



Traditional Japanese Reiki



First Degree



Hazel began her Reiki journey when her close friend Lin Oliver from Ontario, visited her and introduced her to Reiki. After her first session, Hazel realized there was something to this. Pain in her shoulders suddenly faded, and ease of movement returned. Hazel immediately searched for a Reiki Teacher, and within a couple of months, she took her first course.

After her first attunement, Hazel felt she had “come home.” She felt something had reconnected, or clicked into place.

Hazel has been teaching for 20 years.

In that time, Hazel has experienced so many amazing aha moments both for herself, her clients, and her students.

“It never ceases to amaze me how empowering Reiki can be.”

Over the years, Hazel has gained much wisdom and understanding, Her books are part of the “Hazel Help Series.”

- 1 Explore Beyond the Physical**
- 2 Everything is Energy, including You**
- 3 Empowering Moments**

These books all evolved from teaching Reiki.

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Hazel Butterworth asserts the moral right to be identified as the author of this manual.

All reasonable care has been taken to honour the information provided. The information it contains is not meant to take the place of medical care under the direct supervision of a doctor.

Any application of the ideas and information contained in this book is at the readers` sole discretion.



Reiki is “REIKI”

**Reiki effectiveness lies in its simplicity...
it is what it is ... no more, no less.
It is simple in its theory and practice
It is limitless in its potential.**

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Acknowledgement of Attunements and Study

An 'acknowledgment' is given to students on completion of Reiki levels 1,2,3. validates that a student has received tuition, guidance, and attunements for that level, validates the day when a student began their journey of that specific level of Reiki. **Is the beginning of the journey to "Inviting Happiness" and "Spiritual Awareness."**

Reiki Master - certificate

A student is required to put into practice -
What they have learned in levels 1,2, and 3.
Complete a Self-Reiki study for 21 days.
Complete their homework for all three levels.
Develop their daily practice of Self Journey, Reflection, & Introspection.
Upon completion, a student is recognized as a Reiki Master.

Reiki Practitioner - certificate

A student is required to complete 30 Case Studies for Reiki Sessions.
Plus, they have had a follow-up session with their teacher
Each student will have an opportunity to discuss
their case studies, experiences, and discoveries
Upon completion, a student is recognized as a Reiki Practitioner.

At this time, a student is now qualified to
set up an authentic Professional Reiki Business with Integrity.
It is suggested that students join an affiliation
to further establish their authenticity as a Reiki Practitioner
and to set up their own liability insurance, which is required,
when setting up a professional business.

Reiki Master Teacher - certificate

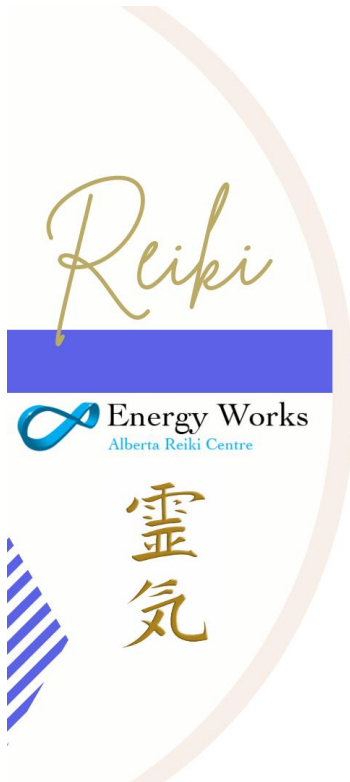
A student is required to complete their full training,
Also, to put together a series of lesson plans for themselves
based on what they have learned in class.
Upon completion, a student is recognized as a Reiki Master Teacher.

Reiki Mentorship Opportunity

Just for Today I AM
Living from Heart and Soul
Living in the Present
Living Conscious Aware
Living MY Passion & Purpose
Living my DREAM
"I AM"

靈氣

 Energy Works
Alberta Reiki Centre



Reiki is one of the most effective ways to create
"Empowering Moments" and "Self Awareness"
Being PRESENT is the gateway to BEING FREE.
Reiki is all about YOU and your SOUL

Learning Reiki for yourself is..
INVITING HAPPINESS into your life
BEING IN CHARGE of your life
CONNECTING to your SOUL
HEALING YOURSELF from the INSIDE OUT
IGNITING your own limitless POTENTIAL
COMMUNICATING with your HIGHER SELF
OPENING your HEART to LOVE
ACCEPTING, EMBRACING, ALLOWING
CREATING PEACE, BALANCE and HARMONY
DISCOVERING your TRUE AUTHENTIC SELF
FOLLOWING your OWN LIFE PATH
TRUSTING your OWN INSTINCTS
BEING FREE to BE YOURSELF



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The beauty of the
Usui system of Natural Healing
known as

REIKI

lies in its simplicity.
May we keep it that way.





The decision to learn Reiki is a quantum leap into exploring the unknown, being open to discovering the potential of living life from the heart and soul, in peace and harmony, trusting your own intuition and intuitive powers.

**It is awakening the "LIGHT WITHIN."
The divine spark of your Soul.**

It is an awakening to your true self, your authentic Self.
The YOU that chose this life, and that it has a Soul purpose and mission.
You don't have to be a Reiki guru, practitioner, or teacher to experience the gifts of Reiki blessings.

**Becoming a Reiki Master
by being curious and open to possibilities,
will "Light your way."**

Embracing the Reiki Precepts and embodying the Essence of Reiki
will create new opportunities to experience life from a place of LOVE, TRUTH, INTEGRITY, and AUTHENTICITY, and, to meet every experience, with Love, compassion and understanding.

**Reiki is YOU = SOUL, SPIRIT, SOURCE
ENERGY in MOTION.**



Introduction

Reiki is a Japanese healing method developed by Mikao Usui in 1922. based on the understanding that a universal life force energy animates all living things.

Reiki is a simple and natural method that works with the body's own *innate healing intelligence* to vitalize and balance all the body's energy flows. We experience this when we cut ourselves. The body intuitively begins the healing process.

When energy flows freely, we experience vitality and emotional balance. **When energy becomes stagnant** or depleted through stress, illness, or life's difficulties, we feel the "dis-at-ease" effects in our bodies, our emotions, and our sense of purpose.

Life can be exhausting, and stress can be relentless. Most people are running on empty, disconnected from themselves, and searching for something that will actually help.

Reiki can calm the nervous system, clear emotional heaviness, ease physical tension, and bring you back to yourself.

When life has pulled you in every direction, Reiki helps to create calm within the chaos.

靈氣

Learning Reiki means learning to tend to your own energy daily.

to stop running on empty, and to fill yourself up first.

It can be learned by anyone who is open and willing to recognize this *innate healing energy* flowing through them.

At its heart, Reiki is more than a technique.

It is a path, guided by precepts, asking us to live each day
free of anger, free of worry,
with gratitude and kindness,
honesty and diligence.

Reiki is a path back to yourself, remembering who you actually are
beneath the stress, the noise, and the endless demands in life.

Remembering your true nature and natural state of being.

It is about creating a conscious sensory awareness of
your own body, thoughts, emotions, and inner knowing.

It is about tuning into your intuitive self.

Reiki works on every level of your being simultaneously:
physical, emotional, and spiritual.

Reiki Mastery is an ongoing commitment to
staying true to yourself as you learn, grow,
and evolve with every experience that life offers.

Why Learn Reiki

- Reiki gives you a tool you carry always, your own hands.
 - Calms the nervous system immediately and reliably.
- Clears emotional heaviness accumulated through daily life.
 - Eases physical tensions held in the body.
- Brings you back to yourself when life pulls you in every direction.
- Develops genuine sensitivity to your own body and inner knowing.
 - Stops the cycle of depletion, teaches you to fill yourself with love rather than collapse.
- Deepens INTUITION as you begin to trust yourself more completely.
 - Improves sleep quality consistently and reliably.
- Reduces anxiety, is one of the most robustly documented effects.
 - Supports recovery from illness, grief, trauma, and burnout.
- Empowers you to be free of limitations, FREE to BE YOURSELF.
 - Connects you to your INNER MOST GUIDANCE.
 - Joins the growing integrative healthcare movement, of evidence-based modalities, which is expanding.
 - Makes the ordinary sacred and purposeful.
- Not just a technique, it is a complete path “back to your True self.”
- Guided by five precepts that are immediately practical in daily life.

Just for today,

Three words that make genuine change humanly possible.

- Encourages you to **BE PRESENT** in every moment, conscious, awake, aware, and alert.
 - The most important reason is
You already sense there is something MORE to YOU.



Keeping a Reiki Journal

Students are encouraged to keep a Reiki journal of their experiences, meditations, Soul whispers, inner conversations with themselves, their guides, or to simply record what was experienced or sensed during and after Self Reiki.

A journal can be formal or informal; it can contain writing, drawings, pictures, creative responses, studies, insights, and discoveries. Basically, it is a place to record your own self-journey, as you evolve.

There is no hard and fast rule, other than you keep one.

Journals are not diaries; you do not record a daily account of what you did, who you saw, or how you felt during the day.

Journals are about open-hearted conversations with yourself.

Writing how you feel gives you an opportunity to express your emotions fully and safely, especially if you are writing to release or acknowledge exactly how you feel.

Writing is an opportunity to be truthful and honest, as you are only having a conversation with your innermost self. There is no fear of what others might say or how they might react.

Writing is very powerful. When writing about emotions or things you wish to release. It is recommended to write on loose-leaf paper so that you can then burn it, or tear it up as you repeat “ I release and let go.....”

Writing is an opportunity to move the energy that you have been harbouring within, the grudges or toxic emotions that you have stored, or the ill feelings you have hung onto.

Be curious, ask questions, dive into the unknown. Reiki is not a belief system.

Reiki is a spiritual practice that offers inner spaciousness and personal freedom.

Reiki is understanding who and what you are on all dimensions and levels of being.

What is Reiki?

- * The most Beautiful Gift you can give yourself and those around you.
 - * A Gift from the Universe that is Pure Healing Love.
- * Simple and Powerful, Natural and Safe, Gentle and Nurturing.
 - * The best organized way to teach Energy Work.
 - * An Ancient Healing Method that is easy to learn and can provide Enrichment for everyday life.
 - * Promotes physical well-being and has a positive effect on emotional and spiritual equilibrium.
- * The Life Force that exists in all things. We are ALL the same energy.
 - * Treatments feel like warm sunshine flowing through your body.
- * Wonderful for Stress Relief and a great way to recharge your batteries.
 - * Reenergizes the body to allow it to heal itself.
- * Safe for babies, pregnant women, animals, plants; anything that is living.
 - * Promotes deep relaxation, evoking a sense of ease and calm.
- * Strengthens the Immune System; the parasympathetic nervous system.
- * Relieves Pain, Loosens Blocked Energy and Cleanses the Body of Toxins.
- * Compliments; can be given in conjunction with other means of healing, including traditional medical treatments, massage, and Psychotherapy.
- * Non-intrusive, since Reiki Energy will pass through all clothing, bandages, plasters, casts, and so forth.
 - * Anyone can learn Reiki, including Children.
It is something that can be shared with everyone.
 - * Creates inner peace, balance and harmony.
- * **Reiki - Breathwork, meditation, stillness, connection and communication with Soul Self, and Source Self.**



**SELF JOURNEY is the PATH to SELF-ENLIGHTENMENT
Reiki is a way of LIVING each day in the PRESENT MOMENT,
from HEART and SOUL, in PEACE and HARMONY.**

It is not the energy itself that makes the system unique, but the path that is walked.

Reiki requires diligence and commitment to spend time with your innermost self.

This is a personal growth journey, one in which you take complete responsibility for yourself. No one can do this for you; it is up to you to create an environment that promotes Love, Compassion and Understanding, which will exponentially create PEACE and Harmony in and around you. **Inner Peace is your own creation.**

Nothing needs to be fixed; you are not broken. Everything is exactly as it is meant to be here and now, whatever that may be for you. This is the perfect place to begin your self-journey to Self Mastery. **There are no shortcuts; the self-journey is ongoing,** Reiki living is ever-evolving with each experience, lessons learned, and wisdom gained. In time, Reiki becomes a part of who you are; **no longer “doing” Reiki, you “ARE” Reiki.**

Life becomes synchronistic, everything flows with ease, and you are no longer triggered by people or situations, no longer caught up in the dramas; you simply become the observer of yourself and of life. You see beyond the immediate, embrace each experience and simply allow life to flow. **Life is happening “FOR you,” not “TO you.” (Level 3)**

Reiki has now been adapted into so many variations and interpretations that it has been diluted; in some cases, other practices or modalities have been added to Reiki teachings. **Reiki is Reiki, just as it is. It requires nothing other than you and your commitment. Reiki is PURE and SIMPLE;** it does not require a person to believe in it for it to work. **It is what it is and does what it does. It simply IS. FULLSTOP.**

Reiki is tuning into the Life Source Energy that is continuously flowing in and around you. It is the very essence of who you are, your thoughts, emotions and conscious awareness. **REIKI is YOU through and through. It is not separate from you.**

Reiki

REIKI is pronounced “Ray - Key”

REI means “universal” and refers also to the spiritual dimension and the soul.

KI means the vital life force energy which flows through all that is alive.

The Japanese characters, when combined, present the concept of “universal life-force energy”. Reiki energy is whole, not dual. It is therefore neither positive or negative per se, but rather is the combination of these qualities.



The Japanese character of Reiki as drawn by
Hawayo Takata in December 1979

Source: Reverend Faye Smith
Courtesy: Reverend Donald Louks

One of my students who lives in Japan explained the symbols as

“The ENERGY OF AIR”

Reiki is pronounced “ RAY - KEY “

and consists of 2 syllables:

“Rei”

which describes the universal aspect of this energy and

“Ki”

which means fundamental life force flowing, pulsating in all living things,
that animates a sense of vitality and aliveness.

We find all sorts of different words for this fundamental force.

The Chinese know “KI” as “Chi”;

Hindus say “Prana,” and Christians call it “Light.”

In German, the words which come close to the meaning of “Ki” are

“Atem”- breath, and **“Leben”** –life.

In our modern Western language, we use the words

“bioenergy” fields, or **“cosmic energy”**.

It is ALL the same energy source, giving life to ALL living things.

This life force energy is present at birth.

We bring into life a certain amount of “Ki.”

We deplete it in the business of ordinary daily living.

We then have to recharge and renew our daily supply.

No “Ki” = No Life

When a person dies, there is no “Ki” left in the body.

Breathing is what keeps us alive.

Breathwork is an important aspect of Reiki.

**Slow conscious, deep breathing creates a deep connection
to Heart and SOUL, and the HERE and NOW.**

**Reiki comes from a very loving place, simply by having a loving intention,
we can have a positive effect on the energy field of all living things.**



The History of Reiki

Mikao Usui

1865 – 1926

The Founder



Usui was born on 15th August 1865 in Taniiai, Gifu Prefecture, Japan, during a very critical time of dramatic transformation in modern history. This event was called Taisei Hokan, where feudalism ended, and modernism began. Spiritual seekers of Usui`s generation were steeped in ancient wisdom while simultaneously grappling with the modern world.

Usui was the son and grandson of a merchant family raised in Tendai Buddhist family traditions that emphasized meditation, esoteric practice, and the accessibility of enlightenment to ordinary people living ordinary lives.

Usui became a civil servant, journalist, businessman and private secretary. He was well-trained in martial arts, travelled extensively to China, the U.S., and Europe, and was a lifelong student of philosophy, religion, medicine, martial arts, and spiritual practice.

He was a member of a metaphysical group dedicated to developing spiritual abilities. He was deeply influenced by a Japanese spiritual movement called Shintoism, with elements of Kiko, the Japanese equivalent of Qigong.

In March 1922, at 57 yrs old, Usui undertook an intensive 21-day fasting meditation on the top of Mount Karuma, a sacred mountain north of Kyoto.

According to the writings on his memorial stone, it was there that he experienced a profound “great awakening” on the final day. He described feeling a great light above his head, entering a state of profound clarity, and an energetic activation. This was his “AHA” moment and realization that he had received a wonderful gift of awareness, knowledge, and healing abilities in his hands. Usui saw the symbols one by one. As he saw them, he was given clear instructions on how to activate them. **He named this energy light “Reiki”.**

On the way down the mountain, Usui had the opportunity to put his new discovery into practice. He hurt his toe, so he immediately began working on himself and healed the pain in his foot. This created a stronger desire to share what he had discovered with as many people as possible.

In April 1922, Usui established a healing society, Usui Reiki Ryoho Gakkai, URR Gakkai (Usui Spiritual Energy Healing Method Learning Society) in Tokyo, where it still exists today. Here, he began teaching and treating his patients, developing the system we know today as Reiki.

As he worked with clients, he realized that healing was sometimes temporary and symptoms would return. **Usui realized that if the same conditions were present, the same illnesses would return.** A person needed to change within themselves, how they lived and processed life, for the healing to be long-term.

Usui began teaching a “new way of living”. He introduced the **Five precepts**, meditation practices, and what he called ryoho, the therapeutic methods that addressed the whole person rather than merely their symptoms.

This is how Reiki is still taught today, with the focus on living life, embracing the Reiki precepts with self-awareness, to create happiness within.

In September 1923, a catastrophic earthquake devastated Tokyo, killing over 100,000 people and leaving hundreds of thousands more injured.

Usui and his students worked tirelessly to help the injured.

His work was recognized, and he was later awarded an Imperial Rescript, an honour from the Emperor for extraordinary service.

In 1925, Usui moved his practice to larger premises in Nakano, just outside Tokyo, where he began training Reiki Masters. Nothing was written down; all learning was verbal and from experience. Students learned, then helped in the clinics, to gain experience. Self-mastery was the main focus.

Usui`s teaching distinguished itself from other healing systems,

Accessibility – Usui taught that every person carried the capacity for healing and that Reiki could awaken that capacity in anyone willing to receive it.

Self Healing First - Before working with others, heal yourself first.

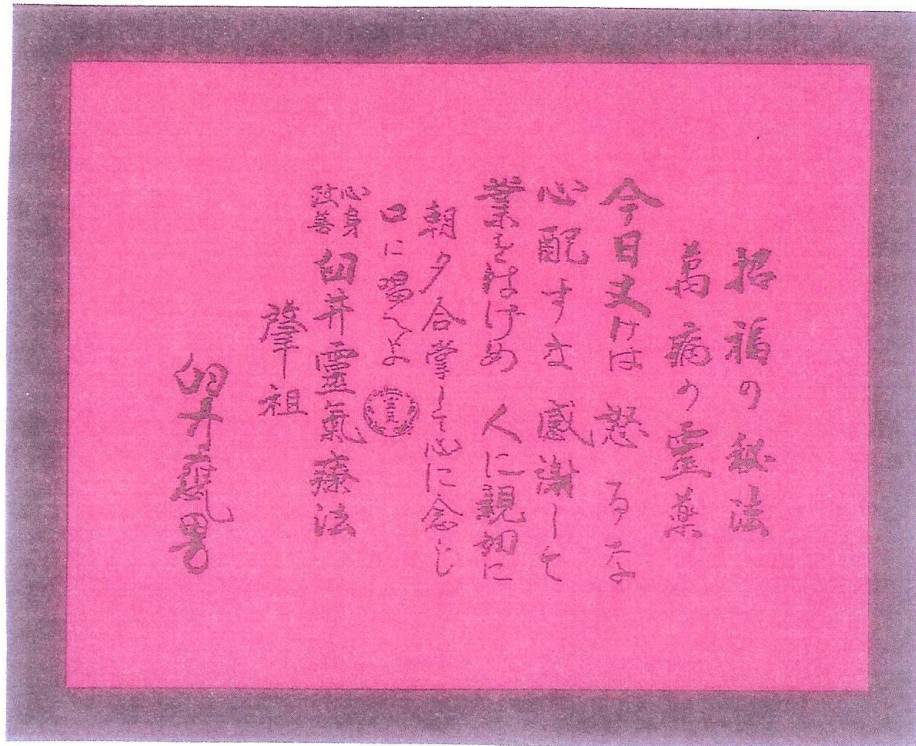
You cannot offer what you do not have. (Fill your own cup first)

The Precepts are the Foundation – Most important, a person whose daily life was guided by these principles was doing the deepest healing work possible.

Usui mentored his students intuitively; only the precepts were written down. There was no set course, length or time; instruction was ongoing.

