

# Reiki Manual

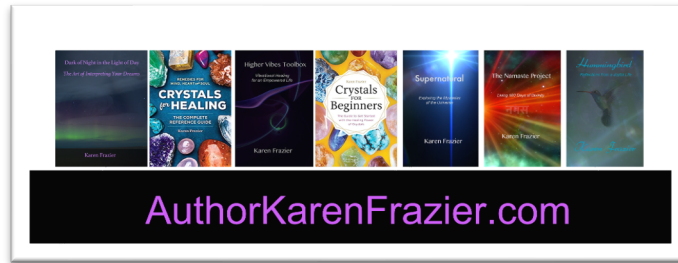
*Shoden*

KAREN FRAZIER - AUTHOR



ENERGY HEALER & MENTOR

**by Karen Frazier**



## *Shoden Reiki Manual*

By Karen Frazier, Shinpiden, BMsc, MMsc, PhD, CRMP

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*"The power that made the body heals the body. It happens no other way."*

~B.J. Palmer

*"God Eternal within the body"*

~ Signature of the Creator found in every strand of your DNA, as written  
about in Gregg Braden's *The God Code*

## Introduction

Everyone has the power to heal themselves, including you. Your body has an innate wisdom and can return to balance and health of body, mind, and spirit. When you free your body from imbalance and obstruction, your body innately returns to health and stasis.

Sometimes, however, events in life may affect you physically, emotionally, mentally, or spiritually and cause your energy to become blocked, underactive, overactive, or stagnant. This can lead to a host of imbalances of body, mind, or spirit, which may manifest as an energetic lack of ease (dis-ease) and eventually cause illness; emotional, mental, or spiritual pain; or other issues of the body, mind, and spirit.

Reiki is one type of energy healing that can help you rebalance energies in the body, mind, and spirit. The Reiki energy, when received, works for the greatest good of the recipient, which can be a person, place, object, animal, or situation. Reiki works with your intention and your body's own intelligence and innate healing abilities to bring balance and well-being.

## What Is Energy Healing?

Everything in the universe is made from energy. All matter – including every aspect of the human body – consists of energy strands held together by force fields to create seemingly solid objects. Energy flows throughout the universe, forming the very substance of life (and everything you notice around you – rocks, trees, air, the planet, stars. It's all energy.

This understanding of energy as the basis of life has existed for thousands of years across diverse cultures and civilizations, and although the terminology and techniques may vary, the overarching concepts are remarkably similar despite differences in cultural, religious, and social understanding.

Energy healing modalities like Reiki work with this universal energy, balancing and optimizing pathways so it moves where it's needed and removing things that may block or impede its flow. Many energy and folk healing practices are rooted in adapting and improving the flow of energy through various methods including touch, herbs, crystals, incantations, visualization, vocalization, movement, meditation, and more. And while all these practices may seem very different from one another, they are all using the same Source energy and serving as tools of intention to help align energy in ways that serve the highest good.

In other words, Reiki works with the same energy used in healing practices like qigong, yoga, quantum touch, healing touch, sound healing, crystal healing, acupuncture, homeopathy, and others. Reiki practice engages the same universal energy as every other energy healing practice. And that universal energy is available to everyone. Anyone can access the energy at any time. What differentiates Reiki from other modalities is that it's a system of practices that optimizes how the energy flows through you, how you deliver it to your healing partners, and how you engage with universal energy in your own life.

The goal of all energy healing is to optimize the flow of energy in and around you. This is the principle behind a commonly known form of energy healing, acupuncture. The insertion of needles into key points along energy pathways known as meridians can help clear energy blockages and balance energy so it can flow freely along its path.

Likewise, the healing art of chiropractic is a form of energy medicine that works with the human physical wiring system – the nervous system. In the human body, energy flows along the nerves throughout the body, sending critical signals and information to organs, muscles, bones, and other nerves. When something in the body blocks this energy (such as a bony misalignment known in chiropractic as a subluxation), the nerve signals are either no longer able to get where they need to go or so weak that they no longer allow the body to effectively maintain stasis.

For example, imagine that there's a blockage of the nerve along the pathway to the stomach. Suddenly, the stomach no longer receives the body's energetic signals and begins to malfunction. For a person with this nerve blockage, it can cause a host of stomach issues because that area of the body is not receiving the signals from the brain necessary to function properly. In this case, the chiropractor makes an adjustment of the bones blocking the nerve signal, and suddenly the energy is free to flow to the stomach once more, allowing the body to use its own innate intelligence to heal itself.

Chiropractic is a physical form of energy work that uses the body's physical energy systems (nerves). On the other hand, energy healing modalities work with the body's subtle energy anatomy – which includes chakras, auras, meridians, and other energies. Much like a chiropractic adjustment frees energy in the nervous system to flow freely throughout the body, energy healing clears blockages and balances the body's energetic anatomy to allow the energy to flow where it is needed for physical, spiritual, emotional, and mental healing. It frees the body of obstruction so it can access its own innate wisdom to bring about optimal states of being.

### What Is Reiki?

Reiki is a Japanese system of energy healing. Reiki practitioners channel universal energy from Source – the same energy that makes up the entire universe – through their bodies and into the energy field of the person receiving it. While the healing energy from Source is universal and has been around for eternity, the system, philosophy, practices, and teachings of Usui Reiki differ from other energy healing modalities and are based on the teachings of Mikao Usui, who developed the practices in Japan in the 1920s.

While its use in its current form comes from the modern age, Reiki energy is as old as the universe itself. Reiki is a form of hands-on healing energy that can also be sent to people, places, objects, animals, and situations across distances of space and time.

Anyone can channel Reiki as the energy is universal. Even now, if you've never been attuned to Reiki, you can channel this universal energy by intending to align with it and allowing it to flow through you and into someone else. However, in the Usui system of Reiki, you are attuned to

the Reiki energy in different levels (or degrees). The attunements align you with the energy's frequency, so you become a clearer and more effective channel for Reiki. The attunement allows the Reiki to flow more freely from you to others. Each successive attunement makes you a clearer and stronger channel for the Reiki energy, so it flows from you more effectively and without obstruction.

Usui Ryoho Reiki, also known as Western Reiki, also provides a context for doing the work and offers a series of hand positions that ensure Reiki flows everywhere into the recipient's energy field. It also involves a set of practices and philosophies to help you remain aligned with the energy.

While an attunement isn't necessary for you to channel Reiki, you will be a clearer and more effective channel as you are attuned to each degree. In Usui Ryoho Reiki, the attunements are spaced out, so you have a chance to adapt energetically to each degree since the flow of Reiki energy through your body also affects your energetic system.

Western Reiki practitioners are attuned to three degrees:

- First Degree (Shoden - hands-on healing)
- Second Degree (Okuden - distance healing)
- Master/Teacher Degree (Shinpiden – teaching and attunement)

Reiki Masters provide the attunements for each degree using rituals that have been passed down from all the Reiki Masters and teachers that came before them and will be passed down to you should you opt to become a Reiki Master-Teacher yourself.

