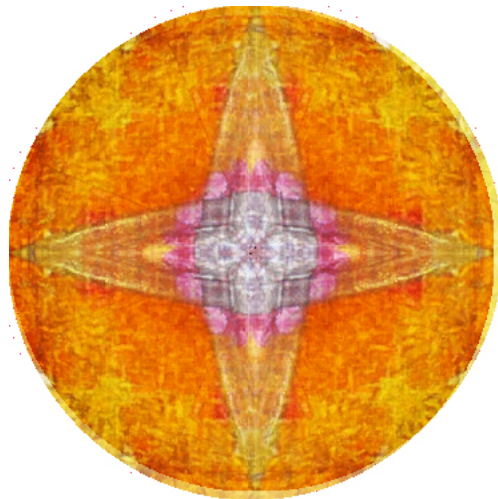


Reiki I Healing Course

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With
Nicola Quinn



Unit 3

Reiki Treatments

Contents

GIVING A REIKI TREATMENT	3
BLISSFUL SELF TREATMENT	4
THE JOY OF TREATING OTHERS	6
EMOTRANCE AND REIKI	9
PROFESSIONAL REIKI TREATMENT TIPS	10
REIKI SHORT TREATMENT PROTOCOL	14
UNIT 3 REVIEW	15

Giving a Reiki Treatment

Once you have been attuned the chakras on the palms of your hands will be much wider and Reiki will flow freely from them. By placing your hands on yourself, or another, you will be channeling powerful Reiki healing energy. Confidence gradually builds as you realize more and more that the Reiki is doing the healing and not you!

Much has been written about the Reiki hand positions. There are as many ways taught as there are Reiki Masters! Dr. Usui says treat the head, body and feet, Reiki flows to where it is needed so please bear this in mind and do not get hung up on the right or wrong way of giving a treatment, there isn't one!

Some people are told to work their way down the body from the head to the toes though I find this is not the best way to treat yourself. The most important hand position for the self is the first position (see below) so that is where I like to start a treatment, carrying on down my body then hands over the heart and neck and finishing with my head. At the very minimum I give each position 5 minutes each.

The most valuable thing you can do for yourself, and others, is to treat yourself every day. When you are well, healthy and energized this increases your ability to help others and the world a billionfold!

You can use Reiki throughout the day, incorporating it into your life. You can set aside time specifically to give yourself a Reiki treatment, when you wake up or go to bed at night, or as part of your meditation or relaxation practice. You can put your hands on yourself and let the Reiki flow into you whenever your hands are not otherwise occupied, and you can easily do this unobtrusively when other people are around.

Blissful Self Treatment

Treating oneself can be a blissful experience. Taking time out to Reiki yourself is not only healing but a profound affirmation of love and increases self worth. A few minutes Reiki can calm you in a stressful moment or rejuvenate you when you are feeling tired and it is every reassuring to know you have the power of the universe to support you at all times. And don't forget to Reiki yourself to sleep every night, I do this by placing one hand on my solar plexus and one on my navel.

The Essentials

1



With your hands flat, loosely close your fingers and have your thumbs lightly touching your first fingers which will make your palms cup slightly. Then place your hands flat over the bottom of your ribs with your middle fingers touching your solar plexus.

In this way you are treating your liver, spleen and eventually your kidneys if you hold them in that position long enough. It takes the feeling of energy drawing three times before the kidneys are reached but I find this a lot easier than stretching round and putting my hands on my own back.

If you use no other hand position on yourself daily than this one you will benefit enormously! Keeping your liver and spleen in tiptop condition will maintain good health and a powerful immune system. This is also a wonderful position to use to Reiki yourself to sleep.

2



A hands width down you will find the second position. Here you are covering the lower part of the liver, gall bladder, pancreas and stomach. I find this position really helpful for migraines and toxic headaches as well as for the more obvious conditions such as hypoglycaemia and digestive disorders.

3



In position 3 your fingertips end up roughly in line with your navel though this does vary according to your size and it may be necessary to use additional positions. This is an excellent place to use with ME or chronic fatigue as candida seats itself in the small intestines which is often a consideration with that condition.

It is also your emotional radio and is a good place to put your hands in a crisis to help process the experience and prevent possible trauma.

4



In this position your hands move to form a V covering your large intestines, appendix, bladder and for women the ovaries and womb. This is a very soothing position and if you move your hands down a little, into the crease of your hips, this can help warm your feet and is a very handy alternative to a hot water bottle!

