up in your hands, creating a circling orb of energy. Imagine having a tennis ball glued to the palm of your hand. No matter how hard you try, you cannot shake it off. Now, imagine that this

tennis ball is a living organism that has a pulse.

Experiencing these pulsating balls of energy in your hands can be an odd or even disturbing sensation, but there is nothing to worry about. Reiki isn't flowing anywhere outside of you, because there is no specific place for it to go. However, this may very well be an indication that self-Reiki is needed. Take advantage of this excess of energy in your hands and place your hands on your body. Allowing the Reiki to flow into your body should help reduce or release the ball of energy from your palms.

Anytime you feel an excess of energy building up in your body, you can take advantage of this by infusing inanimate objects with Reiki. Placing Reiki inside objects transforms them into healing instruments. Reiki can be put into any object by holding the object between your hands and allowing Reiki energies to pour into it. Reiki Level II practitioners can also place Reiki symbols, along with their energies, into these objects, making them become even more powerful. Any of the following objects may be filled with Reiki:

- Reiki your bed pillow, filling it with Reiki energies for a restful night's sleep.
- Reiki your bath water—nothing feels more soothing than soaking in a Reiki bath.
- Reiki your lamps and light bulbs—their illuminations will have a Reiki glow!
- Reiki your aromatherapy candles, incense sticks, and flower essences.
- Reiki your shampoo, skin lotions, and toothpaste.
- Reiki your vitamins and prescription medications.
- Reiki your food so that you can absorb its nutrients more efficiently.
- Reiki your computer to reduce the number of system crashes.
- Reiki your telephone to help you be more patient with disruptive callers.

Facilitating the Flow

Reiki flows in the direction of the easiest pathway. When the natural course of a river comes up against a dam, the water pools up in that area until it either breaks through the blockade or reroutes itself by traveling around the obstacle, moving through to the next available open channel.

There are twelve basic hand placements that are used in giving a full-body Reiki treatment—four placements on the head, four on the front of the body, and four placements on the back of the body. Applying Reiki for five minutes in each of these placements helps to distribute Reiki evenly over the whole body. However, when hands are placed on one area, sometimes the person will experience hot spots elsewhere. For example, you may have your hands placed on the person's throat, yet the person will feel a trickling of energy running down one or both of her legs. Always know that Reiki goes where it needs to go.

Dealing with Blockages

As you move your hands through the various hand placements, you may come to a position on the body that feels blocked. When you no longer feel Reiki flowing from your palms, your first impulse may be to move on to the next hand placement—but hold on. Blocked areas are denser and often need more attention given to them.

Sometimes all you need to do is shift your hands an inch or two from that position, either up or down, in order to get Reiki to start flowing again. If this doesn't work, be patient. Keep your hands on the recipient's body where you sense Reiki is being blocked for a full five minutes before moving along.

In Tune with Your Etheric Hand

No pressure is to be applied to the body when giving Reiki. Place your hands gently on the body. However, there may be situations when your hands might feel as if they are actually sinking deeply into the body while giving Reiki. This sinking or magnetic pulling sensation happens when your etheric hand extends itself into the deep tissues.

Removing your physical hand before your etheric hand has retracted itself to join the physical hand can cause a disruption in the healing session. If your hands feel like they are stuck to the body, it is likely that this kind of deeper etheric healing is occurring. It is advantageous to keep your hands in position for an extended period while this deeper healing work is being done. If it is not feasible for you to keep your hands in position due to time constraints or some other unavoidable reason, be sure to remove your hands slowly without any abrupt movements. Take care to be as gentle as possible.

A Vessel That Never Empties

PART 2

GETTING STARTED IN REIKI

We are not human beings having a spiritual experience. We are spiritual beings having a human experience.

Pierre Teilhard de Chardin

In this part, you'll take your first steps on your Reiki journey. You'll learn the basics of getting started in this ancient healing art, from finding the appropriate teacher to preparing for your attunement to participating in it. Next, you'll explore Reiki principles and learn how to honor your body temple. Finally, you'll discover how to design the right environment for healing, including pretreatment preparations, setting healing intentions, and creating appropriate expectations.