While many use Reiki to bring about physical healing, it is also a spiritual practice and discipline that can help both practitioners and subjects gain wisdom, increase awareness, and experience insight about the greater truths of the universe.

### [What Happens During a Western Reiki Healing?](#)

Like other forms of energy healing and energy work (such as yoga or martial arts), Reiki works with the body's life force energy. When using Reiki energy, it comes through the practitioner and into the healing subject. It is important to realize that when you channel Reiki energy, it comes through you and not from you. This means that when you are performing a Reiki healing session, you are also healing yourself. The healing subject then draws the Reiki into their body and allows it to work with their energy.

Reiki First Degree practitioners typically begin a session by sweeping the aura of the subjects. Next, they activate the flow of Reiki energy and begin the session, using hand positions directly on or a few inches above the subject's body. The practitioner holds each position for three to five minutes, allowing the Reiki to flow, before moving to the next position. A complete Western Reiki session lasts about an hour.

During a Reiki healing session, Reiki comes through the practitioner into the subject and rebalances energy, clearing blockages or impediments so it can flow freely. Western First Degree Reiki practitioners do this in-person using various hand positions. As the practitioner grows more comfortable with practice and more intuitively tied into the Reiki energy, they may be intuitively guided to where to place their hands. However, there is no wrong way to offer Reiki energy, and the energy will always flow where it's needed for the best and highest good of all involved, regardless of where a Reiki practitioner places their hands.

People have studied Reiki practitioners during a session and found that their hands emit an energy frequency between 7 and 10 Hz, which is a frequency associated with physical healing. During sessions, subjects may notice warmth or heat and relaxation. They may see swirling lights or notice they are feeling a reduction in fear and anxiety. It's important that both the practitioner and the subject enter into a Reiki session with no expectations. The best way to experience Reiki is to allow it work with its own intelligence without trying to force any specific result.

### How Does Reiki Work

No one knows exactly how Reiki works, but many people have experienced healing with this modality. One possible explanation is the principle of entrainment.

When two oscillating bodies are near one another, they have a tendency to lock into phase and begin oscillating in harmony. This law of physics is known as entrainment. It was initially discovered in the 1600s, when a Dutch scientist named Christiaan Huygens noticed that when he put two clocks with pendulums close to each other on a wall, eventually they would lock into phase with one another, and the pendulums would swing together. Huygens discovered this worked for other objects, as well.

Entrainment comes into play in most forms of energy healing. For example, crystals vibrate at a certain frequency, and when they are in proximity with a human body, the body will begin to vibrate at a higher frequency to match the crystal, while the crystal will vibrate at a lower frequency to match the body. They wind up meeting somewhere in the middle. In Reiki, the body entrains to the Reiki energy.

During a Reiki session, energy flows from the practitioner, and the subject's body draws the energy in. In this way, the two move into synch to rebalance energy and release blockages so the innate wisdom of the body, mind, and spirit can bring about healing.

## Your Subtle Energy Anatomy

You are body, mind, and spirit. All three of these components that make up you are made from the same stuff – energy. Just as you have a physical anatomy, you also have a subtle energy anatomy. Your body's energy centers connect the physical you to the Divine.

### Chakras/Energy Centers

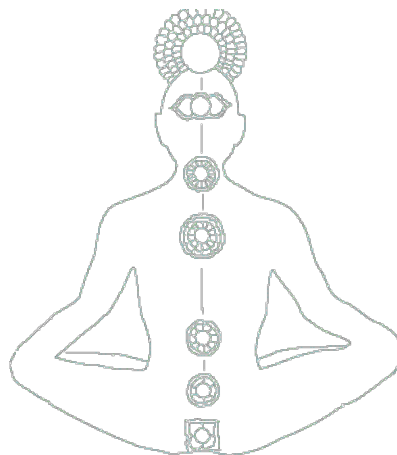
You also have energetic centers in your body that many traditions call chakras (or you can just think of them as your energy centers).

The first written teachings of the chakra system appeared in the Vedas, which came from India more than 3,500 years ago. There is also information about the chakras in the Upanishads, Indian esoteric texts from more than 2,500 years ago. Before that, it is believed the information was passed down from teacher to student as an oral tradition.

Your chakras have physical and energetic components to them. Physically, they have vast arrays of nerves and glands that serve as little “brains” for each center. Spiritually, they are spinning wheels of energy. Your energy centers that run down the midline of your body, connecting your physical you with the energy of the universe.

In your body, you have seven main energy centers. Each corresponds with a certain frequency, a certain color, and various physical, emotional, and spiritual issues. An eighth energy center sits 8-12 inches above the top of your head. The Egyptians called this energy center Ka (also sometimes called the soul star or star chakra or mūrdhānta). It is believed to be a portal to the All That Is. There are other chakras extending above Ka and below your first energy center connecting you to the Earth. You also have minor energy centers throughout your body.

Your energy centers need to be balanced for your energy to flow freely. Chakras that are overactive, underactive, impeded, out of coherence, unbalanced, or blocked can lead to a host of mental, emotional, and physical issues.



## Aura

Your aura is the part of your energy anatomy that surrounds your body in space. It has seven layers and can extend many feet from your body. The layers closest to your body are related to your physical energetic state, while the layers farthest out are related to your spiritual energy. All living beings (including plants) have auras, and all objects have an energetic field surrounding them, which isn't surprising given that all matter is made from energy.

Teachings about the aura haven't been around quite as long as teachings of the chakras – at least not in any written form. In fact, the aura was first described in writing by an English Theosophist around the turn of the 20<sup>th</sup> century. Still, using Kirlian photography, it is possible to see the energy field surrounding all matter, and the presence of the aura has been described by psychics and mystics like Edgar Cayce and Rudolph Steiner.

Your aura reflects your physical, mental, emotional, and spiritual energies. It starts at the edge of your body and extends out in multiple layers beyond you, eventually blending into the energy of the universe. Your aura sends your energy into the universe and pulls universal energy into you.

Many intuitives can see auras with their physical eyes. You can give this a try and see what you can see. Hold your hand in front of a white wall or paper and soften your gaze. You might be able to see wavy lines, colors, or other energetic patterns around your hand. If not, don't worry – it's not unusual to not be able to see it. You can keep practicing or not – it won't affect your practice of Reiki at all.

## Meridians

The meridian system comes from Traditional Chinese Medicine, and while the exact timing isn't clear, meridians have been used in TCM and practices like acupuncture and qigong for more than 3,000 years.

In your body, your meridians are your energy pathways. All living objects have energy meridians, which distribute Qi throughout the entire body. There are 12 main meridian pathways associated with the organs of the heart, lungs, kidneys, stomach, liver, gallbladder, bladder, spleen, large intestine, and small intestine. The additional two meridians are associated with your spiritual body and with metabolism.