5



This is a lovely position covering the heart, thymus and neck and I use it often in winter or when I have been in contact with people who are ill to give myself some protection and stave off colds and 'flu.

I then move on to my head, do what is most comfortable for you; I like to rest my left hand at the back of my head and my right hand across my brow. Just cupping your hands around your eyes is also a nice peaceful position and will also allow Reiki to flow where it needs to as well as resting your eyes deeply.

The Joy of Treating Others

Giving Reiki to others is a real treat in itself. The satisfaction of seeing someone else responding positively to the healing you are giving them is mind blowing and cannot be underestimated. But also, in channeling the Reiki energy to someone else you are also receiving a treatment yourself. It is estimated that you will be receiving about half the Reiki you are channeling to another.

When treating others please, please be aware of your local laws!

Reiki can perfectly happily be given by holding the hands away from the body so if touching anyone while giving a treatment of any kind is illegal in your part of the world please desist, it is not essential!

In fact many people find that without the interference of the physical feel of a body beneath their hands they become more sensitive and they become more aware of the energy flow.

It is also possible to check the body for any areas that may need special attention by lightly moving your hands up and down just above the body. Areas may feel a little sticky, your hands may tingle or prickle slightly or you may feel a drawing sensation. All these indicate a need for Reiki at that point.

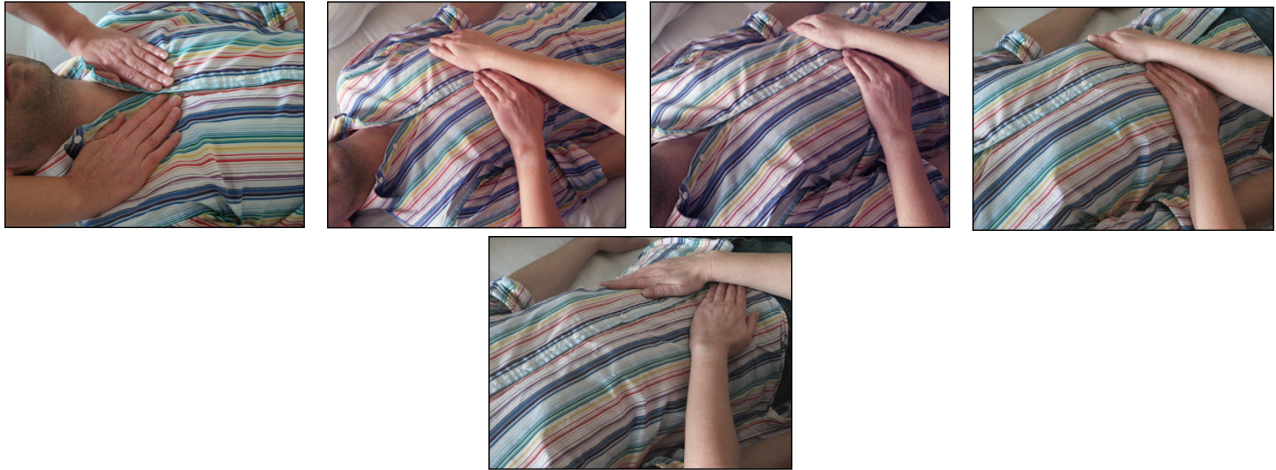
As you do more and more treatments your sensitivity will increase and you will become more aware of the changes and slight nuances in another's energy field.

When treating someone else it is always nice to start with the head. This not only allows you to attune to your client's energy it also helps calm their thoughts and encourages a receptive state.



Just cup the head gently and sit. This is a good time to invoke a blessing for the treatment, giving thanks for the wonderful gift you have and to let your intention to assist this child of the Creator to come to a healing that is best for them be known to the universe and all those who may wish to assist you at this time which may very well include that person's guides and indeed your own.

While still at the head place your hands on the shoulders then move on to the body starting in the first position and working your way down as you do when treating yourself and down to the feet, adding any additional places you feel guided to do.



If sufficient time has been given to the front of the body it is not necessary to do the back although if there is back pain this is very soothing and comforting and will assist greatly in increased flexibility and pain relief.

Also if the person has allergies, or is phobic, treating the adrenals can be very helpful, roughly in line with a woman's bra strap or the equivalent in a man, although I wouldn't just treat this position in isolation and would treat the whole back, again finishing with the feet.

