

WHAT IS ENERGY? DIFFERENT CONCEPTS...24

What is energy?.....	24
How does energy work?.....	26
Life power.....	27
What is Reiki?.....	29
What is chi?.....	31
The meaning of the word "chi".....	32
Chi ideogram.....	33
Attempts to interpret the chi ideogram.....	33
Chi types.....	34
Chi in Chinese medicine.....	36
Collecting and spending chi energy.....	36
How you can absorb chi energy?.....	37
Task – getting more energy from the air... ..	38
Exercise with breathing.....	38
Task – taking more energy from your food	39
How do we deplete the chi energy?.....	41
Prana.....	42
Sources of prana.....	42
Exercise – breathing with prana.....	43
Mana.....	47
Exercise.....	49
Animal magnetism.....	50
Summary.....	51

„Reiki energy healing” – Marta Pyrchal

What is Reiki energy.....	55
What is Reiki therapy.....	55
What is not Reiki.....	56
What Reiki energy is used for.....	57
What is not Reiki energy used for.....	58
What makes Reiki therapy different from other forms of bioenergy therapies.....	60
Scientific research related to the effects of Reiki therapy.....	63
Reiki in hospitals. Reiki-related scientific research.....	65
Reiki ideogram.....	70
Interpretation of Reiki ideogram.....	71
Exercise – meditation on the Reiki sign.....	75
Painting the sign of Reiki.....	75
Exercise – writing Reiki sign.....	76
Reiki in the world.....	76
Reiki in Poland.....	78
Archbishop Pylak’s opinion on natural medicine and bioenergy therapy.....	84
Task.....	87
Summary.....	87
REIKI TRAINING YESTERDAY AND TODAY ...	89
Why is it worthwhile to use Reiki therapy?.....	90

„Reiki energy healing” – Marta Pyrchal

Reiki degrees and courses.....	92
How many degrees of Reiki courses are there?	92
Teaching Reiki yesterday and today.....	93
A Reiki grandmaster – is he really that grand?.....	95
Task.....	97
What knowledge and skills will you acquire through the next Reiki steps?.....	97
The possibilities you get after completing the first degree of Reiki therapy.....	97
How can you use the energized things?.....	101
Task.....	104
Initiations on the first Reiki degree.....	104
How long does the Reiki first-degree course take?.....	105
Second degree of Reiki therapy course.....	106
The possibilities after completing the second degree of Reiki therapy course.....	107
Distant impact – scientific explanation.....	107
Impact in time – scientific clarification.....	111
Reiki treatment for the intention.....	117
Reiki signs.....	119
Third degree of Reiki healing – possibilities.....	120
For whom Reiki therapy courses?.....	122
Whether you need to be outstanding or talented to take a Reiki therapy course?.....	123
Can sick people benefit from Reiki therapy	

„Reiki energy healing” – Marta Pyrchal

courses?.....	126
Whether pregnant women can benefit from Reiki therapy courses?.....	127
Whether children can take Reiki therapies courses?.....	129
Types of Reiki therapy courses.....	131
What to choose: personal or distance courses?	131
What is better: individual or collective courses?	140
How long the Reiki therapy courses last?.....	143
How long it takes for you to take the next degree of Reiki therapy course?.....	146
Summary.....	148
 REIKI PRINCIPLES – THEIR ORIGIN, MEANING AND METHODS OF IMPLEMENTATION.....	152
 Why Mikao Usui introduced special rules into the Reiki system?.....	153
Just today, don't get angry.....	155
Simple methods to free yourself from anger... Exercise – visualization.....	157
Examples of affirmations that help you free yourself from anger:.....	159
Exercise every evening.....	159

„Reiki energy healing” – Marta Pyrchal

Just today, don't worry.....	160
Methods of making yourself free from sadness	
.....	162
Exercise – visualization.....	162
Affirmations to control sadness.....	164
Exercise every night.....	165
Negative emotions – should you be afraid of them?	
.....	165
Work hard today.....	168
What is the point of this principle?.....	168
Exercises for working harder.....	170
Exercise every evening.....	170
Examples of affirmations help to build	
perseverance.....	171
Right now, respect.....	172
What does respect mean?.....	172
How to work on developing respect in your life?	
.....	174
What does it mean to respect yourself?.....	175
What's assertiveness?.....	176
Daily exercise.....	177
Examples of affirmations for respect.....	178
Just today, be grateful.....	179
Example from life.....	180
Bringing gratitude into your life.....	182
Exercise.....	182

„Reiki energy healing” – Marta Pyrchal

Daily exercise.....	183
Examples of affirmations developing gratitude	183
Exercise.....	184
Quotes about gratitude.....	184
Task.....	185
The principle of energy exchange and its meaning	186
What can cause free-of-charge treatments and courses for others?.....	189
Example from life.....	190
Task.....	193
Summary.....	193
 THE HUMAN ENERGY SYSTEM – AURA, CHAKRAS AND MERIDIANS.....	195
 Human energy system – introduction.....	197
Aura.....	198
What is the aura.....	198
Types of energy bodies.....	202
Different methods of cleaning the aura.....	206
How to touch invisible.....	210
Manual aura cleansing – step by step manual.	212
Aura treatment in bioenergy therapy – an example.....	214

