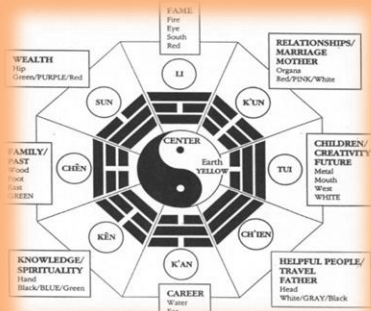
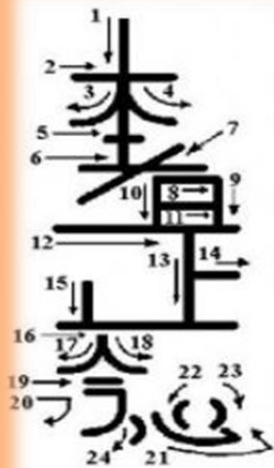


Welcome To Reiki Certificates Level One & Two



Hello, I am Robyn. My great Auntie attuned me in the 1950s Back then it was called Hands-on-Healing.



Hon-Sha-Ze-Sho-Nen



Why do I only offer Reiki levels I & II? Reiki is easy to learn and only takes a day or so for you to grasp the concept, and to start healing yourself and others. However, for the proof of how well you perform this healing art takes time. Learning is a journey. No one knows what they do not yet know. The human mind is very delicate - controlled and governed by – circumstances and happenings of each person. Once we start healing others we cannot know all that they have gone through to make up their personality and persona. You do not need to become a master healer unless you are going to teach others and charge a fee. You can start charging for your skills once you have completed level II . So let's get you there first.



Hi I am Robyn
I learned Hands-on-Healing
in 1950s by my great aunt and my mum.
As a teen my fist trade was hairdressing
in my aunties salon. I then added beauty
therapy to my skills. In 1990s I studied to
become a clinal Aromatherapist and
became a **Reiki Master**.



**If you live in Australia I run free
Reiki workshops on the Gold Coast .
Come and join in.**

On Line Classes With A Real Teacher



My Favourite Song Is -
“I Want To Teach The World To Sing”

Why?

Because it makes people happy.

Why Learn Reiki With Me?

Because I have had over 70 years at learning how to feel marvellously alive.

Does everyone like and understand me?

No

Is it important for everyone to like and understand you?

NO

It is more important that you like yourself.

That you learn how to self-heal. To be accountable, to be character wise, to live with integrity, to be honest with yourself and others, be a mindful communicator and more... Take my hand now and learn how.



Learn to Feel The Reiki Energy

1. Sit and breathe deep and slow.
2. Vigorously rub your hand together for 15 to 30 seconds.
3. Form a cathedral shape in your hands
4. Slowly pull them apart. Try to feel the energy bouncing between your palms.



- A. Place your hands over your eye then yours ears.
- B. You should be able to feel the energy.
- C. Do this daily until you witness the energy waves between your hands.


















Reiki Self-Healing Chart



As you touch each body part breathe deeply. Do so with a knowing - there is energy there from the Earth and the heavens above. Believe you can tap into those healing energies. It matters what you think about as you touch each body part. Ask for a positive outcome. Ask to manifest something or heal an ailment. If you are someone that cannot walk - ask for the type of healing you require or the kind of help you need, to come freely each day by loving caring souls. If there is an ailment ask me how to heal it I am here to help. Text Your Questions To Robyn Email beautyschoolbooks@gmail.com Website beautyschoolbooks.com.au

Only the foolish are unteachable. The wise look for precepts of what is yet unknown or understood. They marinate in wise council.

<p>Position 1. Cup your hands over your eyes. Breath deep, Say :- All I see I purify. All those that see me - like & enjoy me. My eyes are healthy My eyes capture & fill my soul with beauty. I see no evil nor experience evil.</p> 	<p>Position 2. Cup your hands over your throat. Breath deep, Say :- All I say will be said sweetly, free of gossip & malice. My throat & voice are healthy filled with loving words & sounds.</p> 	<p>Position 3. Cup your hands over your Ears. Breath deep, Say:- All I hear is music to my soul. I never listen to gossip. My ears are healthy free of evil words. I hear the soul Behind the words of others.</p> 
<p>Position 4. Cup your hands over your Neck. Breath deep, Say:- My nervous system is tingling with peacefulness.</p>  <p>I am calm, pain free & happy</p>	<p>Position 5. Cup your hands over your Crown. Breath deep, Say:- My head is filled with happy, joyous thoughts. I am - Connected to a higher power that protects & heals my Mind, Body & Soul.</p> 	<p>Position 6. Cup your hands over your Heart. Breath deep, Say:- I am loving, I love others unconditionally. My Heart is strong & healthy. My heart sings with praise of others & boomerangs back to me.</p> 
<p>Position 7. Cup your hands over your Navel. Breath deep, Say:- My Solar Plexus heals all my organs. I never feel sick or nervous. I am energised with good health.</p> 	<p>Position 8. Cup your hands over your Groin. Breath deep, Say:- I am romantic & creative, my sexuality is healthy. I am of good morals. My creative side flows with creative actions.</p> 	<p>Position 9. Cup your hands over your Knees. Breath deep, Say:- . I bless my Knees & all they do. They are strong. They keep my Mind, Body, and Soul flexible. They help my feet to keep me grounded.</p> 
<p>Position 10. Cup your hands over your Feet. Breath deep, Say:- . I bless my feet & all they do. They will never feel tired nor sore. They ground me to Mother Earth and draw her energy.</p> 	<p>For more harmony - draw the Harmony Symbol on your hand For more power to come your way draw the Power Symbol Anticlockwise To send overpowering from others away draw it clockwise. Always complete your requests with the completion symbol.</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="1680 1552 1854 1703"> <p>Anti-clockwise Energy flow is Spirit to Matter</p>  </div> <div data-bbox="1854 1552 2042 1703"> <p>Clockwise Energy flow is Matter to Spirit</p>  </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div data-bbox="1115 1723 1384 1955">  <p>Harmony Symbol</p> </div> <div data-bbox="1438 1723 1760 1955">  <p>Power Symbol</p> </div> <div data-bbox="1774 1723 2042 1955">  <p>Completion Symbol</p> </div> </div>	

What Is Reiki?


*We Can Heal Ourself
And Others With
Our Inner Energy*

Reiki is an unseen "life force energy" that flows through us and is what causes us to be alive.

It is very easy to learn Reiki (Hands-on-healing.)

