

霊気

INTRODUCTION TO REIKI

BY JULIE EGDELL
REIKI MASTER TEACHER
WWW.WONDERLANDWELLBEING.COM



Julie Eggdell

REIKI MASTER TEACHER

Welcome my free Introduction to Reiki guide. This guide is perfect for anyone wanting to learn more about Reiki treatments or decide if studying Reiki is right for them.

I am delighted to guide you on this journey of self-discovery as you open yourself up to the universal life force energy that is Reiki.

One of Reiki's greatest gifts is its ability to help us and our loved ones heal on physical, emotional, mental and spiritual levels.

"Learning Reiki is one of the most liberating and empowering things you will ever do for yourself."
— *Sarah Parker Thomas, Spiritual Reiki: Channel Your Intuitive Abilities for Energy Healing*

07872443928| www.wonderlandwellbeing.com

Email: wonderland.wellbeing@hotmail.com

WHAT IS REIKI

Reiki is an ancient form of hands on healing which was rediscovered by Japanese Buddhist monk Mikao Usui in the 1920's. Reiki was further developed by one of Usui's students Dr Chujiro Hayashi who in turn passed his teachings on to a Haiwaiian woman of Japanese descent Madame Hawayo Takata. It was Madame Takata who brought Reiki teachings to the Western world.

Reiki is a Japanese word meaning universal life force energy. 'Rei' means spiritual or sacred and 'ki' means energy. It is the energy of the universe and of all things. You may have seen Ki described as Chi in Chinese medicine. It is believed that when Ki is flowing freely you feel at your best mentally and physically and you have a higher resistance to illness. However when Ki is low the body and mind is under stress and fatigue, your mindset is negative and you are more susceptible to illness.

Reiki involves placing hands on or above the body to clear emotional and physical blockages and activate the client's natural healing processes as well as restoring their physical and emotional well-being.

Reiki cannot replace traditional medicine but it can be used as a complementary therapy to boost the immune system and recharge the bodies natural healing properties.

"It is a holistic system for balancing, healing and harmonising all aspects of the person - body, mind, emotions and spirit - promoting relaxation and a sense of wellbeing." - Living the Reiki Way, Penelope Quest.

MY EXPERIENCE WITH REIKI

Like many people I turned to Reiki in search of healing and guidance. In the modern world many of us feel we have lost our connection to each other, to nature and to a higher power. I have always felt strongly that all living things are connected and have had this feeling confirmed in my experiences with Reiki. Through my own experience I have seen the power of Reiki to:-

- Revitalise and energise
- Bring a sense of calm
- Create a feeling of inner peace
- Aid creativity and concentration
- Release emotional wounds
- Reduce stress
- Improve sleep and make dreams more vivid
- Stimulate the immune system and accelerate the bodies natural healing properties

"Reiki is the best vibration for helping someone to relax well and deeply. Relaxation is key to human health and recovery because it initiates our natural and innate healing abilities. It is when we are truly relaxed that true healing can take place." — Chyna Honey

HOW REIKI WORKS

Our life force energy (also known as Chi) flows in the physical body through the chakras. This flow of energy can become disrupted by negative thoughts, feelings and experiences. If these blockages are not cleared then they can manifest in physical illnesses.

Reiki is universal life force energy vibrating at a very high rate that helps to clear these blockages and rebalance the energetic body of a person, animal or thing. A Reiki session allows the life force energy to flow freely through the body. This in turn accelerates the bodies own natural healing processes.

Reiki is not something which we produce, but which we allow to flow through us. It is guided by a higher intelligence and therefore will always find its way to the place it is most needed.

Reiki treatments restore and rebalance the flow of universal life force around the body. This in turn stimulates the body's immune system and natural healing abilities.

"Reiki is like turning on the light of healing that exists in all of us; it is a beautiful energy that turns on the light of healing to promote relaxation and wellness!" – Jeanmarie Wilson

THE REIKI PRINCIPLES

The 5 Reiki principles were created to help bring balance to your life and they mean something different to each person. The more you work with these principles, the more you will adopt them as a way of life.

