



# REIKI & SEICHEM

This Condensed Ebook briefly covers these subjects,

- ❖ Reiki and Seichem Healing Music,
- ❖ Why I chose Reiki and Seichem
- ❖ A scientific explanation
- ❖ What is Seichem?
- ❖ Why a Sixth Principle?
- ❖ What to expect in R&S
- ❖ Why no test or exams?
- ❖ Why attunements were for training only
- ❖ Why symbols in therapy are a no-no in Reiki
- ❖ Trade Mark Reiki ™ (Someone tried!)
- ❖ Why people have a healing crisis
- ❖ How quotes can heal.
- ❖ How to gain your own copywriter music
- ❖ Summary



## REIKI AND SEICHEM MUSIC FOR THE SOUL

When I first started as a Reiki and Seichem (R&S) trainer in 1996, I wanted music in the background when training, as all others didn't seem to fit. There wasn't anything specific to Reiki. I knew what I wanted, and while I had loads of relaxing music, it didn't meet my criteria for students needs.

So I phoned Paul Cullum who'd helped me before with my techniques. What he produced was perfect for R&S but also as background music in therapy. The criteria? To have the music ebb and flow every five minutes. So students knew when to move their hands to the next position without me prompting, it had to be something soothing and subtly directive that they could use if a therapist in other modalities. Being a hypnotherapist and musician, Paul understood the mind and emotions. My harshest critic was a multi-addicted client, and indeed it was transformational for her.

I didn't want them to be clock watching, which usually happened — or asking when they needed to move to the next area as this interrupted the gentle atmosphere. The silence was vital to focusing on and respecting the process. However, I started to use this in the background in face-to-face therapy and one day, a client asked what the music was, I'd noticed how quickly she seemed to relax, and so I told her. I also gave her a copy of the CD to take home, and she raved about it, saying it was the only music that helped her. From her feedback, I decided to have some copies made and issue them with all therapy. So thank you, Kate.

Healing is a matter of time,  
But it's sometimes also a matter of opportunity. (Hippocrates)



## MUSIC FOR THE SOUL

I love Elgar's music, we both did and Vaughan-Williams, not all but most. I read somewhere that Elgar advised a young composer to become national before he becomes international. Good advice, because this means you're coming from the soul, your roots. I love all composers that have a strong sense of patriotism and national origins, and true to themselves, where they metaphorically never sell their soul to the devil. These composers develop characteristics that have international importance, become significant while preserving the natural features of life and the country they loved and were born.

### Music in Nature

Elgar and Vaughan-Williams excelled in images of hills of Malvern and green fields, ponds, trees, that cover our countryside. These elements are vital to composers, but their music is much more than that. These two captured the harmony of nature. The sound of a gentle rain or a violent storm that matches the musical instruments. A moving stream, the wind through the valleys, birdsong, the rustling leaves. There's so much music in nature. I do know Elgar had his best ideas while walking and cycling the Malvern Hills.

I was looking for music that would heal to this level, something that would relate to the healing energies of Reiki and Seichem. R&S music allowed clients to connect with something without necessarily having to talk about their problems; it offered association, and awareness, knowing that someone knew how you felt. R&S music became familiar and became another form of mandatory communication for the soul.



## HITTING THE SPOT OTHERS CAN'T REACH

R&S music became a story for the imagination. A scene that encourages a desire for a better life. There's harmony, and above all, timing is the essence of the composition. R&S music expresses sentiments that are often too complex to describe and helps in terms of problem-solving or facing a complicated issue. It breaks down barriers, helps control the ego, and enhances the soul energy. The music hits the spots other mediums often can't reach.

### When I listened to Mozart

My grades were far higher than if I worked in silence or listened to random selections of classical on the radio. I instinctively knew music relieved any tension when writing as my grades showed this. I also watched my father's emotions in music and how it affected him. When studying for degrees, I listened to Mozart, and it inspired me to keep on writing, especially when I had those mental blocks when I doubted my abilities.

Mozart, Elgar and Vaughn-Williams, encouraged me to reflect on my life. To stop and step back. To look deeper and reflect and look through the composer's eyes. It wasn't about being brilliant at English when I did assignments, because I'm not; written English; and understanding the grammar isn't my forte; instead, it was about feeling the words when writing as I speak. Music has always been a source of inspiration that relieves anxiety, tension, even headaches and body pain, and dementia. Still, music also brings like-minded people together, physically, mentally, emotionally and spiritually. These emotions range from a sense of nationalism in millions of people, in therapy, healing, while singing a mantra, unity.



## **SPIRITUAL INSPIRATION**

I have a selection of mantras on the site we sang on courses in groups when I was exploring spiritual ways way back in the early 90s. They're naive but sung from the heart and soul. The purpose of music is to evoke something deep within, a reaction, a trigger to healing, and it's our right to decide what we like, need, and want, and why a client may like or dislike this R&S music.

