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Reiki



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Outline



- Demonstrations
- Why Reiki, Clinical Trials, Energy Systems
- Reiki Principles, History, Practice, Benefits
- Reiki Club, References, Web Sites
- Tong Ren Therapy: Concepts, Examples
- Summary, Discussion, Demonstrations

Demonstrations



- Energy ball to set baseline
- Kenyoku-ho (*dry bathing*)
- Reiki Mawashi (*Reiki Circle*)
- Reiki practitioners working with those interested
- Energy ball to help with comparison

Kenyoku-ho



Kenyoku-ho (*dry bathing*) is a technique to clear and strengthen the energy channels. The technique was common to many martial arts and chi kung schools such as JuJitsu, Aikido and KiKo and was added by Usui. It is likely that this technique comes from the rituals of Shinto priests. The ritual action was to cleanse the body before contacting the deity.

Those familiar with the martial arts will recognize the two parts of this technique as common techniques. The first is a down block across the midsection (this technique is used in a variety of martial arts such as Karate, Kung Fu, Aikido, etc.). This down block is followed by what is commonly called in the martial arts as a "shirk" or technique to remove an opponents hand from your wrist that is done by sliding the knife edge of your hand down the arm.

- A. Place your right hand on the left shoulder so that the right fingertips are on the left shoulder. The hand is open, the fingers held together all point upwards. The hand (palm down) is against the body.
- B. Slide the hand downward toward the right hip. Move the hand, going across the chest and ending up fingers down at the right hip. The hand (palm down) stays in light contact with the body the entire movement. (This is what is called an open handed down block in the martial arts)
- C. Repeat this process starting with the left hand on the right shoulder and going down to the left hip.



Part Two

D. Place the right hand again on the left shoulder. Slide the right hand down the left arm (inside or outside, each will cover different meridians - see below) all the way to the finger tips. (This is what would be called a "shirk" in the martial arts, used to remove an opponents hand that is grabbing your arm.)

E. Repeat this with the left hand on the right arm.

F. Start with the right hand on the inside of the left elbow, and slide the hand down to the fingertips.

G. Repeat this with the left hand on the right inside of the elbow.

Note - Some masters teach the hand should slide to the inside of the arm and others teach it should slide down the outside of the arm. Different meridians are stimulated for each. The inside slide is yin and will effect the lung, heart, and kidney meridians. The outside slide is yang and will effect the triple warmer, colon and small intestine meridians.



Reiki Mawashi

Reiki Mawashi is commonly known as a Reiki Circle.
This is a group of Reiki practitioners in a circle.

The hands are held with your left hand palm up and your right palm down.
Your left palm is placed against the next person's right hand that is palm down on top of it.

All members are connected in this manner making a complete circle.
The circle is part energy movement and part meditation.

The Reiki flows from the crown down the right arm to the hand and the overflow goes into the left hand of the person next to you. The energy moves into all and around the circle in this manner.

The energy can be quite intense over time.

Some traditions hold an inch to three inches between the participant's hands.
Some traditions have a master stand in the center of the circle to direct the flow.



Terminology

- Reiki = “universal life energy” (rei + ki)
- Mikao Usui = founder of Reiki, associate / contemporary of those who founded karate and aikido
- RMT = Reiki “Master/Teacher”
- Levels = 1, 2, 3 (at which point can teach)
- Attunement = process of learning Reiki (tuning in, so you can channel energy)

DC Reiki Center

ESSE QUAM VIDERI TO BE RATHER THAN TO SEEM

Edward Fox

has attained the

THIRD DEGREE

in the

USUI REIKI SYSTEM of NATURAL HEALING



Nelson R. Jacobsen

Nelson R. Jacobsen
Certified Master Teacher
By Veronica L. Vela

Feb. 10 2003

Certified this day

Experience with “Energy Work”



- Acupressure since 1979 (“Touch for Health”)
- Reiki: 100s of attunements, 1000s of hours practice
- Practiced/taught/collaborated in a number of countries:
 - **Brazil, China**
 - **England, Germany**
 - **Greece, Hungary**
 - **India, Italy**
 - **Malaysia, Netherlands**
 - **Russia, Sweden**
 - **USA, Vietnam**



Why Reiki?

- Reiki is very easy to learn; anyone can do it.
- Those trained can help themselves and others (including animals and humans).
- It can promote health, healing, and emotional/mental/spiritual development.
- It can lead to benefits of acupuncture, hatha and kundalini yoga, homeopathy, qigong, and other types of “energy medicine”.

