

# REIKI LEVEL 1

REIKI TRAINING

PEACE IN ME - LEONIE PALFI ©

# CONTENTS

## THE BASICS

- What is Reiki
- History of Reiki
- Emotions as Energy in motion
- Reiki as a key to the subconscious
- Rei & Ki Definitions

## LETS GO DEEP

- Reiki for everybody
- The Reiki attunement
- The Reiki detox
- How Reiki works
- Benefits of Reiki

## READY TO PRACTICE

- The five Reiki principles
- How to do a self-treatment
- Procedure on treating others
- Physical Anatomy & Important Glands
- Cleansing & Grounding Rituals
- Ethics of practicing Reiki



# Hello!

How wonderful it is that this manual has reached you! I'm Leonie, and I will be your guide as you embark on your journey to achieve your Reiki Level 1 certification.

My own experience with Reiki has been transformative, awakening a part of myself that had been dormant for a long time.

In the past, I often let the expectations of society and my surroundings dictate my life, leading me away from my true self.

However, practicing Reiki on myself and others has infused my life with magic. I am excited to support you on your path.

*Leonie*

[peaceinmeofficial.com](http://peaceinmeofficial.com)

Instagram: [peaceinme.official](https://www.instagram.com/peaceinme.official)

MODULE

---

# The Basics

# WHAT IS REIKI?

## What does “Reiki” mean?

Reiki is an alternative therapy that began in Japan in the early 20th century. The term "Reiki" combines two Japanese words: "rei," meaning universal, and "ki," which signifies life energy or life force. It is thought that a universal life energy flows through all living things, and this energy can be harnessed to foster healing, relaxation, and overall well-being.

## How does “Reiki” work?

In a Reiki session, the practitioner gently places their hands either on or just above the recipient's body, channeling energy through themselves into the recipient. They may concentrate on particular areas of the body or simply let the energy flow to where it is most required.

It is believed that channeling Reiki energy into the body facilitates the restoration of physical, mental, and spiritual well-being. When Reiki energy flows freely, you experience a sense of calm, resilience, and happiness – a feeling of being truly alive. Conversely, when the energy is obstructed or disrupted by blockages, you may be more susceptible to illness, stress, or various physical and emotional health issues.

## How it all started - Mikao Usui

The Reiki system practiced today was established in the early 1920s by the Japanese Buddhist Mikao Usui, who was born in 1865.

Prior to his enlightenment and attunement to Reiki, Usui faced significant turmoil, both internally and externally. After reaching a low point in his life, he began to contemplate his experiences more profoundly.



Q1

## Changes

In search of inner peace, he joined a monastery, but after three years, he still felt a sense of emptiness. As a last-ditch effort for redemption, Usui undertook a pilgrimage to Mount Kurama, a sacred mountain in Japan, where he fasted and meditated for 21 days.

## Enlightenment

According to legend, on the 21st day, a brilliant light illuminated the crown of his head, granting him the miraculous ability to channel healing energy.

## Sharing is caring

Filled with a deep sense of tranquility, he attained enlightenment and became connected to Reiki. Eager to share this universal gift he had received, Usui established a Reiki institute in 1922, where he began teaching and offering treatments to the public.



In 1923, when an earthquake struck, Tokyo was engulfed in a massive fire. During this tumultuous time, Usui cared for countless sick and injured individuals.

As a result, Usui's reputation soared, and it is believed that he taught over 2,000 students, hoping to guide others toward the enlightened state he had achieved on the mountain.

Before his passing in 1962, Usui initiated 16 Reiki Masters, including Churijo Hayashi, who played a key role in introducing Reiki to America, alongside the remarkable student Hawaya Takata, whom we continue to honor today.

“

EMOTIONS  
ARE ENERGY  
IN MOTION



Let's begin by delving into a fundamental understanding of emotions, which may challenge your previous perceptions. Essentially, emotions signify the flow of energy within the body, felt as either a constricting sensation, like tension, or an expansive feeling, such as calmness. Interestingly, the word "emotion" is derived from the Latin term 'emotere', which translates to energy in motion.

When we obstruct the energy flow in our bodies, emotions can become trapped in our cells. Various coping mechanisms, including dissociation, addiction, perfectionism, self-criticism, and judging others, can exacerbate this issue.

Unresolved or unprocessed stressors can lead to energy buildup and stagnation in the body. This stagnation may create blockages and diminish the flow of life-force energy. It is believed that diseases manifest in the energetic body before they affect the physical body.