CHAPTER 3

REIKI ATTUNEMENT PROCESS

In every community, there is work to be done.

In every nation, there are wounds to heal.

In every heart, there is the power to do it.

Marianne Williamson

A REIKI ATTUNEMENT is an expansion process, or, you could say, a knock at the door that opens to a space that already exists. That “space” is a passageway within our bodies through which the Universal Life Energy travels. Receiving a Reiki attunement can be a meaningful or even life-altering experience. The attunement ritual is performed with a Reiki Master/Teacher (someone who is a Reiki Master and has also been taught how to pass attunements on). Choosing the right person to initiate you into the world of Reiki can make all the difference in how you experience your Reiki attunement. In this chapter, you’ll discover the steps to take on the first part of your Reiki journey—finding the right Reiki Master/Teacher for you and preparing for your attunement.

Choosing the Appropriate Reiki Master/Teacher

As you probably remember from past school days, not all

teachers are equal. Most people will prefer to study with teachers who have personalities that will not clash with their own, as well as teaching styles that will not be in conflict with their self-images and learning habits. Moreover, people learn best when a teacher displays integrity and a passion for her subject.

Meeting Prospective Teachers

Interviewing Reiki teachers in order to find the appropriate person to initiate you into the world of Reiki can be almost as frustrating as shopping for the perfect pair of shoes. You may have to try on quite a few before you find the perfect fit. Don't settle for penny loafers when you really have your eye on those crimson leather pumps. Another customer may find the penny loafers quite comfy to wear, but they aren't for you. When choosing your Reiki teacher, take your time and consider your options carefully. The relationship between Reiki teacher and student is not one to take lightly.

The interview does not have to be a lengthy process. A three-to five-minute phone call should provide a sufficient amount of time for you to get either a good or bad feeling about your prospective teacher.

Interview Questions

There are certain questions you should first ask yourself and then other questions that are more appropriate for you to ask your potential teacher. Also, be prepared to answer any questions from the teachers you might interview. Keep in mind that the interview can go either way. You might decide to back out first if you sense that a good student-teacher relationship might not be possible, or the Reiki teacher might decline to teach you if she feels that there is not sufficient rapport between the two of you.

Obviously, the Reiki teacher has the final say as to who will or won't become her student. Don't be discouraged if one Reiki teacher refuses you. Consider that it's all for the best, and seek out another possible teacher.

QUESTIONS TO ASK YOURSELF

- Does the teacher's gender matter to me? Do I prefer a male or female teacher?
- Am I willing to travel in order to attend a class? If so, how far away from home am I willing to go?
- How much am I willing to pay for instruction?

QUESTIONS TO ASK POTENTIAL TEACHERS

- What are your credentials? How long have you been working with Reiki?
- How many attunements do you pass to your students? Do you offer booster attunements?
- Are you available for your students after class? To what extent?
- What materials will I need for your classes?
- What topics do you cover in your classes?
- How much classroom time is instructional, and how much is hands-on practice?
- What are your fees?
- What is your Reiki lineage?
- Will I receive a Reiki certificate after completing your class?
- Are you involved in a Reiki group in my area?
- How many students are there in your classes?
- Do you teach all levels of Reiki?
- What Reiki systems do you teach?

Don't be nervous or dwell for long on any second thoughts about the attunements. You'll get through them all just fine. There is so much more to Reiki than the initial empowerment.

Beyond the Interview

Aside from evaluating the responses each potential teacher gave you in answer to your questions, you should also consider how each individual impressed you overall. With which teacher did you feel most comfortable? Who seemed to be the most knowledgeable? Did any of them seem annoyed by your questions?

First impressions are normally good indicators for how the two of you will get along during the class. After all, how helpful can a person be in answering questions you might have during a class if she was brusque or irritable while giving responses to your questions during the initial interview?

Reiki Lineages

Reiki Master/Teachers, there is a powerful and versatile attunement called the Hui Yin. The Reiki Master/Teacher can use the Hui Yin whenever he feels a student is in need of this special attunement. The Hui Yin is also called the booster attunement.