Reiki is a form of energy healing. We all have energy flowing within our body. We can tap into our energy and the Earth's energy for healing and manifesting. The term life force energy is used in yogic teachings as a general reference to the manifest energy of the entire universe. It is also known as prana and can be translated from Sanskrit as "life force energy," "vital energy," "breath of life," "spirit-energy," or "vital principle" This mystical energy moves through our bodies and animates our every action—from gross physical movements to minute biochemical processes. Prana is the source of all movement in the body and regulates all of our conscious and unconscious bodily functions like our breath, digestion, blood flow, elimination, and cellular growth and healing. It is also responsible for regulating the quality of our thoughts, emotions, and consciousness.

Just like plants we need and use the sun, wind and rain to thrive. Giving a healing on a sunny day has the best outcome.



*The energy in
your hands,
will heal you
and others*

*Reiki
Will*



- Bring on a meditative state.
- Foster tissue and bone healing after injury or surgery.
- Stimulate your body's immune system.
- Promote natural self-healing.
- Relieve pain and tension.
- Support the well-being of people receiving traditional medical treatments such as chemotherapy, radiation, surgery and kidney dialysis

First Comes Belief Then Gratitude

Theories associated with the universal energy field. All matter and psychological processes — thoughts, emotions, beliefs, and attitudes — are composed of energy.

When applied to the human body, every atom, molecule, cell, tissue and body system is composed of energy that when superimposed on each other create what is known as the human energy field.



*There is a ubiquitous energy that we **CAN** tap into.*

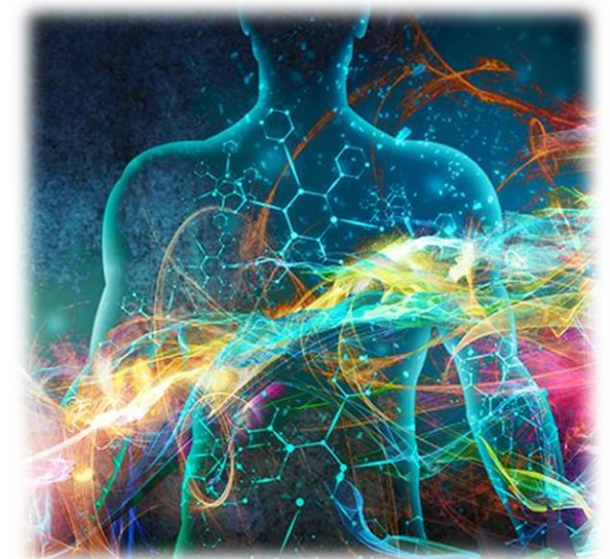
Chakra Balancing is a Lovely way to introduce your clients to self-healing. Set up a chart for them.

Chakra Balancing Plan



Start at the Root chakra and work your way up to the crown chakra. List the things that pertain to each chakra. In the Root chakra which governs survival & your comforts. Write down your most important concerns. Do the same for each energy centre/chakra.

- 1 Red-Survival and security needs.
- 2 Orange-Sexual and Creativity Needs
- 3 Yellow-Self Empowerment Plan
- 4 Green-Unconditional Love
- 5 Blue-Communication
- 6 Indigo-Intuition Imagination
- 7 Purple-Spiritual Connection to a Higher Power



Chakra Balancing Chart

First believe in a power greater than you, that can come to you by asking Mother Earth to heal you. 2nd Write down what each centre means to you. 3rd As you ask for each centre to be balanced, visualize the colour that pertains to that centre vibration that colour in your body and a stream of colour taking negatives away. Then visualize that colour stream bringing in the positives. Learning this will not feel real until a few miracles happen to you.



Chakra Name	Symbol	Colour	Location	Sound	Element	Power Of Each Centre
1. Root or Base Chakra		Red	Perineum Pelvic Floor	LAM	Earth	Your sense of security & stability. Heals all body structures. Grounds you
2. Sacral Chakra		Orange	Sacrum	VAM	Water	Sexual and Creativity Needs. Your value to your sense of self. Moral code, unique identity
3. Solar Plexus Chakra		Yellow	Solar Plexus	RAM	Fire	Your Energy Centre, Self-Empowerment. Motivation, Manifesting Centre.
4. Heart Chakra		Green	Chest	YAM	Air	Unconditional Love, Peace, Acceptance, Compassion,
5. Throat Chakra		Light Blue	Throat	HAM	Ether / Space	Effective Communication. Our emotional honesty, handles conflict. Our ability to be heard.
6. Third Eye Chakra		Indigo	Forehead	OM	Light	Intuition, Imagination. Manifestation of Higher Powers. Seeing Beyond the Obvious.
7. Crown Chakra		Violet	Top of head	OM	Thought	We will begin to tap into the infinite field of consciousness and live in complete alignment with the Universe.

Be careful what you ask for.

1. Send all negatives that pertain to each chakra far away in streams of colour.
2. Seal your body in a cocoon of white light.
3. Seal with a ring of fire then blow the fire out.
4. Now one chakra at a time starting at the base see streams of colour bring all you need to manifest for that chakra.
5. Repeat these steps at least once a week until you have something very close to what you have asked for.

Make a wish list then apply the chakra healing steps. Or the self-healing reiki steps. It will amaze you how easy it is to manifest your humble needs. When a wish comes true you will become a staunch believer in self-healing & manifesting. What Have you got to lose? Give it a 21 day try.

Personalize your chart

Research what other therapist say about each chakra and write down what resonates with you

Write down what you personally need to manifest. Example:- Root chakra - survival means different things to most folk. Security for me is having a home I love & can afford always. So I need to earn and save more.

Chakra Position	Meaning / Healing	Personal Hopes
Root Chakra	= Survival, safety, grounding	
Sacral	Creativity, Romance, Sex organs	
Solar Plexus	All bodily organs, Self-empowerment	
Heart	Unconditional love, acceptance	
Throat	Effective - communication, voice tone	
3 rd Eye	Connection to your higher self	
Crown	Consciously connecting to higher powers	

