

Reiki for Beginners



Reiki healing is very easy. Reiki Healing and Love will flow without any effort on your part. Place your hands on your self and others and experience Reiki Healing for your self. How you begin your practice of Reiki is up to you as there are no set in rules for learning Reiki.

During the Reiki Attunement or after being attuned in Reiki you may notice "Sensations of energy, light, colors, or just feelings of general positivity and peace, or you may experience particularly vivid dreams.

However it is perfectly ok to have noticed nothing unusual yet, as these sensations are not an indication that the attunements have been given. We each experience the Reiki Energy in our own unique way, and you may only start to experience it consciously after some practice."

Unlike other spiritual healing methods, Reiki sessions should always involve NO effort from the healer to send or direct energy. This ensures that the energy uses it's own intelligence to guide itself. After you have been attuned to Reiki, healing energy will naturally begin to flow as soon as you place your hands on anyone or anything and have the Intent to heal. It will flow completely automatically and always with positive and beneficial effects.

If you start concentration on sending or directing energy, it will reduce the optimal flow. Greatest success will occur just by allowing it to work by itself. Always remain relaxed and detached from the process, allowing your intent to maintain the flow. It is important to remember that with Reiki there is nothing you can do wrong. Reiki will take care of everything. Relax and enjoy! Trust in Reiki. ("Healing With Reiki" by Ariane McMinn and Colin Jones)

Intent to Heal



Intent to heal is as easy as placing your hands on yourself or someone else and allowing Reiki to flow. Many people feel it is necessary to ask Reiki to flow when they begin a treatment. A humble method of asking for Reiki to flow will develop a reverence and respect for Reiki, the person receiving the treatment and yourself.

Method 1: In the beginning of a Reiki treatment you may wish to bring your hands into "Namaste" position at the heart and bow gently. Silently ask for the Reiki to Flow into and through you.

Method 2: In the beginning a Reiki treatment raise your hands up above your head, palms up and visualize the Reiki flowing down from Heaven into them and into you and through you to begin the flow.

It is not necessary for you to perform an elaborate ceremony to get Reiki to flow. If you wish to help someone and have their permission to place your hands on them to share Reiki with them, that is all the "Intent to Heal" you need.

Surrender is The First Key of Reiki. Surrender means to simply allow Reiki to flow in and through you and guide you and the receiver of the Reiki treatment into the greatest healing. Remain alert and aware as you surrender to the flow the Reiki Healing Energy. You enter the path of Reiki as you trust and have the little bit of willingness to allow Reiki to flow in and through you and guide you.

The Self Treatment



Giving yourself healing is a very important aspect of Reiki. We very strongly recommend that you perform self healing regularly, preferably daily in the beginning. As well as improving your health, it will balance and center your mind/ body/ spirit system, thereby allowing for a dramatically increased flow of Reiki energy during healing sessions. Most importantly, it will definitely increase your inner guidance, helping you to pilot everyday situations more successfully, and provide guidance for your growth when appropriate. ("Healing With Reiki" by Ariane McMinn and Colin Jones)

The basic self treatment hand positions are as follows:

1. Hands overlapping on the top of the head
2. One hand on the forehead, the other hand on the back of the head midway between the crown of the head and the base of the skull
3. Hands resting on the eyes
4. Hands resting on the ears
5. One hand on the upper chest and the other on the solar plexus (where the ribs come together)
6. Hands on the hip area

Relax in each position 2-5 minutes. Practice these positions until they are familiar and you have some confidence. Gradually let your hands be guided by your intuition. As you practice and have a little patience you will gain experience and begin to trust your inner guidance. You cannot really make a mistake. Your healing sessions are always watched over by the Divine to ensure that your efforts will always be rewarded.

Begin a self-treatment with the same respect and reverence you would when giving Reiki to someone else. Bring your hands into "Namaste" Position at the heart and bow gently. Silently ask for the Reiki to Flow into and through you. You may also ask for your Reiki Guides, and Reiki Angels, Our One Creator to be present, and direct the Reiki treatment.

Healing Others



After you have practiced the self healing procedure until it becomes natural and comfortable, you may begin working with others. Be confident in your abilities, and have Faith that Reiki will be looking after the procedure and ensuring its success. You may like to start with willing family members and friends. Even if there's nothing physically wrong with them, they will receive relaxation from the process and will gain more harmony and other non-physical benefits.

