



This Reiki manual 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:
Trainee Edition**
By LaTanya L. Hill, JD

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TRAINEE EDITION

REIKI AS A
COMPLEMENTARY THERAPY
FOR PATIENT CARE



IMREIKINOW

LATANYA L. HILL, JD, KA REIKI MASTER TEACHER

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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 Notes:

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 Hayayo Takata

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passed away on December 11, 1980, leaving behind a legacy that continues to influence Reiki practitioners worldwide.

Section Notes:

Section 4.

Reiki Defined

Reiki is a holistic healing practice that originated in Japan in the early 20th century and is a “hands-on” and “hands-off” method that channels universal energy into the body. The word Reiki comes from two Japanese characters, “Rei” which means “Universal wisdom” or “the higher power,” and “Ki” which means “life force energy.” When combined, they form “Rei-ki,” meaning “Universal Life Force Energy.” It is thought to be a conscious energy that understands where assistance is needed the most. Therefore, it can and will go anywhere in the body or the auric field where there is an imbalance or trauma. This means that while you can position yourself in one area, Reiki will also flow to other areas where it is most needed. It also means that you can be in a completely different place and still send Reiki distantly to a patient. This practice is aptly called Distant Reiki. Performing Distant Reiki is an obvious benefit for clinicians who are working with patients undergoing surgery or treatment or who may be in situation where there is limited access.

In metaphysical terms, energy refers to an essential, incorporeal force or essence that permeates the universe and all aspects of existence. Reiki practitioners consider Reiki as energy that infuses and invigorates all life forms, allowing them to channel and, at higher levels, transmute energy to assist in the healing process. Therefore, by using Reiki energy, it is possible to stimulate relaxation, balance, and well-being on a physical, mental, emotional, and spiritual level. There also is never any harm using Reiki, only benefits.

As a healing method, Reiki is not necessarily something that most people seek out. A lot of healers say that Reiki “called them.” I will agree that even for me, I felt and believe I was summoned by the Universe to practice Reiki. The prior paragraph offers a common definition of Reiki, but for me, Reiki is a healing practice that not only helped me to heal while I was in treatment, it helped me change my

mental and emotional health for the better. I had been in a state of depression and had a morose perspective on life because of my health. I could not see light in the pain I was enduring. To make it worse, my work environment at the time was extremely hostile with my superiors taking advantage of my physical condition to attempt to make me quit work.

Reiki came into my life at the appropriate time to help me endure until it cleared away the fogginess from my eyes. Literally, there were calcium deposits coming out of both eyes after self-Reiki sessions and attunements. At one point, I couldn't see out of my right eye due to the Reiki cleansing because it made everything so bright it was painful. I wore shades all day for two days. However, once the cleansing was done, the entire world not only looked brighter and clearer, it felt different. I was happy. I, for once in my life, was content with who I was as a person. I could "see" outside myself and realize that I am a wonderful human full of light and spiritual energy who has flaws, but is perfectly imperfect, a child of the Cosmos. This is what Reiki brought out of me and to me. In addition to healing me and increasing my healing ability, it elevated my spiritual vibration. I see people differently. I understand the struggles we all live through and I accept where a person is in this world. In the end, I am at peace with me and I always want people to be happy in their decision about their life. So, you see, Reiki can be so much more if you allow it to integrate into your energetic system completely.



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