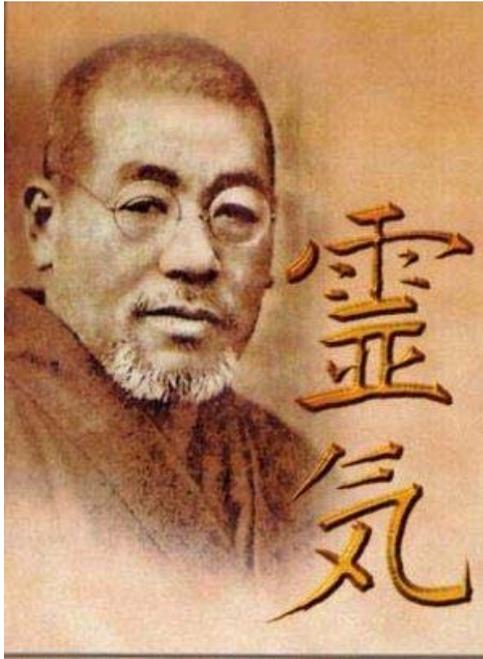


# Reiki Level One





## What is Reiki?

Simply put, Reiki is the power of The Universe, channelled by the laying on of the practitioner's hands. We call ourselves Reiki Channels.

Through that channelling, Reiki raises the body's vibration, accelerating the natural healing ability of the body - sometimes phenomenally. Reiki's gentle but powerful healing energy brings renewal, harmony and balance for the mind, body and spirit.

Like electricity it can't be seen, yet its effects are just as profoundly felt.

## Reiki and religion

Throughout this training manual, you'll hear me refer to God, The Universe, Source, The Divine, All That Is - all with the same reverence and meaning. Reiki has no religious boundaries.

## Reiki and what you can do with it:

**Reiki is like having your own first aid kit in your hands.** Whether it's bites, burns, stings, someone falling off a horse, me falling off a horse, or coming on an accident somewhere, Reiki is the first thing that I do while I figure out what other action to take.

**You don't have to believe in Reiki for it to have a deep effect on you.** You can help other people who don't believe in it too and it will have just as profound effects as it has on those who have experienced its benefits already. I have had many personal examples of that.

**The energy flow in your Reiki One is switched on by your intention to use the energy,** although many times I've had my hands switch on all by themselves. We'll talk about that later. :)

## Reiki complements medical and other healing systems, is non-intrusive and promotes healing at all levels:

# Reiki also cleanses the body of toxins, relieves pain, soothes shock and calms emotions – at the same time producing a state of relaxation and well being.

# It helps reduce colds, flu, headaches, cuts, nausea, allergies, sports injuries etc.

# It accelerates the healing of burns.

# Reiki also promotes recovery from surgery.

# Promotes self healing of chronic diseases.

# Assists in the withdrawal of drugs and toxins – I’ve had people stink with the smell of anaesthetic on their skin during a session, as they’ve released those toxins long after a surgery.

# It reduces stress and tensions.

# **And because it’s unnecessary to remove clothing, it’s unobtrusive.** I’m always puzzled at all those lovely Reiki photos on the internet with bare shouldered people draped in towels because it’s completely unnecessary to remove any clothing at all.

# There is no massage or manipulation involved in Reiki, although a lot of masseurs and other alternative therapists add it to their toolbox and Reiki certainly adds to the quality and feel of a massage.

# **It doesn’t interfere with religious beliefs.**

# **And here’s the big one for sensitive people** – it helps you deal with overwhelm by making it easier and quicker to deepen your Quiet Mind and get the understanding that you need, to feel really good again. And Reiki 2 is even better at that than Reiki 1 and you’re going to love how Reiki 1 will help you find comfort with your sensitivity.



#### **How do you know it’s working?**

You’ll feel the energy in many ways – heat in your hands, or cold (often when the injury is new, the receiver will feel ice cold even though your hands may feel hot), you can feel tingling or pulsing vibrations.

Sometimes you’ll feel nothing and in that case ask the person what they’re feeling. If they feel nothing physically then, just as importantly, it will be working on a mental, emotional or spiritual level. In these cases - *if it feels right* - you can use the support of the Reiki energy while they explore their thoughts and emotions - to help them to observe those and understand them.

**Reiki 1 is first focussed on self healing – THEN using on others.** From time to time, I’ve come across people who doubt their Reiki is working and invariably it’s because they haven’t been using it on themselves regularly. The energy tops you up before it works on others – so you **HAVE** to look after yourself first in order to be an effective “healer” for others.

**Reiki always works for the highest good of all concerned and can do no harm.**

Reiki never lessens a practitioner’s energy while working on someone else. Both the giver and receiver of Reiki receive healing while you’re working, so treating someone else always increases your energy and leaves you feeling peaceful and revitalised.



## Attunements

Before we pick up energy, we have to be tuned to it. It's a bit like tuning in a radio frequency. You are attuned by your Reiki Master and after these attunements you will always have the ability to channel your Reiki. You'll receive three attunements in your Reiki 1.

**Reiki 2** is an even higher vibration that overcomes the limitations of time and space. It allows us to work by distance (you can sit in your chair at home and actively send healing to someone in Brazil for example), you can work into the past and into the future and it dramatically reduces the time spent on a session. Reiki 2 has another high impact on spiritual growth and enables us to engage in active environmental protection.

**And there are more attunements again in Reiki 3**, which is the Master and Teacher level.

**The attunements themselves can have dramatic results on you** and start a healing process that affects the body – toxins can be released as well as feelings and thought patterns that are no longer useful to you. Make sure that you drink plenty of water after an attunement, to flush out any toxins that have been released and if you get even faintly headachey - drink more water.

Rest if you feel tired, because there may be physical healing happening that requires all your energy.

You can also expect physical and emotional effects from your attunements and you may even have some spiritual experiences, so be kind to yourself as you process this lovely new energy. And email me if you have any questions.



## In the Hayshed

When we do clinics and workshops and programs in person, chat time around the kitchen table and in the hayshed hugely adds to our clinic. Even though we're working across vast distances in our on line programs, I like everyone to experience the stories and feel part of our community as if they are right here with us.

Reiki has underpinned my healing work for 22 years now and there are so many lovely stories of healing with people and animals woven into our lives. Sometimes it's phenomenal, like my husband's healing of 14 spinal fractures before he got to hospital after an accident.

He had taken our two boys and grandson for a day at the snow on toboggans. He described the accident later - saying that he was going too fast and that instead of sliding along the snow, the toboggan kept bouncing off the top of the curves with enormous impact on each hit. The three children were all Reiki channels.

So the three kids had their hands on and the Reiki running from almost the first moment of the injury.

I got the phone call just as he was leaving in the helicopter. There "just happened" to be two more Reiki Channels sitting at my kitchen table that afternoon - we were all Level 2 trained as distance healers - so three more of us started giving him Reiki. I made a phone call to my Reiki Master and she and someone else there started work too. So there was 8 Reiki Channels working on him.

When I got to the hospital, some hours away from home, the nurse came out and said "Sorry to tell you but your husband has broken his back." Gosh I can still remember the bluntness of those words and his manner. "You can't see him yet because he's on his way down for an MRI. They're worried that all those old spinal fractures might be covering up more damage than what they can see on the xrays."

"What old spinal fractures?" says me "He's never broken his back before."

The xrays had showed 14 healed spinal fractures and two very nasty current ones – 2 vertebrae that were crushed on both sides of the wings but with the spinal cord intact in the centre. (Same injury as Christopher Reeves, but Merv's spinal cord was intact.)

