## Contents

Acknowledgements 2

Welcome & Course outline 3

**MODULE 1:** Before you drum 4

- The importance of preparation
- Honouring and purifying the self
- Creating sacred space

Reiki Drum Technique: Honouring the seven sacred directions meditation ceremony 6

**MODULE 2:** About the Reiki Drum Technique 8

- The origins of Reiki Drumming™
- Scientific research on drumming and healing

Worksheet: Reiki Drum Attunement 10

**MODULE 3:** Worksheet: Reiki Drum Journey – Finding your voice 11

**MODULE 4:** The Reiki symbols and their place in the Reiki Drum Technique 13

- Charging your drum
- Working intuitively with symbols
  
  **Worksheet:** how it feels to drum the symbols

**MODULE 5:** Worksheet: Meeting the healing spirit of your Drum 15

**MODULE 6:** Ethics 17

- What it is to be a healer 20

Reiki Drum Technique: Basic healing technique 21

  **Worksheet:** Giving drum healing sessions

**MODULE 7:** Power animals 24

  **Worksheet:** Meeting your power animal

**MODULE 8:** The power of thought 27

  Reiki Drum Technique: Mental / emotional reprogramming 27
  
  **Worksheet:** Giving mental / emotional reprogramming sessions

**MODULE 9:** Reiki Drum Technique: Journeying 31

- Practical tips for leading a journey
- The Reiki Drum journey technique 32
- The Reiki Drum journey timeline 33
  
  **Worksheet:** Leading drum journeys 34

**MODULE 10:** Group drumming 35

- Reiki Drum cautions and contra-indications 36
- A question of lineage: Notes on Western Reiki 37

  Going forward with the Reiki Drum Technique 38

  Your practitioner qualification
  Requirements to become a Reiki Drum Master Teacher
  Case study guidance
  Follow-up support from Cathy 39

Drumming Louise Hay’s love meditation 40
Acknowledgements

The Reiki Drum technique is fairly new to the UK, and at the time of writing (January 2012) there are only a handful of teachers of this technique in the UK. We believe that this powerful technique will spread through the UK, and I’d like to thank you for being part of the growing number of Reiki Drum practitioners, and for spreading the joy of the Reiki Drum Technique!

As more healers are attuned to this powerful way of working, and will take their experience of it into the world as Spirit guides them, I am grateful to the Reiki Drum people who brought us to this place: Michael Arthur Baird, of the Infinite Light Healing Studies Centre in Arizona, who was inspired to create this fusion of Reiki healing and shamanic drumming, and Sarah Gregg, a very bright spirit who brought this technique back with her to the UK.

I’m also eternally grateful to the guidance received from my Reiki Teacher Kay Gillard and my guidance from Spirit which has pushed me to learn and to teach this wonderful healing art.

I cannot fail to also mention a thank you to Yvonne Henwood and a number of other Reiki Masters worldwide who have guided me to create a home study version of this course through their genuine interest and as a request. I am honoured to be able to pass on these teachings on a global level.

The secret of inviting happiness through many blessings
The spiritual medicine for all illness...

From the Reiki precepts, taught by Usui Sensei

Dreaming the drum

Drums are born in the night,
A dream of the sleeping Thunder.
Drums emerge to see the light,
Quickened by the waking Thunder.

Drums are a dream arisen,
Weaving the tapestry of life.
Drums bear the seekers of vision,
Embracing the rainbow of light.

Cherokee quote from The Shamanic Drum by Michael Drake
The Reiki Drum Healing & Journeying Technique

WELCOME!
Welcome to the home study version of the Reiki Drum Master Practitioner Course! I am very excited & humbled to be passing on these teachings no matter where you are in the world!
This course has been broken down into modules enabling you to complete your training at a pace that is manageable & suitable to your own needs. You will find a list below of what is involved.

Course outline

Module 1
- Preparation of self and creating sacred space
- Honouring the seven sacred directions meditation ceremony

Module 2
- Origins of Reiki Drumming™
- Differences between shamanic drumming and the Reiki Drum Technique
- Scientific research in support of drumming for healing
- Reiki Drum attunement

Module 3
- Journey – finding your voice
- Drumming session to celebrate finding your lost voice

Module 4
- Developing intuition and working with symbols

Module 5
- Journey – meet the healing spirit of the drum

Module 6
- Ethics, and what it is to be a healer
- Reiki Drum healing technique
- Practical drum healing sessions

Module 7
- Journey – meet your power animal

Module 8
- The power of the mind – the importance of positive thinking
- Mental / emotional reprogramming technique
- Practical reprogramming sessions

Module 9
- Reiki Drum journey technique
- Reiki Drum journey timeline
- Practical journey sessions

Module 10
- Group drumming
- Reiki Drum cautions & contraindications
- Reiki drum Lineage
- Going forward with the Reiki Drum & Journeying Technique

After each module is completed, you are required to e-mail your feedback to me in terms of results, findings, experiences, insights and any questions that you may have. I will then respond to each e-mail with a feedback session based on your findings.
The audio & video recordings are required for you to use at certain points during the course and this will be clearly instructed in the guidance notes.
Please don’t hesitate to contact me if you have any queries during your training, two way communications are a valid part of learning in this way, and I am only an e-mail or phone call away!

