

Learning Reiki

In this section I would like to give you an idea of what sort of people learn Reiki and what effects Reiki is likely to produce within you when you start your training. I would also like to talk about the difference that Reiki can make in your life in the longer term, and give some examples of the sorts of experiences that people can have, by way of demonstrating to them that Reiki actually works. In doing this I draw heavily on feedback that has been given to me by some of my students, and I am indebted to them for allowing me to publish their comments.

Who learns Reiki?

As an ongoing project, I have been asking students at irregular intervals to let me know their job/occupation, so I can compile a list of their backgrounds. I display the list on my web site, and here is the list from October 2005. As you can see, there is no trend running through these occupations: Reiki seems to attract people from every different background, all learning Reiki for their own individual reasons:

| | | |
|----------------------|------------------------|-------------------------|
| Account Analyst | Counsellor | Insurance Consultant |
| Accountant | Credit Administrator | Interior Designer |
| Actress | Croupier (Casino) | Iridologist |
| Airline Pilot | Database Administrator | Jewellery Quality |
| Applied Scientist | Delivery Driver | Controller |
| Aromatherapist | Dentist | Job Analyst |
| Artist | Disability Advisor | Journalist |
| Bank Clerk | Doctor | Kinesiologist |
| Bathroom | Dog Trainer/Behaviour | Lawyer (USA) |
| designer/installer | Consultant | Legal Secretary |
| Bowen Technique | Drama Teacher | Librarian |
| Therapist | Driving Instructor | Life Coach |
| Builder | Engineer | Lorry Driver |
| Business Manager | Farmer | Magician |
| Butcher | Financial Controller | Manager/Teacher at |
| Call Centre Training | Florist | Secondary School |
| Coach | Hairdresser | Managing Director |
| Career Adviser | Headmaster | Masseuse |
| Chemistry Teacher | Health Visitor | Make-up Artist |
| Childminder | Healthcare Assistant | Management Consultant |
| Chiropodist | Herbarium technician | Market Research |
| Circus Performer | Holistic Therapist | Executive |
| Civil Engineer | Homoeopath | Martial Arts Instructor |
| Civil Servant | Housewife | Medical Rep |
| Clairvoyant | Hypnotherapist | Meditation Instructor |
| Composer | I.T. Manager | Midwife |
| Conductor | Inventory Controller | Molecular Geneticist |

| | | |
|----------------------------|--------------------|---------------------|
| Musician | Production Manager | Speech and Language |
| Network Engineer | Program Manager | Therapist |
| Nurse | Professor | Spiritual Healer |
| Nursing Manager | Psychologist | Student |
| Nutritionist | Publican | Systems Analyst |
| NVQ Assessor | Receptionist | Telephone Market |
| Occupational Therapist | Reflexologist | Researcher |
| Personal Assistant | Retired Teacher | Translator |
| Phlebotomist | Retired Lecturer | Travel Consultant |
| Physiotherapist | Revenue Controller | Tree Surgeon |
| Police Officer | Salesman | University Lecturer |
| Porter | Secondary School | Veterinary Surgeon |
| Potter | Teacher | Ward Manager |
| Priest | Shop Owner | Web Site Producer |
| Primary School Teacher | Social Worker | Writer |
| Principal Business Analyst | Software Tester | |

Short term effects of Reiki

For people undergoing a course of Reiki treatments, there is something that they experience that I like to call 'the Reiki effect': a set of effects that the energy tends to produce in most people, whether they came along with a pain in their big toe, or depression. The 'Reiki effect' is as follows, making people feel:

1. More laid back, calm and serene
2. Better able to cope
3. More positive
4. Less affected by stressful people and stressful situations

These effects are perhaps the first ones that you will notice once you have been attuned to Reiki, though they are not necessarily earth shattering in their intensity and will not usually arrive by way of a big overnight transformation. This sometimes happens, but a definite and noticeable difference in the way you feel about things is more likely to be noticed in hindsight.

