

BYOSEN SCANNING AND BEAMING

Dr. Usui used a scanning method that he called Byosen Scanning. The word Byosen means «disease line» in Japanese. It is a method that develops and uses one's intuition to detect the areas in the client that need Reiki.

Byosen Scanning

The attunement process not only opens the palm chakras so that Reiki can flow, it also heightens their sensitivity to psychic energy. By using the chakras in the palms of your hands, it is possible to sense where a client needs Reiki.

To scan your client, first place your hands in the Gassho position (Fig. 1). Say a prayer giving thanks for this opportunity to help another. Ask that the Reiki energy begin to flow in a powerful way. Then bring your hands up so the thumbs touch the third eye area (Fig. 2). At this point say a prayer asking to be guided to where the person needs Reiki.

Then place your left (or non-dominant) hand about twelve inches away from the top of the person's head (Fig. 3). Place your consciousness in the palm of your hand and notice how it feels. Then move your hand closer, about three to four inches from the top of the head, and begin moving your hand above the person's face and down toward the feet, continuing to remain about three to four inches away from the body (Fig. 4–5). Move your hand very slowly and be aware of any changes in energy that register on the palm of your hand. Where you feel any change at all is a place where the person needs Reiki. You may feel coolness, warmth, tingling, pressure, little electric shocks, pulsations, distortions, irregularities or a pulling sensation. The change may be very slight and you may think it is your imagination. However, trust your experience.

When you first begin to practice Byosen scanning, your sensitivity may not be very developed, so you need to pay very close attention. As you practice, your ability to scan the body

will improve and you will gain confidence. After a while, you may even find that you can scan with your eyes and sense where the problems are, and you could begin to actually see the negative energy around the distressed areas. Or you may simply know where to treat as soon as you say the prayer. Your ability to do Byosen scanning will improve as you continue to practice. Over time, some practitioners have become clairvoyant and able to see great detail in the energy patterns around the areas needing healing.

As soon as you find a change in the energy field, move your hand up and down until you find the height at which you feel the most distress. This could be as high as several feet above the body, or you may feel drawn to actually touch the body with your hands. Often the best height is found to be about four inches from the body.

When you find the right height, bring both hands together at this spot and channel Reiki (Fig. 6). Reiki will heal the aura and chakra(s) and flow into the physical body to work on the organs and tissues and heal them also.

Continue channeling Reiki at the detected spot until you feel the flow of Reiki subsiding or until you feel the area is healed. Then re-scan the area to confirm that it is healed – if not, you can continue to do Reiki there until it feels complete. Afterwards, scan until it feels complete. Afterwards, scan until you find another area in need of healing and do Reiki there. Continue until you have scanned and healed the whole energy field.

Scanning and healing the energy field is very healthy because the cause of most illnesses and other problems is in the aura. By treating the aura, you will be working on the cause and thereby healing problems before they can manifest in the physical body. Even after a problem has developed in the body, a client will respond better to Reiki if the aura is treated first. By healing the aura first, you will help the person's energy field to accept Reiki more completely. The energy will then flow

more completely. The energy will then flow more easily if you choose to do a complete standard treatment as described before. Therefore, if you are going to do both a scanning and a standard treatment, do the scanning first.

As you interact with the client's energy field, the two of you will become intimately connected. You may become aware of the cause of the distortion and the personal problems connected to it. You may also be given insight into how the problems were created and what the client can do to facilitate the healing. Share this information only if you are guided to do so, and then only with loving kindness and without judgment. This is sacred work. Always treat the client and the process with great respect.

Self-Scanning

Byosen scanning can also be done on yourself. Follow the same steps as above including Gassho at the heart and third eye and the prayers, only direct your attention toward yourself. Then administer Reiki when you find the areas in need (Fig. 7). Self-scanning can bring aspects of yourself into your consciousness that you were not aware of. You will get to know yourself better and be shown new levels of yourself that need healing.

When you find a distortion in your energy field ask what happened to create it and what you can do to help it heal. Remember, be kind to yourself. Accept whatever is shown to you without judgment or blame. Allow yourself to feel your feelings. Be ready to forgive and to let love in. This can be an intimate process, making you aware of deeper needs, increasing your sensitivity and facilitating personal growth.

Beaming

Beaming is a powerful method of channeling Reiki energy. It also creates a unique healing process of treating the whole aura at once. After treating the aura, the Reiki energy will enter the physical body and treat areas that need it.