Enjoy opening yourself up to the healing power of Reiki drumming & I look forward to hearing about your experiences throughout the course!
MODULE 1: (Allow yourself approximately 1 – 2 weeks to complete this section)

Before you drum - The importance of preparation
The Reiki Drum Technique has its roots in shamanic customs of medicine drumming, so it lends itself to the use of ceremony more than the Reiki you are accustomed to. Whenever we do healing work, of any kind, it is important to remember that it is a sacred act. As such adequate preparation, mindset, and reverence for the self and for the work are always important.

On this course we pay close attention to the preparation of self and space, something that is important in all types of healing. There are so many ways that you can prepare yourself and your space, many of which you may have been taught as part of your Reiki practice. I would like you to use whichever method you prefer and use for your Reiki healing sessions. However I can not stress to you enough how important it is to prepare yourself in some way!

Honouring and preparing the self
Your regular Reiki practice, such as Hatsurei ho and your self-treatments, should continue as well as the additions to your practice through your Reiki Drum training. Ultimately it is your regular practice of Reiki that keeps your connection to the energy strong and keeps you grounded and a clear channel for energy work.

Prior to beginning a treatment (or a series of treatments, depending on how intensively you do your healing work) it is essential to be purified, centred and focused. This enables you to carry out the work from a place of grounding and personal power. You should choose a technique that suits you, but here are some suggestions to consider:

- **Joshin Kokkyu ho** – this will be familiar to you from your Hatsurei practice. Sit or kneel comfortably with your hands in your lap, palms uppermost. With every in breath draw energy or light down through your crown into your tanden. In the brief pause between breathing in and breathing out, feel the energy strengthen and spread through the whole body. As you breathe out, send the energy out through your body into the universe, as far as infinity.
- **Chanting the Reiki precepts** – they have a mantric quality if chanted in Japanese: Kyo dake wa Ikaru na Shinpai suna Kansha shite Gyo o hage me Hito ni shinsetsu ni
- **The Gassho meditation** – sit or kneel silently with your hands in the prayer position, and simply focus on the point where the middle fingers meet. If your mind wanders and thoughts come in, acknowledge them and let them go. Simply sit with the stillness of your heart centre.

(Watch video clip no.1 for guidance and an example of the Hatsurei Ho technique, then listen to audio track no. 1 for a guided meditation to take you through this technique)

- **Smudging** – I find it essential to smudge myself with the smoke of sacred herbs before I do any healing or teaching work. Personally I like to intuitively select what is appropriate for the work I am doing. Sometimes I use white sage, traditionally used in shamanic healing, popular for purifying a person before taking part in a sacred ceremony. There are of course many other herbs and resins that you can burn for the same purpose, each with a slight different energy.
- **Journeying** – in shamanic healing it is common for healers to journey for guidance from their power animal or other healing spirit guides on the treatments they are going to do. You could use your drum to bring yourself into this altered state and receive guidance on how to proceed with your clients. This is very much a personal journey and not one that we will be practising on this course, however I encourage you to undertake personal journeys like this if you feel drawn to this way of working. This will only become a trusted source of information if you do this often and develop a personal relationship with your guide. I would always recommend smudging or doing one of the other preparation techniques before doing this.
Creating sacred space

As well as purifying and preparing yourself before conducting any treatments, it is vital that you also treat your healing space with the reverence due to a site of sacred work. Spaces can accumulate negative energies in them, and as healers we have different people coming through our space with various difficult things happening in their lives. It is therefore important to cleanse the space and keep the energy clear. As you are already a qualified practitioner I am sure you already have your own preferred way of creating a sacred healing space, and you should continue working in a way that is right for you. I have listed some of my favourite techniques below.

- Radiating Reiki – connecting in with the energy flow flooding it out through the body on the out breath, visualising the energy or light flooding the room. Continue until you see the room filled with Reiki.
- Drumming Reiki – charging your drum with the Reiki symbols you wish to use, and drumming intuitively with the intent that the Reiki energy will flow through the drum and into the room. In your mind’s eye visualise the energy flowing through the drum in filling your healing space. (You may wish to refer to ‘Drumming Louise Hay’s love meditation’ at the end of this manual.)
- Drawing large CKRs on the four walls, ceiling and floor of your room. This is a very Western-influenced use of the symbol, and it is a very simple but highly effective technique.
- Smudging – as with preparing the self, it can also be extremely effective to smudge the room to cleanse it. Again, I usually use white sage for this. You could use other dried herbs or plants, for example, Cedar is purifying and helps to clear negative emotions. Lavender restores balance, calm and peace while inviting in loving energies. Amber helps us connect with ancient knowledge, Rose petals call in the power of the heart, and Sandalwood, Frankincense and Myrrh resins help reach a meditative altered state. Shamanic practitioners often hold that it is detrimental to the energy and qualities of the herb to blow on it. You can either use a fan or feather to spread the smoke through the room instead, (don’t forget the corners) or send Reiki through the breath as you blow on the herb.
- Burning essential oils – due to a number of friends who’ve trained as Aromatherapists, I have become more interested in the use of essential oils and their healing properties, and very often intuitively select oils for my healing space, preparation of myself and the client. I can thoroughly recommend a good book on this if you find this resonates with you "Aromatherapy for healing the Spirit" by Gabriel Mojay