You are connected permanently to a source of beautiful healing energy that works on you, in the background, all the time. This is very comforting. When you practice energy exercises, carry out self-treatments or treat someone else you intensify the beneficial effect that the energy has on you. You won't end up walking around with a big inane grin on your face all the time, but you should feel a definite difference that will be with you always, a background feeling that 'everything is going to be alright'.

'Clearing Out'

It is traditional within Reiki to think in terms of a 21-day period of clearing out or cleansing, as the energy starts to work on you as its first priority. Common reactions are to have a 'Reiki cold' or other respiratory infection, an occasional surprising migraine, or to feel quite tired and sleepy for some days during the 2-3 week period after attunement. Emotional ups and downs are quite common, and you may find that you are seeing things in 'Technicolor' for a while, with colours taking on an amazing intensity. For some, Reiki leads to a period of dissatisfaction, leading you to think carefully about your life and your priorities. For the most part Reiki works gently, and seems to have built-in mechanisms to prevent the 'clearing out' period from being particularly eventful.

The "21 Day" period is a bit of a Reiki myth, actually, because Reiki continues to work on you months and even years later, and it is possible that you will release things further down the line, too, not just in the first 21 days. Stronger reactions are more common in the first few weeks after going on a course, if you are going to have a strong reaction (such things are not compulsory!), though they can happen at any time, based on what is right for you. We receive what is right for us at any given time. We are all different.

Powerful Reactions on the day of the course

Once you have been attuned to Reiki, the first priority for the energy is YOU! Depending on what you bring along to the training day to be dealt with, Reiki will rush in to try and bring things into balance. If you are basically fine on the physical, mental and emotional level then the energy will not have a great deal to do, but if you have a lot to be sorted out, then the energy will rush in like a tidal wave and start to get things moving! This is the reason why a small number of people have strong reactions to the attunements. For most people they are a lovely experience on the day of the course, bringing feelings of great peace and tranquillity, but for a very small minority they can produce a bit of a healing crisis, as problems are brought to the surface so that they can be dissipated.

For example:

One lady spent the afternoon being sick, and spent the next day in bed with a migraine headache. Interestingly, her migraines usually went on for at least three days, yet she was able to get rid of this one in a few hours by doing Reiki self-treatments.

One lady was an 'emotional wreck' by lunchtime, beside herself and inconsolable, but by the end of the day she was fine, energised, and with the feeling that a great weight had been lifted from her.

One lady had been in a bad motor accident a few years ago, having broken her neck, dislocated her shoulders, stoved in her chest and shattered her pelvis. During the attunements some of the pain of her injuries started to come back to her, preventing her from moving her neck. The experience released itself by the end of the day.

However, these three examples are three cases out of hundreds and hundreds of attunements, so they are highly unlikely to happen to you. They are a really remote possibility. You are much more likely to experience an immediately positive reaction, like the people mentioned below...

Resolving Health Problems

On a number of occasions, people have experienced an immediate resolution of an ongoing health problem. Here are a few examples:

Scoliosis

Tracy was in her mid-20s and her back pain was no longer being controlled by the eight painkillers that she took each day. She was thinking of trying a T.E.N.S. machine which blocks pain impulses through a series of electrodes that you place on the skin in the affected area. Tracy didn't have any Reiki treatments, but the week after being attuned to Reiki First Degree she was able to cut her painkillers down to 2 per day, and that was enough to control the pain. Six months later she was pain free.

Back Pain

Anne came on the Reiki First Degree course having experienced long-term back pain which necessitated her having to take painkillers most days. The pain disappeared on the day of the course, and the following week she only needed to take painkillers a couple of times. This trend has continued for her.

Plantar Fasciitis

Plantar fasciitis is a painful condition in the foot. Sue had been in daily pain for 10 months before taking her First Degree course. The day after First Degree the pain disappeared and has not returned, much to the astonishment of the Consultant she visited!

