

# Reiki Healing Basics

This playbook provides a beginner-friendly guide to Reiki healing, covering fundamental principles, background, and actionable steps to start practicing Reiki for self-improvement and wellness.

## Step 1: **Understand Reiki**

Research the origins and philosophy of Reiki. Understand that Reiki is a form of energy healing originating from Japan, focusing on channeling universal life force energy to promote balance and wellness.

## Step 2: **Learn Principles**

Familiarize yourself with the Five Reiki Principles which are essential guidelines for living a fulfilling life. They include: Just for today, I will not be angry. Just for today, I will not worry. Just for today, I will be grateful. Just for today, I will do my work honestly. Just for today, I will be kind to every living thing.

## Step 3: **Find a Practitioner**

Seek out a certified Reiki practitioner or master who can provide you with an initial experience of Reiki and offer guidance on how to proceed with training and practice.

## Step 4: **Receive Attunement**

Undergo a Reiki attunement process from a Reiki master, which is a necessary step to open yourself to channel Reiki energy.

## Step 5: **Practice Regularly**

Begin self-healing sessions by practicing Reiki on yourself regularly. Follow the hand positions taught during your attunement to channel Reiki energy through your hands to different parts of your body.

## Step 6: **Observe Ethics**

As you learn to practice Reiki on others, always respect their boundaries and obtain consent before initiating a Reiki session.

## Step 7: **Expand Knowledge**

Continue learning about Reiki by reading books, attending workshops, and practicing regularly to deepen your understanding and proficiency.

# **General Notes**

## **Reiki Certification**

Consider obtaining Reiki certification, which may be required to practice professionally and can provide a structured learning path through the different Reiki levels.

## **Community Support**

Join Reiki communities or support groups to connect with other practitioners, share experiences, and find support throughout your Reiki journey.