Bear in mind that whichever techniques you use for cleansing and for protection, you should use them before you start the work, and afterwards. This will stop you from picking up any negative energies and hold you in a positive place.

(Watch video clip no.2 for a demonstration & example of smudging to create sacred space, as well as smudging to prepare yourself & your client)

Another technique perfect for working on the self and the sacred healing space is the meditation ceremony to honour the seven sacred directions, detailed below.
**Reiki Drumming Healing Technique:**

**Honouring the seven sacred directions meditation ceremony**

This is a ceremony to honour the directions, the natural energies that surround us. It supports the aims of the Reiki Drum Technique – taking an ancient idea of energy work and the importance of our connection to the natural energies that surround us, and combining it with our knowledge and the flow of the Reiki energy. It is also a purification ceremony, for purifying ourselves and our space.

- Stand with feet shoulder width apart, feel grounded, breathe into your tannen, preparing yourself for the meditation.
- Turn to the East.
- Invoke HSZSN to connect with the energies of the East. Stand quietly and be receptive to the energies of the East. Take note of what you experience – colours, sensations, visions. Be present with the energies for a few moments. When you feel ready, raise your beater and draw CKR in the direction of the East to honour those energies, inviting them to help you with the work and drum seven times in that direction. Maintain your connection to the energies of the East as you move on to the next part of this meditation.
- Turn to the South.
- Invoke HSZSN to connect with the energies of the South. Stand quietly and be receptive to the energies of the South. Take note of what you experience – colours, sensations, visions. Be present with the energies for a few moments. When you feel ready, raise your beater and draw CKR in the direction of the South to honour those energies, inviting them to help you with the work and drum seven times in that direction. Maintain your connection to the energies of the South as you move on to the next part of this meditation.
- Turn to the West.
- Invoke HSZSN to connect with the energies of the West. Stand quietly and be receptive to the energies of the West. Take note of what you experience – colours, sensations, visions. Be present with the energies for a few moments. When you feel ready, raise your beater and draw CKR in the direction of the West to honour those energies, inviting them to help you with the work and drum seven times in that direction. Maintain your connection to the energies of the West as you move on to the next part of this meditation.
- Turn to the North.
- Invoke HSZSN to connect with the energies of the North. Stand quietly and be receptive to the energies of the North. Take note of what you experience – colours, sensations, visions. Be present with the energies for a few moments. When you feel ready, raise your beater and draw CKR in the direction of the North to honour those energies, inviting them to help you with the work and drum seven times in that direction.
- Take a moment to experience yourself connected to these four directions, East, South, West and North, with you in the centre.
- Turn your face to the Sky.
- Invoke HSZSN to connect with the energies of Sky. Stand quietly and be receptive to the energies of Sky. Take note of what you experience – colours, sensations, visions. Be present with the energies for a few moments. When you feel ready, raise your beater and draw CKR upwards to the Sky to honour those energies, inviting them to help you with the work and drum seven times in that direction. Maintain your connection to the energies of Sky as you move on to the next part of this meditation.
- Bring your awareness to the ground beneath your feet, turning your face and attention to the Earth.
- Invoke HSZSN to connect with the energies of Earth. Stand quietly and be receptive to the energies of Earth. Take note of what you experience – colours, sensations, visions. Be present with the energies for a few moments. When you feel ready, use your beater to draw CKR in the direction of the Earth to honour those energies, inviting them to help you with the work and drum seven times in that direction. Maintain your connection to the energies of the Earth as you move on to the next part of this meditation.
• Turn your attention inwards, becoming aware of your heart centre. Feel a connection in your heart centre to East, South, West, North, Sky and Earth.
• You are the seventh sacred direction. Experience your heart centre; experience your place at the centre of your universe, at the centre of these sacred energies. Be present at this centre for a few moments. When you feel ready, use your beater to draw CKR over your heart centre and drum seven times to honour yourself.
• Touch back into your connection with East, South, West and North.
• Bringing your attention into your tanden once more, bring yourself back to normal awareness with a few deep breaths.

You can use the meditation ceremony whenever you feel that you need to regain your centre or if you feel you have lost your connection to the energies.