About 7 years earlier, Merv had had a very bad truck accident - a sweet little old lady driving the community bus had gone through a stop sign at 60 miles an hour, looking backwards at her passenger for some reason and he just happened to be on the main road part of the T intersection. He had crushed both legs across the kneecaps, one thigh bone was in pieces and his arm was in many pieces from the base of the fingers to the elbow. He was operated on for 11 hours with five separate teams working and in hospital for 7 months.

The xray file from back then and the subsequent years of surgery was so thick that you couldn't carry it. He had been xrayed all over that first night of the first accident and many times later, in great detail - including his spine. ***There were no spinal fractures back then.*** The hospital for the toboggan injury was the same specialized trauma hospital - reputed to be the best in the country, certainly the best in our state.

I've asked doctors about these 14 old spinal fractures many times since and nobody has any medical explanation. Everyone says it's impossible that the best xray specialists in the state missed 14 spinal fractures back in that original truck accident. It was a teaching hospital and not only would the xray people and their students be looking at them, but a whole barrage of orthopedic specialists and their students were looking at them too.

***The only answer is that they didn't miss 14 old spinal fractures because they weren't there.*** The only other answer is that 8 Reiki channels supported his body for massive accelerated healing of these 14 spinal fractures before he got to hospital.

**In another example of accelerated healing of broken bones**, a friend of mine had their child fall off the slide in a playground and broke her arm. While they were waiting in emergency for quite a long time, she was soothing the child with Reiki. When they eventually got medical attention and x-rays, the doctor was very stern with her because he thought that the injury had happened days before - where in fact it had happened about three hours earlier. The healing was clearly accelerated.

**A burn story.** I and my own Reiki Master once healed a nasty burn in just 10 minutes. Christmas evening and a little tipsy on two glasses of wine, I was checking the stove and put my hand on the hotplate for too long and seared the rings of an electric stove into my hand. We used a combination of taking the burn back to the heat of the stove and we used Reiki and Vivian used Chi Gung as well. Ten minutes later I was back cooking Christmas dinner holding pots with that hand.

**Taking burns back to the heat** was a technique that I learned in a kinesiology class. There was a nurse in an iron foundry in Wales who noticed a pattern of workers healing from very nasty burns incredibly fast. What the men were doing, was going back TOWARDS the heat that burned them in the first place, waiting there for a bit until they experienced a rush of blood or energy to the burn. Even bad burns were healing in just a few days.

So in the case of my stove burn, I took my hand BACK towards the heat of the stove very slowly until I found the exact place where the heat was a little uncomfortable but not painful and held my hand at that distance from the stove until there was a blood/energy rush to the area. BE CLEAR I was NEAR the heat, not on it. :). I've used this technique successfully for all kinds of burns over the years. Put your Cho Ku Rei on it, get the Reiki running and accelerate the healing even more.



## **The History of Usui Reiki**

The ancient art of Reiki has been around in many forms, almost since the beginning of time itself.

This form that you are learning is Usui Reiki which was RE-discovered by Dr Mikao Usui, who was born on the 18th August 1865 in Japan. He founded this Usui System of Reiki or Usui Shiki Ryoho. He is also often referred to

as Usui Sensei, (Sensei meaning one who teaches).

He came from a fairly wealthy Buddhist family, who encouraged him to study. Whilst finishing his studies at a traditional Japanese Tendai Buddhist Monastery, Usui also mastered Samurai swordsmanship and Kiko, the Japanese form of Chi Kung. Usui was interested in different types of medicine, energy movement and religions, reading and researching widely on all subjects.

He was looking to find a way to heal himself and others that didn't deplete his own energy levels and he devoted many years searching for a system of physical healing. His open minded approach towards other belief systems and religions in his search, is why Reiki is accessible to everyone, with no religious boundaries.

As part of his search, Usui traveled to China and the West to study their medicines and disciplines doing many different kinds of work on the way. Eventually he became a Tendai Buddhist monk and lived in a monastery near Mount Kurama, where he continued his studies.

It was whilst he was living at the monastery, in his search for enlightenment, that Usui decided to attend a 21 day training course called Isyu Guo. This involved living for the 21 days in a cave on Mount Kurama - fasting, meditating and praying.

It is said that it passed uneventfully until the last day, the morning of the 21st day, when he experienced a mystical event with a shining light that he felt had consciousness and "saw" ancient Sanskrit symbols in the light, which gave him the healing system that he had been looking for on his previous travels. These were the Reiki symbols that we use today.

There's many healing stories - how he first healed his own stubbed toe on his way down the mountain, then healed the granddaughter of the innkeeper's toothache at the bottom of the mountain, the beggars in the slums (that's where he learned the responsibility of the "healer" in the healing process) - even healing people who were injured in an earthquake.

He had a clinic in Kyoto and later travelled all over Japan, healing and teaching. As well as teaching others how to heal themselves, he also offered healing sessions at a relatively cheap price or even for free, which meant anyone could receive the healing they needed.

Usui's teachings were very focused on how to heal yourself first and foremost, which continues today in the First Degree of Reiki (Reiki One). His belief being that to be able to heal others, you first need to have healed yourself.

By the time of his death on the 9th March 1926, Usui had trained over 2000 people in Reiki and around 16 Reiki Masters. This guaranteed that his healing system would live on.

## **Integrity, Intention, Intuition, Right Conduct, Kindness, Beliefs**



*Horses also bring us closer to the Source of All Life*

Reiki is a journey that gets us closer to the source of all life, closer to God or The Universe, whatever words you feel most comfortable with, so living a life with Integrity and Intention, Intuition, Right Conduct and Kindness will bring grace to this path.

**Integrity** – Being honest and truthful is not just about the obvious of being honest and truthful with others. Be honest and truthful with yourself. This means being prepared to look at ourselves and our own behaviour, to look at our thoughts, be aware of our motivations – being

open to the capital T of personal Truth.

The Truth NEVER hurts, it ALWAYS feels expansive – be open to the Truth always. No imposing your will on others. Integrity also has us finding our inner strength through Truth. Walk your talk.

**Right Conduct** – right conduct means being AWARE of and LIVING our integrity, our ethics and our values. Our ethics are about what WE consider right and wrong and values are the things in life that are important to US. These ideas rightly change as life goes on and often change as we observe the effect of someone else's actions on us. That's a big deal right there folks...

Without making ourselves or anyone else wrong, think about your ethics and values around things like for example, judging yourself and others, being critical and gossiping negatively about someone. When we observe behavior in ourselves that doesn't fit with Who We Really Are, then we can do a Quiet Mind with the intention of expanding our understanding around that. We can even add our Reiki symbols to a Quiet Mind to make that whole Quiet Mind process deeper and easier - more about that later.

**Reverence for life and particularly a reverence for other people's choices.** I am passionate about people's choices being their own and that we can support them by providing different options that expand their choices, but that we should never push someone into a choice. God gave us choices, so who are we to push people or take those choices away?

Think about what this means to you as an extension of Right Conduct. Decide to notice your OWN beliefs and ethics and values around reverence for life and other people's choices.

**Intention** – The power of intention is enormous. Be thoughtful and deliberate and kind in your intentions. In your Inner Guidance, make sure any intention that you set FEELS good.

**Intuition** – Does it feel RIGHT? Trust your Inner Self - that will get easier and easier as time goes on and your ability to be Present deepens. Use the gentle attention to your outward breath and the way that your ribs move in that breathing, feel for your heartbeat, the energy moving through your body, the awareness of your emotions and any other sensations in your body. Allow any thoughts and ideas to float across your mind - no matter how seemingly

negative - just observe them until you find the gold (the insights) at the bottom of them. And in THIS space, does it feel RIGHT?