### **My aims in 1995 for my relaxation**

I'd always been interested in eastern philosophies, so I looked at Qigong, which I still advocate, Yoga, which I didn't enjoy. I found Spring Forest Qigong offered healing training, but in 1997 I couldn't find anything that replicated Reiki. I wanted a meditative approach, one that offered me 'time out' in my hectic schedule. Wasn't complicated and easy to learn, with no exams and tests. Where I could chill and reflect, preferably a hands-on technique. Have some fun with like-minded people.

To learn at my own pace with no deadlines. I didn't want to burn out as many of my colleagues had. In this profession burnout is rife. I needed an approach that was relaxed in application and simple to apply, done at night before sleep, or when I woke up at 3 am for no reason and often again in the mornings. Secondly, I wanted something for my clients, and thirdly I felt a necessity to cover differing cultures, to bridge that gap between eastern and western philosophies and medicine.

An approach that didn't require certain clothes or various painful positions. Could be done discreetly anywhere and was adaptable and flexible. I also wanted something with no deadlines.



## **A CALMING NATURAL ENERGY**

Reiki seemed to meld well with all religions and ways of life and fitted my existing map of reality. I still practice Reiki, but I have to say there is a flavour of Catholicism threading through that I may have to create a new name for my work, as over the years I've added further principles.

Even though I'd stopped doing degrees, studying had become a habit. I needed to ease up, (those students who've studied intensively will know this is hard to do), you're on a high from working flat out. I needed to come down not go up again and why I stopped doing any more degrees. I wanted a calming self-administered therapy.

### **An extra addition to my self-healing,**

I had concerns the doctors who recommended me might think was flaky, so I told no-one, although I did have Reiki information in my therapy room. I am faithful to the concept. And much like a car mechanic. I like to have various tools in my box. And why I've adapted this concept to cover my needs and those of the students. But why Reiki and not Christianity, well a year into my new career in psychology, I recognised two things in society.

Psychological and logical techniques are limiting for many clients and while taking them higher than when they came, but it just wasn't enough. And religion in the 90s was considered, old hat. The world wanted modernism was the key to changes, and the intellect was the "new age" cure. I was working with very logical and intellectual people, especially with the medical profession where some poured scorn on any self-healing approach. I needed a calmer approach.



## WHEN EAST MEETS WEST

But many people didn't want any more logic, studying, they needed to relax and enjoy, instead of stressing. They wanted something more simple. As one said, 'refreshingly easy to apply and why I looked to add another dimension to my life, one that would be inoffensive, and Reiki seems to have that!'

By 1999 fifty per cent of my clients and students were Asian, and I needed to speak their language. Many had just arrived, they spoke English, but the eccentricity of the written word and the expressions beat them. So being a Reiki energy being Buddhist in origin drew them to me. They often remarked at how much my beliefs and values were similar to theirs.

### **I never told clients I was Reiki either.**

Just as I never spoke of Catholicism, I wasn't ashamed it just didn't need to come up. But many people would ask me if I was a Catholic or assumed I was. The same went for Reiki, I never advertised this, but if someone asked me I told them. When I started Reiki in 1996, completing in 1997 Reiki was relatively new in the UK, and I had a job finding anyone who could teach me.

### **But why did I choose Reiki?**

Or should I say Reiki chose me? I was charmed by the simplistic way of teaching. Plus I felt this would bridge the gap between the intellect and the spiritual. After doing so much, studying the thought of having no exams and tests appealed to someone on overload. I needed something creative and gentle for me. I'm an A personality, and these personalities need breaks from the mind.



## **MY JOURNEY INTO REIKI**

But how did I start my journey into Reiki? As a natural believer in the universe, signs and messages, I asked for signs about Reiki. In the past, I mostly had ones about money. My childhood had left me with a perception of poverty, and I worried about having enough in retirement. I'd seen far too many older people, standing in cold doorways selling double-glazing to make ends meet, and it wasn't for the company, they could get that working in a charity shop, it was for money.

### **Signs and Messages**

I found a Reiki course in America, Scotland and then Wales. I couldn't afford the time away as I was building my therapy practice; neither could I afford the fees. So I asked for a teacher locally, but also the money to do at least two degrees at £250.00. They came fast and furiously. The first sign was on a billboard that proved to be my imagination. The second, a Reiki book fell on my head in a bookshop. The third was the very same book sent as a gift three days later from a friend oblivious to the incident happening.

### **The Teacher was right under my nose.**

My R&S trainer turned out to be my supervisor a mandatory requirement for two years after I finalised my Hypnotherapy and psychotherapy diploma. But I hadn't the money, I needed £250.00 however, that came via compensation a week later. Everything happened in a sequence as if by magic. While I'd no intention of teaching Reiki, I was fascinated by the simplicity. However, to me, the energy of degree one and two was similar to when I did my first Holy Communion and Communion.





