

# ***Reiki*** FOR DUMMIES®

**by Nina L. Paul, PhD**



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***Reiki***  
FOR  
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## Reiki For Dummies®

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# About the Author

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After working in medical publishing at Rockefeller University Press (*Journal of Clinical Investigation*), she received her master's degree and PhD in infectious disease epidemiology (the study of diseases) and immunology from Yale University.

After leaving Yale, Nina pursued postdoctoral research in London and Oxford, England. Nina's research focused on human immunodeficiency virus (HIV) and related viruses and their interaction with the immune system.

Nina also taught science to schoolchildren of different ages and abilities in New Mexico and volunteered at a hospital-based Cancer Information Centre in England. She worked in the field of evidence-based medicine and contributed to the Cochrane Library (a medical database). She is also the author of *Living with Hepatitis C For Dummies*.

Nina believes in a multifaceted approach to health. She became a master of Reiki, which is a universal life-force energy that is transmitted through the hands. She is both a practitioner and a teacher of Reiki and uses Reiki as a way to help herself and others. Check out Nina's Web site at [www.ninapaul.info](http://www.ninapaul.info).





# ***Dedication***

I dedicate this book to my father, Marvin Paul, the greatest of them all.



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# Introduction

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**T**he touch of a hand is increasingly recognized as being important and also absent in much of modern medicine. Reiki as an alternative and complementary therapy provides the soothing comfort of human touch. This can make a world of difference to someone in pain. Reiki is the energy of love that never ends. You can experience the bliss of Reiki as a recipient and receive healing that is channeled through another. Or you can learn Reiki yourself to boost your personal growth and enlightenment.

Reiki has gained in popularity as more people seek solutions to personal and global problems. You might have tried meditation and yoga or even massage. Reiki is a natural partner to these and other healing practices. The person to thank for the Reiki healing system is a Japanese man named Mikao Usui (1865–1926). He developed the original Reiki system that has blossomed into a multitude of worldwide branches. What is common to all Reiki systems is the channeling of the Reiki life-force energy.

Reiki comes from a higher source — call it God, higher power, creator, or spirit. A series of simple initiations turns on your Reiki “light switch,” which gives you the lifelong ability to channel Reiki energy. The benefit you get from Reiki and how much you can help others depend on how often and with what intent you use Reiki. The more you use Reiki, the more you get out of it.

Reiki connects you with the ultimate source of healing at all levels. If you desire peace, consciousness, healing, or enlightenment, then Reiki is for you.

## *About This Book*

Reiki may not seem like a down-to-earth subject, but this is a down-to-earth book about Reiki. The open-access style of the *For Dummies* series makes this comprehensive book on Reiki pleasant to navigate and use.

Reading this book doesn’t make you a Reiki practitioner, but you can use this book as a reference and guide as you use Reiki in your own life and to help others.

## *Offering a worldwide perspective*

Reiki is practiced all over the globe, and the Reiki techniques presented in this book include those commonly used from both Western and Japanese lineages. Many classes and sessions today incorporate techniques from both types of Reiki. Japanese Reiki is becoming more popular as previously unknown Japanese practitioners present their version of Reiki in Japan, and in the West. So both Western and Japanese Reiki classes are taught worldwide.

The most well-known Reiki lineage passed from Mikao Usui to Chujiro Hayashi to Hawayo Takata of Hawaii. The students of Takata then taught more students, who became the major source of so-called Western Reiki. My Reiki teachers came from this initial lineage.

I include a discussion of chakra-energy systems even though these weren't part of Usui's original teaching. I think this information helps you to see how the Reiki energy system fits into other energy systems that are used today.

## *Illustrating symbols and positions*

You find the four basic Reiki symbols and some additional nontraditional Reiki symbols illustrated in this book. This information was previously considered secret — to be revealed only after paying a teacher. More and more authors of Reiki material choose to include this information and make the distinction between sacred and secret. The Reiki symbols are sacred. I hope that you take the information on the symbols along with other information in this book in the manner in which it is offered: with deep respect for the people who have come before me, and those who come after me in Reiki.

You find ample illustrations of not only the Reiki symbols but also the Reiki hand positions (for treating yourself or treating another).



If you find a discrepancy between a symbol or illustrations here and what you are taught, I suggest you follow the guidance of your Reiki teacher.

## *Examining personal stories*

Reiki is miraculous in that it can help you transform illness or difficulties in your life. But the exact nature of the miracles that Reiki provides differs from person to person. Reiki may help one person recover from cancer, and another may reach a place of peace and die. One person may find that his marriage is rejuvenated, and another may decide to live apart from his mate.



Because of the individuality of the response to Reiki, I don't include Reiki miracle stories. What may work in one way for you will work in a different way for someone else. I don't want you to read that one woman overcame her infertility with Reiki and think it will work for you that way too. Instead, maybe you're meant to adopt a child who is waiting for you somewhere. You get the picture? Reiki will bring you to *your* highest outcome, whatever that might be.

In terms of my own story, Reiki is a major tool that helps me in every single area. But this book is not about me; like Reiki, this book is coming through me. I add my personal experience where I think it can help the reader in his life. I also include a few other personal stories, in sidebars, to give you a sense of the variety of responses to Reiki.

## Conventions Used in This Book

Different Reiki practitioners use different terminology to cover the topics of Reiki, and here are the terms I've chosen to use in this book:

- ✓ The person who receives Reiki is called the Reiki *recipient*.
- ✓ The person who gives Reiki is called the Reiki *practitioner*.
- ✓ Higher power, God, or Universal Energy is called *spirit*.
- ✓ Because a Reiki recipient or practitioner can be male or female, I use both the *he* and *she* pronouns throughout the text.