Just for today:

I WILL NOT BE ANGRY.
I WILL NOT WORRY.
I WILL BE GRATEFUL.
I WILL WORK HARD ON MYSELF.
I WILL BE KIND ALL LIVING THINGS.



THE REIKI PRINCIPLES

just for today...

Just for today, I will not worry.

Just for today, I will not be angry.

Just for today, I will be grateful.

Just for today, I will work hard on myself.

Just for today, I will be kind to all living things.

Reiki principles

霊気

DURING YOUR REIKI SESSION

During your Reiki session with me you will usually lie on a heated massage bed with pillows, bolsters and blankets. I always make sure you are comfortable and offer you an eye mask if you would like.

If you cannot lie on a massage bed you can receive Reiki whilst seated and this is in fact how Dr Usui originally treated his clients.

Once you are comfortable I will connect to Reiki for your highest good, cleanse your energetic body using a handmade sage spray and selenite crystals.

I will then place my hands gently on or above different parts of your body which could include:

1. The crown of the head
2. The forehead
3. The ears
4. The neck/shoulders
5. The chest
6. The solar plexus
7. The navel
8. The hips
9. The knees
10. The feet

I will never touch you in an inappropriate place and if you are uncomfortable being touched then Reiki can easily be performed 'hands off' - with my hand hovering above the area.

During a Reiki session many people feel a deep sense of calm and a feeling that they can finally switch their brain off. Others experience very vivid visions or memories that have long been forgotten. Sometimes people laugh, cry or feel like they are moving. These are all energetic releases and are nothing to be ashamed of. I always keep tissues in the treatment room if needed. There is no 'typical' or 'normal' reaction to Reiki as each person is different but it is important to know that even if your reaction is unexpected Reiki is life energy and is always working for your highest good.

Here are some sensations you might experience:

- Hot or cold sensations
- Seeing colours
- Involuntary movements
- Falling asleep
- Becoming emotional
- Rumbling stomach
- Memory flashes
- Pins and needles

REIKI AND THE CHAKRAS

- Traditional Japanese Reiki, as taught by Mikao Usui, did not include the chakra system.
- Chakras originate from Indian spiritual traditions and Ayurveda rather than from Reiki itself. However, many Western Reiki practitioners and teachers have combined Reiki with chakra-based concepts for several decades.
- In recent years, there has been a movement towards teaching Reiki in a way that more closely reflects its Japanese origins, distinguishing Reiki from practices that have been incorporated over time.
- Today, many Reiki books, websites, practitioners and training courses discuss chakras and crystals. These can provide a helpful framework for understanding and discussing the energetic body and may be incorporated into a Reiki practice if a practitioner chooses to do so.
- Within my courses, chakras and crystals are presented as complementary concepts rather than as part of traditional Reiki. They are entirely optional and are not essential to giving or receiving an effective Reiki treatment.

