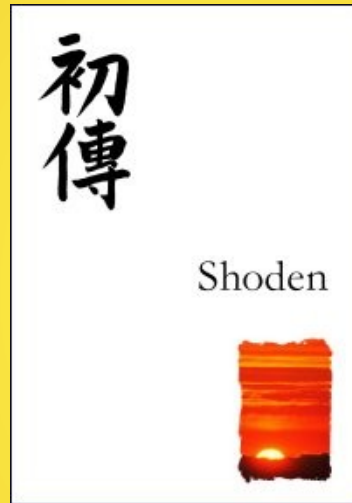


Usui Reiki Basics - Level One

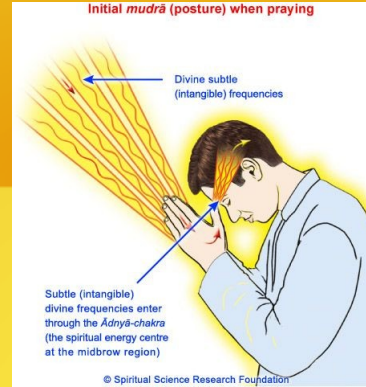
Usui System of Natural Healing



Presented by



Halau 'Aha Hui Lanakila




“**Gassho**” 合掌 - the first kanji 合 “ga(t)” means ‘to put together’ and the second kanji 掌 “sho/shou” means ‘palm’ as in “shoutei”(palm strike) so “gassho” means to put both palms together. The stress (accent) should be on “sho”.

Gassho Reiki Hands
(palms slightly apart)



In Japan, “gassho” means “praying hands”. Japanese people do “gassho” when they pray to Buddha. Japanese children are taught to do “gassho” before and after eating which is to show appreciation for the food. Japanese people don't “gassho” when they say ‘thank you’, though ... Thai people do.



In Reiki, we hold our palms  slightly apart so that we can feel the Reiki energies strongly.

Instructor: Grandmaster Lana



- Initiated Baybalin Shaman (1980)
- Located in Elk Grove, CA USA
- Founder of The Halau (1999)
- Energyhealer, Crystals Master, Metaphysician, Spiritual Counselor
- School's Headmaster is Grandmaster David Crawford, 18th dan (spouse)

- JD (Law) and PhDs (Divinity, Metaphysics, Religious Philosophy)
- Senior Reiki Grandmaster, 18th dan
- Initiate, Golden Dawn Ancient Mystery School
- Ordained High Priest, Alpha et Omega Order of Melchizadek

Aloha e komo mai – Welcome to The Halau!



REIKI

You have the absolute power to heal yourself.
TAKE CONTROL OF YOUR OWN QI. EXPECT MIRACLES.

East meets West: Two Reiki Systems

- Different Reiki lineages
- Different approaches to healing
 - Traditional Japanese Style: Usui Teate (**UT**)
 - Western Style: Usui Shiki Ryoho Reiki (**USRR**)
- Training: Level 1 Usui Teate – Shoden rank
 - Japanese esoterica (symbols, language)
 - Shamanic nature of administering Reiki



TODAY'S FOCUS: LEVEL ONE – USUI REIKI

Ancient Usui Teate (1-4)

Western Usui Shiki Ryoho Reiki (1-3), and
Grandmaster (5-18) ranks.

Introduction: Level One - Usui Reiki

- ▶ What is Reiki?
- ▶ Who is Usui?
- ▶ 2 Reiki Systems
- ▶ 2 Lineages
- ▶ 2 Attunements
- ▶ How To Apply Reiki to Your Life Today!



Approach: Usui Teate Reiki

- Level 1 Practitioner – Shoden
 - Learn to use the **Reiki symbol**
 - Understand the meaning of *kanji* for Reiki
 - Learn to ***intone and project the Kotodama: REI-KI***
 - Practice physical Reiki (people, objects, places, food)
 - Learn ***hand positions, but no touching!***
 - Memorize ***Gokai Sansho*** (Reiki Prayer) in *Japanese*
 - Learn and practice twice daily the ***Hatsu Rei Ho*** (Reiki's only daily ritual)
 - Project: Create a ***Reiki Box***



What Is Reiki?