It is not uncommon for people to come along to their Reiki Second Degree course a month after going through First Degree, to report a definite improvement in their conditions, and recent examples include depression and I.B.S. (Irritable Bowel Syndrome)

Longer term effects of Reiki

In this section you can read a series of quotes given to me by some of my students, where they respond to the question: "What has Reiki done for you?" I hope that these quotes will give you a better idea of what Reiki can do for you, and what you might look forward to:

"I would say that Reiki is inspirational, the feeling and experiences that I have had are amazing and mysterious. Having the ability to make someone feel better is one of the best feelings in the world and also knowing that I have that energy around to connect onto gives me strength to carry on especially in the last few months.

Thanks for this gift ."

Maria, Essex

"Reiki has changed my life around completely, from being a totally bored secretary to owning my own beauty and healing salon! How's that for a transformation in two years?"

Jean, Essex

"In two sentences: In Reiki I have an instant form of stress relief like no other. It centres me straight away."

Espen, Essex

"Reiki has turned my attitudes and my life around completely. A few years ago I was very intolerant, impatient, depressive and with a very short fuse. That has nearly all gone now and it has set me on a spiritual search and a real feeling that if my life can be turned around so completely, the more people Reiki can reach the better for all of us. It is a long time now since I was angry, worried, depressed and Reiki has obviously been working on all levels over the last year."

Joy, Gwynedd

"I have found that Reiki has given me a much more positive outlook on life and I seem to be able to deal with problems and stress more effectively."

Gill, Suffolk

"I find Reiki quite magical, giving me control over my bodies aches & pains and helping me progress spiritually. I am always very amazed how effective it is. Reiki's biggest benefit to me has been its ability to break my reliance on Osteopathy. Now I'm able to get my body back on track before it breaks. Thanks heaps Taggart."

Richard, Berkshire

"Reiki has had profound effects on my life, I haven't set foot in a doctors surgery since I started and I am more happy and centred than I have ever been ! But in a sentence I would have to say Reiki is the most amazing and beautiful thing I have ever encountered, I love it and am so happy to be sharing it with the world."

Jennifer, Surrey

"Reiki has given me inner peace and serenity. It's the ultimate chill-out! My students at the chiropody school where I teach are always amazed at how I manage to help run a busy training clinic without getting stressed - I tell them that it's the Reiki... and that leads me on to explain to them how they can also acquire this beautiful gift. Any of my students who happen to be staying at the same B&B as I do when I am working at the college in Maidenhead also get a full treatment into the bargain!"

Karen, Hampshire

"If I were to sum it up in one sentence I think I would say: Reiki is an amazing adventure with many wonderful surprises along the way... or... Reiki offers hope, peace and a life time of support."

Tina, London

"The full impact of the changes and benefits did not happen overnight and at times it has been a rocky road, but as I look back over the past five years since I did my First Degree Reiki I can't imagine what life would be without Reiki. I have learnt to live and breathe Reiki, to trust in the Universe, to see love & beauty in everyone and everything, to tackle problems with a smile, to turn negativity into positivity & laugh to myself as lessons are learned. The world is a brighter place - even a dull day can feel bright. My senses are more acute, I observe & listen in a more compassionate way and I feel more in turn with nature. Reiki has brought a feeling of peace & calm and acceptance that life is unfolding as it should. What is the biggest benefit that Reiki has given me? Reiki has given me a purpose in life and the energy & enthusiasm to fulfill my dreams. I bless each day - it is a joy to be alive and if I can help to pass this on to others what more can I ask for?"

Jeannie, West Sussex

"For many years I have been searching for answers to issues that have kept cropping up in my life, the unusual things that seemed to happen to me (and at that time, I felt didn't seem to happen to anyone else!).

When I began my Reiki 1 course - I didn't have to look any further. Doors started opening up in all directions, I felt confident I could cope with what I would find (before this, I was terrified). So for me, on a personal level - its given me back my trust and faith in myself (also my guides and spirit friends). There is so much more I could write here, but the final thing for me, it gave me the tools to help me to help my husband heal."

Sue, Wales

"For me Reiki is coming home."

Ellen, Middlesex

"Reiki for me has changed me by:

Making me a calmer person, fewer things seem to worry me now.

Things and colours seem brighter and clearer.

I feel an uncontrollable love towards people.

I am more patient with my two teenage daughters.