Acupuncture and acupressure work with the energy as it flows along meridians. In terms of Reiki, it's just important to know that these pathways exist, and that Reiki will travel along meridians to where it is needed.

## The History of Reiki

All Western Reiki Teachers are required to teach the history of Reiki to First Degree practitioners before attunement. The history of Reiki in the West has been taught as an oral tradition passed down from teacher to student; therefore, many aspects of the oral history of Reiki that have been passed down were not backed up by historical fact. As much as possible, I've tried to include the historical facts that have been gathered and indicate where legend takes over.

It's also important to note that the history and practice of Western Reiki diverges from Japanese Reiki around the time of World War II. I've tried to include some information about both to honor the history and essence of this beautiful healing art.

### The Beginning

Documentation of Reiki being practiced in Japan comes as early as 1914 when a therapist named Watiji Kwakami offered something he called Ryoho Reiki.

Kwakami wrote a book called *Reiki Healing and its Effects (Reiki Ryoho to Sono Koka)*<sup>1</sup>, and at the time, there were other forms of Reiki being practiced in Japan, as well. However, these aren't the system of Reiki (although the energy is the same) that came to the West in the form of Usui Ryoho Reiki.

### The Legend and History of Dr. Mikao Usui

Mikao Usui was born in 1865 to a wealthy Buddhist family. He studied in a Buddhist monastery, where he learned many practices including martial arts and Chi Kung. He also traveled and visited America, Europe, and China.



**Dr Mikao Usui**  
Founder & 1st Grand Master

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<sup>1</sup> It's interesting to note that some Reiki experts believe this book is a legend, as no copies of the book currently exist although it appears in numerous Reiki histories.

Dr. Usui always had an interest in healing and medicine, and he sought a form of hands-on energy healing that was accessible to everyone regardless of belief system or religious background. He was married to Suzuki, and he had two children, a boy and a girl. And while he was studious and careful, his memorial stone notes he faced great adversity in his life, which he used as the impetus for personal growth and courage.

In the 1920s, Dr. Usui went to a cave on Mt. Kumara to pray, fast, and meditate, which he did for 21 days. On the morning of the 21<sup>st</sup> day, he had a mystical experience where he received enlightenment. He saw light and symbols on the cave wall. From these, he developed a system of hands-on healing, which eventually made its way to the west as Western Reiki, but also carried on in Japan in its original form. While Western and Japanese Reiki have the same origin, they vary vastly in the practices that surround them. We will explore this further as we go through the history of Reiki in the West.

According to legend, on the last day in the cave as he prayed Usui-Sensei asked to be shown the light. Suddenly, a bright light appeared in the sky and came rapidly towards him, hitting him on his forehead, at the third eye chakra. He was knocked unconscious, and in this altered state saw a vision of the same symbols he had found in the Sutras.

Legend says when Usui regained consciousness, he returned down the mountain. On his descent, he stubbed and cut his toe, he instinctively placed his hand on the toe and the bleeding and pain stopped immediately.

At a nearby village he stopped to eat and rest. He was able to eat a healthy meal without any stomach pain despite his 21 days fasting. The girl who served Usui the meal was suffering from a toothache. Usui asked if he could place his hands on her swollen face, she agreed, and he was able to ease the swelling and pain. Usui returned to the monastery and found his friend, the Abbot in bed suffering from severe arthritis. Again Usui was able to relieve the pain. Usui called this gift Reiki, the Japanese word for universal life force.

These experiences became known as the four miracles, and no historical or written fact exists to support them, but they are often shared in the West as part of the Legend of Dr. Usui. However, Dr. Usui's memorial stone notes that he tried his new healing system on his family to great success and realized he needed to spread it to the world so all could be healed.

Dr. Usui established a clinic in Kyoto and later a school for training Reiki practitioners called a *Gakkai*. On Usui Sensei's memorial stone, his students wrote a long memorial sharing the history of their sensei. The stone tells the story of a great earthquake in September of 1923 that caused great injury to many, and of the healing Mikao Usui provided (he "cured and saved innumerable people" ) to many who had been injured in the event.

His students also noted on his memorial stone elements of Usui Sensei's personality, calling him "gentle and modest" with a physical bearing that was "large and sturdy." He was well versed in

world religions including Christianity, Taoism, Shinto, and Buddhism, as well as in the art of divination and psychology.

As news of his work spread, Usui-Sensei traveled throughout Japan at the invitation of others. It was on one such trip when he was in Fukuyama that he became suddenly ill and died on March 9, 1926 at the age of 62.

Before his death in 1926, Dr. Usui taught more than 2,000 students, who could carry on the tradition. One was Dr. Chujiro Hayashi, who is the next important player in the spread of Reiki into the west.

### Dr. Chujiro Hayashi



Reiki was extremely effective, and news of the healings spread far and wide in Japan. In fact, it was so well-established as a healing modality that it was extremely popular among officers of the Japanese Navy.

This is how Dr. Chujiro Hayashi came to be a student at Usui-Sensei's Gakkai. Chujiro Hayashi was a doctor and retired Navy physician. He graduated from the Naval Academy with a degree in medicine in 1902. While in the Navy, Hayashi learned about Reiki from some of his fellow physicians who had trained with Dr. Usui.

In 1925, when he was 46, Dr. Hayashi became a Reiki Master, trained and attuned by Usui-Sensei. Dr. Usui asked him to establish a clinic to carry on his teachings, and Dr. Hayashi opened his clinic in Tokyo, eventually expanding with additional clinics in other cities. It was in one of his clinics where he taught Hawayo Takata. He then went to visit her at her home in Hawaii, where he continued her teaching.

It is here where it becomes impossible to separate the history of Reiki's spread to the West from the anti-Japanese sentiment that arose during World War II as well as Japan's suspicion of

America. The two countries were enemies, fighting on different sides of a war. Yet Hayashi, a former Naval officer, spent several months in Hawaii with his student, teaching her Reiki. As a Japanese citizen and former officer, Dr. Hayashi was expected to be loyal to Japan. So, when he returned home, the government asked him to share secrets about the United States. Unable or unwilling to do so, he was accused of being an American spy. On May 11, 1944, Dr. Hayashi committed seppuku (ritual suicide) which was considered an honorable act.

### Hawayo Takata

Mrs. Hawayo Takata brought Reiki from Japan to the West in 1937 and continued to practice and teach until she passed away in 1980.

This is a summary of Madam Hawayo Takata's version of her years leading up to her contact with Reiki at the Hayashi clinic.

Madam Takata stated that she was born on December 24th, 1900, on the island of Kauai, Hawaii. Her parents were Japanese immigrants and her father worked in the sugarcane fields. Takata married the bookkeeper (Saichi Takata) of the plantation where she was employed and they had two daughters. In October 1930 Saichi died at the age of 34.

