



This Reiki manual, Teacher's Edition, is designed for a Continuing Education Provider course to introduce clinicians to the principles, practices, and applications of Reiki within the context of patient care, self-care, and implicit bias.

Reiki As a Complementary Therapy For Patient Care: Teacher's Edition

By LaTanya L. Hill, JD

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TEACHER EDITION

REIKI AS A
COMPLEMENTARY THERAPY
FOR PATIENT CARE



IMREIKINOW

LATANYA L. HILL, JD, KA REIKI MASTER TEACHER

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Print ISBN: 978-1-959620-14-3

Ebook ISBN: 979-8-88531-767-2

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Published by BookLocker.com, Inc., Trenton, Georgia.

BookLocker.com, Inc.
2024

First Printing, 2024

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Teacher Notes-Introduction

1. Greetings and Introductions. Do a 5-minute Reiki meditation to open learning channels, i.e., ear chakras, eye chakras, throat chakras, third eye and crown chakras. You will send Reiki to the class as you take them through this meditation.
2. For all visualizations, meditations, and attunements, if class is conducted online, allow the trainees to use their own music if desired. If in person, play Reiki meditation music for class.
 - a. Sample meditation: Let's close our eyes and take three deep breaths using the diaphragm, not the chest. Be sure to breath in through the nose and out through the mouth. Take one breath, inhale...hold for 5 seconds, exhale for 5 seconds. Second breath, inhale...hold for 5 seconds, exhale for 5 seconds. Third breath, inhale...hold for 5 seconds, exhale for 5 seconds, breathe normally. Focus on the center of your forehead between the eyebrows. This is the third eye chakra. Imagine all the energy in your body moving to this point, as thin as a needle. Now, slowly feel that energy opening up, expanding until it is as large as golf ball or even larger. Move out all your worries, hesitations, doubts, and from all around you insert openness, confidence, security. Let's fill up that circle completely before closing it...one more minute to go. Take a final deep breath, inhale...hold for 5, now exhale. Open your eyes. How do you feel? (Be sure to let the class discuss their reactions completely and encourage participation and straightforwardness in discussions before moving to the next instruction)

3. Take a poll of how many trainees have had a Reiki session or any other form of energy healing. Discuss their experiences.
4. Ask trainees why they decided to take this course and what do they hope to learn from it?
5. Ask trainees what benefits do they believe they will receive with Reiki?
6. Ask why do they think Reiki will help them with patient care?
7. What else would they like Reiki to assist with in their life?
8. Discuss any other topics that arise which will benefit the flow of the course.

Section 1.

Reiki as a Complementary Therapy for Patient Care

This course introduces clinicians to the principles, practices, and applications of Reiki within the context of patient care. Through the use of interactive discussions, patient scenarios, and in-class and at-home practice, clinicians will explore the fundamental concepts of Reiki, including its origins, philosophy, and energy healing principles with an emphasis on KA Reiki. By the end of the course, clinicians will be able to:

Assess the need for Reiki based on the patient's symptoms. This requires a holistic approach that considers both the physical and emotional aspects of the patient's well-being. Therefore, clinicians should be thorough when interviewing with the patient in order to understand and notate symptoms, medical history, and any previous experiences with complementary therapies like Reiki. Pay attention to the description of symptoms, including physical discomfort, emotional stress, and overall well-being. These are key factors for properly assessing the need for Reiki. As clinicians will discover in later sections, a person must be open to the experience and willing to take part in the Reiki therapy. If a person cannot agree due to their condition, then clinicians will discuss and seek approval for Reiki therapy with the designated decisionmaker prior to conducting sessions. There are also some situations where Reiki will not be sufficient for the patient and a recommendation to the patient to add other therapeutic modalities will be necessary, such as a psychiatrist or spiritual counselor. But remember, as a continued complementary therapy, Reiki will be beneficial in each of these recommendations.

Understand how to incorporate Reiki into the clinical care plan. Patient education plays a vital role. Clinicians should explain the principles of Reiki, manage expectations, and address any concerns the patient may have. In addition, collaboration among the

healthcare team is essential to ensure seamless integration of Reiki into the overall clinical care plan. Clinicians should coordinate with other healthcare providers and monitor the patient's progress. Regular communication with the patient and ongoing assessment of response to Reiki help tailor the clinical care plan to meet the developing needs, ultimately optimizing the holistic well-being sought.

Perform Reiki therapy for diverse patients. Performing Reiki therapy for diverse patients involves adapting the practice to meet the unique needs, beliefs, and preferences of each individual. By embracing diversity, respecting individual differences, and adjusting the practice of Reiki to meet the needs of diverse patients, clinicians can promote inclusivity and enhance the effectiveness of Reiki therapy as a complementary healing modality.