I don't hoard so much junk in my house and I am a tidier person.

I seem to live each day as it comes - Just for today..."

Bev, Suffolk

Believing that Reiki actually works

In this section you can read some feedback given to me by some of my students, where they talk about the moment when they realised that Reiki did actually work! Reiki does seem rather a strange thing to do to begin with, and people naturally doubt whether they can 'do this thing'. Although on the day of a live course some quite weird and exciting things can happen, when you get home again those little doubts start to creep in and we start to think 'I know Reiki works for everyone... but maybe it just won't work for me'.

Alternatively, maybe we start to compare our experiences with the experiences of other people on our live course, for example, and perhaps the other students experienced stronger sensations than we did. Such comparisons are disempowering: each person grows and develops at their own rate.

It is perfectly natural to doubt and compare in the early stages, of course. But when we start to work with the energy regularly some surprising things can happen, and this is what happened to some of my students:

"The first time I thought there was definitely some sort of Reiki energy out there that people could channel was on the Reiki one course, whilst the lady treating me had her hands on the back of my head I felt such strong sensations coming from her hands I knew it wasn't my imagination. The first time I felt that Reiki could actually do something as far as healing or spiritual growth was concerned was probably just before Reiki 2 when I woke up one morning and thought, Wow I had a really good night's sleep and felt all nice and cosy then I thought hang on a minute when did I last have a bad night's sleep, that is when I realised I had been sleeping so much better than before I did Reiki. I couldn't quite believe my luck and had no idea that Reiki would help me with my sleeping problems. Since then there has been so many occasions where Reiki has amazed me."

Tina, London

"The first time I realised there was something to Reiki was during my First Degree course when I was doing my first full treatment. I felt extra heat and a sensation in my hand when I got to the person's lower left leg. Afterwards I asked if she had a problem in that area. Her immediate reaction was no and then she suddenly remembered she had knocked her leg a week ago and had a small bruise there. Well, it was as if I had won the lottery - I was so excited! Even after doing Reiki for four years the amazement and excitement hasn't diminished when my hands start vibrating over a particular area in need of healing. My only problem is having to control my inner excitement in front of clients!!"

Jeannie, West Sussex

"I realised Reiki worked on the same day of the Reiki 1 course. Taggart had told us to get as much practice as possible, so that evening I was giving Suzanne a Reiki treatment. I wasn't really expecting very much to happen so I was very shocked & surprised when it did. Soon after I got to the heart position, my hands became extremely hot, & Suzanne's body began to shake

all over. She says that she remembers her chest feeling so heavy that she could hardly breathe. I felt terribly sad & as though I was going to cry. I asked her if she thought she was going to cry & she said she wasn't but a few seconds later she did. I've never known anyone to cry like that! It was quite distressing, but I knew it was helping her so I just carried on until it stopped & then moved on to the next position. I did all of the hand positions I had learnt, including her knees & ankles & at each position the same thing happened: extreme heat in my hands, followed by her body shaking all over, hysterical crying, & then a pause as the heat subsided. So that proved it for me!"

Michelle, Spain

"I was working with a Reiki master in nursing and heard her speak of Reiki often; she always seemed so excited and worked differently during these times. I left that hospital and heard from her one evening at my new place of work. I had expressed an interest in Reiki, no more, to her. She told me a place for become available for a Reiki one residential weekend and asked if I would be interested. Funnily enough, I had the weekend off and no plans, synchronicity! So off I went with no real great expectations, though some excitement. Through the course of the weekend, I was opened up like a flower, I just couldn't believe the energy I was feeling and how unaware I'd been until that time. I used Reiki on myself and co-workers were amazed at my new found contentedness and open heart.