## **MY EXPECTATIONS AS A TRAINER**

My first Holy Communion in 1952 at the age of seven had the same energy as a Reiki one. My Confirmation a year later had the same power as Reiki two. Only when doing the Master level, did I feel I'd progressed spiritually. I was ready to teach and started straight away, but made a decision. Reiki and Seichem would be together, and I'd swallow the costs to do this.

The reasoning was simple. The Yin (feminine Seichem) without the Yang (masculine Reiki) didn't make sense. To me, one without the other was imbalanced. So from day one, both were done together. But I had other exceptions because I wanted well-trained students.

### **I believe case studies after R&S Degree One.**

Not many Reiki Trainers do this; I did, because I considered if you wanted to be professional then you need to prove that you understand the ups and down people may experience. A good trainer will show you how to do these and support you as well. Much like spiritual healing, accepted in the NHS since 1977, more qualifications and proof of standards will be required. I can also see counselling being part of the training in the future.

You always need permission when doing hands-on healing. When R&S is forced on someone without consent, as I've witnessed many times (the ego can be a massive problem in all work and life), then this can be extremely upsetting to someone who doesn't want R&S. It's as bad as forcing your religious beliefs and your political view on someone else. Still, I also wanted to know more about ancient cultures because many of my clients and students were seeking a more spiritual concept akin to their culture.



## BRIDGING TWO CULTURES

For me, Reiki became that catalyst that bridged the fear of differing cultures and beliefs but more the point was gentle and inoffensive. I flew through the courses, mainly because of my existing skills. I'd already done a diploma at the College of Healing, so once trained in Reiki teaching seemed to be the next progressive step. Thankfully, most doctors trusted me. Suffice to say, all healing modalities built on trust and ethics have the same loving energies but applied differently.

But many are sceptical, and that's fine we all have choices. Nevertheless, many intellectuals would say, 'but there's no science behind this stuff?' And I'd reply, 'granted not in the academic sense, but a spiritual sense this work is no different from praying, and I know many doctors who are Christians and do believe in prayer and go to church and trust in something they can't see.' But, I felt obligated to find a further explanation for Reiki and found this information that I could offer anyone who asked.

### A Simple Logical Explanation

Reiki is as non-polar energy, which upon contact with matter (human body, plants, animals, and the planet) becomes polarised, bringing all it contacts into balance. Hands-on healing is as ancient as time; however, it still exists and can be felt at very subtle levels. Imagine a fast-rotating wheel coming into contact with a slower rotating one such as the gears in a car engine. The speeder object serves to speed up the slower moving ones. Dense matter consists of slower-moving (vibrating) bundles. The more fluid the substances, like air and light, are higher vibrating energy. Reiki is lighter with a higher vibration, one we feel subtly and causes no adverse effects.



## **NON-POLAR ENERGY**

When the body receives healing the balance is not only restored but accelerates. Reiki works as non-polar energy which; upon contact with matter (human body, plants, animals, and the planet) becomes polarised, bringing all it touch. When a doctor says to me that R&S is nonsense because it's unseen, my reply is always the same. 'When you treat cancer with radiation, can you see this energy?'

The answer is invariably no, and of course, my reply is: 'And yet you still treat people with something that burns and is invisible to the naked eye?' Being a hypnotherapist and NLP practitioner, I know timing is critical, and I've had two incidents that I had to explain myself in a medical position.

### **At a doctors meeting in 1999,**

The other therapists had run over time. When my time came I had five minutes to explain hypnotherapy (I kept R&S to myself) but all the doctors knew I was a hypnotherapist, but before I could start a nurse said rather scathingly and haughtily. 'And so I suppose you hypnotise people.' She smiled smugly. My replay was short, 'no, I de-hypnotise people from negative trance states.' The doctors did chuckle.

The other time was when a group of consultants were sceptical of Reiki as an aid to cancer support through chemo and radiation. I'd explain the scientific explanation, but I go one step further, I ask if they have children, most have, and their faces soften then I say to them, 'if your child was frightened would you not soothe them?' They invariably nodded. And I'd reply. 'So you do believe in Tender Loving Care, that Reiki.'



## SEICHEM THE FEMININE ENERGY

For some reason both Reiki and Seichem was a secret. However, over time, I learnt an American Patrick Zeigler introduced Seichem in the 1980s. Zeigler prayed, meditated and fasted to become even more empowered, much as Dr Usui did when he discovered Reiki. However, Zeigler wanted confirmation.

**He wouldn't take Seichem at face value.**

He met a Marat an old Seichim teacher from southern India, who passed what little history of Seichem onto Zeigler, which isn't much and I felt this never warranted a hefty fee, and why I incorporated this with Reiki automatically. Seichem originally came from Egypt, translated from hieroglyphs from the Shin Yon Buddhists of that period in India, known to Buddhists as Quant Yin, and also known by the Egyptians as Skeet.