(Listen to audio track no.2 for a guided meditation of the Seven Sacred Directions Ceremony)

Journal your experiences of the seven directions meditation below:

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(You have now completed Module 1. E-mail Cathy with your feedback regarding experiences, insights, feelings or sensations.)
MODULE 2: (Allow yourself approximately 1 – 2 weeks to complete this section)

About the Reiki Drumming Healing Technique

Drumming for healing and meditation is an ancient practice. In tribal cultures the power of sound over the body and spirit is well known, and now in the western world there is research supporting this - making this ancient wisdom more palatable to modern minds. Research shows that brain activity can actually be affected by drumming, and there are studies showing how the sounds of a drum can help with illness and emotional trauma. Group drumming has been linked with improving the immune system, helping Alzheimer's patients, building self-esteem, and supporting recovering drug addicts and alcoholics. These studies are hinting at what has been known by shamans throughout the ages, and shamanic practitioners today still know as they practice what is often known as medicine drumming.

In shamanic medicine drumming, the sound and energy of the drum can be used in many ways. Shamans in indigenous cultures all over the world – Celtic and British tribes, Siberian tribes, North African Arabic peoples, Native Americans – have used drumming for sacred occasions of all kinds, and for journeying from our world into a non-ordinary reality. When treating other people the drum is used freely and intuitively to send healing energy into areas of the client's body. This practice can be extremely intense, and while very powerful it does not have the innate protective and gentle energy we are used to in Reiki.

When we combine the energy of Reiki with the ancient practice of shamanic drumming, whether for healing or journeying, we have a powerful yet gentle healing model: the Reiki Drum Technique.

The origins of Reiki Drumming™

Michael Arthur Baird, a Reiki Master at the Infinite Light Healing Studies Centre in Sedona, Arizona is the originator of Reiki Drumming™. Michael has been practising Reiki since 1989 and is also a Middle Eastern drummer; he practised drum healings, but kept this separate from his Reiki practice. In 1999 while on a Reiki retreat he realised that he was left feeling quite unwell after drum healing sessions, feeling that he was absorbing energies from the people he was working on. After the realisation that he could completely remove this risk by bringing Reiki into his drumming practice, he began experimenting right away. He connected into the Reiki energy, protecting himself in the way he normally did for Reiki sessions, and saw the drum as a channel for the Reiki energy. He sent Reiki symbols and energy through the drum as he was working, and the system was born!

In 2007, UK based Reiki Master Teacher Sarah Gregg made this wonderful system available as a course for the first time in this country. Sarah was guided to travel to Arizona and study with Michael in Reiki Drumming™ and once she had done so she knew she had to qualify as a teacher and bring this system to the UK. My teacher Kay studied with Sarah in early 2008 and knew immediately how important it was for her to train in this technique. At the beginning of 2009 Sarah and Kay were the only teachers of the Reiki Drum Technique in this country, but they shared a vision of the system spreading this amazing system through the UK, and beyond! I Was on Kay's first Reiki Drumming course in 2009 and have not looked back since!

Here comes the science part…

As mentioned above, modern day scientific research is now in a position to support what shamanic drummers have known since time immemorial. Drumming for healing works. Biofeedback research has indicated that drumming (even for short periods) can influence brain activity, bringing them into the meditative alpha state and reducing stress. We know that stress levels are linked to the onset of many diseases, flare-ups of chronic conditions, and the storing of tensions in the body. In releasing and reducing stress we are contributing to the overall health and wellbeing of the client.

Some research suggests that drumming can improve right brain functions like creativity and intuition. The playing of musical instruments, particularly those that can be played intuitively, can increase learning capacity in children.
Drumming has been linked to increased immunity. One study, led by cancer expert and researcher Barry Bittman MD at the Mind-Body Wellness Center in Meadville, Pennsylvania, showed that group drumming increases the presence of cancer killing cells (Natural Killer cells). These cells assist the body in fighting not only cancer but also viruses such as AIDS.

In conditions where neurological damage has been suffered, as in the cases of stroke or Parkinson’s disease, drumming has still been shown to promote dynamic neuronal connections in the brain; this can help create a more coherent experience for sufferers. It has also shown positive results for patients with Alzheimer’s and dementia, allowing them periods of greater focus and coherency for a short time after drumming. This is the case even in the latter stages of the disease.

Pain relief is another area where drumming can improve the quality of life for patients. Research shows drumming can increase the production of endogenous opiates in the body, the body’s natural painkillers, resulting in reduction in pain. This is so valuable for those suffering from chronic painful conditions.

So far research has been conducted the findings of which support the value of drumming in the following conditions: cancer, Alzheimer’s, dementia, stress, fatigue, anxiety, hypertension, asthma, arthritis, Parkinson’s, MS, stroke, paralysis, and migraines. Drumming has also helped emotionally disturbed teens, children with ADD, those recovering from emotional trauma, recovering alcoholics and drug addicts, patients recovering from surgery, autistic children, prison inmates and homeless people.