Use your intuition!

Of course it feels good for the recipient to feel your warm Reiki hands on a painful area but most benefit will be derived if you treat the whole person first, this allows any imbalances in the entire energy system to be healed which most likely will have caused, or contributed, to the localized problem in the first place.

If someone comes to you with a frozen shoulder, first treat their head, body and feet and then gently cup their shoulder in your Reiki hands.

A nice ending to a treatment is smoothing the aura with one gentle movement of the dominant hand from head to toe, three times.

At the end of the treatment it is normal for the client to feel spaced out so give them time to come back to normal. Offer a glass of water as this helps to ground them.

To break the vibration on your hands from the client you can touch your finger tips of both hands together and pull them apart.

You may also like to briefly rinse your hands in cold water following a treatment to break the energy flow.

And above all remember, Reiki flows to where it is needed so if you can do nothing more than stand behind someone with your hands resting on their shoulders you will be offering support and healing in an emergency situation.

EmoTrance and Reiki

One of the things I struggled with when I first starting giving Reiki treatments was not knowing how to cope with my clients' emotional states as they arose. Reiki is very powerful and can bring issues to the surface very effectively but then what do you do with someone who is now uncontrollably tearful?

You use the EmoTrance principles of

It's only an energy.

Soften and flow.

This enables the released burden to gently flow out of the body and prevents re-imprinting which happens when thoughts and feelings, including the inevitable, guilt, sadness, loss and horror, are added to the mix, and cause confusion and overwhelm which reinforces the original trauma.

This is all so unnecessary and can be completely prevented using EmoTrance to release all energy as it arises.

EmoTrance is a supremely wonderful tool to not only help your clients but also to assist you in giving your treatments as EmoTrance gives you the peace of mind in knowing how to deal with any emotional situation as it arises.

EmoTrance is also excellent for yourself while you are treating others to keep your energy system clear, not get affected by others' traumas and in this way makes you a cleaner channel for the Reiki energy to flow.

Professional Reiki Treatment Tips

Create a gentle safe place for the treatment. If possible, have a treatment couch or a table with a thick blanket on top, so the recipient can relax comfortably. Have soft cushions available to tuck under backs, knees etc., if the person finds this easier.

Ensure the temperature in the room is comfortable, and have a blanket available in case the person feels chilly. Sometimes release of blockages during the treatment will cause shivering and also tears, so make sure you have a box of tissues handy.

Avoid glaring lights directly above the couch. Natural light, or soft lights are best.

Soft background music can be played during the treatment if it feels right for both of you. It's also relaxing to have an oil burner in the room. If you do, choose your oils intuitively.

Avoid interruptions during the treatment. A sudden noise can be very alarming if a person is in a deep state of relaxation, as often happens during a treatment, so unplug the telephone and turn off your mobile and ask your client to do the same.

Wash your hands and have clean nails and avoid jewellery that may get caught in clothing.

Do not give a treatment to anyone who doesn't really want one. Before starting, explain exactly what you are going to do and if touch is disliked give the treatment with your hands held above the body.

Alcohol dissipates energy, so if you know in advance that you are going to be giving Reiki, it is advisable to refrain from taking alcohol for 24 hours.

Ask if there are any health problems before starting the treatment, and what medical attention has been received. Remember a Reiki treatment is an addition to and not a replacement for allopathic treatment. If you are not qualified, do not give advice about the use of medicine.

Before starting treatment, use some basic counselling skills to ascertain the cause of your clients' problems, and allow them to realise their own answers. LISTEN to what they say. By asking the RIGHT questions clients can very often solve their own problems. The whole idea is to get your client to disengage the left side of the brain, - the intellect, logic and reasoning, and to engage the right side of the brain - feelings, intuitions and emotions.

Remember that you are not doing the healing; the person receiving the energy heals him or herself. You are simply channeling the healing energy. Simply put your hands on the person with the intention to heal and let the energy do the work.

Do not expect Reiki to be a cure-all. Healing is not the same as curing; healing is restoring harmony and wholeness and promotes growth.

The energy may be shifting things on deeper levels, or healing something quite unexpected. The priorities of the unconscious, or higher self, are likely to be different to the priorities of the conscious mind. The higher self is aware of the whole pattern and the energy will be used for what is important in sorting out the whole. Clearing up symptoms may come a long way down this list.