Research indicates a link between suppressing emotions and a decrease in immune system efficiency. When your immune system is weakened, you might encounter more frequent illnesses and prolonged recovery periods. Additionally, repressed emotions can lead to mental health issues such as stress, anxiety, and depression, which often present with physical symptoms including:

- muscle tension and discomfort
- nausea and gastrointestinal problems
- fluctuations in appetite
- fatigue and sleep disturbances

Childhood trauma, which can trigger repressed emotions, may also contribute to chronic illnesses. Moreover, unresolved anger can result in serious health complications. Challenges in expressing anger in a healthy way may elevate the risk of developing conditions such as:

- high blood pressure
- digestive issues
- cardiovascular disease

# REIKI AND THE SUBCONCIOUS

## The Body & Mind connection

There exists a profound connection among the physical, mental, and energetic bodies.

For instance, during a Reiki session, the energetic body is impacted first, which may lead the mind to respond with insights or memories resurfacing, while the physical body might experience sensations such as tingling, warmth, or feelings of lightness or heaviness.

Today, there are many modalities designed to influence the physical, mental, or energetic aspects of our being. For example, psychotherapy and hypnotherapy focus on mental processes, while yoga targets physical dimensions.

## Why choose Reiki?

As humans, we often rely on our minds to heal themselves, which can sometimes hinder our progress.

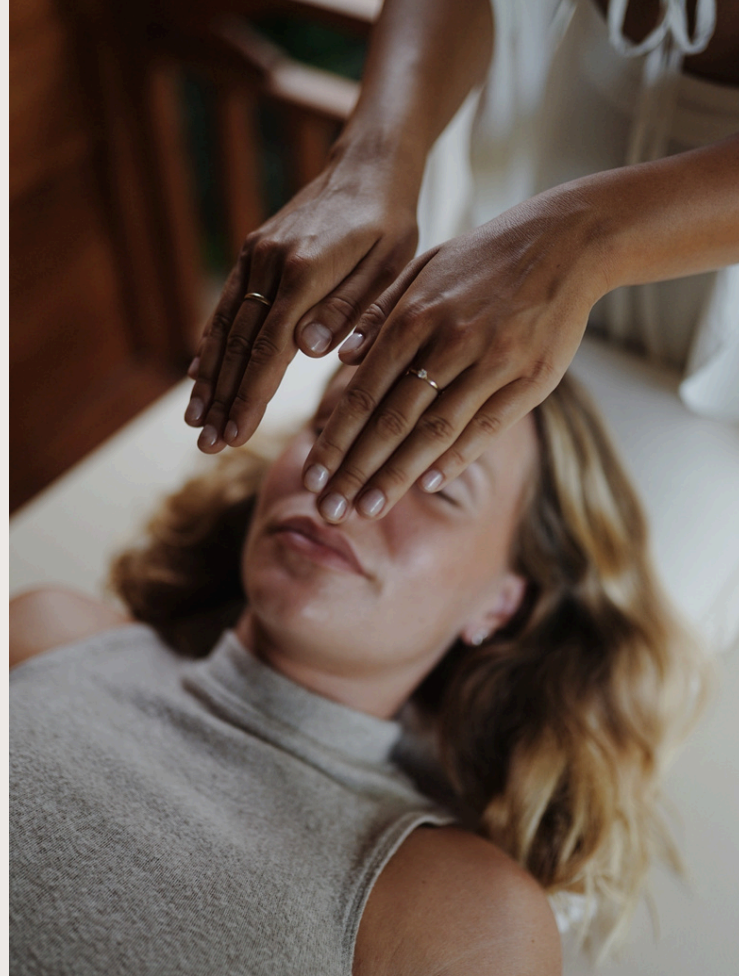
When we engage with the energy body, we operate at a subconscious level. Reiki provides a pathway to bypass the conscious mind and access the subconscious psyche, even when we may not consciously desire it. This allows Reiki to address unprocessed emotions that are held within the subconscious.

By facilitating the release of these unprocessed emotions, Reiki can help create new neural pathways, leading to significant transformations in how we feel, think, and navigate the world.

“

## DEFINITION OF REIKI

Reiki comes from a Japanese Kanji - a language symbol that is split in two halves: “Rei” and “Ki”.



### Definition “Rei”

In Reiki, the term "Rei" translates to "universal" or "spiritual." It embodies the concept of a higher intelligence or universal consciousness that exists within everything.

## Definition "Ki"

The "Ki" energy is the vital force that sustains and invigorates our lives. When our life energy flows freely, we experience physical well-being and emotional balance. Conversely, when this energy becomes stagnant, we may feel stress and exhaustion in both body and mind. Various beliefs exist regarding the presence of "Ki" within us. Some researchers assert that Ki moves through our nervous system, while others contend that it is transmitted through the water in our bodies..

## What weakens our "Ki"

When life energy diminishes, it can weaken our "Ki" in several ways:

- Overconsumption of alcohol, drugs, and tobacco
- Inadequate exercise
- Insufficient sleep or rest
- Limited time spent in nature
- Absence of meaningful relationships
- Negative thoughts, words, and behaviors
- Exposure to environmental toxins in air, water, food, or products
- Ineffective breathing patterns

High levels of stress

MODULE

---

Lets go deep