NCCAM Clinical Trials



- Efficacy of Reiki in the Treatment of Fibromyalgia ✓
- Effects of Reiki on Painful Neuropathy and Cardiovascular Risk Factors ✓
- The Use of Reiki for Patients with Advanced AIDS ✓
- Reiki/Energy Healing in Prostate Cancer
- Effects of Reiki on Stress

Terms related to “Energy”



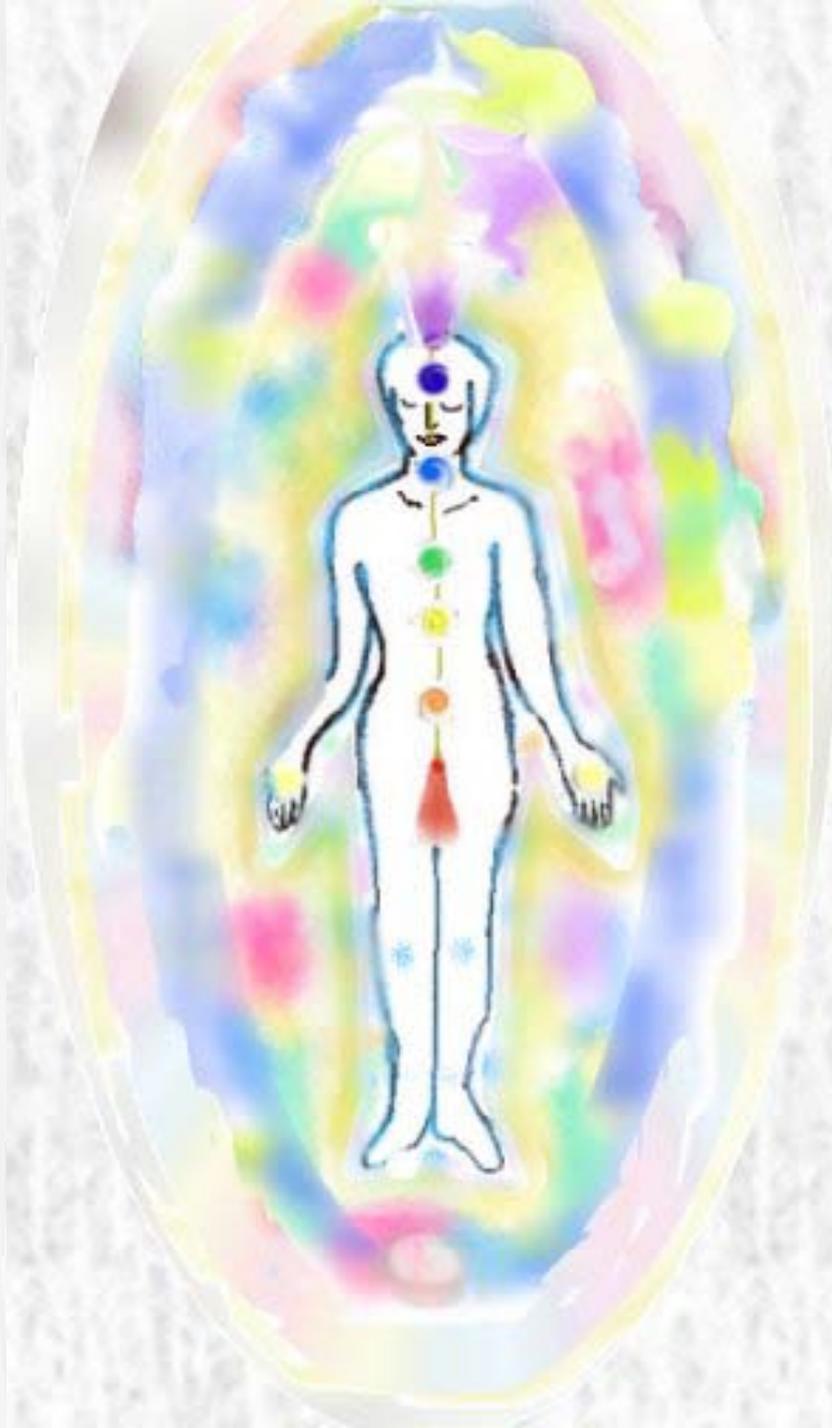
- Aura
- Biological energy (Wilhelm Reich)
- Chi, Ki, Qi (China, Japan)
- EMF (electromagnetic force)
- HEF (human energy field)
- Huna (Hawaii)
- Prana (India)
- Spirit (Jesuit translation of Chinese “Qi”)
- Vital force (homeopathy)

Measurement of “Energy”

