

Learning objectives

This chapter covers the following:

- **what Reiki is**
- **intent**
- **the benefits and effects of Reiki**
- **Reiki precepts and principles**
- **understanding Reiki attunements**
- **contra indications and contra actions to Reiki treatments**
- **Reiki ‘self-healing’**
- **how to give a Reiki treatment to others**
- **the meaning of the Reiki symbols**
- **using Reiki with other treatments**
- **causes of *dis*-harmony and *dis*-ease**

To become a Reiki I, II or III practitioner requires specialist training and attunements *in person* from a Reiki Master who has also received training and attunements from another Reiki Master. No book or Internet course can substitute for that direct personal initiation process.

The art of laying on of hands is as old as the hills. People have been doing it since the beginning of time. It is a natural instinct to put your hands on somebody who has been injured or is not well. Mothers are a prime example of this. When a child is hurt a mother will lay their hands on the injured spot instinctively. When we hurt ourselves, we instinctively rub or hold the injured spot for a few seconds. Human touch conveys healing, care and love.