

靈
氣

Reiki

A Spiritual Path



Reiki Master Teacher
Gendai Reiki Shihan Audrey Pearson
(Devdasi)

Honoring Sensei Usui's original intention for Reiki

©Audrey Pearson 2009
www.yogapathways.com

Creative Commons

Usui Reiki was named after Sensei Mikao Usui, a Japanese Monk who awakened to Reiki via direct energetic transmission after 21 days contemplating the keys to liberation. The key to transformation can be found in the ancient Sanskrit text, the Lotus Sutra. Awakening to innate Life force energy. He went on to transmit energetic awakening to Source, Reiki-consciousness Itself and Ki sacred life force energy (Reiki) to 22 students including Dr. Chujiro Hayashi who left the Usui Reiki Ryoho Gakkai (Usui Sensei's Reiki Society) and formed his own Reiki Society after Usui died. Dr Hayashi then initiated Hawayo Takata who became the lineage bearer for what is now known worldwide as Western Usui Hayashi Takata Reiki.

Audrey's Western Lineage (Healing)

Hawayo Takata initiated Barbara Lincoln McCullough as a Reiki Master, who initiated Judy-Carol Stewart. Judy-Carol initiated Libby Barnett. Libby Barnett initiated Devdasi Audrey Pearson into the Western Usui Reiki.

Update since first published in 2009.

In 2010 Audrey began to seek out the Japanese origins of Usui's Reiki. Locating Hiroshi Doi Sensei Japan's most famous Reiki Sensei and discovering he is a member of Usui's original Reiki Ryoho, she and her teaching partner James travelled to Ashiya Japan in 2012 to study directly with Doi Sensei. They now carry the Lineage and teach Gendai Reiki Seminars Levels 1 through 4 in Marlborough MA USA

Audrey's Japanese Lineage (Enlightenment of which healing is inherent)

Usui Mikao-Kan'ichi Taketomi-Kimiko Koyama-Hiroshi Doi-Audrey Pearson and James Pearson

The Reiki Precepts.



Translation by Devdasi Audrey Pearson 2009

1. Today, I remain free of worry. I accept everything as it is
2. Today, I remain free of anger. I relax into the flow of life
3. Today, I give thanks for my many blessings
4. Today, I do my work honestly
5. Today, I am kind to every living thing.

Reiki (Ray – Key)
An introduction to Usui Reiki © Audrey Pearson 2009

Reiki is Universal Consciousness and Life Force. It is in and around everything. It is the manifesting life force energy which flows from Universal Consciousness throughout all creation as a living expression of itself. Ki comes in to the body with the first breath at birth and leaves with the last breath at death. It is experienced in our breath, yet it is beyond our breath, to spirit consciousness. When the flow of this life force energy is ebbing and flowing unhindered within the body, we experience full health, comfort and well-being, ease. When the flow of ki throughout the body is blocked or hindered by our resistant reactions to life as it presents, we freeze our energy, hold our breath and make up self-limiting conclusions about life and our self. It is the body/mind's fear reaction to life as it IS that creates the blocks in the natural flow of life force energy. The 'frozen' 'blocked energy then creates the imbalance that manifests as emotional, mental, or physical ill health, dis-ease. If the energy blockage is never released the buildup of stagnated energy often results in full blown disease. Reiki, consciousness itself aligned with life force energy returns the body/mind to a state of deep integrative relaxation where balance and harmony can settle back in. Balance creates openings for the frozen ki to "melt" and flow again, and we feel regenerated.

When treating another person in a Reiki session, the client reclines fully clothed on the reiki table (massage table) or in the hospital bed. The Reiki Practitioner sets the integrative intention to merge with Reiki, and in the placing down of their hands, on or above, or directed toward the resting client, the Practitioner moves into synergistic relationship with the recipient.