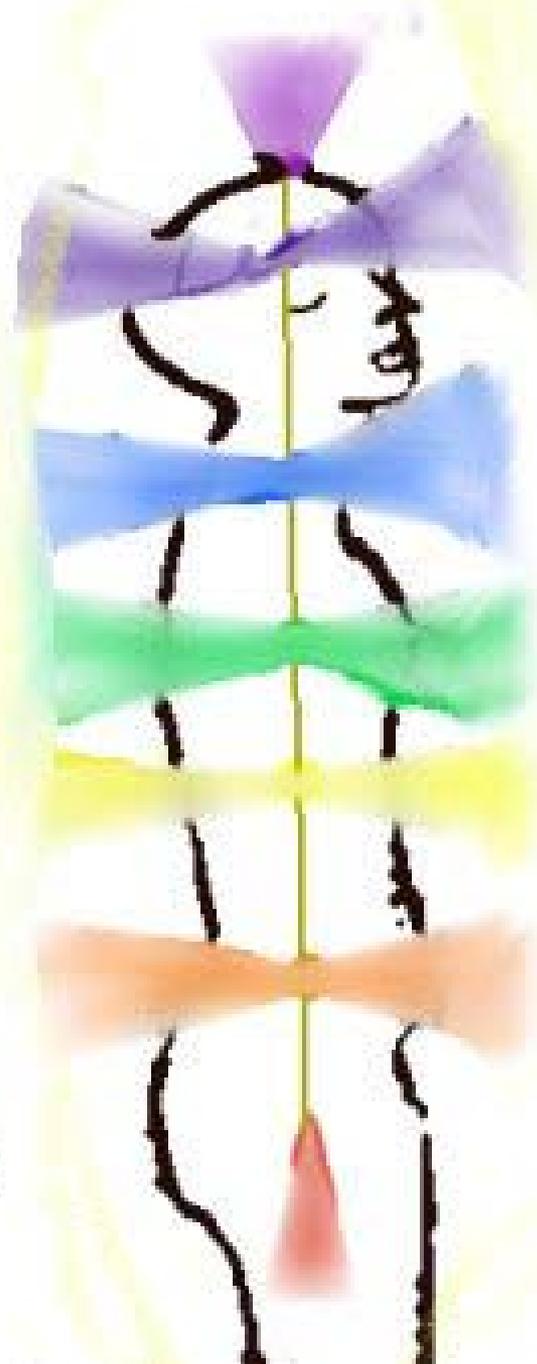
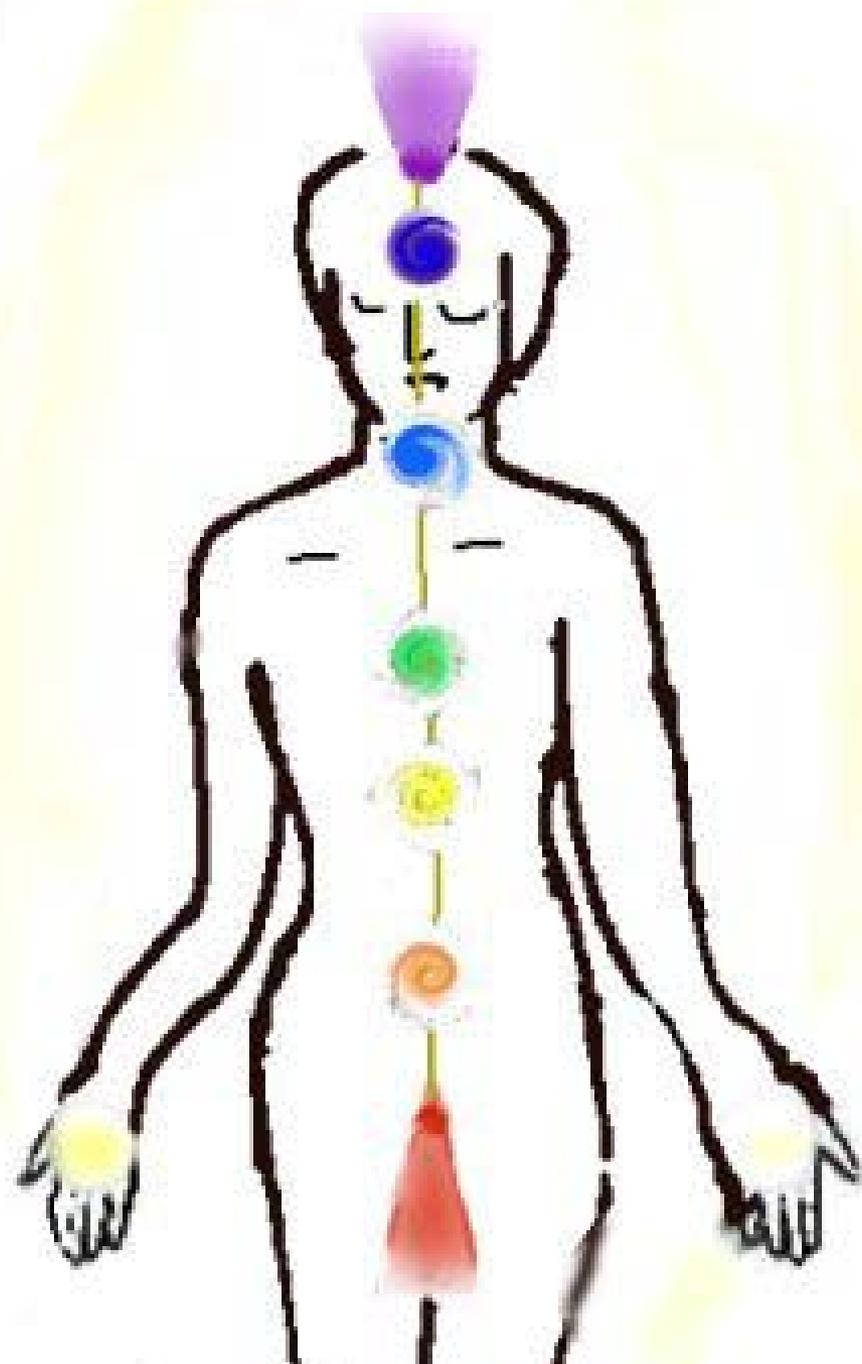


