

靈氣

Reiki 1 manual

Brief overview of Reiki:

- Reiki is a Japanese word meaning ***Spiritual Energy***
- It's also the name given to the practice of connecting with this energy for healing
- It can be given to yourself or anyone else to help the mind, body and deeper self, famously via palm healing
- **There's plenty of medical & scientific evidence confirming Reiki's effectiveness (p.11-17)**

The 5 main elements of Reiki:

1. Attunements

An initial "opening" that enables the student to connect to Reiki

2. Symbols

Training tools that deepen the use and experience of Reiki

3. Hands-on healing

Techniques for palm-healing on yourself and others

4. Meditation

Breathing and meditation techniques to deepen your connection to Reiki and inner peace

5. Precepts

Simple ideas about letting go of stress and focusing on positive things 😊

The human body:

- **Meridians** (acupuncture lines = pathways of chi / ki / bioelectricity through the body)
- **Chakras** (Western) / **Dantians** (Japanese) - major junctions of meridians
- **Aura** (Energy body)

Learning Reiki

- Anyone can learn Reiki
- A Reiki teacher connects you to Reiki by "attunement" – literally tuning you into Reiki
- There are 3 levels: Reiki 1, 2 & Master = Beginner, practitioner & teacher

In safe hands! 😊

- **Reiki is completely safe at all times** – there are no contra-indications
- **Reiki is not affiliated with any religion**
- **You don't need to believe anything to be able to use it**

The best way to know Reiki is by feeling it for yourself... so if you're ready let's go!

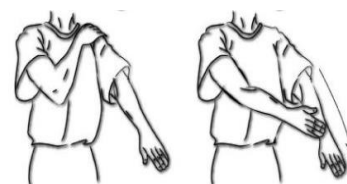
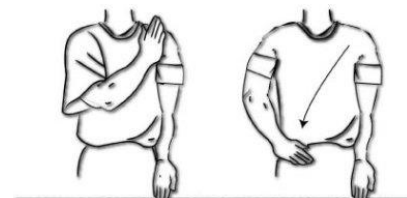
1. Using Reiki

1.Preparing to give Reiki

Now that you're attuned you can give Reiki to yourself or others, and we normally start by clearing our energy. Either of these can be used so try them both and see what feels good for you!

Kenyoku Ho "Dry brushing"

1. Take a breath in
 2. Bring your right hand to your left shoulder
 3. Breathing out, bring your hand in one swift movement down to your right hip
 4. Breathing in, bring your left hand to the right shoulder
 5. Breathing out, bring your hand down to your left hip
 6. Breathing in, bring your right hand up to the left shoulder again
 7. Breathing out, bring your hand down to your right hip
-
8. Now stretch out your left arm, palm facing up
 9. Breathing in, bring your right hand to your left shoulder
 10. Breathing out, move your hand swiftly along the arm, from the shoulder to the palm
 11. Stretch out your right arm, palm facing up
 12. Breathing in, bring your left hand to your right shoulder
 13. Breathing out, move your hand swiftly along the arm from the shoulder to the palm
 14. Now stretch out your left arm, palm facing up
 15. Breathing in, bring your right hand to your left shoulder
 16. Breathing out, move your hand swiftly along the arm, from the shoulder to the palm



Whilst making the movements, your hands may be touching your body slightly, or may be kept off.

If you do the exercise quickly, you may find it easier to take a deep breath in at the beginning, and then breathe out at the end.

Reiki Shower

1. Now that you attuned, intend to connect to Reiki by thinking the words "I intend to connect to Reiki" in your head
2. When you feel a sensation in your palms / feel centred bring your arms up high above your head
3. Place one hand above the other, palms facing down, to form a "shower head"
4. Intend or visualize that Reiki will stream down through your aura, taken away any blockages and negativity.
5. Move your hands slowly down in front of the body (kept slightly away), intending to pick up any negative energy.
6. Shake your hands when they are near the floor, or touch the floor if you can.
7. Repeat the above twice.

2.Connecting to Reiki

Now that you attuned, to connect to Reiki just intend it by thinking “I intend to connect to Reiki” in your head.

You can use one of these positions at the same time until you feel Reiki in your palms and / or feel centred and ready to carry on.

a) Palms up

Have your arms comfortably relaxed and palms facing up, and wait to feel the Reiki in your palms / feel centred and ready to give Reiki.

b) Gassho

The prayer position (*Gassho* in Japanese) is part of most spiritual traditions all over the world.