### The Goddess of Healing

In ancient Egypt, Skeet was considered the Mother of The Gods, the Goddess of Healing. And that's about all there is! But what I felt when working with students and they agreed. Seichem takes you back to the very core of your being. Seichem is helpful for women with female problems, birth, pregnancy, PMT, infertility, menopause and any severe illness, and conditions such as cancer. Men like this nurturing energy, especially when frightened before an operation. Seichem enfolds, nurtures, caring and supports you. And why Seichem is so gentle and supportive with life-threatening illnesses like cancer. Seichem also helps the student to re-establish his or her feminine wisdom. Men have a feminine side just as women have a masculine.



## WHAT HAPPENS IN R&S

When receiving and giving you may feel a variation of these feelings from mild to moderate. The Sensations you may experience

- ❖ A tingling sensation in all parts of the body
- ❖ A warm and soft feeling all over
- ❖ A quiet, calmness inside
- ❖ An impression of floating in clouds
- ❖ A cool breeze around you
- ❖ Feeling emotional, happiness, and inner peace
- ❖ Hands tingle and become hot,
- ❖ Or cool if applying Seichem

### **R&S is vocationally based.**

You don't have to be super intelligent, have a good memory, but you do need a higher level of emotional intelligence. It's simple to learn and paced to the individual, there are no tests or exams, and failure is non-existent because exams and tests only prove you can pass exams on the day, but it doesn't show me or anyone how compassionate you are.

As long as you have compassion and a desire to help others and work on yourself, then that's all you need. Nurses and doctors who came to me to learn R&S were relieved there weren't any tests, like me, they'd had enough of the pressure of exams and hard studying. I had one doctor whose father suggested Reiki and was amazed and delighted when his son told him he was also doing Seichem. I believed both together were mandatory as we humans need to move between the masculine and the feminine gracefully.



## THE PRINCIPLES OF R&S

I have the six principles in a large frame in my porch, and you'd be surprised at how many ask if I live by those precepts? My answer is as much as humanly possible, but I'm not perfect, however, thankfully perfection doesn't exist, which is entirely accurate. I've had many religious people come to my door, see the list, smile and walk out again.

So I ask all students to have the Principles up somewhere to remind them daily to live by these as much as possible. I suggested (being creative) to find a frame that went with their decor. One to five are Reiki, and the sixth is Seichem which I introduced when I completed Seichem training and introduced this into my programmes. I believe the sixth is vital in our frantic often thoughtless world.

### The Reiki Mantra

1. Do not worry,
2. Do not Anger
3. Work Honestly
4. Be Grateful
5. Honour and Respect parents, elders, teachers
6. Love unconditionally

### As I worked more and more with Reiki

I felt this energy was more masculine than feminine; however, many trainers thought Reiki was enough, but I didn't and why I learnt Seichem and introduced Love Unconditionally as the sixth principle when I qualified. I was never surprised to learn that only a man could become a doctor in the past. The reason women were too emotional.



## **JUST FOR TODAY**

If familiar with Reiki you might notice that the principles may differ from those you've read about, and if a Reiki practitioner from the ones you learnt. They vary; it's not a problem. In the original Reiki, we always started with these three words, Just for today.

But you can say Just for a minute or an hour. There is no right or wrong way. I believe even a minute is too long in the beginning, so I suggest to get used of this discipline to do just 15-seconds.

**JUST FOR TODAY**

**OR**

**JUST FOR A HOUR**

**OR**

**JUST FOR A MINUTE**

**OR**

**JUST FOR 15-SECONDS**

**OR**

**JUST FOR A MOMENT IN TIME**

You can go in any sequence in the Principles; they look natural; however, I soon found out some were very challenging to implement if anger is in into your personality. If a day seems too much, try an hour. If an hour is too much, do a minute, building up gradually bit-by-bit.



## PRINCIPLE A DAY KEEPS THE DOC AT BAY

Start in any sequence, as long as you start. Many start with anger as this is high on the list today. I've noticed life's noise is based on frustrations and anger. You can do this while travelling to work, getting the children to school, or in going to the supermarket? And you don't have to do all six in a day. Pick one a day, or a week, or even a month. The six-week Lifestyle Programme I ran started in this way, one principle for each week. Try saying this quietly in your mind. Now ask yourself these questions.

- ❖ Are always late for work?
- ❖ Book holidays on a work computer?
- ❖ Take more extended lunches than you should?
- ❖ Email and text friends on the work computer?
- ❖ Arrive late, go early?
- ❖ Take too many holidays?
- ❖ Take time off sick when not ill?
- ❖ Borrow money but never give it back?

### **If so, then you're living dishonestly,**

And if you make excuses, maybe you're not ready yet. I've noticed in our society working with honesty seems to be lacking in many areas. If you do any of these, then you're dishonest. Don't make excuses; everyone is or does; you're not everyone. Do you respect your parents? Elders and teachers? Do you love your children or pets unconditionally, but can't do this with others? Are you ungrateful for what you have? Consider everyone's life is better than yours?