After five years of long hours of labor to support her family, Takata developed severe abdominal pain and a lung condition, and had a nervous breakdown. Soon after, one of Takata's sisters died, and it was her responsibility to travel to Japan, where her parents had resettled to deliver the news. After informing her parents, Madam Takata entered a hospital and stated that she was diagnosed with a tumor and gallstones, appendicitis and asthma. She was told to prepare for surgery but chose to visit Hayashi's clinic instead.

Madam Hawayo Takata



Madam Hawayo Takata  
*Third Grand Master*

Madam Takata was unfamiliar with Reiki but was impressed that the diagnosis from the Reiki practitioners at the clinic closely matched the doctors at the hospital. She began receiving treatments.

Takata wanted to learn Reiki in order to continue treating herself and also to take it back to Hawaii to share with others. Hayashi allowed Takata to work at his clinic and also began giving her Reiki training. Takata worked one year at the clinic and eventually received the Shinpiden degree (Reiki Master). Hayashi officially acknowledged this in Hawaii on February 21, 1938, and also stated that she was one of thirteen Reiki Masters trained by him.

Takata practiced Reiki in Hawaii, opened several clinics, one of which was located in Hilo on the Big Island. She gave treatments and initiated students up to Reiki II. Takata became a renowned healer and travelled to the U.S. mainland and other parts of the world teaching and giving treatments. She attributed her success to the fact that she performed a lot of Reiki on each healing partner. Hawayo Takata would often do multiple treatments on a healing partner, each sometimes lasting hours, and often initiated members of a healing partner's family so they could give Reiki to the healing partner as well.

While Western Reiki was discovered and initially cultivated in Japan, when Hawayo Takata brought it to the west, she removed many of the cultural elements that are inherent in the Japanese practice. The practice became much more practical and easier for westerners to follow. The westernization of Reiki tailor-made the practice for the western mindset, a fact that is likely responsible for how far and wide it has spread in the western world.

There are several reasons why Hawayo Takata may have Americanized the practice. First, she was Japanese American, and therefore had one foot in both cultures. She was raised in a Western culture, and therefore she likely struggled to understand or embody some of the cultural mindset of Japanese people. But this also allowed her to understand the Western mindset and create a practice that made sense to Westerners, particularly Americans.

Another important aspect of why so much of Japanese culture was removed from Western Reiki likely has to do with World War II and the internment of Japanese Americans during the war, as well as suspicion of anything remotely Japanese at the time and for many years after. As a Japanese American practicing a Japanese healing art, Hawayo Takata had learned from a Japanese Naval officer just a few years before the bombing of Pearl Harbor, it is likely that she felt she needed to hide the very Japanese nature of the practice in order to keep herself and her family safe. In fact, while she quietly practiced Reiki in Hawaii, she didn't start teaching and passing on the Reiki traditions and teachings until the 1970s when she taught 22 students. At first, her students were only Japanese Americans, but as she neared her death, she taught others as well.

A sign discovered in the Hilo, Hawaii home where Takata practiced her Reiki appears to evidence some of this. The fading paint on the sign lists it as "Hawaii Health Studio - steam baths, Swedish massage, nerve gland shortwave treatments, H. Takata," but underneath that paint, you can clearly see the original wording that said, "Reiki Massage, Swedish Massage H. Takata" (plus Kanji characters that translate to Takata Reiki Clinic) was painted over. The removal of the Japanese term Reiki and the Kanji characters is significant given the anti-

Japanese sentiment in America at the time. While it's unknown when the sign was painted, one could venture a guess that it was sometime in the 1940s.

I can only imagine the bravery it required for a Japanese American during and after WWII in Hawaii to continue to practice her Japanese healing art.

Meanwhile, in Japan after WWII when Japan was occupied by the Allied Powers, the Supreme Commander of the Allied Powers banned many of Japan's cultural practices that seemed to the Western mind of the time to be "backward" (including folk medicine practices and healing arts like Reiki and Japanese martial arts like Aikido and Judo). Instead, only Western medical treatment was allowed. However, some continued to practice Reiki in secret. These brave practitioners continued to quietly forward the practice and teaching of Reiki in postwar Japan. Hawayo Takata and the Japanese practitioners carried the Light of Reiki within them during dark times and then emerged to teach Reiki that spread to millions of people worldwide over the course of the next 75 years.

After 1970, Hawayo Takata began initiating Reiki Masters for a fee of \$10,000 for the weekend training. This high fee was not a part of the Usui system. Takata may have charged this fee as her way of creating a feeling of respect for Reiki. Takata believed that treatments and training should never be given for free. Takata also stated that one must study with one Reiki teacher and remain with that teacher the rest of one's life. In addition, Takata did not provide written instructions or allow students to take notes or to record the classes. Students were not allowed to make written copies of the Reiki symbols. This may be her way of honoring or protecting Reiki, or it could have been left over from her years of practicing during a dicey time in Japanese and American relations.

Takata attributed these restrictions to the notion that Reiki was an oral tradition and that everything must be memorized. It is not certain why Takata said Reiki is an oral tradition or why she taught Reiki this way. Based on research, these rules were not a part of the way Mikao Usui or Chujiro Hayashi practiced Reiki. Mrs. Takata received a Reiki manual from Dr. Hayashi. In addition, Hawayo Takata taught Reiki differently than how she had been taught by simplifying and standardizing the hand positions so that every treatment would be the same. She called this the "foundation treatment," with eight hand positions. It gave Westerners an easy system to follow that ensured each treatment was as effective as possible.

Before Mrs. Takata died on December 11, 1980, she had initiated 22 Reiki Masters. These 22 Masters began teaching others with the promise to their teacher that they would continue teaching Reiki in the same manner she had.

After Hayashi died and World War II ended, Hawayo Takata stated that all the other Reiki Masters in Japan had died during the war and that she was the only Reiki Master in the world. Most people refrained from researching the history of Reiki, assuming Takata was the only authority.

Many of the Masters Takata initiated also discouraged people from doing such research, stating that it was not needed, as their knowledge of Reiki was complete. After WWII, eastern medicine in Japan was discouraged by the US government and Reiki practitioners became more secretive with their practice. The linguistic, cultural, and geographic barriers that separated the United States from Japan, made verifying the accuracy of Takata's claim difficult. Most individuals did not realize that the organization started by Usui-Sensei still existed in Japan and that contact with them, while difficult, was still possible. Like any information that is transmitted, it is altered and over the last two decades, new information has become available regarding the history of the development of Reiki.

The exclusive nature of Reiki organizations in Japan made Reiki less accessible with individuals travelling to the US to learn it. Reiki practiced in Japan and in America is a blend of both western and Japanese Reiki. Hawayo Takata is credited for helping Reiki flourish to the degree that it has in the Western Hemisphere.