**Anshim Ritsumei - Spiritual development as the aim
not as symptom relief, but as complete peace and life purpose.
Reiki - is the path to spiritual maturity.**

In Mikao Usui's own handwriting painted on a piece of cloth
approx 60cm high and 1 meter long



萬病の靈藥
 Many illnesses of the spiritual (heavenly) medicine
 今日又々は怒るな
 Today only anger not worry not with appreciz
 心配すな感謝すな
 do work to people be kin
 業をなげめ人に親如
 In morning at night hands held in prayer
 朝夕合掌と心に念じ
 think in your mind
 口に唱へよ
 chant with mouth
 心身 白井靈氣療法
 Mind body Usui Reiki method
 改善 change it for better
 肇祖
 Founder
 白井 翁
 Usui o

USUI PRECEPTS

In Modern English

The Secret Method of Inviting Blessings The Spiritual Medicine of Many Illnesses

*For today only,
Do not anger
Do not Worry
Do your work with appreciation
Be kind to all people*

*In the morning and at night
With hands held in Prayer
Think this in your mind
Chant this with your Mouth*

*The Usui Reiki Method to change your Mind and Body for the Better
The Founder Mikao Usui*

This English translation was put on the Internet Aug 24 1996 by Rick Rivard,
a slightly non-traditional Reiki Master living in Vancouver

A Different Translation.

The Five Spiritual Principles of Reiki by Dr. Mikao Usui

Just for today. Do Not Anger
Just for today, Do Not Worry
Honour your Parents, Teachers and Elders
Make Your Living Honestly
Show Gratitude to Every Living Thing

There are variations of the precepts, but the essence remains.



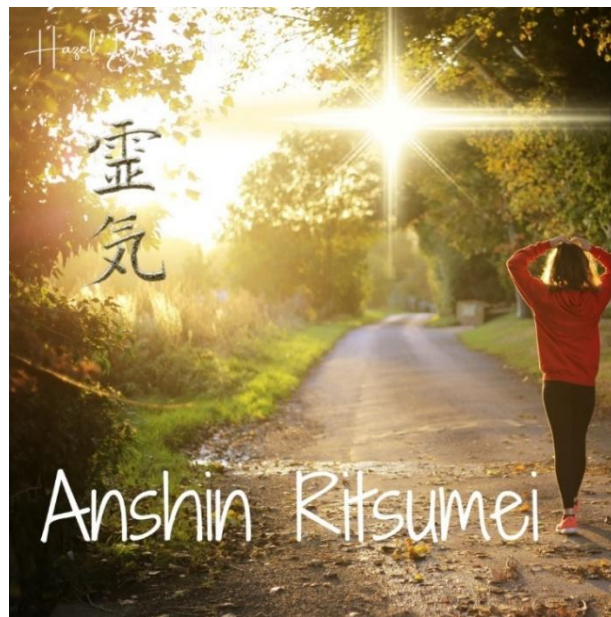
Satori

The seat of awareness.

Satori - Awakening to the nature of awareness itself. REMEMBERING.

It is the direct, experiential recognition of one's own fundamental nature, not as a philosophical position, not as a belief, not as a pleasant feeling state, but as an immediate, undeniable, lived seeing.

- **Satori** – the direct, immediate, experiential recognition of something that cannot be captured in words.
- **That beneath and within and around this ordinary contracted sense of self, there is something that has no edges, no beginning, no end,**
- **It is something that is aware, that is present, that is described as luminous, open, vast, and fundamentally at peace.**
- **Satori is not the acquisition of something new. It is the recognition of what was always present,** simply unseen because the ordinary mind was too busy, too contracted, too identified with its own activity to notice what it is standing in.
- **Empty** – without inherent, independent existence. Not a thing among things.
Luminous – not dark or blank but radiant, aware, clear, knowing.
Unobstructed – the natural expression of this empty, luminous awareness is compassion and wisdom, flowing without impediment when resistance is cleared.
- **Usui's ultimate aim was not physical healing,** not stress relief, not even emotional well-being in the ordinary sense.
It was Anshim Ritsumei – the settled heart standing fully in its life purpose.
It's a natural expression, with ease of flow.



Anshin Ritsumei

The settled heart standing fully in its life purpose

- **Anshin – the settled heart, is not merely the absence of anxiety. It is the quality of a person who has touched, however briefly and however partially, the ground of awareness that Satori reveals;**
Who has found something in themselves that is not at the mercy of what has happened to them. Who has, in the zen phrase, found their own face.
- **Ritsumei – standing fully in one`s life purpose, is that natural expression of someone moving towards Satori.** Because when the contracted, fearful, approval-seeking ego begins to release the grip on the sense of self, what emerges naturally is the authentic expression of what one genuinely is, not performed, not calculated, not shaped by the need to be seen in a particular way, but simply and fully alive.
- **Usui was teaching the journey to self-awareness, self-awakening, self-discovery to remembering who and what we are. Journey to SELF REALIZATION. He aimed to help people realize their true natural expression.**
- A heart-mind at peace, standing fully in the particular life and purpose, that is uniquely, unmistakably, irreplaceably yours.
- **The condition of being so comfortable at home in yourself and your life that inner peace and outer purpose become ONE SINGLE MOVEMENT.**
- **Coming home, completely.**
Many students say “they felt at home” when they began learning about Reiki.
- **Simply put, they have found themselves again; they have reconnected. They remember who and what they are; they have remembered.**
The destination is the journey itself, an ongoing realization, ever-expanding.



FIVE ELEMENTS of REIKI

It is not the energy itself that makes the system unique, but the path walked.

Usui intended students to use each of the five elements systematically, creating a daily practice that combined all five.

Each element has its own rounded path to SPIRITUAL ENLIGHTENMENT.

Reiki has changed over the years to adapt to Western culture.

Only these five original elements remain, which are common to Reiki everywhere.

Gakkai **The Six Precepts (5 original plus 6th)**

Kokyu Ho **Breathing techniques**

Tenohira **Hands-on or palm healing**

Jumon and Shirushi **Symbols and Mantras (concepts)**

Reiju **Attunements**

Most of the five elements can be used alone. The only exception is the hands-on healing, which can be used on others. It is this single element that many have chosen to practice as Reiki. Focusing only on this misses the whole essence of Reiki: that of Self-Empowerment.

Reiki is all about you. It is learning to understand yourself from an energetic perspective and based on the knowing that we are all Eternal Energy, ever changing, ever evolving.

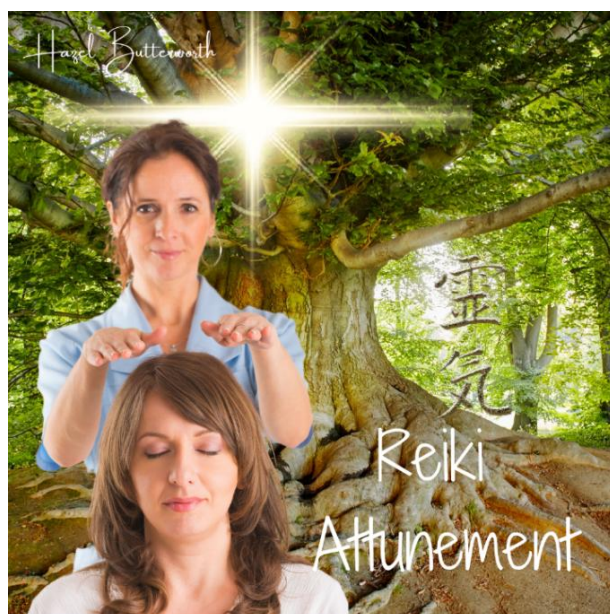
It is learning how to TUNE into those energies, harness and direct them to keep energy in flow. *"Energy cannot be created or destroyed; it can only be changed from one form to another."* (Albert Einstein). Reiki is working with energy to keep it flowing effortlessly.

We are all ONE with the Universe and each other, just like drops of water together creating the ocean; there is no distinction between the drops unless they are separated from the ocean. This is what many describe as feeling disconnected, alone or out of sorts.

We are Energy Beings, living a human life here on earth. Our Soul has chosen to experience life on earth, in this particular timeline, for a specific reason.

Most individuals have a sense that there is something more and spend much of their life seeking their passion and purpose, often asking, "Who am I?" and "Why am I here?"

Reiki is how you find those answers for yourself. "The Answers are found Within."



Reiju- Reiki Attunements

Reiki attunements are sometimes referred to as an “Initiation.”

The Oxford English Dictionary describes initiation as the “action of beginning, entering upon, or starting something. It also indicates that initiation is an “admission to the knowledge or instruction in the elements of any subject or practice”

Attunements (Initiations) are part of the process of reconnection to Spirit and a beginning of a new or renewed walk down the Path of Life.

Usui developed the attunement process and believed in its power to help his students connect consciously with Life Force Energy.

Once the connection is made, energy begins to flow freely. Reiki is now flowing.

With every attunement, the connection strengthens and the flow increases.

With every attunement comes deeper understanding and expanded awareness.

Reiki is an initiation-based practice, an empowered practice that enables a student to harness and direct energy for themselves as they continue to tune into Source Energy.

Receiving an attunement is a gentle, enjoyable experience. A student is seated as the Reiki Master Teacher works around them; it may look similar to a Reiki chair session.

Reiki attunements promote Spiritual, Emotional, Mental and Physical healing.

There are several attunements for each level of Reiki.

No two attunements are the same, as the student experiences each one from a different place of awareness. Each attunement is exactly what a student needs, in that moment, to help them move forward with their understanding of themselves. Students may receive messages, images, or simply feel the experience.

Attunements open many doors to Conscious Awareness and Self Awareness.

Some students have commented that it feels like they have “come home.”



Gakkai - GASSHO MEDITATION

**Part of the spiritual discipline of Reiki is to
work with the Five Precepts Daily,
to invite blessings for happiness and good health.**

**Every morning, every evening, with hands in prayer
think with the mind (contemplate)
then chant with the mouth (speak)**

The power is the **vibration of the sounds** as we speak.

The power is in the **hearing and feeling of the words.**

The power is in the breathing, slow, **deep conscious breathing.**

The power is in the **Stillness, the PRESENCE.**

**The combination of the power of the word, the focus of the chant and the effect
of breathing, enables a mantra to produce powerful transformations within the student.**

Mantras are more effective when spoken aloud; you not only hear, but you also
FEEL the vibrations and energy of the sounds.

**It is in the silence and connection to consciousness that the insights may be discovered,
Soul Whispers may be heard, images may be seen, and awareness may be felt.**

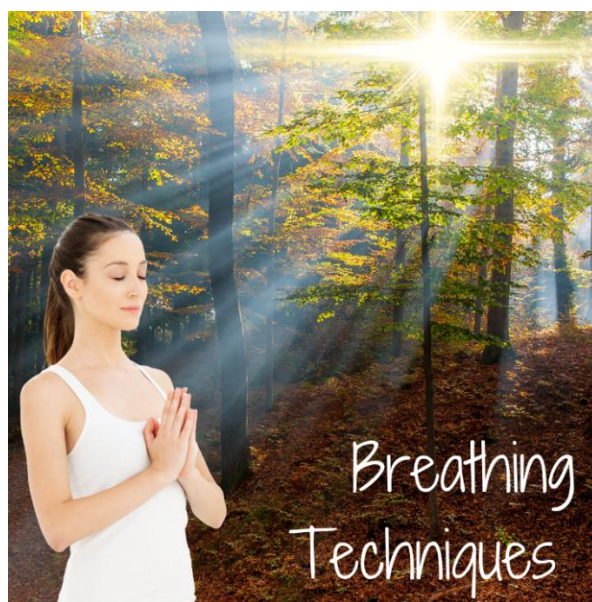
It is in the silence that you will sense the connection to the Universe.

Meditating on the mantras helps a student to understand their significance and meanings.

It also reminds a student to be mindful and consciously aware of each moment –
PRESENT with PRESENCE, in the HERE and NOW moment

**It also helps the student to become an OBSERVER of their own thoughts,
words and actions, as well as those of others.**

There is NO judgment, only OBSERVATIONS as you NOTICE and WITNESS.



Kokyu Ho - Breathwork

Breathing is the essence of Life. It is the bridge between body and energy. It is essential to learn how to breathe effectively and purposefully.

Reiki is very much about using breath to help move energy into and out of the body. It has been scientifically proven that slow, deep breathing helps the immune system, the heart, anxiety, digestion, brain activity and the vagus nerve, to name a few benefits.

Breathwork creates clarity, connection and peace as it calms and relaxes the fight or flight. Breathwork can move or release pain, stored emotions, trauma, guilt, fears, grief, or anger. Breathwork creates feelings of openness, love, gratitude, and communication. Breathwork creates stillness faster than anything else. Slow the breath, deepen the breath.

Breathwork is part of Reiki, each inhale bringing new life force energy into the body, each exhale, releasing what no longer serves you. Breathwork continuously works as an energy/oxygen filter exchange.

Reiki is channelled through the breath both for Self Reiki and as a Reiki practitioner.

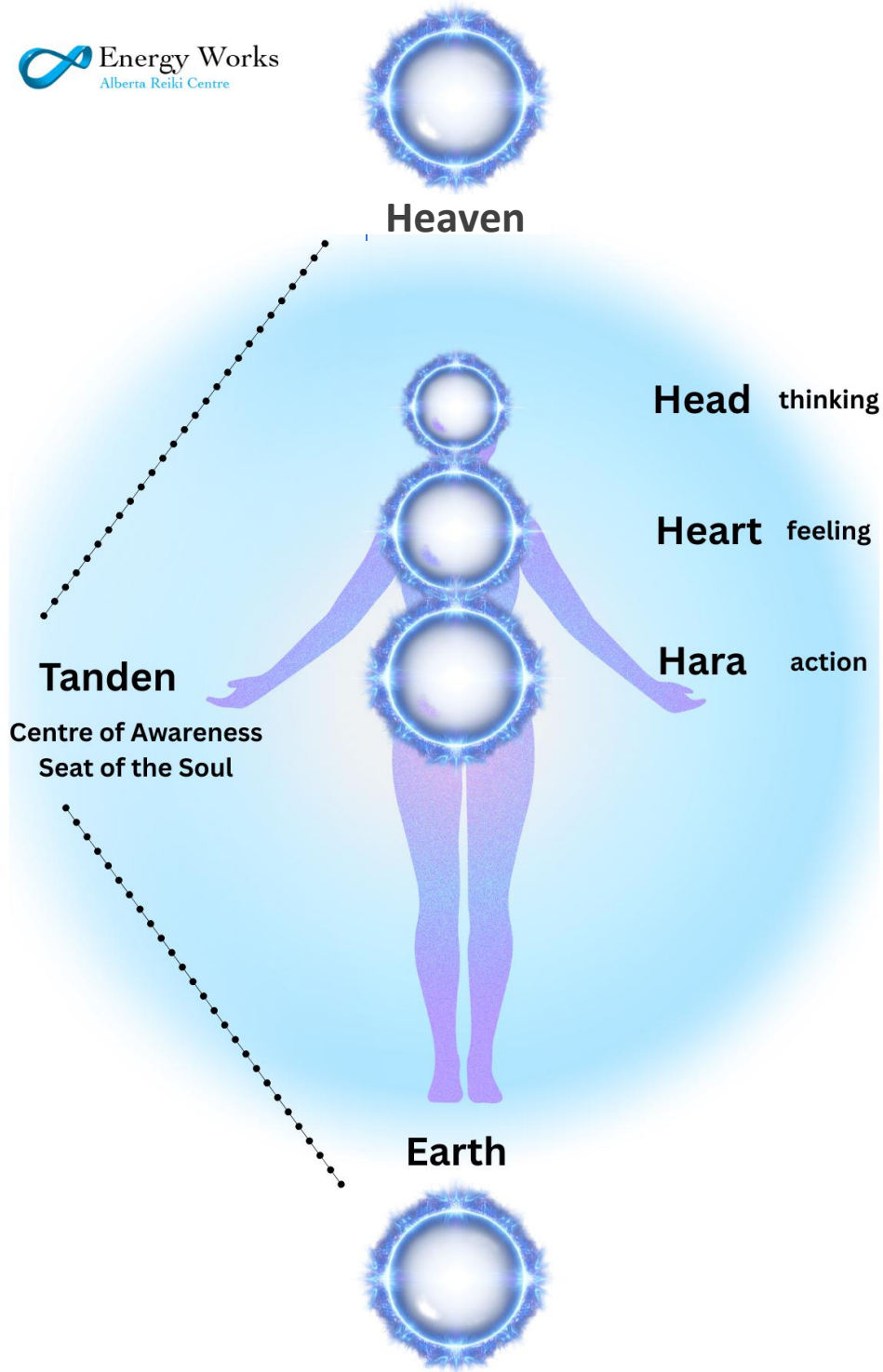
Breathwork creates PRESENCE, it totally brings focus to the present moment, here and now, with complete awareness, and simply BE as ONE with ALL that is.

One way to experience breathwork is to inhale slowly through the nose. Then exhale slowly from the mouth and listen for the sounds the breath makes. As you exhale, continue to squeeze out as much as possible by using the belly muscles. It is like squeezing the last drop of toothpaste out of the tube. Repeat several times and observe how you feel and what happens next. What did you notice? Did it make you take a larger, more expansive inhale? This is a good exercise to see if you are exhaling and inhaling fully.

The quality of your breathing directly determines the quality of your Ki flow.

Tanden – Centre of Awareness – Seat of the Soul

Energy Works
Alberta Reiki Centre



Energy Centres of Awareness

1- Heaven, Tanden, Earth.

2 - Head, Heart, Hara

TANDEN

Centre of Awareness

**Usui talks of Tanden in Reiki
as the seat of the soul, the spiritual centre of awareness.**

It is said that Ki is moved by the mind.
where the attention goes, ki flows...

” We can direct and focus our energy wherever we choose to.”

HEAVEN – TANDEN - EARTH

*Some people refer to Heaven as the Universe.
I have come to the understanding that
Heaven is not a place; it is a “State of Being.”*

*”(Take a moment and think about that... “I am in heaven” refers to
how you feel in that moment, or maybe something tastes heavenly)
To me, the universe is beyond the physical; it is SOURCE, infinite, eternal.
It is the universal, eternal, limitless energy that creates ALL things.*

**The Tanden is a powerful and important energy centre
that helps you to maintain a stable energy flow.**

It is the core centre of your being and the seat of your soul.

It is where your gut instincts communicate to you to let you know if
something feels aligned or out of sync with you, just like a truth detector

Whenever you feel scattered, bring your awareness back to your centre.
*It is like a tennis player, they always come back to the centre, the neutral
position, so they can move in whichever direction they need to go.*

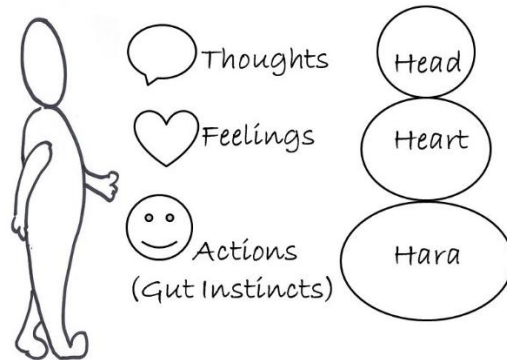
Connection to Universe and Earth opens you to possibilities, inspiration,
intuition, whilst staying grounded and centred, balanced and stable.

When a person feels disconnected, they have lost communication and
awareness of Tanden, and are really seeking a connection to themselves.

**The relationship we have with all these centres creates resonance within us.
We can experience the ONENESS of Life, the CONNECTEDNESS to everything,
as well as INNER PEACE and HAPPINESS that USUI speaks of.**

HEAD- HEART- HARA

(snowman)



Improve Internal Communications

HARA

Hara means belly, in Japanese,
It is the physical centre of gravity of the human body,
and the spiritual center of the human being.

HEAD- HEART- HARA

Three very important energy awareness centres for communication.

These awareness centres help align thoughts, feelings, and actions,
to help us stay aligned and true to our “Authentic” selves, as well as our
Life Path and Purpose. (Satori, Anshin Retsumei, the path to ourselves)

**They create congruency of thoughts and feelings
with inner knowing and conscious awareness.**

When you live from HEART and SOUL (HARA) rather than the Ego (HEAD)

Life is more aligned with your truth, life flows more easily, and peacefully.