- Electrocardiogram, electroencephalogram
- Magnetoencephalograph, SQUID
- Galvanic skin response (acupoints)
- Kirlian photography
- Gaseous Discharge Visualization (GSV)

- Or by skilled human practitioners:
 - Reiki, Traditional Chinese Medicine (e.g., pulse check), Therapeutic Touch



Aura,
Human
energy field,
Human
energy
system



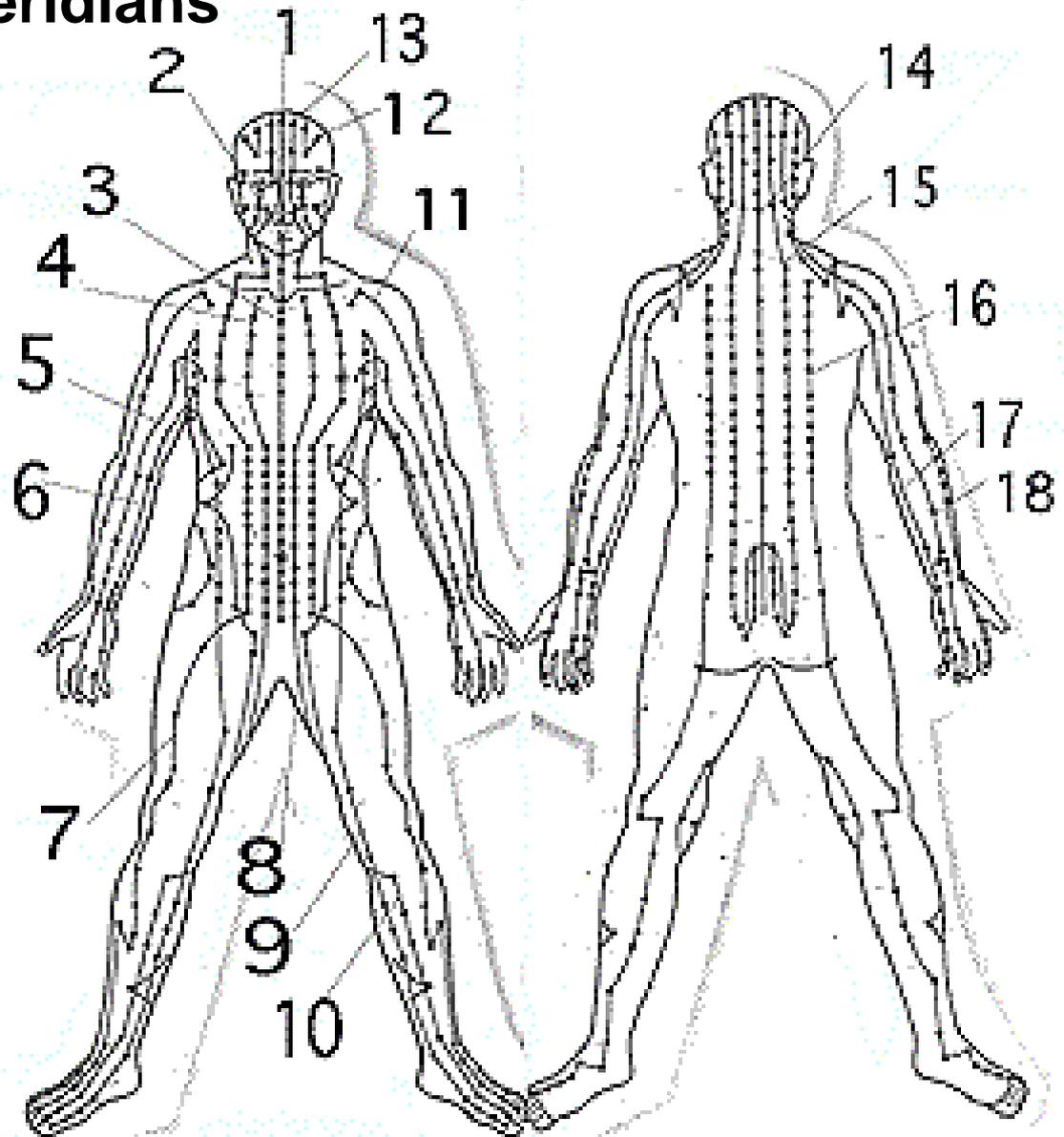
Chakras vs. Nervous System



Number, Gland	Chakra	Nervous System
7 pituitary	Crown	Brain upward
6 pineal	Brow (3 rd eye)	Brain
5 (para)thyroid	Throat	Cervical plexus
4 thymus	Heart	Cardiac plexus
3 pancreas	Solar plexus	Solar plexus
2 gonads	Hara (center)	Pelvic plexus
1 adrenals	Root	Sciatic plexus

Chinese: Acupoints, Meridians

1. Governing Vessel
2. Large Intestine
3. Conception Vessel
4. Kidney
5. Pericardium
6. Heart
7. Stomach
8. Kidney
9. Spleen
10. Liver
11. Lung
12. Gall Bladder
13. Bladder
14. Governing Vessel
15. Bladder (Inner line)
16. Bladder (outer line)
17. Small Intestine
18. San Jiao



Usui Reiki Principles



**Version a:
For today only**

- **anger not,**
- **worry not.**
- **Be humble, and**
- **With Gratitude work on yourself.**
- **Be Compassionate.**

**Version b:
Just for today**

- **do not worry,**
- **do not anger.**
- **Treat others with respect and forgiveness.**
- **Work with integrity.**
- **Be grateful.**



Reiki History

- August 1865: Mikao Usui born in Gifu prefecture in Japan
- March 1922: Usui experienced spiritual awakening at 3rd wk fasting Mt. Kurama, Kyoto; named healing as Reiki Ryoho
- March 1926: Usui-sensei passed away in Fukuyama
- Chujiro Hayashi (1879-1940)
- Western Reiki: Hawayo Takata (1900-1980), Phyllis Furumoto, ...

Gassho



Gassho is a common practice in many eastern traditions, holding the hands clasped in a “prayer position” at about the level of the chest.

It is called "Namaste" in the Indo-Tibetan traditions.

In Reiki, Gassho is formally practiced by sitting on the floor or on a chair, with the eyes closed.