Over time, some of the Masters that Takata trained began lowering their course fees. This also corresponded with changes in how Reiki was taught, allowing the wisdom of Reiki to guide sessions. Reiki classes became more open with workbooks, notes, and recordings. Students were encouraged to seek out more than one teacher. This shift helped Reiki to become widely taught and it is estimated that there are over one million Reiki Masters in the world today with well over four million practitioners.

### Reiki in Japan After WWII

As previously mentioned, after WWII when Western powers occupied Japan, there was a push to remove many of Japan's cultural and religious practices. Folk healing practices such as Reiki were discouraged and, in many cases, outlawed by the powers that be. Many healing societies and schools went into deep hiding and their membership dwindled, but a few dedicated healers quietly carried on the tradition.

So, it was with the Usui Reiki Ryoho Gakkai, which carried on in secret and became closed to new membership, only re-emerging when it was safe to do so. According to William Lee Rand<sup>2</sup>, during this time Japanese citizens interested in learning the healing art had to travel to Hawaii to learn Reiki before returning to Japan. This led to many Japanese forms of Reiki being taught as an amalgamation of Western and Japanese Reiki practices and philosophies.

But the members of the original Gakkai carried on with their practices, as well, so today in Japan you'll find not only Reiki practitioners who use a combination of Western and Japanese traditions, but some who practice Reiki in its purest form as taught by Usui-Sensei and Dr. Hayashi.

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<sup>2</sup> <https://www.reiki.org/articles/western-and-japanese-styles-reiki>

## Differences Between Japanese and Western Reiki

In Japanese, Reiki means "invisible energy with mysterious power," and Ryoho means "therapy". While people often connect Reiki to Buddhism, it's not based in any religion and is meant to be accessible to anyone who wishes to use it for healing. It does draw some of the practices and philosophies from Shinto, a cultural and religious movement from Japan that deeply influences the Japanese culture.

There are several hands-on healing practices that emerged in Japan throughout its history, and some are similar to but not the same as Reiki.

What makes Reiki different from these other hands-on practices is that it is a universal energy that is accessible to anyone. Your attunement(s) create a clearer channel to access the energy, but even those who are not attuned can access Reiki energy. This must be so, as Mikao Usui was never "attuned" and yet he connected with the energy and used it spontaneously. Attunement is a practice from Western Reiki, which, while based in some of Mikao Usui's principles, is quite different from the practices he shared in his *Gakkai*.

## Hand Positions

The Reiki hand positions are an invention of Western Reiki. In Japanese Reiki, practitioners rely on intuition and feedback from their healing partner's energy field to direct where to place the hands and for how long.

Hawayo Takata added the hand positions as she taught Western Reiki, most likely to standardize the treatments so they were very easy to follow for anyone without having to rely on their intuition. Western Reiki is a very standardized version of Reiki, so it is easy for anyone to practice.

In Western Reiki, we use hand positions to ensure the Reiki is channeled appropriately, and we hold each hand position for three to five minutes. In Japanese Reiki, practitioners work intuitively and listen to feedback in their hands called *byosen*. They hold their hands over a particular spot until the byosen shows them the energy has calmed or released and they can move their hands to a different spot. Sometimes a Japanese Reiki practitioner will remain with hands on a single location for the entire treatment.

## Attunements

In Western Reiki, we "attune" new practitioners to the energy. In Japanese Reiki they have an initiation called *Reiju*. Reiju means "granting the soul," and it is similar to a Western Reiki attunement. In attunement and Reiju, the teacher reminds the student of who they are (one with Source or the universe). This makes the Reiki energy pathway clearer and larger so Reiki can flow more quickly and efficiently.

In Western Reiki, there is one attunement for each degree. In Japanese Reiki, Reiju is completed frequently to help the practitioner remain a clear channel for the energy.

## Symbols

Japanese Reiki also has slightly different Reiki symbols - and only three as opposed to four<sup>3</sup>. Which one is not used in Japanese Reiki? The master symbol. Nobody is exactly certain when the master symbol was added to Western Reiki, but a best guess is that Hawayo Takata added it at some point in her teachings as she Westernized the healing practice.

The master symbol consists of standard Kanji symbols that roughly translate to "great enlightenment." In Western Reiki, it is believed that attunement to this symbol allows the student to become a teacher and have the power to attune others to Reiki as well. In truth, it's likely the intention and openness of both the teacher and student along with the Reiki energy itself that creates this attunement.

Japanese Reiki, teachers work with their students over a period of time providing an initiation that strengthens and cultivates Reiki energy by clearing the pathways so the Reiki can flow more strongly and efficiently. In *This is Reiki*, Frank Arjava Petter describes his series of attunements he received while studying Japanese Reiki (he had already taught and practiced Western Reiki for many years) as being something they started every class with as a means of cultivating the energy in all the students. He was attuned multiple times over the course of weeks.

Therefore, in Japanese Reiki, there is no "master" attunement, but rather a series of initiations to cultivate and grow Reiki as the student learns.

To become a Reiki teacher in Japan, they must practice for a long period (often years) and show that they are adept at cultivating the energy and understanding the needs of their healing partners. Only when a teacher sees that their student has an aptitude for the mindset and practice do they confer student teacher status. And it may be weeks, months, or years as a student teacher before they become a teacher themselves, capable of teaching the healing art to others.

This is quite different from Western Reiki where the only requirement to reach the Master-Teacher Degree (Shinpiden) is attunement to First and Second Degree Reiki (Shoden and Okuden). People can be "Reiki master-teachers" without ever even having provided a Reiki treatment to another person or even received one themselves. Sometimes in the West, people are attuned to all three degrees in a single day.

So, to summarize: the Reiki master symbol consists of basic Kanji characters and was added to Western Reiki, likely to help students feel more empowered since we teach Reiki so rapidly instead of working over a period to cultivate Reiki in our students. Likewise, we sort of do "fast food" Reiki in the West, where in Japan Reiki is more like the slow food movement; it takes time to cultivate the energy and become gifted and skilled in all the practices that can bring about

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<sup>3</sup> You'll learn the Reiki symbols in Second Degree Reiki and Master-Teacher Degree.

deep healing. Neither is inherently better than the other – they are just two types of the same practice.

## Your Usui Ryoho Reiki Lineage

Mikao Usui

Chujiro Hayashi

Hawayo Takata

Bethel Phaigh, Diane McCumber, Marlene Schilke, Cherie Prasuhn, Leah Smith, Phyllis

Furumoto (all taught)

William Rand

Elizabeth Gilbert

William Tupkal, Ann Mayner (both taught)

Pam Shelly

Lisa Powers, Howard Batie (both taught)

Karen Frazier

## Five Principles of Reiki

The five principles of Reiki are called *Gokai*. Chanting them every morning and evening while sitting *seiza* (resting on knees with your bottom on your heels) and hands in *Gassho* (prayer position) empowers and strengthens the flow of Reiki healing energy and invites happiness.