### **Kindness**

Once you are attuned, your hands and chakras will be constantly passing Reiki energy into your aura and therefore whatever comes in contact with your aura will also come in contact with the Reiki energy.

You may notice your hands tingle when you are near people or plants or animals. This means that they are absorbing a dose of the life energy from you. If you're not doing it on purpose, it doesn't require permission.

**People can be vulnerable when they are receiving healing - even when that healing is happening just from contact with your aura - so Kindness to others is even more important.**

People can experience opportunities for change just from coming in contact with your aura, so be aware of that - be open to that and don't EXPECT people around you to behave as they did before. You might like to reflect for a moment on the possibilities in that. :)

People can express their vulnerability in many different ways, including what we might otherwise think of as poor behaviour, so keep that in mind too. :)

### **Our Beliefs**

**When we discover our beliefs for ourselves, when they come from our own Inner Guidance, from our own divine source within us, then our beliefs sustain us in times that would otherwise be difficult and in ways that go beyond mere faith.**

If you haven't done this already, then take your attention inside yourself and Quieten your mind with awareness of your breath, heartbeat, your energy, your emotions, your thoughts, allow awareness of your whole body – and decide to notice what you believe in about life after death, what happens to the soul after death, why bad things happen to good people, small children and animals and anything else that you want to know the “why” of.

Smile and get on with your day, knowing that the answers will flow over the next little while. Keep your eyes and ears open for the answers which will come in all kinds of ways – in a big whoosh of understanding or in gentle bits and pieces here and there from all kinds of places – out of the mouth of a child, a line in a song or a scene from a movie, something you read, maybe just walking along in Quiet Mind space – all kinds of things might prompt the insight and the understanding.

At one time I was doing a particularly difficult healing session with a dog who had killed its housemate cat, when an enormous flood of understanding came to me about what I believed in. Later I expanded and added depth and understanding to my beliefs by making notes of all the smaller insights that came to me, that ended up creating a big and beautiful picture of knowing all the way to my bones what I believed in.

Again... When our belief comes from INSIDE of ourselves, it is sustainable and goes beyond mere faith.



### **In the Hayshed**

I often talk about the two absolutes in life – change and death and that we have two jobs as “healers” – supporting and enabling people to live the best life possible and supporting the sweetest death possible.

After 23 years of supporting those whose time has come, I have many beautiful death stories but the one about my father in law way back in the early days, stands out as something that has been a beautiful foundation for all my beliefs and knowings since.

My father in law was dying after a drug error caused a complete body collapse. We had spent some hours with him the previous evening, putting the Reiki energy into him for hours into the night, then gone home for some sleep.

Early in the morning we were called to the hospital urgently “If you want to be here, you’d better come quickly” the nurse said.

He waited for us I think and Merv and I both had our hands on with Reiki running when he took his last peaceful breath and just slipped away. It’s just beautiful to be able to support that for someone, but specially for someone you love.

Merv’s mother and sister were crying – he had clearly just died - but Merv and I looked at each other puzzled because we could still feel our hands hot with the energy, so we kept our hands on.

I don’t know how long it was because time feels different at a time like that, but in the very instant before my hands turned off, I felt this... there are no precise words to describe the feeling... It was a cross between a sound and a vibration and the most intense feeling of joy.

It was clear to me that that feeling, was where Jack was going as he crossed over. I described it to Merv’s mother later as “the sound of the angels singing.”

I’ve never been afraid of death since – not mine, not anybody else’s.

Now... this experience and the understanding that came with it, was profound and life changing for me, but it’s just a story for you. You need to find YOUR OWN expansive understandings about death, so that you can Hold Space and channel the Reiki energy with peacefulness and love all the way to death *when you’re ready*.

We’ll be talking about this again and taking comfortable baby steps towards understanding in this area, but please feel free to email me if you need any support.

[jenny@jennypearce.com.au](mailto:jenny@jennypearce.com.au)



## Our Nine Golden Rules of Reiki

**1. Reiki does not replace medical treatment** - not for yourself, not for others.

**2. Do NOT diagnose.** Your intuition may get more sensitive with experience and you may feel or sense things in that being's body or mind which may lead you to conclusions about their health and general

wellbeing. Simply use your Reiki to channel more energy into this area, Holding Space for them while you work. More about Holding Space on the next page. Stick to the beautiful simplicity of what we do.

Not only is diagnosis dangerous and easily mistaken – by your labelling, it can add power and anxiety to the illness and get in the way of healing.

Rather than even thinking about diagnosis, it is MUCH more powerful to support a person / horse / other animal / plant to clean up their blockages to healing so that the mind / body / spirit can heal in the incredibly wonderful way that it was designed – and oh my goodness we are all designed so amazingly well!

**3. If you are strongly guided to, you may share EXACTLY any insights that you get in a healing session,** without expansion or interpretation of any sort. Expanding or interpreting brings your own history and past problems into the situation and confuses the picture dramatically. If in doubt, say nothing.

**4. Do NOT give a prognosis** – that means do not tell someone how long it will take to get better or how long any healing lasts – because you don't know. Every being is unique and their healing, their insights, their understanding will take as long as is perfect for them.

**5. More Reiki is better than less,** a little is better than none. If you can't give a full treatment, or if the atmosphere is less than ideal (AND if you have permission), then set your symbols for the energy to run for as long as you have time for – even if that is literally the moment that it takes to put the symbol up. You can give Reiki under any circumstances and in all situations if you're willing to give it.

**6. Communication and Awareness is the key.** Pregnant ladies, babies, the elderly, the very ill – everyone will have their unique needs, so use your unique sense of Feel (which will be more sensitive, specially during a healing session) to know when to back away, take a rest, finish for this day, ask a question, be reassuring, or bring something that you Feel to their attention.

I rarely have my own stuff come up in a session, but that has happened occasionally, so if you get something coming up while you're working with the Reiki energy, check into yourself to see if it's yours and if it is and the answer doesn't flow in the moment, make a note to self to look into that after the session. And take that action because if it comes up in someone else's session, it's a big deal.

If it's not yours, Feel inside yourself for the Rightness of communicating what you're getting. If it does feel right to communicate something, then fine - speak up. You may even feel compelled to speak up and I know of circumstances where people have even experienced discomfort until they HAVE spoken up.

Again, it's important that we describe EXACTLY what we Feel, hear, see, experience - with no expansion or interpretation. The person we're working on may not understand whatever it is straight away, but they will usually figure it out later, provided we don't muck that up by trying to interpret it.

**7. Confidentiality is important for people to feel safe with you.** Do not discuss a client's name and issues with anyone else without their permission.

**8. Reverence - People and animals can be very vulnerable when they're open to healing,** so treat them with the reverence that they deserve. This means using our Inner Awareness to be Present with them and focused on THEM. I once watched an otherwise talented healer talking about something totally unrelated to the horse she was working on, gossiping to the horse's owner about all kinds of things, some of it quite judgemental and critical of others. The energy was horrible and as far as I was concerned the healing session was anything but healing – a great lesson for me!

**9. Perfection - Whatever your level of experience,** this being will be with YOU, today in this moment for a reason and it will be PERFECT...



## Cho Ku Rei - The Reiki Power symbol

(pronounced: "Cho-Koo-Ray")

This is the first of your Reiki symbols (the only symbol in Reiki 1) and the one I have used the most over the years.