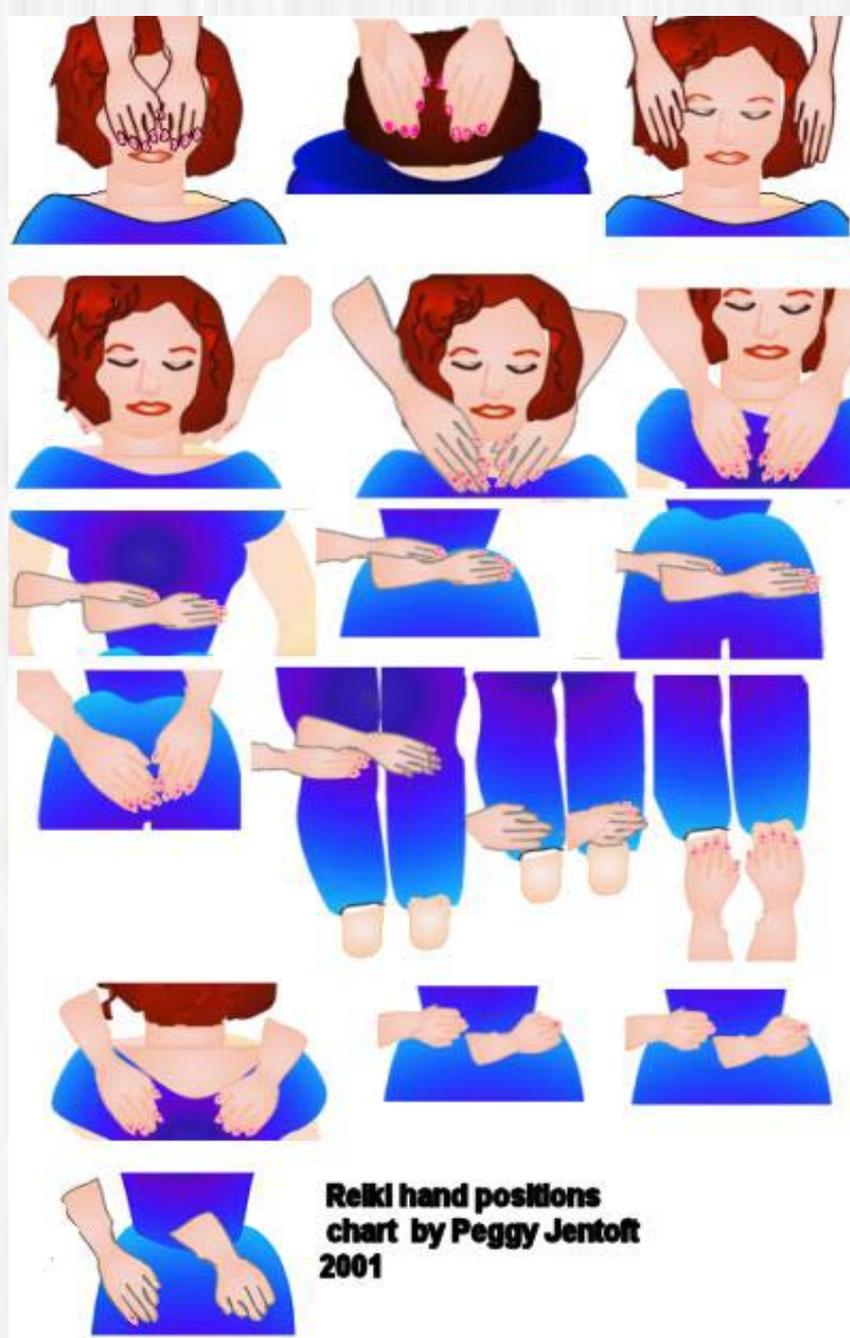
The hands are in the prayer clasped position with the fingers touching in front of the chest; this completes the meridians that terminate in the hands.

Attunement



- Opens Chakras:
 - Crown, Brow, Throat, and Heart Chakras
 - Hand Chakras – to heal self / others
- Teacher:
 - transmits energy so student will “tune in”
 - walks to back and front
 - affirmations that student becomes attuned
- Student:
 - hands in “prayer position”
 - “return” when ready, drink extra water

Reiki Hand Positions



Reiki hand positions
chart by Peggy Jentoft
2001

IARP Code of Ethics



Code of Ethics for Registered Practitioners

The Registered Practitioner (RP) agrees to:

1. Abide by a vow of **confidentiality**. Any information that is discussed within the context of a Reiki session is confidential between the client and the Practitioner.
2. Provide a safe and comfortable area for client sessions and work to provide an empowering and supportive environment for clients.
3. Always treat clients with the utmost **respect and honor**.
4. Provide a brief oral or written **description of what happens** during a session and what to expect before a client's initial session.
5. Be **respectful** of all other's Reiki views and paths.



6. Educate clients on the value of Reiki and explain that sessions do not guarantee a cure, **nor are they a substitute for qualified medical** or professional care. Reiki is one part of an integrated healing or wellness program
7. Suggest a consultation or **referral to qualified licensed professionals** (medical doctor, licensed therapist, etc.) when appropriate.