It may take many sessions to obtain lasting relief from symptoms. If there is a long-standing disease or imbalance, many changes may have to take place before the cause is reached and the symptoms disappear. Explain that Reiki gets to the root of a problem and does not just suppress symptoms in the way many drugs do, so it can seem slower.

Sometimes the recipient needs, or would benefit from, allopathic or complementary treatment instead of or as well as Reiki. Be open to this and suggest it if you feel it is necessary.

Reiki can bring love, peace and dignity to the final phase of life, and often reduces pain considerably and gives much comfort so please don't think it is pointless giving Reiki to a dying person. Death is the ultimate healing and it is a very honorable undertaking, assisting another into the light.

Remember you are the channel, not the origin of the Reiki healing energy. The moment you try to direct the healing you will block the energy. Simply put your hands on the person with the intention to heal and let the energy do the work.

Advise the recipient that although a Reiki treatment is usually pleasant, he or she may experience some uncomfortable feelings during the session or soon afterwards. These could be physical, or be emotions surfacing. Encourage them to tell you about any discomfort and if strong emotions arise during the treatment use EmoTrance to assist to soften and flow the energy out of the body.

Explain the sort of reactions that might be expected, emphasizing that any one of these is absolutely normal. Your client might experience one of them, all of them or none of them. It really doesn't matter, as the Reiki will be going exactly where it needs to go. The sort of reaction that can occur is:-

- A sensation of heat
- Falling asleep
- A sensation of cold
- Flashes of past lives
- Prickling feelings
- A sensation of your hands moving
- Itching
- Involuntary movements
- Tearfulness
- Seeing colours
- Stomach rumbling
- Re-experiencing memories
-

If your client has none of these experiences it doesn't mean nothing has happened, it suggests that the Reiki was working on a very subtle level and, of course, exactly where it was needed most.

Disengage the logical side of the brain and relax, - use your hands to listen to what the body is saying. Feel the responses and you will get to know when to move your hands to another position. At some point you may feel the energy flow increase, this is a sign to leave your hands where they are. You may also feel the energy shut off, this suggests it is time to change your hand positions. A deep sigh from the client can also be an indication.

A full body treatment can last from sixty to ninety minutes depending on your clients' needs and your own intuition, which plays a big part in where to place

your hands and for how long. Ideally each position should be held for about 5 minutes until you sense when a position needs more or less time.

Do not undervalue Reiki or your time. Exchange a treatment for money or for services, or make it clear that it is in return for something already received. If asking for money as the exchange, charge what you inwardly sense is right.

Suggest to the client that they receive three treatments over three consecutive days. The reason being that the first treatment tends to go to the root of the problem and can precipitate a healing crisis whereby the person can feel worse the next day. The second brings things to the surface and the third clears them.

If the problem is minor, one treatment will probably be enough. If the problem is chronic, it is likely that the person will feel better initially but will need more than three treatments. Treat for three consecutive days and then perhaps one treatment a week until the condition has cleared.

If the client is going to need a lot of treatments it would be more effective for them to be attuned.

Reiki Short Treatment Protocol

In an emergency or in a situation where a full Reiki treatment is impossible or impractical, a quicker treatment which includes all the important Reiki hand positions can be given with the client sitting on a chair.

1st Position - Place your hands on the clients shoulder (at this point silently make your invocation).

2nd Position - Place your hands on the top of his/her head covering the crown chakra.

3rd Position - Place one hand on the forehead and one over the occipital ridge.

4th Position - Place one hand over the throat chakra and one correspondingly across the spine.

5th Position - Place one hand on the heart chakra and one across the shoulder blades.

6th Position - Place one hand on the solar plexus and one correspondingly across the spine.

7th Position - Place one hand on the stomach and one on the base of the spine.

Smooth the aura to finish as after a full treatment.

In a shock situation place the right hand on the solar plexus and the left hand at the same height on the back. After a few minutes move the left hand to the outer edge of the left shoulder.

Unit 3 Review

This Unit has given very precise instructions as to how to conduct a Reiki treatment but please remember the most important thing is that you can't go wrong, Reiki will flow where it needs to go, so the only wrong thing you can do is fail to place your hands on yourself or another when in pain!

Please also bear in mind that the points to remember when giving a treatment are mostly commonsense and just being sensitive and aware of another's comfort, privacy and pain will stand you in good stead during a treatment should you forget everything you've read.

The next Unit contains some charts and reference notes which you may find useful as you become more experienced and start to sense more with your hands while treating people.