Reiki and Karma

During or after the attunement ceremony, many Reiki practitioners experience the phenomenon of remembering the use of Reiki in a former life. For some, this memory will surface through their conscious wakeful minds, detailing considerable information. Visually sensitive people might actually witness the scenes being played out through images in their mind's eye. At other times the memory enters through the subconscious mind in nighttime dreams.

Some people feel that those who are drawn to Reiki here on earth were predestined to be healers during times when our planet is suffering unrest and afflictions such as war, poverty, and environmental disturbances.

Twenty-One Days of Purification

After receiving a Reiki attunement, it is completely normal for an individual to go through a detoxification or cleansing period. Your body needs to be cleansed both physically, emotionally, and spiritually so you can be a clear conduit for Reiki. Some people experience physical symptoms such as mild diarrhea, cold or flu symptoms, stomach upset, headache, or mild fatigue. Be sure to drink plenty of water to help with the purification process.

While the physical body is going through its purging process, spiritual and mental detoxification is also taking place. You might notice that old emotions you've bottled up resurface in order for you to deal with and release them. The spiritual body's housecleaning is often expressed by changes in sleep patterns, experiencing vivid dreams, and third-eye openings. The mental body

cleanses when the individual's brain reorganizes his thought patterns. It is during this period that self-evaluation takes place and personal healing can begin. After receiving an attunement, you should do a self-treatment every day to help with the purification process and balance your energies. Don't hesitate to get in touch with your teacher if you have questions during the cleansing period.

Coping with Highs and Lows

The highs and lows associated with getting a Reiki attunement can feel like a bit of a roller coaster. Some people feel like they are floating on air, their senses are more keen, that their heart is completely open, and the very next day they are feeling low and in need of some comfort. The best way to adjust to any changes that occur is to be as gentle as possible with yourself. Listen to your body and give it what it asks for. If you are feeling tired, take a midday nap or go to bed early. If you are craving chocolate, indulge yourself and eat a piece of chocolate. Whatever you do, do not deny your body what it craves.

Do your best to cope with any mood swings that you experience. If you feel like crying, allow the tears to flow naturally without trying to stifle the sobs. If you feel like getting in touch with someone you haven't spoken to in a while, do it. Your mind and body are going through a healing at this time as well. Listen to your instincts.

Finding Alone Time

If you need some alone time and your family is crowding you, pack your bag and check yourself in to a hotel room for a couple of days to allow yourself the privacy you need. If the demands of your family don't allow you to escape to a hotel, try some other creative ways to achieve solace, even if only for short periods. Lock yourself inside the bathroom and take a soothing warm soak in the tub. Or you can instruct your family members that whenever you are wearing a particular article of

clothing, it signifies that you wish to be left alone. The article you wear should be something that can easily be attached and removed as needed, such as a scarf tied around your neck or a sash around your waist.

The Benefits of Reiki Always Outweigh Temporary Discomfort

After reading about the discomforts and mood swings that can occur during the detoxification period that follows an attunement, you might be wondering why anyone would even want to sign up for a Reiki class. Why put yourself through that pain? Who wants to feel sick? Is there an upside to all this? Do the benefits truly outweigh the possible hardships suffered along the way?

In response to these questions, consider the following. In less than a month's time, your body will become cleared of all those impurities that most likely took you years to accumulate. Having a Reiki attunement is like pushing the speed-dial button on your telephone. It transmits quickly, cutting through any garbling static in the wiring. There is never a wrong number dialed. Reiki knows where to go and how to make the right connection. The connecting party is you.

Each Reaction Is Different

Although the attunement process is the same for everyone, it affects each person in a different way. Some people will glide through the purification period with barely any noticeable changes. Others will go through a more difficult adjustment. It all depends on what condition the student is in prior to the attunement. If you tend to bury your emotions, Reiki will push them to the surface in order to force you to deal with them in the open. If you were suffering from a flu infection that had not yet run its course, Reiki would magnify all your symptoms (chills, fever, and headache) and advance their progression through your body more quickly. This means

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