

Reiki for Witches © 2013, 2022 Dr. Isis Day

(Sample / Preview)

Reiki for Witches

A Multi-Purpose Holistic Tool for Witches,
Wizards, Pagans and New-Agers



Dr. Isis Day

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REIKI *for* WITCHES

A MULTI-PURPOSE HOLISTIC TOOL FOR WITCHES, WIZARDS, PAGANS AND NEW-AGERS

By

Dr. Isis Day

Edited, Designed & Formatted by: Marie Guillaumes



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**REIKI for WITCHES:
A MULTI-PURPOSE HOLISTIC TOOL FOR
WITCHES, WIZARDS, PAGANS AND NEW-AGERS**

(Black-&-White Interior Paperback Edition)

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ACKNOWLEDGMENTS:

A very special thanks to my dear mom and grandma
— my highly beloved Mentors and Inspiration —
through whom I was born a Witch.

To my beloved brother, Osiris,
whose short life on earth triggered a curiosity
that awakened the Witch in me.

To Julius Williams and his loving family
whose friendship, support and influence I cherish very dearly.

I am very grateful to Magic — the Infinite Intelligence — for
Universal Life Force/Energy, and for EVERYTHING.

DEDICATED TO:

All Witches, Wizards, Pagans, New-Agers,
All Metaphysicians,
All Holistic Practitioners,
My Family, Friends, Relatives, Teachers & Mentors, and
All my Fans worldwide!

TABLE OF CONTENTS

	ACKNOWLEDGMENTS & DEDICATION	v
	LIST OF FIGURES	vi
	FOREWORD	vii
1.	INTRODUCTION	11
2.	REVIEW OF LITERATURE	14
3.	METHODS	27
a.	A Little History Of Reiki	27
b.	My Reiki Lineage	28
c.	The Five Ethical Principles (Affirmations) of Reiki	28
d.	The Three Degrees/Levels of Reiki Attunement/Initiation	29
e.	How Reiki Works	31
f.	Reiki Hand Positions	32
g.	Reiki Symbols	32
4.	FINDINGS	43
a.	Permissions	48
b.	Caution	49
5.	DISCUSSION	51
6.	SUMMARY AND CONCLUSIONS	54
	BIBLIOGRAPHY	58
	WANT MORE INFORMATION?	61

LIST OF FIGURES

1.	(Figure 1, 2 & 3) SOME REIKI HAND POSITIONS FOR SELF-TREATMENT	34 - 36
2.	(Figure 4, 5 & 6) SOME REIKI HAND POSITIONS FOR TREATING OTHERS	37 - 39
3.	(Figures 7, 8 & 9) SOME REIKI SYMBOLS	40 - 42

FOREWORD:

We — Witches, Wizards, Pagans and New-Agers — are healers and thus naturally drawn to the healing Arts and Sciences, whether conventional or alternative. I consider Reiki a gentle unobtrusive part, expression or practice of Magic safely used in a new world where the old Pagan ways are frowned at and the practice of Witchcraft could attract dangerous and life-threatening antagonism if unwittingly done openly. Thus, as a part, Reiki cannot be greater than the whole — Magic. *Nothing can be greater than Magic.* Reiki cannot, therefore, replace Magic, as indeed nothing can. But Reiki brings or rather reveals something new to our practice, a new perspective that gives our Spells and Rituals an extra punch or momentum that promises faster, better and more lasting results. Sometimes in casting Spells or performing our Pagan rituals, we tend to focus or try so hard that it not only takes away the joy of practicing the Craft, but hinders success and progress, while putting a considerable strain and stress on us both emotionally and physically. Reiki teaches us that we are only supposed to ‘Be There,’ to be present, to simply let ourselves be the channel for the Universal Life Energy (Magic) to flow through and do its job. As a result, according to Reiki practice, we are to assume a simple relaxed approach and attitude toward the goal we seek to accomplish. This understanding gradually begins to shed a new exhilarating light on all we’ve known and all we do. Our Craft comes alive again renewing our joy of Magic, our love of who we truly are, and our desire to be even more of who we are and practice cheerfully. We are thus born again in a true sense of the words; all things are new; Magic is potent for us once more and not a drudgery; and life is not such a drag anymore. As a Witch, Wizard, contemporary Pagan or New-Ager, Reiki is like taking the remote control of your life with you wherever you go without fear of drawing negative attention to yourself and your Craft

or practice. For times when you're away from your Temple or little private and sacred corner or even your Coven, group members or family, Reiki becomes a worthy companion that helps you stay in touch spiritually and do as much as is possible to remain holistically whole in every conceivable aspect of life — emotionally, physically, materially, socially, relationship-wise, career-wise, etc.

This book, 'REIKI FOR WITCHES: A MULTI-PURPOSE HOLISTIC TOOL FOR WITCHES, WIZARDS, PAGANS AND NEW-AGERS' is adapted from '*REIKI: A MULTI-PURPOSE HOLISTIC TOOL FOR METAPHYSICIANS*,' by Julius Miracle Williams, Ph.D.; (JoDArc Publishers). It was originally written as a school thesis and later modified for publication. You may read the details of the credits and modification in the Foreword of Mr. Williams' version of the book. If you've already read his, you don't really need to read mine.