Chakra Balancing is Similar to Reiki

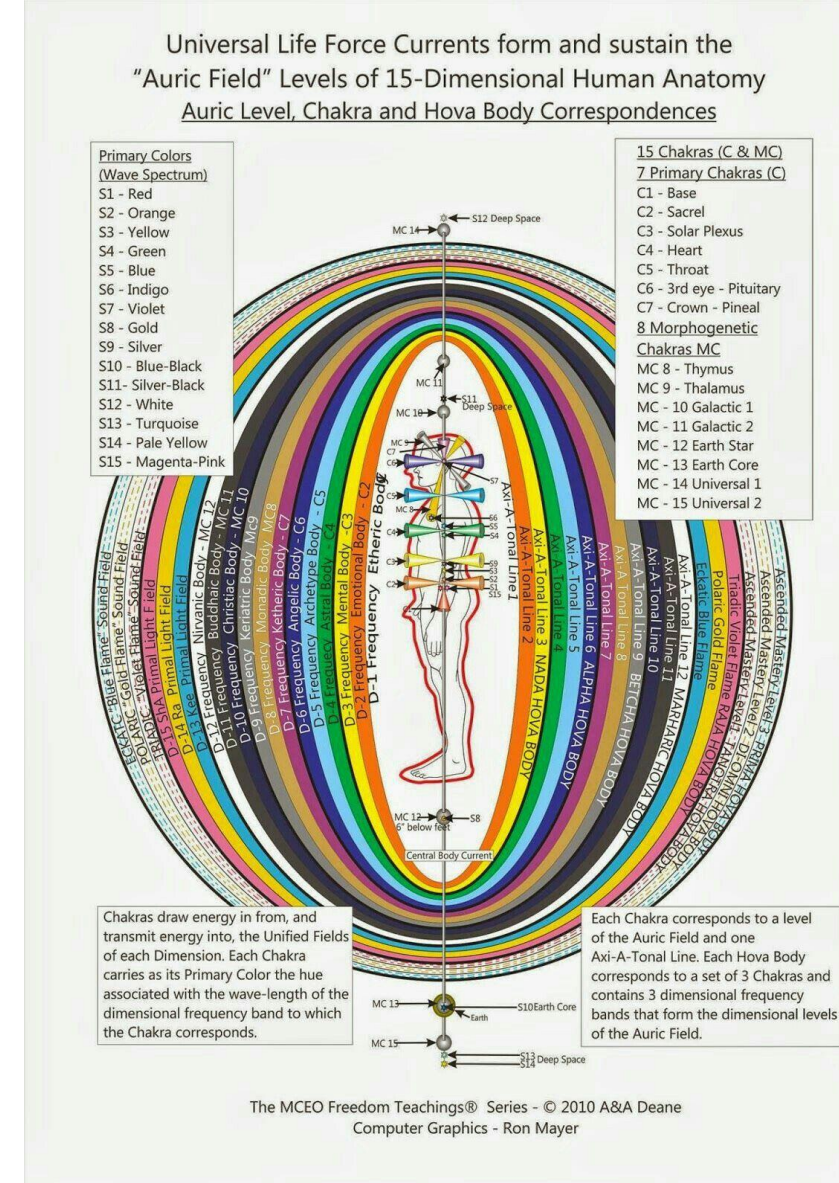
Some western scholars believe that the chakra system began in India around 500 BC, when the earliest yoga texts, the Vedas, were written.

Hands on Healers were

In the oral tradition, the transmission of knowledge was from teacher to the student, through presence, speech, stories, prose, and verses. Even today, in eastern India, in the oral tradition of chakra system the information, techniques and knowledge held in common by a group of people, over many generations. In the western world, we are familiar with the seven primary chakra system.

However, in the oral tradition of the chakra system, particularly, in the tradition of Sri Amit Ray, the chakras are not limited by seven or twelve; it goes beyond **114 chakras**

Scientists observed several micro-networks in the human body, deeply connected with immunity, health, mental peace, emotions and happiness. Biological models of behavior have become increasingly prominent in psychological theory, particularly with the development of various neuro-imaging tools. The field of neuropsychology, which studies the brain and the connected nervous system, is growingly feeling the role chakras in human psychology.

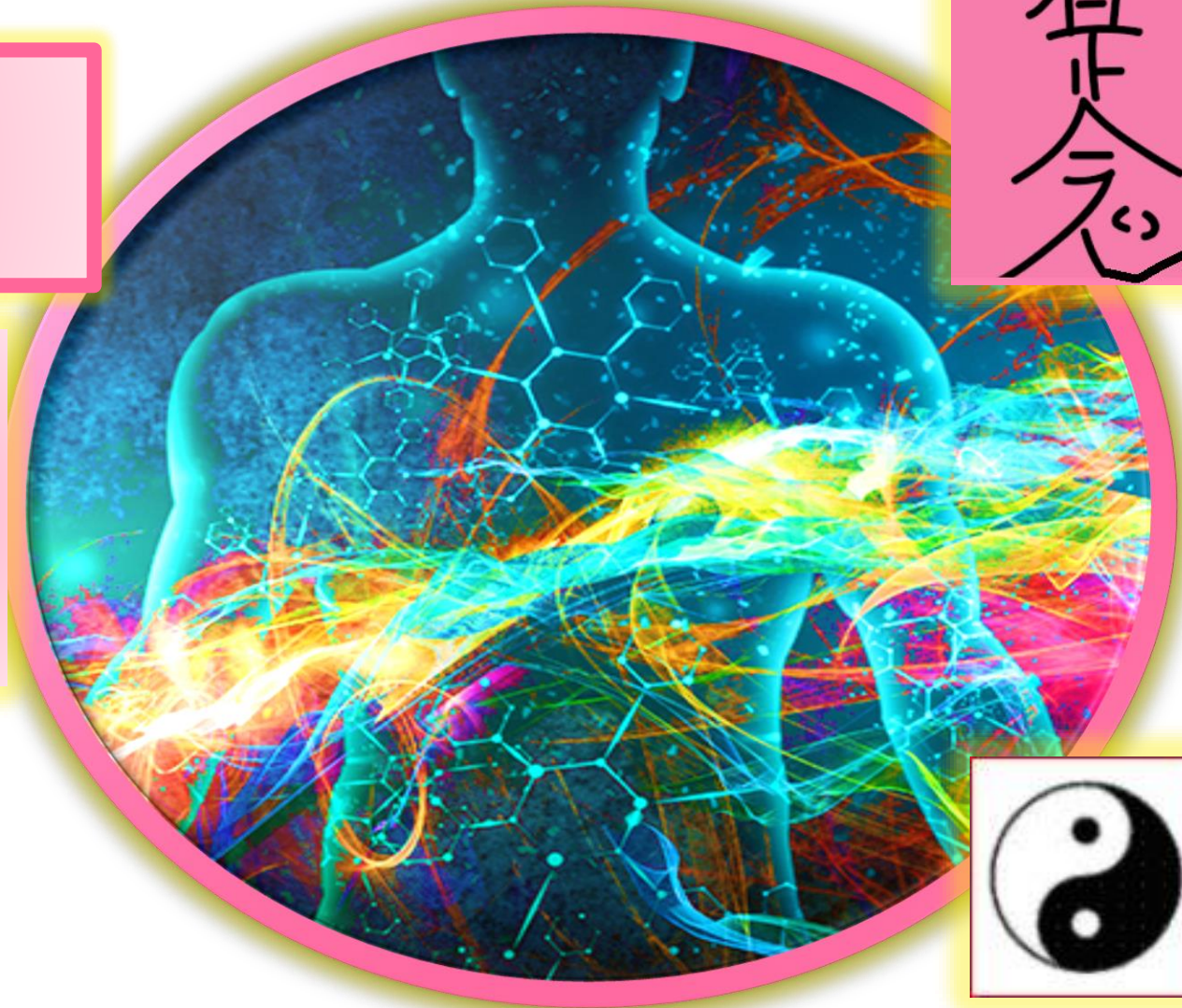


Start Filling in your Gratitude diary - daily today. It forms part of your self-healing program.