*Just for today, I will not worry.*

*Just for today, I will not anger.*

*Just for today, I will do my work honestly.*

*Just for today, I will be grateful for my many blessings.*

*Just for today, I will be kind to my neighbor and every living thing.*

These are the five basic principles of Reiki. I recommend you meditate on these principles daily in the morning and the evening. While you may not hit your target every single day living every single principle, continued meditation on the principles will help you move in a positive direction, which will help you in your life and your practice of Reiki. Meditation on these principles will bring your consciousness to these tenets, helping you as you work to integrate them into your life.

It's not necessary to memorize the exact wording of the principles. In fact, you'll find them written in many different ways, but the gist is the same...

*In this moment...*

*Don't worry.*

*Don't anger.*

*Live in truth and integrity.*

*Live with gratitude.*

*Seek to live with kindness and compassion.*

In Japanese Reiki, they believe in *Kototama* (word spirit) in which the spoken word has power, so seeding the Japanese principles (in their native language) throughout your day can bring great power that allows energy to manifest into the world. This is a Shinto concept.

If you'd like to cultivate Kototama, you can also chant the Reiki principles in their original Japanese:

*Kyo dakewa* – (Just for today)

*Ikaru na* (Do not be angry)

*Shinpai suna* (Do not worry)

*Kansha shite* (Be grateful)

*Gyo o hagame* – (Do your duties)

*Hito ni shinsetsu ni* – (Be kind to others)

## Your Path to Reiki

Everyone's path is unique, and you are walking yours. Because you have been drawn to the practice of Reiki, there is something there that will further you along your path for your greatest good. Likewise, as you share Reiki with others, it is because they have arrived in a place where they are ready to receive this energy because it serves the greatest good along their path, as well.

Regardless of why people come to Reiki, the energy is in their lives for a reason, just as it is in your life. Once you are attuned to a Reiki degree, you will be attuned for life. Even if you go for years without practicing Reiki, when you are ready to engage the energy again it will flow through you.

## Attunement and Degrees

As part of your Shoden (First Degree) Reiki training, I will attune you to the Reiki energy. This makes you a clearer channel for the energy. During this attunement, I will attune you to Shoden Reiki. I recommend that you work with the Shoden energy for at least three months before you seek Okuden (Second Degree) attunement. During that time, I recommend you work with Reiki energy daily, giving yourself daily treatments and working with others, as well.

The Okuden Reiki attunement aligns you with the power of the Reiki symbols. You will need Okuden training at this time so you can learn the symbols, as well as how to use them. After your Okuden attunement and training, you will be able to use Reiki across distance and time, as well as to deepen your Reiki practice for yourself and others. I recommend at least six months of Okuden practice before you receive your Shinpiden (Master-Teacher) Degree training and attunement.

Your Shinpiden Degree attunements aligns you with the power of the Reiki master symbol. It also attunes you to the energy that allows you to attune others to Reiki. After your Shinpiden attunement and training, you will be able to teach and initiate other Reiki students into the various degrees of Reiki healing practice.

I prefer the Japanese practice of more than one Reiki attunement, so for the 21 days following each attunement, I will attune you every evening at 8 PM Pacific time. If you remember to do so, please sit down with hands in Gassho for 10 minutes or so during that time and allow yourself to feel the attunement. If you aren't able to, don't worry. The energy will still reach you just as it did during your original attunement.

## Preparing for Your Attunement

Your Reiki attunements will bring about great change in your energy field. While you don't need to prepare for them, you may wish to consider the following within 48 hours of your initial attunement for each degree:

- Refrain from alcohol and mind-altering substances

- Avoid processed foods
- Eat fresh, whole foods
- Meditate daily for a week

### What to Expect

During your attunement, I will use Reiki symbols and energy to attune you to the appropriate degree of Reiki. This will strengthen your connection to the energy so you can call upon it during healing sessions.

It will take about 10 minutes to attune you, and we will do it during your Shoden, Okuden, or Shinpiden training. You will sit with your eyes closed. I will move around you, sometimes drawing symbols or moving your hands. You may feel relaxed, notice swirling lights, or you may notice nothing at all. Afterward, you will notice that Reiki flows through your hands, enabling you to perform Reiki treatments on yourself and others.

While I enjoy doing attunements in person, I realize that it isn't always feasible – especially when I teach Reiki online. In those cases, I may do an attunement using the distance attunement process. Put your hands in Gassho and relax with your eyes closed during the attunement. If you have to get up during your distance attunement, don't worry. Just return to your quiet place as soon as possible. No matter what you are doing during your attunement, it will still work and you will still be attuned to Reiki, since intention is what truly matters.

### Detoxification

There is a 21-day detoxification process after each degree of Reiki attunement. During that time, you may notice symptoms such as a stuffed up nose, aches and pains, or even mental or emotional symptoms. This occurs because your body is flushing toxins and emotions that don't serve you. Give yourself daily Reiki treatments during this process to ease symptoms and help speed the healing process.

During this time, it is important you meditate daily, as well. Meditation doesn't necessarily mean sitting quietly in the lotus position chanting, "om," (although it can if you want). Instead, find a meditative practice that allows you to get out of your head and be present, whether that is movement meditation, relaxing quietly, or getting lost in music. You can combine your daily Reiki session with meditation if you wish. You can find many videos on YouTube that have a Reiki three-minute timer and music that allows you to move through the hand positions during your daily Reiki practice.

During your 21-day detox, you should also drink plenty of fluids to help you flush toxins. Listen to your body, be gentle with it, and try to get plenty of sleep. Pay special attention to your dreams during this time, as the energy may try to communicate with you during sleep.

Reiki works with body, mind, and spirit. Therefore, you may notice other changes on any level. Open your heart to these changes knowing that the Reiki energy is working for your highest

good. You may notice emotional reactions, vivid dreams, new insights or ideas, increases in intuition and psychic energy, or other reactions. Simply allow these to flow through you, caring for yourself as needed during this process. You will intuitively know how to best treat yourself, so please pay careful attention to these cues and be gentle with yourself.

While some of these symptoms may be unpleasant, ultimately it is aligning you with your highest good. Keep this in mind as you go through your detox.

### Channeling Reiki

As you provide the Reiki to yourself and others, you are not sending it – but rather the recipient is drawing it in, and you are merely a channel for the energy. It is important to always be aware of this, and to express gratitude to Reiki and to the recipient for allowing you to channel the energy, which is ultimately healing for both you and your subject.

Because the Reiki comes through you and not from you, the process will not tire you out, because it is not your energy you are supplying for healing. In the beginning, some practitioners may notice odd sensations when channeling Reiki. For example, in my first several sessions, I experienced intense hot flashes as my body became accustomed to the process. You may also notice pulling in your hands, heat, or other sensations. With time, these will lessen and the process will be more comfortable.