„Reiki energy healing” – Marta Pyrchal

How to take care of emotional and mental aura	216
Chakras.....	217
Chakras diagnostics.....	220
Base chakra.....	222
The sacral chakra.....	223
Solar plexus chakra.....	225
The heart chakra.....	227
Throat chakra.....	228
Third eye chakra.....	230
Crown chakra.....	231
Other chakras.....	232
The disharmony between the chakras. Examples	
.....	234
Methods and applications of chakra	
harmonization with Reiki energy.....	239
Task.....	243
Meridians.....	243
Task.....	258
Summary.....	258
FIRST TREATMENTS OF REIKI – purifying negative energy and energising food, drinks, things and rooms. Treatments on plants and animals.....	260
Introduction.....	261

„Reiki energy healing” – Marta Pyrchal

Preparation for the treatments.....	262
Physical preparation.....	262
Mental preparation.....	267
Energy preparation.....	267
How can you stimulate the chakras?.....	268
Transmitting Reiki energy.....	269
End of the energy transfer.....	271
Purifying and energizing with the Reiki energy of food and beverages.....	274
Food.....	274
What is the point of purifying food from negative energies?.....	274
What is the sense of energizing food?.....	275
Useful information.....	276
Important notes.....	277
Purifying and energizing things and crystals.....	277
Things – purification and energization.....	279
Crystals.....	281
The stages of the Reiki treatment in three steps	282
Ways to energize and purify negative energies of food and things.....	283
Example – purification of negative food energies.....	284
Example – charging food with Reiki energy	285

„Reiki energy healing” – Marta Pyrchal

Example – two in one: cleansing and energizing the selected object.....	285
Purifying and energizing rooms, talismans and amulets.....	287
Examples from life – the influence of negative energies in houses on people.....	288
Methods of cleansing energies of your home..	290
How often should you clean rooms from negative energy?.....	292
Reiki for plants and animals.....	294
Plants.....	294
How do you heal and strengthen plants?....	294
Examples from life – healing plants – effects	296
Reiki for animals.....	299
Examples of treating animals with Reiki energy.....	300
Summary.....	302
INTRODUCTION TO THE PERFORMANCE OF REIKI TREATMENTS ON HUMANS.....	304
Task.....	305
Health and safety rules for Reiki treatments.....	305
Diagnostics and technique of selecting Reiki treatments.....	310

„Reiki energy healing” – Marta Pyrchal

Example of using diagnostics to choose the proper treatment.....	311
Frequency of treatments.....	312
How long should you keep your hands on a given body part?.....	313
How can you feel the Reiki energy flow?.....	313
Step-by-step procedure of complete Reiki treatment	313
Preparation.....	314
Aura treatment.....	315
Starting the treatment on the body.....	317
Reiki treatment on yourself – the procedure.....	320
Other kinds of Reiki treatments.....	325
Heso Chiryo-Ho (navel healing method).....	325
Kenyoku (shaking).....	325
Koki-ho (healing by breathing).....	327
Gyoshi-ho (healing by sight).....	327
Chakras harmonization with Reiki.....	328
Jakikiri Joka-Ho (purging of negative energies)	329
Tanden Chiryo-Ho (detoxification technique)	330
The main treatment according to Mikao Usui.....	331
Seven healing hands. (Iyashi NoTe).....	332
Examples of self-healing effects of my students.....	335
Summary.....	339

„Reiki energy healing” – Marta Pyrchal

TREATMENTS FOR OTHER PEOPLE.....	341
Introduction.....	341
Principles of performing Reiki treatments on other people.....	342
Procedure of the full Reiki treatment.....	344
The preparation.....	344
Working with the aura.....	345
Reiki treatment on the body.....	346
Important remarks.....	349
Example from life.....	351
Reiki treatments on other people – where to place your hands.....	352
Important remarks.....	356
Example from life – Reiki for a child.....	357
Examples of the effects of Reiki treatments from my students.....	358
Choosing treatment for ailments – examples of other specialists.....	362
Reiki treatments in particular diseases, according to Mariusza Bugaj.....	362
Reiki healing in diseases, according to Brigitte Glaser.....	369
Selection of treatment based on chakra diagnostics.....	379
How do I choose the treatment for my ailments	