When you have a thought **(HEAD)** be aware of it

Check in with your feelings **(HEART)** to see how that feels for you, then

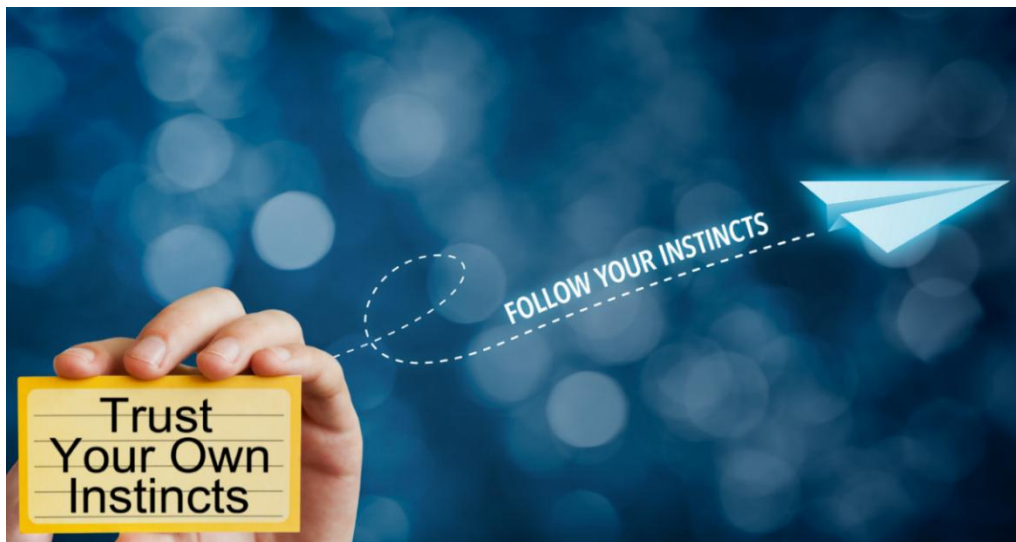
Check in with your gut instincts **(HARA)** to see what action you will take.

Do you pay attention to your intuition?

Do you follow your heart?

Do you trust your gut instincts?

**Get to know what is true for you, what feels aligned for you and what your
intuition is saying to you. Keep communication channels open.**



***"The body doesn't lie.
The energy doesn't lie.
The mind is the one that argues."***

People often refer to intuition as their 6th sense, something beyond our five physical senses. I refer to it as our **FIRST SENSE**, as it already existed within us when we were born. **We were born with this inner knowing of truth**, and the ability to sense the energy and vibrations within and around us. **We could sense before we could talk.**

Intuition is an infinite supply of wisdom, possibilities, potential, creativity, and inspiration. It is your own Personal Inner Guidance System, continually sending you clues to keep you aligned to your truth, your soul path, your purpose, your mission, and your potential. **Intuition is your TRUE SELF, your authentic Self, that does not lie.** If you learn to trust, tune into your feelings, and follow your intuition, you can live a more inspired life. **Satori and Anshin Ritsumei are all about Self Awareness and knowing your true self.**

Intuition feels calm, clear, neutral, quiet and steady, like a gentle hand pointing rather than a voice (Ego) demanding. Intuition is a muscle that grows with use. **The more you trust and act on it, even in small ways, the clearer it becomes.**

In Reiki, intuition isn't random guessing; it is a subtle inner knowing that arises when you quiet the analytical mind and become receptive to your inner knowing, your gut instincts, and your nervous system speaking to you. **Trusting your Gut**, your body's wisdom, is an invitation to **act on these signals without second-guessing them**, even when logic doesn't explain it. It takes practice to recognize the signs and trust your vibes.

Intuition speaks quietly, and a stressed, cluttered nervous system can't hear it. **Daily stillness, even ten minutes of silent sitting (Gassho)**, trains you to notice subtle signals. **Self-Reiki is essential:** when you sit in awareness, you learn to trust what you feel and sense. Keep a simple journal of sessions, what you noticed, what you sensed, and what you acted on. Over weeks, patterns emerge, and you begin to trust your instincts. **Head, Heart, Hara = thoughts, feelings, instincts. INTUITION EXPANDS AWARENESS**



Dr Chujiro Hayashi

(1880 – 1940)

The Bridge



Usui's most significant student was Dr. Chujiro Hayashi, a retired naval officer, who received his Reiki Master training in 1925.

He brought his medical training and clinical precision to the practice of Reiki, in his own clinic, Hayashi Reiki Kenkyukai, in Tokyo.

Where Usui took a more intuitive approach to his teachings and treatments, **Dr. Hayashi developed a systematic approach.** He standardized the hand positions and created a manual for students to follow called The Hayashi Manual, which later became central to Western Reiki.

(A modern version was published in 2003 by Frank Arjava Petter and Tadao Yamaguchi)

The hand positions were not originally meant to be done in a certain order. They were to raise awareness of the whole physical body as a unified system. Almost no condition is treated at the site of symptoms alone; every treatment engages multiple organs. The pain is a clue to look within the self.

The entries in the manual were intended to give directions when a student could not feel **byoson scanning** (intuitively sensing when holding the hand over an area until a connection was made). Not all students were able to sense energy, so the manual was a fallback guide and method to follow.

Although this method made teaching easier and consistent, some students felt this system put more emphasis on the hand techniques rather than on the true essence of Reiki, which was the journey to “remembering our true nature and creating inner peace, balance, and harmony.”

1938 Hayashi trained Chioko Yamaguchi and Hawayo Takata

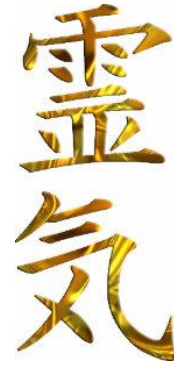
1940 Hayashi died, Japan was at war, he foresaw events he could not prevent, so he died, apparently through an act of conscious will, reportedly by stopping his own heart through intention. His teaching is preserved through Yamaguchi.



Chiyoko Yamaguchi

(1921 – 2003)

The Japanese Lineage



Chiyoko Yamaguchi learned Reiki at age 17, through Dr. Hayashi, in the same year Hawayo Takata was taking her training. 1938.

Yamaguchi practiced quietly for over 65 years, throughout her entire life. She was unaware for decades that there was a Western version of Reiki being taught and practiced that varied from her teachings.

Yamaguchi never commercialized her practice. She simply lived Reiki as a part of who she was, her true, authentic self. She kept the simplicity of Reiki.

Tadao Yamaguchi, her son, eventually recognized the extraordinary significance of her lineage and her dedication to her own Reiki path.

Together, they established **Jikiden Reiki** in the late 1990`s. Jikiden means direct transmission, emphasizing the unbroken connection to the original teachings. Yamaguchi preserved the original teachings of Reiki, which later became lost when Reiki was brought to the West by Takata.

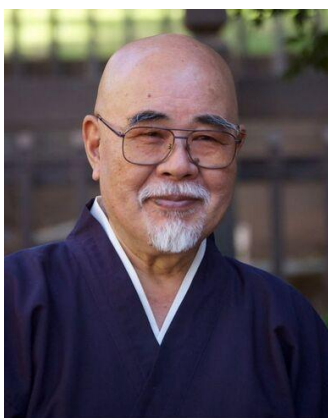
Jikiden does not use the Sanskrit term chakra; instead, it uses Tanden.

It works with the Byoson scanning, the original Japanese hand positions, and places a strong emphasis on the Five Precepts as a daily living practice.

Chiyoko Yamaguchi died in 2003; her teachings continue through her son, Tadao Yamaguchi and the Jikiden Institute.

Tadao and Frank Petter joined together to write a book based on Yamaguchi's teachings.

**Her life is testimony that,
“Reiki practiced quietly,
consistently, and genuinely,
transforms everything.”**



Hyakuten Inamoto

The Keeper of Simplicity

靈氣

Hyakuten Inamoto is a Buddhist monk and Reiki Master. He is one of the most influential and respected teachers in the world of Reiki.

He lives and emphasizes simplicity, compassion, and accessibility of spiritual practices, which is the basis of his own teachings.

He learned Reiki from Yamaguchi, giving him one of the most direct and unbroken lineages to Mikao Usui. He lives the True Essence of Reiki.

In 1999, he founded Komyo ReikiDo, his own school, with his own approach to Reiki, and has taught students all over the world

Komyo – means bright light, or shining light.

Reiki – means universal life force energy.

Do – means The Way. It transforms Reiki from a healing technique into a pathway, a complete way of living.

“The shining light way of universal life force energy,” or more simply put...

“The Reiki Path that leads to inner illumination”

Inamoto organizes his teaching around 4 clear principles. They are deceptively simple, the kind of simplicity that takes years to fully appreciate.

1. The purpose of Reiki Practice is Spiritual Awakening

Healing is a byproduct, not the goal. The goal is Satori, spiritual awakening, enlightenment, the direct realization of one`s true nature and Anshin, the settled heart standing fully in its life purpose.

When the student orients their own practice toward this deeper aim, genuine inner transformational healing naturally occurs as a consequence.

2. The Five Precepts are the Heart of the system

Inamoto places the Gokai, the Five Precepts, as the absolute centre of the practice. The secret method of inviting happiness. The wonderful medicine for all diseases. Just for Today. (The precepts are the medicine.)

He teaches that a person who sincerely lives the Five Precepts, not perfectly, but genuinely, with daily recommitment and practice, is the most powerful form of Reiki available. Technique without foundation is hollow.

3. Keep it simple

This principle runs through everything Inamoto teaches. He is gentle in himself, but most critical of the tendency of Western Reiki to complicate and add more. More symbols, techniques, levels, systems, or more specializations.

His view is that this accumulation of complexity is itself an obstacle.

It feeds the ego's desire to acquire and achieve. It creates the illusion that more knowledge equals deeper practice. It moves the practitioner further from the direct simplicity that genuine healing requires.

He often says, "Reiki is simple. Keep it simple."

4. Reiki is for Everyone.

Inamoto teaches that Reiki is not the preserve of any particular culture, religion, or spiritual background. It does not require belief in any specific cosmology or Japanese cultural understanding. What it requires is simply: a genuine open heart, a willingness to practice honestly, and the daily recommitment expressed in the phrase "Just for Today."

Inamoto lives and teaches an additional precept – "Go placidly."

Go placidly in the midst of praise or blame.

Go - move through life, engage with the world, act, and be present.

Placidly – with inner peace, with steadiness, without agitation or grasping.

This is not about walking slowly; it is a complete spiritual orientation.

It is Anshin Ritsumei expressed in the plainest possible English.

**This speaks to Ego, not getting caught in the dramas,
judgments, or criticisms.**

Living life without the chaos. Living life in TRUTH.

Hyakuten Inamoto PRECEPTS



招福の秘法・ 萬病の靈薬

Mystic art to invite happiness・

Miraculous medicine to cure all diseases

レイキ教義(五戒)

REIKI PRINCIPLES (FIVE PRECEPTS)

- | | |
|-----------------------------|-------------------|
| 今日だけは (KYO DAKAWA) | Today only |
| 怒るな (IKARUNA) | Do not anger |
| 心配すな (SHINPAI SUNA) | Do not worry |
| 感謝して (KANSHA SHITE) | With thankfulness |
| 業をはげめ (GYO WO HAGEME) | Work diligently |
| 人に親切に (HITO NI SHINSETSUNI) | Be kind to others |

光明レイキ會 Komyo Reiki Kai

: visit: <https://www.komyoreikido-international.net/>
To learn more about Hyakuten Inamoto
and watch some of his videos.

光明レイキ會「標語」 KOMYO REIKI KAI MOTTO

- a) 誉められても、 b) 貶されても、
c) 平然と歩め、 d) 歩め！

Go placidly

in the midst of

praise or blame !

- a) 誉められても、 (Homerare temo) Although praised
b) 貶されても、 (Kenasare temo) Although blamed
c) 平然と歩め、 (Heizen to ayume) Placidly go
d) 歩め！ (ayume!) and go!

きっさこ
喫茶去 (kissa ko)

A cup of tea,

A cup of enlightenment !

**Komyo Reiki offers
a True Traditional
Japanese style of Reiki**
Shoden Level 1,
Chuden Level 2,
Okuden Level 3,
Shinpiden Level 4 (Teacher)

Hyakuten explains the five Precepts as follows

The five principles

Reverend Inamoto explained the five Reiki principles to me.

They are introduced by the maxim "**JUST FOR TODAY**".

This means that "it is necessary to live in the present".

The past is memory. The future is illusion.

It is important to make projects for the future, but it is not worth worrying about them. The future hasn't been written yet.

"DO NOT GET ANGRY"

Do not get angry because anger harms only yourself, not the person who caused it. Usually we feel anger because we think we have been wronged. It is important to become aware of this feeling but it is even more essential not to repress it: holding grudges creates really bad diseases.

"DO NOT WORRY"

Worrying is the most useless occupation in the world: not only does it not solve problems, it makes them worse. The anxiety generated by worrying causes a great number of illnesses.

"BE GRATEFUL"

It is a very serious mistake to take everything for granted. You should be thankful. You should always thank who gave you a gift or was kind to you. Always thank the Energy of the Universe for the life you have received and for the everyday lessons you learn.

"WORK DILIGENTLY"

Any job is good, so long as it is honest. Without a job we would sink into sloth and boredom; work keeps our minds in movement and our bodies healthy. If we do not move our energy stagnates whereas it should be a constant flow.

"BE KIND TO OTHERS"

Smile. Be kind to others, be kind to yourself. All the positive energy you spread will come back multiplied one day, whether in this life or the next. It is certain to return.

All these principles seem more easily said than done!

However, they can easily be respected if you live in the present and concentrate on the "here and now". That way it is impossible to worry or bear grudges.

Komyo Reiki's main aim is "Anshin Ritsumei", that is absolute inner peace.

Komyo Reiki Kai's motto is:

"GO PLACIDLY IN THE MIDST OF BOTH PRAISE AND BLAME".

Whatever happens, your inner state of peace should not be altered. You will still feel positive and negative emotions, depending on external circumstances,

Reiki is living these precepts.

"It may not always be easy, but it is always possible."

Hazel Butterworth

Reiki Precepts

"Just for Today"

Teaches us

I AM - Free of Anger

PEACE

I AM - Free of Worry

SERENITY

I AM - Thankful for Everything

GRATITUDE

I AM - Diligent in ALL I do

INTEGRITY

I AM - Kind to myself and Others

KINDNESS

I AM - Placid in the midst of
Praise or Blame

Letting Go
of EGO



BE AWARE of your thoughts, words, deeds,
feelings and emotions in any given moment.
BE PRESENT, BE IN THE MOMENT,
BE THE OBSERVER, BREATHE.

This version of the precepts is by Hazel Butterworth

The words are energetically "high vibe."

The precepts help create Satori and Anshin Ritsumei.

I am who I am, I am present, awake, aware, alert.

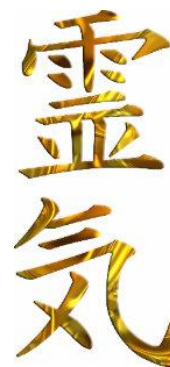
I am always inviting blessings, happiness, and good health.



Hawaya Takata

(1900- 1980)

Reiki travels West



Hawaya Takata learned Reiki through Dr. Hayashi, in the same year Yamaguchi took her training.

Born in Hawaii to Japanese parents, she grew up on a sugar plantation. Her life was hard; she married young, was widowed early, had to raise two children on her own, and suffered with her health.

In 1935, Takata travelled to Japan to return her sister's ashes to their parents' homeland. Whilst there, she was suffering from abdominal pains.

Takata consulted a Doctor, who recommended surgery, but warned that it may be risky. On the operating table, Takata heard an inner voice saying clearly, "The operation is not necessary." Takata cancelled the operation, asked the Doctor if there was another way, and he suggested Dr. Hayashi.

Takata received treatments at his clinic for several months, and all her symptoms resolved completely. Astonished and convinced, she requested to be taught Reiki for herself. Hayashi initially resisted as Reiki had not been taught to non-Japanese, but eventually he agreed. Takata trained for a year in his clinic before returning to Hawaii as a Reiki practitioner.

Takata was the means by which Reiki came West, to Hawaii first.

In 1938, Hyashi visited Hawaii and initiated Takta as a Reiki Master

Reiki was not an easy transition from East to West, as there was a large difference between the two cultures. Takata adapted Usui's version of Reiki significantly by presenting Usui as a Christian monk seeking Jesus's healing through his hands, to make it more acceptable to Western audiences.

Takata kept the symbols secret until books began to publish them in 1993.

Takata charged huge amounts of money, especially for the Reiki Master Teacher course, with the premise that Reiki would not be valued, honoured, or used unless it had a huge physical cost of \$10,000. (This was an enormous amount in the 1930`s.) When I first started teaching, I taught a student who had paid that amount in the early 1990`s. This made Reiki unaffordable to many, which is not the original intent of Reiki teachings.

Takata focused on the hands-on healing rather than the true essence of Reiki. **The Five Precepts** became just a small part of the history of Reiki, rather than the main focus. The depth of the meditative practice was largely lost. Students received them as a list rather than as a complete way of living.

The Japanese terms were not used: Joshin Kokyo Ho, Hatsurei Ho, Byoson scanning, Satori, Anhin Ritsumei, Gasshi, Gokkai.

The meditative dimensions of the original system were effectively removed. **What was left** was primarily the hand positions and the attunement process.

Reiki was presented primarily as a healing modality rather than a complete spiritual pathway. Students received the technique without the philosophical framework that gave it full meaning. It became a commercial commodity.

Short weekend classes were introduced, and students were fast-tracked.

In 1941, Takata died. She had initiated approx 22 Reiki Masters, including her own granddaughter, **Phyllis Furamoto**.

Reiki is now known and practiced all over the world. Many students in the West have only had the diluted version of Reiki and think Reiki is a quick study to become a Reiki Practitioner. However, more awareness about the TRUE ESSENCE of Reiki and Usui's original teachings is being honoured and taught.

ALBERTA REIKI CENTRE

When I first learned Reiki, I was taught in the Takata weekend format and felt a strong desire to do more research and learn more about Reiki for myself. I am grateful to my teacher Anny for emphasizing the importance of saying **“Keep Reiki Pure and Simple”, and “Trust the process.”**

From day one, Reiki resonated on all levels of my being.

In 2016, I met Hyakuten Inamoto in person in Edmonton.

I wanted to know if how I was teaching Reiki was true to its origins, **“YES.”** When people asked about all the different variations of Reiki, Inamoto simply said. **“ Reiki is Reiki”**. He did not discuss, explain, or defend. No EGO.

C E R T I F I C A T E

THIS IS TO CERTIFY that Mrs. Hawayo Takata, an American citizen born in the Territory of Hawaii, after a course of study and training in the Usui system of Reiki healing undertaken under my personal supervision during a visit to Japan in 1935 and subsequently, has passed all the tests and proved worthy and capable of administering the treatment and of conferring the power of Reiki on others.

THEREFORE I, Dr. Chujiro Hayashi, by virtue of my authority as a Master of the Usui Reiki system of drugless healing, do hereby confer upon Mrs. Hawayo Takata the full power and authority to practice the Reiki system and to impart to others the secret knowledge and the gift of healing under this system.

MRS. HAWAYO TAKATA is hereby certified by me as a practitioner and Master of Dr. Usui's Reiki system of healing, at this time the only person in the United States authorized to confer similar powers on others and one of the thirteen fully qualified as a Master of the profession.

Signed by me this 21st day of February, 1938, in the city and county of Honolulu, territory of Hawaii.

Witness to his signature:

Yoshio Iwano

(SIGNED)

Chujiro Hayashi

TERRITORY OF HAWAII, }
City and County of Honolulu. } at.

On this 21st day of February, A. D. 1938, before me personally appeared
..... (DR.) CHUJIRO HAYASHI

to me known to be the person described in and who executed the foregoing instrument and acknowledged that HE executed the same as HIS free act and deed.

W. H. Wilson
Notary Public, First Judicial Circuit,
Territory of Hawaii.

Letter from Takata

*(Kindly note: Because it was photocopied so many times,
this statement was retyped so that one can read it.)*

I was born in Hanamaulu, Kauai, on December 24, 1900. Born of immigrant parents, I attended the public schools. I am not a college graduate, but a self-educated woman, still learning. My marriage to Saichi Takata was a happy domesticated life until sickness and death in my home and family changed the pattern of my life. I witnessed seven funerals in seven years. It was sadness and insecurity whichever way I turned. I went into deep and serious meditation, asking God to show me a way to find myself and to establish a good life for my children. I had faith to accept that there is a Supreme Being that governs the universe and all beings.

