

Meditation and Reiki Principles

Just after I tell you that all you need to do to practice Reiki is to get an attunement, I start telling you that you have to meditate and follow the Reiki Principles. Life's just not fair, is it? 😊 But in truth, to be able to channel Reiki efficiently, you have to keep your own energy channels open. You can't do that if you're a jangling bundle of nerves.

Vinnie Amador, in his most excellent (and huge) web site, talks about *Being Reiki*. What he means (I think) is that you need to find a calm and peaceful place within yourself, and be able to get there at will. From this state, you can easily connect to the Reiki energy and effectively channel it.

The best way to find your "peaceful place" is through basic meditation. I am not talking about the elaborate guided meditations and visualizations that are so beloved by Wiccans. Don't get me wrong – they're nifty and of great value, but what we are interested in is meditation in the most basic sense. Don't become alarmed – this meditation is not mysterious or difficult.

You should meditate at least once a day. You don't need to make a big production of it, though when you first start, it will probably be helpful to put aside a "special" time. After that, you can grab a few minutes of meditation at your desk, when you first go to bed (a great preparation for sleep), or whenever. But to start...

Find a quiet area away from noise and distractions. Dim the lights. If you find the lotus position comfortable, fine, but sitting in a chair will do just fine. Your back should be straight to keep clear the hara line (an energy circuit that runs the length of your spine), and your feet should be on the floor (unless you *do* opt for the lotus position). Place your hands palm up on your lap, and make sure your tongue is in contact with the roof of your mouth. You may want to close your eyes.

Take a deep cleansing breath, and as you exhale let the tension go with it. Do this several times, until you feel nice and relaxed. Now start to focus on the point at the top of your nose, right where your breath changes direction. Keep all of your attention on the feeling of the air going in and out. Air is chi – energy – take it in as deeply as is comfortable, but don't force or try to control your breath. The breath is wise. The breath knows what to do. If a thought comes to you, don't worry about it, just let it drift back away again. After a while, focus on the air filling your chest. Sink down into yourself, following the air. If it helps to visualize a color, go ahead and do it. Pink is nice. Likewise, if repeating a mantra helps, choose a nice meaningless word to repeat in your mind. "One" is a favorite of mine, though you may want to go with a nice traditional "ohhhhm."

Just sit and breathe for as long as you like. Your "goal," such as it is, is to retreat to a nice warm comfortable place in yourself, where you feel calm and relaxed. Nothing matters there. Just the breath, and the breath is wise; it needs no control on your part. When you are finished, start to "come up" out of your warm place. Become aware of the room around you. Open your eyes. Very good. That's it!

After you do this once or twice a day for a few weeks, you may find that a deep cleansing breath or two is all you need to get to your peaceful place. Very good! That's what you're after. From this basic meditation technique, you can branch out to sense chi around you, explore your chakras, and many other things. I don't want to get into that now; it's just beyond the scope of this, but we may discuss this some other time.

The Reiki Principles

Just for today, give thanks for your many blessings.

Just for today, worry not.

Just for today, anger not.

Just for today, do your work honestly.

Just for today, be kind to all living things.

The principles run through just about every Reiki tradition I have encountered. They are worded differently, but their spirit is the same. They are part of *Being Reiki*. Nobody expects that you'll follow these principles 24/7, but remembering them can be helpful when it comes to finding your peaceful place and putting you in the proper frame of mind. I find that reciting them when preparing to give Reiki puts me in contact with the source and starts the flow.

Doing Reiki/Hand Positions

So, you're attuned and you're ready to do a Reiki healing, either on yourself or on someone else. Where to start?

First, connect to the Reiki source. This isn't a huge complex thing. What I recommend is taking a deep breath and finding your peaceful place (see the *meditation* section). Recite the principles. And lay your hands on the client. Some people say things like "Reiki on," and then later "Reiki off" to disconnect. Others like to vigorously rub their palms together. These things and others are worth trying; just keep it simple to start with, and do the same thing *every time* you start to send Reiki.

