



Shalandra Abbey

Living a Life of
Reiki

**From Complete Healthcare
to Ultimate Freedom in
Day-to-Day Life**



“Reiki produces good health, happiness and security”

Dr. Mikao Usui



“Best book about Reiki we have ever found. In this highly recommended, easy to read book, Shalandra has not only captured, but faithfully conveyed to paper the very essence of living Reiki. She is living proof of the wholeness and joy to be found in choosing to live Reiki.”

Gloria and Graham Richardson
Reiki Masters
Western Australia

“The Eat, Pray, Love of Reiki. Very inspirational book and a wonderful way to either reconnect or be introduced to the Reiki Energy.”

Joanna Wheeler
Sales Executive
Kauai, Hawaii

“This is a beautiful introduction to how Reiki can be in one's life. Shalandra truly lives a life of Reiki, and, is dedicated to sharing Reiki with others. In her book she shares what that means for her. This book is a key part of my personal library, and I heartily recommend it.”

Greg Goodson
Reiki Master
Red Bluff, California

“The book was wonderful - very informative and full of insights about Reiki. It would be quite a selling point to someone who is just getting interested in the program.”

Jim Miller
Second Degree Reiki Practitioner
Hot Springs Village, Arkansas

“I have read *Living a Life of Reiki* over and over and still get more from it each time I pick it up. I use something I have taken from this book each day to either put me back on track, or stay on track, or just reassure myself I'm on track. And now I am wanting to purchase copies for my students.”

Robyn Mckechnie
Reiki Master
Western Australia

“I truly have enjoyed this book. It has given me the kick I needed to remember how important it is to use my Reiki to live a healthy life. I am filled with gratitude for Shalandra and all that she does for the health of so many.”

Carol Them
Second Degree Reiki Practitioner
Hendersonville, North Carolina

“Shalandra Abbey takes us through her intimate journey with Reiki with beauty and grace. She leaves you feeling as if you are one of her best friends. Her work is full of heart, healing and real but heavenly moments. It is a book to keep for reference!”

Rev. Dr. Lyn Hammond-Gray
Vice President, Universal Brotherhood University
Atlanta, Georgia

“Congratulations on such a wonderful book. I don't think there is anything like it, as it is so personal and inspiring about what living a Reiki-dedicated life can be like. How very inspiring and so full of the wisdom Shalandra has to offer.”

Jan Dymond
Second Degree Reiki Practitioner
Corvallis, Oregon

"I loved Living a Life of Reiki. It is the first Reiki book I have read that is good for new comers and beginners to understand the "heart feel" of Reiki. It is straightforward while showing how Reiki can be worked with daily. This makes Reiki more real. It is also a wonderful book for those of us who have worked with Reiki for many years. The heartfelt love and appreciation Shalandra shares is contagious!!! And there are times when we need to re-remember things—like the life changes that Reiki healing creates."

Rev. Robin Morini, Reiki Master
Administrator, Universal Brotherhood Movement Inc.
Coral Springs, Florida

“I see Living a Life of Reiki as an important contribution to energy medicine information and literature.”

Marika Breckenridge
Writer/Editor
Maui, Hawaii



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Healthy Life Publishing



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Water Crystal Photographs on page 33

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The mission of Healthy Life Publishing:
Make Life Better

DEDICATION

To Hawayo Takata because I believe this book
was more your idea than mine.

*

To Helen Haberly for sharing your story about
how Mrs. Takata assisted you to complete your book.

*

To Phyllis Lei Furumoto for your important
responsibility of holding the torch of Reiki at this time,
and for your ever-caring friendship, patience and guidance.

*

To Mikao Usui and Chujiro Hayashi for making the gift of
Reiki Natural Healing available to those who choose to
help make this a healthier, happier planet.

*

To family, friends, clients, students and fellow Reiki
Masters for your love, support, encouragement and Reiki.

*

To those who find Reiki and practitioners who use it more
because of reading this book. Thank you for making the
efforts in writing it worthwhile.

*

To the energy that Dr. Usui named Reiki. May your
treasures continue to be discovered and your precious
jewels forever appreciated and respected.

ACKNOWLEDGMENTS

Writing a book is a unique experience that involves a devoted community of diverse, caring individuals who believe in you and what you are doing. So many people help along the way, there are not enough pages to thank each one personally.

Gratitude goes to clients, students, colleagues, friends and family who suggested this book needed to happen in the first place. Thank you for your ongoing, untiring contribution to its publication. You all know who you are, without your continual inquiries, input, trust in me and Reiki, none of these words would have been written.