## THE FOUR DEGREES

I trained students in Four Degrees/Levels for R&S. There was an introduction to R&S; I always included Seichem right from the beginning of my training as one without seemed innocuous. However, I only put the word Degree on the certificates; instead, I've always considered them Levels. Why because it seemed dishonest to call something a Degree as this definition in academia. Plus, I didn't want to offend those who had worked so hard to do an academic degree. It seemed like false evidence appearing real.

1. Level One
2. Level Two
3. Level Three
4. Level four

### I also introduced Level One and Two together

I did this for experienced people so they could fast track. The fourth was called the Master's Professional Business Plan Model and was cheap as chips; because what they did reflected on my professionalism.

For those who wished to be a therapist, I advised they had a place to call their own. It didn't matter the size, as long as it was their space and decorated to look welcoming and professional. And part of this programme was designing the room.

It never needed to be costly, paint and fabric can make a place look stunning and borrowed furniture from another room cuts costs. Some students converted tiny outbuildings, others turned spare rooms or an office into therapy rooms, and some had a sunroom in their garden.



## THE RIGHT PLACE

I visited many students new domains over the years, and some were pretty darned amazing, from five feet square outbuildings to luxurious spaces. Training can be in hired rooms. I did this for groups over twelve students; under this, I worked at home. But I always went early to set up and more importantly cleanse and bless the room. Multiple uses can often have unbalanced energies.

Book-keeping and all the other mandatory requirements were in the course. How to get the best insurance, associations, accountant if needed, I often gave free tickets to trade shows so they could find the right couch and other equipment. How they taught, were, acted, and how their room looked was a reflection of my teachings. Be very careful not to confuse excellence with perfection. Excellence, anyone can reach for; Perfection is God's business. My grandmother was a huge advocate of order and responsibility.

### The discrepancies in Reiki

- ❖ Symbols are in attunements only
- ❖ Symbols in therapy is a no-no.
- ❖ Usui did not have a degree at Chicago University
- ❖ Trade Mark Reiki?

When I was doing my degrees in 1996/7, symbols were only given at the student's attunements, starting at degree two. Using symbols on clients was why many recipients suffered a healing crisis and never went back, or spoke derogatorily of Reiki.



## **UNPREPARED**

In effect, the client had an attunement without any preparation at all. I have no idea where the concept came from that symbols were part of therapy; they never were. I was never taught this way and never would teach students this way either. The reasons were the client would have a healing crisis, and maybe put off Riki all together.

Students were always told of the possibility of a healing crisis and depending on their spiritual progress, their existing health, mental attitudes this could be mild, moderate to severe. I had one student who suffered a reaction that lasted four days. I was concerned at the time as I felt Sarah had no idea what the course entailed, she'd come with her sister Ruth, level one.

### **Ruth asked her sister Sarah to attend for company.**

So when Sarah had her attunement, the healing crisis was quite severe and took her to bed, but never put her off, because she became an avid student and went right up to master level. Yet, at each degree, she had a healing crisis. Sometimes this happens, and it's mostly lack of preparation or in Sarah's case hypersensitive to the energy.

### **Was Dr Usui illiterate?**

Academically very likely, plus, his degree was invented, not by him as he was a genuine man, he had most likely a high emotional intelligence. But agents who wanted to sell Reiki to western culture (USA) and hated anything Japanese because of the war. Reiki moved to Australia and then to the UK, now it's worldwide. How do I know he was illiterate?



## **PROOF FROM AN ACADEMIC**

I have the Reiki principles in Japanese the very ones Usui supposedly wrote, given to me on a workshop from a master practitioner who'd been to the shrine of Usui, who appeared knowledgeable until I noticed she was doing the master symbol on a student. I had no reason to doubt the handouts, but I was concerned about her advising the use of the master symbol on anyone as these are only for attunements at master level (degree three).

### **In 2000, a client came to a stop smoking;**

He saw Usui's writings on my wall and asked if I was learning Japanese. I said no, but, explained about Reiki and Dr Usui. As he was fluent in Japanese, I asked him to read them out, intuitively I'd always felt something was odd, and he did, saying, 'Sylvia this is the hand of an uneducated man, he could never have done a degree, utterly impossible.'

Of course, it all came out years later that there was no record of Usui doing a Doctorate at Chicago university or any other in America. Was I disappointed, a bit, but not for long as false evidence appearing real happens all the time, but, because out of this falseness came a beautiful therapy, and much like meditation, and it works!

### **Attempts to Trade mark Reiki**

What did amuse me was in the late 90s, someone did try to trademark™ Reiki. But under trademark laws, if the word is used universally (and was by then), then you can't. Imagine if they had succeeded? Reiki wouldn't be so freely available as it is now. Our choices would have gone.