**The general meaning of Cho Ku Rei is: "Place the power of The Universe here".**

Just sit with your awareness inside yourself for a moment and feel the meaning and potential of that... "Place the power of The Universe here."

The power symbol can be used to increase the power of Reiki. Cho Ku Rei is like a light switch that has the intention to instantly boost your ability to channel Reiki energy.

The symbol can be used any time during a treatment but is commonly used in the beginning of a session to empower the Reiki energy and at the end of a session to close the session and seal off the Reiki energies.

Always use the Reiki symbols with respect – they are sacred representations of very ancient energy and embody the energy.

Uses for your Cho Ku Rei:

1. **Use it to start and end a session.** We'll show you how later.
2. **Increase the power of your healing abilities** - use it as a light switch. (Draw or visualize Cho Ku Rei in front of you or draw it in the palm of your hands.)
3. **You can focus the Reiki energies** (like a magnifying glass) on a specific point of the body, by drawing the symbol directly on the spot being treated.
4. **My personal preference** is to put my hands somewhere, draw the symbol where my hands are about to go and set my intention that the energy go where most needed, because the source of the symptom is often in another place and the source of the blockage to healing can be in yet a different place. Some other people will no doubt prefer something more structured, so I've catered for that preference here in your training too.

### 5. Using Cho Ku Rei for Protection

Protection is an interesting concept. The best protection is deep and profound understanding. When we expand our understanding to the Big Picture of whatever is going on, there is rarely, if ever any need for protection because we are vibrating so high.

However, if you feel you need protection WHILE you gain that understanding, then you can use the Cho Ku Rei to protect yourself from negative energies (from people you treat or people you meet). Just draw or visualize the Reiki Power symbol in front of you with the

intent of being totally protected. I suggest going into Inner Awareness and setting your intention to understand what's happening as well, so that each need for protection expands your understanding.

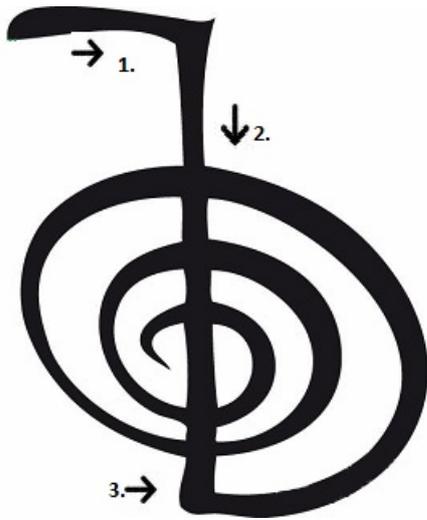
The protection concept is the same for our loved ones as well – expanding our understanding will make protection for them irrelevant too. Still, while seeking that understanding, you can protect yourself, your children, your spouse, your house and other things you value.

Draw the Cho Ku Rei directly on the object/person you want to protect with the intent to protect him/her/it from harm. Since Reiki works on all different levels of existence, it will naturally also give protection on all levels of existence.

**6. There are no limits to what you can do.** Let your clear intention guide the function of the symbol.

### **Further information**

Traditionally Cho Ku Rei is supposed to be drawn anti clockwise (from left to right). There are people who draw it in the other direction because it feels better for them and that's OK too. It is your intention that decides the function so do what feels best for you.



## Learning the Cho Ku Rei

Here's how we get our Cho Ku Rei symbol imprinted into our brains and our muscle memory and on auto pilot:

Trace over the Cho Ku Rei symbol with another piece of paper, following the arrows, so that you have a practice symbol.

**Draw over the symbol repeatedly saying Cho Ku Rei (pronounced Cho Koo Ray) three times on the circling part of the symbol.** Saying it three times also helps you get the number of circles right.

When you've done that and feel ready, take your attention inside yourself to the Present moment - being aware of what your body feels like by paying gentle attention to your breath, heartbeat, energy, emotions and thoughts - and draw over the symbol repeatedly again until each movement of your hand and stroke of the pen has a RIGHTNESS about it and seems easy and fluid - pausing for any insights as is appropriate and writing those insights down.

Then practice drawing the symbol repeatedly on a piece of paper, then draw again without looking at the original symbol, until it is imprinted in your brain and your muscle memory.

**The palm of your hand is where the energy flows from, so when you draw the symbols in a healing session, draw them with the palm of your hand in the air on, above or at the other being.** You can practice drawing the symbol with the palm of your hand in the air now.

Then draw the symbol in the earth and with reverence and appreciation for her, give Earth some Reiki energy too.



## Using Your Reiki

You'll see in the manual here, that the more you are Present when you're working, the better the conscious experience is for you and others. When you are balanced mentally, emotionally and physically and in your Inner Awareness, you'll be able to hear your Inner Guidance system at work and the better "healer" you will be.

The good news is that channelling the Reiki energy whether for yourself or others, will help you to be more Present too.

And here's the even better news. You don't need to be in that kind of beautiful balance for the Reiki energy to work. In fact, you can be out of balance, even overwhelmed and turning your Reiki on will still work.

So long as you've been keeping yourself topped up with the Reiki energy, when you draw that Cho Ku Rei symbol and put your hands on, you are placing the power of The Universe HERE. And if you're afraid or anxious in an emergency and you turn your hands on, you too will gradually become calmer and calmer as the energy runs.

### The most important use for your Reiki

The most important use for your Reiki is for yourself and that is the primary focus for Reiki 1. However, your horse, other animals and loved ones are going to love it too. (Not necessarily in that order of priority!)

I use my intuition (following the same feel good feelings of rightness that I use with horses) to know where to put my hands and the symbols **OR** I put my hands on one place and set my intention for the energy to run to wherever it's needed.

But I understand that some people are going to prefer more structure than that, so you'll find the classic hand positions for treating yourself, other people, your horses and different animals in the next few pages.

I used to think that it's a good idea to experience the classic hand positions at least once, but some people just won't enjoy that, so be guided by your own Inner Guidance system. :)

### Creating your Reiki habit

21 Days of treating yourself with this energy will establish the habit of treating yourself daily, keeping yourself topped up with the Reiki energy. You need to be topped up before the energy flows from your hands to another, so keeping yourself topped up is crucial. I fall asleep every night with my Reiki running in whatever position feels most comfortable to sleep that night and I prefer to wake up each morning to the feel of my hands running the energy as well.

Creating your Reiki habit is so important to your long term success, that I'll send you an email a day for 21 Days, to keep you on track and expand your experience. :)

## **Be kind to yourself, specially after your attunements**

Treat yourself with kindness and give your body time to integrate this new energy. Drink lots of water, rest when you need to, sit with a tree in your Quiet Mind space, walk barefoot on the earth / at the beach / in the ocean, walk out in nature, eat nourishing food, smile a lot and get as much gentle sunshine as you can, for both the Vitamin D and the uplifting energy of it.

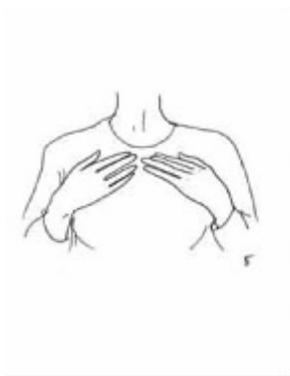
Put Cho Ku Rei on your food and bless everyone and everything that brought that food to the table, then eat while allowing the appreciation to flow.

Use your Reiki in your garden and for your plants – the life force in plants responds to Reiki energy visibly. Watch the plants respond.