Through a hands-on or hands-off technique that begins at the client's head and proceeds through a series of 12 or so hand positions covering all of the body systems, a theta or meditative state is entered. It is the deeply relaxed state that Reiki induces that enables the client to drop beneath their self-limiting ideas and conclusions, and thereby merge with innate healing energy, ki. *It is the merging with ReiKi that calms the mind and therefore the habitual holding patterns and creates the energetic environment for the frozen energy to 'melt'. Healing, though is a profound benefit inherent in Reiki, was not Usui's original intention for "Reiki". Sensei's original intention from realizing Reiki is to Awaken from the time-bound state to being here now, REAL-ity, and Be present living in an enlightened state of being. More than a healing modal for the Practitioner to offer to their clients who come to them seeking relief from suffering, it is a self-healing method to return to a balanced state of being.*

The synergistic relationship between the Practitioner who has entered the state of being presence and the client on the table creates the environment for the Client to merge with Rei-Ki.

In a healing session, the blockage will release either completely or partially depending on the severity of dis-ease and the client's ability to trust the energy. In either outcome more ease is experienced. Reiki melts the "frozen" energy so the life force flows more freely, again creating an environment for the further integration of emotional, mental, and physical levels of well-being.

Each Reiki treatment offers the client the deepening opportunity to merge with the innate healing energy that exists within each and every one.

The applications for Reiki are unlimited. Self-healing, pre natal, post natal, pre-operative, post-operative, head-aches, belly-aches, emotional upsets, hospice care, child care, you name it. Reiki can be used to heal and empower our animal friends, plant friends and the entire planet. And beyond the first two Levels of healing Reiki is the spiritual dimension where we take the first step to Anshin Ritsumei, Usui Sensei's path to enlightenment

Reiki is extremely valuable when used in conjunction with mental health counseling sessions. Most of us in the Western world have lived in fear based levels of consciousness. We have experienced parts of life as difficult, challenging, and even impossible. Social messages shaped our social self, and in order to protect ourselves and survive, we suppressed certain parts of ourselves that were judged inappropriate. We hid the rejected self, deep down inside our energy body, out of sight, or so we thought. Actually these rejected, emotionally suppressed parts of us live on, as the reactionary self. They live on as unconscious habitual behaviors that leak out into our social interactions, creating havoc in our life and in our relationships. This unconscious reactionary behavior always brings unhappiness. Reiki provides an opportunity to sink safely and deeply into the energy body and reclaim, heal and restore those rejected parts of our self. Again the professional counselor must enter the Reiki realm in order to be a Reiki presence for the client. Reiki training is recommended for all health care professionals, teachers, parents and mental health counselors.

Reiki Certification with Reiki Masters Audrey & James Pearson add new depth and dimension to Reiki Trainings. We learn to use the energy body to dismantle the dysfunctional past which lives in us as self-image, ego-mind.

A collection of often asked questions regarding Reiki
And, answers©
By
Reiki Master Audrey Pearson 2009

Q: What is Reiki?

A: Reiki is Consciousness Itself, REI, and Sacred Life Force Energy KI in the formless Form of unconditional LOVE

Q. What makes Reiki different from other Modals?

A. Since walking in Sensei Usui's footsteps up Mt Kurama and visiting his memorial in Tokyo during the summer of 2010, I am assured that Reiki as Usui intended is primarily about Awakening from the time-bound state and entering an enlightened state of being-presence. We generally know Reiki as the biological healing power of Ki which is both restorative and regenerative. Reiki as Usui Sensei intended is infused with spirit healing power which initiates both healing and the transformational Path to Enlightenment.

Sensei's original intention for Reiki sheds Light on the ancient mysteries and the secrets held in the core principles of Consciousness and Life Force Energy.

In practicing Reiki as Usui originally intended, we explore a dimension and depth of Rei-Ki (Consciousness and Life Force Energy) that is applied beyond the usual application of Reiki, thus transforming the Reiki Practitioner from the ordinary understanding of "healer" to in-depth, transformative, self-discovery and ultimately enlightenment.

Reiki as Sensei originally intended, revolutionizes what we currently know to be Reiki. It infuses each level of Reiki training with the ancient sacred knowledge from the great historical mystics who had reached the highest states of consciousness, like

Buddha, Christ, who understood the relationship between Consciousness and Life Force energy.

