Appendix

Handouts for All Classes Presented in the Order That They are Taught

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The Reiki Teacher's Manual 103
REIKI IS:

- the Universal Life force of Love.
- guidance from the highest intelligence of all.
- the pulsing electricity of this universe, this solar system, our physical, mental and emotional bodies and this earth that we live on.
- similar to a battery charger boosting the electrical system of the human body.
- the ability and method to use this energy for the greater good of all.
- our ability to connect with the rhythmic intelligence of our universe in a more conscious way.
- not affiliated with Christianity or Buddhism or any type of religious belief.
- life that is abundant in our world.
- heightening the ability for one human being to connect with another in the deepest of ways.
- the most natural way to touch another to ease their pain, stresses and struggle.
- a complimentary technique that will enhance any medical treatment. It does not take the place of western medicine but is part of the whole.
- the key to unlocking the door to vitality of life when we have lost some of that spark for ourselves.
- an immediate healing process for our animals, our homes, our work, our plants, our food and vitamins. There is no end in the use of Reiki because it is already the flow of life itself.
- available at any time and needs no tools to utilize it.
- the release of physical and emotional blockages that we have accumulated throughout life.
- an energy that heals the healer first and then heals others.
ANATOMY - BACK VIEW

- Brain Stem
- 7 Cervical Vertebra
- 12 Thoracic Vertebra
- Right Kidney
- Left Kidney
- 5 Lumbar Vertebra
- Sacrum
- Ribs
Hand Positions - Purpose and Function

1. **Top of Head**: Crown
   - **Chakra**: 7th chakra, white or iridescent.
   - **Spiritual Purpose**: Connecting the individual with Divine Intelligence, higher consciousness.
   - **Mental Concerns**: Clearer and higher thought processes, memory, knowing that you are part of the whole.
   - **Emotional Concerns**: Depression, anxiety, worry, lack of awareness, fear.

2. **Back of Head**: Back of third eye, pineal gland, pituitary gland, brain stem.
   - **Chakra**: Back of 6th chakra (third eye), purple, violet.
   - **Spiritual Purpose**: Seeing and understanding.
   - **Mental Concerns**: Calming, connecting to a sense of well being.
   - **Emotional Concerns**: Suffering from trauma or shock, very stressed.

3. **Sides of Head**: Above top of ears.
   - **Spiritual Purpose**: balance.
   - **Mental Concerns**: Blending right and left hemisphere.
   - **Emotional Concerns**: Blend - the intelligence and the emotions.

4. **Eyes**:
   - **Chakra**: 6th chakra.
   - **Spiritual Purpose**: Seeing your truth.
   - **Mental & Emotional Concerns**: Overly stimulated, stressed, strain.
5. **Throat**: Thyroid gland, trachea, tonsils, larynx.
   **Chakra**: 5th, blues, Indigo
   **Spiritual Purpose**: Bridge between head and heart, speaking one's personal truth, speaking positively.
   **Mental Concerns**: Ability to say no, meaning what you say.
   **Emotional Concerns**: Anger held back, anger held inside, inability to say no when you need to, choking down our own wishes and needs, feeling used.

   **Chakra**: Near the 4th, often in turquoise a mixture of blue from throat chakra and green from the heart chakra.
   **Spiritual Purpose**: Lately considered the "High Heart" as we come into the 21st century, peace, happiness, love, expressing from the heart.
   **Mental Concerns**: Happier, more positive thinking.
   **Emotional Concerns**: Unable to breath life into self, taking life in more fully, accepting life as it is.

7. **Mid Chest**: Heart, diaphragm, lower lobes of lungs.
   **Chakra**: 4th chakra, green for physical and rose for Love.
   **Spiritual Purpose**: Unconditional Love - LOVING under ALL circumstances, LOVING ALL people.
   **Mental Concerns**: Fear of the unknown, self hatred, resentment.
   **Emotional Concerns**: Allowing self to receive LOVE in all ways, feeling one with nature and our earth, holding on to sorrows, seeing all as good.
8. **Upper Abdomen**: Above belly button, the actual stomach, indigestion.

- **Chakra**: 3rd chakra, golden yellow.
- **Spiritual Purpose**: Core of who you are, center of the will, inner strength, personal power.
- **Mental Concerns**: Confidence, center of one’s energetic thoughts, insecurity, depression.
- **Emotional Concerns**: What is eating at you, digesting life, needing to control, great anxiety.

9. **Right Side of Torso**: Gallbladder, liver

- **Chakra**: Within area of 3rd chakra, yellow.
- **Spiritual Purpose**: Processing life and all that happens.
- **Mental Concerns**: Bitter thoughts, anger, hostilities.
- **Emotional Concerns**: Holding onto hostile feelings, hardening to life.