## **Your natural talent for finding a Quiet Mind**

You'll hear me talk a number of times during this program about Quietening your Mind (the capital letters are to emphasize the importance! :) ) and the Inner Awareness and Inner Guidance system.

You can quieten your mind actively while doing something physical, like walking or running or you can find it just staring up at the way the breeze moves the trees or you can find it sitting out with your horse. For those who haven't seen this before – copy and paste this link into your web browser to help you understand this very important concept. The password for this lesson is... kind. <http://www.jennypearce.com.au/21-days-to-a-quiet-mind-day-1/>



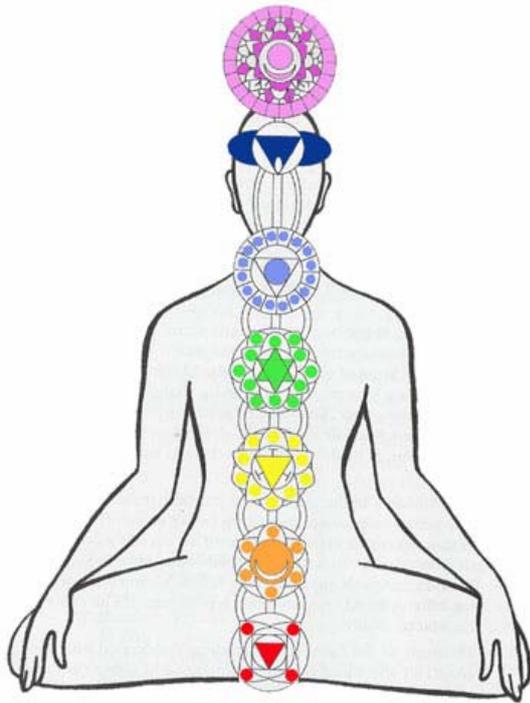
## **Healing ourselves is the priority of Reiki 1**

When you've had your attunement, before going on to all the hand positions for self healing, grab a pillow and lay on the floor or couch or lean back comfortably in a chair and take your attention inside yourself to notice and Feel everything about this first self Reiki experience.

**Draw Cho Ku Rei in the air in front of you with the palm of your hand and then put your two hands over your heart (remember that Cho Ku Rei means place the power of The Universe HERE as you put your hands over your heart) and fill up your heart with this beautiful energy.**

You can also do this in the presence of your horses for an additional experience. :)

## The Seven Chakras



### Self healing with the chakras

You can do a quick structured healing for yourself or others, by using the chakras for your hand positions as described below.

Understanding the chakras can also give new insight to body discomfort or illness.

Start by drawing your Cho Ku Rei symbol in the air in front of you and "Place the power of The Universe HERE" as you put your hands on the top of your head to start healing through the chakras. There is no need to say the words, the symbol amplifies the Reiki energy automatically all by itself.

You can move your hands into each chakra position systematically moving down the body, choosing to stay there for either 30 seconds, 1 minute or two minutes on each of the chakras.

That would produce sessions that take either 3 and ½ minutes, 7 minutes or 14 minutes to complete.

Or you can spend longer in one place if you're enjoying soaking it up.

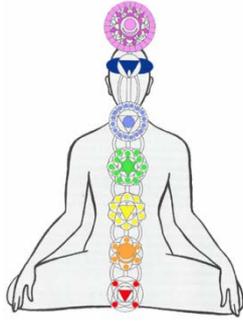
When you're working on yourself, there is no need to do a second Cho Ku Rei to complete the session.

**7th Chakra – Crown – Thought, Universal identity, Knowingness (violet in colour) -** pineal gland, cranium, cerebral cortex, higher consciousness, spiritual will.

The 'crown chakra' relates to consciousness as pure awareness. It is located at the top of the head. It's our connection to the collective consciousness and the greater world beyond. It is believed that this is where the soul enters the physical body at birth and departs at the time of death. When balanced and developed this chakra brings us knowledge, wisdom, understanding, spiritual connection and harmony.

**6th Chakra – Third Eye – Light, Intuition (colour indigo) – The Spirit of Clarity and Psychic Awareness** – pituitary gland, centre of the brain, medulla, clear seeing, intuition, intellect, clairvoyance.

This chakra is known as the brow chakra or 'third eye' center. It is located slightly above and between the eye brows. Its main function is the centre of inner vision. This chakra is the place of intuition and soul knowledge. As such it generally opens our ability to Feel and understand further. When in balance it allows us to have insight and inner knowledge.



You'll probably have heard me talk about the fact that trying too hard is the single biggest thing that gets in the way of us being Present and of the understanding that flows from that. When you feel that squinty eyed, frowning, trying too hard feeling, you can put Reiki into your Third Eye – in between and just above your seeing eyes and sink into the experience of feeling Reiki energy flow and relax that area – allowing the understanding to flow. Knowing that if it doesn't flow in this moment, that the knowing and understanding will flow, in all good time.

We want our sensitivity and our understanding of what that is telling us, to go hand in hand – that's when our Third Eye is in balance. Overwhelm tends to be a side effect of sensitivity running ahead of understanding. So, any time that your sensitivity is running ahead of your understanding, put Reiki into your Third Eye, take your attention inside yourself in whatever way works best for you and be open for the understanding to flow when you're ready.

**5th Chakra – Throat – Sound, Creative identity, self-expression (colour blue) – The Spirit of Truth & Expression** – thyroid gland, arms, hands, voice, communication, respiratory system, cervical spine, self expression, creativity, mental and emotional communications.

This is the chakra located at the throat and is related to communication, self expression and creativity. It allows for free communication helping us feel centered and happy. It also helps us while we are meditating to connect with our higher guidance. The chakra is connected to your inner self and is deeply connected to the soul and allows you to listen as your soul speaks.

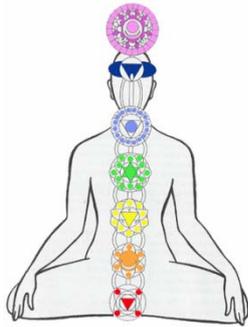
**4th Chakra – Heart – Love, Compassion, Social identity, self-acceptance (colour Green) – The Spirit of Evolution (New Beginnings)** – thymus gland, circulatory system, chest cavity, mid thoracic spine, love, compassion, mercy, self development.

The 'heart chakra' is located at the center of your chest. It is related to love and compassion. The chakra connects the physical and Feeling self to the higher soul/spiritual self. In balance our fourth chakra allows us to love deeply, feel compassion, and feel a deep sense of peace and centeredness. We allow ourselves to love unconditionally.

**3rd Chakra – Solar Plexus – Desire, Personal Power (colour Yellow) – Spirit of Knowledge and Wisdom** – adrenals, pancreas, stomach, base of sternum, liver, diaphragm, Lower thoracic spine, instinctive thinking, raw emotional energy, transmutation, change.

The 'solar plexus' chakra is known as the 'power chakra', located at the solar plexus. Its main function is to supply energy in the form of heat, power and enthusiasm. It rules our consciousness of decision, creative expression, personal power, will and autonomy, as well as our metabolism. When in balance this chakra brings us energy, effectiveness, spontaneity and we become aware of divine guidance flowing into our lives.

**2nd Chakra – Sacral - Creativity, Manifestation, Emotional identity (colour Orange) – The Spirit of Health and Purity** – adrenals, kidneys, D.N.A., spleen, pelvic cavity, lumbar spine, legs, vitality, emotional seat.