You'll also notice some changes in text font to get your attention:

- ✓ The first time I define a term in the chapter, I *italicize* the word.
- ✓ I use **boldface** to emphasize action steps.
- ✓ When I list Web addresses, I use `monofont`.

## What You're Not to Read

Go ahead and read the chapters that interest you. Or, if you're using this book for a Reiki class, read the chapters your teacher recommends. What you do with the other chapters is your own business. What's nice is that you have the information on your bookshelf when you need it.

Also, note that the information presented in sidebars is incidental to the main chapter and you can skip them if you want.

## *Foolish Assumptions*

I assume that you, the reader of this book, fall into at least one of the following categories:

- ✓ You're curious to find out more about Reiki.
- ✓ You're considering trying Reiki for yourself or a family member.
- ✓ You're looking into taking Reiki classes.
- ✓ You want a book to guide you through classes and the beginning of your Reiki practice.

You might be one of the following:

- ✓ **A skeptic who is open minded:** "I'll reserve final judgment until I've read the book or tried it out."
- ✓ **A newbie to Reiki:** "I want to know more about Reiki. Bring it on."
- ✓ **A New-Age aficionado:** "I'm open to just about anything. I want to add Reiki to the techniques I already use."

I'm assuming that you also may be saying, "I'm smart, but I really don't know much about this subject and don't want to spend too much effort getting the information I need to know." In order for you to get this most from this book, I'd like to assume that you're doing the following:

- ✓ Keeping an open mind to the possibility that Reiki can help you
- ✓ Seeing whatever concept you have of God, higher power, universal energy, or spirit as the source of Reiki energy
- ✓ Using Reiki to build upon and supplement your own personal growth and healing practices
- ✓ Being ready to make some changes in your life and let Reiki help you do that
- ✓ Taking what you like from the book (and Reiki) and leaving the rest

Reiki can work for everyone, even someone who doesn't believe in it. The only person for whom Reiki doesn't work is the person who doesn't *want* Reiki. And that's okay, if that's you. Come back if you change your mind.

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## *How This Book Is Organized*

Reiki information is separated into the following parts so you can easily find what you need.

### *Part I: Discovering Reiki*

I provide Reiki basics and background information in this section. The system of Reiki is traced from Mikao Usui's founding of Reiki in Japan to developing Reiki branches all over the world. Though Reiki is an "energy medicine" with similarities to other systems, Reiki has distinctive features that separate it from other energy-healing techniques. The Reiki principles, which were delineated by Usui, are another common feature of all Reiki branches, and they have their own chapter in this part.

### *Part II: Experiencing Reiki for Yourself*

To experience Reiki is to know a feeling of bliss. Everyone deserves this feeling of absolute harmony, which will keep you coming back for more. Anyone in your family can use Reiki at any age for any cause. Even your pets will appreciate a Reiki treatment to help them with an illness or just as a general energy boost. In this part, find out what a Reiki session feels like and what you can expect. Hint: Expect the unexpected!

### *Part III: Becoming Well-Versed in Reiki*

Going farther with Reiki means taking Reiki classes, and I explain the many varieties in this part. I include information about the Reiki symbols (2nd-degree Reiki and beyond), techniques to channel and use the Reiki energy to help others, and methods to give yourself Reiki. As a fun addition to this part, I include information on adding crystals to a Reiki practice.

### *Part IV: Sharing Reiki with Others*

When you have your Reiki practice under your belt, you'll want to contribute to the well-being of others on either a volunteer or professional basis. This part describes how to structure a Reiki session and start using Reiki professionally. You may want to join or start your own Reiki shares or circles or

bring Reiki to your local hospital. Reiki has the ability to pass through time and space, so you find out how to use Reiki to heal events all over the world, and even in the past or future. Reiki is a natural companion to many therapeutic treatments, including surgery, chemotherapy, radiation, massage, psychotherapy, and chiropractic work, so practitioners from these other therapies can find ways to use Reiki to help their patients and clients.

## *Part V: The Part of Tens*

This traditional part of the Dummies series lists information in accessible lists of ten. You find uses for Reiki in everyday life, tips to apply Reiki for personal growth, a list of Reiki myths, and ten extra nontraditional Reiki-inspired symbols.

After the Part of Tens, I provide an appendix of Web sites, books, and other contact information to help you go farther with Reiki. That same appendix includes the International Association of Reiki Professionals Code of Ethics. After the appendix is a glossary of Reiki terms in one convenient place.

## *Icons Used in This Book*

Icons are the little drawings in the margins of the book that are designed to draw your attention to certain topics. They serve as guides to the type of information being provided.



I use this icon to accentuate information that is most important to a particular topic. The remember icon highlights the take-home information.



I don't use this icon often, but if you see it, you know that I'm giving you some nonessential information. You don't have to read it, but of course, if you're hungry for everything there is to know about Reiki, feel free to savor every word.



The Tip icon flags especially useful, practical information that can enhance your Reiki experience or practice.



Reiki doesn't involve any danger, so warnings are very few in this book. But if you see this icon, you should pay particular attention to the instructions to avoid harming yourself or others.

## *Where to Go from Here*

The beauty of this book, like all *For Dummies* books, is that you can start reading any place you like. You can flip through the pages and see what page opens up first, or you can scan the Table of Contents for chapters of interest.

You can always read from Chapter 1 and continue onward, though I don't assume you'll read every single chapter or that you'll read the chapters in order. If you're totally new to Reiki, I suggest Chapter 1 for an overview of Reiki. Then you may want to jump to Chapters 5 and 6 to see what Reiki can do for you. I wish you a bountiful healing journey with Reiki!