Evaluate the outcome of Reiki as a complementary therapy for patient care. By employing a multidimensional approach, such as physical, emotional, and psychological, to evaluation, clinicians can assess the impact of Reiki therapy on patient care comprehensively and make informed decisions about its integration into clinical practice.

Section 2.

Learning Methodology

Through interactive lectures, demonstrations, hands-on and hands-off Reiki practice sessions, and reflective exercises, clinicians will develop the knowledge, skill, and confidence to integrate Reiki healing into their clinical practice while mitigating personal biases and promoting a culture of accountability. Clinicians will gain insights into the potential benefits of Reiki for patients and peers alike, fostering a more holistic and compassionate approach to healthcare delivery. By the conclusion of the course, clinicians will be prepared to incorporate Reiki confidently as a complementary therapy within healthcare settings, while acknowledging and releasing implicit bias. This will contribute to improved patient outcomes, enhanced patient satisfaction, and greater personal fulfillment in clinical roles.

Section 3.

Reiki History

Mikao Usui, the founder of Usui Reiki Ryoho, was born on August 15, 1865, in the village of Taniai in the Yamagata district of Japan. Although there is not extensive documentation of his early life, it is said that Mikao Usui pursued various spiritual and religious studies throughout his life, including Buddhism, Taoism, Shintoism, and arcane teachings. There are a few legends about how Sensei Usui came to rediscover Reiki, a holistic healing system based on the channeling of universal life energy. The most known is him embarking on a spiritual mission after encountering challenges in his life. Many people believe he embarked on this spiritual quest to uncover the secrets of healing and enlightenment. This pursuit eventually led him to undertake a meditation and fasting retreat around 1922 on Mount Kurama, a sacred mountain near Kyoto, Japan.

People say that Sensei Usui experienced a profound spiritual awakening during this retreat on Mount Kurama. While there, he injured his foot and when he touched it, he received Reiki's healing energy. According to accounts, during this awakening, a powerful energy flooded his mind and body, leading him to a state of enlightenment and an understanding of the principles of healing. Sensei Usui then developed a system of healing based on channeling this energy and founded the Usui Reiki Ryoho Gakkai, an organization dedicated to teaching and practicing Reiki. And although people in Japan previously practiced Reiki for many years, it had become dormant until Sensei Usui began practicing and training others in this method. Therefore, Sensei Usui is honored as the founder of Usui Reiki, since he re-established Reiki as a popular and effective healing method.

His teachings emphasized the principles of healing, personal development, and spiritual growth for all. He also created the Five Reiki Principles (Gokai) mentioned below.

1. *Just for today, do not anger.* This encourages healers to develop inner peace and emotional balance by releasing anger and resentment. For too long people hold on to these two emotions. This action eventually leads to emotional and mental blockages that may lead to physical pain. By learning to not allow the emotion to begin in the first place, a person can prevent personal harm.
2. *Just for today, do not worry.* This encourages living in the present and letting go of anxiety about the future. Studies show that worrying causes physical symptoms such as headaches, stomach pain, shortness of breath, increased heart rate, and more. Worrying also causes stress that can suppresses the immune system, speed up the aging process, and at worse put a person at risk of a heart attack or stroke. By learning to release and control this emotion, a person may keep themselves healthier longer and lengthen their life.
3. *Just for today, be grateful.* This encourages people to nurture gratitude for life's blessings, fostering a positive outlook and appreciation for the present moment. A positive attitude may enhance a person's psychological health, increase physical well-being, and help decrease stress and depression. Overall, understanding what gratitude truly means and practicing being grateful for life's moments may increases a person's life span.
4. *Just for today, do your work honestly.* This promotes integrity and ethical conduct in all endeavors, encouraging people to act with honesty and integrity in their interactions with others. Having good relationships is important when

desiring a positive perspective about oneself. By treating people fairly and working on anything with integrity, a person is building inner strength, confidence, and self-respect. By learning to work honestly, a person is increasing self-love.

5. *Just for today, be kind to every living thing.* This stresses the importance of compassion and empathy towards all living beings, promoting a sense of interconnectedness and unity with the world. It is easy to destroy or demonize what is not understood or what is thought to be outside oneself. But to see all living things as an extension of one's own body and spirit creates a desire to preserve, a feeling of respect, and a deeper ability to understand. By showing kindness, a person is contributing to a world of goodness, which is a foundation of Reiki.

Practiced together, these five principles act as guidelines for living a balanced and harmonious life and lead people towards a path of self-awareness, compassion, and spiritual evolution. Sensei Mikao Usui died on March 9, 1926 of a stroke at 60.