*First Comes Belief
Then Gratitude
Then a Healthy Mind Follows*



**If
I Focus On
What I Am
Grateful For.
I Feel
Marvellously
Alive.**



本有正念



Low magnification of the skins energy field.

Epidermis The Outer Layer

We have over 40 trillion moving cells in our body

Dermis

If you look at your skin under a microscope it is not still. Plus has colours vibrating in and out of it. That is know as our Aura Field.

Aura

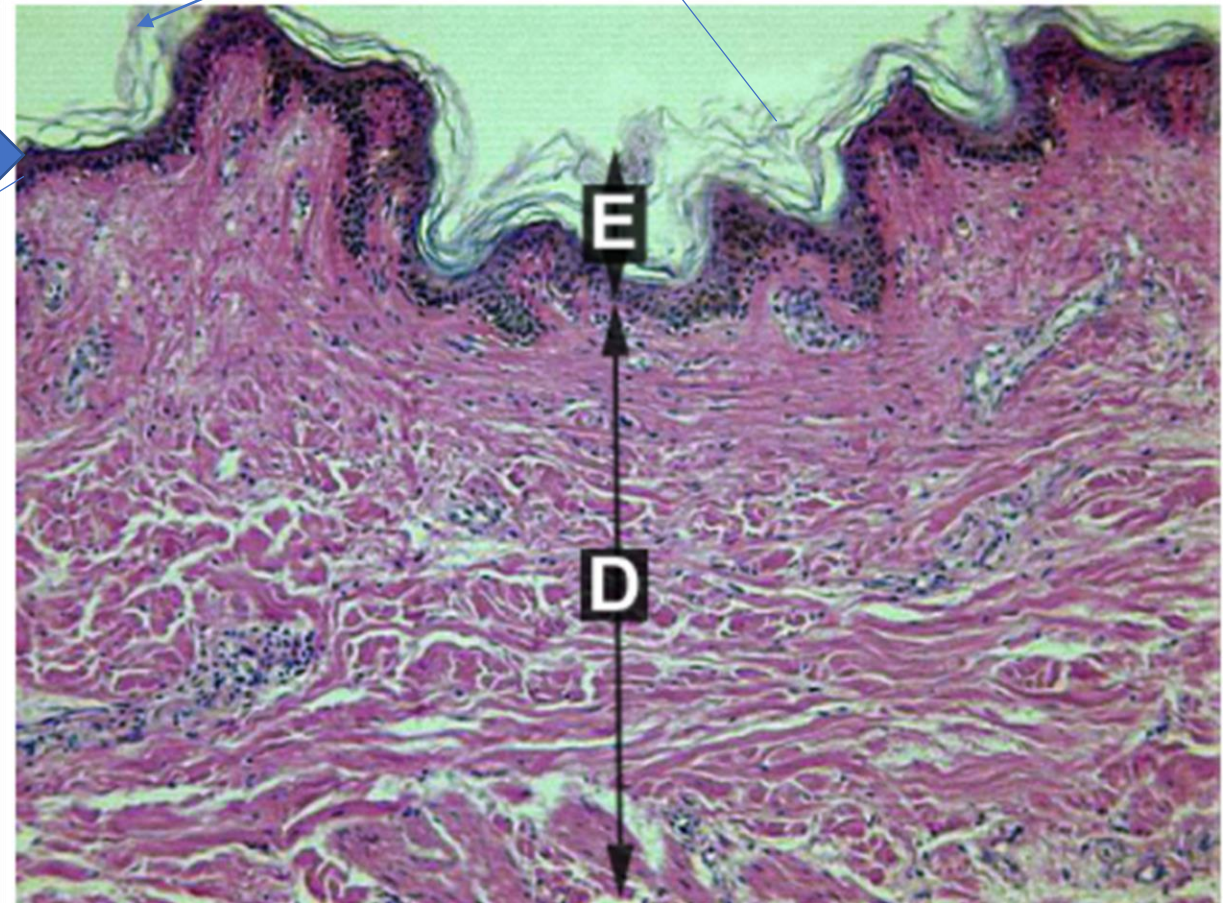


Fig. 2. Skin, Human (H & E).

- D, dermis.
- E, epidermis

Believable? To me it is.

Hands Do & Can Heal

On closer examination of the epithelial tissue or skin, which appears very solid and in particle form, reveals it is 99.9999999999% empty space. In actuality, the hand is made up of superimposed dynamic energy in constant vibration and of consciousness.

This is what makes energy work possible and why energy work heals.

Believe ✓



Gratitude Gratefulness

There is a growing body of research which shows there are many psychological benefits to being grateful, including feeling happier and lowering stress, depression and anxiety.

There is scientific evidence that expressing genuine gratitude on a daily basis can improve physical health as well by improving quality of sleep, cardiovascular (heart) health and immune function.

Imagine that ... something as simple as how we think about our lives and the people in our life, actually has a profound impact on our health! So clearly a spirit of gratitude and appreciation is an essential skill for everyone

Gratitude is like most desirable traits and qualities in that it is usually not enough to simply decide to be grateful—we must actively practice being grateful.

Write It down so you confirm what you are grateful for.



Mind Shifting With Gratitude

Whenever you are upset with someone, focus on what you are grateful for and write it down .

Say it out loud several times.

This will assist you to shift your minds energy to all that is good in your life and dismiss negative energy and build new happy mind muscles.

Regardless of whether you're facing serious psychological challenges, if you have never written a gratitude letter before, we encourage you to try it. Much of our time and energy is spent pursuing things we currently don't have.

Gratitude reverses our priorities to help us appreciate the people and things we do.

Pay It Forward Possibilities

The first thing to be mindful of when you want to pay it forward is:-

What you think will lift someone's mood may not be what they want.