Q. How do I learn Reiki?

A. You awaken to Reiki, (which prior to Attunement to Reiki is unrealized within you) through a series of ritualized Attunements performed by a Reiki Master.

The Presiding Reiki Master energetically aligns with sacred Presence and merges with Reiki. From this place of integrated presence, an energetic relationship emerges where the receiver of the Attunement synergistically enters the same vibration. As all the energy channels of both Reiki Master and recipient open to sacred Reiki Presence, the initiate becomes 'Attuned' to Reiki.

There are three levels or Degrees of Reiki.

Note: 3 Levels in Western Reiki. 4 Levels in Japanese Reiki

Level I (First degree)

Attunement to Reiki I awakens the initiate to consciousness and energy. The Initiate learns how to connect with Source to heal them self with Reiki and how to treat others, including the plant and animal realms. The emphasis is on the physical plane.

Level II (Second Degree), for Reiki I Initiates only

Attunement to Reiki II enables the Practitioner to initiate healings on the mental and emotional levels. The Initiate receives the first group of Reiki Symbols and learns how to use them for self-healing and for the Reiki empowerment of other people, places, events. Reiki II Initiates are also empowered to send healing beyond time, space & distance.

Reiki Master. Pre-requisite Reiki II

After a period of practice as a Reiki II Practitioner, the Initiate can receive Attunement to Reiki Mastery and so begin the deeper self-transformation and awakening to consciousness and sacred life energy. They also are prepared for the first stage as a Reiki teacher

Reiki Master Degree is transmitted over three training modules.

Reiki Master Module I –Receive Attunement to Reiki Master and Curriculum to Attune and teach Reiki I

Reiki Master Module II - Receive curriculum to Attune and teach Reiki I Practitioners to Reiki II

Reiki Master Module III- Receive curriculum to teach and Attune Reiki II Practitioners to Reiki Master Degree.

- ***Update Note: In Japanese Gendai Reiki***
Level IV Gokuikaiden is the teaching Level for all Shinpiden Level Practitioners. That includes all Western Reiki Masters too. You learn Gendai Reiki Reiju and teaching Protocols for Levels I through 4. Pre-requisite Japanese Shinpiden or Western Reiki Master

Q: How does Reiki work?

A: *Reiki simply Is. The power of Reiki manifests and blooms fully when consciousness is aligned with life energy, Ki. This integration happens in the Attunement ceremony after which Reiki can be actively and ongoingly invoked*

Q. Is it required to ask permission of the client/patient to offer Reiki to them?

A. *No it is not necessary. Do you ask permission to wish wholeness for another?*

Remember you are not doing anything. There is no manipulation of energy and no ego-

attachment to any outcome in Reiki. You are being a compassionate Reiki presence holding the Reiki intention for the integrative healing of your client/patient.

Q. Is it necessary to be attuned more than one time?

A. You do not need to be formally attuned to each degree over and over. However, it's not enough to just be attuned to Reiki. You must continually merge with the Presence of Rei Ki, Consciousness Itself and Life force energy, through Reiki Practice. It is the perpetual merging with Reiki that keeps the attunement nourished. It is a mistake to assume attunement is all you need and then expect to stay awake to all that is revealed within you without the perpetual nurturing of the realization.

Update note: In Japanese Reiki we gather together monthly and we re-attune each other

Q: How do I practice Reiki?

A: With a reverent integrative intention. You will learn traditional Reiki hand placements in the training. As you practice Reiki in a session, let go of all ego expectations, all your attachments to outcome, and your own insecurities, doubts, and fear of failure. Simply merge with the awakened felt sense presence of Reiki and let go into it. The Reiki Intelligence will take care of the rest.

Q: What is the role of the Reiki Practitioner?

A: Simply to be a loving presence. Being a compassionate, conscious companion where the Practitioner enters a level of communion with the innate Reiki intelligence. This merging with innate transformative energy synergistically invites the recipient to move into the same energetic frequency.

Q: What are the contraindications for Reiki?

A: There are no contraindications for Reiki

Q: How soon after Attunement can I start practicing Reiki?