It is important when you are channeling Reiki to allow it to go where it needs. Don't try to diagnose or set conditions on how the Reiki flows through you and to the recipient. Likewise, because the Reiki is flowing through you, you will not take on your subject's condition.

As you continue to channel Reiki, you may notice your intuitive abilities increase. This is natural, and, in many cases, desirable. While in the beginning I recommend you use the Reiki hand positions to conduct full sessions, as you continue in your practice you may notice that your hands will be drawn to certain areas. Follow these instincts, remaining where your hands draw you until you instinctively know it is time to move on. Ultimately, it helps to know that there is no wrong way to channel Reiki energy, and that the energy always goes where it is needed for the highest good of the subject.

### How to Use Reiki

Once you are attuned to Shoden, you have many options for using and practicing your Reiki.

- Use Reiki with pets and animals
- Use it on seeds and plants
- Use Reiki on your food and drink
- Use it to cleanse crystals
- Use it to heal relationships and situations
- Use to to cleanse rooms and areas
- Use it with affirmations and goal setting

- Use it to change the energy of the situation
- Help friends or family
- Reiki electronics to help them work better

The applications are endless once you make Reiki a part of your life. Wherever you intend to help, Reiki can help. Everything can receive Reiki, but remember – always ask permission first. If someone or something doesn't want Reiki, it will let you know and you should honor that.

## Meditation

It is helpful for Reiki practitioners to engage in daily meditation. While many traditional Reiki masters insist on a certain type of meditation, I believe that any type of meditation will work as long as you take the time daily to be present-time focused.

### Gassho

Usui-Sensei and Takata-Sensi (and other Reiki masters) recommend using *gassho* for meditation. Gassho is a form of meditation in which you hold your hands in prayer position with your fingertips at eye level. Focus on the tips of your middle fingers. If you feel your focus start to shift, gently bring your attention back to them.

### Other Forms

Try any of the following for meditation:

1. Sit comfortably and focus on your breath. If your attention drifts, bring your attention gently back to your breath.
2. Sit comfortably with your eyes closed. Focus on your third eye, which is a spot on your forehead. Watch as images form here and then let them drift away.
3. Close your eyes and allow yourself to get lost in music.
4. Try movement meditation, such as walking a labyrinth or any type of exercise in which you are focused on the present moment. If thoughts arise, let them drift away.
5. Use a guided meditation. I have several free guided meditations under the Meditate menu tab at [AuthorKarenFrazier.com](http://AuthorKarenFrazier.com).

## Self-Treatment

Your earliest experiences in channeling Reiki will be with self-treatment, although you can start sharing Reiki with others right away if you wish. Hawayo Takata always taught her students to start their healing practice with themselves, providing Reiki self-treatments daily. I've been performing Reiki for several years, and I still practice daily self-treatments in conjunction with my meditation. In fact, whenever I'm sitting still – such as reading a book, meditating, riding on the car (not driving), or watching a movie (or lying in bed drifting off to sleep), I have my hands somewhere on myself channeling Reiki.

You'll hear many Reiki practitioners say that they don't have time to provide Reiki self-treatments. However, before you can help others to heal, you must first heal yourself. Even if you only have five minutes per day, use that time to place your hands on yourself and allow the Reiki energy to flow. This will not only help you master the skills needed for Reiki, but it will help to keep your energy flowing freely and improve the health of your body, mind, and spirit.

Whenever possible, perform a full Reiki self-treatment, which includes 13 hand positions (see hand-out). To start and for your first 21 days, hold each hand position for three to five minutes. This is why Reiki is a discipline – because to help others heal you must have the discipline to put in the time and practice to heal yourself. On busy days, you can hold your hands in the positions for one minute each, or even just channel Reiki to a specific area for about five minutes. However, try at least a few times per week to complete a full self-Reiki session.

Think about Reiki self-healing sessions as just another form of personal hygiene – like bathing or brushing your teeth. When you combine it with daily meditation, you'll find you can make Reiki a part of your daily life, no matter how busy you are. In a pinch, consider the following:

- Practice Reiki while you watch TV.
- Give Reiki to your food and water for a minute or two before you eat or drink it.
- Practice Reiki with one hand while you're reading.
- Give yourself Reiki as you drift off to sleep.

## Your Healing Partner

As soon as you are attuned to Reiki, you can begin channeling Reiki to others. I like to refer to the others you are working with as your healing partner because Reiki is a collaboration between the one channeling the Reiki and the one receiving it. I feel this is a more appropriate term than “client” or “patient,” because it better describes the partnership that occurs.

## Treating Others

It’s important that you treat your healing partner in the proper environment. Choose a place that is soothing, calm, and comfortable. The basic hand positions require your subject be lying on a treatment table, but you can also perform Reiki with them sitting on a chair.

Because you will be performing the Reiki for about an hour, make sure the room is comfortable for you, as well, and that you will be in a position where you can comfortably hold your hands on or slightly above the person for three minutes before moving to the next hand position.

Some things to consider for the treatment environment:

- Room temperature
- Scents and aromas
- Noise
- Light levels
- Physical comfort
- Free of distractions

If you’re using a treatment table, have two pillows available (under the head and under the feet), and have a blanket ready if they get cold. You’ll also need cold water ready to give your healing partner to drink when they are finished with the treatment, which helps ground them. Use calm, soothing music to help you know when to move your hands and to help relax your healing partner. You may also want to use an aromatherapy diffuser with a meditation or relaxation blend.

Before you begin working with your healing partner, tell them what to expect. Ask for permission to lay your hands lightly on them. If they are uncomfortable with touch, you can also hold your hands a few inches above them. I also always ask if there is anywhere they’d prefer I not place my hands and, in those spots, I hover my hands instead of doing direct touch.

You’ll also need something to clean the table nearby, as well as tissues because sometimes Reiki sessions can cause emotions to arise.

## Performing a Session

Remove all your jewelry and ask the subject to remove theirs, as well. Ask your healing partner to make themselves comfortable on the treatment table, lying on their back. Their legs and arms should be uncrossed, and neither of you should be wearing tight clothing.