Like after a funeral you decide - out of the goodness of your heart to take a few days off to spend with your friend or family member to help. When in fact they want to be alone.

1. Have a clean-up party at a beach or park.
2. While you're out, compliment a parent on how well-behaved their child is.
3. Leave a kind server, waitress/waiter, Hairdresser, Beauty or Massage therapist, the biggest tip you can afford.
4. Buy a plant. Put it in a terracotta pot. Write positive words that describe a friend on the pot. Give it to that friend!
5. Write a positive comment on your favourite blog, website, or a friend's social media account.
6. When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
7. Put 50 paper hearts in a box. On each cut-out write something that is special about your partner or a friend. Give them the box and tell them to pull out a heart anytime they need a pick-me-up.
8. Everyone is important. Learn the names of your office security guard, the person at the front desk and other people you see every day. Greet them by name. Also say "hello" to strangers and smile. These acts of kindness are so easy, and they almost always make people smile.
9. Write your partner a list of things you love about them.
10. Purchase extra dog or cat food and take it to an animal shelter.
11. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day more worthwhile. Don't just think it. Say it.



Yin & Yang

As you journey along your Reiki Healing Pathway it is important to understand the concept, of Yin & Yang



Yin Translations Female



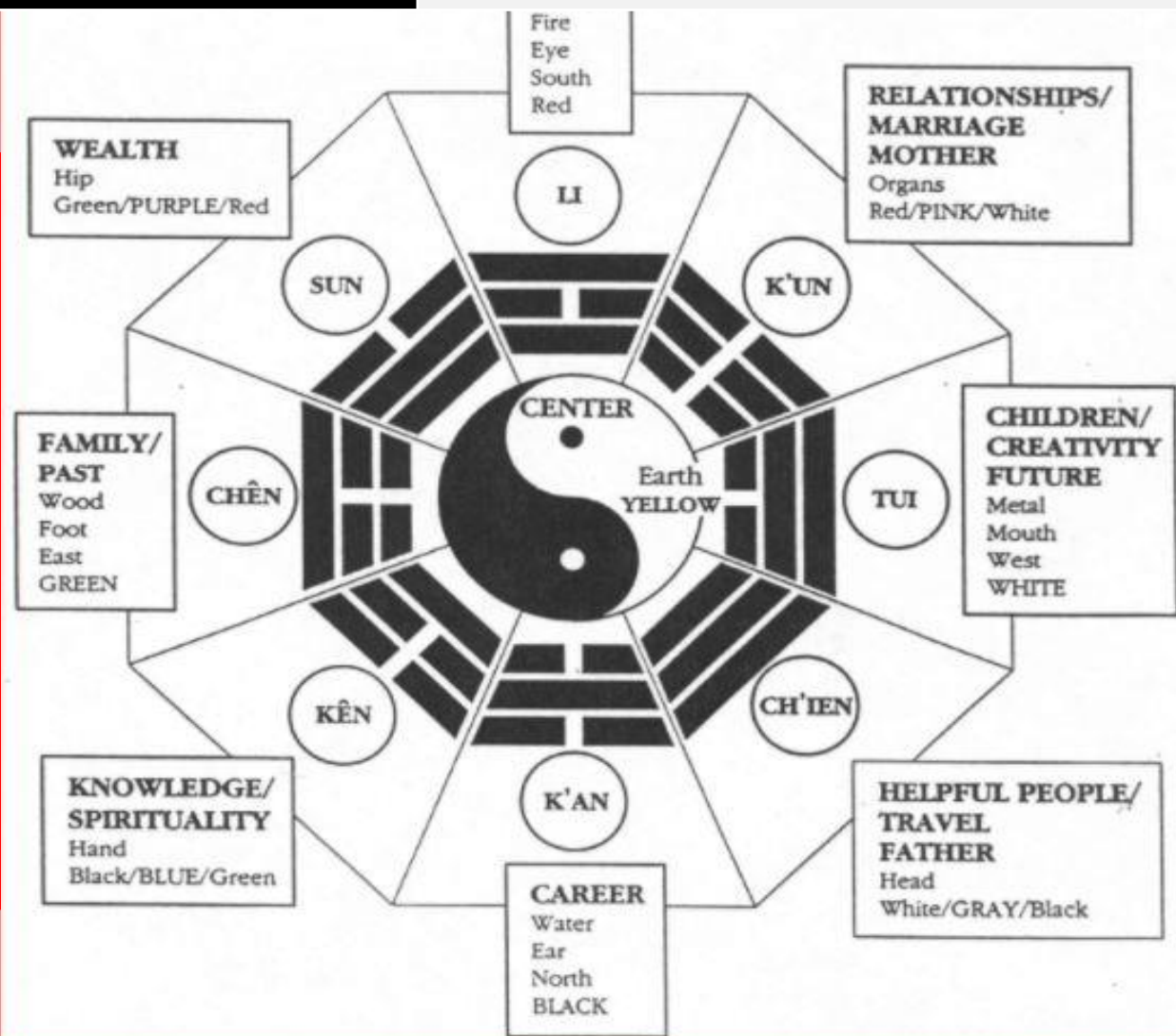
Yang Translations Male



Female, Passive
Negative Principle in Nature
The Moon
Shaded Orientation
North or Shady Side of a Hill
South of a River

Positive, Active
Male Principle in Nature
South or Sunny Side of a Hill
North of a River

Yin and Yang are in everything, and most things are a little bit of both. An avocado skin is Yang, but the fruit inside is Yin. Wheat in the field is Yang, but once it is harvested, it becomes Yin. After a hot meal follow it with cold fruit. That is yin and yang. One can turn into the other, and the best things in life lie at the confluence of the two, which is the act of process or merging. The concept of Yin and Yang is at the heart of Chinese medicine. It is about balancing out the body's Yin and Yang. To understand the balance of the two is the most important aspect. The two forces are opposing but complementary.



EXERCISE FOR A HEALTHY MIND.

