



Usui System of Natural Healing School of Reiki

A Division of QiSsage Body Systems, LLC

www.qissagebodysystems.org

靈氣 *REIKI NEWSLETTER* 靈氣

Summer Issue, Vol. 3

Usui Shiki Ryoho

June 2011



Just for today, do not worry.

Just for today, do not anger.

Just for today, honor your parents, teachers & elders.

Just for today, do your work honestly.

Just for today, show gratitude to every living thing.

REIKI STYLES & FORMS

As an eclectic healing modality, Reiki has very many forms and styles that have been created or passed down since its inception.

Dr. Chujiro Hayashi who was initiated into Reiki by Dr. Usui developed his own style of Reiki using hand techniques based on eastern traditional healing techniques.

Today, there are traditional as well as non-traditional styles being used.

The following is an A-Z list of forms and styles based on those listed in the book, "Reiki, 200 Questions and Answers for Beginners" by Lawrence Ellyard.

Adama Starfire Reiki
Alef Reiki
Amanohuna Reiki
Angelic Raykey
Angel Touch Reiki
Anugraha Reiki
Ascension Reiki
Authentic Reiki
Blue Star Reiki
Brahma Satya Reiki
Buddho Ennersense Reiki
Dragon Reiki
Dorje Reiki
Fusion Reiki
Gakkai Reiki
Gendai Reiki
Golden Age Reiki
Ichi Sekai Reiki
Imara Reiki
Innersun Reiki
Japanese Reiki
Jikiden Reiki
Jinlap Maitre Reiki
Johrei Reiki
Kava Reiki
Karuna Ki
Karuna Reiki
Ken Reiki-do
Kundalini Reiki
Lightarian Reiki
Magnussa Phoenix Reiki
Mari El
Medicine Buddha Reiki
Medicine Dharma Reiki
Medicine Reiki
Monastic Seven Degree Reiki
New Life Reiki

Ni Kawa Reiki
Osho Neo Reiki
Radiance Technique
Rainbow Reiki
Raku Reiki
Reiki Jin Kei Do
Reiki Plus
Rei Ki Tummo
Sacred Path Reiki
Sai baba Reiki
Saku Reiki
Satya Japanese Reiki
Shakyamuni Reiki
Siddhearta Reiki
Silverwolf Reiki
Seichim or Seichem
Sun Li Chung Reiki
Tanaki Reiki
Tera-Mai
Tibetan Soul Star Reiki
Universal Reiki Dharma
Usui-Do
Usui Reiki Ryoho
Usui Shiki Ryoho
Usui Reiki
Usui Universal Healing Reiki
Varja Reiki
Violet Flame Reiki
Wei Chi Tibetan Reiki

Because of the nature of this modality, there is no "right" style to practice. One must investigate the style that is best suited for them.

REIKI ATTUNEMENTS

The attunement process is a very powerful spiritual experience. During the attunement process (*administered by a Reiki Master/Teacher*) energies are channeled into the student. It is guided by the Rei or God-consciousness and makes adjustments in the process depending on the needs of each individual student being attuned. Reiki guides and other spiritual beings may also help implement the process. Many report having mystical experiences involving personal messages, healing, visions, and past life experiences.

The attunement can also increase Psychic sensitivity may also be increased during an attunement. Students often report experiences involving: opening of the third eye, increased

intuitive awareness, and other psychic abilities after receiving a Reiki attunement.

The Reiki attunement can start a cleansing process that affects the physical body, mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful. Therefore, a process of purification prior to the attunement is recommended to improve the benefit one receives.

DR. USUI'S JRT: JAPANESE REIKI TECHNIQUE

JRT or Japanese Reiki Techniques are exercises and techniques that Dr. Usui used and considered essential to Usui Reiki system.

The first three techniques are called, "Three Pillars." Below are listed these three techniques

Three Pillars-

Gassho Meditation-two hands come together

Reiji-ho - indication of the spirit

Chiryō - treatment

Additional positions are also listed with their loosely translated meanings:

Additional positions-

Kenyoku - dry bathing

Joshin Kokyuu-Ho - breathing method

Byosen - scanning

Reiki Mawashi - current group exercise

Shu Chu-Reiki - concentrated group exercise

Enkaku Chiryō - sending treatment

Seiheki Chiryō - habit healing treatment

Koki-ho - breathing method

Gyoshi-ho - send Reiki with the eyes

Reiki Undo - Reiki Exercise

Hesso Chiryō - navel healing technique

Jack-Kiri Joka-ho - release negative energy

Genetsu-ho - reducing a fever technique

Byogen Chiryō - treat origin of disease

Hanshin Koketsu-ho - blood exchange

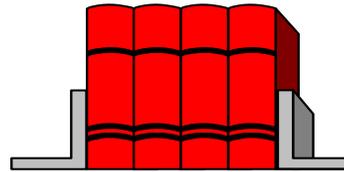
Tanden Chiryō - Tanden treatment

Gedoku-ho - detoxification treatment

Dr. Usui had a manual that he gave to his students that included these exercises and techniques. He practiced in a less structure way than we do in the west. He relied more on his intuition and inner sensitivity when giving treatments. He didn't use the standard set of hand positions as taught by Hawayo Takata who was a student of Dr. Chujiro Hayashi.

CONTRIBUTING REIKI ARTICLES

BOOK REVIEW



Title: *The Hayashi Reiki Manual*
Author: Frank Arjava Petter
Tadao Yamaguchi
Chujiro Hayashi
Publisher: Lotus Press
Copyright: 2003
ISBN: 0-914955-75-6
List price: \$19.95
Reviewer: Anonymous

Dr. Chujiro Hayashi, student of Dr. Usui, developed his own style of Reiki and became the teacher of Hawayo Takata who introduced Reiki to the West.

Dr. Hayashi, who was a naval officer and naval doctor, probably created most of the hand positions used in western world. These positions were based on eastern traditional healing methods, such as Traditional Chinese Medicine and the acupuncture system. They are very well featured throughout this book. The reader will obviously get a great education in both acupuncture points and Reiki hand techniques.

This book also reflects the story of Dr. Hayashi with previously unpublished photos. It photographically depicts the main exercises of the Hayashi system, blood circulation technique and specific documents of Dr. Hayashi.

The authors, Petter and Yamaguchi, were taught by Chiyoko Yamaguchi who was a student of Dr. Hayashi.

SUBMIT AN ARTICLE

Email submissions should be sent to qbsreikieditor@aol.com. All postal mail submissions must be sent to:

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Usui System of Natural Healing School of Reiki

(A Division of QiSsage Body Systems, LLC)

SCHOOL PRE-REGISTRATION FORM

Yes, I would like to pre-register for the upcoming Usui System of Natural Healing School of Reiki 2011 classes. Below, I have circled which class(es) I am interested in attending. I understand that there are prerequisites for classes above level II however, there are no prerequisites for the entry Level I.

I am interested in attending (*circle your choice*): **(Locations in South Jersey to be announced)*

Reiki Level I Reiki Level II ***SPECIAL:** Reiki Level I & II

Reiki Level III (*ART*) Reiki Master Practitioner Reiki Master/Teacher

***SPECIAL:** Pre-register for Reiki Level I & Level II and receive a 10% discount (\$25.00 value) off the registration fee for Reiki Level III (*ART*) class. You will, also, be included on the mailing list for early notification of the Level III (*ART*) class and will be guaranteed a seat in that class!

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Cell (____) _____ email _____

My present Reiki certification level is: _____

I received this certification on (*date*): _____

I was trained under Reiki Master Teacher: _____

My teacher can be reached at (*phone, email, postal mail*): _____

I am remitting a one-time nonrefundable \$25.00 deposit TODAY to hold my seat in the next available class(es). I also understand that my deposit will be credited toward the cost of my class(es) and materials at the time of my full remittance for the selected class(es).

(Your signature)

(Date)

Remit Payment to: **QiSsage Body Systems, LLC**

Contact us: (609) 915-3435

Send to: 3 Warwick Rd
Eastampton NJ 08060

Method of Payment (*fill in info*):

Cash _____ Check # _____ Money Order # _____

REIKI EQUIPMENT & SUPPLIES

CHAKRA AWARENESS GUIDE



A colorful coded, laminated, 8"x10" chart with all of the chakras listed anatomically around a human form and highlighted with the location, color, element, function, glands/organs, gems/minerals, foods, qualities/lessons and negative qualities for each chakra on one side. The reverse side contains additional information regarding the chakras and chakra activation techniques.

REIKI HAND POSITION CHART



A 25"x38" wall chart containing all of the hand positions used in treatment for self, others and 4 additional positions for alternative methods. Each position has a clear 3" illustration of every hand position including description and numbered accordingly.

REIKI TABLES



END PLATES



STOOLS



FACE CRESENTS



BOLSTERS



FOOT REST



TABLE SHEETS



*All supplies and equipment can be obtained through the school. For prices and ordering information, contact (609) 915-3435.