## GOD COMPLEX

So what's the deal, who can you work on and when can't you do R&S. In 1996 the teachings had specific criteria. You couldn't work on:

- ❖ You can't work on pregnant women,
- ❖ You can't work on babies
- ❖ You can't work on broken limbs,
- ❖ You can't work with Animals
- ❖ You can't work with drug addicts,
- ❖ You can't work on the ill and dying
- ❖ You can't work in hospitals

**I've worked on all these above.**

And I'll tell you how and why. But first, there is no room for a God Complex; we have enough of that in some parts of the medical profession. Second: Our bodies are capable of self-healing, and do so every night while asleep. Thirdly: Reiki therapists are merely the conduit from the Universe, and the practitioner needs to be aware that she/he is not the healer and to believe this is arrogant. Touch is therapeutic and does activate spontaneous healing in any avenue, from kiss it better to a hug to applied touch in therapy.

There is positive energy emitted from someone who is doing any hands-on healing no matter the modality but it does switch off when integrity is lacking. I taught students how to activate and how to turn the energy up, to take it up and to bring it down and to switch it off. I showed the students how to move from masculine to feminine and back again.



## **PREGNANT WOMEN**

Some diseases and conditions fair better with the feminine, or the masculine, or both together. I've done R&S on pregnant women, for two reasons. First, I had no idea the client was pregnant because she was a few weeks into gestation, but I'm sensible and know as I'm only the channel the universal energy would monitor the results. So I'd never panic like many do when indoctrinated into their ego via the trainer's ego.

### **The benefits**

I have also treated women into their trimesters, and there are issues, but not serious ones; but beneficial. First, the mother is calmer and tends to have a more comfortable, birthing experience. Second, she is less likely to have stitches because she's relaxed. Third, parents have a better experience. Fourth, the baby is less traumatised. So what's not to like about being R&S prepared?

### **I've worked on children and babies.**

But always with the parent's permission, and I've been police checked, and trained to work with children. However, I prefer to teach the parents to do this gentle therapy themselves. But, from my experience, the infant may prefer breast milk when born and might even reject formula. The infant knows the therapist touch and voice when you first meet.

Children love R&S energy, so a baby massage using R&S usually guarantees a calmer happier child. R&S is no different from a cuddle; the "kiss it better" when they fall over, holding hands on the way to school, a baby or child massage and healing happen naturally.



## **BROKEN BONES**

I've worked on people with broken limbs, But I direct the energy to their heart where most times their breathing will be erratic to calm them down while waiting for the ambulance. I never place my hands on the limb.

I ask three times quickly, in every count, the answer has been yes, however in doubt ask the universe to take over, all I offer is calmness and soothing noises. A touch on the arm or holding their hand is mandatory and soothing. I hope if ever one of my family is in this position, someone would offer this comfort. That they'd take a risk because the compassion counteracts any doubts, plus the Universe would protect.

## **From Dogs to Horses**

While many trainers in 1996 said you must have the vets permission, many vets and nurses know about Reiki today. As long as you have the owners permission you are fine. I've worked on horses in field, had to use step ladder, and many dogs and they all benefitted. One stands out, the owners wanted their cocker to get to Ireland to die there. He had fifteen minutes of R&S, managed the Ferry and was running around for six months, when due back to England, he died a few nights before.

I did R&S on my puppy Eddy who had castration at seven months, as he was rapidly maturing. He suffered on the second day as the meds weren't working, he cried and whimpered, so I did R&S and used ice packs as he was very swollen. He recovered very quickly, and the scar healed in a few days. I put this down to R&S, lots of TLC, and the ice packs. But from that day he asks for R&S. How do I know? I just know.



## **DEATH AND DYING**

I've certainly done R&S on the dying, but only by holding their hand unless they ask specifically for healing as one friend did and many clients have requested. One dear friend asked me for that thing you do when she was dying. Another with Kidney cancer drove himself over for an hour of free R&S, which he said helped his pain.

## **Addictions**

R&S may help and support coming off all dependencies. Most addicts are so desperate R&S has been the only thing that's worked alongside the well-known support groups like AA and NA. I've had addicts free themselves by being faithful to R&S rather than their addictions. R&S has also helped with, quitting smoking, weight loss, and anxiety which can become so severe that people become mentally ill. Many students said R&S was an aid to overindulging in a vast array of things. Like junk food, sugar, chocolates, smoking, drinking pop and fizzy drinks, shopping, gambling, agoraphobia, and panic attacks.

## **R&S does not mix with alcohol**

When I was doing degree two, a fellow student popped off to the pub at lunchtime. He had his usual four pints and could hardly stand up; he had to sleep it off in the garden under a lovely tree. Experience shows they don't mix well while learning and even afterwards. He did complete his degree one and two, but could no longer drink at weekends and in the day. The first thing I noticed after completing my R&S degree's, was most bought cakes were too sweet, chocolates I loved and always enjoyed (not that I ate many) tasted odd, sickly tacky in the mouth, and some drinks felt metallic.





## HOSPITALS

If people are sent to you or ask you to do this work, confirm by asking three times if this is okay? You will get a yes or no at the third ask. I have no issues with this as I'm fully aware I'm not the healer but the conduit, it's arrogant to think we have this power over others, we only have this level of healing on ourselves. However, we are a channel, and this can be powerful because it's about hope and trust and why it's imperative to be ethical and ask permission. But what if the hospital refuses? But the patient wants this, well, this is where you need courage.