I also want to express my gratitude to students in the photos, all the people mentioned in the stories, and the many clients and students who so happily submitted the Reiki Success Stories in the last chapter. You contributed to my life and this work in a way no other person could. You will never know what a special gift you have provided for me in my life and for those who will see your photo and read your words.

Two key people who were most devoted and provided months of continual, non-tiring support and encouragement were students and chief Reiki writers, editors and fellow practitioners, Stefanie Hart-Neidenberg, Reiki Master, Denver, Colorado and Lisa Yocum, Second Degree practitioner, Kauai, Hawaii. Their many hours of faithfully supporting this new, challenging and exciting Reiki venture supplied much needed participation and encouragement to reach our goal of published completion. Thank you both so much.

Special gratitude to editor and Reiki angel Dagan Ray. I

couldn't have asked for better energy to assist in bringing forth my first Reiki book: "Living a Life of Reiki."

Gratitude is expressed to Celia Zagars for her radiant photography contribution. Who would have thought that photo shoots would be fun?

To Jim in Hot Springs Village, Arkansas who persistently, for many months, was ready to purchase the first copy. If for no other reason this book needed to be completed for you.

May Reiki energy bring back to all of us the energy we have sent out in unconditional love and caring through these pages.

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**Life isn't about fear— it's about being willing to
take on something new to learn.**

INTRODUCTION

Two of the first questions people ask me about Reiki Natural Healing are, “What is Reiki?” and “How does it work?”

Reiki (pronounced Ray-Key) is frequently called Energy Medicine and is used by millions of individual practitioners as well as doctors and nurses in hospitals and other healthcare facilities across the country, including the United States Department of Veteran’s Affairs. The following passage is posted at the Veteran’s Affairs website:

Reiki is another type of energy healing. The Reiki practitioner's hands are either lightly touching the patient's body or are held slightly over it. Energy is thought to flow through areas most in need of healing. In Reiki, the energy is thought to come from the Universe, and the practitioner helps to transfer this positive, healing energy to the recipient. The concept is bizarre to some, but people who receive Reiki often have positive experiences.

When Reiki practitioners speak of energy in this case, we are speaking of it in the way ancient civilizations defined it. We are referring to the life force that flows through our bodies, supporting optimal health, development, healing and fulfillment. This energy is what animates and enlivens all living beings. As Starr Tendo, a Maui newspaper writer explains: “Simply put, it is the energy that makes the world go round, the stars shine, the flowers grow, the child laugh and the waves of the South Shore break.”

In a Reiki Natural Healing treatment session, the flow of Reiki energy simply encourages the body’s own innate ability to heal and stay healthy. After a person is initiated into Usui Shiki Ryoho (Usui System of Reiki), the therapeutic energy

flow is automatic and continual. The last chapter of this book is filled with testimonials of actual case histories where people have experienced Reiki healing with anything from broken arms to deep emotional and psychological issues.

Because Reiki is one of the fastest growing energy healing practices, more and more scientific studies are being conducted and research projects funded as Reiki continues to be integrated into our various health care systems. Some of the documentation of this work, which better answers the science questions of “what” and “how,” is available at my website and can be read here: www.reikihawaii.com/studies.

A Brief History

Reiki Natural Healing was brought to the Western World in 1936 by Hawayo Takata, a Japanese woman born in a sugar cane camp on the island of Kauai who required surgery. As was custom of the time, she was sent to her ancestral home in Japan for the operation. But instead of receiving surgery she was healed by Reiki and returned to Hawaii with the gift of natural healing.

While living in Hawaii, Mrs. Takata was contracted to teach Reiki at the University of Hawaii on the island of Oahu and had Reiki Energy Medicine approved in the mid seventies by the American Medical Association to be practiced in Hawaii hospitals.

Hawayo Takata was the third Grand Master of the Usui System of Reiki. Before she made her transition in December of 1980, and after sharing Reiki for more than forty years, she passed the lineage to her granddaughter, Phyllis Lei Furu-moto. More of this story is told in chapter two.

Sharing My Journey

At the age of fourteen, I remember watching my mother die in the hospital. Day after day as I went to visit I couldn't

help myself from thinking, “There has got to be another way to heal.” This experience planted a seed deep inside of me. A seed that wouldn’t sprout and grow until much later in life.

