

Notes for New Usui Reiki 1-2-3

Mikao Usui speaks:

Welcome my friend!

It is with much pleasure and warmth in my heart, that I can now present to you a new "upgraded" version of Reiki. Much have been said and written about Reiki. Much focus has been given to what is right and wrong, how the hands should be placed, which correct symbols to use etc. But let me tell you what Reiki really is: Reiki is simplicity!

You should relax more and trust your intuition. Because that is the road to true healing! Do not dwell on to many techniques...just do it! My child has always been using this parable in his teachings:

If you threw a bucket of water onto a path filled with potholes, what happens? The water gathers in the potholes. You don't need to go to each individual hole and fill them all one by one; the water will run into the holes of its own accord. This is how energy works. Start the energy flowing, and it will gather in the places it is needed of its own accord.

You see? Reiki is intelligent. You cannot force it. Do less and you will gain more.

The original "system" did not have levels/grades. Nor did it have symbols. These have been added later on. I have though decided to keep the 3-level system for better adaptability. I have added nothing, so you can keep on doing what you have done previous, with the only "side effect" that the energy has been refined.

Some claims that they have channelled the "highest frequency/band" of Reiki. But I say to you, nothing stops the evolving process! Everything evolves into a finer frequency...and this process is infinite!

A final word on lineage: Lineage is somehow important, because lineage shows you how far you are from the "original source". It is not crucial, but important if you would like to keep the energy strong and pure. So ask your teacher about lineage. 4-5 persons from the "source" should be a maximum.

I will be with you always!

In Gratitude & Love

Mikao Usui

Thursday, 30 December 2004

Healing

Here are some simple instructions for how to heal a person:

1. Lay your hands on the patient's shoulders.
2. Clear your thoughts and think to yourself "Reiki" to start the energy flow. Just let the energy flow. You don't have to concentrate on keeping the energy flowing, it will flow freely of its own accord...just relax and enjoy the energy.
3. When 3-5 minutes have passed you will feel the energy stop, or you may feel a little tired or drained. That means that healing is complete. The healing energy will however, continue to work in the patient.

In this way the patient will always receive the correct healing that they need, no matter how severe or insignificant the ailment may be.

Remember that the energy will always flow to where it is needed. Here is an analogy to help you understand how it works:

If you threw a bucket of water (the water symbolizing the energy) onto a path filled with potholes, what happens? The water gathers in the potholes. You don't need to go to each individual hole and fill them all one by one, the water will run into the holes of its own accord. This is how energy works. Get the energy flowing, and it will gather in the places it is needed of its own accord.

Here are the instructions for remote, long distance healing:

1. Visualize the patient, or the patient's name in the palm of your hand. Then place your palms together.
2. Clear your thoughts and think to yourself "Reiki" to start the energy flow. Just let the energy flow. You don't have to concentrate on keeping the energy flow coming in, it will flow freely of its own accord...just relax and enjoy the energy.
3. When 3-5 minutes have passed you will feel the energy stop, or you may feel a little tired or drained. That means that you are finished. The healing energy will however, continue to work in the patient.

This is the same method that should be used for self-healing. It is a good idea to perform a self-healing every day for the first 7 days.

Cleansing a room/house

It is simple to cleanse a room/house of negative energies. You should use the remote, long distance method, but instead of thinking of a name you should instead think about the specific room/house e.g. "Claire's room/house" etc, and start the energy flow. This usually lasts 3-5 minutes.

You should cleanse your own home once every 14 days.

Remember, it is not important how precisely you visualize the object in your palm, the intention to heal the object is enough to get the energy flowing to the right place.

Healing the Karmic band

There is always a “karmic” band between those we hold closest and ourselves, or those we have once held close. These bands can sometimes weigh us down and have negative influences on our physical body parts and energy. Very often relationships grow stronger when healing the karmic band. You should use this type of healing between yourself and those you hold dear, or have once held dear.

For this you should use the remote, long distance healing technique. If you, for example, wish to improve the relationship between yourself and your mother, you should write ”my relationship with my mother” with your finger in the palm of your hand. Place your palms together and start the energy flow. If you are healing a relationship for someone else, then you should write ”Robert’s relationship with his mother” and start the energy flow. This method should be used in both near and long distance situations. This procedure usually lasts 3-5 minutes, but don’t be surprised if it sometimes takes a little longer.

Situation/qualities healing

You can also help heal a situation or a personal quality/character trait. Try for example, to heal jealousy, nervousness, anxiety, toothache, patience, sorrow, anger, improving communication, your singing voice, etc. Then write or think e.g. ”My anger”, ”my communication”, or for someone else ”Kurt’s toothache”.

Remember that it should always ”feel right” when you start a healing procedure. There are actually some things that aren’t supposed to be tampered with, but you will be able to distinguish what should be healed and what should be left alone.

Healing can also be used on animals.

How to pass on New Usui Reiki 1-2-3

1. Imagine/visualize that you are surrounded by life force, that is slowly becoming stronger and stronger...the force field is becoming brighter and brighter. Do this for 2-5 minutes.
2. Say directly to the accumulated life force: “Life force will be generated continuously and you will not fade until I am done with this attunement.”
3. Say mentally or loud: (to your higher self) ”I ask that (name) may be attuned at (time) on (date) in his/her time zone for New Usui Reiki (level), the strongest possible the person can handle.”
4. The attunement will then start and after around 10 minutes, it will stop.

Blessings

Ole Gabrielsen