### Controlled Environments

All medical establishments are controlled environments for a good reason, cross-contamination. But they can be emotionally controlled places. I did R&S discreetly, as in the 90s, nurses were like hawks, that's not the case today, most do paperwork plus are aware of Reiki, but you can hold the person's hand and allow R&S to flow. A few precautions, always wash your hands before and afterwards. But not in the presence of the person, they often feel dirty enough, do not offend them.

### Distant Healing

Distant healing is much like prayers. Just as you pray for someone, you are sending loving thoughts and healing. Reiki is just the same concept. You can make this into a ritual, much as you would with prayers, or you can think of the person quickly as I do. Much like an email shooting off into cyberspace, your energy goes through the universe like a shooting star. Or as one young student said, a cloud of stars that dropped all over the person. I quite liked that idea and adopted this myself.



## **THE CIRCLE OF R&S**

I imagine a circle of healing with the person that requires R&S being asked into the centre as I walked around sending rays of healing I often saw them change from a dull, heavy grey into lighter colours, this is brilliant as group healing as well. I've had four or five in the centre and up to ten students holding hands and circling to the left and then the right and sending R&S. Then I asked the students to find out how the people in the centre felt. Many said they stopped what they were doing for some reason and either thought about the friend or felt warmth wrap around them or a hug.

### **Quotes are as powerful as the right music!**

The Right Quotes Resonate Deeply, and often just having inspiring words around the house helps to balance the mind, body and soul and never more so when studying. We often need inspiration or to stop and reflect. A student in 2004 suffered from horrible thoughts, so she placed one on the ceiling of her bedroom. The quotes were the first thing she saw in the morning, and the last thing she saw at night and this helped her.

### **Having your Copyright**

Having something composed for you is much more cost-effective in the long run and you can via [www.chrisworthproductions.com](http://www.chrisworthproductions.com). Chris has a vast selection of compositions; you also have a certificate in your own right. Just in case you get the copyright police on your doorstep. I have many of his works to add variety and interest, and I can use these as background music on future CDs I may record. You may use my Reiki Music. I own the copyright, but you may use this for your wellbeing and that of others.



## **BETTER SAFE THAN SORRY**

Before I found Chris Worth Publications, copyright companies plagued me with relentless phoning and letters. Happens less now as people can buy their copyright or can create music on apps like GarageBand and others. Nevertheless, I was pleased to be able to say calmly to these people, 'I own mine, thank you.' My motto is 'better safe than sorry.' However, paying companies each year for the rights to play music in therapy and training is an additional cost you don't need.

### **Alternative it's not.**

Alternative generally means, substitute, replacement. R&S is not any of these. R&S is complementary, it can be that extra addition in your life that may help you, it's not a religion, a cult, or airy-fairy, but a way of life that works for many. R&S does what it says on the kitbag; it works with all traditional and orthodox medicine, methods and techniques brilliantly. When we regard R&S as an alternative rather than as complementary, we walk a dangerous path; we limit our choices considerably, we close our minds, we often become rigid in our thoughts. R&S offers us options, opens our mind to all possibilities.

### **Notebooks and Diaries**

I encouraged students and clients to use a notebook. I gave a lovely sparkly lilac A6 pocket-size book with a matching pen. I ordered pens from a company that had my name and phone number and website details. To me, this was all free advertising for less than adverts in magazines and newspapers, and more productive than leaflet drops. I used my notebook mostly to register the signs and messages I received.



## TRACKING YOUR PROGRESS

I was fascinated by how these emerged and proved invaluable as I could decide which was false evidence appearing real, or real. I could see I was creating articles and a future book as well. Track your progress through the six principles, and for future reference, use a notebook or a diary. In twenty years you can look at your notes and see just how far you've progressed and any scribbling will be fascinating to read. That I can guarantee. I look back at my notes think, 'OMG, I've changed so much,' and it's always for the better.

Listen to the music; I found when played in the background; clients seemed more receptive to auto-suggestion and new concepts. I was also to learn this music was the perfect introduction and preparation for focus and calmness.

### Associations

When teaching and treating others, it's mandatory to be insured, but also in an association, which prevents isolation, but where you can gain CPDs. Don't waste your money by joining lots of associations. Choose one that covers all therapies and save money. Mine was The CTHA. <https://www.ctha.com>. However, the CTHA requires all Reiki Masters (if teaching others) to have a teaching qualification. Many associations are following the same path. You owe this to yourself and to any students that you aim to teach in the future, to be the very best you can be.

### Doctors Orders

Before you make any decision about reducing prescribed drugs, always talk to your doctor first, as this can be very dangerous.



## MODERN DOCTORS

Most modern doctors respect their patient's views on complementary therapies and their health decisions; at the end of the day, they prefer not to see you at all. But what they do object about and rightly so, when therapists suggest clients to reduce or stop the medication. Please do not do this; it could be fatal, learn to work with the client/student and the doctor.