One night we had an admission to the ICU, transferred in from another hospital, a young man in his early thirties, he was dying. He looked well and fit and there was nothing we could do despite all our use of technology and drugs. When I went into the relatives' room with our doctor (Margaret) there was a large gathering of family, his wife, siblings, and children under the age of 10. I was very aware of the shock, anger, disbelief, and grief in the room. I sat on the floor while Margaret explained what was actually happening, the family's pain was audible at this stage and there were tears and cries. My hands just opened and I felt a calm, soothing energy crossing and filling the room. I felt their pain abate and I really felt connected to the family on a deep spiritual level. I already felt changes within myself and knew I would remain very connected to Reiki but that moment opened me up to the limitless love, unconditional love of the Divine. I later felt this with many of my patients and their families and continue to feel that connection of love through Reiki.

I was truly blessed through that weekend I was introduced to Reiki and am full of gratitude for my continued open heart through the use of Reiki in my own life on a daily basis. I will be ever grateful for that unexpected gift of Reiki. I later did my Reiki 2 with my nursing colleague; I then took Reiki 2 with Taggart and did my Mastership with Taggart. I am especially grateful to have had this opportunity as I love Taggart's gentle style of teaching and the original methods have been beautiful to have found. I have used various healing methods in my own life but Reiki has always been my foremost practice daily and the one I really want to practice and share as fully as I can."

Jean, Australia

FOLLOWING THE SYSTEM

What did Mikao Usui teach?

Since the 1990s Reiki has been going through some changes in many quarters. Until then everyone had assumed that the Reiki that Mikao Usui taught was the same as the Reiki that Mrs Takata had been teaching, in fact her teachings are usually referred to as “traditional” Usui Reiki. It was thought that Reiki had died out in Japan, and that the only Reiki that had survived was the system that Mrs Takata had been teaching. But the 1990s ushered in a new stage in Reiki’s development, when information started to filter through from Japan, in dribs and drabs, from different sources. Some information made sense, some seemed confusing, a lot of the information contradicted what people had believed about Reiki, and some of the information was inconsistent or contradictory.

Over time, though, we have built up more of a consistent picture of what Usui Sensei’s system was all about, what he taught and how he taught it, though you can find books that contain the earlier – now contradicted – view of what Usui’s system was all about. The main confusion arose when the Usui Reiki Ryoho Gakkai (Usui Memorial Society) was discovered. Everyone thought that this society had been founded by Usui himself and that it had continued Usui Sensei’s system in its original form, but now we know that the society was set up after his death by the Imperial Officers, who had been taught a system that was not representative of the system that Usui had been teaching to the majority of his students, and we know that the Imperial Officers changed and altered what they had been taught early on in the ‘Gakkai’s history. ‘Gakkai Reiki proved to be very different from Usui Reiki.

We discovered that Usui’s system was not called “Reiki”. In fact the system had no real name. Usui seems to have referred to his system as a ‘Method to Achieve Personal Perfection’, and some of his students seem to have called the system ‘Usui Teate’ (teate means ‘hand application’ or ‘hand healing’) or ‘Usui Do’ (way of Usui). The word Reiki appeared in the Reiki precepts, but the word 'Reiki' seems there to mean 'a system that has been arrived at through a moment of enlightenment', or 'a gift of satori'. The name 'Reiki' as a description of system came later, and may have been used first when the naval officers set up the Usui Reiki Ryoho Gakkai.

We also discovered that the purpose of Usui's method was to achieve satori, to find one's spiritual path, to heal oneself. Usui's system was not really about treating others. Treating others was not emphasised; it was not focused upon; it was a side issue. This came as rather a shock to a Reiki world that saw Reiki as a hands-on treatment method first and foremost.

The Original System

The information that we have about the system that Mikao Usui taught has come mainly from a group of surviving students who are in contact with one or two people in the West. They were twelve in number when they were first discovered, though I understand that now – in 2005 – there are only a handful of them left. These are people who knew Usui, trained with him, and passed on his teachings to others in a quiet and limited fashion. Their information has helped to 'make sense' of the sometimes confusing and contradictory information from other sources in Japan, and they paint a picture of a simple spiritual system that is very different from the treatment-based Reiki that we see routinely in the West.

So the original Japanese form of Reiki is very different from the way that it has ended up being practised in the West. The thing that strikes me most about original Usui Reiki is the fact that it is so simple, so elegant, powerful and uncluttered. The system is not bogged down in endless mechanical techniques and complex rituals that now clutter up a lot of Western-style Reiki, with endless rules and regulations and restrictions.