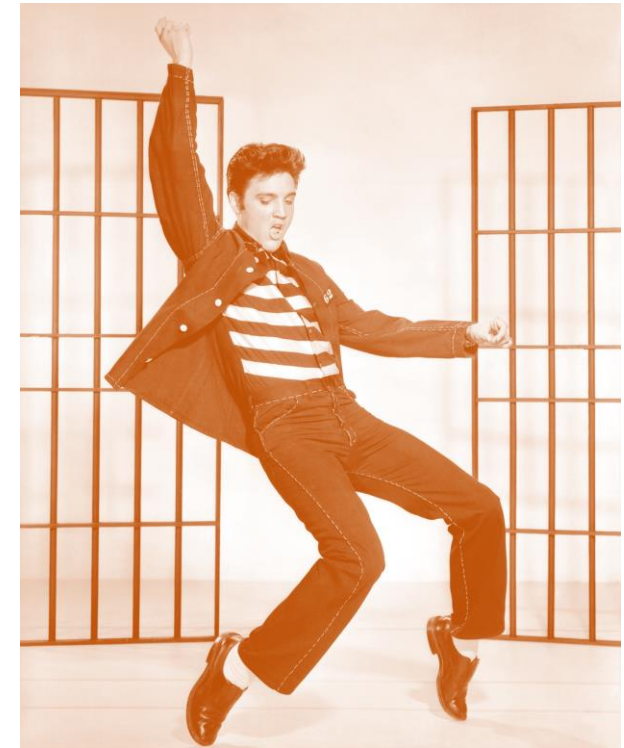
Exercise helps in the journey of a happy mind. As a healer it is vitally important that you exercise not just your mind correctly but, also your body.

Exercise helps chronic depression by increasing serotonin (which helps your brain regulate mood, sleep and appetite) or brain-derived neurotrophic factor (which helps neurons to grow). Exercise reduces immune system chemicals that can make depression worse. Exercise increases your level of endorphins, which are natural mood lifters.

Get moving.

Energy work such as Reiki Healing, is very sedentary work. Therefore, it is - important for you to become physical a few times a day. At least - Dance for five minutes to fast music or jog on the spot a few times a day. Also develop a good exercise program.

That brings us to a life of yin and yang





Unconditional Love

Love at first sight, happens with such delight. It is an amazing feeling. It just happens when you least expect it. With some couples it lasts a life time.

Parental Love starts with either a shock or excitement.

The birth of the 1st child is usually filled with an amazing feeling, no matter which way the parental journey must travel.

Sexual love is often not attached to feeling of deep commitment. For a virgin of consensual sexual love the feeling has deep warmth filled with many feelings. It is often painful and bleeding occurs yet the women is usually still elated.

Unconditional Love does not always happen. Most parents know this love especially when their teenagers are acting out. In the purest sense, unconditional love is about caring about the happiness of another person without any concern for how it benefits you.

Research tells us that the parts of the brain that light up during unconditional love are similar to those involved in romantic love and maternal love, and are linked to the brain's reward system.

This suggests that unconditional love may be rewarding without receiving anything in return.

- Honoring the requests of others when you are able to do so without harming yourself.
- Not being harsh or dismissive, as this does not lead to compromise or solutions.
- Accepting others for who they are.

Unconditional love does not always happen easily it often requires work. As a healer this practice must be part of your journey.

Conflict management.

As a Reiki or Chakra balancing healer we need to be certain the a new client understands what you are going to be doing to them and the outcome variables they can consider.

Always ask the after the explanation what they heard in brief.

Or better still do the meet and greet and fill in the client history form.

Next ask them to explain what they term as Reiki or Chakra balancing.

From their perspective on what is going to happen during a session you will be better informed. They may need more information or be completely informed.

There are several issues, problems and conflicts that we need to manage in our daily life. If you take a close look at the situation and try to see the other person's perspective you might have a better understanding of why they behave like that and can search for a common ground where you could agree to solve the issue. The worst thing you could do is to ignore the issue (of course if it is relevant to you). It is actually the opposite: with good arguments and discussing how improvements can be applied, you create together with the other person a better version of the situation and expand your mind. Be aware to always look for good arguments and discuss the situation instead of judging the other person or their opinion. Remember that people have different perspectives and see the world in different ways.

When you ask them to relay their understanding of the service there is usually less chance of conflict.

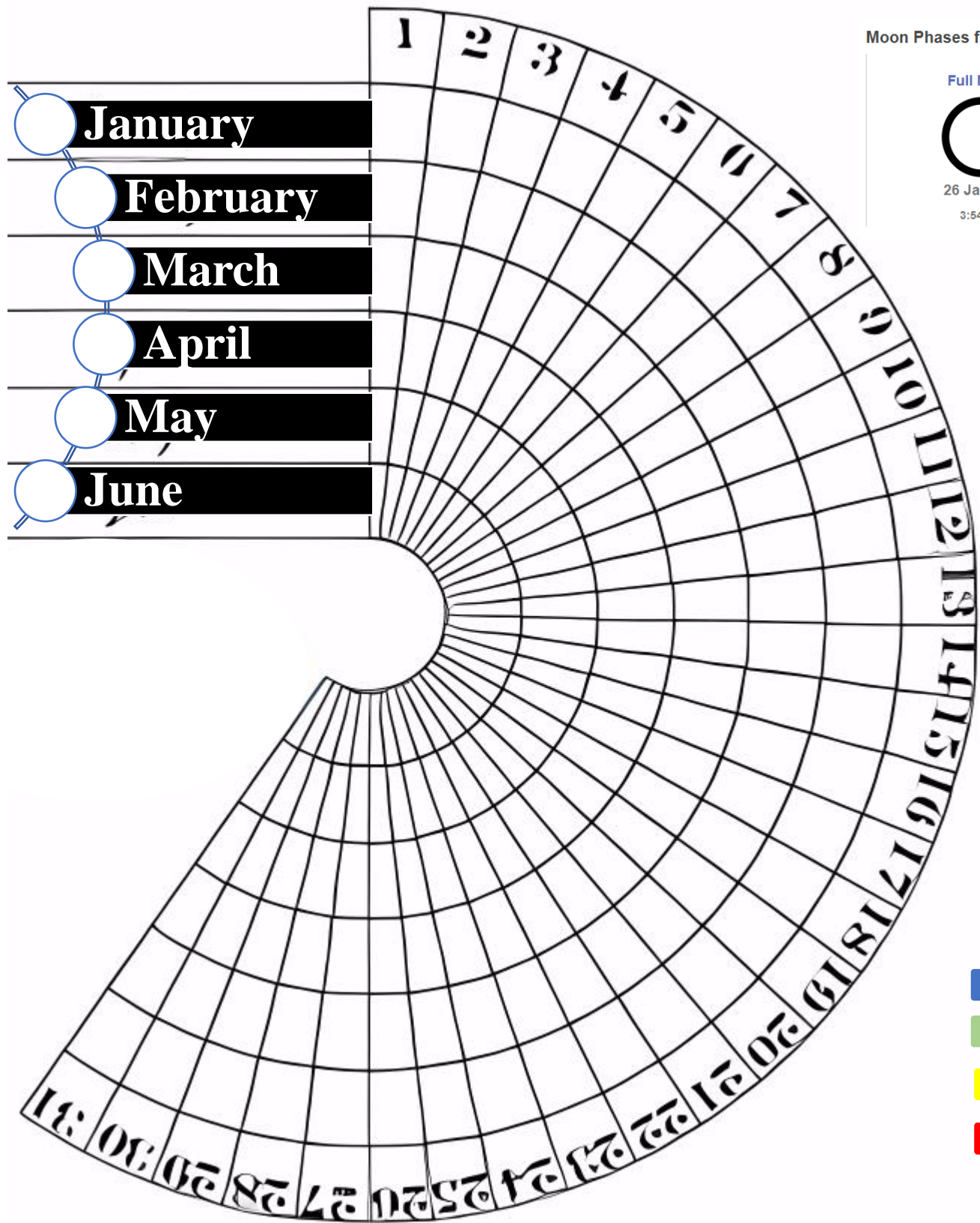
If I Could Teach The World To Sing In Perfect Harmony? Is Such A Great Song.
But Lets All Try To Teach The World To Be More Loving And Learn Self-healing. Happy
Healthy People Produce Kids That Like Them Self. And Have Uncluttered Happy Minds,
Bodies And Souls.