In 1935 I became very ill and entered a hospital in Tokyo. It became a reality when I was introduced to "Reiki" - the Great Universal Life Energy. The great master, Chujiro Hayashi, was the healer and the teacher of this art of healing in Tokyo. He called it the Great Life Force or Reiki in Japanese.

Since I mastered this art, I enjoy good health and have happiness and security. When I can enjoy all this, so can you and enjoy a full life, spiritually, mentally, and physically. This Life Energy serves when applied to yourself or to anything that has life, shall restore you to normal, in any devitalized condition. It cannot harm any being. It can only do good, to restore and prevent from deterioration. It can stop pain and relax your nervous tension. It takes care of acute and chronic conditions. It is a complete whole.

Now I am advancing into maturity (74), I wish to leave this noble art to all mankind who wish to have the desire to learn this art of healing, "Reiki", it helps human beings, young or old, plants, fowls, animals, fish, everything that has life. When I go into transition, it shall be left with you for you to carry on, on this earth plane. I am a simple, humble servant, serving you and God.

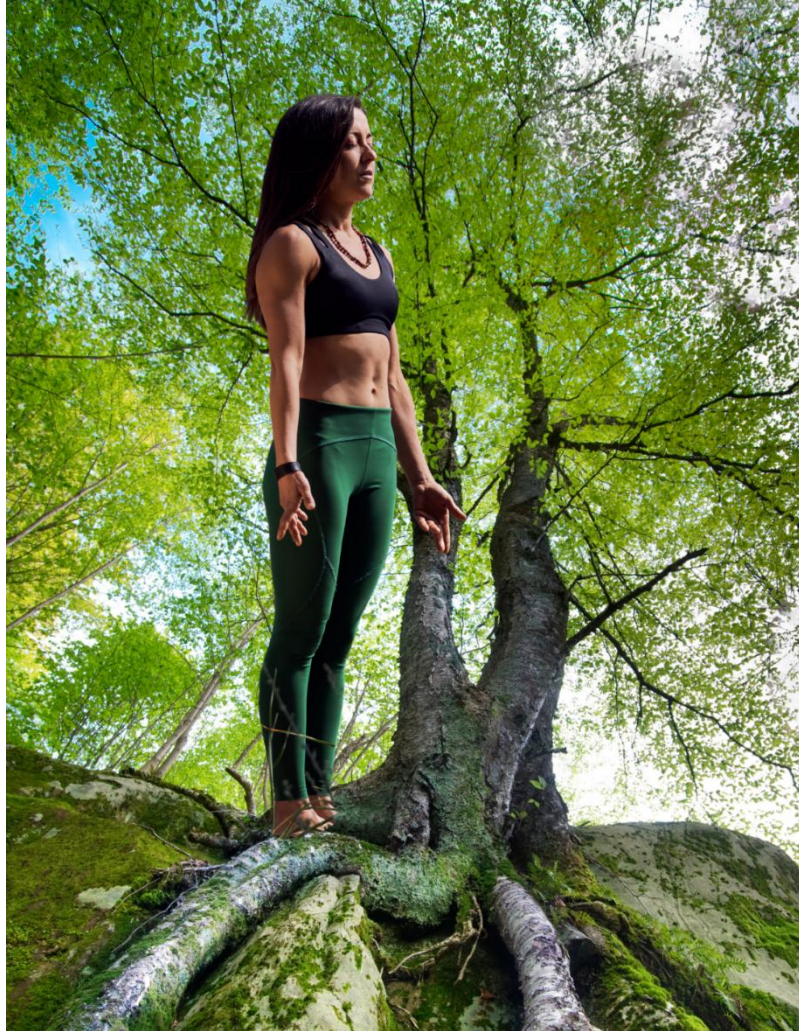
Thank you,

Hawayo Takata



Courtesy: Trish Dennison

Reiki Lineage – Family Tree



Our Roots of Reiki are strong.

FIVE KEY PEOPLE who create the foundation of Reiki.



MIKAO USUI

靈氣

1865 -1926

Dr Chujiro Hayashi

1879 -1940

JAPAN

Chiyoko Yamagucci

1921 - 2003



WESTERN

Hawayo Takata

1900 - 1980



Hyakuten Inamoto



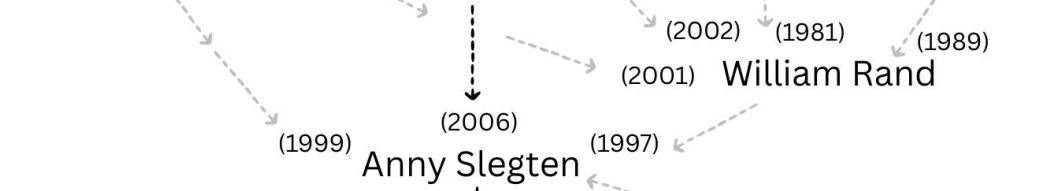
Tadao Yamagucci
(son)

Bethel
Phaigh

Phyllis
Furamoto

Frank Arjava Petter

Leah Smith



(2006)
Anny Slegten

Trish Dennison
mentioned in Anny's
original manual



(2004 -2005)

Hazel Butterworth

Although not fully trained by Hyakuten Inamoto, Hazel did take an introductory course in person with him, in Edmonton, as she wanted to ensure she was teaching the TRUE ESSENCE of Reiki.

Alberta Reiki Centre and its students have a very strong lineage.

Alberta Reiki Centre

is unusually well-rooted.

Most Western Reiki teachers carry only the Takata lineage.

Hazel Butterworth,

carries both the Western transmission, and a direct living connection to the Japanese tradition through Hyakuten Inamoto.

This dual grounding

gives her teaching a depth and authenticity that single-stream lineages do not always access.

It reflects the best of both worlds.

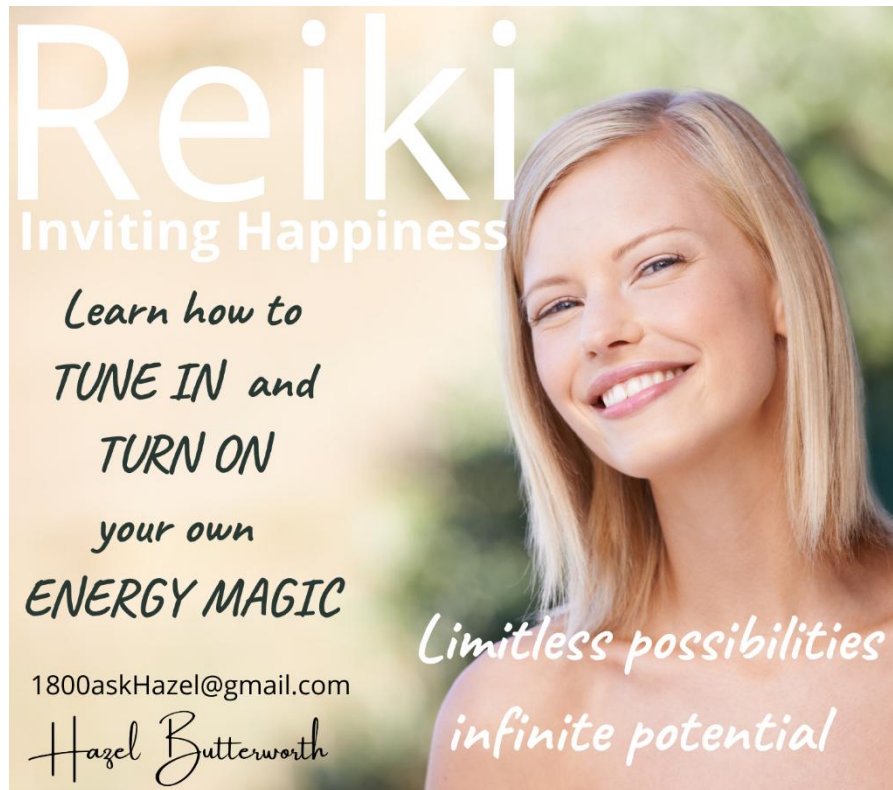
The accessibility and practicality of the Western tradition combined with the meditative depth, simplicity, and the authentic spiritual orientation of the Japanese tradition particularly as embodied in Inamoto's central teaching that the Five Precepts are the practice and spiritual awakening is the genuine destination.

**ALL students of Alberta Reiki Centre
taught by Hazel**

or Reiki Master Teachers initiated by Hazel, also have this strong lineage the FULL spectrum and depth of Reiki.



**Keeping Reiki Pure and Simple
and TRUE to its origins**



Reiki
Inviting Happiness

*Learn how to
TUNE IN and
TURN ON
your own
ENERGY MAGIC*

1800askHazel@gmail.com
Hazel Butterworth

*Limitless possibilities
infinite potential*

**It is important to understand that
Everything is energy, including you.**

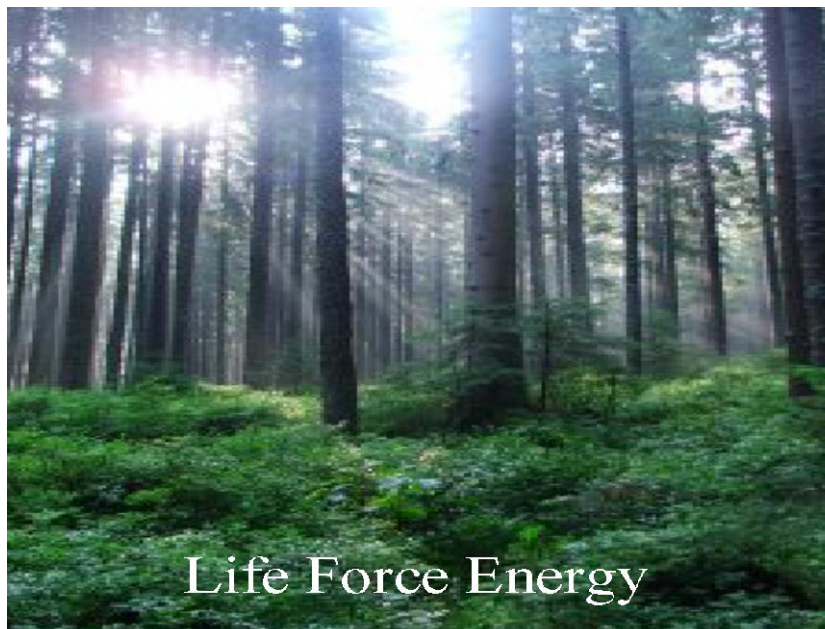
In this next section, we will look at
The Energy Body and how it works.

**Reiki is all about REMEMBERING
who and what you are.**

SOUL - SPIRIT – HUMAN

Energy in Motion.

Experiencing life.



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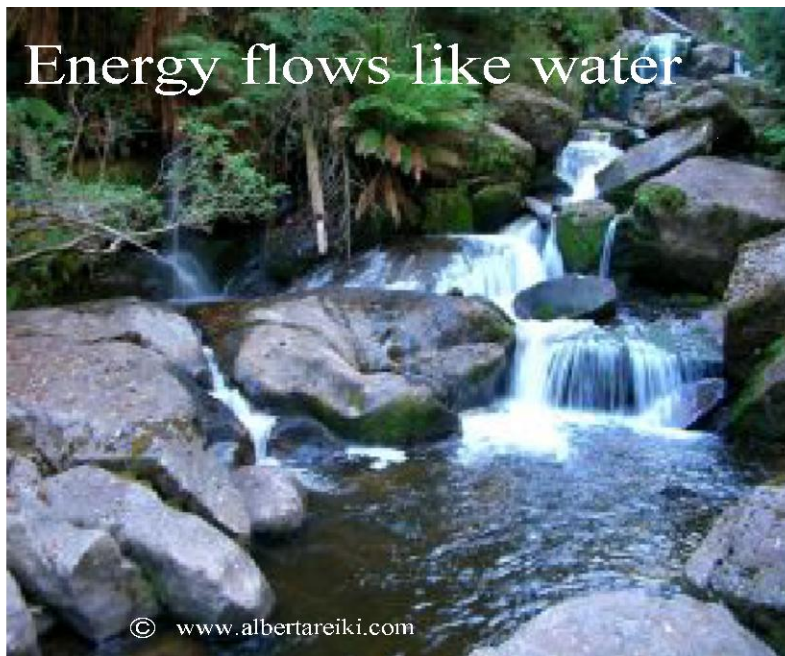
Life force energy is the concept of a vital, animating power believed to flow through all living beings, distinct from purely physical or chemical processes.

It appears across cultures under different names:

- **Prana** (Hindu/Yogic tradition) — breath and vital energy flowing through channels called *nadis*
- **Qi / Chi** (Chinese tradition) — the fundamental force underlying health, movement, and balance, flowing through chakras and meridians
- **Ki** (Japanese) — same concept, central to martial arts and Reiki healing
- **Pneuma** (Ancient Greek) — the animating breath-spirit of the body

The core idea is that living organisms aren't just biological machines.

**Living organisms are animated
by an invisible, flowing energy
that sustains health, consciousness, and vitality.**



Everything is ENERGY in motion
Ever changing. Ever evolving.

Just like water, when it flows freely, it is healthy,
when it is still water in a pond or slew,
it becomes stagnant and toxic.

Reiki & Life Force Energy

Rei — universal/spiritual wisdom

Ki — life force energy

Combined: "**Universally guided life force energy.**"

The Central Principle

Reiki operates on one foundational idea:

***"If your life force energy is low,
You are more likely to get sick or feel stressed.***

***If your life force energy is high,
You are more capable of being happy and healthy."***

Mikao Usui (Reiki founder)

Watch a video on YouTube by Bruce Lipton called

"Everything is Energy"

He does a great job explaining energy.

All matter vibrates and is in motion continually.

At the quantum level, every atom, molecule, and cell, even the smallest of the smallest, oscillates with energy and is continually blinking in and out of existence; nothing is solid. Your thoughts, emotions, words, and intentions are not separate from this.

They, too, are energy frequencies constantly shaping your internal and external reality.

Self-awareness is the key to consciously creating inner peace, good health, and happiness.

Your inputs determine your frequency/vibes.

Thoughts generate electrochemical events that bathe your cells in chemistry.

Emotions are literally energy in motion when felt and released; they restore flow.

Acknowledge ALL emotions, feel them, navigate them, rather than ignore or suppress them.

Words are sound waves that affect you as much as those around you. Tones of the voice can alter the words. When speaking, choose kind, loving words rather than angry ones.

Intentions focus scattered energy into a coherent signal, orienting your entire being toward what you are directing your attention to. Energy amplifies your thoughts and intentions.

Practices that amplify and restore coherence.

Mantras work acoustically. Specific sounds resonate with the body's natural cavities and shift brainwave states. They create a resonance within the body.

Meditation trains non-reactivity, which is itself a high-vibrational state.

Reiki channels universal life force energy to clear blockages and restore the body's optimal electromagnetic frequency. Satori and Anshin Ritsumei are the aim.

All three interrupt unconscious loops and return you to your natural wholeness.

Life force energy — Ki — animates everything.

It is the bridge between the invisible quantum field and the living body, the intelligence that heals wounds, grows cells, and regulates the body without conscious direction.

A high vibrational state feels like expansion.

It is the spaciousness in the body, steady energy, quiet joy, gratitude, peace, and a softening of the sense of separation from others. We are all the same Life Force Energy.

Thoughts become less sticky. Clarity arrives effortlessly. The inner critic quiets. = PEACE.

The highest vibrational states are not dramatic.

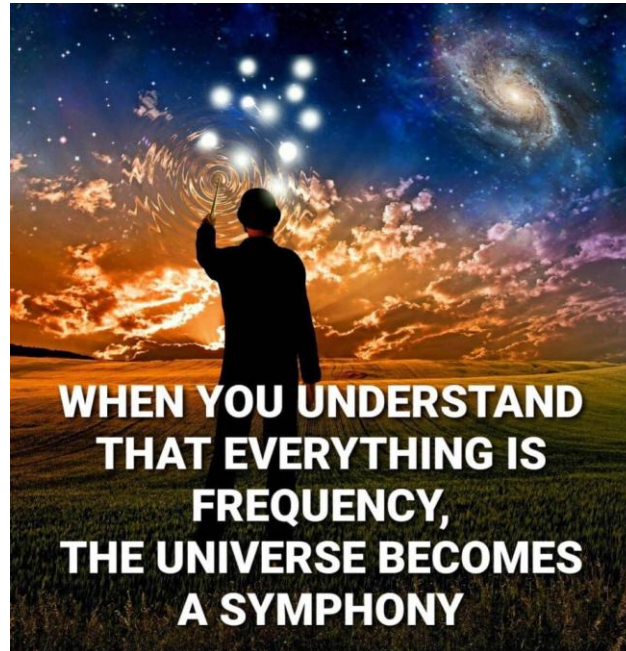
They are simply a warm, alive, unforced yes to the present moment. = PRESENCE

You reach a high vibrational level when you live your truth and are fulfilling your potential.

Reiki, self-awareness, helps us to tune into our own frequencies and recognize when we are being pulled out of resonance and into discord.

You are always creating your “State of Being”, consciously or not.

Awareness is the fulcrum. The moment you can observe where you are, you have already begun to shift it. **When we are resonating with our optimal frequencies, we are capable of restoring health, creating inner peace, trusting our intuition, and living life in Easy Flow.**



Why Understanding It Matters

1. You are an energy system first

Before you are a physical body, you are an energetic field. Energy shifts first. Physical symptoms are often the *last* sign of imbalance.

2. You can influence your own energy

Awareness gives you agency. Action gives you results. Breath, intention, touch, and thought all directly affect your energetic state.

3. It connects mind, body & spirit

Reiki treats the *whole person*, not just symptoms. Understanding life force energy bridges the gap between emotional, physical, and spiritual health.

4. Prevention over cure

Maintaining energetic flow *before* illness manifests is far more powerful than treating the disease after.

5. It's universally accessible

Everyone has Ki. Understanding that means you can consciously work with something you already have.

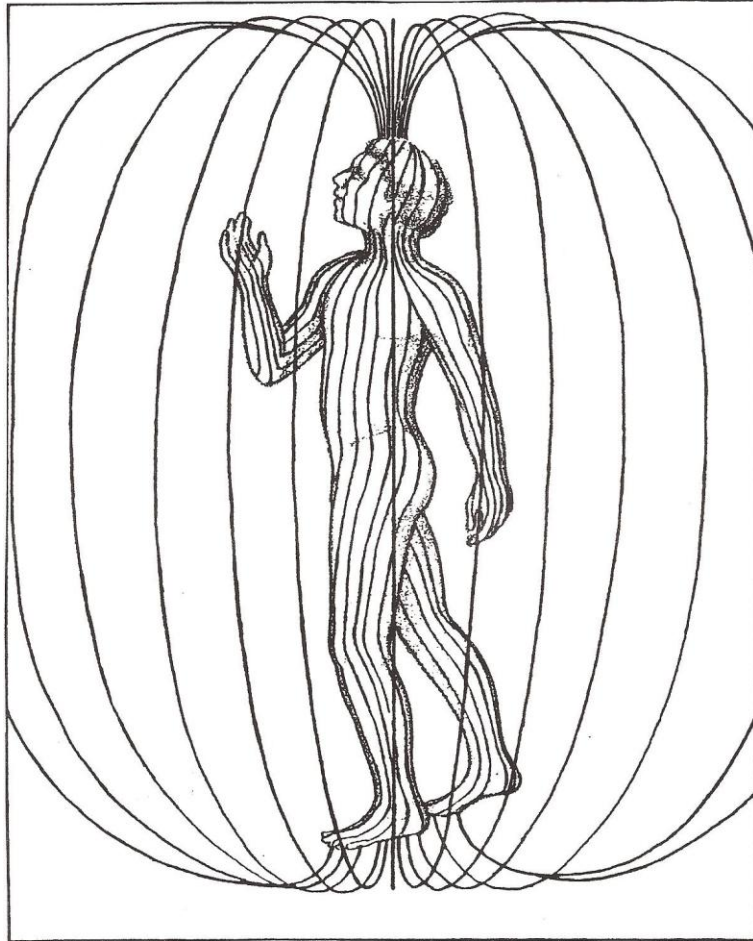
The Bottom Line

Reiki teaches that health is not the absence of disease.

It's the free, balanced flow of life energy.