It is also possible to beam Reiki directly to a specific area. Just imagine your hands are like radar dishes focusing Reiki on the area you want to treat. You can also direct it with your eyes. Beaming works better if you allow your consciousness to merge with the Reiki consciousness. Simply be aware of the Reiki energy as it flows through you. Focus your mind only on the Reiki. If other thoughts come into your mind, gently brush them away and bring your attention back to the Reiki. By doing this, you will enter an altered state that allows the energy pathways Reiki flows through to open more than normal. It also allows your Reiki guides to more easily add their Reiki to yours. Beaming can be done at the end of a standard treatment or it can be done by itself.

GIVING A COMPLETE REIKI TREATMENT

Before a client arrives you may want to clear and lighten up the energy in the room by burning some sage or using an essential oil. Candles are also helpful and create a nice ambiance.

1. Spend a few minutes talking with your client to gain rapport and to establish the intent of the session. Explain the Reiki process and the hand positions, and answer any questions the client may have. Ask the client to read and fill out the Client Information Form.
2. Engage the client in goal-setting. There are several good ways to do this, as described at the end of the chapter.

3. Wash your hands before and after the treatment. Make sure the client and you are both comfortable during the treatment. If you must sit in an uncomfortable position, it will slow the flow of Reiki. Especially make sure your arms and hands are relaxed. A Reiki table with chair will make giving a treatment more comfortable.
4. Before starting the treatment, ask the client to close his/her eyes and meditate on being thankful for, and open to, all the healing energies that are coming. You can also ask the client to focus on and accept any pleasant feelings that develop and to let go of all distress.
5. Sit quietly with your hands on your legs doing Reiki on yourself for a few moments.
6. Use Byosen Scanning to treat the areas in the aura that need it. This will create unity in the person's energy field allowing Reiki to flow more strongly during the treatment.
7. Never touch the breasts or genitals.
8. Use the standard hand positions listed.
9. Stand back and beam Reiki toward the client. This is best done by moving five or six feet away so you are outside the client's aura.

10.While giving Reiki, meditate on being one with the Reiki energies. Our mind will be linked with the client's mind when giving a treatment so project positive thoughts to the client such as «I know I am healed, I know I am solving my problems», or any other affirmations you and the client have formulated.

11.Brush down the aura from the head to the feet helps complete the treatment.

12.After the client has gone, sit quietly doing Reiki on yourself.

Goal Setting to Enhance the Treatment

Here are a few additional things you can do to empower Reiki treatments, adding interest and making them more fun. You can do all of them or just a few. They can also be used in a self-treatment.

- Have clients write out the things that are not working in their lives. Include all areas of life. (This will cause the problems to come to the surface where Reiki can work more easily on them). On another piece of paper, have them write out the goals and positive results they would like to achieve. Give them a few minutes by themselves to do this.
- Help them formulate affirmations to heal their problems and achieve their goals. Write the affirmations on another piece of paper. Take all three papers and put them into an envelope, and have your clients hold them while receiving the treatment.
- During the treatment, have the clients repeat the affirmations to themselves. While giving the treatment,

imagine you are projecting the affirmations into them. Remember, during a Reiki treatment clients will be very open to positive suggestion, so this is a very powerful process.

- Make a symbolic ceremony of burning the papers in a metal bowl after the treatment. If doing this indoors, find a safe place and in any case keep a safe distance. Imagine the flames are transmuting the unwanted conditions into healing and that the goals are being empowered. During the burning, hold your hands toward the flames and have clients do the same. Have the clients take the ashes home and bury them in their garden. The idea is that the negative things are being buried and composted so the positive things the clients are planting can grow.

JAPANESE REIKI TECHNIQUES

Dr. Usui had a Reiki manual he gave to all his students. In the manual were exercises and techniques which he included in his Reiki training. In addition, every president of the Usui Reiki Ryoho Gakkai had a handbook they give to their Reiki students. The information in this section originally came from these handbooks. These exercises were taught by Dr. Usui and he considered them to be a necessary part of Usui Reiki.

Dr. Usui practiced Reiki in a less structured way than we do in the West. He relied more on his intuition and inner sensitivity when giving treatments. He did not use the standard set of hand positions as taught by Mrs. Takata. However, he did develop hand positions for specific illnesses and conditions based on his experience.