Happy Learning

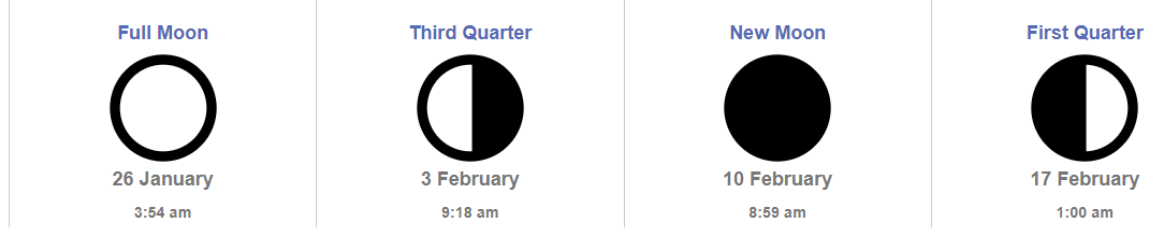


Mood Moon Tracker

Search for a moon calendar online.
Example



Moon Phases for Brisbane, 26 Jan 2024 – 17 Feb 2024

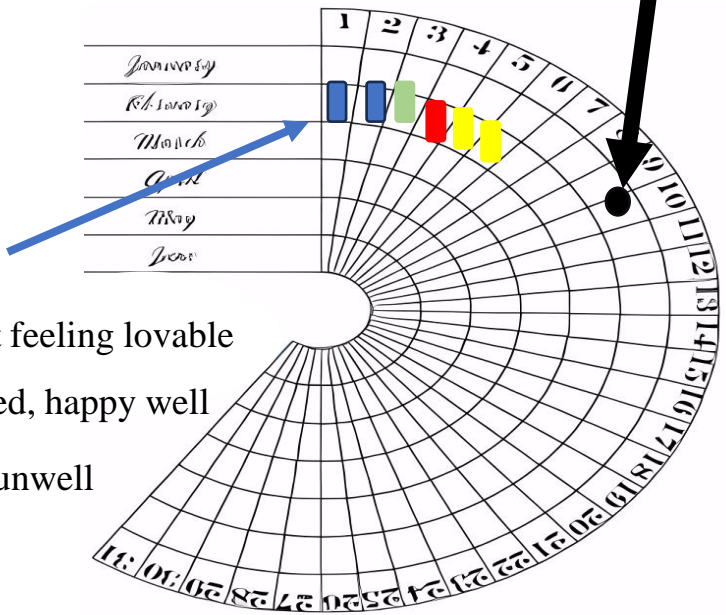


Be sure it pertains to your country
time zone

Draw the appropriate moon phase
symbol in the correct date

Each day- Fill in with mood
colours

- Lonely or sad
- Unloved or not feeling lovable
- Self-empowered, happy well
- Bad mood or unwell



Today I refuse to be caught by bad manners of others.

To Do - Six Most important things:

1.
2.
3.
4.
5.
6.
Notes

Typical Layouts In My Dairies

Has a Moon Phase

You could put a moon phase drawing and your mood colour here.

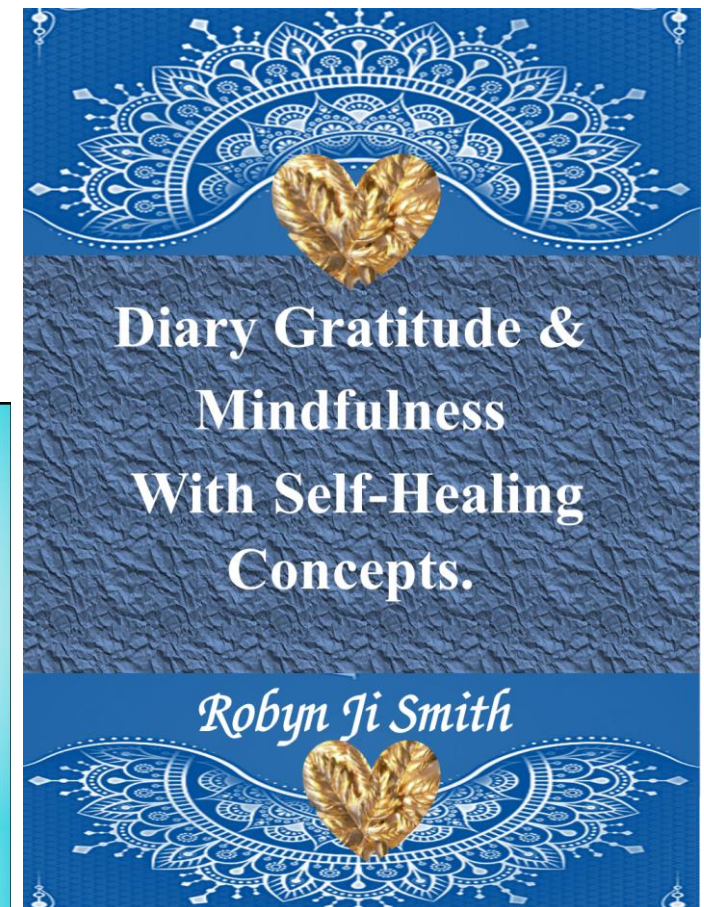
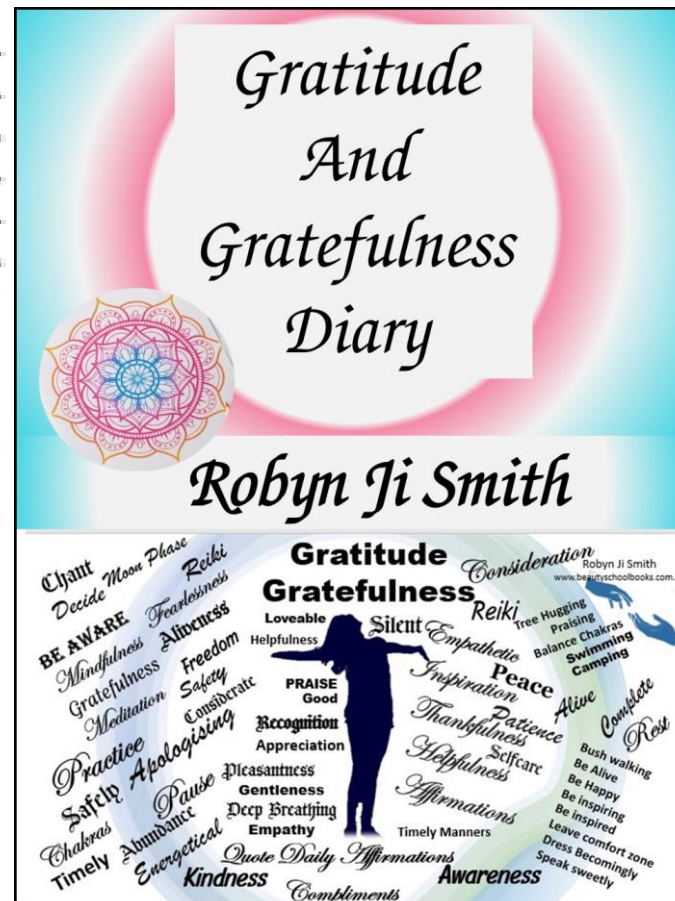
Date _____ Time _____ Moon Phase  I am Grateful For