Understanding this shifts you from a passive patient to be an active participant in your own well-being.

Life Force Energy ---- “Your Universe”



**Energy can be transmitted, transmuted or transformed
as it changes frequency and vibration.
But it cannot be destroyed or lost.**

**There is no beginning, no end.
Only movement. It is Eternal.**

Quantum physics states:
Even the smallest of molecules
is blinking in and out of existence.
nothing is solid.

“EVERYTHING is ENERGY in MOTION, including YOU”

Book #2 from the “Hazel Help Series” by Hazel Butterworth



The human body genuinely produces measurable energy fields

Electrical - neurons fire via electrical signals; the heart and brain emit measurable electrical fields (EEG, ECG).

Magnetic - these electrical currents generate magnetic fields (detectable via MEG/MRI)

Thermal & Photonic - the body emits infrared radiation and tiny amounts of biophotons

The heart has a significant influence on the body down to the cellular level.

With an electrical component about 60 times greater and an electromagnetic energy field 5000 times greater than the brain's, it is why we always create from our heart centre.

Your “Energy Bubble” or “Personal Space.”

Your personal bubble is a living, responsive energy field, electrical, magnetic, thermal, broadcasting and receiving constantly. Maintaining its integrity means staying aware of it as real, physical, and yours. **Set healthy boundaries and a strong, energetic filtering system.**

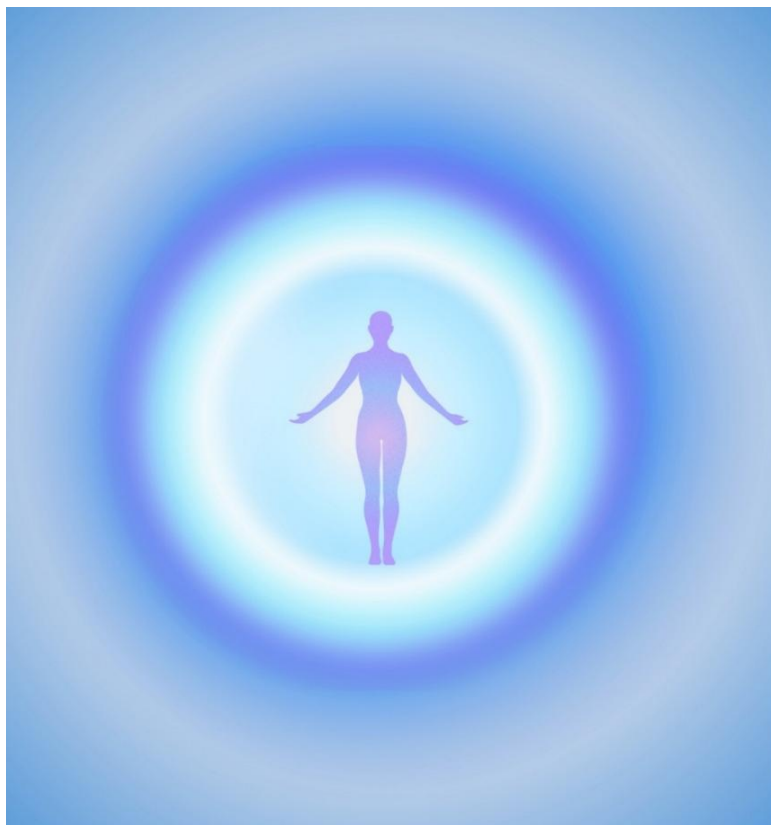
Notice it first. Pause and sense the space around your body, especially around your chest, head, and hands. Your nervous system is always actively mapping it and bringing conscious attention to a process already happening. Self-awareness is key.

Breath is the regulator. Slow, deep breathing directly tunes your autonomic nervous system, which governs the coherence of your heart's electrical field, the strongest field your body produces. HeartMath research shows that rhythmic breathing creates measurable heart rate variability coherence, which stabilizes your broader biofield.

Physical boundaries reflect energetic ones. Noticing when someone's proximity feels draining, agitating, or calming is real neurological data. Honouring that, stepping back, reorienting your body, choosing your proximity, is maintaining integrity in a literal sense.

Grounding discharges static accumulation. Meditation, bare feet on earth, deliberate stillness, even cold water, can reset your body's electrical baseline.

Intentional touch and stillness recharge it. This is where Reiki, self-massage, or simply placing warm hands on your own chest re-establishes coherence from within, your own hands, your own field, your own signal. **Your Personal Space is your responsibility.**



The AURA is described as a multilayered electromagnetic and subtle energy field surrounding and interpenetrating the physical body.

The aura appears as rings around the body,
In truth, each layer vibrates at a progressively higher frequency, extending outwards.

Understanding these layers encourages you to see wellness holistically rather than purely physically.

A headache, for instance, might originate in the emotional body (suppressed grief) or the mental body (relentless worry) before it manifests physically in the body.

Starting with the energy field closest to the body

Layer	Also Called	Associated With
Etheric	Physical template	Body sensation, vitality
Emotional	Astral	Feelings, moods
Mental	Causal	Thoughts, beliefs
Astral	Bridge layer	Heart, relationships
Etheric Template	Higher physical	Divine blueprint
Celestial	Intuitive	Spiritual emotion
Ketheric	Causal/highest	Universal connection

Why awareness of the Aura matters

Awareness of the auric layers helps you:

- Identify *where* an imbalance originates (body, emotion, thought, or spirit)
- Notice how your environments and relationships affect your energy field
- Take preventative action before physical symptoms arise
- Develop sensitivity to others' energetic states, improving empathy and boundaries

Each auric layer is directly relevant, especially the first four.:

The **etheric body** is where Reiki tends to have its most immediate effect. This is the most dense and physically-linked layer. It acts as an energetic blueprint or template for the physical body, mirroring its shape closely. Some describe it as a faint, bluish-grey haze just at the skin's surface. It is thought to carry the life force (called *prana* or *ki*) that animates the physical form and is closely connected to the health of organs and tissues.

Disruptions here often correspond to physical illness or fatigue.

Reiki is thought to dissolve these blockages and restore vitality.

The **emotional body** responds during Reiki when recipients experience spontaneous releases, tears, laughter, tingling, or deep calm. The second layer outward holds feelings, moods, and emotional patterns. Unlike the etheric, it is not a fixed shape; it shifts and swirls in colour and density depending on emotional state. Fear, joy, grief, love, all leave their mark here. Chronic emotional patterns, unresolved trauma, or repressed feelings are believed to create denser or darker patches in this layer over time. The energy gently works on emotional holding patterns that may not yet have become physical complaints.

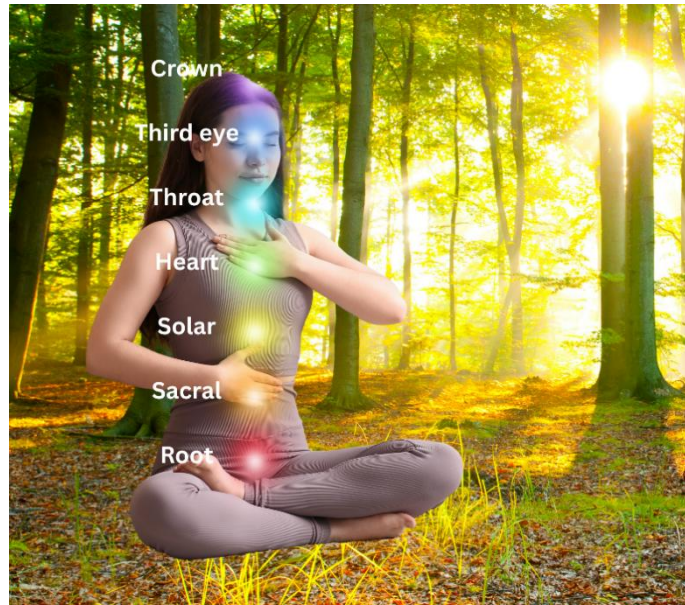
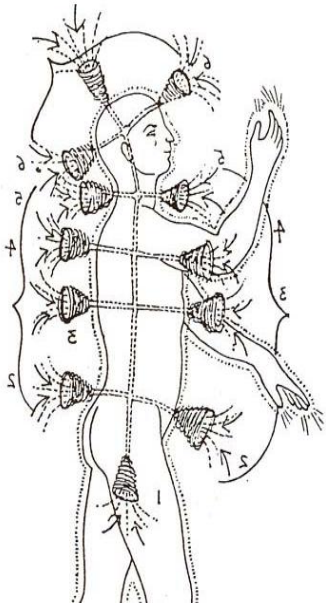
The **mental body** benefits from Reiki's calming influence on the nervous system, which often quiets anxious or looping thoughts. The third layer is associated with thought, belief, and mental activity. It tends to appear as a bright yellow field that expands during deep concentration. This is where conscious thoughts and belief systems reside. Rigid thinking, limiting beliefs, or obsessive thought loops show up as congestion in this layer.

Clear, focused thinking is said to produce an ordered, luminous mental body.

Some practitioners direct their intention toward this layer for themselves during Self-Reiki, or when a client presents with stress, perfectionism, or mental fatigue.

The **spiritual body** is engaged when Reiki is used not just for symptomatic relief but for deeper alignment, connecting a person to their sense of purpose, facilitating intuition, or supporting major life transitions. This outermost field (sometimes subdivided further into causal, astral, or higher layers) connects the individual to something beyond the personal self, to intuition, higher wisdom, soul purpose, and universal consciousness. It is generally considered the most subtle and the hardest to perceive. This layer holds the energetic record of the soul's journey and its connection to collective or divine energy.

The goal is not just physical healing but a harmonizing of all layers so that the whole person, not just the symptom, is addressed.



CHAKRAS as Vortices.

The word chakra means *wheel* or *vortex* in Sanskrit.

They are energy centres that filter energy into and out of the physical body.

These spinning energy centers act as **transducers**, converting subtle energy from the outer auric layers into progressively denser forms until it steps down into the physical body.

They also filter out or release any unwanted energies back into the universe.

It is a constant exchange of energy and a filtering system.

Each chakra:

Spins and filters energy, as it is drawn inward or expelled outward.

Act as funnels that filter energy in and out of the energy body.

Corresponds to a nerve plexus and an endocrine gland.

Corresponds with the seven colours (frequencies) of the rainbow.

Bridges a specific auric layer to a physical system

Connect to the meridians, the “energy pathways,” that

Communicates with every organ and cell in the body,

(similar to the function of the nervous system)

Has a Physical and Emotional association.

Is positioned at the front and the back of the body.

This is how information, frequencies, and vibrations about the inner and external environments are transmitted and communicated.

When we release and let go, we are consciously expelling energy that no longer serves us back into the universe, to be transmuted and transformed.

Whilst chakras are very important, they are not part of Reiki teachings.

**Reiki teaches about the Awareness centres,
not the energetic communication systems.**

But it is important to understand how we function energetically.

The chart above shows the physical and emotional aspects of the seven main chakras.
 When ailments show up, a person is encouraged to GO WITHIN for ANSWERS.
 Self Reiki = Tuning into the SELF and communicating with SELF.

CHAKRAS and YOU			
CHAKRA NAME	DOMINANT COLOUR	PHYSICAL ASSOCIATION	EMOTIONAL ASSOCIATION
CROWN	VIOLET	Headaches Migraines Pineal gland Light sensitive regulates the hormone melatonin.	Spiritual connection to higher energies. Gives sense of purpose and meaning in life.
THIRD EYE	INDIGO	Pituitary Gland, regulates hormone function Mental ability Eyes and Ears	Perception of emotional issues
THROAT	BLUE	Voice, Throat, speech Regulates metabolic rate	Personal expression of feelings
HEART	GREEN	Thymus gland Immune system	Issues of Self Love nurturing.
SOLAR PLEXUS	YELLOW	Pancreas adrenals, stomach digestive organs	Personal Power self-esteem issues
SACRAL	ORANGE	Human reproductive system.	Personal relationships
ROOT	RED	Blood disorders Bone MAarrow Energy Depletion	Safety, security Survival issues

Meridians

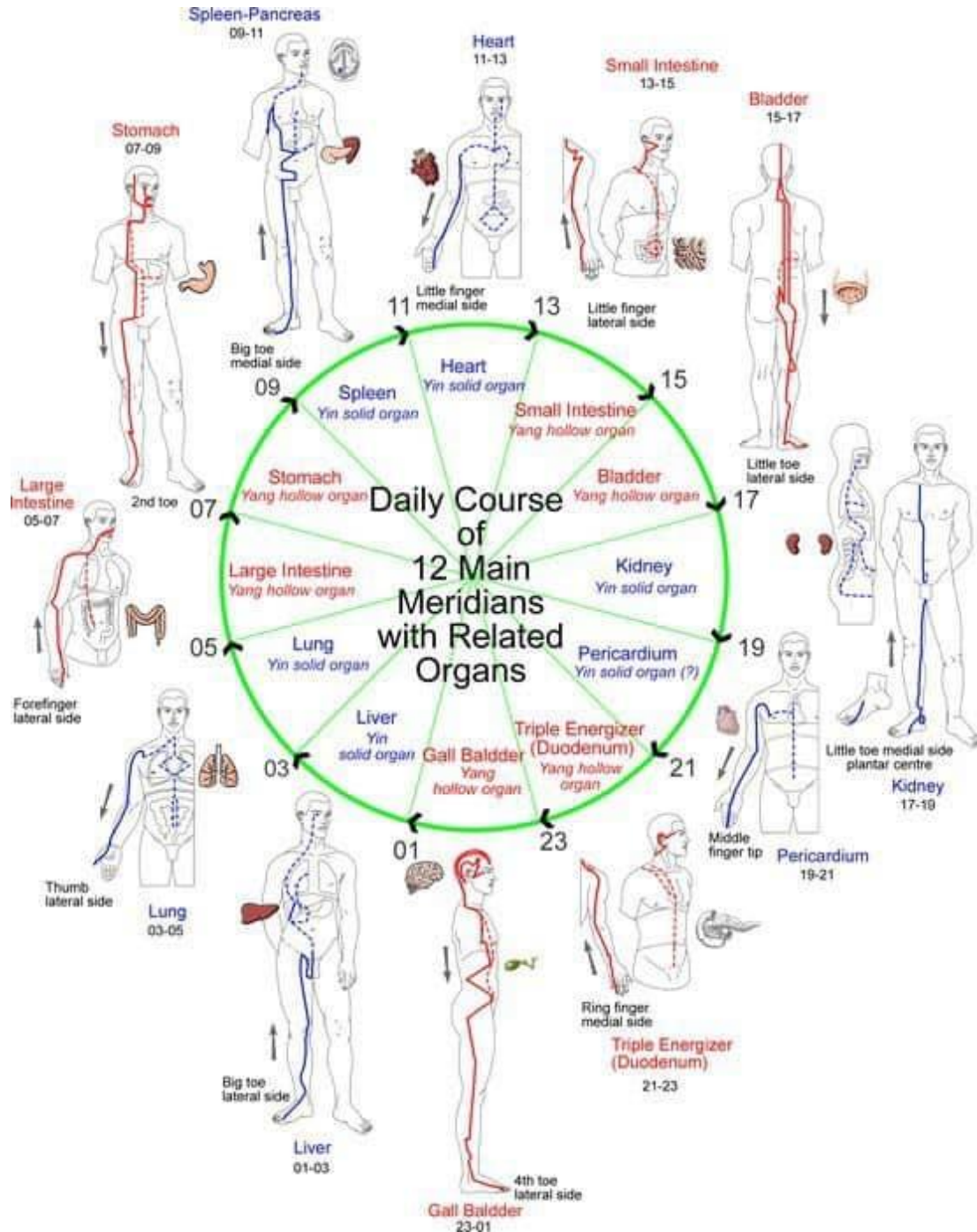
Energy is filtered in and out of the physical body through the **chakras**.

Energy then flows through energy pathways, called **meridians**

These pathways are in the energetic etheric body,
and resemble the nervous system in the physical body.

They communicate through frequencies and vibration

They run in sequence during the 24 hrs of a day.



SOUNDS are ENERGY VIBES



The sound of your own voice is very powerful

Your voice is unique to you.

We can recognize people simply by the sound of their voice because their voice is unique to them.

Sounds are physical structures that affect the wave patterns that can influence the nervous system to create relaxation.

Sounds linked to the chakras

u	to rhyme with "oo"	throat
o	to rhyme with "toe"	heart
i	to rhyme with "me"	solar
e	to rhyme with "bed"	sacral
a	to rhyme with "car"	root

Regardless of whether you think you can or cannot sing using the voice is extremely beneficial to our inner health.

Speaking normally creates different frequencies and vibrations that resonate throughout the body.

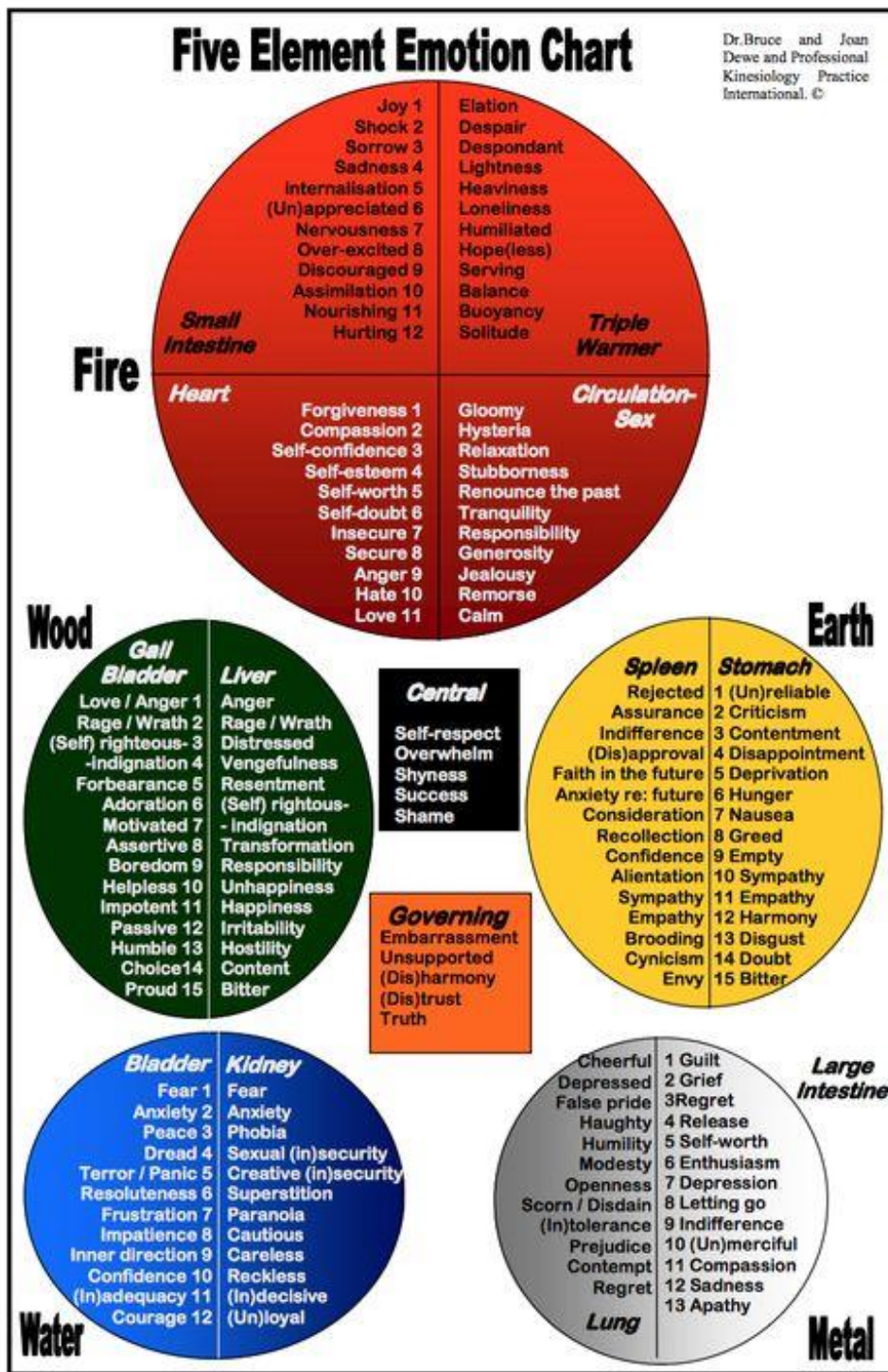
Singing creates harmonies within the body.

