

A Beginner's Reiki Handbook

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No amount of classroom instruction will substitute for the education that is the natural consequence of practicing with Reiki energy. Hundreds of hours studying books about Reiki will not produce as much knowledge about Reiki, as will a few experiences with actual hands-on practice. Years of discipline in meditation and spiritual arts will not supersede the benefits derived from the very instant of your first Reiki attunement.

Once opened to Reiki energy, a process of unfolding begins within the higher consciousness, presenting unforeseen, and sometimes very subtle transformations.

Once attuned to Reiki, all you need to do is place your hands on the intended receiver, and Reiki will start to flow. Simply intend the flow of Reiki energy, and it will! Some people like to use a simple mantra to help focus their intent. Try, "Reiki go, Reiki flow, Reiki knows just where to go" or "I am a clear and perfect channel. I am Light. I am Love." Intent is the key. Whatever resonates with the intent of the practitioner is perfectly acceptable and effective.

Even though we do not control the Reiki energy, we may, by intent, apply it to specific areas with a "request" or a "prayer" to heal that area.

Reiki understands our intent. Although we do not direct the session's outcome, common sense tells us that if the Reiki enters the body at a given location, it simply must pass through it, and will assuredly give relief to the area. Although this may appear to be directing the Reiki, it is not. It is merely doing the most natural thing. Reiki works when you touch the physical body, and when you work within the etheric field. Reiki will flow both to, and through, the physical body, and at the same time, throughout the energy field in and around the physical. Reiki may be "suggested" to go to specific area to be healed, but ultimately, "it" decides where healing or clearing is needed, and flows to that place. Reiki is an independent energy, which cannot be willed to do anything contrary to its own inherent nature – which is to heal. When you place your hands on an area, Reiki goes directly to that area. Regardless of where you place your hands, the energy is drawn to the place where it is needed. No diagnosis is required – or desired.

Let your intuition guide you, and feel free to experiment with different uses for Reiki. Try keeping a journal of your experiences, and remember that it is not you doing the healing, but Reiki. True practitioners accept no personal credit for the healing, but only for the time and effort we may invest in channeling Reiki energy.

There are many styles for Reiki practice. All styles might be described as either focused, or non-focused. Reiki itself is completely unaffected by either approach; Reiki heals, whether the practitioner (or the receiver) is "paying attention", and regardless of how much "effort" the participants are putting into the treatment.

In a focused setting, atmosphere-enhancing accoutrements may increase the pleasant sensations and relaxation of the session, but these are not an essential part of Reiki treatment. Reiki is just as effective whether the practitioner and subject are distracted from the flow, or they are intensely focused on the exchange. Both methods are effective, and the only difference may be the client's heightened sense of pleasure and relaxation, in knowing that they have been specially cared for.

In either situation, the client should be assured that it is acceptable for them to talk and describe their sensations during their treatment, or to remain silent, if they wish. The healing session belongs to the client, and they must be allowed to participate in that process on whatever level and in whatever manner they choose. Reiki is a self-determined modality; the receiver has the right to receive in the way that is most comfortable for them.

Unless the client asks a specific question during treatment, the therapist should remain quiet, not interjecting any personal observations about conditions they might notice at the time of the treatment. During an intensive focused treatment, the subject may be highly suggestible, and could be easily influenced by information they receive from the therapist. Reiki therapists are not qualified to diagnose any illness or disease, and should take care not to influence the client in a state of altered consciousness.

Hand Positions

Learning and practicing some basic hand positions will help you gain confidence and feel comfortable treating yourself and others. The positions shown here are not unique to the practice of Reiki. Most are commonly used in all touch healing systems. These positions are intended to give you a practical method for accomplishing a graceful and meaningful session, and may help you to develop a sense of rhythm and timing. They are provided as a basic guide; your session need not be tied to any particular routine. We recommend treating both front and back, as illustrated, because that gives a feeling of balance and completeness to the treatment.

A basic set of hand positions is provided for the sole purpose of helping you get started. Use these positions to learn how to feel the flow of Reiki, and to develop your sense of competence and confidence, as you learn to channel Reiki energy. The touch of Reiki should be soft and light, never pushing, pressing, or heavy. Gently applied hands bring a sense of comfort to the receiver, whether Reiki is flowing, or not.



When adjusting from one hand position to the next, lift one hand and set it down in the next position, then follow with the other hand (thus, you maintain continual contact with the client). Avoid any sliding or rubbing motion – which could be considered massage.

Apply each demonstrated position for three to five minutes. The length of the session will be approximately 45 minutes to an hour, and you will have guaranteed that every area of the body has been treated.

Reiki will do what it determines is needed, regardless of what you, or the client may think is needed. However, if you are treating someone for a specific injury, Reiki will address that most effectively, as well as treating any other conditions that may require healing, regardless of whether the therapist or the client are aware of these. There will be times when it will seem as though nothing is happening at all. Be assured that something is occurring – whether you can feel it, or not. The most common reaction to a Reiki treatment is a feeling of deep relaxation and peace. Hand positions are provided for a basic pattern, but they are not required for the Reiki to flow. Any time you feel guided to place your hands in a different position, do listen to your intuition!

It is common to feel a variety of sensations during a Reiki treatment. These may include heat, cold, “buzzing” or humming vibrations, to name a few. Or there can be a total absence of any sensation. This is also normal, and is not an indication that “nothing is happening”. The client may experience sensations completely different from those of the practitioner. Regardless of sensation, the Reiki is flowing and bringing the needed balance to facilitate the healing process.

Hygiene:

Observe standard sanitary practices. Wash your hands before treating anyone, and again afterwards, to wash away any bacteria and/or energy that might have been picked up during the treatment. In a clinical setting, sanitize contact surfaces after each treatment, and always use a fresh cloth on the table for each client.

Reiki may be applied directly to any injury, observing normal health standards and avoiding direct contact with any bodily fluids. Cuts, burns, abrasions, rashes, and open sores are never touched directly. Use a barrier, such as a bandage, heavy cloth, or surgical gloves.

Respect and trust between therapist and client are paramount!

As in any other field of therapy, ethics are quintessential. Every client has the right to absolute confidentiality with respect to their condition, experiences, and treatment in Reiki. An ethical therapist will never discuss an individual case, without the expressed permission of the subject.

There is never a need to undress for Reiki. There is no need to ever touch a client on a private or sensitive area. When treating sensitive or personal areas, always work in energy field above, unless the client has specifically requested otherwise. This will depend on the level of trust between the practitioner and client, and on the nature of their relationship; obviously, intimate partners may have a completely different set of boundaries with one another. Given the slightest doubt, work in the auric field, about three inches above the physical body.

The practitioner may wish to concentrate and focus on the energetic vibrations of the subject during the session, and this is beneficial in becoming more sensitive to variations in the energy field. The therapist should keep this information to himself until after the treatment is finished, and the client has returned to a fully conscious mental state.

Liability: Generally speaking, your Reiki certificate does not qualify you to diagnose, or to recommend treatments for, specific illnesses or conditions. Because Reiki does involve some physical contact, it is advisable for the practitioner to minimize their risk of legal liability, by being licensed as a massage or physical therapist, or ordained as a minister. As in other businesses, injury liability insurance (as for in the event of injurious fall, for example) is simply good business practice.

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Thank you,
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