

Table of Contents

	Forward	4
1	Introduction to Patti Penn	5-6
2	Defining Reiki	7
	i. The Kanji, Spiritual Conscious Life-Force	8
	ii. What is Rei	9
	iii. What is Ki	9-10
	iv. Spiritual Conscious Life-Force	11
	v. Talking Energy	11-12
	vi. Reiki scientifically and spiritually	13
	vii. Is Reiki a religion?	13-14
	viii. Reiki Energy as a Therapy or Path	15
	ix. Treatments	15-17
	x. Record your Reiki Sessions	17-18
3	Who learns Reiki	19
	i. Students' Quotes	20-23
4	Medical Benefits of Reiki	24-25
	i. Empirical Distinction of East and West	25
	ii. Cause and Effect	26
5	Founder, Usui Sensei	27
	i. Usui's Japan	27
	ii. Enlightenment	28
	iii. Method of Achieving Personal Perfection	29
	iv. The Reiki Precepts	29-31
	v. The Artfulness of Meditation	32-33
	vi. Usui's Students of Reiki	34
	vii. Sound Vibrations	35
	viii. Music and Learning to Feel Vibration	36

6	Reiki comes to the West	37
	i. Chujiro Hayashi	37
	ii. The Gakkai	37
	iii. Hawayo Takata	38
	iv. Takata and Her Reiki Masters	39-40
	v. Unites States & Takata	41
	vi. My Lineage and Yours	42
7	Reiki, Myself and You	43-44
8	A-tune You	45
	i. What will be Gained from Attunements	46
	ii. The Ceremony	47
	iii. Document your Reiki I Attunement	48
9	Levels of Reiki Defined	49
	i. Reiki I	49
	ii. Reiki II	50
	iii. Reiki III-Master Practitioner Level	50-51
	iv. Master Teacher Level	51
10	Bring your Reiki On	52-53
11	The Chakras & the Body Temple	54-59
12	Your Practice makes Perfect	60-61
	Appendix 1 Hand positions for Self-healing	62
	Appendix 2 Hand positions for Healing Others	63
	Appendix 3 Hand positions for those Sitting	64
	Patti Penn Waiver	65