Getting caught up in and taken over by the beat of a drum is something tribal, something primal within us that ancient civilisations knew about and that more of society is remembering now. Research has been conducted into the effects of regular meditation, bringing the mind into that alpha state regularly, and supports an improvement in physical and particularly mental health because of it. (Of course, as Reiki people, we already know this!) And as practitioners we have all seen the amazing healing power of Reiki in so many, diverse conditions. Taking our own experiences and the findings of the research so far into account, imagine how deep we can go to the core of so many conditions when we combine the incredible healing power of Reiki with the deep, meditative resonance of the drum.
Worksheet:

The Reiki Drum attunement

On this course you receive one attunement. If you trained in Western Reiki you may find the technique very familiar to you (apart from the drum part!). If your training has been in more traditional Japanese Reiki you will probably have received Reiju empowerments rather than Western attunements so this could be an unfamiliar connection ritual. It is essentially a Reiki II or Okuden attunement, using all three of the symbols given at this level. It is intended to remind you of your connection to these energies and to attune your higher self with your personal drum and its associated healing spirit.

(Watch video clip no.3 for guidance of the attunement process, then listen to audio track no.3 for a guided meditation to talk you through your distant Reiki Drum attunement)

Journal your experiences after the attunement process.

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MODULE 3: (Allow yourself approximately 1 – 2 weeks to complete this section)

Worksheet: Finding your voice
A common concept found in shamanism is that of power loss (or soul loss), when part of ourselves and some of our personal power is lost due to a traumatic event. This could be through an emotional trauma like an abusive event, or it could be due to an illness, grieving, a time of extreme change, or surgery – there are many reasons when part of us will seek sanctuary in another realm.

One way that this loss of power manifests is in the inability to speak up and be heard. This may be through shyness or awkwardness at the thought of actually being heard, or through fear of reprisals due to those who have silenced us in the past. It could also be due to social conditioning – we are often expected to conform to social norms, communicating in ways that are deemed acceptable rather than ways that we would choose.

We will now undertake a Reiki Drum journey through your consciousness to a time when you lost your power to speak up. Through the beat of the drum and the Reiki energy we will be releasing the fear and allowing this power of sound to return to you.

(Listen to audio track no.4 for your guided Reiki Drum journey)

Journal your experiences of the Reiki Drum journey to find your voice.

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Drumming to celebrate finding your voice

What better way to start drumming on your Reiki drum? Celebrate the retrieval of your lost voice, your lost power! Hold the beater in your dominant hand, and the other hand holds the back of the drum in the middle grasping where the spokes meet in the centre. You can either sit comfortably (perhaps with your drum resting on your knee for support if your arms aren’t strong enough to hold it freely) or you can stand – I prefer to do this so that I can move my body freely to the rhythm of my drumming.

Connect to Reiki & the energies of "Cho Ku Rei", "Sei He Ki" & "Hon Sha Ze Sho Nen" in your own way. Then work intuitively & let yourself be guided to drum however feels appropriate for you. You may start slow and soft to begin with, and then as you build your confidence & the energy, your drumming may get louder & faster, it may even change rhythm. There is no wrong way – just go with the flow & how you feel guided. Bring it to a finish when it feels appropriate.

(You can use audio track no.5 which is a drumming track you can join in with, which may give you a sense of group drumming & help you if you are feeling less confident at this stage)

Journal your experiences of your drumming session, how did this follow on from your journey?

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MODULE 4: (Allow yourself approximately 1 – 2 weeks to complete this section, meditating on the symbols with your drum daily)

The Reiki symbols and their place in the Reiki Drumming

The Reiki Drum Technique does have roots in both shamanism and in Reiki, and it was developed by a Reiki Master trained in the Western system of Reiki. The way that symbols are used in Reiki healing will be different between those who trained in a similar Western lineage and those who trained in Japanese or Japanese-influenced integrated Reiki courses. You will notice in the seven directions meditation that we invoked HSZSN to connect with the energies of the direction, a concept quite unknown to those trained in more traditional techniques (where HSZSN is instead used to produce a state of oneness in the mind of the practitioner). Similarly, chanting the names of the symbols can be quite effective while drumming a particular energy, something that I believe would feel more natural to Western Reiki practitioners than those who use Japanese methods. My own training draws more from the traditional Japanese techniques and the information brought back to the UK via Chris Marsh and passed on through Taggart King. I’ve always been taught with emphasis on trusting your intuition, rooted in traditional Japanese Reiki. Also with shamanic training, Buddhist meditation and a Tai Chi /Qi gong background, I draw on all these influences for the highest good for all, so although the original course has a Western Reiki influence, you will find this course pays respect to this while at the same time encouraging you to find your own way of working with your Drum.

