



Welcome to the Wonderful World of

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Reiki



Part 3

Reiki Practitioner Certificate

for all certificates

Reiki Healing & General Guidelines

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An Energetic Picture of The Body

- Our body is composed entirely of energy at different levels of vibration or frequencies
- Bones have the slowest vibrations
 - Then muscles
 - Organs
 - Blood
 - Energy systems

It is frequency that determines form



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An Energetic Picture of The Body

Our body is composed entirely of energy at different levels of vibration or frequency. The concept below will give you another understanding of vibration in the body:

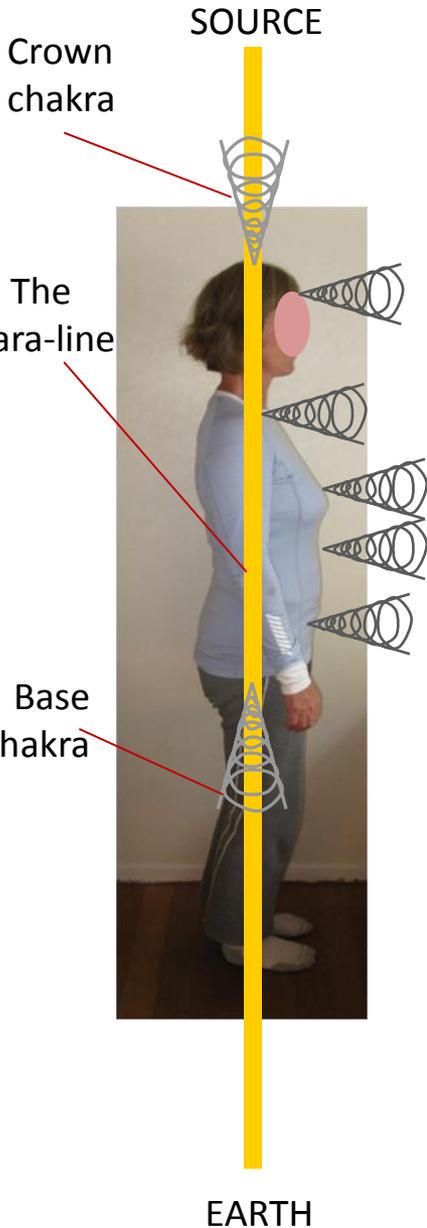
The slowest vibrations in our body make up our bones and then higher vibrations make up our muscles, then our organs, and our blood, until we arrive at even higher vibrations that make up our energy systems.

Therefore, the whole of our body and all of our energy systems are vibrating at different frequencies. And so everything on the planet vibrates at different frequencies and, therefore, manifest in different forms. Hence, energy and matter are really different forms of the same thing. It's basically the frequency that determines the form that material things are in.

It doesn't matter what it is, whether it's a tree or whether it's something in our home, whether it's sound, animals, people or just objects; they all vibrate at different frequencies.

So you can see from this picture that we can't separate ourselves from energy

How Does the Reiki Energy Flow



- Through the top of the head or crown chakra
- Through the channel down through the center of the body called the hara-line
- Energy is also drawn in to the body by the chakra system
- Follows the meridian pathways to the reflexology points in the hands and feet
- And then out to every cell of the body
- Energy surrounds the body in a field called the aura.



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(From Part 1 Intro to Reiki)

How Does the Reiki Energy Flow

So let's take a look at how the Reiki energy flows through your body.

On the left hand side above you can see a diagram of the energy, or the life-force energy (entering) flowing through the crown or the top of your head, through the center of your body and down into the Earth. That is called the hara-line.

- From out of the Hara-line you can see the chakra system. In the diagram, you can see the front chakras on the body ,but there are also chakras at the back of the body, and they too connect into the Hara-line.
- The energy is also drawn into your body through the chakra system. Then it follows the meridian pathways through the body. You may already know or have heard of them. These are addressed in acupuncture.
- Next, the energy flows into the reflexology points in your hands and feet
- Then it goes out to every cell of your body

Aura

You probably know or have already heard of the aura. The energy surrounds us in this field called the aura, but as well as this, the life-force energy is outside of our aura. So we are always walking in a sea of energy.