My introduction to Reiki began in 1988 as a series of synchronistic events that would forever change my life. After many years of working for a living, I felt I had accomplished all of the goals that society promised would bring happiness. I was astonished to discover that something was missing. While searching for this “something,” a co-worker at IBM suggested I make an appointment for a Reiki treatment. Not understanding anything about Reiki Natural Healing, I was surprised when something deep inside of me validated that the timing was right to experience Reiki. This something did not allow me to use the analytical mind that I had become accustomed to using in my corporate workplace. This felt new but incredibly okay to me.

After the one hour Reiki session, consisting of a gentle laying-on of hands, I was relaxed and peaceful and amazed at the healing abilities of the gifted practitioner. I remember thinking how lucky she was to have been born with such healing hands.

Several treatments later she explained that anyone of any age can learn to do Reiki after just twelve hours of training. In a state of suspected disbelief, I quickly registered for the next class. Since that first class encounter in 1988, my life continues to be healthier, happier and filled with exciting, and sometimes even, surprising events.

For the past twenty years I have been living an extraordinary life of Reiki Natural Healing—one I never would have dreamed of while sitting in my office as an IBM executive in the 1980’s.

While each of the three degrees of Reiki takes a student into deeper levels of internal healing, it also creates immeasurable external benefits. As each new day unfolds amazing

things often happen that I wouldn't even think about, and all I can do is fasten my energetic seat belt and hold on.

In 1991, after I quit my corporate job and became a Reiki Master, there were only a handful of books on the subject. Today, you can find Reiki books everywhere, yet I still have not found anyone who has shared what it is truly like to live the life of Reiki. This to me is the real pearl in the oyster of our practice. Using Reiki on a continual basis throughout each day helps keep us connected to the source energy flow of life. This is where magic, in the form of improved health and happiness occurs, and along with it comes diverse forms of never-ending abundance.

What you are about to read regarding this ancient healing art, which I offer from the deepest part of my heart and soul, is a personal sharing of my long journey as a practicing master that is designed to move you progressively, chapter by chapter, to each step in the Reiki growth process.

It may be helpful to realize that this book is not a manual to learn this practice, but rather to give you a deep understanding of it and perhaps stimulate a desire for training. Reiki, as originally brought to the West, is an oral tradition and the ability to fully perform this ancient healing art can only be received from a Reiki Master in direct, physical contact with the student.

I have found that some of the more recent books on the subject seem to teach a derivative of the original practice handed down through a lineage of Grand Masters for more than 100 years. I respect these works for what they are, and also want to distinguish that there are differences in their modern approach compared to the information shared in this book.

Within these pages you will find a comprehensive study of the Usui System of Reiki and a path towards greater health, love and harmony in your life.

If you are already a Reiki practitioner, you will find helpful reminders and new ways to utilize more fully the precious gift of healing in your hands.

This book will not only provide more awareness of possibilities available through Reiki, but can easily become a reference book for making positive lasting changes in all areas of your life.

**“In every culture and in every medical tradition
before ours, healing was accomplished by
moving energy.”**

Albert Szent-Gyorgyi, Nobel Laureate in Medicine

Give & Receive the Gift of Health & Personal Freedom

Enjoy the journey of Usui Shiki Ryoho (Usui System of Reiki) led by a traditional Reiki Master as she takes you through her 20+ years of real-world experience to support new students and enrich the lives of existing practitioners.

- Gain a deeper understanding of Reiki Natural Healing
- Learn why doctors, nurses and health insurance companies are embracing Reiki across America and around the world
- See how Reiki goes beyond an amazing healing modality and benefits all aspects of life, including finances, career and overall health and happiness
- Read dozens of real case studies where people have experienced healing with Reiki, from emotional pain to broken bones, diabetes to cancer and much more

They Did It & So Can You

“Shalandra beautifully de-mystifies the ancient healing art of Reiki in this heartfelt book. *Living a Life of Reiki* combines history, autobiography, testimonials and instructions in a seamless weaving that sums up what a life of Reiki can mean to any individual. This is a must-read if you are curious about this timeless energy work.”

Dr. Fran Stewart, author



Shalandra Abbey discovered a simple way to heal herself and other people through Reiki in 1988. She left the IBM Corporation in Coral Gables, Florida in 1990 and moved to Kauai, Hawaii to live the life of a fulltime Reiki Master. She has been a member of The Reiki Alliance—an international, professional organization of Reiki Masters since that time.

Continued on back page . . . plus visit Shalandra online at www.ReikiHawaii.com

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