Humming is one of the simplest ways to create resonance within the body.

Humm, listen and feel the reverberation in the body.

Mantras are phrases that can be very powerful, when spoken and repeated out loud.

The TONE of your voice changes the vibration of words.



The five elements are part of Kinesiology.

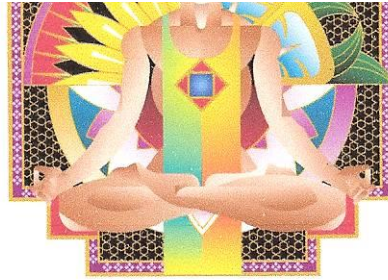
I took a course in kinesiology, which is where I learned about meridians (energy circuits), the five elements of Emotions, brain gym, muscle testing, Tibetan Energy, all of which helped me to understand that we are all energy in motion and when that energy is not flowing, there are options to get it moving again.

This knowledge helped me embrace Reiki even more, as it helped me to understand the connection between thoughts, emotions and actions, and how they impact health.

Through the lens of energy, we discover we truly are “ENERGETIC BEINGS.”

QUIZ

Answer YES or No
to the following questions



Do you wake up in the morning with ENTHUSIASM for the day ahead?

Do you have the HIGH ENERGY you need to do what you want to do?

Do you LAUGH easily and often, especially at YOURSELF?

Do you CONFIDENTLY FIND SOLUTIONS for the challenges in your life?

Do you FEEL VALUED and APPRECIATED?

Do you APPRECIATE OTHERS and let them know it?

Do you have a CIRCLE OF WARM LOVING FRIENDS?

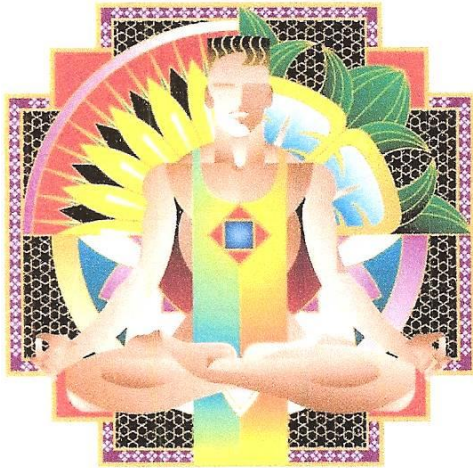
Do the CHOICES you make everyday GET YOU WHAT YOU WANT?

If you have answered **NO** to any of these questions CONGRATULATIONS...
you have identified areas in your life that you may want to change.

This can be valuable information to help improve your wellness.

To enhance your health, you must be aware of yourself, your actions,
your thoughts, your deeds, your relationships, your feelings, your attitudes,
your creativity, both towards yourself and towards others.

A simple act of kindness can reap many rewards for your health....
a kind thought, a kind deed, a kind gesture, a kind word, a kind smile.
All are easy to do yet we so often CHOOSE to ignore them..... WHY is that?,



Wellness

To understand wellness, it helps to think of yourself as a team, made up of several members. For the team to be effective each member (each aspect of yourself) must have its needs met and work harmoniously with the other team members. These aspects are:

PHYSICAL YOU ... (your body)

Your tangible structure and your five senses which enable you to touch, see, hear, smell, and taste the world around you

EMOTIONAL YOU ... (your feelings)

Your range of feelings from fear and anger to love and joy.

MENTAL YOU ... (your thoughts)

Your knowledge, attitudes and beliefs, your analytical self.

SPIRITUAL YOU ... (your spirit)

Your relationship with yourself, your creativity, your life purpose and your relationship with a Higher Power

All of these aspects work together to make you a whole person. What happens to one aspect can affect all the other aspects, that's why being confined to a bed with a sore back (physical) can lead to depression (emotional) or why denying your anger (emotional) can lead to a headache (physical).

This relationship between your different aspects is often referred to as the **MIND / BODY / SPIRIT** connection. Since all four parts of you must work in harmony to achieve wellness, each part needs your attention

- THE PHYSICAL YOU - requires good nutrition, appropriate weight, beneficial exercise and adequate rest.
- THE EMOTIONAL YOU - needs to give and receive forgiveness love and compassion;
needs to laugh and experience happiness;
needs joyful relationships with yourself and others
- THE MENTAL YOU - needs self supportive attitudes, positive thoughts and viewpoints,
and a positive image
- THE SPIRITUAL YOU - requires calmness, openness to your creativity
and trust in your inner knowing

A comfortable healthy balance between your physical, mental, emotional, spiritual aspects doesn't happen accidentally, someone has to be in charge and that someone is always you.

Your behaviour and the choices you make in your life affect your health.

You can choose to do more of what is good for you and the world around you,
and do less of what is harmful

To enhance your health you must be aware of yourself.

When any aspect of yourself is out of balance, it will let you know.

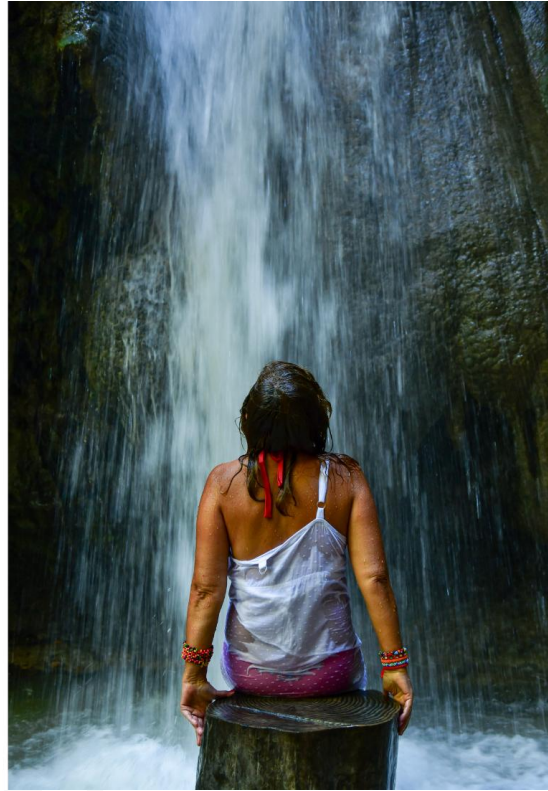
Be aware of your body (physical), what makes it feel good and what makes it hurt.
Learn to listen to your body when it communicates.

Be aware of your thought - which thoughts make you smile and feel good,
and which make you frown or cause your muscles to tighten.

Be aware of your Spiritual condition, what causes you to feel inner peace, joy,
a sense that all is right with the world.

Be aware of your intuitive thoughts, which guide you to your highest good
and bring the gift of creativity.





Meditations

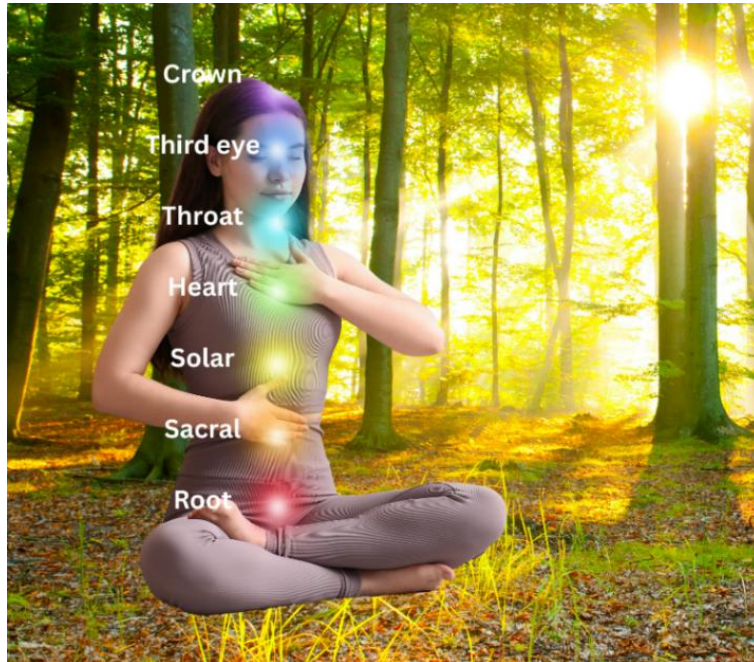
Here are three simple, effective meditations

1 - In the shower, allow water to wash away any debris, any unwanted emotions, thoughts, beliefs, programming, anything and everything you no longer need energetically, Picture it flushing down the drain.
Cleanse your energy as you shower.

2 -- imagine standing in a waterfall
cool, refreshing, clear water
flowing over you, feel the invigorating energy
washing away any energy that does not belong to you.
and recharging you with vibrant energy.

3 – Imagine White Light (sunlight)
shining brightly upon you
Feel the warmth, feel the boost of energy.
Feel each chakra recharging
with the energies of the light.
Revitalize your energy centres.

Short, Simple, Successful meditations to clear your energy fields.



4 - Energizing the chakras using visualization

Close your eyes

Rub your hands together to create warmth in your palms
Visualize the colour of the chakra you wish to energize
as a ball of light in your palms.

Place your hands over your eyes
Imagine that colour flowing from your hands
into your body
travelling along the spine to the chosen chakra
and filling that chakra with love and light

Repeat for all the chakras
all the different colours,
to give a full experience.
Stay as long as needed with each chakra

If you prefer to do a more physical meditation
place your hands on, or a few inches away from each chakra
as you infuse the corresponding colour into each one.
Feel the power of the energy

Take a moment to recall and reflect, and journal your experience.

SUNLIGHT = WHITE LIGHT = 7 RAINBOW COLOUR FREQUENCIES = 7 MAIN CHAKRAS



5 - A meditation to calm the mind and focus inwards.

Close your eyes, breathe into your heart centre.

Feel the calm, feel the connection to your heart.

Choose five colours, intuitively with eyes closed,
or consciously with eyes open.

Begin colouring in the centre and work your way outwards.
Observe, notice, witness how you feel, as you are colouring,
and at the end, when it is finished.

Recall, reflect and journal your experience.

(Image is from an unknown source)

SELF REIKI

it matters ...
that you take time
each and every day

to connect
your Innermost Self
and to Source

Hazel Butterworth



Self Reiki – 5 minutes is better than NO minutes

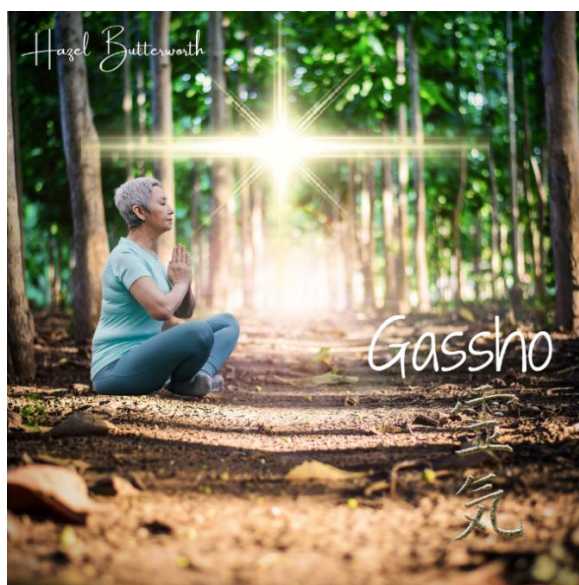
Find a time of day that works for you.
It may be the same time each day, or vary, your choice.
The important part is to make the commitment.

**Self-Reiki is
a commitment to yourself.**

YOU are WORTHY of YOUR ATTENTION.

YOU are RESPONSIBLE for YOURSELF.

YOU are the ANSWERS to YOUR QUESTIONS.



Gakkai - GASSHO MEDITATION with PRECEPTS

**Part of the spiritual discipline of Reiki is to
work with the Five Precepts Daily,
to invite blessings for happiness and good health.**

**Every morning, every evening, with hands in prayer
think with the mind (contemplate)
then chant with the mouth (speak)**

The power is the vibration of the **sounds** as we speak.

The power is in the **hearing and feeling** of the words.

The power is in the **breathing**, slow, deep conscious breathing.

The power is in the **Stillness, the PRESENCE.**

**The combination of the power of the word, the focus of the chant and the effect
of breathing enables a mantra to produce powerful transformations within the student.**

Mantras are more effective when spoken aloud; you not only hear, but you also
FEEL the vibrations and energy of the sounds.

**It is in the silence and connection to the universe that the insights may be discovered,
Soul Whispers may be heard, images may be seen, and awareness may be felt.**

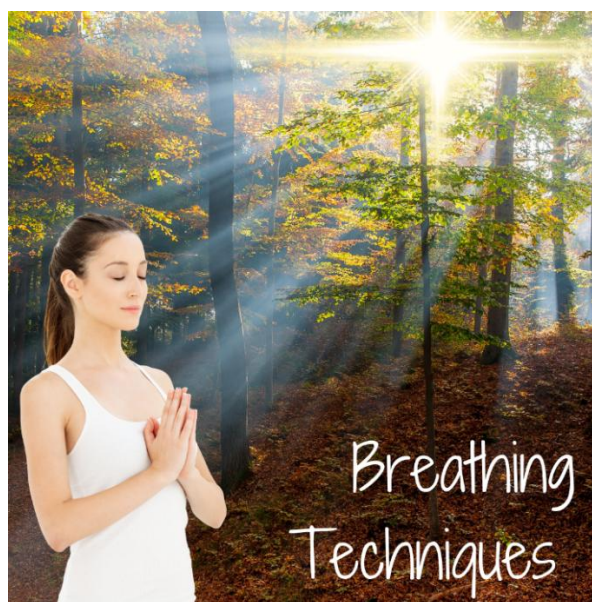
It is in the silence that you will sense the connection to the Universe.

Meditating on the mantras helps a student to understand their significance and meanings.

It also reminds a student to be mindful and consciously aware of each moment –
PRESENT with PRESENCE, in the HERE and NOW moment

**It also helps the student to become an OBSERVER of their own thoughts,
words and actions, as well as those of others.**

There is NO judgment, only OBSERVATIONS as you NOTICE and WITNESS.



Kokyu Ho – Breathwork – PAUSE and BREATHE

Breathing is the essence of Life. It is the bridge between body and energy. It is essential to learn how to breathe effectively and purposefully.

Reiki is very much about using breath to help move energy into and out of the body.

It has been scientifically proven that slow, deep breathing helps the immune system, the heart, anxiety, digestion, brain activity and the vagus nerve, to name a few benefits.

Breathwork creates clarity, connection and peace as it calms and relaxes the fight or flight. Breathwork can move or release pain, stored emotions, trauma, guilt, fears, grief, or anger. Breathwork creates feelings of openness, love, gratitude, and communication.

Breathwork creates stillness faster than anything else. Slow the breath, deepen the breath.

Breathwork is part of Reiki, each inhale bringing new life force energy into the body, each exhale releasing what no longer serves you, continuously working as an energy/oxygen filter exchange.

Reiki is channeled through the breath both for Self Reiki and as a Reiki practitioner.

Breathwork creates PRESENCE, it totally brings focus to the present moment, here and now, with complete awareness, and simply BE as ONE with ALL that is.

One way to experience breathwork is to inhale slowly through the nose.

Then exhale slowly from the mouth and listen for the sounds the breath makes.

As you exhale, continue to squeeze out as much as possible by using the belly muscles.

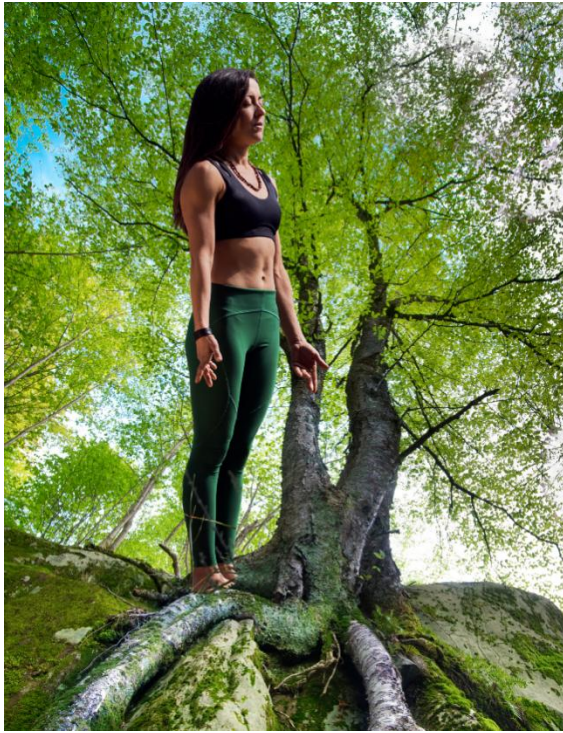
It is like squeezing the last drop of toothpaste out of the tube.

Repeat several times and observe how you feel and what happens next.

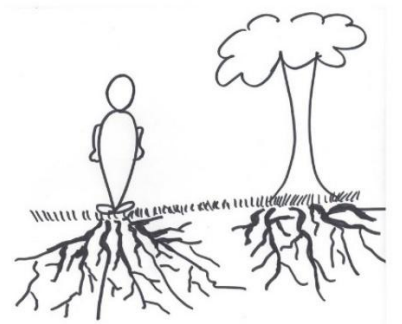
What did you notice? Did it make you take a larger, more expansive inhale?

This is a good exercise to see if you are exhaling and inhaling fully.

The quality of your breathing directly determines the quality of your Ki flow.

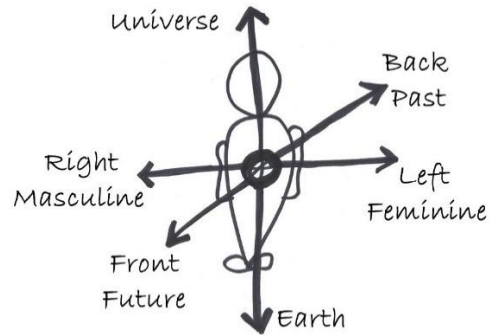


GROUNDING



Learn how to Ground yourself

CENTERING



Centering - staying in balance

CHECK IN - Are you grounded?

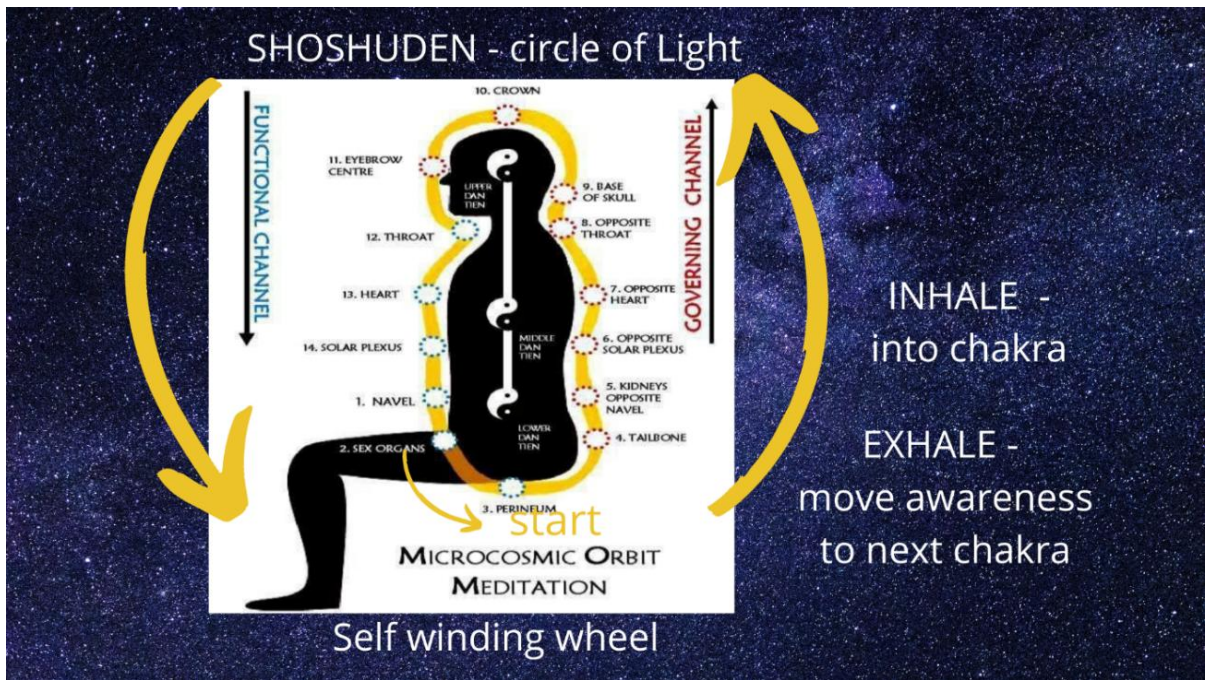
Are you centred?