The prime focus of Mikao Usui's Reiki was the personal benefits that would come through committing oneself to working with the system, in terms of self-healing and spiritual development. Reiki was a path to enlightenment. Healing others was a minor aspect of the system, not emphasised, not focused upon; it was simply something that you could do if you followed Usui's system.

Original Usui Reiki involved committing yourself to carrying out daily energy exercises, self-healings, and receiving spiritual empowerments on a regular basis. You would have received training in an open ended fashion, rather like the way that martial arts is taught in the West today: you kept turning up and slowly developing your skills, and when it was thought that you had progressed sufficiently, you were allowed to move on to the next level.

The system was rooted in Tendai Buddhism and Shintoism, with Tendai Buddhism providing spiritual teachings and Shintoism contributing methods of controlling and working with the energies. The system was based on living and practising the Reiki precepts. The vast majority of Usui's students started out as his clients – he was well known as a healer, though what he taught was not really a treatment method. He would routinely give people empowerments so that they could treat themselves in between appointments, and if they

wanted to take things further then they could start formal training with him, to learn how to heal themselves.

First Degree (Shoden)

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Mikao Usui's First Degree training ("Shoden", which means 'first teachings') was very simple, and it seems that Usui taught hundreds of people at this level. Shoden was all about opening to the energy through receiving many Reiju empowerments (simple connection rituals), it was about cleansing and self-healing.

The student would practice different forms of self-healing, including self-healing meditations, they would chant and live the Reiki affirmations, and they would practice a couple of energy exercises. The exercises taught at first-degree level were Kenyoku and Joshin Kokkyu Ho, which are taught in the Usui Reiki Ryoho Gakkai as part of a longer sequence of exercises, called 'Hatsurei ho', which you will find described in this manual.

Students would study some specially selected 'Waka' poems, chosen by Usui because they contained various sacred sounds (kotodama), and they would be introduced to the concept of mindfulness. They would focus on developing their awareness of their Tanden (see later), and that would, for some, lead to second-degree level.

Students would not treat others at first-degree.

How can we follow the teachings?

We know that the system that Mikao Usui taught to the majority of his students was a spiritual development and self-healing practice, based on these five areas:

1. Focusing on and living Mikao Usui's precepts
2. Practising mindfulness
3. Receiving Reiju empowerments regularly
4. Carrying out energy exercises
5. Practising self-healing

These areas can form the basis of our Reiki practice too. Now obviously we are not going to learn and practise Reiki in exactly the same way as was done in 1920s Japan. This is simply not possible since we live in the 21st Century in the West. We do not have the same history or cultural and spiritual

background as Usui Sensei's students, and we do not know the precise details of everything that Mikao Usui taught.

But what we can do is to make part of our routine the basic practices of Usui Sensei's system, which was designed by him to be accessible to people from different backgrounds. Below I have touched on the five areas, and in subsequent chapters I will go into more details about how we can follow Usui Sensei's simple system in the modern world.

Reiju empowerments

Mikao Usui's students received empowerments from him again and again throughout their training at all levels. The training was more like martial arts style training, with ongoing and sometimes sporadic contact between student and teacher – rather than the day-courses or two-day-courses that are usual in the West (and usual in Japan now, for that matter).

But we can echo the practice of giving and receiving empowerments over an extended period as follows:

| Live Reiki Courses | Reiki Home Study Courses |
|--|--|
| By receiving several Reiju empowerments from your teacher on the day of your live course | By receiving distant empowerments sent to you specifically by your teacher, during the course of your home study programme |
| Subsequently, by receiving distant empowerments on a weekly basis | Subsequently, by receiving distant empowerments on a weekly basis |

It is simply not practical, given the distances that many people travel to attend live Reiki courses, or given the distance between many home study course students and their teacher, for the teacher and student to get together every week so that the student can receive a 'live' Reiju empowerment from the teacher.