By placing hands palm against palm the practitioner brings awareness to the hands, balances both sides of the body, centres the body and mind, and can feel an inner connection.

The gesture also stands for devotion, humility, and gratefulness.



Don't worry if you don't really feel anything in your palms yet –

*I didn't feel it properly until Reiki 2, but even so **people I gave it to felt it and the benefits, and they will for you too!***

Giving yourself / others Reiki everyday will help to deepen the connection 😊

Hand Positions for a Self-Treatment

(each position for eg. 2-5 minutes / 10-20 breaths*)

Positions on the Head

1. A	Both hands on the back of the head OR
1.B	One hand cradling the back, one on the crown OR
1.C	Both hands on the crown
2.	One hand cupped over each eye
3.	One hand over each ear, fingers pointing towards temples
4.A	One hand on top of the other, covering the throat OR
4.B	One hand on either side of the neck (or slightly under chin)

Positions on the Front of the Body

5.	One hand on either side of the chest, slightly above the breast
6.	One hand on each side of the solar plexus (midriff)
7.	One hand on either side of the naval/ waist
8.	Hands in a V-shape sloping down diagonally towards pelvic area

Positions for the back of the body (optional)

9.	One hand on top of each shoulder
10.	Both hands above the waist, as high as comfortable
11.	Both hands at waist level
12.	One hand on each buttock



Any treatment can be given to yourself or others with the hands touching the body, or kept a few centimetres away.

Both treatments are equally beneficial!

*Timings given are examples, keep each position for as long as feels good for you there are no limits!

Giving someone else a treatment

A few points to remember:

- Never diagnose
- Don't expect a specific result
- Never try to give a treatment to a person who is unwilling
- Never judge
- Always follow your intuition
- There are no cautions or contra-indications when it comes to Reiki
- When you give a Reiki treatment, you receive Reiki at the same time

With this in mind, you will feel much more relaxed when giving a Reiki treatment!

Before they arrive

- Spend some time relaxing and centring yourself
- The room should be quiet and tidy, relaxing music may be played in the background

Before the treatment

- Let the client know that they remain fully clothed, but ask them to take their shoes and chunky jewellery off
- Tell them what to expect (they may relax, fall asleep, experience some visions or memories, sudden jerking of limbs, may get quite emotional... the more often you give treatments the more reactions you will experience)
- Ask if they are happy to have the hands placed on the body or would prefer a "hands-off" treatment – they are equally effective
- Let them know that **no personal or delicate parts of the body ever need to or will be touched**. The energy will flow wherever needed.
- Ask them if they know of particular areas of need – otherwise, just start with the sequence of 12 hand positions, or let your intuition guide you.
- Also ask them to let you know if they do not feel comfortable with a particular placement of your hands, as you can then lift them off or adapt (**can be helpful to check in advance preferences around throat and buttocks**)
- Assist them when they get on the treatment couch
- The client should be covered with a blanket as the body temperature drops when the body relaxes
- A knee roll should be placed under the knee joints to relieve pressure from the lower back, and one or two pillows should be provided to rest the head
- Make sure that both the client *and yourself* are in a comfortable position
- If it feels appropriate you may ask them to set an intention (e.g. intend that this treatment will bring them healing or will bring them what is right for them at this particular time) as this will help them to open up to Reiki

During the treatment

- Start by dry-brushing (Kenyoku-ho) or with a Reiki shower
- Take a moment centring yourself in the Gassho (prayer) position
- Set your intention that you are about to give a Reiki treatment and the client will receive healing or receive whatever is right for them
- Intend to connect to/ open up to Reiki
- Connect with the person by placing your hands in their aura
- Move to the head of the client and start with the first hand position
- Then move on to positions 2 – 12, holding each position for 3 – 5 minutes
- Let your intuition guide you to stay longer in one position, or to move to another place
- Try to be mentally present during the treatment but don't worry of your thoughts stray away from time to time – Reiki will flow in any case!
- Clients often fall asleep during a treatment – this will not influence its effectiveness
- No pressure is applied when placing the hands – they merely rest
- Try not to have particular expectations about the outcome of the treatment, as Reiki often works in unexpected ways
- Finish by smoothing down the aura, starting from the head with your hands held about 10 – 15 cm away from the body
- You may finish by using your index and middle fingers stroking with slight pressure along either side of the spine (not on the spine!)
- You can then bring your hands in the Gassho position and thank Reiki
- Gently tell your client that the treatment is now finished, and that in their own time they should slowly come back into the here and now.