Before working on yourself, TUNE IN to YOURSELF.

Be sure you are fully grounded and centred.

**These can also be done at any time of day,
especially if you feel off tilter,
or have been pulled out of alignment.**

**Being grounded and centred helps maintain
calm and focus, stillness, strength, and stability**



CIRCLE OF LIGHT, or COSMIC WHEEL

Another way to ensure you are “ENERGY STRONG.”

is to take time to run the **MICRO COSMIC ORBIT** meditation
or **Circle of Light Self-winding Wheel Circuit.**

1-Starting at the root chakra, slow, deep, gentle breaths

INHALE -follow the circle up the back of the body, PAUSE at CROWN,

EXHALE - follow the circle down the front to ROOT. REPEAT.

2 - Breathing into each of the chakras, beginning at the root and up the back

Breathe in – to the ROOT chakra

Exhale – move awareness to the SACRAL

Breathe in – to the SACRAL

Exhale- move awareness to the SOLAR

Breathe in – to the SOLAR

Exhale – move awareness to the HEART

Breath in – to the HEART

Exhale – move awareness to the THROAT

Breathe in -to the THROAT

Exhale to the BASE OF SKULL

Exhale -move awareness to the CROWN

Breathe in – to the CROWN

Exhale – move awareness to the THIRD EYE

Breathe in -to the THIRD EYE

Exhale -move awareness to the THROAT

CONTINUE down the front of the body back to the ROOT CHAKRA

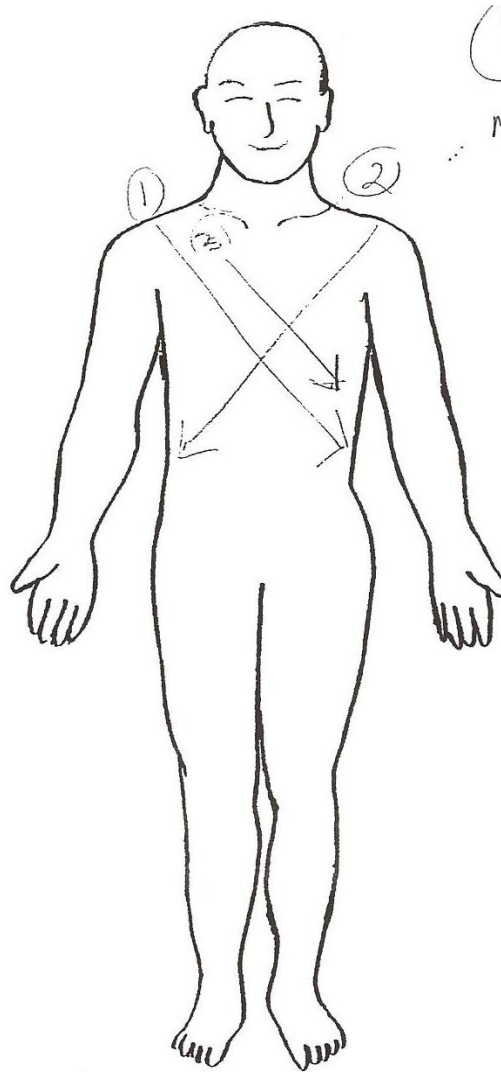
**This meditation helps keep the circle of flow moving along the
Governing and Functional channels, creating a continuous circle.**

It also replenishes the chakras along the way for a total “ENERGY WORKOUT.”

The Energy “Brushdown”

This was originally taught by Mikao Usui to clear one’s energy field and is to be practiced before and sometimes after a session.

- Left hand on right shoulder to left hip.
- Right hand on left shoulder to right hip.
- Left hand to back of right arm from shoulder to back of hand.
- Right hand to back of left arm from shoulder to back of hand.



RUB HANDS AND BLOW

WASH HANDS SYMBOLICALLY

WASH HANDS PHYSICALLY



INTENT IS THE MOST IMPORTANT THING

ALWAYS DRINK LOTS OF WATER BEFORE AND AFTER



Ken'yoku Ho - Dry brushing

Ken – dry, arid, heaven, the creative principle – bathing, washing over oneself

Ho – method, technique

Together – dry bathing or dry brushing method – the practice of cleansing and purifying the energy field without water, through a series of deliberate sweeping movements of the hands across the body.

The removal of what has been accumulated energetically.

Brushing off excess or unwanted energies.

A systematic cleansing of the subtle body that parallels what water does to the physical body. A restoring of the energy field to its clear, natural state.

It can be done at any time.

As a preparation practice – before a self-reiki, before treating others, before meditation, or before giving attunements to clear the practitioner's energy.

As a closing practice – used after giving treatments

As a daily hygiene practice – used morning and evening.

As an emergency clearing technique,
available at any moment, when a practitioner feels the need for it to be done.

It is a symbolic gesture and practice, and is immediately accessible.

Brush away, brush off, is a physical signal to the whole body system.



Tenohira - Reiki Hands are your tools.

Your hands are the instruments for directing and sensing energy. (Byosen- scanning)

As you practice Reiki, your hands will become more sensitive to reading energy. Your hands may sense tingling, heat, coolness or the magnetic forces of energy.

Each person will create their own interpretations of what those sensations mean. For example, coolness could be a lack of energy, heat, or overstimulated energy.

There is a structured system for the placement of the hands in Self-Reiki and Reiki Sessions. A definite switch-on, switch-off technique to symbolize the start and finish of a session, as well as using intentions and breathwork to direct the energy flows.

Every session is a different experience; it is important to be open to whatever shows up. "I wonder what this session will present" is a great way to approach every session,

Each hand position is meant to balance the energies in the area it is working with as well as move or remove any stuck or stagnant energies.

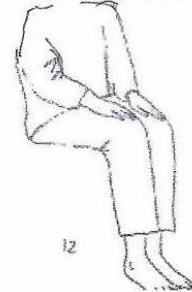
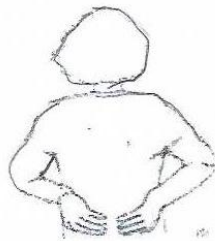
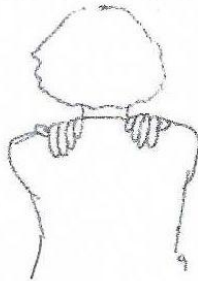
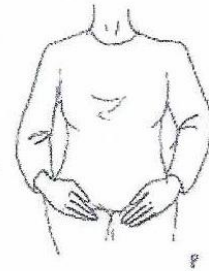
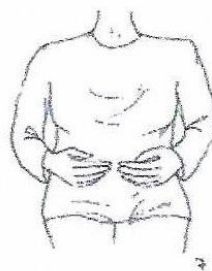
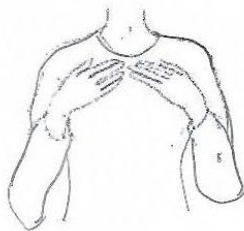
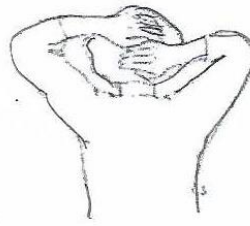
Your hands have a magnetic resonance and will become your energy readers as they intuitively guide you to where Reiki is most needed.

Reiki is performed with either very gentle, static pressure from the practitioner's hands on traditional hand position areas, or with their hands hovering a few inches above the body.

Reiki is as effective with a hands-on or hands-off approach. Sometimes it is easier to sense the energy when hands are above the body rather than touching. It is possible to be working quite far away from the body, in the energy fields of the aura.

Working in the space around the body is working in the energy fields of the aura.

Self Reiki - everyday



13

Heal-Clear-Resolve

3 breaths, say one word as exhale

Repeat in each hand position.

FULL SESSION =

9 breaths (3x3) in each hand position..

Remember to Switch ON - Switch OFF



Harpl Bittencourt

Switch
ON



Switch
OFF





21 days of Self Reiki

The first 21 days after being attuned to Reiki are very important to focus on yourself.

Spend time each day connecting with your Heart and Soul.

Meditate with the precepts, practice breathing, stillness and presence.

Practice connecting and having conversations with your innermost self.

First, get to know the precepts by heart, meditate with them one by one.

Become familiar with them and check in with your own equation

to see how they fit for you, where and how are they showing up in your life?

This will give you an immediate snapshot of how true they are for you.

After each meditation, write down your experiences in your Reiki journal.

Keep one journal to record all your Self Reiki experiences and insights.

This journal will help you to realize just how much you are evolving.

It will show you where you are now and what to focus on going forward.

Take 15 mins to actively release and let go of any emotions, beliefs, thought patterns or paradigms that no longer serve you.

This is an invaluable step in clearing the mind and old energies, creating and allowing space for the newer version of you to be present.

Reiki is about making a commitment to yourself, taking responsibility for yourself and most of all LOVING yourself. It is one thing to learn the theory, but it is more important to put the theory into action if you wish to get results for yourself.

Whatever energy you invest, you will get back tenfold or more.

If you put little effort into your self-journey, you will experience small results.

If you put a lot of effort into Self Journey, you will experience great results.



Reiki 21 days of focusing on Self

Use your JOURNAL to keep track of each session of Self Reiki.

Journals should focus on your own observations of what you sense, feel or experience, your own realizations, perceptions, discoveries, your own personal insights or messages.

Make your notes based on the following -

Date and how long was your session

What you experienced

Where and what time of day was your session

How you felt before and after your session

What you sensed during the session

What you discovered

What you saw or heard

What did you intuitively communicate - through writing, or vision

What insights, discoveries, and messages did you receive

How each session may have differed from another session

What changes have others observed about you

What did you notice about yourself or your life, the days following your session

Self Reiki - everyday



Self Reiki could be: Spending time outside, by a river, in a forest, breathing Fresh Air and absorbing the Sunlight.



Self Reiki could be: PAUSE and BREATHE for a few moments. Connect to your HEART and BE PRESENT.



**Self Reiki - BE with YOURSELF- BE PRESENT
Inamoto said, "A cup of Tea, a cup of Enlightenment."
BE - in The Moment. BE – grateful.**

Self Reiki - everyday

Speak, Embrace,
and Practice

“The Precepts”



Usui's Aim

**The Secret Method of Inviting Blessings.
The Spiritual Medicine of Many Illnesses**

Conscious Awareness of WHO you are currently BEING.

Satori -Awakening to the nature of awareness itself. REMEMBERING.

Anshin Ritsumei - The settled heart standing fully in its life purpose. FEELING.

Self Reiki - everyday



Self Reiki to CALM EMOTIONS

Just for Today – I am Free of Anger. I am FREE of Worry
These two precepts speak directly to emotional regulation,
not as suppression, but as a daily, renewable intention.

You are choosing, just for this moment, not to be ruled by them.

"This feeling is not an emergency. I can feel this emotion and still be ok."

"I give this emotion permission to move through me, not stay in me."

"My body knows how to process this; I only need to be present with it."

"I am not my feelings. I am the one witnessing them with kindness."

The most important thing to understand is that Reiki for emotions is not about making feelings go away; it's about giving them a safe container for them to move through.

Emotions are energy in motion (the word itself comes from the Latin *emovere*, to move out). When we resist or suppress a feeling, it stops moving and is stored in the body as tension, numbness, or chronic pain. It took time to build; it may take time to release.

Reiki creates the conditions for natural movement.

For anger specifically, the solar plexus position is the most important.

Anger that isn't discharged through the body tends to either implode inward as depression, or live chronically in the jaw, shoulders, and gut.

Long exhales through the mouth during that position, as if sighing out frustration, help enormously. FEEL the relaxation as you exhale. FEEL the release in the body.

For grief and sadness, allow crying if it happens. Hands on the heart during crying is one of the most profoundly self-comforting things a person can do. There is no need to rush through it. Grief is different for everyone. Allow it, feel it, then let it go lovingly.

For depression, numbness or shutdown, the practice may feel like "nothing is happening" at first. This is normal because the body has learned to protect itself over time. Depression can feel like nothingness. **Be patient with yourself, it too will pass.**

Self Reiki is effective for CALM EMOTIONS.

What do emotions feel like? Here are some examples.

Anger – Heat in the chest, jaw tension, reactive impulse.

Grief/sadness – Heaviness, tearfulness, aching heart, lethargic,

Anxiety -Racing thoughts, tight belly or chest, dread, tense or shaky body.

Overwhelm -too much, scattered, can't think clearly, heavy.

Fear – cold, contracted, frozen or fleeing, trembling,

Before you begin,

Name the emotion you wish to work with.

Be honest – “I feel angry,” “I feel afraid.” Naming it begins to regulate it

Set your intention – “I allow this feeling to move and flow through me.”

There is nothing to heal or fix. Emotion is simply Energy in Motion

The sequence – first take a few deep breaths to create PRESENCE.

Remember to breathe slowly through your hands and feel the warmth.

Start at the HEART – both hands on heart.

Always start at the heart for emotional work.

The heart is where the emotion is felt and where it is witnessed without judgment.

Heart + Solar Plexus – one hand on each.

This bridges the emotional centre with the seat of fear and anxiety, helping both communicate. It is especially effective for emotions that sit in the stomach, like dread, panic, or anticipatory worry.

Solar plexus – both hands.

This is the epicentre, the place where unprocessed emotion(especially fear and anger) stores as tension. Long exhales here helps the diaphragm release. Imagine warmth softening everything underneath your palms, gently melting away all tension.

Head, - hands cupped gently on either side.

Use this position when the mind is spinning, replaying the conversation, catastrophizing, and unable to stop thinking. The gentle pressure and warmth here communicate safety to the nervous system. Let the elbows rest, so there is no strain.

Throat = Heart – one hand on each.

For emotions that feel stuck, things unsaid, swallowed tears, words that could not be spoken. This position opens the channel between feeling and expression.

You don't need to speak anything out loud; the energy moves the blockage regardless.

Lower belly – both hands

This grounds and roots the emotional body. When feelings have been intense, energy rises and pools in the upper body. This position draws it down and anchors you back into your physical self. Especially helpful after crying, conflict, trauma, or shock.

Knees or Thighs – both hands

Press your feet gently into the floor. This is the closing grounding position. It signals to the body that the emotional wave has passed and you are safe, present, and back in your body.

Take three deep breaths here before finishing.

PAUSE BREATHE, take a moment to recall and reflect, then Journal your experience.

**Below are some examples of
how the body is sending us clues, through pain,
to help us understand the root causes of Discord
in our Life and Energy Flow.**

The Body Speaks - Emotional Roots of Physical Dis-ease

MIND · BODY · ENERGY

Abdomen - Undigested emotions; fear of the new; inability to process life experiences

Adrenals - Chronic defeat, defeatism; anxiety; overwhelming pressure to perform

Arms - Ability to embrace life; old grief held in joints; resistance to giving or receiving

Back (lower) - Financial fear; lack of support; feeling unsupported by life

Back (upper) - Emotional support issues; feeling unloved; holding back love

Blood - Joy circulating through life; repressed joy; stagnant emotional expression

Bones - Structure of the universe; deep grief; rebellion against authority

Bowels - Fear of letting go; holding onto the past; withholding generosity

Brain - Computer of the body; false beliefs driving symptoms; rigid thinking

Breasts - Mothering, nurturing; over-mothering; smothering of self or others

Chest - Giving and receiving love; grief stored in the lung field; held breath

Colon - Fear of releasing; inability to let go; toxic thought patterns retained

Ears - Unwillingness to hear; anger; too much turmoil; what you don't want to know

Eyes - Representing the capacity to see; not liking what you see; fear of the future

Feet - Understanding of self and life; fear of the future; not wanting to move forward

Fingers - Details of life; thumb = worry/intellect; index = ego/fear; middle = anger

Gallbladder - Bitterness; hard thoughts; condemning others; pride

Genitals - Masculine/feminine energy; sexual guilt; rejection of sexuality

Glands - Representing holding stations; imbalance of giving and receiving

Hands - Hold and handle; grip on life; clutching or releasing control

Head - Represents us; what we show the world; tension from self-criticism

Heart - Represents love and security; denial of joy; emotional hardening

Hips - Carrying the body forward; fear of going forward in major decisions

Intestines - Assimilation; absorption; fear of not assimilating the new

Jaw - Anger; resentment; desire for revenge; clenched unexpressed emotion

Kidneys - Fear; criticism; disappointment; shame; reacting like a child

Knees - Pride and ego; inability to bend; stubbornness; fear of change

Liver - Seat of anger and rage; chronic complaining; justifying fault-finding

Lungs - Ability to take in life; depression; grief; fear of taking in life fully

Mouth - Receptivity; taking in new ideas; set opinions; closed mind

Muscles - Resistance to new experiences; inflexibility in thinking; chronic tension

Neck - Flexibility; seeing all sides; refusal to see other viewpoints; stubbornness

Ovaries - Points of creation; creative problems; feminine wounds

Pancreas - Sweetness of life; longing for sweetness; no joy

Shoulders - Carrying the weight of the world; burdened by responsibilities; victim energy

Skin - Individuality; anxiety; feeling threatened; old buried irritations

Spine - Flexible support of life; inflexible thinking; fear of support being withdrawn

Throat - Channel of expression; swallowed anger; creativity stifled; fear of speaking

Thyroid - Humiliation; "I never get to do what I want"; creativity thwarted

Wrists - Movement and ease; resistance to new experiences; inflexibility



Laughing is great for the Soul.

Laughter is often considered the best medicine of all.

It can be contagious, infectious, energizing, and healing.

A smile can warm the hearts of many, soften the body, and release tears of JOY.

Laughing can make you FEEL GOOD on so many levels of your being.

By laughing often, you not only release tension in the body,

You stimulate the thymus gland, strengthening the immune system.

You also breathe more deeply. Laughing is a great workout for the lungs and muscles.

By laughing often, you also see life from a more positive viewpoint,

and do not take yourself so seriously.

You no longer identify with your problems (Just for Today) ENJOY YOURSELF.

Laughing Meditation

You can do this meditation any time. Eyes open or closed.

Pause, breathe, connect to your heart. Then move your awareness to your eyes.

A PURE SMILE starts at the heart and moves to the eyes, not from the mouth.

You can tell if someone is genuinely smiling or just moving their mouth; their eyes light up.

Allow your eyes to soften. Feel the wave of laughter beginning,

Your eyes feel like they are lighting up and twinkling.

Your face will follow naturally, your cheeks and mouth will respond to the wave.

Add sound, begin to laugh; it may start as a chuckle at first. (You may feel silly, that's ok)

Laugh louder, keep it going, let it out. **FEEL the laughter** in every cell of your being.

What began as forced laughter will stimulate the REAL THING, and your laughter will become quite NATURAL and SPONTANEOUS.

This will change your mood and leave you FEELING WONDERFUL.

Try this meditation looking in the mirror, and see yourself laughing. It's great for the Soul.

Reiki – inviting happiness. Reiki – the spiritual medicine. Reiki - LAUGHTER

REIKI SMILES is often how I sign off my emails.

Self Reiki - everyday



Self Reiki for FORGIVENESS

Just for today - I am kind, and I am thankful.

These two precepts speak to how we treat ourselves and how we treat others.

They help us to allow, accept and embrace everything that shows up for us.

You are choosing, just for this moment, not to be ruled by them.

Forgiving others- Forgiveness does not mean you condone or forget what happened, or how you were treated or hurt. Forgiveness is a way of releasing the grip that the wound has had on you all this time. It means it no longer holds you back or holds on to the emotion that was attached to that event, such as Anger, resentment, guilt, and regrets that have been stored in the heart.

We cannot erase what actually happened, but we can change how we feel about it.

Self Forgiveness – Freeing yourself of the emotions and actions that you are responsible for. Sometimes self forgiveness is not considered as an option. People who have been abused often forgive others but not themselves, and they carry guilt, anger, and resentment towards themselves for allowing the abuse to happen.

IN truth, everything and everyone is interconnected and interdependent.

Everything we do to others is actually being done to ourselves; there is no separation.

We are as one. Some refer to this as karma, what goes out comes back. Mirror mirror.

So when you find yourself holding grudges against others. Go within and be honest with yourself, take a look at your own actions. When and where have you hurt others, and where or when have you hurt yourself?

