

Beginning Reiki



First I would like to congratulate you for taking this first step to becoming a healer! You will find that healing is actually a very simple process that anyone can learn pretty fast. If you during or after the course have any questions, please do not hesitate to contact me.

Ok, let's start!

First let's cover some basic questions, which you might already have read on my page, but anyway here they are:

What is an attunement?

An attunement is a procedure where a person (or spirit guide) passes on a specific energy structure/signature to another persons energy body and/or energy centers (chakras). This enables the receiver to become a permanent channel for that specific energy.

The best known attunements are Reiki attunements. Reiki is an ancient healing art that was (re)discovered by a Japanese monk called Mikao Usui. He received attunement from spirit after he had fasted for about 3 weeks on a mountain. After a spiritual encounter he found that he could heal ailments just by placing his hands on a place of concern.

Usui's spiritual encounter had left an "imprint" (attunement) in his spiritual bodies and chakras, which made him a permanent channel for the energy we today call Reiki (meaning universal life force).

What should I expect from an attunement and how do I receive it?

The best thing to do is not to expect anything. Just sit or lay down and receive the attunement by following the instructions in this course.

What is an audio attunement?

An audio attunement is a mp3 file with sound/music that has received the energy structure/signature of a specific attunement, in this case a Reiki attunement. When you play the file, the listener receives the attunement in much the same way as if it were passed on “traditionally”.

Can anyone learn to heal?

Anyone open to healing can learn it.

Will I feel the energy?

Mostly students feel the effects of either the attunement or when performing healing sessions. It is of course an advantage if you are somehow sensitive to energy. I have had students who had never had any attunements or energy experience who felt the energy very well the first time.

What will energy feel like?

It can be felt like warmth, a light breeze, buzzing in hands and/or in the body, tingling sensations in hands, feeling very serene, peaceful etc.

I have heard that there's 3 levels of Reiki. Also that there's specific symbols for Reiki...

Yes, both are correct. Some even have 4 levels. This course has all levels in it, so you will also be able to pass it on to other people. There's no learning of symbols in this manual as it is beyond the scope of this course. Symbols are not really needed to perform a great healing session so they are not mentioned here.

Now that we have covered some of the questions that you might have had, let's proceed to the next step, the attunement!

Hopefully you have by now downloaded the the audio attunement mp3 file, else please do so now.

Receiving the Reiki attunement

First decide how you will play back the mp3 file. Will it be through a computer or will listen to it via an mp3 player? Both can be used.

The attunement (which you only need to take once) should be received when alone. Make sure that you sit or lie down in a comfortable position. Also make sure that you will not be disturbed (unplug the phone, turn off your cellphone etc.).

When you are ready start the mp3 and listen to it until it stops. Keep your position for another 10 minutes and the attunement is done! It's though ok to relax for more than 10 minutes.

Did you feel anything? If yes, excellent! If no, don't despair. Usually most people will learn to feel the energy with practice. Also it's good to practice on others so you can get their feedback.

After this short session you have received the Reiki attunement and you are ready to practice!

Your first healing session

Your first healing session will be a mini "self healing". This is where you will send healing to yourself.

Find a place where you will not be disturbed. You can sit on a chair or lie down on your couch.

- First I want you to place your hands on your stomach. Now think the word "Reiki". This will start the energy instantly. Keep your hands there for 3-5 minutes (or as long as you like).

- Next I want you to place your hands over your eyes and keep this position again for 3-5 minutes. Any exact hand position is not important.

- Last place your hands on the middle of your chest for 3-5 minutes (where the om-symbol is on the following illustration)



- End the mini healing session by rubbing your hands, rise up and become "wide awake".

How did it go? Did you feel anything? Hopefully you had a great experience!

Remember that this was only an example. You can place your hands on any place of concern, either on the skin or 1-2" above. Also do not "try" too hard to either feel the energy or move/project it. It will flow automatically once started by thinking "Reiki".

Healing another person

After the self healing you might want to try out healing a friend or partner. You will use the same technique as in the self healing.

- Make sure your friend is comfortable either sitting or lying down.
- Place your hands on the stomach. Think the word "Reiki". This will start the energy instantly. Keep your hands there for 3-5 minutes (or as long as you like).
- Next place your hands above the eyes for 3-5 minutes.
- Last place your hands on (or 1-2" above) the middle of your friend's chest for 3-5 minutes.
- End the session by rubbing your hands and when your friend is ready, let him/her tell you about any experiences he/she had during the session.

Again please remember that this was a sample session. You can extend it anytime by including more hand positions, example like the feet, the top of the head, any places of concern etc.

Also you might let your intuition lead you. Sometimes a spot only needs 1 minute and you will feel somehow prompted to move on. At other times you might spend more than 5 minutes on 1 spot.

Serene music is also nice to play when performing healing sessions.

Passing on Reiki attunements

You can pass on the gift of Reiki to others. Here's how to do it:

- Sit on a chair and have the receiver sit on an opposite chair in front of you.
- Place your hands on your stomach and think the word "Reiki". Sit for about 3 minutes and then mentally (or loud) say "(name of receiver) will now receive the Reiki attunement". This will start the attunement procedure and you can take away your hands from your stomach. The attunement will now automatically go to the receiver and you can just relax in the meantime. The process will last for about 10-15 minutes where after the attunement procedure is done. You have passed on your first attunement!

I hope that this mini course has inspired you to use the gift of healing, which is always at your hands! I would love to hear about your experiences and remember if you have any questions, please just email me at gabrielsenole@gmail.com!

Good luck!

Blessings

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