10. **Left Side of Torso**: Spleen, pancreas

- **Chakra**: Within area of 3rd chakra, yellow.
- **Spiritual Purpose**: Receiving in life.
- **Mental Concerns**: Releasing unhealthy thoughts, thinking life has no sweetness.
- **Emotional Concerns**: Not experiencing all that life has to offer, no sweetness.

11. **Lower Abdomen**: Below belly button, lymph, bladder, small and large intestines, women-ovaries and uterus, men-prostate, lower left-colon.

- **Chakra**: 2nd chakra, orange.
- **Spiritual Purpose**: Connecting with others in healthy relationships, creativity and creating new life, nature.
- **Mental Concerns**: Individual thinking, absorbing life, releasing rigidity.
- **Emotional Concerns**: Sexual being, feeling alive, your place on earth.
12. **Groin**: Genitals, anus, base of spine.

**Chakra**: 1st chakra, clear bright red.

**Spiritual Purpose**: Physical health, connecting the physical body with the earth, the root of all things, the nature of sex.

**Mental Concerns**: Family values, learning the world you were born into.

**Emotional Concerns**: Sexual being, feeling alive, your place on earth.

13. **Left Shoulder**: Base of left side of neck, left shoulder.

**Chakra**: area of 5th chakra, blue, Indigo.

**Spiritual Purpose**: Able to receive the abundance of the universe.

**Mental Concerns**: Balance between yes and no, thinking that you are responsible for others, knowing you have rights too.

**Emotional Concerns**: Balance with self and others, burdened by the needs of others.

14. **Right Shoulder**: Base of right side of neck, right shoulder.

**Chakra**: area of 5th chakra, blue, Indigo.

**Spiritual Purpose**: Taking right action for self under all circumstances, balancing action for self and action for others.

**Mental Concerns**: Focus on others, neglect of self needs.

**Emotional Concerns**: Balance of helping self and the world, feeling unworthy.
15. Back of Neck and Top of Shoulders:
Base of neck, neck connecting to shoulders, cervical and upper thoracic vertebra, trapezius muscles.
**Chakra:** 5th chakra, blue, Indigo.
**Spiritual Purpose:** Sometimes considered the 8th chakra, opening to communicate with Spirit.
**Mental Concerns:** Calm, communicating what is on your mind, taking on the weight of the world.
**Emotional Concerns:** Area to release emotions, what you wished was said in the past.

16. Upper Back: Bronchial tubes, lungs, upper thoracic vertebra, scapula, trapezius muscles, clavicle, spinal nerves.
**Chakra:** 4th chakra, green, rose.
**Spiritual Purpose:** How we have dealt with the past.
**Mental Concerns:** Holding onto resentment, forgiving the past, memories, unable to forgive the past.
**Emotional Concerns:** Old sorrows, old disappointments.

17. Middle of Back: Lumbar vertebra, primary area for kidneys and adrenal glands, pancreas, lower lobes of lungs, spinal nerves.
**Chakra:** 3rd chakra, yellow.
**Spiritual Purpose:** Knowing there is support of Source and knowing oneself.
**Mental Concerns:** Knowing who you have been in the past.
**Emotional Concerns:** Strength in handling circumstances in the past.
18. **Low Back**: Sciatic nerve going to legs, coccyx (tail bone), hips.
**Chakra**: 2nd chakra, orange.
**Spiritual Purpose**: Secure foundation in all areas of life.
**Mental Concerns**: Having enough money and security.
**Emotional Concerns**: Fretting, worries, anxieties about every day life.

19. **Legs**: Includes hips, thighs, knees, ankles, bone, cartilage.
**Chakra**: Reds, green or primary color of person.
**Spiritual Purpose**: Movement through life.
**Mental Concerns**: Fears of stepping into or out of a situation.
**Emotional Concerns**: How do I stand in life.

20. **Feet**: Ankles, toes, bones.
**Chakra**: Minor chakras at each joint and soles of feet.
**Spiritual Purpose**: Past of current life or also past lives.
**Mental Concerns**: Independence, standing on own two feet.
**Emotional Concerns**: To keep going in life or sit down and stop.