After the treatment

- Assist the client in getting off the couch
- Offer the client a glass of water, and advise them to drink plenty of water at home
- Ask them if they would like to talk about the experience
- If you or the client sensed any physical problems during the treatment, advise them to check with their GP.
- Remember that no diagnosis must be given
- Make the client aware that Reiki starts a cleansing process, and that initially they may feel slightly unwell, symptoms get worse (“healing crisis”) or that they may experience physical or emotional release of any kind. These reactions should cease after a few hours, or the latest the next day.

Always remember

It is not *you* doing or giving something – you are merely a tool for the presence of Reiki.

It will go where needed even if you don't put your hands there directly, so just trust Reiki and nothing will go wrong!

Hand Positions for a Client Lying Down *(each position for eg. 2-5 minutes / 10-20 breaths*)*

Positions on the Head

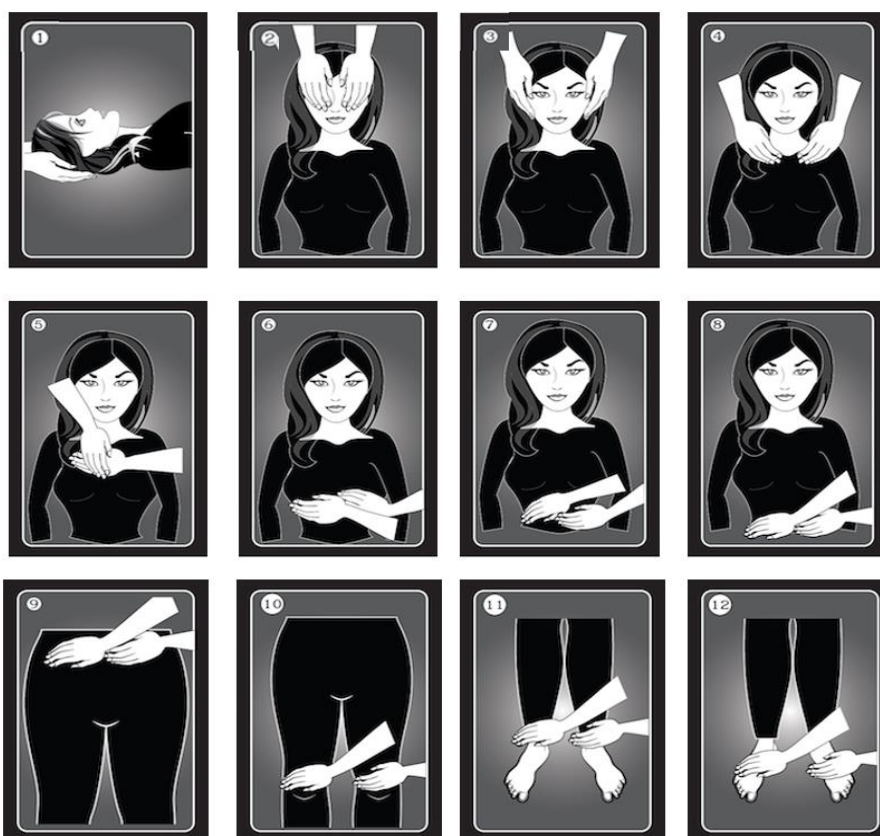
1.	Both hands cradling the back of the head
2.	One hand cupped over each eye (with or without touching the cheek)
3.	One hand over each ear, fingers pointing towards temples
4.	One hand on either side of the neck (or slightly under chin)

Positions on the Front of the Body

5.	Hands in a V-shape at the top of the chest
6.	One hand in front of the other at the solar plexus (midriff)
7.	One hand in front of the other at the naval/ waist
8. female	Hands in a V-shape sloping down diagonally towards pelvic area OR
8. male	Hands on hips

	Front of body	Back of body (optional instead of front 9-12)
9.	Hands on thighs	One hand on each shoulder
10.	Hands on knees	One hand in front of the other, below shoulder blades
11.	Hands on shins / ankles	One hand in front of the other at waist level
12.	Hands on top / soles of feet	One hand on each buttock

Finish by smoothing down the aura from the crown to the feet.



*Timings given are examples, keep each position for as long as feels right based on intuition and length of session!