- **Two concepts** define Reiki:
 - 1 - it's Universal life-force, zero-point energy.
 - 2 - it's an energyworking healing modality.
- **Two precepts** guide ethical Reiki practice:
 - 1 - Receiver must consent to receive Reiki.
 - 2 - there must be an energy exchange.





Reiki (Universal life force)

- Permeates body and flows through nadi / meridian
- Keep body alive and healthy
- Depletion or excess of energy causes disease
- Universe has unlimited energy
- Practitioner channel this energy for healing



Lineage: Ancient Japanese Reiki



Mikao Usui (Usui Sensei) is Founder of the Usui System of Natural Healing. Divined it while in meditation at monastery at Mt. Kurama. Incorporated Shinto and Buddhist aspects to Reiki healing art because he was a Tendai Buddhist monk.

Taught **Usui Teate** in Japan. Meaning: “Usui’s Healing Hand”. Established Usui Shiki Reiki Ryoho Gakkai (1922).

Usui’s official designated successor was **not** Dr. Hayashi. **J. Ushida (Ushida Sensei)** was Usui’s designated successor.

Ushida Sensei’s lineage of students are the practitioners from the Gakkai at Mt. Kurama Temple.

Chris Marsh, the only Westerner allowed to learn Usui Reiki from the Gakkai, was given permission to teach **Hiroshi Doi** and **Steven Taggart**, who then brought Usui Teate Reiki to America.



Lineage: Westernized Reiki



Dr. Chujiro Hayashi, one of Usui Sensei's students. A respected practitioner in his own right, he called his style **Usui Shiki Ryoho Reiki** in homage to Usui Sensei. Conducted his own Reiki clinic apart from Usui Sensei's school. A Christian, he did not propagate spiritual aspects of Usui's Reiki.



Mrs. Hawayo Takata from Kaua'i, Hawai'i, went to Japan seeking Reiki for health reasons and was directed to Dr. Hayashi's clinic. Dr. Hayashi cured her, then she wanted to learn his methods. As his primary student, Hayashi Sensei attuned her as a Reiki Master. Mrs. Tanaka trained with Hayashi for 32 years before returning to Hawai'i. She propagated Hayashi's Usui Shiki Ryoho Reiki (USRR) in America at \$10K per level. She never allowed written notes to be taken and claimed she was the last legitimate Reiki master in the world. In keeping with Dr. Hayashi's Christian background, Mrs. Tanaka propagated USRR as the Reiki style Western practitioners know without the spiritual aspects of Usui Sensei's original teachings.



Approach: Western Reiki

- Level 1 Practitioner:
 - Project Reiki through *physical touch*
 - Practice touching physical objects (person, places or things)
 - Learn **hand positions** on various parts of the body
 - Practice with a partner (this is how Reiki-shares originated)
 - Learn the **Reiki Prayer**





Usui Shiki Ryoho Reiki – Level One

Administering Reiki directed to the body. Hand Positions on the Recipient require a light touch only.

You can also administer Reiki to yourself using similar hand positions, illustrated on the next slide.



Healing Yourself & Pets With Reiki



Gokai Sansho (“Reiki Prayer”)

FOR TODAY ONLY ...

Do not Anger

Do not Worry

Be Grateful and do your work with appreciation

For this is spiritual awakening.

Be kind to all Living Things.

In the morning and at night,

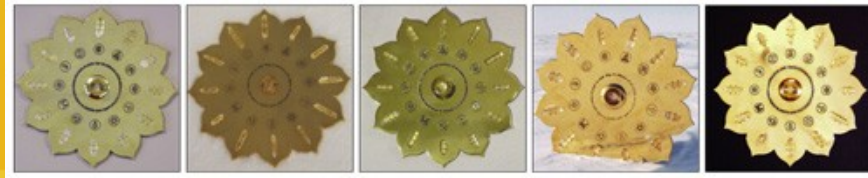
With hands held in prayer:

Think this with your Mind,

Chant this with your Mouth, and

Keep good intentions in your Heart.