I would like everyone who comes to the Reiki Drum Technique to be aware that, whichever lineage you have come from, this technique works. Most importantly, the healing is intuitive. Once you are used to the basic healing formats, you should use them in whichever way you are guided. On my course we will focus on using the symbols in a way that is intuitive, and in line with my own experience of Reiki. At the end of the manual you will find notes on Western Reiki and some of the more Western techniques taught by Sarah Gregg. It is good to be aware of these techniques if you do not have a Western Reiki background, and if you are used to working in this way then this should serve as a useful reference to you in creating the perfect treatment format for you.

Charging your drum

Before you start work with your drum, it is nice to charge it with the Reiki symbols. I like to do this by drawing the symbols onto the drum with my beater and visualising the energies being “awoken” as I do this. You may prefer to visualise, or use your hand instead, and this is fine too. You may like to do this before a treatment in the future, but I personally have found it is unnecessary to do this if the drum has already been charged and used that day. If I have clients coming for drum treatments or journeys, I charge the drum before they arrive, if I haven't already done some drumming / meditation with it that day. Use your intuition to judge how often your drum needs to be charged.

Developing your intuition

Through your Reiki practice you will have already worked on developing your intuition, and be aware of how different the energies of the symbols feel. This is an exercise to develop your intuition while working with the drum, gaining an understanding of the different vibrational qualities of the symbols when channelled through the drum. We will work using the three Reiki II symbols, but you can use the Reiki Master symbols or any other symbols you have been attuned to.

(Watch video clip no.4 for guidance on the process of using the 3 Reiki 2 symbols with your drum)
Worksheet:

Journal your experiences of drumming the symbols

Cho Ku Rei

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Sei He Ki

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Hon Sha Ze Sho Nen

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(This is the end of module 4. Email Cathy your feedback of this section)
MODULE 5: (Allow yourself approximately 1 – 2 weeks to complete this section)

Worksheet: Meeting the healing spirit of your drum

Another theme found throughout the world in shamanism is the presence of spirit in everything. Of course this fits beautifully with Reiki, and Usui Sensei was heavily influenced by Shinto, the indigenous religion of Japan and the official state religion during the Meiji period. Shinto is an animist religion, like shamanism it believes that all things have a sacred spirit within them, the stones, the trees, the earth, the sun, the mountains, everything.

Traditionally shamanic healers worked with tools – the drum being one of the most powerful – and were assisted by the spirit within those tools in their work. Modern day shamanic practitioners still work in this way.

The drums we use in this course are synthetic which, as well as being vegetarian and vegan friendly is also very practical for changeable climates. The performance & sound is there for not affected by temperature or humidity. In my experience and that of all healers who use the Remo Buffalo drums, the synthetic material does not hamper spirit coming through.

You will now be led on a Reiki Drum journey to meet the healing spirit of your own drum.

(Listen to track no.6 for your Reiki Drum Journey)

Journal your experiences of meeting the spirit.

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(You have now completed Module 5. E-mail Cathy your feedback)
MODULE 6: (Allow yourself approximately 3 – 6 weeks to complete this section)

**Ethics**

There are so many things to be considered when we talk about the ethics of being a healer. As Reiki practitioners we are not regulated in the same way as those whose therapies involve physical manipulation or the prescription of remedies, however there are still ethical codes of conducts that we need to be aware of. A standard set of professional ethics and code of conduct for Reiki practitioners has been set out by the UK Reiki Federation, of which many of us who practice professionally are already members (including myself). I have listed their Codes of Professional Practice below (you can view them online in full, with appendices and additional guidelines for working in hospitals, disciplinary issues and advertising: [http://www.reikifed.co.uk/pub/about/fed/cpp.shtml](http://www.reikifed.co.uk/pub/about/fed/cpp.shtml))

**Insurance:**

- All Reiki Practitioners must be adequately insured to practice professionally. The insurance policy must state provision for public liability and employee liability (if personnel are employed) and public indemnity, as well as provision for professional treatments. Once qualified as a Reiki Drum Master Practitioner, submit a copy of your certificate to your insurance company to get your policy updated.

**Clear contracts:**

- Before treatment, Reiki Practitioners must explain fully, either in writing or verbally, all the procedures involved in the treatment including such matters as client records, likely content and length of consultations, likely number of consultations, and fees, etc. It is not possible to guarantee the outcome of any course of treatment, therefore the terms on which it is offered, should be stated clearly before the first session of treatment, with subsequent revisions being agreed in advance of any change.
- Reiki Practitioners must never claim to ‘cure’.
- If another therapy is used in conjunction with Reiki, this must be made clear to the client from the outset.
- Reiki Practitioners must act with consideration concerning fees and justification for treatment. A Reiki Practitioner has the same obligation to the client whether being paid or working in a voluntary capacity.
- Reiki Practitioners need to recognise the client’s right to refuse treatment or disregard advice.
- Reiki Practitioners must retain the right to refuse or postpone treating a client should the practitioner believe the treatment to be inappropriate. The Reiki Practitioner should make it clear to the client why they are refusing or postponing treatment, e.g.,
  - if the client is under the influence of alcohol or mind-altering substances;
  - if the client is intimidating or offensive, in a physical or sexual manner, or otherwise;
  - if the client behaves in any way which may lead the Reiki Practitioner to feel physically unsafe, disrespected, or abused;
  - in the case of late attendance of the client, the Reiki Practitioner may exercise discretion in refusing treatment;