Hand Positions for a Client Seated in a Chair

Positions on the Head

1.	One hand at the base of the skull, the other hand on the crown
2.	One hand cupped over each eye (with or without touching the cheek)
3.	One hand over each ear, fingers pointing towards temples
4.	One hand on either side of the neck, with the edge of the hands resting on the shoulders

Positions on the Body

5.	Hands with palms downwards on each shoulder
6.	Standing on the side, one hand on upper chest, the other hand roughly level with it on the back
7.	One hand near naval, the other at the waist at the back
8.	One hand held in the air with palm facing towards base chakra, the other under the chair, focussing towards buttock

Finish by smoothing down the aura from crown to feet at the front, left side, back, and right side of the person.

Mikao Usui's "Original Hand Positions" for a Client Seated in a Chair

This sequence of hand positions is ideal when giving someone a 15-minute "taster treatment"

Positions on the Head

1.	Standing beside the client, place one hand at the base of the skull, the other hand on the hairline
2.	Then move one hand to the crown chakra, the other to the upper back of the head
3.	Move to the back of the client, place one hand over each ear, fingers pointing towards temples

Finish by smoothing down the aura from crown to feet at the front, left side, back, and right side of the person.

2. Medical & scientific evidence

Medical evidence:

Reiki has been proven more effective than placebo for:

- Physical relaxation ([\(Witte and Dundes, 2001\)](#))
- Reducing pain, depression & anxiety ([\(Dressen and Singg, 1998\)](#))
- Hypertension & abnormal blood pressure ([\(Salles et al, 2014\)](#))
- Enhancement of self-esteem & feeling in control ([\(Dressen and Singg, 1998\)](#))
- Depression in elderly people living in nursing homes ([\(Erdogan and Cinar, 2016\)](#))
- Decreasing memory & behaviour problems with cognitive impairment & Alzheimer's ([\(Crawford et al, 2006\)](#))
- Improving physical, social & general quality of life for cancer patients ([\(Alarcão and Fonseca, 2016\)](#))

“This study reviews [...] peer-reviewed clinical studies with more than 20 participants in the Reiki treatment arm, controlling for a placebo effect.

[...] These studies provide reasonably strong support for Reiki being more effective than placebo. [...] It has potential for broader use in management of chronic health conditions, and possibly in postoperative recovery.

[...] “Attunement” imparts an extra healing capacity to the recipient. Although there is currently no scientific explanation for this, the clinical trial evidence is compelling. Further research is warranted to better understand this phenomenon.”

David E. McManus, PhD

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5871310/>

Reiki in the NHS

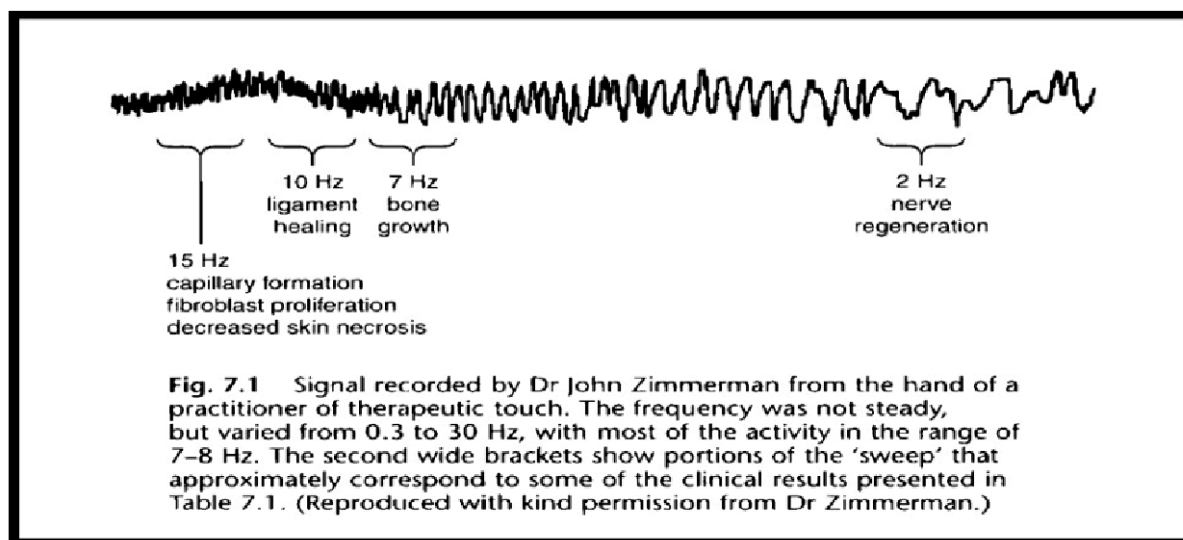
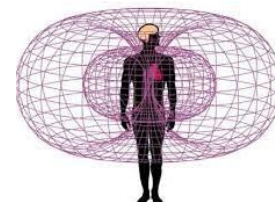
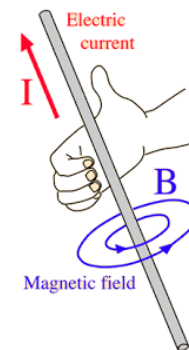
“We have seen patients with uncontrolled pain find more relief from [Reiki] healing than from intramuscular opiates. Many staff have felt the need for healing themselves and have found significant benefit from doing so. [Reiki practitioner] Angela Buxton [...] is now an integral member of the medical and nursing team.”