The 'sacral chakra' is located in the abdomen, lower back, and sexual organs. It relates to the water element and our emotions and sexuality. Its main function is to provide a sense of self – our inner self/inner child. It is the source of creativity and inspiration. This chakra controls our appetite for sensation, be it through sound, smell, taste, touch or sight. Ideally this chakra brings us depth of feeling, sexual fulfilment and the ability to accept change.

**1st Chakra – Root or Base Chakra– Support, Survival, Grounding (colour Red) – The Spirit of Life** – Kundalini, genitals and reproductive organs, anus, colon, legs, feet, sacrum, hips, physical expression, the will to Be.

The 'root chakra' is located at the base of the spine and forms our foundation. It represents the element earth and is related to our survival instincts (food, shelter and protection). It stimulates the urge for us to take care of and stand up for ourselves, in order to stay alive. It appeals to our sense of grounding and connection to our physical bodies and physical world. Ideally this chakra brings us security and presence in the here and now.



### **In the Hayshed:**

When I was in New Zealand teaching, my Maori friend Tiriana channelled healing energy into my third eye (that's the brow chakra) for 15 minutes before every clinic she was present at.

These were all major breakthrough clinics for me in the early days of developing the horse work that I do and the experiences were incredible. You might like to lay back in a chair and try that some time.

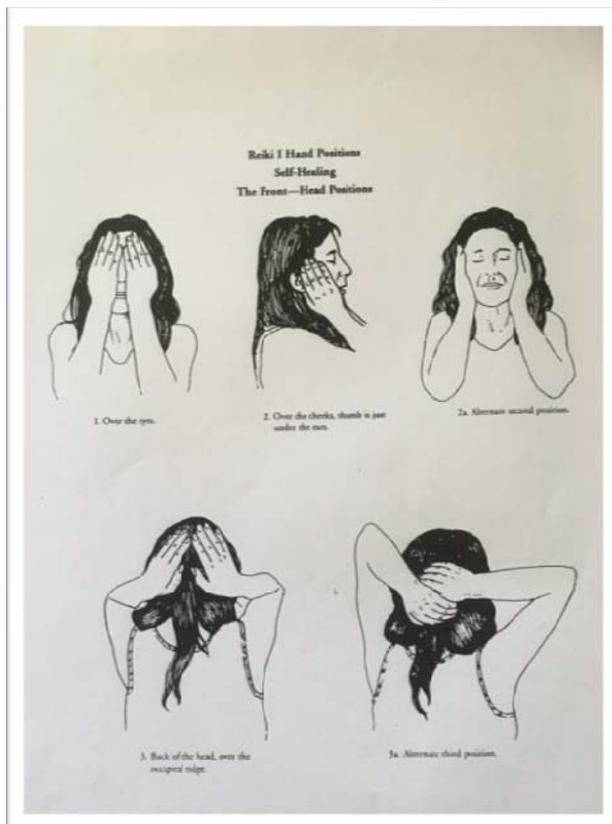
## Self healing hand positions

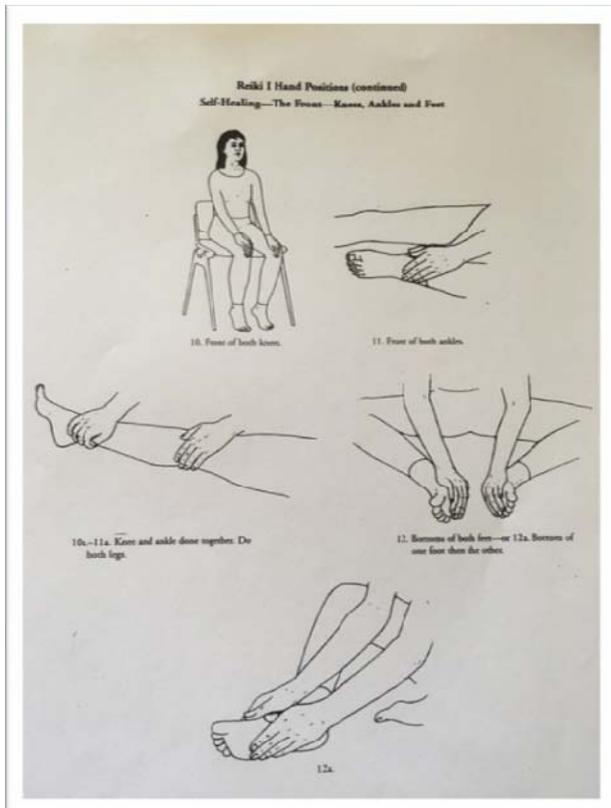
These diagrams are for people who enjoy the structure of systematically working from one thing to the next.

I personally like to put my hands on wherever is easiest to reach and run the Reiki energy into wherever it feels good in the moment and intend that the energy go exactly where it is needed for the most effective healing and let it flow. Still, I think it's a good idea to experience each of these hand positions for yourself - at some time, at least once. Use your Inner Guidance for what feels good! :)

Start your self healing session by drawing your Cho Ku Rei in the air in front of you or on that part of your body if it's easy to do that way, or draw it on the palm of your hand and "Place the power of The Universe HERE" as you put your hands on the first position that you choose to use today. **There's no need to end a session for yourself with a second Cho Ku Rei**, although you can repeat the use of your symbol if you want to, to amplify the energy in a particular place.

You can work on a few hand positions in one session (for example do all the face positions or all the feet positions) and soak that up until your hands noticeably slow down in heat or vibration or however you are experiencing the Reiki energy. Or you can do a specific time in each hand position - for example one or two minutes in each hand position.





Reiki I Hand Positions (continued)  
Self-Healing—The Back



13. Side of the head—*one hand over occipital edge, one hand over crown (top).*



14. Alternative head position for the back.



15. Back of the neck and over top of shoulder muscles.



16. Over ribs, below shoulder blades, back of heart.



17. Middle back.



18. Lower back over sacrum.



19. Alternative or additional position for lower back.

20. Backs of both knees. (refer to figure 10, but do position from back.)

21. Backs of both ankles. (refer to figure 11, but do position from back.)

22. Hold back of knee and ankle at once on same leg. Repeat with the other leg.



23. Bottoms of both feet.



## Introduction to working on others

In Reiki Level One you will be primarily working on yourself and your own horses and other animals.

Working on others has brought me to a reverence for life and a reverence for the God given choices both people and animals make for themselves.

I consider that I have two jobs as a “healer” – a healer being someone who supports this being (human or animal) to heal themselves in the amazing way that they are capable:

The first job is to support / facilitate / help them to live the best life possible.

The second job is to help them have the sweetest death possible.

I have been gifted with the sheer wonder and sometimes even joy of supporting someone as they’ve died, when their life has gone from this state to the next and I’m sure that those beautiful experiences have come at least in part from being very sure of my Truth around death.

Nothing in this life is more certain than death – especially the death of our animals who live lives so much shorter than ours - and if you haven’t figured out what you believe in about death, about life after death, about what happens to the soul at death and any other issues around death that occur to you, **then I suggest that you set your intention to understand your “knowing” about death sooner rather than later.**

You want to be feeling as peaceful as possible when you're supporting someone at such a sacred time.

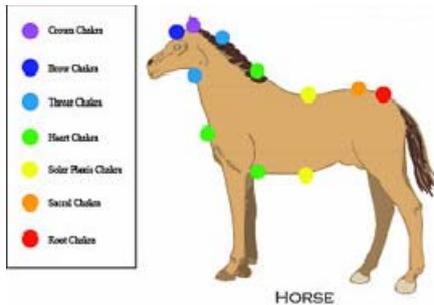
**Please wait for me for this wonderful exercise after your attunements.**

This exercise is here in your notes so that you can bring up any concerns that you have with me beforehand if you need to.