I, Isis Day, so admire Mr. Williams' in-depth research and his simplified, humble, honest, lively and to-the-point style of writing that in addition to this book, I also opted to adapt another book of his — 'JOAN OF ARC: A ROLE MODEL FOR METAPHYSICIANS — *How To Spiritually Achieve Whatever Your Mind Can Conceive*;' (JoDArc Publishers). My version is entitled 'JOAN OF ARC: A ROLE MODEL FOR WITCHES, WIZARDS, PAGANS AND NEW-AGERS — *How To Spiritually Achieve Whatever Your Mind Can Conceive*;' (Isis Day Publishers). Check it out, and my other books too, including 'WITCHES UNITE!' and 'MAGIC IS GOD'; I'm sure you'd love them.

The significance of the letters in and around the pentagram on the cover of this book is explained in detail in my other book — 'WITCHES UNITE!' Basically, they are reminders (not quite a sigil); I combine them variously to say things like: 'Always Think Magic'

(ATM); See Magic Always (SMA); ‘Magic Works’ (MW); ‘Live/Love Magic’ (LM); the ‘W’ is also for Witch, Wizard and Witchcraft. I have the letters written all over, wherever I can (without the pentagram) — on my desk, in my car, on the mirror, mouse pad, etc.

It is my deepest wish that this book helps you become a better Holistic Practitioner — Witch, Wizard, Pagan or New-Ager — beyond your wildest dreams.

Like Julius Williams, I also believe in Love. Love heals! Love is the answer. With Love, all pains go away; and with lots of Love in our hearts, any good can be accomplished. Give Love a chance. Let Love reign in our hearts and everywhere. Love is Life. Love is all there is. The heart that loves lives, glows and grows. Let us therefore, Think Love, Act Love, Live Love, and Become Love! Thus, Love-A-Love-A-Day!! Reach Out And Love, universally and unconditionally!!!

Thanks for taking the time to read my book. May the best and most fun-filled experiences be your trademark, to the highest good of all concerned!

Don’t forget to recommend this book positively to anyone you think could benefit from it. Do stay in touch. My contact information is on my website: www.IsisDay.com; Enjoy!

Namaste!!

— *Dr. Isis Day*
(Houston, Texas, USA.)
April 2013.

-X-

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Blessed Be!!!

INTRODUCTION — CHAPTER 1

Reiki (pronounced *Ray-Key*), translates from the Japanese into ‘Universal Life Force,’ ‘Universal Energy,’ ‘Vital Life Force,’ ‘Transfer of Energy’ or “Universally Guided Energy” (Fernandez; 2003:6). Reiki, as a healing art, is fast becoming one of today’s most popular emerging holistic practices, because of its ease of use, and the growing respect, success, and validity it has been achieving in recent years. This expository thesis discusses Reiki as an alternative type of healing practice, and looks at its significance within the context of Witchcraft, Pagan and New Age practices. It presents the history, concept and philosophy of this alternative therapy, which re-originated in Japan, but has existed for thousands of years, while focusing on its practice modalities, and why I consider it ‘A Multi-Purpose Holistic Tool for Witches, Wizards, Pagans and New-Agers.’ This paper also looks at the art and science of Reiki, and examines the key techniques associated with this Energy healing process which allows Practitioners to help themselves and others, thus healing the Inner Person through the use of this Universal Life Force (Magic) which “is found everywhere and in all things...” (Penczak; 2005:2)

While Reiki is not associated with any particular ideology, philosophy, religion, movement or organization, there are five main Principles and three major Degrees/Levels of Reiki Attunement and related Symbols passed down through the ages, which help to define Reiki methodology as a whole, and which are discussed in this paper. By applying these principles, it is believed that one is able to further enhance their own energy, providing a more balanced and pure life experience or Personal Transformation for themselves and others.

In this thesis, I also contend and explain why Reiki is not as complicated as some may erroneously think, and go further to discuss

Reiki as a holistic practice, and its usefulness in dealing with everyday issues like weight-loss, self-confidence, finances, stress, rejuvenation, relationships, aches, pains, and various other ailments. Reiki is an ancient ritualized laying-on of hands and a distant healing practice. It is the ability to heal through the Universal Life Force, wherever and whenever, by way of an Energy Healer acting as a channel for this Life Force. Reiki Practitioners believe that, “as well as being composed of energy... we also have energy running through us.” (Parkes; 1998:15) In addition to cultivating discipline and responsibility, Pagans and New-Agers interested in exploring Reiki would be fascinated by Reiki’s emphasis on, and use in, Chakra Balancing, because “Reiki healing operates through interaction between the Chakras and the endocrine glands.” (Honervogt; 2008:37)

This paper shows how almost anything that makes humanity better in any way, could be easily and rightly dragged and dropped into the amazing world of Reiki, as “Reiki always works for the greatest good.” (Vennells; 2000:64) The paper contributes to the Pagan Practitioner’s knowledge and practice by drawing attention to the Multi-Purpose Holistic potential of Reiki, as well as by expanding and supporting previous information on Reiki. It describes the essence of Reiki, thus enabling Witches, Wizards, Pagans and New-Agers to better understand and practice this healing art as effortlessly as possible.

Finally, I will show my Reiki lineage right from the Reiki re-discoverer in our present time (within the last 200 years or so), Mr. Mikao Usui, down through my Honorable Reiki Master and Teacher, Julius Williams, and up to me. In the next chapter, I’ll extensively

review some of the books researched for this project as proof that there are tons of materials out there to help Practitioners get acquainted and involved with Reiki — a truly simple, flexible, beautiful and gracious art and science of Energy Healing, very suitable for Witches, Wizards, Pagans and New-Agers.

(End of Sample / Preview)

“The spiritual journey is like a spiral path
up and around a mountain,
so that with each turn of the spiral,
you come back to the same point,
only higher up and with a wider view.”
— Doriell Hall (2005:94) —



Blessed Be!!!

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