8. **Never diagnose or prescribe.** Never suggest that the client change prescribed treatment or interfere with treatment of a licensed health care provider.
9. Never ask clients to disrobe (unless in the context of a licensed massage therapy session). Be sensitive to the boundary needs of individual clients. Do not touch the genital area or breasts. Practice **hands off healing** of these areas if treatment is needed.
10. Be **actively working on your own healing** so as to embody and fully express the essence of Reiki in everything that you do.



What Can Reiki Do?

- Sense energy “blockages”
- Clear an acupoint
- Clear a meridian
- Clear a chakra
- Clear the aura
- Speed up healing
- Help ground, calm, relax, reduce pain
- Non-invasive help to body internals
 - Work on an organ or gland

What Can Reiki Do? - continued



- Help with personal, family, friend, and pet concerns
- Help a person address physical, emotional, mental, and spiritual problems and development
- Have supporting energy to face one's problems and resolve / accept / forgive / release blockages
- Re-orient perspective and enhance confidence
 - Take personal control of one's health
 - Shift from “zero-sum game” to understanding everyone can draw upon an infinite resource
 - Feel always connected “to the Power Grid” instead of having batteries run down

VT Reiki Club



- <https://secure.hosting.vt.edu/www.reiki.org.vt.edu/>
- reiki@vt.edu
- Wednesdays, Squires (or Curves)
- Open to public
- Free “treatments” and “attunements”