CHAKRA GUIDE



	ROOT	SACRAL	SOLAR PLEXUS	HEART	THROAT	THIRD-EYE	CROWN
Sanskrit	Muladhara	Svadhishthana	Manipura	Anahata	Vishuddha	Ajna	Sahasrara
Location	Base of spine	Lower abdomen	Naval	Heart	Throat	Brow / forehead	Top of head
Affirmation	I am	I feel	I do	I love	I speak	I see	I understand
Element	Earth	Water	Fire	Air	Ether	Light	Consciousness
Planet	Saturn	Moon	Mars	Venus	Mercury	Jupiter	Uranus
Body / Organs	Reproductive and sex organs, pelvis, legs, feet	Spleen, urinary tract, kidneys, ovaries, uterus, blood	Digestive system, stomach, liver, gall bladder, small intestine, skin	Lower lung, lymph & immune system, heart, thymus, circulatory system	Throat, neck, thyroid, ears, respiratory system, sinus, teeth	Pituitary gland, brain, autonomic nervous system, pineal gland, eyes,	Head, central nervous system, cerebral cortex, upper spine
Emotion	Safety, security	Desire, sexuality	Personal power, purpose	Balance, love	Self-Expression, healing	Intuition, imagination	Spirituality, bliss
Balanced Behaviors	Safe, grounded, assertive, centered, secure	Passion, creative, independent, satisfied	Confident, joyful, ambitious, optimistic	Compassionate, loving, empathic, peaceful	Expressive, trustworthy, honest, loyal	Intuitive, faithful, clarity, imaginative	Connected, universal love, wise
Imbalanced Behaviors	Fearful, anxious, self-doubt, self-pity, insecure	Fear of intimacy, sex issues, emotional, destructive	Low self-esteem, perfectionist, critical, over analytical, powerless	Lack of empathy, jealous, hateful, codependent, giving too much	Quiet, loud, gossip, poor listener, secretive, poor expression	Lack of focus & judgement, obsessive, delusions, poor imagination	Disconnected, lack of faith, anger, ungrounded
Essential Oils	Vetiver, cedarwood	Orange, neroli, jasmine	Bergamot, lemon	Geranium, ylang ylang	Eucalyptus, peppermint	Clary sage, frankincense, sandalwood	Melissa, jasmine, frankincense
Gemstones	Black onyx, red agate, carnelian	Citrine, orange calcite, stilbite	Citrine, tigers eye, moonstone	Rose quartz, aventurine, jade	Turquoise, aquamarine	Lapis luzuli, amethyst, celestite	Clear quartz, moonstone, selenite

FOR THOSE WHO WISH TO STUDY REIKI

To begin to study Reiki is to start on a path of spiritual fulfilment. It's a commitment to understanding yourself and the energy of the universe and how you can tap into that energy to improve your life and the lives of your loved ones. The more we study and practice Reiki the more connected we become to our higher purpose.

The levels explained

Reiki First Degree (Shoden)
This level focuses on the physical body and self healing.
This level focusses on healing physical pain in the body, grounding and setting yourself on your true path in life. It's a chance to evaluate the physical circumstances of your life and make positive changes to align more with your true values.
At this level you can perform Reiki on yourself, friends, family and pets. You cannot practice professionally.

Reiki Second Degree (Okuden)
This level focuses on the mind.
This level strengthens the spiritual connection and connects you to your true purpose. This level helps you to develop your intuition and connection to the universe.
At this level you can practice professionally.

Reiki master degree
This level focuses on connection to the universe and personal growth.
Master degree level attunes you to a higher vibration of energy. The master symbol can help you on a path to enlightenment about the nature of your true self and your life's purpose. We are able to let go of self limiting beliefs and self made barriers to our higher purpose.

YOUR LINEAGE

Reiki Lineage
In Reiki we use lineage to give proof that our training adheres to the traditional Japanese teachings used by Dr Usui and is a way to know if someone has received authentic training and attunements.

You will receive your lineage along with your certificate when you study Reiki level 1 and 2. We need our lineage in order to obtain appropriate insurance and practice professionally as Reiki practitioners.

If you decide to study Reiki with me, you will have a direct trace back to Dr Usui, going back through 13 Reiki masters:

Mikao Usui
Dr Hayashi
Mrs Takata
Phylis Lee Furumoto
Arthur Robertson
Jeanine Sand
Judith Crisp Chasin
Yamuna Wynn
Nadine Permutt
Liz Reverley
Heidi Fawkes
Leanne Barker
Julie Egdell (me)
You

WHAT IS AN ATTUNEMENT?

An energy attunement is an initiation to a higher vibrational frequency passed from someone who has already been attuned to that frequency - a Reiki master.

The attunement opens the main energy channels of the practitioners body allowing universal energy to flow more freely.

An attunement is what you will receive during your level 1 and level 2 courses that will allow you to begin harnessing and working with Reiki energy.

WHAT HAPPENS DURING THE ATTUNEMENT?

During the attunement you will sit comfortably in a chair with your feet firmly on the ground and your eyes closed.

I will use the ancient symbols to connect you to the universal life force.

During the attunement you may feel an energetic shift and may see colours, visualisations or symbols. You may experience bodily sensations such as an increase or decrease in temperature.