A: You can begin immediately. Practice Reiki self-healing every day to re- enforce direct Connection to Reiki. This will empower you to be the Light of Consciousness which radiates healing Light to the shadows of dis-ease in all its forms.

Q: So I can use Reiki to heal myself?

A: Yes. Reiki self-healing is the most important application of Reiki. The more you heal Yourself with Reiki, the more able you are to be a Reiki Presence for yourself and others. “Healer Heal Thyself is fundamental.”

Q. Does Rei-Ki manifest differently in the Reiki Master than it does say in the Reiki I or Reiki II Practitioner?

A. Reiki is unchanging. What changes is the Practitioners ability to deepen their connection to Reiki and raise their inner Reiki resonance. Rei Ki, Consciousness Itself and Sacred Life Energy progressively awaken through all three Degrees of Reiki. (Now in Japanese Reiki we have four (4) Reiki is awakened to from within through the ritualized Reiki Attunement ceremonies. The ritual acts as a focus point allowing the mind to exit and the Presence that is always there as Reiki, to be realized.

Q. What role do the Reiki Symbols play?

A. Reiki Symbols connect to the vibratory lineage based language of the intention held in the application of Reiki.

*For example, when we chant and draw the **Master symbol**: - we are invoking the sacred Presence, invoking Reiki where the integrated One in me, recognizes the integrated One*

in You. You could also say Reiki in me recognizes Reiki in you. Integration happens within that recognition and merging with Presence.

*In the case of the **distance symbol**, we are broadening our perceptions beyond the time-space dimension into the timeless state of being. So when we enter presence, beyond time and space, energy blocks or frozen Ki that was created in the past, and frozen Ki or blockages that damn the flow of life energy due to fears of the future, come into sacred presence where everything returns to balance and harmony and energy again flows freely.*

*The **Power Symbol** empowers our intention to be present with what is as is. That firm intention creates opening for being presence to manifest.*

*The **Mental Emotional Symbol** harnesses the scattered energy of the time-bound mental/emotional dimension so that focus can be placed in the higher integrative state of being.*

Q. How does polarity, the male and female principals, relate to Reiki?

A. Rei and Ki are polarities in Sacred Presence, Consciousness and Life energy. They are the pulsating continuum of life made manifest everywhere in the feminine and masculine principals. In Reiki language Rei is male, God Consciousness, and Ki is the sacred feminine.

Q. How does being attuned to Reiki affect our experience in everyday life?

A. Reiki is consciousness and energy. Consciousness and energy permeate every level of existence. When in alignment, they present as inner peace, relaxed happiness. In Reiki we begin to recognize who we really are, being-presence, which manifests as a deeper experience of fulfillment in our life. We make better decisions for ourselves as we acquire

clearer perceptions of reality. When we awaken and realize that we are consciousness and energy, there is a caring intention in our thought selection, in our attitudes, our actions, and responses. This caring presence of being spreads throughout our personal and professional lives and manifests as more fulfillment, success and relaxation

Q. Does it matter what Reiki lineage you connect with?

Lineage is important because it carries forth ancient teachings and vibratory support from the Masters who came before. It is through lineage that we are now the recipients of these esoteric teachings.

Update note: My Reiki Sensei Hiroshi Doi Sensei is a member of Usui's original Reiki Society, Usui Reiki Ryoho Gakkai. 'Founder of Japan's Gendai Reiki, Doi Sensei shares the Usui Reiki Lineage Teachings that never left Japan with Mrs. Takata, who perhaps was afraid Westerners of her time would not accept Japanese Spirituality.

Audrey & James are carriers of Gendai Reiki Lineage

Q. How do the Chakras relate in Reiki Practice?

A. Chakra is a Sanskrit word meaning "wheel". Each Chakra or energy center pulsates sluggishly or energetically according to the energy level of one's body/mind system. They are located along a central column from the base of the spine to the crown of the head. Reiki brings balance to the chakras and balance and health to the related organs and glands. The Reiki hand positions cover and treat all the major chakras or energy centers. The chakras are related to the physical organs and glands in our body and as well as the subtler levels of being.

Our chakras are parts of a large network of unseen subtle energies.