21. **Minor Chakras**: There are minor chakras in each internal organ, every joint in the body and soles of feet and palms of the hands.
CHAKRAS - VIBRATIONAL COLOR & MEANING

White/Iridescent, Connect to Divine Intelligence
Violet, Insight, Intuition
Blue, Speaking Your Personal Truth, Divine Will
Green, Unconditional Love Relationships, Bridge Between Physical & Spirit
Yellow, Solar Plexus, Mental, The Will
Orange, Emotions, Creativity
Red, Physical

Right Side of Body - Male, Taking Right Action
Left Side of Body - Female, Receiving, Allowing
DENSITY OF THE AURA
AURA - COLOR INTERPRETATION

Red
Cellular health, energy, high temper, movement, extroversion

Light Red
Nervous, impulsive, passion, eroticism, sexuality, love

Dark Red
Will power, masculinity, rage, courage, suffering, leadership

Pink
Femininity, longings, sensitivity, emotional, softness

Brown
Egotism, addiction, dis-ease, earthiness, unloving

Orange
Active intelligence, confident, expressive, warmth, joy of life

Orange-Red
Taking action, pride, vanity, idealism, desire

Orange-Yellow
Sharp intellect, quick wit, industrious

Dark Yellow
Timid, thrift, restrictions, control needs

Gold
Devotion, higher inspiration, transformative meditative state

Green
Growth, change, nature, devotion, neutral state, healing

Light Green
Sympathy, direct, possible deceit or lying

Blue
Introversion, solitude, truth, devotion to spirit, wisdom, prayer

Light Blue
Softness, religious, reserved, struggle to mature

Indigo
Healing ability, morality, immersed in work, spiritual

Turquoise
Giving Love to others in a healing capacity

Lavender
Mysticism, magic, overbearing, obsessions

Violet
Intuition, art, creativity, supernatural, imagination

White
Spirituality, higher consciousness, Godlike, physical pain

Black
Protection, shielding, possible cancer
CHO-KU-REI
Generation of Power
Physical Health
Version #1
CHO-KU-REI
Generation of Power
Physical Health
Version #2
SEI-HE-KEI
Emotional Health Cleansing
HON-SHA-ZE-SHO-NEN
Distance Healing, Healing the Past
DAI-KO-MYO
Healing of the Soul
The Master Symbol
Version #1
DAI-KO-MYO
Healing of the Soul
The Master Symbol
Version #2
RAKU
Grounding Reiki
(For Attunements Only)
ADVANCED CHAKRA DIAGRAM

+ Out Flow — Connecting, release, merging with the ALL

− In Flow — Androgenous, insight, accessing the future & the past

+ Out Flow — Masculine, response, voicing your truth, bridge between mind & heart

− In Flow — Feminine, bridge between non-physical & physical

+ Out Flow — Androgenous, opinions, thought, the will

− In Flow — Feminine, feeling, sexuality

+ Out Flow — Masculine, physical health at cellular level
STEPS IN GIVING THE ATTUNEMENT

Cleanse yourself and your environment as described in the Master-Teacher level chapter. Create a sacred and Spiritual environment for the students. You will be able to heighten the energy during this ceremony by approaching the Attunement with a deep reverence. The student will involve themself more completely in the initiation and will have a more profound experience. They will always remember this, and they will always remember you.

1. You have already informed them that they will hear deep breathing and loud blowing while they wait for their Attunement. (I personally make a lot of breath sounds but it might not feel necessary to you. However, you will feel extremely powerful when you breathe with a great deal of force).

2. Remind the class to remain silent during the Attunements until all have received their own Attunement.

3. Facilitate leading them in a preparatory guided visualization. This prepares you to give the Attunement and prepares the student to receive the Attunement.

4. At the end of verbalizing the visualization, quietly stand and move to the first person to your left. Go clockwise, aligning with the direction that the chakras spin.

5. Move behind the first person and place your hands on their shoulders to connect with their individual energy.

6. Place your hands on their head. When you feel a connection with their crown, then draw your hands upward, setting the intent to open their crown chakra.

7. Draw the four symbols—Cho Ku Rei, Sei He Kei, Hon Sha Ze Sho Nen and the Dai Ko Myo into their aura at the crown and then the Raku down their spine.
8. Place your hands on top of the head BUT WITH NO INTENT TO CLOSE THE CROWN CHAKRA. Now open your hands, just a little, and blow into the crown.

9. Walk around in front of the student, in a clockwise direction.

10. Taking one hand at a time, draw the five symbols into one palm and then the other so that BOTH palms have the energy of the five symbols drawn into them. (Note: Some people tap on the palms of the hands after drawing the symbols. Please do so if that seems right to you.)

11. Place their palms together, then breathe deeply in order to build your own energy. Open their hands, just a little, and blow once into their palms.

12. Place their folded hands onto their chest. Their hands should only remain there for as long as they wish.

13. Then go on to the next person, moving in a clockwise direction around the individual and also clockwise around the circle of students.
## REIKI CLASS ATTENDANCE

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