Hold your hands with your fingers together, as though you are wearing a pair of mittens and always use both hands at the same time. Unless it's uncomfortable or inconvenient. There are those who say that both of these things (fingers together and both hands at once) are mandatory to give Reiki, but on that I'll give an unreserved (expletive deleted). It is *good* to use both hands at once, as this completes the energy circuit, but it is not *necessary*.

Anyway, you lay your hands on the first position and let the energy flow. You don't have to try to direct it; in fact, you *should not* try to direct it. Just feel the energy. It is common to feel it flowing through your palms as a heat, or a tingling. The sensation will increase to a peak, and then decrease. When it is almost undetectable, move your hands to the next position. Some people get no sensation at all and others experience a steady flow, rather than an increase and decrease. If either of these is the case, it is

advised that you either use a rule of thumb of 5 minutes per position or let your intuition be your guide.

Hand Positions

"Hand positions" refers to where, on the subject, you put your hands. I've seen several "standard" sets of positions. Diane Stein, one of the most respected non-traditional authors, gives a set of TWENTY positions for a self-healing. Don't get me wrong, they are worth knowing, and worth using, especially when you first start out. But 20 positions times 5 minutes each? These healings are going to take for-freakin-ever!

There are many sets of hand positions circulating around, quite a few of which are proclaimed to be the only "correct" ones. What is of primary importance, in my opinion, is to find a set that you are comfortable with and *stick with it*, at least until you are experienced enough to rely more on your intuition. I'd advise using Stern's Full Treatment every time when you start out, time permitting. Even at the beginning, however, a little bit of Reiki is better than no Reiki, so if it's a choice between doing a short treatment or doing no treatment, do what you can.

Your intuition is very important in choosing what set of positions to use. It's been my experience that the "best" positions are sometimes neither near the physical problem or right on top of any chakras. For example, one hand on each hip seems to be a very powerful position, and is likely to help a pain in my knee more than placing a hand directly on the knee.

Here I will attempt to describe the full treatment positions as listed by Diane Stein in her book, Essential Reiki, because it is one of the more complete, and also one of the more widely used sets. I'll also include the Short Treatment and Self Treatment given by the traditional Reiki master Richard Ellis in his book, Practical Reiki; this Self Treatment is one of my favorite sets.

The full treatment here is as Stein describes it for self-treatment. Treating others is identical, except that you should be sensitive to any touch issues. For example, many people are sensitive about being touched on the throat, and if this is the case that position can be skipped or administered from several inches away from the body. Likewise, positions involving the breasts or genitals should be avoided or adjusted for the comfort of both parties. In self-healings, you may want to skip one or more of the back positions, if they are difficult to reach.

Full Treatment

Front Positions

1. Over eyes and cheeks	2. Over cheeks w/ thumbs behind ears.
3. Back of head	4. Over throat
5. Over heart	6. Over lower ribs, below breasts
7. Over middle abdomen	8. Hands in V, with tops at hip bones and fingers pointed to pelvic bone
9. Hands in center above pubic bone	10. Front of both knees
11. Front of both ankles (alternatively, 10 and 11 can be combined, doing first one and then the other knee and ankle.)	12. Bottoms of both feet

Back Positions

13. Back of head	14. Back of neck and over shoulder muscles
15. Below shoulder blades	16. Middle back, at waist level
17. Lower back over sacrum	18. Backs of both knees
19. Backs of both ankles (as before, this may be combined with #18)	20. Bottoms of both feet

Short Treatment

1. Third Eye and Back of Head	2. Temples and Over Forehead
3. Ears and Jaws	4. Front and Back of Neck
5. Upper Chest and Upper Back	6. Heart and Center Back
7. Front and Back at Solar Plexus	8. Both Hips
9. Both Feet	

Self Treatment

1. Over Face	2. Temples
3. Ears (for balance)	4. Behind Head
5. Back of Neck and Throat	6. Heart and Solar Plexus
7. Horizontal Under Breast	8. Above and Below Belly Button
9. V-Shape Hip and Over Pubic Bone	10. Back Below Ribs
11. Both Knees	12. Each Foot

Healing children and pets requires a somewhat different approach. Both kids and pets seem to absorb Reiki faster than adults and so need less time. I haven't used Reiki on an animal, but my young son is *very* sensitive to it. In fact, my first "dramatic Reiki success" was when his diaper rash (a nasty, open-sored, oozy affair) cleared up miraculously overnight. He can definitely feel it flowing, too; at times he'll sit still on my lap for long periods watching a video, but will get restless and move my hands as soon as I start sending Reiki. If he bumps his head, though, he'll come over and put my hands on the hurt place. Also, if he's sick he'll tolerate more.