Stephen Rowley, Clinical Nurse / Manager
University College Hospitals London

<https://bit.ly/3zquSzm>

Scientific evidence:

- Chi / Ki / Prana = [bioelectricity](#)
- [Pathways of greatest electrical flow](#) have been measured through the [myofascial tissue](#) of the human body (connective tissue that exists between the muscles, organs etc), consistent with the map of meridians = acupuncture lines
- [Ampere's law](#) shows that where there is electricity flowing, there is a magnetic field around it
- Cells, tissues & organs all produce [measurable magnetic fields](#) due to their electrical activities
- Pulsing magnetic fields, which sweep up and down through a range of frequencies, have been measured from the palms of people using energy medicine & chi techniques ([Zimmerman 1990](#); [Seto et al 1992](#))



- Further research confirmed that these same pulsing magnetic field frequencies can stimulate & produce healing effects for various tissues ([Sisken & Walker 1995](#))

Table 7.1 Healing effects of specific frequencies (frequency windows of specificity) (from Sisken & Walker 1995)

Frequency	Effects
2 Hz	Nerve regeneration, neurite outgrowth from cultured ganglia
7 Hz	Bone growth
10 Hz	Ligament healing
15, 20, and 72 Hz	Decreased skin necrosis, stimulation of capillary formation and fibroblast proliferation
25 and 50 Hz	Synergistic effects with nerve growth factor

- In Sep 2003 NASA completed a 4-year research programme into PEMF therapy (“Pulsed Electromagnetic field”)
- Soon after they patented “Apparatus and method for enhancing tissue repair in mammals”, [US Patent US 7,601,114 B2](#)



US007601114B2

(12) **United States Patent**
Goodwin et al.

(10) **Patent No.:** **US 7,601,114 B2**
(45) **Date of Patent:** ***Oct. 13, 2009**

(54) **APPARATUS AND METHOD FOR ENHANCING TISSUE REPAIR IN MAMMALS**

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(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 0 days.

This patent is subject to a terminal disclaimer.

(21) Appl. No.: **11/563,934**

(22) Filed: **Nov. 28, 2006**

(65) **Prior Publication Data**
US 2007/0100195 A1 May 3, 2007

Related U.S. Application Data

(62) Division of application No. 11/169,614, filed on Jun.

(52) **U.S. Cl.** **600/13**
(58) **Field of Classification Search** 600/9–15;
128/897–898; 607/2–3, 46
See application file for complete search history.

(56) **References Cited**

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(57) **ABSTRACT**

An apparatus is introduced for the use of enhancing tissue repair in mammals. The apparatus includes a sleeve; an electrically conductive coil; a sleeve support; an electrical circuit configured to supply the coil with a square wave time varying electrical current sufficient to create approximately 0.05 gauss to 0.5 gauss. When in use, the sleeve of the apparatus is placed on a mammalian body part and the time varying electromagnetic force of from approximately 0.05 gauss to 0.5 gauss is generated on the mammalian body for an extended

- PEMF Therapy is now well-established as being able to help a range of [physical and mental health conditions](#)

Table 1. Examples of Different Magnetic Therapies Applied in the Identified Research Studies to Treat Inflammatory-related Conditions