## R&S takes up no room

You don't need a wallet, a handbag, briefcase, phone, or file, because it's inside of you. All you need before you start any R&S is to do is ground yourself, imagine you're a tree with roots deep into the ground, put protection around you, rub your hands together to activate R&S, and begin. When finished, rub your hands together to stop R&S. Never wash your hands until the client has gone. They're vulnerable, avoid making them feel dirty, especially if their body is suffering from skin problems. When you refresh their water, wash your hands then.

## Two questions asked a lot were.

- ❖ Was mixing healing energies okay?
- ❖ How does the R&S Work?

I'd never do any psychological therapy such as Hypnotherapy with Reiki, but because I was qualified, and I could offer to counsel them because I have the qualifications. But many are not trained counsellors, so it's best not to do this. However, there is nothing to stop you from listening with empathy, and nothing stopping you doing training in counselling or mentoring



## THROUGH THE BACK DOOR

R&S slips through the back door, bypassing the ego, because the ego prefers fast noise, and R&S and the accompanying music is gentle, so way too dull for the ego. Sophie, a client, was like many young people twenty years ago, well into heavy metal music and while the music of the young, for healing purposes, a poor choice.

However, she loved the R&S; she said I reached the deepest parts of her mind, heart and soul, where she could feel the world that was inside of her. It helped heal her fragmented soul, bypassed the frantic ego thriving on the noise of life. She also loved the R&S music because it was also subtle and irritant-free. I worked with addicts, and they get very irritated and easily agitated unless it's their style of music. Most would flatly refuse to listen to gentle music, yet all loved this music. Addicts are hard taskmasters.

### **R&S Principles takes only a minute at a time.**

Using R&S principles helped to ground me in a frantic world of business and studying and raising a family. It may do the same for anyone. R&S gave me time to think more clearly, feel more positive, to be happier and more importantly offer more in control of my life. R&S improved my wellbeing both mentally, emotionally, physically and spiritually; it might do the same for you, R&S helped me have better friendships. It can do the same for you.

The art of healing comes from nature, not from the physician,  
Therefore the physician must start from nature,  
And with an open mind.  
(Paracelsus)



## **SUMMARY**

### **Balance is vitally important in life.**

I want to share what one client experienced, someone who came to me because of burn out, and whose parents paid for her therapy. Jane was a lovely kind person, but with shattered dreams and a poor quality of life. She'd been in high demand in her part-time Work as a therapist. Her idea was to leave her day job and go full-time in her therapy practice, and so worked every night with two clients and five to six at weekends, and had a head start. But Jane became extremely ill; her full-time job suffered, as did her family, but she pushed on relentlessly.

### **There's nothing like a busy fool.**

Eventually, Jane left as she wasn't paying attention to her day job. Then her husband left. It didn't take Einstein to work out the reasons. Nevertheless unbeaten she decided to go full time with her Reiki healing and massage, with the words 'hard Work never killed anyone' ringing in her ears. However, Jane had set a precedent, she'd devalued her skills, and while a good client base but at £5.00 an hour this would never sustain her, and she closed a year later, and very ill.

### **Jane hadn't done Reiki with me**

And not on herself, a prerequisite in my training programme, so Jane had to go back to basics and chose my Lifestyle Programme that included the five techniques and R&S to heal herself. First, she would have learnt the importance of self-care and second, ethical business practice.



## WORKING SMARTER NOT HARDER

Third; she'd have learnt to work R&S smarter rather than harder. Eventually, she had her business with a new set of clients, and her health and self-esteem restored. These are just a few of the comments students and strangers (who never did Reiki with me) who I've met and said they've benefited from Reiki. My youngest student was nine years old, and she understood the concept because while simple, it's incredibly intuitive.

- ❖ Reiki calms me down
- ❖ I'm far more patient than I was
- ❖ I understand patients/clients better now
- ❖ People say I'm more professional
- ❖ Everyone says I'm kind.
- ❖ I have far more confidence
- ❖ Much more energy

R&S helped me through my grief when my husband died suddenly in May 2019, and may do the same for you. Over the years, R&S has helped me improve my skills, and may do the same for you. R&S has supported me through two primary operations, gall bladder and a hip replacement, and it may do the same for anyone. R&S is excellent on children, the elderly, the ill and dying. It can help cleanse the environment calm the home and help you have a more balanced relationship. It encourages a better community indirectly and directly because you feel calmer and happier, and this has a ripple effect. R&S could help us to have a better world. It's not a wonder drug, but it does help you to connect to your higher self and find what suits you better. And that has to be an improvement.





## MIRACLES

Healing and miracles have been a mystery to men of all times.

To some, the phenomenon is frightening,

While others find it exhilarating.

Mother Angelina

Insanity is doing the same thing over and over again and

Expecting different results

Albert Einstein