It is not appropriate for you to promise any specific results from the sessions, as the healing process is always unique and unpredictable. You can however promise the Reiki definitely provides benefits for everyone who receives it.

Both the healer and the receiver simultaneously benefit from the healing session. The more Reiki sessions you give, the more natural harmony you will experience in your own life. You can even give Reiki sessions to plants and animals.

During the healing, both you and the receiver may feel sensations of heat, cold, vibration, tingling, etc. Sometimes the healer and the receiver experience opposites, e.g. the healer may experience feelings of heat while the receiver experiences cold. Also the sensations may not be felt immediately- they may only be noticed later in the day or may even surface during the following week.

Other times there will be no experiences at all. Whether or not any obvious sensations are experienced, you can rest assured that the energy has flowed correctly and effectively. Due to Reiki's intelligence you can always be sure that the session has been a very beneficial gift for the receiver. You will find this yourself through practice.

Don't be disappointed if your healing produces no noticeable effect at first. Ultimately the healing process relies on the receiver forgiving past hurts and letting go of repressed negativity, either at a conscious or unconscious level. The Reiki healing sessions will always be working automatically towards resolving these deeper problems. Meanwhile the external symptoms will usually be reduced, but sometimes this takes longer and is not an indication that Reiki's inner transformation work is ineffective. Everybody's healing process is unique. ("Healing With Reiki" by Ariane McMinn and Colin Jones)

The Reiki Treatment

The Reiki treatment is a most beneficial and rewarding experience for both the practitioner and the receiver. It's always different and no description can truly represent the awe that the experience can inspire. It's a joy to both give and receive a Reiki treatment. The more you work with Reiki the deeper it gets and the more it flows.

Questions and Answers

Questions:

1. How easy is Reiki?
2. Are there any set rules for practicing and learning Reiki besides receiving an attunement?
3. When will you begin to notice sensations of energy, light, colors, or just feelings of general positivity and peace?
4. Is it ok to not feel anything during an attunement?
5. Will concentrating, sending and directing Reiki energy help improve the flow of Reiki?
6. Is it necessary to perform an elaborate ceremony to get Reiki to flow?
7. Are regular self treatments beneficial for a beginning Reiki practitioner?
8. How do you know you are ready to give others a Reiki treatment?
9. Is it necessary for someone to something physically wrong with them for them to receive a Reiki treatment?
10. Is it appropriate for you to promise any specific results from a Reiki treatment?
11. Can you promise anything to someone who will receive a Reiki treatment?
12. Can you give Reiki treatments to plants and animals?
13. Is it necessary for you and/or the person receiving to notice or feel anything during a Reiki treatment for healing to have taken place?
14. Should you be disappointed if a Reiki healing shows no noticeable effect at first and more than one Reiki treatment is required?
15. Is Reiki beneficial for both the practitioner and the person receiving the Reiki treatment?

Answers:

1. Place your hands on your self or others and Reiki healing and Love will flow without any effort on your part.
2. How you begin your practice of Reiki is up to you as there are no set in rules for learning Reiki.
3. During the Reiki Attunement or after being attuned in Reiki you may notice "Sensations of energy, light, colors, or just feelings of general positivity and peace".
4. It is perfectly ok to have noticed nothing unusual yet, as these sensations are not an indication that the attunements have been given.
5. If you start concentration on sending or directing energy, it will reduce the optimal flow. Greatest success will occur just by allowing it to work by itself.
6. No. It is not necessary for you to perform an elaborate ceremony to get Reiki to flow. If you wish to help someone and have their permission to place your hands on them to share Reiki with them, that is all the "Intent to Heal" you need.
7. Yes, they bring healing and balance as well as increasing the flow of Reiki.
8. When Reiki feels natural and comfortable to you.
9. Even if there's nothing physically wrong with them, they will receive relaxation from the Reiki treatment and will gain more harmony and other non-physical benefits.
- 10.No.
- 11.You can promise that a Reiki treatment definitely provides benefits for everyone who receives it.
- 12.Yes.
- 13.Whether or not any obvious sensations are experienced, you can rest assured that the energy has flowed correctly and effectively and that the session has been a very beneficial gift for the receiver.
- 14.No. Ultimately the healing process may rely on the receiver forgiving past hurts and letting go of repressed negativity, either at a conscious or unconscious level. The Reiki healing sessions will always be working

automatically towards resolving these deeper problems. Everybody's healing process is unique.

15. Yes, the Reiki treatment is a most beneficial and rewarding experience for both the practitioner and the receiver.