- A copy of the Codes of Professional Practice should be available to the client on request.
- Reiki Practitioners must not use titles or descriptions to give the impression of medical, or other qualifications unless they possess them and must make it clear to their clients that they are not doctors and do not purport to have their knowledge or skills.
- Certificates and other qualifications shall be displayed or be made available by the Reiki Practitioner.
Empowerment of the client:

- Reiki Practitioners should be empathic, supportive and positive, thus encouraging uplift in the client’s mental outlook, and a belief in a progression towards good health practices. It is the client’s prerogative to make their own choices with regard to their health, lifestyle and finances.
- Reiki Practitioners must not countermand instructions or prescriptions given by a doctor. Reiki Practitioners must not advise a particular course of medical treatment, such as to undergo an operation or to take specific drugs. It must be left to the client to make his/her own decision in the light of medical advice.
- Reiki Practitioners should refrain from making judgements upon the choices made by clients, and the way in which clients choose to conduct their lives.

Client Assessment

- Reiki Practitioners must never give a medical diagnosis to a client in any circumstances, this being the responsibility of a registered medical practitioner. Reiki does not take the place of conventional medical treatment.
- The Reiki Practitioner will make a base-line assessment during the first treatment and discuss appropriate aftercare.
- All clients must be asked what medical advice they have received. If appropriate they should be advised to consult their GP if they have not already done so. Since it is legal to refuse medical treatment, no client can be forced to consult a doctor. A Reiki Practitioner may suggest that it would be advisable to seek an allopathic diagnosis but should not attach a medical name to the perceived condition.
- A client should be advised not to discontinue prescribed medication without consulting their doctor.
- All advice must be recorded for the Reiki Practitioner’s protection.

Confidentiality

- Reiki Practitioners, their assistants and receptionists have an implicit duty to keep all information relating to attendance, records and views formed about clients, entirely confidential. No disclosure may be made to a third party, including any member of the client’s own family, without the client’s consent unless it is required by due process of the law, whether that be Statute, Statutory instrument, order of any court of competent jurisdiction or however otherwise.
- Reiki Practitioners must ensure that they comply with the Data Protection Act.
- Reiki Practitioners who sell or otherwise transfer their interest in a practice must inform all their clients of the change and give the name of the Reiki Practitioner who has taken over. No information on a client shall be provided to the incoming Reiki Practitioner without the permission of the client.
- If a Reiki Practitioner believes that there is a risk of self-harm by an individual, the confidentiality guidelines are overridden.
- If a Reiki Practitioner believes an individual intends to harm or abuse a child, or learns of any terrorist activity then the confidentiality guidelines are overridden. The Reiki Practitioner is obliged by law to report this to the appropriate authorities.
Client’s Records

- Reiki Practitioners must ensure they keep clear and comprehensive records of their treatments including dates and advice given. These records should be factual and avoid opinion. This is especially important for the defence of any negligence actions as well as for efficient and careful practice.
- Records are to be kept in safe custody for seven years from the time of the last consultation.
- Reiki Practitioners should arrange for the correct disposal of case records in the event of their death.

Personal Relationships – Boundaries

- The relationship between the Reiki Practitioner and client should be of the highest professional standard. Due diligence of care, skill and integrity should be demonstrated at all times.
- Reiki Practitioners must not exploit their clients financially, sexually, emotionally or in any other way. The Practitioner will not undertake any form of sexual activity with a client in their care or with a student in their tutelage or supervision. The UK Reiki Federation requires that the Practitioner formally ends the therapeutic or educational relationship before starting a sexual relationship.
- Reiki Practitioners must not request the removal of clothing except for coat and footwear.
- Reiki Practitioners shall be without judgement concerning race, colour, creed, gender or sexual orientation.

Responsibilities to Self

- Reiki Practitioners shall recognise the value of self-treatment and also receiving Reiki from another, as part of their continuing self-development.
- Reiki Practitioners have a responsibility to themselves to maintain their own effectiveness. They are expected to monitor their own personal functioning and to seek help and/or withdraw from giving treatments when their personal resources are sufficiently depleted to require this through personal or emotional difficulties, illness, disability, alcohol, any mind altering substances or for any other reason.
- Members must take all reasonable steps to monitor, develop and advance their professional competence, and to work within that capacity. Professional development may include in-service training, supervision, counselling, research and other consultative support.
- A Reiki Practitioner shall be aware of their own professional limitations and refer a client elsewhere when the need demands.