If you do not experience anything at all, just trust that the attunement has been successful and what it needed to be in the moment. Every attunement is experienced uniquely by each individual, just as each Reiki treatment will be experienced differently by each person each time they receive it.

WHAT HAPPENS AFTER THE ATTUNEMENT?

After the attunement you will start a 21 day meditation cycle. This is a period of self reflection, growth and healing. It is a chance to remove what no longer serves you in life and move into your higher purpose. Reiki attunement has a powerful healing influence. Now is the time to place your hand over any aches and pains and feel the benefits of Reiki.

During this time you may experience physical symptoms of a healing crisis such as a runny nose and headaches. This is nothing to be worried about and is a sign that your body is healing. You may also notice emotional side effects such as crying. Again this is nothing to worry about and I encourage you to journal, spend time in nature, cry if this feels needed. Give yourself the release you have been needing.

This is the time to release yourself from the barriers that prevent you from your higher purpose.

21 day meditation cycle, some ideas:

- Play the healing frequency music on youtube
- Reiki the crystals/plants/food/drink/car/house
- Reflection/rest/self healing
- Dream journal
- Daily reiki before falling asleep/in the bath
- Work on intuition
- Drink a glass of water after self treatment

WAYS TO USE REIKI

Once you have been attuned to Reiki level 1 you can begin using Reiki on yourself and on your family, friends and pets. At this stage you cannot charge for your treatments. It is a good idea, however, to conduct energy exchanges. For example if you give a Reiki treatment to a family member perhaps they could take you out for breakfast the next day and discuss how the treatment made them feel.

You can also use Reiki on:

- Children
- Babies
- Plants
- Seeds
- Crystals
- Food and drinks
- Your car
- Your home
- Bath or shower water

Reiki and pregnancy
Reiki is safe and beneficial when used on a pregnant mother and her unborn child. Reiki can help alleviate morning sickness, reduce stress and tiredness, treat painful joints, strengthen the bond between mother and baby.

Reiki and babies
Reiki can accelerate the recovery time of mothers post partum and stimulates balance in the new born baby, helping to heal colic and wind.

It is important to note that if you have any concerns about your pregnancy or baby you must always seek the advice of your doctor first and foremost.

Reiki and children
Reiki can be used safely and effectively on children, helping to alleviate aches and pains. We instinctively touch or kiss children when they fall and injure themselves. In this sense we are already trying to tap into the universal life force energy that is Reiki.

Reiki at the end of life
Regardless of religious or secular views of what happens after we die Reiki can alleviate pain and anxiety and bring peace to the mind and body and this is why it can provide great comfort to the dying and those who are grieving the death of a loved one.

Thanatologists study death and dying and can provide valuable insight into what happens to us after we die. Books such as “Life after Life” by Dannion Brinklu offer comfort in that the studies suggest that those who have died and been revived or who have experienced near death are able to recount 9 common traits. These include a feeling of peace and painlessness.

Reiki and animals
Animals love Reiki and you may find that animals are more interested in you and will notice a shift in your vibration. Animals and pets may move around to guide your hand to areas of pain and tension. Larger or more dangerous animals can be treated via distance Reiki, which is covered in the second degree.

Reiki and plants
We know through scientific study that talking to plants has a powerful effect on how they grow. Plants thrive when they are given care, attention and love - just as humans do.

Reiki and food or drink
We can treat food and drink with Reiki before consuming it to boost our energy levels and improve digestion. We can also treat our water for drinking or our bath or shower water.

On personal problems and issues
Write the situation on a piece of paper, hold the paper between your hands intending the Reiki should flow to the situation for your highest and greatest good.