To perform a session:

1. Before your healing partner arrives, meditate for a few minutes to focus.
2. If it's a new healing partner, take a detailed history.
3. Talk to your healing partner about things they might expect. They may feel warmth, relaxation, emotional responses, a rumbling stomach, they may see swirling lights, they may fall asleep, or they may not experience much. All reactions are valid reactions.
4. Ask for permission to touch.
5. Begin by sweeping the subject's aura, either while he or she is still standing, or when they are on the treatment table. Flick any energy into the earth from your fingertips.
6. Have the subject lie on their back comfortably on the table.
7. Stand at your healing partner's head with your hands in prayer position. Close your eyes and connect to Reiki energy. Set your intention for the session, remembering that Reiki is flowing through you. An example of intention would be, "Reiki will balance the healing partner's energy for their highest good."
8. Once the energy begins to flow, use the hand positions in the handout, holding each for three to five minutes, or until you feel it is time to move on.
9. When you have completed the hand positions, close your eyes in prayer position and ask if there is anywhere else you need to treat. Move your hands there for three to five minutes. Continue to do so until you feel the session is over.
10. Close your eyes and hold your hands in prayer position. Silently give thanks to Reiki and your healing partner for the healing that has taken place.
11. If your healing partner has fallen asleep, gently tap them on the shoulder and help them come to a seated position.
12. Offer your healing partner a glass of cold water to help them ground themselves after the session.
13. Run your hands under cold running water or touch the bare earth to ground yourself and disconnect your energy from your healing partner's.

## Cautions

Consider the following cautions:

- It is not your role to diagnose. Never provide a diagnosis to your healing partner. You can say something like, "I'm working with some energy in this area," but never offer any diagnosis. Refer your healing partner to a physician for appropriate diagnosis.
- Don't perform Reiki on someone with a pacemaker, because it may disrupt the rhythm of the pacemaker.
- Make sure your healing partner sees their doctor for conditions and follows the doctor's recommendations, as well. Never counter a doctor's recommendation.
- If you are performing as a Reiki practitioner for pay (usually Okuden and Shinpiden), make sure you have all business paperwork in place for your local jurisdiction. Follow local licensing laws. Maintain comprehensive files and notes for each healing partner and session, including intake paperwork (available with Okuden training).

## Quick Sessions

Sometimes you need to perform a quick Reiki session that doesn't take the full hour. You can use a quicker, seated session in these cases. You can even treat a specific area as requested by your healing partner, as long as both you and your healing partner realize Reiki will go where it's needed.

## Working With Byosen

If you'd like to try a more Japanese style of Reiki, you can place your hands in one spot and pay attention to the feedback you receive from your healing partner as a sensation in your hands.

To get started, talk to your healing partner and discuss with them where they have areas of concern. Then, place your hands there, or place your hands where you are intuitively guided to. Hold your hands lightly in that position and notice the sensations you feel in them. You may notice the sensations in your fingers, palms, backs of your hands, wrists, forearms, upper arms, shoulders, or throughout all these locations.

You'll likely notice one of five different sensations:

- **Heat – Byosen level 1.** This shows the Reiki is flowing normally, and your healing partner is drawing it in. Once your healing partner has received the amount of Reiki needed in that location, you'll notice a sustained cooling sensation in your hands to about body temperature, and you can move them to a new position. Even a healthy body part will often register at level 1 for a while because everyone could use a little Reiki.
- **Strong heat – Byosen level 2.** This is still within normal treatment limits – it shows your healing partner is drawing substantial Reiki. The goal is to feel the strong heat lessen and eventually cool to level one or body temperature so you can move your hands, but chances are your hands will remain in that position longer as they need more energy.
- **Tingling – Byosen level 3.** This will feel like your hands are falling asleep. Tingling shows there is even more energy needed, likely due to a more severe energetic imbalance (or possibly even symptomatic pain or illness). Again, the goal is to have your hands move from tingling to heat and eventually to coolness, which can take quite a while.
- **Pulsation and/or cold – Byosen level 4.** This is indicative of a deeper-seated issue that may require long treatment plus several daily treatments. It's usually energy that has been stuck or unbalanced for quite a long time, and as such it may require patience to resolve. You may hold your hands in this position for an entire treatment and it may require additional treatments as well.
- **Pain in the hands, arms, and shoulders – Byosen level 5.** If you feel pain in any part of your hands, it is byosen level five, which is often indicative of a severe condition. This may take significant time and effort to bring balance to this area.

As you experience the byosen feedback, you'll notice that it may move in waves from one level, slightly down, then back to the original level, etc. Hold steady and simply notice – these waves

are natural. If you settle at a byosen level for several minutes after lots of waves, you can guess that this is where the energy has leveled out.

Ultimately the goal is that the wave troughs down at the lower level last longer and the peaks at the higher level are shorter. Ultimately, the goal is to feel the byosen steadily drop level by level until your hands have just a general warmth that's close to body temperature. If you start at byosen level 5, you may not drop all the way to level 1 in a single session, but hopefully in the next visit, the level 5 won't last as long, or they will begin the next session at level 4.

Recommend your healing partner stay with sessions until they reach level 1 at the start of their session and remain there for several minutes. If you're working with someone who is at level 5 who drops to level 4 by the end of the session, have them come back the next day. You'll quickly know whether the drop has remained or if they have returned to level 5. When you're ending sessions at level 3, 4, or 5, you'll probably want your healing partner to receive frequent treatments until they consistently end at a 2 or 1. Then, you can stretch it out to less frequent sessions until they can be at 2 or 1 for an entire session.

Please note that byosen is *not* a diagnostic tool. It simply shows you how much Reiki that person is drawing and serves as a guide for how long to hold that hand position and how often your healing partner should seek treatment.

## Reiki Is for Everyone

With the information in this manual, what you've learned in your class, the handouts, and your Shoden attunement, you are now able to channel Reiki for yourself and others. Practice regularly to keep the Reiki flowing, always keeping in mind that the energy you channel will help your subject achieve the best and highest good.

By making Reiki practice a regular part of your life, you can begin to grow spiritually, heal physically, and contribute healing energy to the universe.

## About Karen



Karen Frazier is the author of books about metaphysics, crystal healing, energy healing, Reiki, psychic phenomena, and dream interpretation. Her books have been translated into multiple languages and sold around the world.

Karen is an intuitive energy healer and mentor who is a Shinpiden level Reiki teacher, a Raku Kei Reiki teacher, a Karuna Ki Reiki teacher, a Crystal Reiki teacher, and a certified animal Usui Reiki Ryoho practitioner, as well as an ordained minister for the International Metaphysical Ministry.

She has also extensively studied and taken professional-level courses in numerous energy, alternative healing, metaphysical, and divination techniques and concepts including subtle (energy anatomy), quantum touch, aromatherapy, sound healing, Tibetan instrument sound healing, biofield tuning, Reiki sound healing, vocal sound healing, holistic herbalism, metaphysical healing, hypnotherapy, crystal healing, tarot, numerology, astrology, Jungian dream interpretation, metaphysical dream interpretation, psychic dream interpretation, life coaching, hypnotherapy, and meditation.

Karen has studied many world religions including Taoism, Buddhism, Tibetan Buddhism, Hinduism, Kabbalah, Judaism, and Christianity. She holds a Bachelor of Metaphysical Science (B.MSc) and a Masters of Metaphysical Science (M.MSc) as well as a PhD in Metaphysical Parapsychology. She is currently working on her doctoral dissertation to earn her Doctor of Divinity (DD) in Spiritual Healing.