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## HISTORY OF REIKI

### What is Reiki?

Reiki is a universal energy similar to that which is found in all different forms of life. This energy can be channelled by a person who has been attuned and can be redirected by the person's hands. This energy is best channelled with an intention for your own well-being or can be passed on to another person, animal or plant.

**Rei** means universal spirit + **Ki** (Qi) is the ever moving and present energy of life. The term Ki in Japanese is exactly the same as Chi in Chinese, described in practices like Tai Chi and Chi Gong.

The presence of this energy is observable through an extremely powerful microscope. It resembles small little dots with minute movements, like little quivering bubbles of oxygen. This is found in the plasma, as well as every living cells of the human body. The movement is hardly detectable, but it is said to be as unique in every individual as a fingerprint. When the body experiences a higher level of stress, the natural movement of particles becomes affected; this is the beginning of physical and emotional conditions as we know it. Reiki energy can stabilise and re-energise the movement for the improvement of health.

### The advantages of the Reiki practise...

Reiki, when it is done ethically and respectfully, encourages a very clean way to work with energy without compromising one's own vital energy. The energy is channelled from the ever-flowing universal source, passes through the hands of the practitioner and is then directed to the intended receiver. Amongst the many holistic methods, Reiki practice is quite pure, free from interference and can be done at a very high vibration level. Many other approaches require voluntary use of one's mental or physical energy which lowers the vibration level and may affect the giver or receiver. A good Reiki practitioner can connect quite directly to the Spirit without interference or a third-party source. In this way, it is very different from pranic healing, shamanism, massage therapy and many other modalities.

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The student's responsibility is to honour all Reiki precepts, while keeping one's practice unblended to other modalities. Our focus should be one that which is Good or God-like in the purest form, while acknowledging our own biases, experiences and things we have not yet healed in ourselves. The intention for a Reiki session must not be ego driven, it must come from a place of calm and connection with Spirit and purity.

### **The Origin of Reiki...**

Reiki is an ancient healing system which was rediscovered and practised in the early 1900s. The founder, Dr. Mikao Usui, was born in Japan in 1865. He joined a Buddhist school, as it was common at the time. His developing interest was to find a way to help those who were sick. He was well schooled and travelled having gone to China and several European countries, also having studied medicine, psychology, religion and divinatory arts. In March 1922, he dedicated himself to a 21-day meditation and fasting at Mount Kurama common in advance Buddhist practise. It was believed that out of this strict practice, most monks would receive a "boon" or spiritual practice. His was to feel energy passing from the top of his head (know as the crown chakra) to his hands. Shortly after his sadhana, it is said that he came upon a man and his very ill daughter. He spent time by her side and applied the insight of Reiki and to the astonishment of the father, she recovered. Soon after, people were made aware of his abilities and would line-up to receive such blessings or treatment, as his virtues were known throughout the surrounding villages. This practice was named Reiki, and with growing needs, he created a clinic in Tokyo where he later initiated Reiki Masters into this practice. He also Developed the *Usui Reiki Healing Society*. According to records, he would have introduced Reiki healing to 2000 people, 19 of which would later become the first Reiki Masters.



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## The arrival of Reiki in the West!

Reiki made its way to the West by one of Dr. Usui prominent students, Dr. Hayashi and Mrs. Takata. Hayashi was considered by most the principle disciple of Dr. Usui. He was a captain and medical doctor in the Imperial Marine. He became Reiki Master in 1925 at the age of 47. He would treat his patients in Tokyo using both traditional and energy approaches. He can be credited with simplifying the technique and shaping it into a transmissible approach. Hayashi favored the hand apposition, as opposed to Usui, who much preferred a mystical practice. Hayashi initiated Mrs. Takata, who was from Japanese ascent, but who's parents resided in Hawaii. She travelled to Japan initially seeking surgery, but complications with her lungs lead her on the path to receive and practise Reiki. She received several trainings from her Master and upon her return to Hawaii, she also trained and initiated 22 Reiki Masters into this practice, leading to the spread of Reiki in North America.

## Reiki Today:

Reiki is today governed by associations which promote the ethical practise of Reiki and the transmission of the technique. These include: The International Center for Reiki Training (founded by William Lee Rand), the International Association of Reiki Professionals and the Canadian Reiki Association. In the earlier tradition, the Reiki Master would study under the intent eye and supervision of the Master Teacher. In this sense, trusting a teacher with a good practice is known to enhance one's ability. People are taught by a practising Reiki Teacher at their own pace, mostly for personal growth. Some, fewer than one would believe, are called to undertake Reiki as a full-time practice. Reiki today still preserves a bit of tradition, as the effect and knowledge is passed on to the student by the teacher. This initiation into the practice is significant to build one's energy and receive the best advice on how to practise. To be most transparent, it is fair to say that Reiki level 1 and 2 are accessible to most. The level 3, sometimes an oversight by some teachers, is imperative to introduce pupils to a spiritual practise which allows the mastery of one's own energy in preparation to becoming a Reiki Master. For these 2 steps, a great sense of ethics and rigorous and quality meditation and purification practice is necessary. It is most wonderful to see people's enthusiasm about undertaking the Reiki journey, and most amazing when people advance at a respectful pace.

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**ACTIVITY...** Consult the Reiki Level 1 to 21 document to learn and visualize the different levels. Also, look at the Reiki Lineage to see where you fit into the Reiki Lineage and include your name on the last line. Know that everyone above you takes part in supporting you.



### TIPS TO START YOUR PRACTICE

**Preparation:** Always wash your hands, wear clean and loose clothing and pre-determine the duration of your session.

**Breathing:** Instead of letting your thoughts take the better of you focus on your breath. Your thoughts can affect the flow of energy.... If you need a cue on the inbreath, think of the sound MA and on the outbreath OM.

**Intention:** At the beginning of every Reiki treatment, we should always set a **brief** and **positively** worded intention. By phrasing this intention, you do two important things. One is to give a point of focus for the person receiving the treatment and two, it gives a purpose for the energy being channelled.

This is the recommended structure for an intention...

*« I ask the Reiki Master, Dr. Usui<sup>1</sup> and all other benevolent spirit (or pure energy) to accompany for this x minutes<sup>2</sup> Reiki treatment to shift... name your intention<sup>3</sup>. May we be guided by Divine or Universal Wisdom and Love<sup>4</sup> ».*

1. It is always recommended to include the name of the founder.
2. Name and honor a predetermined duration for the treatment.
3. Always determine a positive topic phrased for the best outcome ex.: “...Avoid stress” would be phrased “...More ease and joy”.
4. Pure... Divine... Universal... Choose the word that best reflects your core beliefs.

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Examples:

*« I would ask the Reiki guides, Masters including Dr. Usui and other benevolent spirits to please accompany for this 15-minute treatment to improve my concentration. May we be guided by Divine wisdom and love.*

*« I ask the blessings of the Reiki Masters, teachers and all other pure and benevolent sources to please support me in this 27-minute treatment for the improvement of ease in flow in my articulations. May we be guided by Pure and Universal Love.*

*« I request the full support of the Reiki Masters, Dr. Usui and every other Benevolent Spirits to bring insight and love for a 7-minute session for my child to be happy and pleasant at home. May we be guided by Divine wisdom and Love.*



Prepare 2 intentions that we will be able to share in the group:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Meditation:** More and more people are aware of the benefits of a good meditation practise. This is the secret to most quality Reiki practitioners. Why? Because when meditation is done well, it is the most efficient way to clear thoughts and energy that prevents us from being a good channel of Pure energy. This also increases your ability to not get distracted during a treatment and to increase your own vital energy.