Try this simple little exercise with me as part of your course. Take your attention inside yourself, use your Cho Ku Rei over your Third Eye and find that place of deep relaxation and openness to communication with your own soul.

Then think of the word itself – just the word “death” - and allow the understanding to flow.

## A healing session for a horse or other animal



**Be guided by your Feel for your horse and other beings as to where you put your hands and for how long.** If you like structure, you can use your hands in the chakra positions as shown in this picture here or see below for a variety of different animals.

I'm going to talk about horses, but you can interpret the same instructions for any animal.

**Remember, you don't need to have your hands physically on their body,** you can work in the energy field around them and have the same profound effect as hands on – so where you put your hands very importantly depends on their Comfort Zone.

**Ask THEM for permission to work on them first** and be prepared to wait as long as necessary for that. I have seen a horse be quite surprised at the energy change in their person. It's not surprising because after your attunements, the Reiki is in your aura. This horse needed to feel and explore that energy change before he was comfortable in moving into a healing session.

And from an ethical point of view, you might like to make sure that the “owner” is happy for you to work on them too. If that's not possible, take your awareness inside yourself and make sure that proceeding with the healing feels “right”.

**Take your attention inside yourself and become aware of your body** using the awareness of your breath, heartbeat, energy, emotions and thoughts. In this space of inner awareness, create an energetic space around you and the horse that reflects the love, peace and harmony that Reiki conveys. If the idea feels good, you can draw Cho Ku Rei symbols in the dirt or in the air around you and the horse to create that sacred space.

**In that state of being Present,** draw your Cho Ku Rei in the air above them, or at them, or on the palm of your hand, saying the words three times to yourself (in your mind is OK) as you draw in the circles - knowing that the symbol means "Place the Power of The Universe here" and the session is beginning now.

If you can picture the symbol in your mind and it feels right, you can just imagine it instead of drawing it.

**Make sure that your posture is relaxed** and that where you are putting your hands feels physically comfortable for you too. Too much weight on the horse may have them moving away from you and yet straining yourself to stay in a less than completely comfortable position is not useful. (Classic Aussie understatement there!) I generally rest my forearms on the horse while I work. Do whatever you need to do to make sure that you are relaxed and comfortable too.

If Physical Feel is one of your strengths, then anything other than a relaxed posture will tend to block your ability Feel the horse.

**In that state of being Present**, you'll have all the time in the world to do whatever it is that needs to be done to support this horse – whether it's just long enough to draw the symbol around it, one minute or one hour – however long is perfect for this being in this moment.

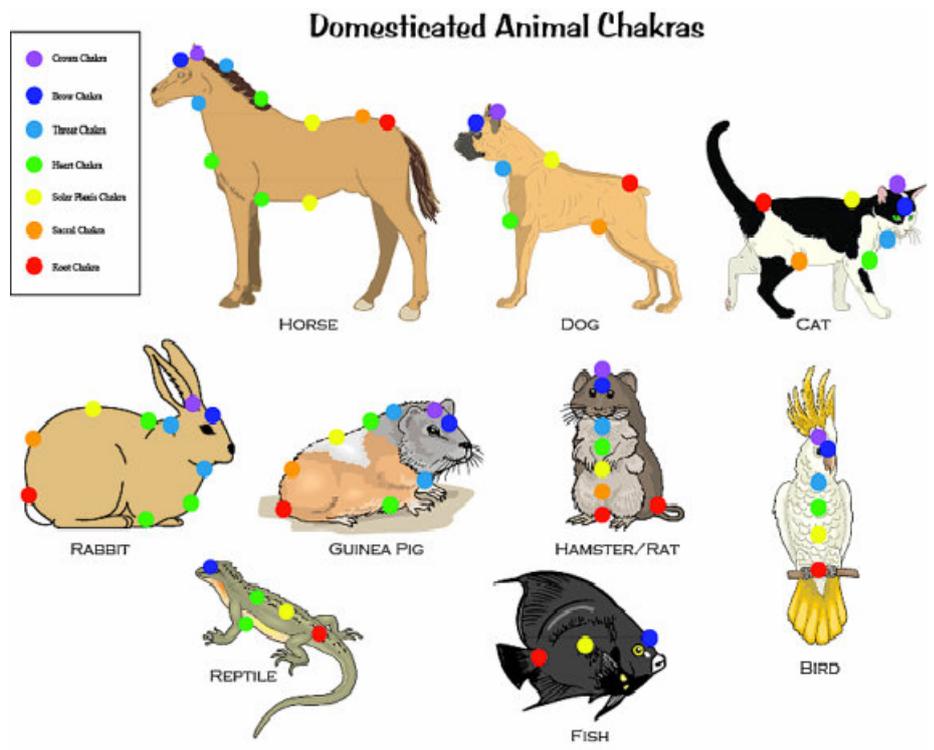
**With the awareness of the chakras**, be guided by both your Feel and the horse as to where you put your hands and for how long – whether you use the structure of the chakra positions starting at the head and working down, OR whether you go straight to where you are drawn to work OR whether you put your hands on where they enjoy being touched and allow the energy to run to where it's needed OR whether you stand back a little and work in the aura OR whether you stand well back and work from a place of safety.

**Keep your attention inside yourself while you work** – that way the horse won't have to shout at you – noticing any feeling that something is Not Quite Right and if the understanding of that doesn't flow in the moment, physically back away from the horse. A person can laugh or cry (or both) as they Release – a horse may need to stamp or kick or scratch or physically express themselves as they Release whatever they are feeling.

**Safety warnings:** I prefer to not tie a horse up for a healing session and I think their enjoyment is greater if they are completely loose at liberty. However there may be times where a horse has to be haltered or tied, in which case make sure that the horse can't scratch its foot through the halter.

Remember, it is possible to work in the energy field around them for quite some distance - outside the stable, or the paddock. You can keep yourself safe by working from a distance and still be completely effective with an upset, traumatised or dangerous horse.

**After the session** - Take your hands to prayer position and feeling inside yourself with appreciation, draw the Cho Ku rei symbol again and say “bless and dismiss” to dissolve the energy connection.



## **Keeping Notes**

**I like to keep notes of any treatment I do.** Whether you scribble notes in a little notebook or keep a fancy record for each individual horse as in the picture on the next page – it's up to you – but it can be useful for all kinds of reasons to have notes, even for your own animals, to notice and work out what to do about any patterns over time and to help with eliminating the root causes of problems.

**Reporting to the owner if this horse belongs to someone else.** Report only what you FEEL and OBSERVE without additions or interpretations. We did a lot of talking about how detrimental it is to diagnose or interpret in the session about integrity earlier in this manual.

**Stick to the beautiful simplicity of what we do** - Feel or See the problem and use your Cho Ku Rei to focus or amplify the healing energy. If you become aware of a blockage or discomfort in the horse, or if you feel something uncomfortable or painful in yourself that is theirs, that's your Inner Guidance system at work. So put a Cho Ku Rei in that place and use it to focus the power of The Universe HERE. As you stick to the simplicity of what we do, you will in this way accelerate the healing and support this being in the best way possible.