Condition	B or Freq*	Treatment Duration	Treatment Number	Key Finding
Alzheimer's ⁶¹	5–8 Hz	30 min	2x daily for 9 mo	Significant improvement of cognitive function
Arthritis ¹	60 Hz	90 min	3x daily until condition improves	Reduction of pain and inflammation
Back pain ¹⁰⁷	64 Hz	16 min	Until pain stopped	Statistically significant potential for reducing pain
Bacterial infection ⁷⁷	50 Hz	4–6 h	1x	Increased immune response against bacteria
Cancer (breast, colon, and prostate tumors) ⁸	0.1 Hz–114 kHz	60 min	2x/wk for 4 mo	Significant decrease in size of tumor with tumor-specific frequencies
Carpal tunnel syndrome ¹⁰⁸	20 Hz	4 h	Daily for 2 mo	Statistically significant short- and long-term pain reduction
Chronic bronchitis ¹⁰⁹	30 mT	15–20 min/d	15x for 6 mo	Effective treatment in patients suffering from chronic bronchitis when coupled with standard drug therapies
Cognitive function ¹⁰⁸	900 MHz	2 h/wk	55 wk	Significant reduction in cognitive impairment in rats
Edema ⁶⁸	70 mT	15–30 min	6x in 3 h	Significant reduction of acute edema
Fibromyalgia ⁶⁷	0.1–64 Hz	30 min	2x d/3 wk	Improved function, decreased pain and fatigue, and improved global status in FM patients
Gastroduodenitis ¹¹¹	100 Hz	6–10 min	8–10x for 2 wk	Elimination of gastro-esophageal and duodenogastral refluxes for 77% of treated patients compared to 29% of controls
Glial cells ¹¹²	900 MHz	15 min daily	2–10 d	Induction of glial reactivity and biochemical modifications in the rat brain
Mastitis ^{105,113}	10–25 Hz	60 min	2x/wk for 3 mo	Significant reduction in postop inflammation
Multiple sclerosis ¹¹⁴	1–25 Hz	2–24h/d	Up to 5 wk	Significant alleviation of symptoms with PEMF device
Migraine headache ¹¹⁵	27.12 Hz	1 h/d	5 d/wk for 2 wk	Effective, short-term intervention for migraine but not for tension headaches
Nerve regeneration ¹¹⁶	2 Hz/0.3mT	1 h/d	10 d	Suggested indirect influence on regeneration for pre- and postinjury exposure with PEMF
Neuritis ^{116,117}	7.5 pT	20 min	10–12x until vision improved	Production of beneficial effects in 93% of patients suffering from nerve problems
Oral surgery preop ¹¹⁸	5mT/30Hz	30 min	3–5 d prior to surgery	Significant reduction in inflammation in clinical trials
Osteoarthritis ¹¹⁹	10 G–25 G/ 5–24 Hz	9 h	18x in 1 mo	Rapid improvements of immunological indices and alleviation of symptoms
Pain and edema ¹²⁰	1mT or 5 mT	6 h/d	90 d	Significant aid to clinical recovery
Post traumatic stress disorder ¹⁰⁶	1Hz or 5Hz	15 min daily	10 consecutive d for 20–30 d	A clinically significant antidepressant response for 75% of patients
Rheumatoid arthritis ¹²¹	30 mT	30 min	15–20x/mo	Reduction of pain in chronic-pain populations
Septic shock ¹²²	50 Hz/2mT	6 h	1x	Greater sensitization of <i>E coli</i> to antibiotics
Skin ulcers ¹²³	75 Hz/2.7 mT	4 hr/d	for 3 mo	Positive effects but only in small lesions
Tendonitis ¹²⁴	30 mT	60 min	10–20x for 8 wk	Significant beneficial effects
Whiplash ¹²⁵	64 Hz	8 min	4x in a 2-wk period	Considerable and statistically significant pain reduction
Wound healing in diabetic mice ¹²⁶	15 Hz	8 h/d	24 d	Significant reduction in postoperative pain for a decrease in the need for analgesic resolve