Chujiro Hayashi was a Japanese naval officer, physician, and one of the key figures in the development and spread of Reiki. Born on September 15, 1880, in the city of Tokyo, Japan, Dr. Hayashi had a diverse professional background before his involvement with Reiki. Dr. Hayashi served as a naval officer in the Imperial Japanese Navy, rising to the rank of captain. He received training as a medical doctor and specialized in surgery. During his naval career, Dr. Hayashi became interested in alternative healing methods and spirituality.

In 1925, Dr. Hayashi encountered Reiki while seeking treatment for an illness. Impressed by the effectiveness of Reiki, he sought the founder of Reiki, Sensei Mikao Usui, and became one of his students. Dr. Hayashi underwent training and received

attunements up to Master level in Reiki from Sensei Usui. He even created his own style of Reiki, Hayashi Reiki Kenkyu-kai in Tokyo, Shinano-machi. After Sensei Usui's passing in 1926, Dr. Hayashi continued to develop and promote Reiki. He established his own Reiki clinic in Tokyo, where he offered healing sessions and trained new practitioners.

Dr. Hayashi made significant contributions to the system of Reiki, including developing hand positions for treating specific ailments and refining techniques for attunements and healing sessions. One of his notable contributions was the development of the Reiki symbols and their associated mantras, which are used as focal points for channeling and directing Reiki energy. Usui Reiki practitioners consider these symbols as integral components of their practice, passing them down through Reiki lineages.

In 1938, Dr. Hayashi trained Hawayo Takata, a Japanese-American woman from Hawaii, as a Reiki Master. Sensei Takata later introduced Reiki to the Western world, playing a crucial role in its global dissemination.

Dr. Chujiro Hayashi's dedication to Reiki helped establish it as a recognized healing modality in Japan and paved the way for its expansion worldwide. His teachings and contributions continue to influence Reiki practitioners and teachers around the globe, contributing to the ongoing evolution and practice of Reiki as a holistic healing art. Dr. Hayashi committed seppuku, a Japanese form of ritual suicide, in 1940.

Hawayo Takata was a Japanese-American woman who played a pivotal role in the popularization and spread of Reiki in the Western world. Born on December 24, 1900, in the village of Hanamaulu on the island of Kauai, Hawaii, Sensei Takata's various challenges marked early life, including the death of her husband and subsequent financial struggles during the Great Depression.

In 1935, Sensei Takata traveled to Japan seeking treatment for health issues. While there, she received Reiki healing sessions at Dr. Hayashi's clinic in Tokyo and experienced significant improvement in her health. Shocked by the treatment results, Sensei Takata sought to learn the practice herself. After completing her Reiki training with Dr. Hayashi, Sensei Takata returned to Hawaii and began practicing Reiki. She opened a Reiki clinic in Hilo, Hawaii, where she offered healing sessions and taught Reiki to others. Sensei Takata's Reiki clinic gained popularity, attracting patients seeking relief from various physical and emotional ailments.

Many people attribute her with introducing Reiki to the Western world and spearheading its spread beyond Japan. She traveled extensively throughout the United States and Canada, offering Reiki treatments and teaching Reiki classes. Sensei Takata adapted the teachings of Reiki to make them more accessible to Western audiences, emphasizing practical techniques and avoiding some of the traditional Japanese terminology. It is said that she misrepresented Reiki's history to make it more appealing to the West by relating Reiki's development to Jesus Christ instead of Buddhism. She also taught that Sensei Usui was a dean of a Christian school and that the story of Jesus Christ inspired him. Some believe that Sensei Takata taught Reiki to Westerners to safeguard its future, as she feared it would become extinct. Besides teaching Reiki, she started and trained Reiki Masters, empowering them to continue the lineage and spread Reiki further. She established the Usui System of Natural Healing, which became the foundation for Reiki practice in the West.

Despite taking creative license with the history of Reiki, she played a crucial role in helping Reiki gain recognition as a respected healing modality in the Western world. She passed down her teachings through many Reiki lineages, contributing to the widespread practice and appreciation of Reiki as a holistic healing art.

Today there are thousands of people practicing Reiki and millions who have tried it. It is a complementary therapy in healthcare, with many hospitals offering it to patients. There are multiple studies on the effectiveness of Reiki and how it helps people recover from surgery, relax, and heal faster. All of this progress occurred in the Western world because of Sensei Takata. Sensei Hawayo Takata passed away on December 11, 1980, leaving behind a legacy that continues to influence Reiki practitioners worldwide.

Teacher Notes-Reiki Principles

1. When going through each one, have open discussion to relate it to real life of trainees. Get their opinions on how these show up in their work with patients or others.
2. Class activity: break up in groups to discuss why these principles are important for a Reiki healer or anyone in the medical field. Allow one person to speak for the group when everyone is brought back together.
3. Recommend trainees use these principles as meditations or affirmations for the first two weeks after their attunements. Suggest one a week or all five in a day, let it be their choice.



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