Reiki has a degree of intelligence and goes where it is most needed in the body. An underlying principle of Reiki is that it can do no harm or be used for any harmful purpose. Reiki can be used on people, plants, animals, food, medicine, etc. The list is endless. Reiki can help:

- Relieve depression, anxiety, stress, and tension
- Improve sleep patterns and fatigue
- Improve pain
- Lower blood pressure
- Detox the body
- Stimulate body's immune system
- Promote natural self-healing
- Improve mood
- Improve self-confidence and self-love
- Improve emotional wellness
- Break down energy blocks
- Balance the chakras
- Enhance spiritual growth
- Increase psychic, intuitive, and creative abilities





WAYS TO USE REIKI

The list is endless on the different ways you can use Reiki, here are a few:

- People (yourself, adults, children, pregnancies, babies, etc.)
- Accidents
- Medication (hold the medication in your hand and ask that Reiki flows through for the highest good of the person taking it – without side effects)
- Animals, birds, fish, reptiles
- Plants, trees, flowers, seeds
- Food and drinks
- Crystals
- Contracts, patient files, student files
- Projects, work, letters, documents
- Your car, traveling
- Your home
- Protection
- Electronics
- Tests or exams

BOOKING A REIKI TREATMENT

Booking a Reiki Treatment

Thank you for taking the time to read the Introduction to Reiki guide. If you would like to book a Reiki treatment with me please visit the link: https://www.fresha.com/a/wonderland-wellbeing-north-shields-uk-44a-verne-road-dth4x3cd/all-offer?menu=true&pId=595303

JOINING A REIKI COURSE

Booking a Reiki course

My Reiki courses are designed to provide a supportive, relaxed and encouraging environment, perfect for anyone looking to embrace a more balanced way of life filled with compassion and gratitude. On my courses we will practice meditation, working with our intuition, mindfulness, journaling and reflection.

Why Choose Our Reiki Courses?

- Authentic Teachings: Learn traditional Japanese Usui Reiki techniques that stay true to the original practices, providing a deep, authentic understanding of Reiki.
- Community Support: Join a growing community of like-minded therapists who are passionate about healing and supporting each other's growth. You'll gain lifelong connections with fellow students and ongoing mentorship from your Reiki Master.
- Comprehensive Training: Develop the confidence and skills to use Reiki for self-care, supporting loved ones or even exploring a new career path in holistic wellness.

NOTES:

COURSE DETAILS

Level 1: Self-Healing & Personal Growth

- Duration: 2 Days
- Cost: £225 (Includes printable digital manual)
- Focus: This foundational course focuses on self-care and inner growth. You will:
    - Learn the history and principles of Reiki
    - Practice meditation techniques to enhance spiritual growth and intuition
    - Gain hands-on experience giving and receiving Reiki treatments in a supportive environment
    - Discover how Reiki can support relaxation and balance

By the end of this course you will be equipped with the skills to perform Reiki on yourself and loved ones to promote a sense of calm and wellbeing.

Level 2: Practitioner Training & Business Setup

- Duration: 2 Days
- Cost: £225 (Includes printable digital manual)
- Focus: Take your Reiki skills to the next level and learn how to become a professional Reiki practitioner. You will:
    - Explore the use of Reiki symbols to support energy work
    - Learn how to perform distance Reiki
    - Discover practical steps for setting up a professional Reiki practice, including insurance and business guidance
    - Develop the confidence to offer Reiki treatments to clients and build your holistic therapy business

Completing Level 2 empowers you to begin your journey as a certified Reiki practitioner with the tools and knowledge to start offering professional services.

READY TO BEGIN YOUR REIKI JOURNEY?

Embark on a rewarding path that supports your own wellbeing and allows you to share this practice with others.
For more information or to sign up please email: wonderland.wellbeing@hotmail.com.

Further reading

The Reiki Manual by Penelope Quest
Living the Reiki Way by Penelope Quest
The book of Chakra Healing by Liz Simpson
An Evidence Based History of Reiki Edited by William Lee Rand

FINAL THOUGHTS

Congratulations on finishing this Introduction to Reiki guide. You now have the knowledge you need to decide whether receiving regular Reiki sessions is right for you. You may also feel called to study Reiki, in which case please send me an email at wonderland.wellbeing@hotmail.com and we can discuss it further.

The journey ahead of you is a beautiful experience filled with learning and growth. Reiki brings a sense of purpose, growth, peace and love into the lives of those who invite it into their existence.

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