I can feel the life force or Reiki energy when I am doing hands-on healing very strongly in my hands and usually in my feet as well. (There are chakras in both your hands and feet, and the feet chakras are connected into the Earth). Also, when I am very open, I can feel the energy coming into my crown and at times in different areas of my body.

(From Part 4 Working with Animals)

Signs of avoidance cont/d...

Develop Trust

If the animal has been abused, then of course you need to develop trust first. A way that you can do that is to work off the animal's body at first. You could even just direct the energy to them wherever they are.

If you're working with an animal that has been injured or sick, then I would be gently persistent with them. I would give them a little bit of Reiki and then allow them to leave, and then I would call them back again or I'd ask the owner to call or bring them back. Then I'd apply a little bit more Reiki and then allow them to leave again.

By allowing them to leave they're learning that they can trust and also that Reiki is harmless. In actual fact, when they tune into the energy they'll find that they'll really start enjoying it.

One of the other things to bear in mind is to leave sensitive areas to last. For instance, a lot of animals are sensitive around their head. So if you find that they're moving away and trying to avoid you, then leave it and go back later on at the end of the session. Usually what happens is the animal will be a lot more accepting of Reiki when you do this.

On the next page is an example of sessions with an avoidant dog

Avoidant Boxer

First Session

He came to me for Reiki for a cruciate ligament rupture. I had used him for a demo at his dog groomer's, thus he was quite used to going to that particular place, but whilst I was demonstrating Reiki on him he was quite resistant to receiving it. He would accept a little bit and then he would leave, and then we'd call him back and I'd give him a little bit more, and then he would leave again. So he wasn't really sure about receiving Reiki partly because he wasn't sure of me, partly because he wasn't sure of Reiki, and in the past he had been abused. That was one of the big issues; he wasn't confident with people and particularly new people.

Second Session

On the second session he came to my clinic and the first thing he did was hide under the table. So I just sent Reiki to him there for a while. Then his owner called him out and he accepted a little bit of Reiki hands on, and then we'd let him leave again so that I was not putting too much pressure on him. (If animals know that they can leave it feels a lot safer for them.) Then we'd call him back and he'd accept a little bit more.

Third Session

And then on his third session it was really obvious that he was much more settled and not anxious at all. During his session, the interesting thing was that when I got to his rear end, to his hips, where the pain obviously was because of the cruciate ligament rupture, he was quite resistant to me working around that area. So bear in mind that you will probably experience resistance if you're working with animals that are injured. The best thing to do in this case is to work hands-off, and that's usually fine – they will accept it.

Guidelines for Using Reiki for Dogs cont/d...

(From Part 6 Energy Balancing for Pets)

4. Session Completion

In the horse energy balancing part I talked about that it's really important to ground horses. What you'll find with most dogs is that they are pretty well grounded, but if you come across dogs that are nervous or they've been traumatized, I would definitely ground them.

What happens when animals, and people as well, are traumatized, they tend to disassociate from their body. What that means is that they come out of their body energetically. When that happens they don't feel their body so much, therefore, they don't feel the pain so much. I've experienced that so I know what it's like and I guess that's why I can tune into it quite easily with animals that are disassociated from their body or ungrounded.

Of course, you can check whether they are grounded or not, like we do with horses. You just place your hand on their paw or say their two front paws with your fingers touching the ground. If you can feel energy such as a little buzzing or heat going into the ground then you know that they are grounded.

When you've completed the session wash your hands. This will stop the energy flowing. If you have been working with your own dogs and completed all of the sessions it's good to wash your hands.

Something else to be aware of is if you can feel the energy is quite heavy in your hands after you have completed the session. You wouldn't necessarily feel that after energy balancing, but later on when you do the chakra or full treatment, then I would definitely wash your hands because it's going to cleanse the energy from your hands that may be held there. Also, the energy is going to stop flowing as well. With your own animals you may want the energy to be flowing all the time, so you can wash your hands if they feel heavy and intend that the energy continues to flow to them.

(From Part 8 Chakra Treatment Guidelines)



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Chakra Treatment Guidelines



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A great treatment for horses and larger pets, but not usually done on very small animals. However, you could try using your finger tips for small animals.