The root chakra: *Located at the base of the spine is related to the large intestine and the*

rectum. The root chakra also relates to the adrenal medulla gland which is surrounded by the adrenal cortex. Associated with “fight or flight”

The sacral chakra: *Located in the pelvic area of the body is related to the reproduction system, the testicles and ovaries and also the urinary bladder and kidneys.*

The solar plexus chakra: *Located behind the navel is related to the liver, gall bladder, stomach, spleen and the small intestine. ‘Is also associated with the pancreas and adrenal cortex.*

The heart chakra: *Located in the center of the chest is related to the heart and the arms. It also relates to the Thymus gland.*

The throat chakra: *Located at the pit of the throat is related to the lungs and the throat. It is also associated with the thyroid gland.*

The third eye chakra: *Located between and above the eyebrows in the forehead relates to the brain, face, nose, eyes etc. ‘Also to the pituitary gland.*

The crown chakra: *Located at the crown of the head is related to the whole being. ‘Often focused on in relation to the pineal gland.*

Physical problems are most often the result of a blockage in the energy flowing through the system of energy pathways or channels, causing the organs or glands to malfunction.

The Reiki hand positions cover the chakras, thus the major organs and glands. The Reiki intelligence flowing throughout promotes the return to stillness. Energy blockages release in stillness and the flow of life giving energy, Ki increases.

Q. Are the hand positions necessary to promote healing?

A. Hand positions are not “necessary”, as healing happens beyond doing. The hand positions promote stillness, synergistically providing a focused nurturing intention for the energetic transmission of Reiki. The hand placements facilitate a deep and relaxed state of being. This synergistic stillness between giver and receiver is where healing is available. The hand positions can be considered an external vehicle of the more significant inner alignment, which is the experience of complete inner stillness, balance and union – which is Reiki Being-Presence. The inner stillness or meditative state of being remains constant bringing about balance even though the external events are Constantly changing.

Update note: Usui Sensei did not intend for ‘hand positions’ Hand Positions are a Western addition. Usui intuited where to place his hands following the direction of Reiki’s guidance and this practice is called Reiji

Q. What is the difference between healing and transformation?

A. Reiki as Usui Sensei intended is primarily about your own Transformation, your own Awakening to what Is, as Is. Most Reiki Practitioners are less aware of this as Sensei’s original intention for Reiki and more often come from the point of view of ‘Healer’. Healing is the natural outcome of an awakened state of being. When aligned with consciousness, life force energy is a powerful catalyst to transform not only your health, but all aspects of your life.

It is accessible and available to everyone equally yet few practice the esoteric secrets of awakening and using this energy to fulfill their highest potentials. Until now, the knowledge of how to maintain an awakened consciousness and actively promote the Reiki state of being for others has remained a mystery known only to great masters of

the world. Inherent in the transformational benefits of Reiki is the natural healing that occurs with aligning consciousness with life energy.

Q. Some clients might fear surrendering in Reiki. How do I assure safe and sacred space to optimize Reiki for them?

A. By letting go of your own ego mind expectation, and by setting your own clear intention for integrative presence. Your responsibility is to set your own professional and personal boundaries. Once your boundaries are clear and uncluttered from selfish need, insecurity and expectation, you enter the Reiki Zone, then the infinite power of healing presence will naturally flow. The client will resonate with Reiki and a felt sense of safety is assured.

Q. I know your main focus in sharing Reiki is to Awaken and realize the eternal state of being, but I am a professional healer, I am a hospital nurse. How can I learn more about Reiki from the perspective of nursing?

Remember that the natural benefit in merging with Reiki is healing, always. So no matter what setting you are in when you set your intention to merge with Reiki, Reiki happens. Healing happens.

Reiki awareness is rapidly spreading through hospitals as a complimentary healing modal. Libby Barnett, Audrey's initiating Western Usui Reiki Master, is well known for introducing Reiki in many hospitals throughout New England. She has trained many hospital staff members as Reiki Practitioners and Reiki was added to the regular medical procedures they administer to their patients. Bettina Peyton, M.D., one of the physicians Libby trained states: "Reiki's utter simplicity, coupled with its potentially powerful effects, compels us to acknowledge the concept of a universal healing energy."