“You will receive the Western information for historical perspective, but the main focus is teaching **Usui Teate** in the Original way. In the west, we don’t have the dedication or time to be trained week after week as it was originally taught, so this system has been brought up to date making adjustments to modern times.

You will be one of the few who have been taught like this and as such you will be receiving up to date knowledge and techniques which are generally not known in the west.”

– *Usui Teate Shoden Manual*



. Syllabus: Shoden (Level 1)

• Daily Practice:

- Practice twice daily the *Hatsu Rei Ho*
- Meditate on the meaning of Reiki *kanji*
- *Intone the Kotodama: REI - KI*
- **Practice hand positions:** people, objects, places, food
- *No touching client* when practicing your techniques
- Memorize **Gokai Sansho** (Reiki Prayer)
- **Journal** your Reiki experiences, messages
- Project: **Reiki Box**



Knowing The Reiki Symbol

- Western Reiki practitioners overlook the actual word – **Reiki** – as a generative energy source.
- ***Ancient Cymatics***: Reiki characters (*kanji*) is a **Level 1 *kotodama*** (sound key) to be used alongside the hand positions.
- The esoteric understanding underlying the brushstrokes of the *kanji* is intended as a **visualization tool and approach** to applying Reiki energy to physical objects.



Meaning of the Reiki Symbol

REI = Spirit; Energy from the Universe

Straight line across the top: Under heaven; spirit; soul; life-force energy from above (the Heavens).

Second horizontal line (and 4 lines under it): Clouds and rain.

Vertical Line: Bringing the life-force, spiritual energy down from Heaven through clouds of illusion.

Gestures – Horizontal Line: Under Heaven. The two figures are Shaman/Magicians.

Vertical Line: Connecting Heaven & Earth (“as above, so below”).

Bottom Horizontal Line: Earth. Through the dance the Shaman are connecting Heaven and Earth, bringing down the blessings of Heaven.

KI = Mana, Life Energy



Two Horizontal Lines: Moisture vapor penetrated by life force energy.

Horizontal/Vertical Line: Earth’s crust & Seed. Life force energy penetrates Earth and is absorbed by the Seed, which then explodes with growth.

REI

S
p
i
r
i
t
u
a
l
W
i
s
d
o
m

Heaven
The veil between Heaven & Earth
Clouds
Rain drops
Prayer/a choir
Heaven
Dancing
Earth

Visualization
The spoken word
Movement

KI

L
i
f
e
F
o
r
c
e

Steam produced by the rays of the sun
A cooking pot
Grain of rice expanding

Spiritually Guided Life Force Energy

Whole Body Reiki

- To achieve better relaxation
- For removing toxin and blocked
- To restore general condition of the body
- To cope up with anxiety and depression
- To reduce side effects of medicine
- Works as a complimentary system of treatment



Healing Approach – Usui Teate

Usui Teate Reiki – Shoden (Level One)

To direct your Reiki, use the same hand positions as illustrated in the previous slide.

1. You begin and end every session with the *Hatsu Rei Ho*.
2. You intone the *kotodama*: REI-KI
3. Your hands are held above the body only; no touching the client.
4. After treatment has completed, break the 'aka cords by washing your hands with cold water.





Gokai Sansho (Five Precepts)

招福の秘法

萬病の靈藥

今日丈けは怒るな

心配すな感謝して

業をはけめ人に親切に

朝夕合掌して心に念じ

口に唱へよ

心身
改善
白井靈氣療法

肇祖

白井甕男

Gokai Sansho (5 Precepts - Nihongo)

- **Kyo Dake Wa**
 - Key-YO DAH-kay Wah
- **Shinpai Su Na**
 - shin-PYE SUE Nah
- **Kanashite**
 - Kah-NAHSHH-tay
- **Gyo Wo Hage Me**
 - GYOH woh HA-geh meh
- **Hito Ni Shinsetsu Ni**
 - HEE-toh NEE shin-SET-suh NEE



Gokai Sansho (5 Precepts - English)

FOR TODAY ONLY ...

