

How Can One Learn Reiki?

Susan McDonald My Personal Experience

Natural Hands-On Healing
for the
Mind, Body, Heart & Spirit

Everyone can be opened to receive and channel this healing energy. The only prerequisites for learning how to do Reiki are openness, a desire to learn and a commitment to use Reiki in one's life. It is highly recommended to have had at least one treatment prior to taking classes.

In a Level I Reiki class, usually taught in four consecutive days, students are attuned to the energy of Reiki and learn its history. Students will learn the basic hand positions for self-treatment, for treatment on others and various other ways to use Reiki in their lives. The four attunements are initiated each day of the classes, performed by the Reiki Master with each student. Class time is provided to practice and handouts are provided.



In a Level II Reiki class, those who have completed Level I and have actively used Reiki in their lives, renew their commitment to Reiki. The students are taught methods for sending distance healing and for furthering the mental, spiritual and emotional healing processes.

The Principles of Reiki

- Just for today, do not worry.
- Just for today, do not anger.
- Honor your parents, teachers & elders.
- Earn your living honestly.
- Show gratitude to every living thing.

- Dr. Mikao Usui



My first experience with Reiki began in 1991 when my voice coach recommended I look into receiving some Reiki treatments in order to help release the blocked emotion and expression in my throat which was hindering my singing progress. Within less than a year, I went from being a low alto to a high soprano. However, there were also many other changes in my levels of self-confidence and self-esteem and before long, I decided to take the courses in order to be able to give myself treatments in between regular appointments. I soon realized this encompassed all I had been searching for as a life purpose and over the course of the next few years, I continued to increase my knowledge, gain experience as a practitioner and receive treatments.

I also began to participate in healing festivals and hold information evenings in order to spread awareness of this energy work that had enhanced and altered my life so dramatically. It was at this time that I felt drawn to want to teach this work in order to show others how to help themselves and soon began my teaching/Master apprenticeship program. This included the construction of a soundproof treatment room and a classroom for workshops and classes. I attained my teaching level in March 1995 and at that time decided to fully dedicate myself to Reiki, thereby giving up a long-term insurance occupation. I welcome the opportunity to speak to groups about Reiki in Oakville and the surrounding area.

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CANADIAN
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Reiki Master in Oakville

REIKI

The Usui System of
Natural Healing



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What is REIKI?

Who Can Benefit from Reiki?

How Does a Session Work?

Reiki is a natural and powerful, yet safe and gentle, hands-on healing art that restores a person's life, freedom, balance and well being in a much fuller way than ever experienced before. It is a Japanese term that means "Universal Life Energy" and is the pure, positive, creative energy that is around and within all living things. It accelerates the normal healing process because it addresses all levels - physical, mental, emotional and spiritual - thereby allowing the opportunity to fully heal any situation by getting to its origin.

Reiki enhances rather than interferes with medical procedures such as surgery, psychotherapy or medication and is widely recommended for stress, allergies, asthma, ulcers, back pain, migraine headaches, diseases, phobias, fears and recovery from all types of abuse and trauma.

All of the disease in our life is simply energy we have held onto in a negative way and Reiki provides the opportunity for the body to release the trapped energy and replace it with positive energy. Reiki is a wonderful gift we can give ourselves and comes into our lives at a time when we are ready for healing to occur.

The system of Reiki was born out of the experience and dedication of Dr. Mikao Usui, a Japanese Christian educator. In the mid-1800's, responding to a challenge from his university students, he undertook an extensive study of the healing phenomena of history's greatest spiritual teachers. Through travel, study, research and meditation, he evolved a healing system based on ancient Buddhist teachings first recorded in Sanskrit. He spent the rest of his life practicing and teaching this method of natural healing which involves attunement to the Universal Life Energy and the laying on of hands.

Everyone can benefit, especially if you:



- 🌿 want a more effective way to maintain your health and prevent disease.
- 🌿 are constantly experiencing stress, sickness, tiredness, anxiety, pain, fear, anger or guilt.
- 🌿 are having difficulty adjusting or adapting to life change or loss.
- 🌿 are feeling depressed, "stuck", "numb" or empty, lacking fulfillment and creativity.
- 🌿 have relationship difficulties with openness, intimacy or commitment.
- 🌿 feel like you're a "doormat" and are unable to say "no", causing feelings of helplessness & hopelessness.
- 🌿 wish you could be more open and loving towards others rather than taking them for granted or criticizing and treating them unfairly.
- 🌿 don't feel you can do what you want to or need to for fear of either rejection, judgment, failure or success.
- 🌿 want to fully free yourself from self-abusive or self-destructive habits.
- 🌿 have low self-esteem and want to love yourself but don't know how to change.
- 🌿 have everything you could ever want but it still feels like there's something missing in your life.
- 🌿 seem to have lost your sense of direction or life purpose thereby losing self-identity.
- 🌿 know that the old ways aren't working anymore and you want to change yourself and your life!

The person receiving the treatment, which lasts about an hour, should be dressed in loose, comfortable clothing and simply lies down on a massage table. Although a person doesn't have to believe in Reiki for it to work, there is a need to be open and willing to allow the energy exchange to take place, that is, to release the trapped energy and to bring in the positive energy therefore creating balance.

The practitioner then places his/her hands on certain areas of the body and the channeled energy is drawn through the practitioner's hands and into the person's body to the degree and to the areas it is required. The amount of energy exchange depends on how much trapped energy the person is able and willing to release at that particular time, therefore, preventing one from receiving too much.

Most people experience a deep sense of calmness and relaxation, safety and support, comfort, warmth, relief from stress, pain, worries, a feeling of being nurtured and unconditional acceptance.

With regular treatments, this energy is able to work towards deeper levels creating the changes a person is looking for in order to have an ongoing sense of good health and inner harmony in one's daily life.

Reiki gives us what we need for our life to be balanced. Therefore, what has been lacking begins to come into our life and what has been in excess begins to dissipate. Each of us has the ability to heal ourselves and the practitioner assists the client without direction or control to reconnect each person with this healing energy to attain inner freedom and happiness. Each person has his or her own history and process and so experiences Reiki in a uniquely individual manner with each treatment.



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