For cats you can follow the same hand positions as for dogs

- Take note of the attitude of the horse or pet before starting a treatment. Also notice any differences in the animal and yourself after the session
- Ask the owner or recipient for an intention
- Listen to your hands. If your hands switch off before the treatment time is up for each position move to the next hand position.
- Note down any changes, benefits, improvement etc



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(From Part 8 Chakra Treatment Guidelines)

Reiki Cautions – Animals

Now we're going to have a look at the Reiki cautions for animals – it's really important to know these.

Medication

As I said before, Reiki accelerates the healing process so you need to be mindful of the following:

- For instance, if you're going to give regular Reiki to an animal who's on medication, you need to monitor any changes that the animal may have because the Reiki is believed to accelerate the effect of medication and to also make it stronger. In this case, the dosage may need to be reduced because of the fact that Reiki can potentise it.
- Another thing, after you've been giving Reiki to an animal for a while, Reiki can also help to bring the tissues that are receiving Reiki back to full functioning. So, if that's the case, then the animal's not going to need or need so much of the medication that it's on. Of course, you have to work along side a vet in this situation.
- So if you're working with somebody else's a horse or pet, then you need to find out whether the animal's on medication and to let the person know to be aware of any changes. If there are any changes, to relay that back to the vet as the dosage may need to be adjusted.

Water

Another thing that you need to be mindful of, and I guess most people are who have animals, is that there's water available all the time, particularly after they've had a treatment. Drinking plenty of water will help to cleanse out any toxins that are being released back into the circulatory system. That's why that's important.



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The Chakras – Pets

Brachial Chakra: Tuning In

Position: Neck

- Stay in this position until you feel the energy stop
- Covers the brachial plexus which is a bundle of nerves that innervates the head, neck, chest and forelimbs
- It benefits those areas

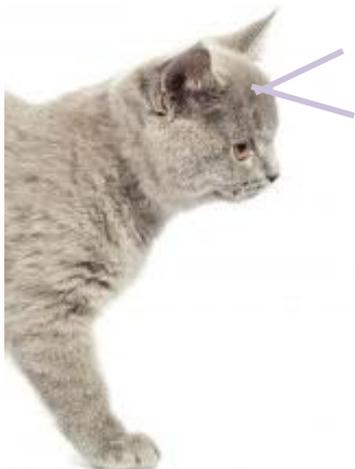


Brow Chakra or Third Eye : Position 1

Position: Forehead

Endocrine gland: Pituitary – the master gland.

Benefits: relates to the ability to learn and calmness. This position helps the central nervous system, craniosacral system and spine. It may also affect the female reproductive cycle, growth, metabolism and the adrenals



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The Chakras – Pets

Let's move onto the chakras.

Brachial Plexus

The first chakra we will look at is the brachial chakra which isn't one of the major chakras. This chakra is where you place your hands for tuning in. When you're at this hand position you're also nourishing the brachial plexus, which is a bundle of nerves that innervate the head, neck, chest and forelimbs. So when you're tuning in you will also be benefiting those areas.

Brow Chakra

The next chakra is the brow chakra which is in the middle of the forehead. This is where the life force energy enters the main energy channel through the body called the hara line. Now, the hara line goes all the way through the animal's body from the third eye, follows the spine and comes out at the perineum which is below the anus. As the life force energy enters through this chakra it's really important that it is open.

The endocrine gland that is associated with the third eye is the pituitary or the master gland.

Benefits

This position will help benefit the ability to learn and for calmness. Also, as you are applying Reiki to the brain, it's a hand position that will help the whole body through the central nervous system. Healing here may also benefit the female reproductive cycle, growth, metabolism and the adrenals due to the pituitary being the master gland.

(From Part 11 The Healing Process and Intuition)



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Pet & Horse History

If you can, find out:

- The health history of the pet or horse: has she been sick in the past?
- What injuries has he had?
- Have they been in contact with sprays?
- What is the water source – is it clean or could it be contaminated?
- What is in the immediate environment that could be toxic, poisonous or stressful? E.g. noise, pylons, factory, traffic...