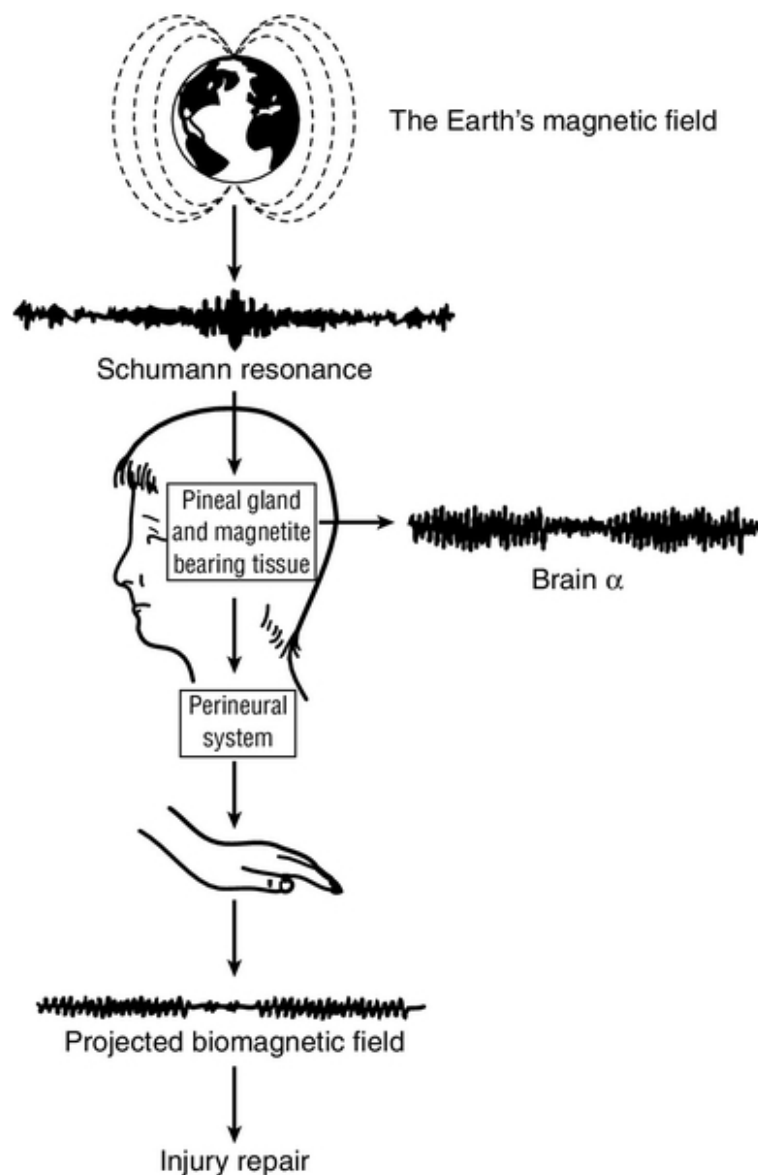
Abbreviations: B = magnetic field; G = gauss; T = tesla; Hz = hertz; 1 mT = 10 gauss

- Some of these frequencies are naturally occurring in the world around us, like the “[Schumann Resonances](#)” - electromagnetic standing waves produced by global lightning, which travel around the world on average 7.8 times per second resulting in a faintly pulsing magnetic field of 7.8Hz.

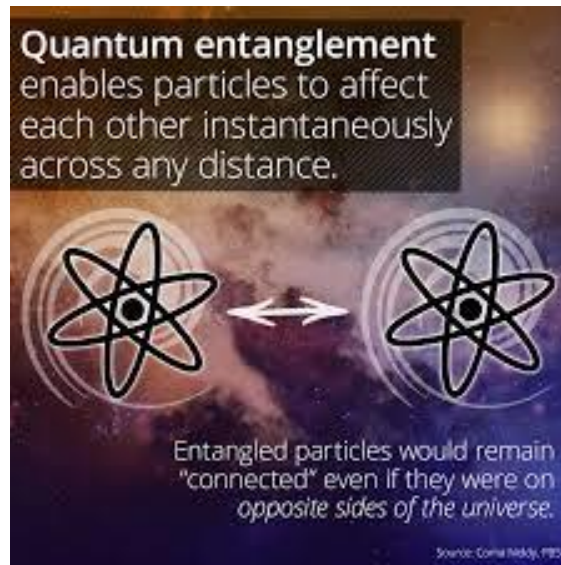
- Energy medicine practitioners have been found to have significant brain activity at this Schuman Resonance frequency when healing, and the [recipient's brainwaves have been measured to be influenced towards the same frequency during the healing](#)



- Together these suggest a model for energy medicine healing:



- “[Quantum Entanglement](#)” is a state where 2 or more atoms become connected in a very special way, so that doing something to one immediately affects the other one, even if they are [miles apart](#), and theoretically [through time as well](#).



