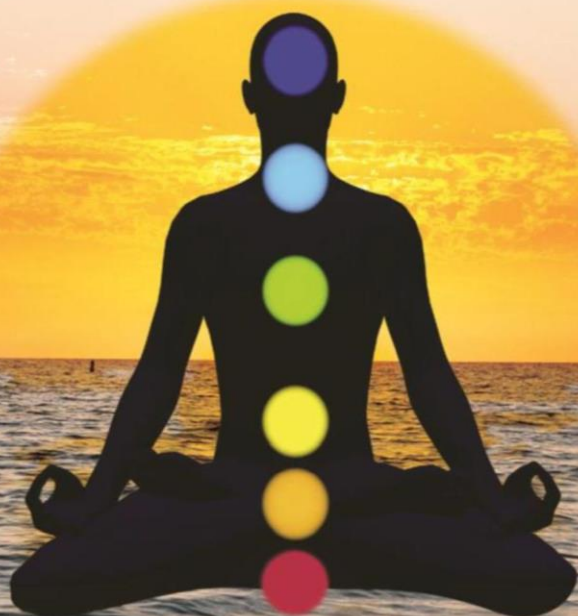


PRACTICAL MANUAL OF

REIKI

FIRST DEGREE



RK SHARMA

Practical Manual of Reiki
First Degree

Publishing-in-support-of,

FSP Media Publications

RZ 94, Sector - 6, Dwarka, New Delhi - 110075
Shubham Vihar, Mangla, Bilaspur, Chhattisgarh - 495001

Website:*www.fspmedia.in*

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ISBN:978-93-6026-175-7

Price: ₹ 265.00

The opinions/ contents expressed in this book are solely of the author and do not represent the opinions/ standings/ thoughts of Publisher.

Printed in India

Practical Manual of Reiki First Degree

By

RK SHARMA

REIKI POWER

Reiki Power: Reiki Training, Treatment & Research Centre is registered institution as per law of Delhi Govt. Reiki Power is in the divine service of providing Reiki, Training and Reiki Treatment. The motto of this institution is to provide the maximum happiness to the maximum people for the maximum time.

Reiki Power: Reiki Training, Treatment & Research Centre. In this logo two hands is giving Reiki to the universe. It represents the idea of

Let all beings be happy

Let all beings be peaceful

Let all beings be blissful



RK Sharma
(Reiki Grand Master)

RK Sharma received Reiki in 1998. He is in the divine service of providing Reiki Training and Treatment. A number of Reiki healers, Masters and Grandmasters are accompanied by Mr. Shamra all over the globe.

Notice to the Prospective Students

The purpose of this manual is to give relevant knowledge and to guide the beginners. The ability to channel Reiki energy can not be obtained by reading this manual. There is a specific procedure of Attunement which is performed by any qualified Reiki Master. Only after receiving the Reiki Attunement you will be able to channel or use Reiki energy.

The method or any idea mentioned in this manual is only for the use of Reiki Channel. This manual is not for the open circulation or distribution among the non Reiki channel.

RK Sharma
Reiki Grand Master

Acknowledgements

First of all I would like to express the attitude of gratitude towards almighty and then off course I am very thankful to all whoever inspired or helped me to complete this manual.

I specially thank and acknowledge all Reiki healers and teachers for their noble service to the mankind.

RK Sharma

Reiki Grand Master

Course of Contents

S.no	Title	Page No.
01.	Introductions of Reiki	01
	▪ What is the meaning of Reiki	01
	▪ What is Reiki	01
	▪ Benefit of Reiki	02
	▪ Principle of Reiki	02
	▪ Levels in Reiki	03
02.	History of Reiki	04
	▪ About Mikau Ususi	04
	▪ About Chujiro Hayashi	05
03.	Attunement	06
	▪ What is Attunement	06
04.	Self Healing	07
	▪ Self Healing (Infected body part)	07
	▪ Self Healing (Seven Chakras Healing)	10
	▪ Self Healing (Full body)	21
05.	Others Healing	34
	▪ Others Healing (Infected body part)	34
	▪ Others Healing (Seven Chakras Healing)	38

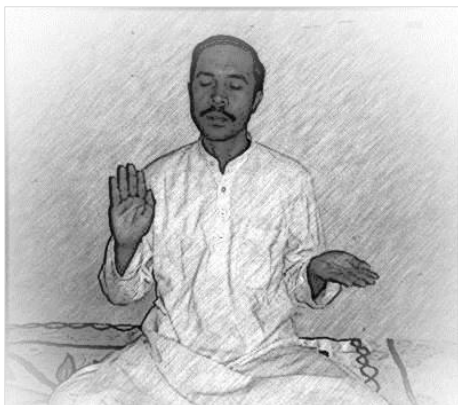
▪	Others Healing (Full body)	42
06.	About Seven Chakras	46
▪	Seven Chakras and related Location	46
▪	Seven Chakras and related Gland	47
▪	Seven Chakras and related Colour	47
▪	Seven Chakras and related Sound	48
▪	Seven Chakras and related Disease	49
07.	About Aura	50
▪	What is Aura	50
▪	Aura Scanning	50
▪	Aura Cleaning	51
08.	Water Charging	53
09.	Goal Achieving	58
10.	Well Wishing	64

What is the meaning of Reiki?

The word Reiki has been derived from Japanese language. It has two Kanji. Rei and Ki. Rei means universal and Ki means Energy. Thus Reiki means Universal Energy.

What is Reiki?

The meaning of Reiki is “Universal Energy”. As we all know this whole universe is made of energy or full of energy and as per physics neither it can be created nor it can be destroyed it can be transformed only. Further science tells that energy transfers from high to low. Thus Reiki is a technique that enables a healer to receive the universal energy, transform it to desirable form and transfer towards needful subject.



Reiki Healing Process

Benefit of Reiki

- Disease Healing
- Relation healing
- Addiction healing
- Goal Achieving
 - Reiki develops and maintains the immune system.
 - It helps to increase the energy levels.
 - It improves not only the confidence level, but also the overall personality of a person.
 - It reduces stress, provides relaxation and enables one to handle pressure.
 - It can also be used as a complimentary therapy in conjunction with conventional therapies.
 - It helps one to recover from chronic and acute medical problems.
 - Reiki promotes creativity and enables one to think in a positive manner.
 - It can be used on every living being, including pets and pregnant ladies.
 - Since Reiki is a positive energy, it never harms anyone in any manner.

THE FIVE REIKI PRINCIPLES

I - Just for today, I will not be angry.

II - Just for today, I will not worry.

III - Just for today, I will be grateful.

IV - Just for today, I will do my work honestly

V- Just for today, I will be kind to every living thing.

Levels in Reiki

1. Reiki First Degree
2. Reiki Second Degree
3. Reiki Master Healer (Reiki 3 A)
4. Reiki Master Teacher (Reiki 3 B)
5. Reiki Grand Master

PRACTICAL MANUAL OF

REIKI

F I R S T D E G R E E

As we all know this life is not the bed of roses. Happiness and Sorrow, Sweet and Sour, Joy and Pain, Day and Night all are made for human. No one can change the nature. No one can take other's pain but we can try to reduce the suffering by various ways. Reiki is one of them. Reiki is the easiest way to add smile on sad faces. This book "Practical Manual of Reiki First Degree" will guide you to use Reiki for Health, Peace and Prosperity.



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ISBN 978-93-6026-375-7