„Reiki energy healing” – Marta Pyrchal

using chakra diagnostics?.....	380
Chakras – indications for treatment.....	385
General methodology of choosing the treatment for a disease.....	388
The way to choose a treatment perfectly suited to your client’s problem.....	389
Task.....	390
Other Reiki treatments performed on people.....	391
Zenshin Koketsu-ho (total cleansing).....	391
Shuchu (shudan) Reiki.....	392
Summary.....	393
 ADDITIONAL TECHNIQUES USED IN REIKI THERAPY.....	396
 Application of additional methods in Reiki treatments.....	397
Reiki treatments using enhanced electromagnetic field.....	397
Reiki treatments with using mental energy.....	399
Reiki treatments with visualization.....	400
Reiki treatments with using emotional energy....	400
The combined method of Reiki treatments in five steps.....	401
Using Reiki energy in a massage.....	402
Distant healing.....	403

„Reiki energy healing” – Marta Pyrchal

Reiki treatments for the intention.....	404
How to strengthen a traditional Reiki treatment with the intention?.....	404
For what purposes can you use this treatment for your intentions?.....	406
Task.....	407
Intentional Reiki treatments – examples from life	408
Summary.....	413
VARIOUS MENTAL EXERCISES, MORAL DEVELOPMENT AND REIKI MEDITATIONS..415	
Task.....	416
Moral development.....	416
The role of forgiveness in healing.....	417
Exercises with forgiveness.....	419
Forgiveness from absent people – the exercise	420
Affirmations for forgiveness.....	421
The effect of self-acceptance and self-love on healing.....	422
Love can heal.....	423
Affirmations about acceptance.....	426
Affirmations about love.....	426
Example from life – the influence of energy of	

„Reiki energy healing” – Marta Pyrchal

love.....	427
Exercise with feeling love.....	429
How to free yourself from harmful emotions.....	430
Exercise to help you free yourself from negative emotions.....	432
Deepening your relationship with others, yourself and nature.....	434
Exercise – sending Reiki energy to develop self-respect and love.....	435
Exercise – sending Reiki energy to make better relationships with others.....	436
Exercise – sending Reiki energy to the Earth.	436
Exercise – deepening the relationship with nature	437
Summary.....	438
 TECHNIQUES FOR THERAPY AND SEL- DEVELOPMENT.....	440
 Relaxation techniques.....	441
Methods for relaxation.....	443
Exercise. Countdown from 100 to 1.....	444
Exercise. Relaxation with a focus on your breath.....	445
Exercise. Your safe place.....	445
Progressive muscles relaxation.....	446

„Reiki energy healing” – Marta Pyrchal

Exercise phases.....	447
Procedure for performing the procedure.....	447
Meditation.....	449
Effects of practising meditation.....	450
Methods of entering a state of meditation.....	453
Example meditations with Reiki energy.....	455
Dr Usui's Seven Golden Rules.....	455
Purifying and energizing, and harmonizing meditation from Reiki.....	458
Exercise. Reiki energy and prana energy meditation.....	460
Meditation – directing Reiki energy in your body.....	462
Affirmations and visualizations.....	465
Visualizations.....	466
Psychophysiology of visualization.....	466
Visualisation of peace and release from anger	467
Visualize the liberation from self-loathing or hate – doing.....	468
Affirmations.....	471
Rules for changing negative thoughts into positive ones.....	471
Principles of presenting negative events in the mind.....	472
Technique of affirmation and discovery of	

„Reiki energy healing” – Marta Pyrchala

subconscious causes of problems.....	473
How can you reach the psychological source of a problem?.....	474
Important notes.....	476
Huna.....	479
The Huna prayer – the basics.....	482
The prayer of the Huna.....	484
Metaphysical method by Evelyn Monahan.....	488
Energizing exercise.....	495
Makko Ho.....	496
Summary.....	499
REIKI SYSTEMS AND OTHER FORMS OF ENERGY HEALING.....	501
Reiki subsystems. Kundalini Reiki.....	502
A life example – the effect of Kundalini Reiki treatment.....	504
Pranic healing.....	506
What is the difference between pranic healing and other bioenergy therapeutic methods?.....	507
Technique of performing basic pranic healing	510
Exercise of sensitivity to feeling energy.....	512
How to carry out cleansing the aura?.....	514
Purification methods in the prana treatment	515
The amount of sweeping cycles.....	516

„Reiki energy healing” – Marta Pyrchal

Energizing.....	517
Stabilise the energy.....	518
Mesmeric treatment.....	519
Stages of mesmeric treatment.....	520
The procedure.....	520
Making the belts.....	522
Depolarising belts.....	522
Crown belt.....	523
Paternity belt.....	524
Crossed hands belt.....	525
Polarity.....	525
Body polarization.....	527
Frequency of polarity treatments.....	528
An example of basic polarity treatment.....	529
Magnetic treatment.....	532
Magnetic treatment by Powell.....	532
Magnetic treatment by M. Doreal.....	534
Magnetic healing according to others.....	536
Esoteric treatment.....	537
Spiritual healing.....	541
Summary.....	543
FUTURE OF REIKI THERAPY IN POLAND AND THE WORLD.....	545