Best Thing I Did Or That Happened Today

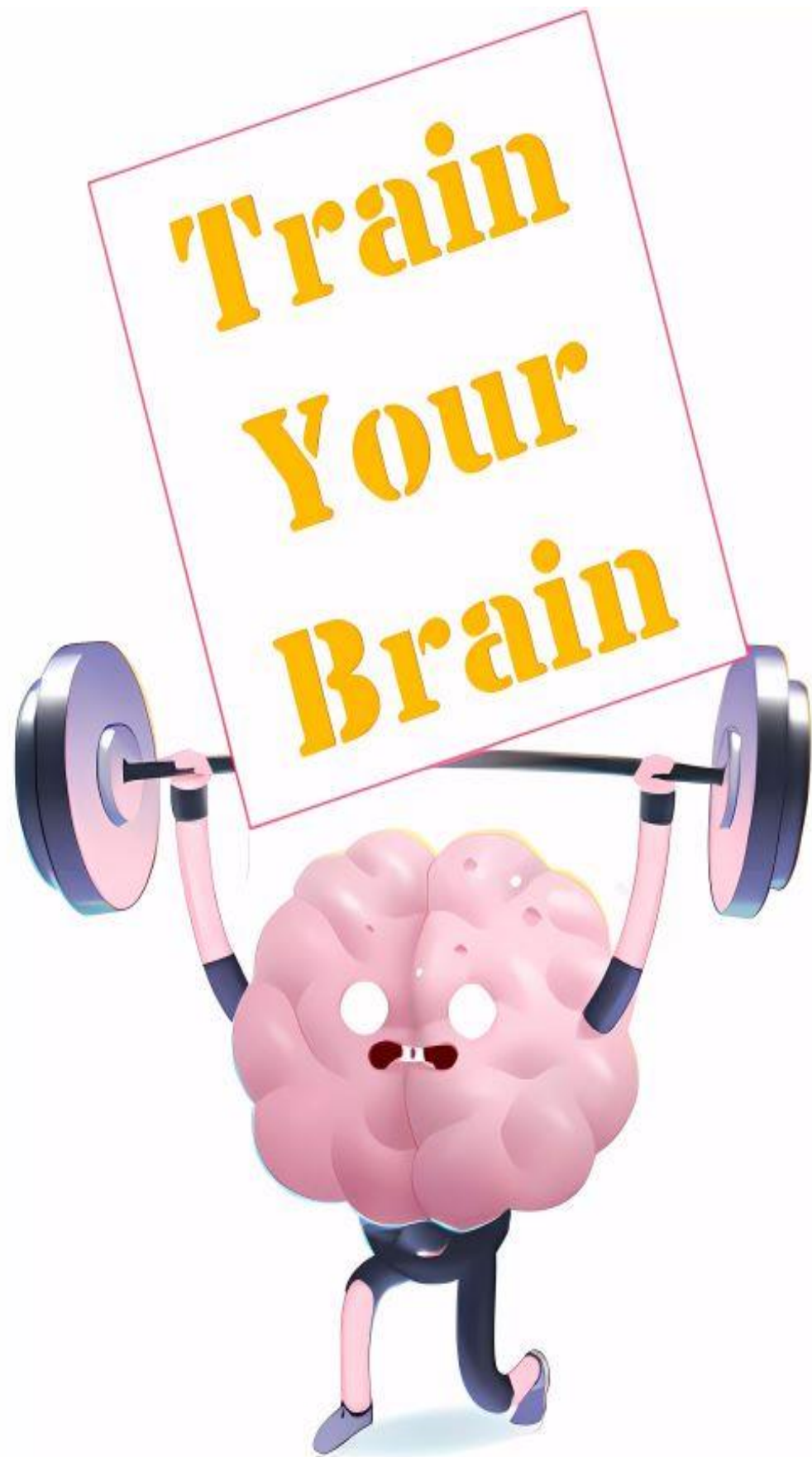
Mindfully I choose to work smartly, and



My Thoughts Control Me



<https://www.amazon.com/dp/B0CTDHNNB3>



To know what you know and what you do not know, that is true knowledge.

Confucius

I hope you gained some insight into the basics of learning Reiki

Email me

If you want to gain a Reiki certificate

beautyschoolbooks@gmail.com

Website

<https://beautyschoolbooks.com.au>

Skype me for a chat

<https://join.skype.com/invite/u8RYWe0Qujh6>

Have a happy day.

Robyn xoxoxo

Note I am a real live person that
Cares about your learning experience.
The happier you are the happier I am.



Reiki Full Syllabus Training Manual



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