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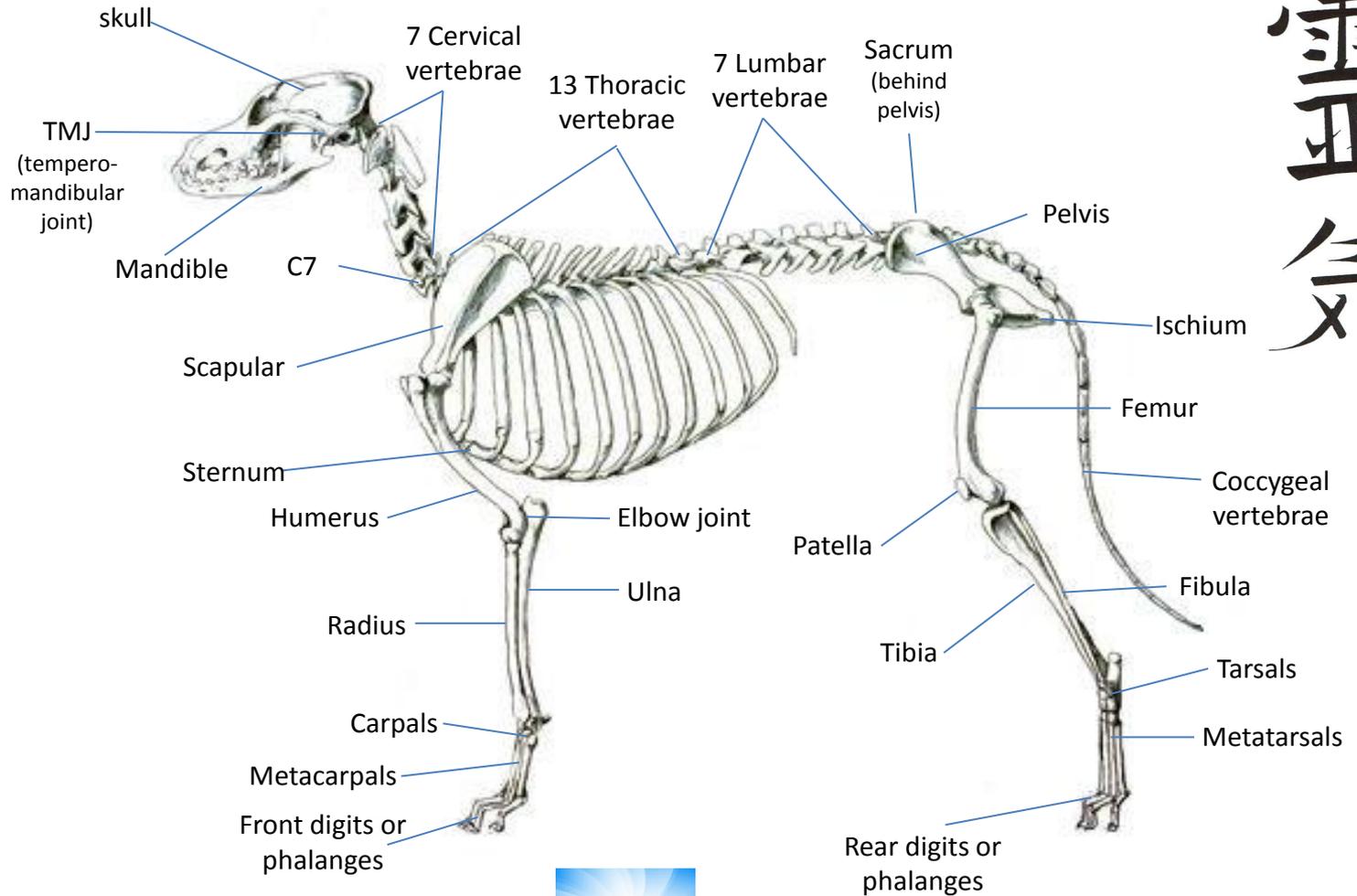
Canine Skeletal System



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CranioSacral Techniques

(From Part 14 Craniosacral Techniques)



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Dural Tube Release cont/d...

- Take hold of the dock or tail with one hand and gently pull it away from the spine. Follow the angle of the croup or spine



Angle of
tail pull



- It's a very light pull like very gently pulling an elastic band.
- If you pull too hard the band will not stretch but will resist you.
- Once the elastic band stops hold the same amount of pull.
- You will feel either sideways, circular or up and down movements – make sure you follow the movement.
- Follow any movement with your Reiki hands.



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