Do not Anger

Do not Worry

Be Grateful and do your work with appreciation

- **For this is spiritual awakening.**
- **Be kind to all Living Things.**
- **In the morning and at night,**
- **With hands held in prayer:**
- **Think this with your Mind,**
- **Chant this with your Mouth, and**
- **Keep good intentions in your Heart.**





Your Reiki Box



- Not a wish box
- Place names/items inside this box
- Infuse the box with Reiki to immediately send healing to everyone inside it.
- Keep on your Altar.

Twice-Daily Ritual: Hatsu Rei Ho

- Sit upright, breathe naturally, relaxation ritual
- Brush off old energy cords (from sleep, outside)
 - Arms, Torso, Neck and Crown of Head
- Raise arms above head, palms upward
- Feel tingling from attunement energies in palms
- Bring down hands to Gassho at chest/heart
- Create **crystal blue** chi ball pulsing hands together
- Recite **Gokai Sansho**
- Exhale, then as you inhale, press chi ball into solar plexus (*tan tien*), then inhale to “eat” the chi ball.
- Ready for meditation, healing and attunement



Energizing



- Relax and concentrate on Reiki flow
- Let the Reiki flow through your crown or hand chakra and come out from hand chakra
- This is channeling of Reiki and energizing the patient and practitioner



Attunement – Shoden/Level 1

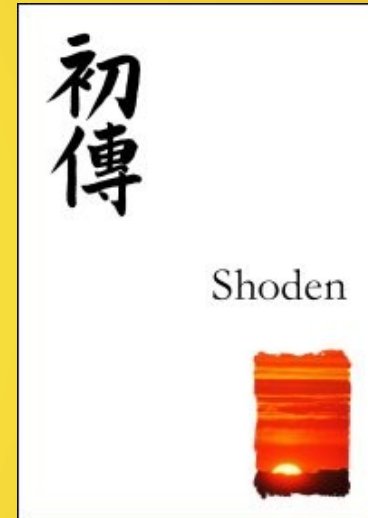


OMEDETO! CONGRATULATIONS!

You have been initiated into the Reiki energies of The Halau and are attuned to both the Original Traditional Japanese Reiki system (Usui Teate) and the Western Reiki (Usui Shiki Ryoho Reiki).

You have been conferred the Reiki Practitioner title of SHODEN.

Practice, practice, practice daily to make your Reiki strong!



GIFTS: Reiki Attunements+

- Attunements: Level 1 - UT and USRR Reiki systems
- **Earlybird Special #1: Money Reiki, Level 1** – attunement, PDF manual + Certificate of Rank confirming practitioner status issued to everyone signing up* for Full Basic (1-4) today*!
- **Earlybird Special #2: Certificates**** confirming practitioner status issued to everyone signing up** for Full Basic (1-4) today within the next 2 hours after webinar**!
- **Reiki Attunements** astrally via my Guided Meditation:
 - (1) you will obtain a PDF manual for Usui Teate-Level 1
 - (2) conferred the title of **Shoden Reiki Practitioner** and
 - (3) class notes and charts all in a zip file to complete your initiation into the Usui System of Natural Healing.



Usui Teate Reiki - Lineage

Mikao Usui

J. Uchida

Usui Shiki Reiki Ryoho Gakkai Association

Chris Marsh

Hiroshi Doi

Steven Taggert

Beth Phaigh

William Rand

Alan Sweeney

Dez Sellers

Pamela Jordan

Claire Timmis

Stephen Lovering

Paul Pritchard

Kristen C. Dietz

Victoria A.F. Lanakila Generao

(add your name here)



Usui Shiki Ryoho Reiki - Lineage

Mikao Usui

Chujiro Hayashi

Hawayo Takata

Phyllis Lei Furumoto

John Lacks

Annie Singing Star

Cynthia Rose Young Schlosser

Alisha Henri

Kathy Haverkamp

Sue Deutschlander

Victoria Davanzo

Edward T. Scott



Victoria A.F. Lanakila Generao

(add your name here)

Thank You – Arigato Gozaimasu

**Next Session: Review Level 1, then on to Reiki Level
2!**



© 2017 'Aha Hui Lanakila, Inc.
All Rights Reserved

<https://spreadaloha.wordpress.com/>
ahhalau@gmail.com