Forgiving ourselves and others, therefore, becomes the same thing: a return to LOVE.

When we release the hurt we have carried inside us, we open ourselves to a life of compassion and understanding. We can now process any emotion as we are triggered. We can allow all emotions rather than ignoring or suppressing them, as we can move through them rather than storing them.

Forgiveness brings us back in touch with our hearts.

Just for today, I forgive. Just for today, I am compassionate. Just for today, I am loving.

Self Reiki is effective for FORGIVENESS

Before you begin, prepare yourself

Sit or lie down. Take three slow, deep breaths to arrive in presence.

Set your intention

Silently state your intention — *"I am open to forgiving myself,"* or *"I am willing to forgive others,"* or *"I am willing to release resentment toward [name]."*

Willingness is enough; full readiness is not required.

Take your time with each step, no rush. Allow yourself all the time you need.

Start at the Heart – Place both hands on the heart

Feel the warmth of your palms. Breathe into this space for 3–5 minutes.

Invite the energy

Visualize warm golden or soft pink light flowing from your palms into your heart.

For others:

picture that light expanding outwards to gently surround them, without expectation.

Acknowledge what arises

Let any emotion surface without judgment. Notice tightness, tears, or relief.

You don't need to solve anything — simply observe, witness, and breathe.

Offer the affirmation

Silently or aloud, repeat your chosen affirmation 3 times. (see examples below)

Let the words land in the body, not just the mind. FEEL the words.

Self Hug – place both arms around yourself. Give yourself a huge hug.

Hugging is a natural way to give and receive love. Gently rock yourself.

Close and ground

Take three deep breaths. Place your hands on your knees or belly.

Wiggle your fingers and toes. Thank yourself for showing up. Drink a glass of water.

PAUSE, BREATHE, take a moment to recall and reflect, then journal your experience.

Examples of Affirmations to use

For self — *"I forgive myself for all that I have done or left undone.*

I deserve love and compassion. I release the weight of my past."

"I release all blame of others and all self-blame."

"I free myself of all shame and self-criticism."

"I release and let go of any harm I have caused myself or others."

For others — *"I release you from my resentment. I free myself from this pain.*

I wish you peace, and I reclaim my own."

"I free any emotional attachment that no longer serves me."

"I release and let go of any hold that kept me limited in myself."

"I forgive my mother for not having enough time for me."

Self Reiki - everyday



Self Reiki for SLEEP or INSOMNIA

Just for Today, I am Free of worry. Just for today, I am at peace
Sleep and rest are essential for the body to restore and regenerate itself.
Stillness, Calmness, Peacefulness, Rest, and Relaxation.
However, many struggle to fall asleep quickly.

Reiki Before Sleep

Calms the body and mind.

Reconnects communication between them both and harmonizes everything, creating a peaceful, calm state of being that settles a person ready for sleep.

Calms the nervous system and activates the parasympathetic

(rest-and-digest) state, lowering cortisol and heart rate.

Quiets mental chatter -

Hands placed on the head and brow centers slows racing thoughts and eases anxiety loops.

Releases body tension-

Hand positions along the torso melt physical holding patterns, tight chest, clenched belly, that blocks sleep.

Dealing with insomnia.

Insomnia - the root cause is often an overactive nervous system that has forgotten how to downshift. Reiki works partly by training that pattern back, through repetition, with nightly reminders to the body.

If you fall asleep before completing the hand positions, that's great. Mission accomplished.
If you wake in the middle of the night, repeat Self Reiki

Breathing technique – this can be done before going to bed.

Take five – sit in Gassho, PAUSE, BREATHE. Effects deepen with regular practice.

On each exhale, imagine tension or wakefulness leaving your body as mist. Feel the Relax.
Even 10 minutes nightly for a week shifts the sleep pattern.

Self Reiki is effective for SLEEP or INSOMNIA

Before you begin

Dim or turn off all lights. Keep the room cool and quiet.

Lie down in bed in your sleeping position.

Take 3 slow belly breaths before starting. Let your jaw and shoulders soften.

Set a gentle intention: *"I welcome deep, restful sleep."*

Rub your palms together for 10 seconds to activate energy in your hands.

Hand positions — the sequence

Eyes and forehead -Third eye + brow chakra

Cup your palms gently over your closed eyes, fingertips resting on the forehead.

The warmth and darkness deepen immediately.

This position quiets visual stimulation and slows mental activity.

Temples and sides of the head - Crown + temporal area

Move hands to the sides of the head, palms over the temples.

This position soothes the areas associated with stress processing and calms overthinking.

Let go of any problem you've been mentally chewing on. Breathe it out on the exhale.

Throat - Throat chakra

Rest one or both hands lightly on the throat (never press).

This releases unspoken words, suppressed expression, and the tension of "swallowed" feelings that often make it hard to let go at night. Feel the release on the exhale.

Heart center - Heart chakra

Cross both hands over the center of your chest, and feel the rise and fall of your breath.

This is the most comforting position, like a self-embrace or a warm hug.

It releases the day's emotional residue. Feel the comforting embrace.

Solar plexus - Solar plexus chakra

Move your hands to rest just below the ribcage, above the navel.

This is where anxiety and worry physically live.

Long, slow breaths here signal the nervous system that it is safe to rest.

Lower abdomen - Sacral chakra

Rest your hands on the lower belly, below the navel.

This helps ground restless energy, eases nighttime digestive discomfort, and connects you to a deep sense of physical safety and belonging in your body.

Knees (optional) – Grounding

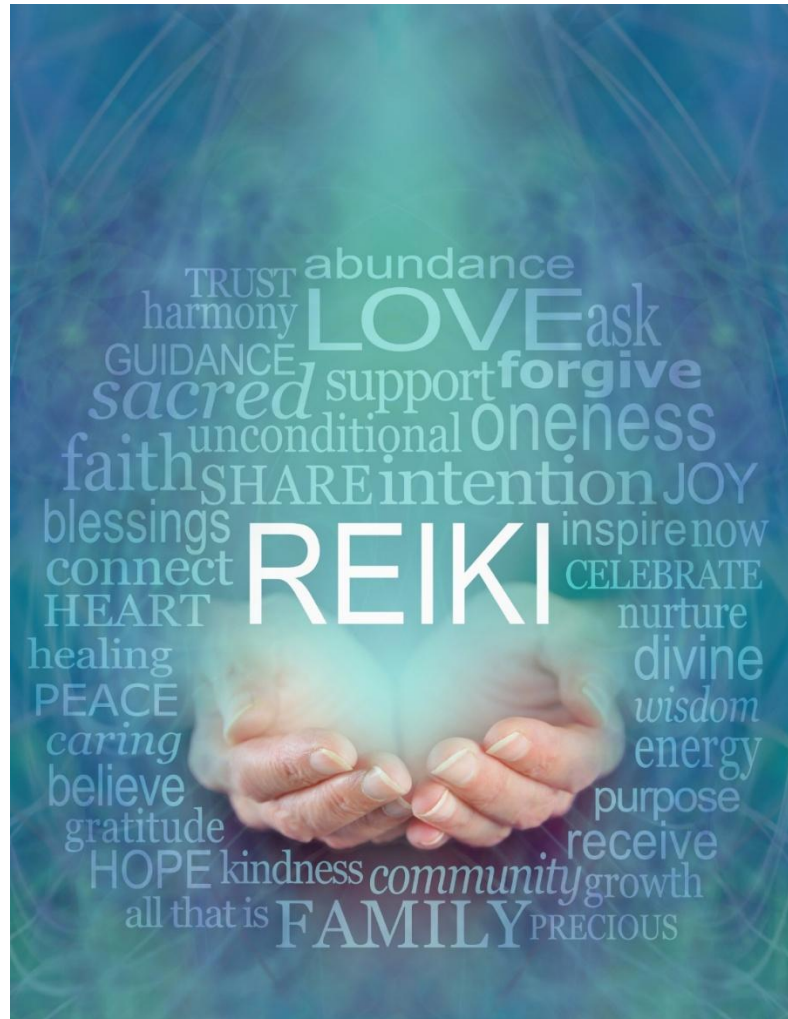
If restless leg sensations or anxiety are present, rest your hands on your knees or thighs.

This draws scattered energy downward, grounding it out of the head and into the body.

Examples of Sleep affirmations

"I am going to sleep now, I will have the best night's sleep and wake up fully refreshed and energized for the new day." "I release this day completely. My body knows how to rest. I am safe, I am held, I am allowed to sleep."

Self Reiki - everyday



***“Self Reiki
is the best investment
you can make for yourself.
You reap
all the rewards,
all the benefits,
all the love,
and all the JOY.”***

Self Reiki - everyday

Reiki, at its heart, is the art of coming home to yourself.

Imagine you were born as pure, radiant energy, open, free, and connected to everything. Then life happened. Stress, fear, doubt, trauma, and the noise of the world slowly layered over that original light like dust on a mirror.

You didn't lose your true self; you just forgot it was there. *Reiki is Remembering.*

What Reiki Actually Does

Reiki is like a gentle hand that wipes the mirror clean.

When universal life energy flows through you, it moves into the places where it got stuck. The grief you never fully felt. The dream you talked yourself out of.

The version of yourself you were told wasn't good enough.

Reiki doesn't force anything. It simply creates the conditions where your own inner intelligence can remember, release, and realign. *Reiki is Remembering.*

How It Connects You to Your True Self

Your true self isn't something you have to build or become; it already exists beneath every fear, every limiting belief, every role you play for the world.

Reiki quiets the mental noise long enough for you to *feel* that deeper layer.

In that stillness, something recognizes itself. People often describe it as a feeling of **"This is who I actually am, calm, whole, and unafraid." *Reiki is Remembering.***

How It Attunes You to Limitless Potential

Most of us operate from a very small version of ourselves, shaped by past wounds and future worries.

We make decisions, set limits, and define what's possible based on old pain rather than the present truth. Reiki dissolves those old energetic patterns at the root.

When the energy flows freely again, something opens.

Creativity returns. Clarity sharpens. Synchronicities appear.

You stop shrinking to fit your past and begin expanding into what you were always capable of becoming. It's not magic, it's simply you, unblocked. *Reiki is Remembering.*

The Limitless Possibility

When you are truly aligned, body, mind, and spirit flow as one.

You stop fighting life and begin *moving with it.*

Opportunities that once felt out of reach start feeling natural.

Relationships deepen. Purpose becomes clear. You realize that the limits you lived by were never real, they were just energy, frozen in time, waiting to be loved back into motion.

Reiki doesn't give you anything you don't already have. It simply returns you to the fullness of who you are, and from that place, everything becomes possible.

Reiki is Remembering.



Reiki, at its heart, “The art of coming home to yourself.”

Imagine you were born as pure, radiant energy,
open, free, and connected to everything.
Then life happened. Stress, fear, doubt, trauma,
and the noise of the world slowly layered over that original light
like dust on a mirror.

**You didn't lose your true self.
You just forgot it was there.**

What Reiki Actually Does

Reiki is like a gentle hand that wipes the mirror clean.

When universal life energy flows through you,
whether from a practitioner or through your own practice
it moves into the places where you got stuck.

The grief you never fully felt.
The dream you talked yourself out of.
The version of yourself you were told wasn't good enough.

**Reiki doesn't force anything.
It simply creates the conditions where your own inner intelligence
can remember, release, and realign.**

How It Connects You to Your True Self

Your true self isn't something you have to build or become
it already exists beneath every fear, every limiting belief,
every role you play for the world.

Reiki quiets the mental noise long enough
for you to *feel* that deeper layer.

In that stillness, something recognizes itself.

People often describe it as a feeling of

**"This is who I actually am,
calm, whole, and unafraid."**

How It Attunes You to Limitless Potential

Most of us operate from a very small version of ourselves,
shaped by past wounds and future worries.

We make decisions, set limits, and define what's possible
based on old pain rather than present truth.

Reiki dissolves those old energetic patterns at the root.

When the energy flows freely again, something opens.

Creativity returns. Clarity sharpens.

Synchronicities appear.

You stop shrinking to fit your past

and begin expanding into what you were always capable of becoming.

It's not magic — it's simply you, unblocked. FREE to be YOU.

The Limitless Possibility

When you are truly aligned, body, mind, and spirit flow as one.

You stop fighting life and begin *moving with it*.

Opportunities that once felt out of reach start feeling natural.

Relationships deepen. Purpose becomes clear.

You realize that the limits you lived by were never real.

They were just energy, frozen in time, waiting to be loved back into motion.

Reiki doesn't give you anything you don't already have.

**It simply returns you to the fullness of who you are
and from that place, everything becomes possible.**



Here's a guide to infusing Reiki into all areas of life:

The beauty of Reiki is that
there's no minimum time required,
even 30 seconds of conscious intention
with your hands creates a shift.

The more you practice,
the more it becomes second nature,
woven invisibly
into everything you touch.

Self Reiki - everyday

Is the most important part of your day.

ADDITIONAL DAILY Routines to INFUSE REIKI and BUILD REIKI HABITS

- **Morning:** Hands on heart for 2 minutes before getting out of bed, set the day's intention. Also, ask yourself, did I dream, and write them down.
- **Meals:** Brief hands-over-food blessing before every meal.
- **Evening:** Hands on your own body — solar plexus and heart — to process the day.
- **Bedtime:** Full or partial self-treatment lying down as you drift off to sleep
- **Throughout the day:** Whenever hands are idle (waiting in line, on a call), radiate Reiki love and light as often as you can. Send out the vibes.

**Imagine sending Reiki Energy just like sending kind thoughts.
Or thinking of someone and sending well wishes in your mind.
Send Love and Light, infuse Reiki into everything.**



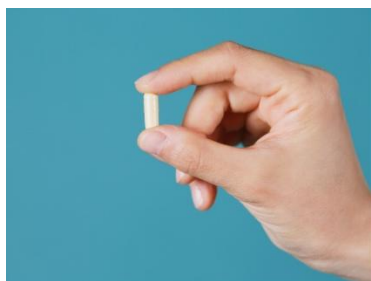
FOOD & COOKING

- Hold your hands over the ingredients before cooking and intend that Reiki-loving energy flows into them (Grandma's apple pie was always filled with love).
- Stir pots clockwise while visualizing golden light infusing the meal.
- Place hands over a finished dish and say a Reiki blessing before serving.
- Draw the Cho Ku Rei (power symbol) over food.
- Set intentions while plating — "this meal nourishes everyone who eats it."
- Reiki your groceries in the bag before putting them away.



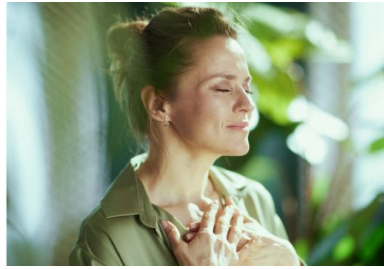
WATER

- Hold a glass of water between both palms for 1–2 minutes before drinking.
- Hold your water bottle. Infuse LOVE and LIGHT into the water.
- Infuse an entire pitcher and keep it in the fridge for the household.
- Add intention words (love, health, clarity) to water containers, inspired by Masaru Emoto's water crystal research.
- Reiki your bath water before getting in, visualizing it washing away and dissolving any stress, pain or negativity.



MEDICATIONS & SUPPLEMENTS

- Hold pills or capsules in your closed palm for 30–60 seconds before taking them, intending they work at their highest potential, and in harmony with your body.
- Ask Reiki to minimize side effects and amplify the healing properties.
- Visualize the medication going exactly where it needs to in the body.
- Use the same practice for vitamins, herbs, and tinctures.



MENTAL & EMOTIONAL WELLBEING

- When anxious, place both palms on your forehead and breathe for 5 minutes.
- Reiki a worry/fear by writing it on paper. Hold hands over the paper, then discard it.
- Use distant Reiki on memories that still cause pain. Send healing back in time.
- Reiki your dreams by setting intentions before sleep. Place your hands on your head.
- Infuse affirmations by writing them, then holding hands over the paper.



HOME & SPACES

- Walk each room clockwise and beam Reiki from your palms into corners, walls, and windows.
- Infuse your home's threshold — front door and entry — to invite positive loving energy in.
- Reiki your bed and pillow before sleep for deeper rest and healing dreams.
- Place Reiki-charged crystals around the home to maintain the energy.
- Draw symbols on window glass or doorframes with your finger for ongoing protection.



PLANTS & GARDEN

- Hold hands over soil before planting and charge seeds with Reiki before sowing.
- Place palms near (not touching) the base of struggling plants.
- Reiki your watering can before watering.
- Talk to your plants while sending energy — they respond to intention.
- Charge fertilizer or plant food with Reiki before use.



PETS & ANIMALS

- Place hands gently on your pet and allow Reiki to flow. Animals are highly receptive.
- Reiki their food and water bowls daily.
- Beam Reiki to animals who won't sit still.
- Infuse their bed or favourite resting spot.
- Use Reiki to calm anxious pets during storms, vet visits, or travel.



WORK & CAREER

- Reiki yourself and your workspace at the start of each day, desk, chair, computer.
- Hold hands over your computer or phone screen with the intention of clear, positive communication.
- Before a presentation or meeting, Reiki your hands and set a clear intention.
- Infuse your resume, proposals, or creative work before sending them out.
- Infuse Reiki into your commute, car, bus route, or bicycle.



FINANCES & ABUNDANCE

- Reiki your wallet and the money inside it, thanking it for circulating freely.
- Infuse bills before paying them, shifting the energy from scarcity to flow.
- Infuse Reiki on checks or bank transfers.
- Send Reiki to your bank account with gratitude and abundance intentions.
- Reiki your workspace or business to attract right-fit opportunities.
- Abundance is not just money; it is friendships, good health, ALL aspects of life.



TRAVEL & NEW ENVIRONMENTS

- Reiki your luggage and belongings before a trip.
- When arriving somewhere new (hotel, hospital, new home), walk the space and clear it with Reiki.
- Reiki the seat around you on planes, trains, or buses.
- Send Reiki to your destination for safe arrival.
- Infuse your body before a long journey to support physical stamina.

ANYTIME - ANYWHERE - ANYTHING

Reiki is always available.

Reiki is who we are, love and light frequencies, dancing in harmony.

Reiki is our natural state of being, consciousness and breath.

**As we become more aware of this beautiful life source energy
and begin to embrace it, we BECOME it.**

We are no longer DOING Reiki
WE are BEING Reiki.

**WE REALIZE that
WE ARE REIKI.
PURE and SIMPLE**





I LOVE WHO I AM

I RADIATE LOVE AND LIGHT

I CONSCIOUSLY CREATE REALITY



Thank You

Wishing you much HAPPINESS
and personal growth.

May Reiki help you to
stand tall and strong,
and be the person,
you were born to be.

May Reiki help you to
heal every aspect
of your life,
and open you up to
limitless possibilities,

Keep Reiki
PURE
and
SIMPLE
and
TRUE
to its
ORIGINS.

ACKNOWLEDGEMENTS

My husband- For always being my rock, supporting me, encouraging me, and sharing my dreams.

Linda Oliver - For introducing me to Reiki, and being a lifelong friend.

Anny Slegten – For teaching me Reiki is PURE and SIMPLE.

All the students and clients I have been honoured to share Reiki with. What amazing experiences we have encountered along the way.

It was because of them that I was inspired to write my books.

VITALITY is your
INNER POWER

EXPLORE
BEYOND
THE PHYSICAL BODY
Intuitively sensing
ENERGY BUBBLES
Hazel Buttersworth

EMPOWERING
MOMENTS
EACH and EVERY
MOMENT
is where the
MAGIC begins
Hazel Buttersworth

ENERGY
IS EVERYTHING
INCLUDING YOU
When YOUR ENERGY flows FREELY
YOUR LIFE flows EASILY
Hazel Buttersworth

Visit
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books
Amazon

What's next?

21 Days of Self Reiki is your priority.

Commit to spending time with yourself.

Commit to journaling your experiences.

Self Reiki using hand positions.

Sitting in Gassho with precepts.

Meditations.

Infusing Reiki.

Observing, witnessing and noticing.

Put into practice what you have learned in Level 1.

Next step - Level 2

The next step is learning the three symbols
to help you to

Stand stronger in who you are.

Create Balance and Harmony in your Life.

Communicate with yourself energetically
on many levels of your being.

Level 2 - Expands and Deepens your Self Awareness

Empowering Yourself

Level 3 – Comprehension and understanding.

Walking Your Talk.