- The concept of sending healing energy at a distance with no contact is therefore compatible with modern science
- Other modern ideas like Einstein’s famous $E = mc^2$ and [Heisenberg's uncertainty principle](#) remind us that we need to suspend our biases as we learn about the world, focus scientifically on what we observe, and be prepared for and open to some surprises along the way!

[Conclusion](#)

For anyone feeling interested in but sceptical of Reiki, I hope this section has reassured you that energy healing is very much consistent with modern science, proven to be beneficial, and that it’s worth giving Reiki a go.

I’m not claiming to have a fully scientific explanation for how Reiki works - I haven’t seen Reiki practitioners specifically mentioned in any of the experiments listed above, and even if the physical aspects of Reiki healing do incorporate these mechanisms, Reiki also goes beyond the physical things mentioned here.

The easiest way to know Reiki is real, and what it can do, is to try it – science is great, and Reiki is the best experiment I have ever tried!

How I knew Reiki was real

When I heard about Reiki I was very intrigued – anyone can learn palm healing, in a weekend? It sounded possibly a bit too good to be true, but I was curious and decided to try it, so at least I'd know one way or the other.

The Reiki 1 course was with a very nice group of people, though some of them talked casually about things like angels and spirit guides, and as a fairly logical physics graduate I did wonder if I was in the right place & whether it might all be wishful thinking... especially when some were talking about seeing colours, visions etc during the attunements and Reiki sharing (I felt relaxed, but nothing I couldn't explain rationally.)

I felt a bit frustrated, wondering if my logical and sceptical mind may block me experiencing Reiki (if there actually was something to experience), and near the end of the day asked the teacher quietly if it was normal to feel nothing like this.

He said "Don't worry, Reiki 1 is more an introduction, Reiki 2 is where most people feel it, it gives you a deeper connection and I'm sure you will feel it if you practice and do Reiki 2 as well!". I had read in the book that Reiki 2 was the level required to be recognised as an official Reiki therapist, Torsten felt a very genuine and honest person, and I wanted to know I had given it a fair chance, so I did come back a few weeks later for Reiki 2, having still not felt anything unusual.

We had another attunement to use "symbols" for accessing different types of energy – again I couldn't imagine how drawing a symbol, word or anything else in the air might do anything, but I resolved to give Reiki a fair chance, and then I would have no regrets if I found there was really nothing to it.

After this attunement we were paired up to give each other Reiki treatments, starting with body scanning, where we were to put one hand a few centimetres above their body, and scan it over their body, feeling anywhere Reiki might be needed. I still hadn't actually felt Reiki before, and if I'd had more time to think I may have worried about standing there like an idiot, or whether I should just play along to avoid hurting the very nice teacher's feelings and perhaps make my excuses after lunchtime... but the training was always very practical and we were straight into it.

...and I couldn't believe it when I put my hand near his body, and felt like my hand was one magnet and his body was another, the feeling when you push magnets together and they push apart, it was as strong and tangible as that. I almost swore in amazement, and suddenly became aware that there was a Christmas day feeling in the room – clearly other people were having similar experiences! I let my hand ride the shape of his field, finding certain parts where it seemed to really dip down, and it felt a good idea to try giving Reiki to these bits, so I kept my hand there for a bit before moving on.

After the time was up I enthused to my partner about what I'd felt and so clearly, and he said "You know why that is don't you?" I really didn't, as this was the first time I'd really spoken to him, and he told me "I have Melanoma"- he explained to me this was skin cancer, and confirmed that the places where he had dips in the field were areas with things happening inside his body.

I was stunned – both to have felt something so physical and tangible, there clearly WAS something there – and also thinking about this poor man ... and realising that perhaps other people had different reasons for being here and wanting to learn Reiki... luckily there really was something to learn! That was when I knew Reiki really was real, and it was the start of what's turning out to be quite a journey, and if I can help others experience it in the same way that my great teacher [Torsten Lange](#) helped me, then I will be very happy.

I'm not sharing this to persuade anyone that Reiki is real - I think we all have to trust our own experiences, and I know the only way I was ever going to believe Reiki was real is if I could actually feel it for myself! I just want to say that I think it's very normal to be sceptical, put off by things, and not to feel Reiki even until Reiki 2, but also that it really is worth a fair chance if you are interested! ☺

Robin Smidowicz