But, since there is no difference between a 'live' Reiju empowerment and one received at a distance, we can effectively echo this original practice of empowering on a regular basis, so long as the student is prepared to commit a few minutes each week tuning into the distant empowerments which Taggart sends out, and which can be 'tuned into' any time on a Monday.

Mikao Usui's Precepts and Mindfulness

The foundation of Usui Sensei's system was to follow a simple set of rules to live by. These 'precepts' are Buddhist or Shugendo in origin, have a very long history, and it was said that by following the precepts the student would obtain more spiritual development than was possible by carrying out any of the energy work. So the precepts – and the idea of mindfulness which is strongly linked to or suggested by the precepts – are a very important part of Mikao Usui's spiritual system and should not be glossed over.

They are the very foundation of his system. You start with the precepts.

Daily energy exercises

Later on in this manual you will read about the simple energy exercises that Mikao Usui taught his students at First Degree level, and the slightly more elaborate sequence that this developed into in the Usui Memorial Society in Japan. You will find detailed instructions and images, and you will also have received an audio CD containing a guided meditation that you can use to help you get to grips with this exercise – called "Hatsurei ho" – which ideally should be carried out every day.

Self-healing practices

At First Degree Usui Sensei taught his students to practise self-healing in a variety of ways. Later on in this manual you can read about the various approaches that he taught, and the way that self-treatments are generally carried out in the West. We recommend a meditative approach to self-healing, something that should ideally be carried out daily, and you will find a guided meditation on your audio CD to help you with this.

Treating others

In a world where Reiki is presented to the world as a sort of complementary therapy, something that you do to other people, we need to continually remind ourselves that the treatment of other people was not what Usui's system was all about. Treating others was not focused upon or emphasised and, at First Degree level, Usui's students would probably have just worked on themselves. They might have treated others at Second Degree level.

But there is no reason why you should not treat others at First Degree level, and we positively encourage you to do so to help build your confidence and to give you practice in channelling energy. Reiki is presented to the world as a treatment technique and this course gives you what you need to treat others confidently and successfully.

Reiki Evolution courses and their content



The logo to the left says “Shin Reiki”, which translates approximately as “Reiki Evolution”. So I suppose you could refer to the form of Reiki that you learn on this course as “Shin Reiki” but the last thing I want to do is to promote yet another version of Reiki with a different name! What I have done with all my Reiki courses is to blend the Western approach to Reiki teaching (day-courses rather than martial-arts style teaching, with a system based on the treatment of others) with simple and powerful methods that were part of the system developed by the founder, Mikao Usui, but which were never taught in the West.

You will have read earlier in this manual that Reiki was modified and changed a great deal during its journey to the West, through Dr Chujiro Hayashi and Mrs Hawayo Takata, and then changed again as it passed through the New Age movement and from teacher to teacher in the West. What I have tried to do is to complete the circle by bringing my teaching more in line with what seems to have been intended by Mikao Usui. I have kept the Western teaching format (day courses) but I have added a home study element to the live courses so that the student has the opportunity for the information to sink in and to carry out some simple energy work over - usually - several weeks, depending on the interval between receiving their booking and the date of their live course. Home study students follow a course that is perhaps more in line with the teaching approach that Mikao Usui used, by following a course of study and energy work over at least a six week period. I have also made sure that the courses are in sympathy with the ‘treatment’ emphasis of most Reiki courses, so students will learn as much, and more, about treating others as is available on other First Degree courses.

I have adapted and changed my Reiki by, as far as I can, bringing it into line with the system that Usui set down in the early part of last century, but presenting it to you in the Western teaching format, and in a way that is compatible with other people’s Reiki First Degree courses.

The information in this manual is partly based on the traditions of Western Reiki, as taught to me by a variety of Western Masters, partly based on some of the teachings of the Usui Reiki Ryoho Gakkai in Japan (Mikao Usui’s Reiki Association) which have come to us through Frank Arjava Petter and Hiroshi Doi, but mainly based on information coming from a group of Usui’s surviving students, through Chris Marsh. This last source takes us the closest to Usui Sensei’s original form. Please see the appendix for more information about these sources.