Basically, I am saying to trust the child's (or animal's) intuition on how much they need. Just put your hands anywhere you can for as long as the subject is willing to tolerate it.

Healer's Ethics

Now that we've covered everything you need to know to give basic Reiki, and before we talk about attunements, is a good time to mention ethics.

The most common warning in healing magick is that you have no right to send healing to anyone who doesn't want it; people have a right to hold onto their dis-ease, so get permission first. I see some room for discussion on this one, but basically, it is a good policy. Anyway, since we are talking about a hands-on healing system, it would be kind of a trick to give healing that the recipient doesn't want.

Next, and this was already mentioned under hand positions, be sensitive to touch issues. If the person whom you are healing is not a spouse or S.O., you will probably want to skip or adjust the groin positions to something a little less... personal. Similarly, try to remember to ask if the person minds you touching their throat; this is a powerful position and it's a shame to skip it, but you can easily move to the sides of the neck or keep your hands several inches above the throat.

Finally, and very important, never promise a person that they will be healed. Reiki is good for many things, and sometimes the result can be dramatic – but other times the results are subtle. Do not say anything to make a person feel that you have lied to them. Above all, *never* use Reiki or any other magickal healing technique to replace modern medicine. It makes a wonderful supplement, but it is *not* a replacement!

Did I say "finally" a paragraph too soon? (Warning: major "waffle" coming.) Taking money for Reiki is another issue, but not one that I feel we need to get into here. Anyway, that is a personal matter and I don't feel that I have the right to dictate to

you about it. Suffice it to say that I do not charge, but if it became a major time drain, I would reserve the right to adjust that policy. If you get to the point where you are considering charging for your Reiki services, be sure to check the laws in your locality about licensing, certification, zoning, and whatever other legalese stuff they might have in place.

Attunements

Alright, now you have read all of this, how to get an attunement. As I said a few sections ago, I am willing to give distant attunements. I would like to correspond with you just a little before jumping into that though – not so much to “test” whether you really read everything, but to get a “feel” for who you are. To attune from a distance, I need to make a connection of some sort, and I do not feel able to do that with just a name.

I’m going to ask Terry to take care of forwarding e-mails from anyone who wants to get in touch with me. His address can be found elsewhere on the site. I hope that doesn’t discourage anyone from writing – I welcome your questions and comments – but I get quite enough SPAM without plastering my e-mail address on yet another web site, thankyouverymuch. 😊

I recognize the possibility that the volume may get to be such that I have to withdraw or limit this offer. We’ll cross that bridge if and when we come to it.

Before you get an attunement, I ask that you have a daily meditation practice going for at least a few weeks. Obviously, I can’t check that out, but it’s for your own benefit. You are the only one who can judge if you’ve found that “peaceful place” from where you can connect to Reiki.

After an attunement, it is not uncommon to have a week or more of “detox.” Symptoms can include diarrhea, runny nose, or frequent urination. The person usually feels fine, regardless. I experienced none of these, but my hands tingled constantly for several weeks; that’s also said to be a common after effect.

After you get an attunement, you should give do a healing on yourself or someone else every day for at least 28 days. (It is recommended that you do the self-healing even if you do a healing on someone else.) This is to keep your channels open and help you get used to channeling the energy.

In Conclusion, for now.

As I said at the beginning, this has been the bare bones of Reiki I training. It is enough to get you started. If you want to learn more, I recommend (with a few reservations) that you read [Essential Reiki](#), by Diane Stein, visit the Angel Reiki web site (<http://angelreiki.nu/>), maintained by Vincent Amador, or e-mail me through Terry.

Namaste,
Nyniane