Book: Reiki, Hospice



- Reiki Energy Medicine: Bringing Healing Touch Into Home, Hospital, and Hospice - by Libby Barnett and Maggie Chambers, with Susan Davidson
- Reiki: A complementary therapy for life; Bullock, Marlene RN BSN, American Journal of Hospice and Palliative Care, Jan 1997, Vol 14(1) pp 31-32
- <http://www.reikiinhospitals.org/> - Reiki in Hospitals – can join for free and then get resources about Reiki use in hospice ...
- http://www.rainbowhospice.org/news/article.asp?ARTICLE_ID=57 - Rainbow Hospice site discussion
- <http://www.joyousjournies.com/reikiHospice.html> - Reiki at the end of Life: My Experience - By Wendy Jordan, Reiki Master & Teacher

Reiki References - Getting Started



- Vennells, David F. Beginner's Guide to Reiki. Barnes and Noble, New York, 1999. ISBN 0-7607-3798-3
- Jewell, Penelope. Reiki: A Guide to your Practice of Reiki Energy Healing. Latham, NY: Adirondack Press, 2003, ISBN 0-9664072-0-2
- Ellis, Richard. Practical Reiki: Focus Your Body's Energy for Deep Relaxation and Inner Peace. Sterling Pub. Co., Inc., New York, 1999. ISBN 0-8069-6807-9.
- Burack, Marsha. Reiki, Healing Yourself & Others: A Photo-Instructional Art Book. Reiki Healing Institute, Encinitas, CA: ISBN 1-880441-39-X, 1995.
- Lubeck, Walter, Frank Arjava Petter, William Lee Rand. The Spirit of Reiki. Lotus Press, Shangri-La; 2001, ISBN: 0-914955-67-5, 200. (Has lots of guidance on treating various conditions - a good manual.)

Reiki References - Intermediate



- Honervogt, Tanmaya (Reiki Master-Teacher). The Power of Reiki: An Ancient Hands-on Healing Technique. An Owl Book, Henry Holt and Company, New York, 1998, ISBN 0-8050-5559-2
- Honervogt, Tanmaya. Inner Reiki. New York: Owl Book, Henry Holt & Company, 2001. ISBN 0-8050-6690-X.
- Lübeck, Walter. Aura Healing Handbook. Lotus Press, Shangri-La; 1991 Germany, 2000 English, ISBN: 0-914955-61-6
- McKenzie, Eleanor. Healing Reiki. Ulysses Press; ISBN: 1569751625 (November 1998)
- Muller, Brigitte and Horst H. Gunther. A Complete Book of Reiki Healing. LifeRhythm, Mendocino CA, 1995, ISBN 0-940795-16-7
- Rowland, Amy Z. Traditional Reiki for Our Times: Practical Methods for Personal and Planetary Healing. Healing Arts Press, Rochester, VT, 1998. ISBN 0-89281-777-1.

Reiki References - More Advanced



- Stein, Diane. Essential Reiki: A Complete Guide to an Ancient Healing Art. The Crossing Press, ISBN 0-89594-736-6, 1995.
- Usui, Dr. Mikao and Frank Arjava Petter, Foreword by William Lee Rand. The Original Reiki Handbook of Dr. Mikao Usui. Translated by Christine M. Grimm, Lotus Press, Shangri-La, 2000, ISBN 0-914955-57-8
- Kelly, Maureen J. Degrees of Reiki. Twin Lakes, WI: Lotus Press, 2002, ISBN 0-940985-56-X
- Lübeck, Walter, Frank Arjava Petter. Reiki Best Practices: Wonderful Tools of Healing for The First, Second, and Third Degree of Reiki. Lotus Press, Shangri-La; 2003, ISBN: 0-914955-74-8
- Vennells, David. Reiki Mastery: For Second Degree Students and Teachers. O Books, 2004, ISBN: 1-903816-70-X



Reiki References - Historical

- Frank Arjava Petter, Tadao Yamaguchi, Chujiro Hayashi. The Hayashi Reiki Manual: Traditional Japanese Healing Techniques from the Founder of the Western Reiki System. Lotus Press, Shangri-La; 2003, ISBN: 0-914955-75-6
- Usui, Dr. Mikao and Frank Arjava Petter, Foreword by William Lee Rand. The Original Reiki Handbook of Dr. Mikao Usui. Translated by Christine M. Grimm, Lotus Press, Shangri-La, 2000, ISBN 0-914955-57-8
- Doi, Hiroshi. Modern Reiki Method for Healing. Fraser Journal Publishing, Canada, ISBN: 0-9688100-0-4
- Stein, Bronwen and Frans. The Reiki Sourcebook, Revised and Expanded. O Books, 2009, ISBN 1846941814