Michaela Dragut, M.D. Physician Advisor at Shands Jacksonville Florida Hospital, who

was trained by Audrey in Reiki states it thus: - “Reiki has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery”

Q. What exactly does it mean to be a Reiki Master?

A. Reiki Master is a being-state of one who holds the intention to be unconditionally present with what is present externally. Consciousness is shifted from choosing controlling ego to choiceless Witness. There is no performer of the practice. The Reiki Master allows the energy complete freedom to flow, beyond the usual conditioned filters, likes and dislikes of the ego mind. More than one who has received the Reiki Master Attunement, the Reiki Master embodies the union of consciousness and life energy, both which live in the now. A Reiki Master in training begins to understand that the mind which lives in the past and future is an obstacle to being present, and so the Reiki Master is practicing mastery over the mind.

Q. What does Mastery over the mind mean?

*When you totally and unconditionally embrace the present, you have mastery over the mind. When you **react** to the present, choosing for or against what is present, then the mind has mastery over you. When you are conditionally present, in choiceless awareness, you have crossed the limitations of mind & time. When you access the power of the Light that witnessing Presence (Reiki) is, the grip of the reactionary shadows of the past instantly dissolve and you enter the harmonious interaction with what is present. What is present, is omnipresence. By tuning in to Reiki your separative self-image merges in to omnipresent impersonal presence. Now you are present with what is present. Now your*

future is shaped by how you are living in the present rather than how you are being in reaction to the reactionary conclusions you drew in the past.

Q. If I feel unresolved with something from my past can I still enter Reiki/Presence?

A. Like all spiritual practices Reiki is a practice. You begin from where you are, moving into acceptance of everything as it arises in the field of your awareness. You begin to recognize that your identification with your reactive perceptions to what you are facing now are unreal and that only what is present is real. Then you become realized. You recognize that you have been carrying the same reactions over and over in the time bound self-image you identify with only to repeat the same self-destructive reaction in a future scenario. Mastery over mind ends this cycle of unreality and moves towards reality, Reiki.

Q. I hear you speak of Reiki as Sacred Presence. I have always heard Reiki described as Universal Consciousness and Life force.

A. Reiki is Consciousness Itself, Rei-God, in unity with Life Force Energy-Ki. Reiki is omnipresent. Presence is omnipresent. It's the same teaching, different recognition. If you continue to resist your reactive patterning to whatever is happening in the present, you will continue to re-experience it and repeat it as a disruptive pattern in the future. This is a core teaching. Now instead, each time you revisit a disruptive reactive button, recognize that you have the opening to be present with what it externally presents. Now you can recognize your reactive patterns and dismantle them by accepting what is, as is. This is the Master Key. The omnipresent consciousness that Reiki is heals and harmonizes all the centers of the body and mind. Embody it and share it in your Reiki practice. Reiki is the male polarity God Consciousness and Ki is sacred feminine

polarity, life energy.

Q. Can you share more about the Master Key as it relate to health and wellbeing?

A. As you live in non-reactive presence, you disengage from your pre-programmed, conditioned past. The more you can detach from disease causing time-bound psychic burdens, the more you live in harmony with the timeless presence of Reiki, your spirit-body. The more deeply you become connected (being present in unconditional acceptance of what is as is) there is a significant slowing down of the aging processes in the body. When your mind and attention is dominated by the time-bound, reactive past that lives in the fears, hopes and dreams of a future, your reactive toxic thoughts and feelings are metabolized into your body chemistry and cellular body structure and your body goes through degenerative processes. As you learn to live in harmony with what is as is, your interactions with life situations are no longer dominated by the fearful time-bound self-image, which is the cause of all illness. Now you reap the harmonizing benefit of natural healing life energy which flows with the timeless part of your being, in response to the accepted present.

Author-Audrey Pearson © 2009

Inspired by Reiki, and by the synergistic Teachings from my Spiritual Mentor, Yogi Amrit Desai