Date \_\_\_\_\_

Horse \_\_\_\_\_

## *Notes for your Reiki treatment*

● Crown Chakra

● Third Eye Chakra

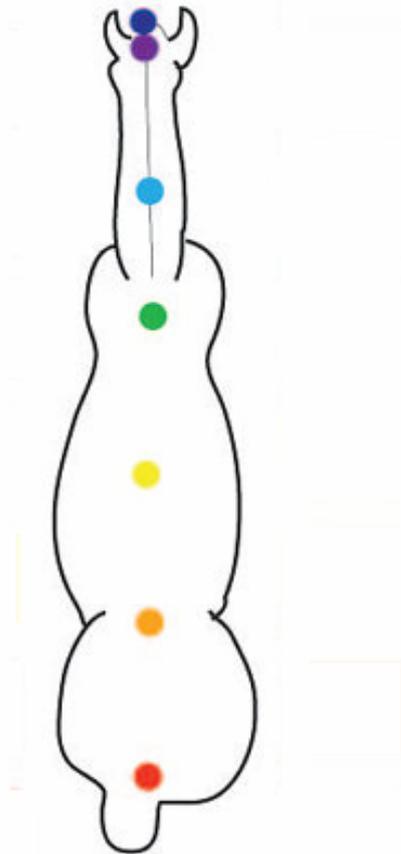
● Throat Chakra

● Heart Chakra

● Solar Plexus Chakra

● Sacral Chakra

● Root Chakra



## Working on other people



**Prepare the space that you're going to work in.** You can create a sacred space by drawing giant Cho Ku Rei symbols in the air with the palms of your hands towards each wall, the door, the floor and the ceiling and whatever the person is laying on.

If this is not a space that you use uniquely for Reiki, then make sure that you attend to the energy of the whole room with your Cho Ku Rei.

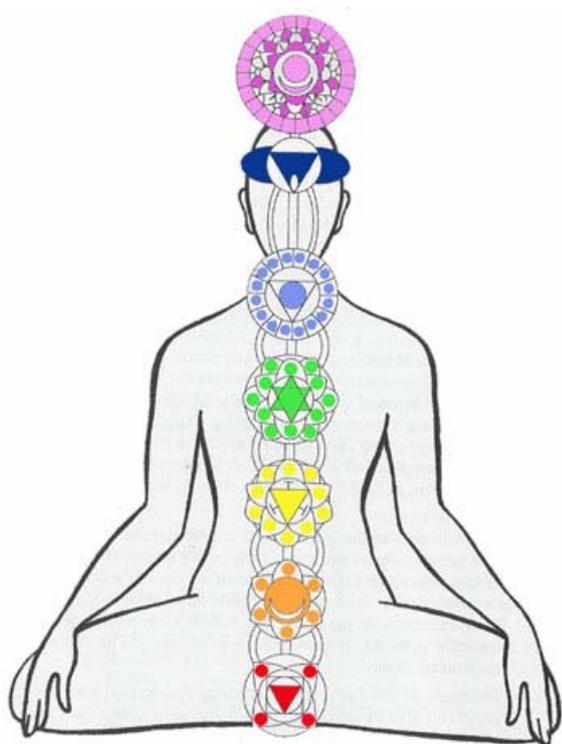
And clean the room energetically with your Cho Ku Rei between people.

Have relaxing, soothing music playing (no sounds of running water or rain please!). I'll often choose expansive music like Deva Premal's chanting to support me and the other person while we work together.

People can go so deep in a Reiki session that turning over half way through is a minor drama. You can always start with them laying on their front and while you work on their back, you allow the Reiki energy to flow through to the front as well, so that you don't need them to turn.

If you have them laying on their back, make the person comfortable with a rolled towel under their neck for comfort and under their knees to take the pressure off the lower back.

**Take your attention inside yourself and become aware of your body using the awareness of your breath, heartbeat, energy, emotions and thoughts.**



**In that place of awareness draw your Cho Ku Rei in the air above them,** saying the words Cho Ku Rei three times to yourself (in your mind is OK) knowing that the symbol means "Place the Power of The Universe here" and the session is beginning now. You don't need to actually say those words - when you use the Cho Ku Rei symbol it's automatic.

**Make sure that your posture is relaxed** and that where you are putting your hands feels good to you too. Too much weight on the person is unpleasant and yet straining yourself to stay in a less than completely comfortable position is not useful. (Classic Aussie understatement there!) There are alternate hand positions to use to make sure that you are relaxed and comfortable too.

**Keep your attention gently inside yourself while you work** – that way you're available to feel/hear anything that might come up in the session. A person can laugh or cry or both, as they Release and I don't like to interfere with that process. I don't even pass them a tissue until it feels RIGHT to do that - I don't want to get in the way of whatever healing is going on.

The chakras run all the way through the body, so you can have the person laying on their front (which is usually more relaxing) while you work on their back.

**Be guided by your Feel** for the person as to where you put your hands and for how long. If you like structure, you can use your hands in the formal positions in the pictures below OR in the chakra positions - I've put that picture here again to make it easier.

**Same as for animals, you don't need to have your hands physically on their body**, you can work in the energy field around them and have the same profound effect as hands on – so where you put your hands very importantly depends on their Comfort Zone. Some hand positions are better done for some people in the energy field around the body, for example over the face and close to the sexual organs.

**Remember that we've talked before in our 9 Golden Rules** to share with the other person EXACTLY any insights that you get in a healing session, without expansion or interpretation or diagnosis or prognosis of any sort. **If in doubt, say nothing.** And remember - diagnosis and prognosis is not our job and can cause unnecessary anxiety.

**Remember the simplicity of what we do** - Set the power of The Universe here with our Cho Ku Rei symbol to amplify the healing energy and let them and God deal with the rest. :)

**After the session** - Take your hands to prayer position and feeling inside yourself with appreciation, draw your Cho Ku Rei and say “bless and dismiss” to dissolve the energy connection.

I like to clean the room energetically straight away.

## The psychology of helping others



Reiki 1 is more about healing yourself than others, but you'll want to share this beautiful energy with your horse and your other loved ones and maybe even other people as well.

The most important thing, when we're helping others – whether they are loved ones or clients – is that we be absolutely clear about the utter, fabulous, rightness feeling, beautiful simplicity of what we do. We put our hands on and channel the energy and they and God together, take care of

the rest.

Follow your good feelings and use your early warning signal that something is Not Quite Right to figure out what to change.

There will be times and clients (human or animal) when boundaries are important. At these times, do not allow yourself to be pressured into any more than you are comfortable to do or say. If you ever do feel uncomfortable, then again, follow the good feelings and use your early warning signal that something is Not Quite Right to figure out what to know or do about it. Quieten your mind more, by taking your awareness deeper into your body so that you CAN allow the answer to flow.

Think about the beauty of what you CAN do for them – and stick to that like glue.

The more authentic you are, the more you'll enjoy working to support others. Listen to every single, tiny, little Not Quite Right and take action on it.

Always be aware that the client's choices and responsibilities for their life are theirs. That's another of those really big concepts there folks!

**Here's two great lessons from the Fast Track to Brilliant Riding program** to help you understand the importance of choices.

The password to both these lessons is ... feel. If that password doesn't work at some time in the future, then email me [jenny@jennypearce.com.au](mailto:jenny@jennypearce.com.au) and I'll be happy to give you the new password. Copy and paste the following links into your web browser:

### **Introduction to the whirlpool concept –**

<http://www.jennypearce.com.au/fast-track-lesson-51-an-insight-about-how-to-have-more-energy-to-spend-with-your-horse/>

### **A Quiet Mind to get you out of the whirlpool**

<http://www.jennypearce.com.au/fast-track-lesson-52-out-of-the-whirlpool/>