Takata's standard treatment has value in that it increases vitality, and gives Reiki to the whole person, thus creating balance. The hand positions for specific illnesses and conditions in the Hayashi Healing are also useful when a client

comes with a specific condition. The intuitive methods Described in Dr. Usui's Reiji-ho and Byosen scanning are useful because they allow a practitioner to go immediately to those areas most in need. The methods can also increase the clients awareness about where they are out of balance.

One way to combine these various methods is to start with Byosen scanning, followed by a compete standared treatment, and finish with the hand placements in the Hayashi Healing Guide if the person has a specific condition listed there. You can also substitute the three pillars of Reiki listed below for Byosen scanning. Others may find another combination more useful. As you practice all the methods in this manual and become familiar with them, you will be better able to develop your own style based ont he techniques that work best for you...

The following are the Japanese Reiki techniques of Dr. Usui.

Gassho Meditation

Gassho means «two hands coming together». Dr. Usui called this technique the first pillar of Reiki and he practiced it twice a day. It is also mentioned on Dr. Usui's memorial stone where it states: «Mornings and evenings, sit in the Gassho position and repeat these words {the Reiki principles} out loud and in your heart». This is a special meditation to attune one to the spirit of Reiki. It is done as a regular meditation everyday and also is part of other techniques listed below. It clears the mind, opens the heart and other chakras and strengthens ones Reiki energy. A wonderful stillness will develop inside along with the awareness of increased inner space.

This meditation can be done standing, but most prefer sitting. It is done for 15–30 minutes per session...

1. Close your eyes. Fold your hands in the prayer position with your fingers pointing up and your thumbs touching the heart chakra at the middle of your chest.

2. Focus all your attention on the point where your middle fingers meet. This is the second finger from your thumb.
3. If thoughts arise, acknowledge them and then gently brush them aside and refocus on the point where your middle fingers are touching.
4. As you continue to practice, you will find that you can hold your attention on the middle fingers for a longer and longer period of time without thoughts arising.
5. It is important to accept that thoughts will arise. When this happens, do not think you have made a mistake as this is completely normal. However, as soon as you realize that you are focusing on a thought, brush it aside and refocus back on the point where your middle fingers touch.
6. When you have reached the end of the meditation, take a couple of deep breaths, bring your attention to your eyes, and open your eyes slowly.

Reiji-ho

Reiji means «indication of the spirit» and is the second pillar of Reiki. This is a process that prepares one to give a Reiki treatment. It involves the use of Gassho, a short prayer for the benefit of the client and the focus on one's intuitive guidance.

1. Do the Gassho meditation, but only for a minute or so.
2. Say a prayer giving thanks to the spirit of Reiki and asking it to begin flowing now.
3. Say a prayer on behalf of the client, asking that she/he be completely healed.
4. Ask the spirit of Reiki to guide your hands to where they are needed.

5. Follow your inner guidance and allow your hands to be directed by the spirit of Reiki. Notice any internal impressions you may get and use these to improve the treatment.

Chiryō

This word means «treatment» and is the third pillar of Reiki. The kind of treatment Dr. Usui taught relies on one's inner guidance rather than on a predetermined set of hand positions. In this way, each treatment is unique and focuses on what the client needs to create wholeness. After doing Reiji-ho, continue to follow your inner guidance allowing yourself to be directed. Treat as many places on the body or in the aura as you feel compelled to. During this process, allow yourself to enter a very relaxed state and to become one with the Reiki energy.

Gassho, Reiji-ho and Chiryō constitute the three pillars of Reiki. They prepare the practitioner to give Reiki, increase the flow of Reiki energy, activate intuitive guidance and then the treatment is given while one is in a «healing» state.

Ken'yoku

This word means «dry bathing» and is a technique for cleansing one's energy before or after a treatment. It can also be used anytime one feels the need to release negative energy.

1. Do a short Gassho meditation.
2. Place your right hand on your left shoulder.
3. Stroke down your chest, across your stomach and end at the right hip.
4. Do the same on the other side.
5. Repeat step #2.

6. Extend your left arm.
7. Place your right hand on your left shoulder.
8. Stroke down your arm all the way to the hand and finger tips. Then fling your right hand out into the air as though you are throwing away any negative energy.
9. Do the same with the right arm.
10. Repeat the stroke down the left arm again.
11. You can also add a short Gassho at the end.