Reiki Web Sites

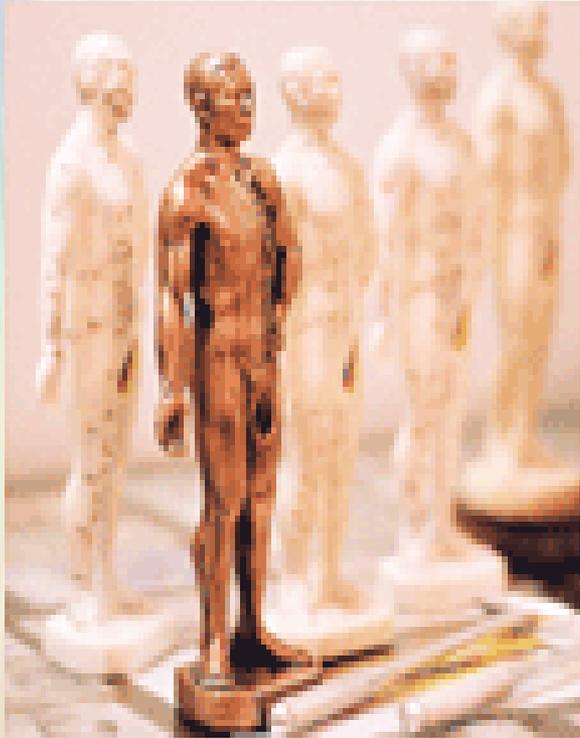
- <http://fox.cs.vt.edu/reiki.htm> - my Reiki site, pointing to many sites
- <http://www.iarp.org> - the International Association of Reiki Professionals, of which I am a member.
- <http://www.all-love.com/members/alllove> - site by Patrick Zeigler
- <http://pjentoft.com/0Reiki.html> - good manuals and reference material.

Tong Ren (TR) Therapy



- Visit by Chad J. Dupuis, L.Ac.
- Presentation of Feb. 3, 2006 for Virginia Tech Reiki Club
- Based on collaboration with Tom Tam
- Developed by Tom Tam, supported by acupuncture, qi gong, martial arts theory, western medical understandings of anatomy and physiology, and proven by clinical practice

Tong Ren Therapy



- The “Tong Ren” or “Bronze Man” model serves as a way to focus our intent and to stimulate the collective unconscious.
 - The collective unconscious allows the effect to be present within the patient (and others at the same time).
 - The “blockage theory” provides the focus of the areas treated and removal of the blockages allows the body to heal.
-
- Developed by Tom Tam, supported by acupuncture, qi gong, martial arts theory, western medical understandings of anatomy and physiology, and proven by clinical practice. Credits to: Chad J. Dupuis, L.Ac.

Blockage Theory



- Cancer, as an example:
 - Eastern – yin and yang are out of balance
 - Western – cells have mutated for some reason
 - Tong Ren – a “blockage” causes a disruption in the flow of energy and bioelectricity leading to disease.

Breast Cancer Treatment



- Main Points – T4, ST 12, Ouch Point
- Secondary Points – T3, GV 22, BL 9, CV 17
 - T4 – Breast, Sweat Glands, Hair follicles, PC Shu
 - ST 12 – Open the chest
 - Ouch Point – Qi Gong to dissipate tumor
 - T3 – Often added with T4 – controls lung and skin
 - GV 22 – Open the unconscious, effect frontal lobe
 - UB 9 – Cerebellum, movement, open Qi flow
 - CV 17 – Energize the upper dantian/chest



More Examples

- Anxiety: C2r, GB13r, SI16r – T5l, LV3, HT7, Yiming, LI 18
 - C2 & GB 13 – frontal lobe/emotions (L for ADHD), SI16/LI18/Yiming free body/mind circulation, T5l heart, HT7, effects HT Qi, LV3 descend energy
- Parkinson's: C1, SI16, TH16, Tiandong – C2, Yiming, LI4, GV19, ST36, LV3
 - C1, SI16, TH16, open sky window – brain/body, Tiandong vertebral artery, LI4/LV3 open circulation throughout body (4 gates), ST36 tonify Qi, GV19 sensory cortex



More Examples

- MS: C2, Tiandong, SI16, TH16 – C1, Yiming, BL9, GV17, GB19, ST36
 - Similar to Parkinson's & ALS, any brain problem (stroke, etc.)
- Crohn's: T1, T2, T3, T11 – T12, ST12, CV6, ST36
 - T1/2/3 – autoimmune conditions, T11/T12 open SI/LI, ST12 vagus/esophagus, CV6 tonify lower dantian, ST36 build qi



Summary

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