Responsibilities to Others

- Reiki Practitioners shall seek a good relationship and work in a co-operative manner with other healthcare professionals, recognise and respect their particular contribution within the healthcare team, irrespective of whether they perform an allopathic or complementary base. Reiki Practitioners will not undermine a client’s faith in any other form of treatment and shall respect and support the client’s choices.
- Reiki Practitioners will encourage understanding of Reiki within other fields and modalities within the healthcare sector.
- Reiki Practitioners shall at all times conduct themselves with due diligence in their relations with all people whilst conducting their professional practice.
- Reiki Practitioners must not attend women in childbirth or treat them for 10 days thereafter unless they hold an appropriate qualification in midwifery or unless the client, in consultation with a practising midwife or a Registered Medical Practitioner requests their services.
The Reiki Drum Healing & Journeying Technique – Master Practitioner Manual

Soliciting of Clients

- **Reiki Practitioners shall not encourage clients away from other professional colleagues.**

Reiki in Hospitals

- The hospital is responsible for the patient.
- **Reiki Practitioners may only give Reiki to patients in hospitals with permission from the patient, or the person authorised to make decisions on their behalf, and the person responsible for their medical care.**
- Reiki Practitioners shall not give the impression that they are a medical professional or a member of hospital staff. The Reiki Practitioner may have some form of identification such as a lapel badge.
- Where permission is given to provide Reiki on the ward, this must be carried out without intrusion or inconvenience to other patients and staff.
- If other patients request treatment, the permission of the ward charge nurse, nursing officer (and if relevant, the patient’s doctor) must first be obtained. Reiki Practitioners must never undermine the patient’s faith in hospital treatment or regime.

Premises

- All Reiki Practitioners shall ensure that their working conditions are suitable for the practice of their therapy.

In addition to your standard ethical concerns, when performing Reiki Drum treatments you must be aware of the need for comfort for your client during the session; you need to be aware of their sensitivity to the sound of the drumming.

- Ensure that your client is made aware that they can let you know if the drumming is too loud for them, simply by saying ‘softer’.
- Hold your drum between 1 and 2 feet above the body of the client, slightly higher when drumming over the heart, throat or head areas.
- Take special care when drumming around the ears.
- Ensure before drumming that the client does not have any condition which drum healing is unsuitable for (see Reiki Drum cautions and contraindications).

What it is to be a healer

As you can see, and as you have probably come across before, there are a great number of ethical considerations to being a practitioner. Some feel that some of these are coming from a place of protecting against litigation rather than the highest good of the client. There is perhaps a tendency to treat Reiki as a more ‘clinical’ discipline than I feel it is, and this is very much the case in the US and UK – not so much in other parts of the world.

Personally I consider Reiki, shamanic healing and Reiki Drum healing to be spiritual vocations. It is essential that you take care of yourself and work always for highest good when you take on clients (paid or otherwise), for any type of healing work. We must honour and respect appropriate boundaries between ourselves and our clients, keep them empowered and responsible for their own healing, communicate from a place of truth and sensitivity, and act always from a place of compassion and non-judgement in healing. Hold these ideals in place at all times, and you can’t go far wrong.
Reiki Drumming Healing Technique:

Basic drum healing technique

- Before you undertake a drum treatment, ensure that you are prepared for the work as you would with any other healing treatment. Before the client arrives you may want to do Hatsurei ho, Joshin kokkyu ho or the seven directions ceremony. You will also want to ensure that your drum is charged and ready for the work, and you have smudged yourself and your healing space.

- If you have one, use a treatment couch for your client to lie on. If not, allow the client to lie comfortably and supported on the ground or bed, or even sat comfortably in a chair. Make sure that you will be reasonably comfortable for the work as well.

- Before the treatment starts, explain to the client what you are doing – explain that you will be drumming over the body initially in response to guidance about where to focus your work, and then you will be integrating the healing with hands on Reiki. Advise your client that if the drumming is too loud or intense for them at any time, they can simply say ‘softer’ and you will drum more gently for them.

- Speak to your client before the treatment begins about their healing intention. Ascertain what they want to work on, so that they are clear on their intent as they go into the session. You can take this opportunity for them to vocalise their desire for change and for healing. Ensure that they are ready to make the changes in their life that the healing requires (the treatments may not be right for them if not). They can affirm their wishes, you may wish to encourage them using statements like ‘I am ready to change my situation’, ‘I am ready to release this completely and permanently’ or ‘I am now ready to restore myself to a state of good health and wellbeing’.

- If you have protection ritual you like to use for your healing sessions, do this now.

- Connect with Reiki and with your drum. (You may wish to charge the drum with the symbols at this point.)

- Help your client to relax. You can do this by asking them to close their eyes and focus on their breathing, talking them through a short breathing meditation if this feels appropriate. You could also place your hands on their shoulders for short while, which reassures and relaxes the client, and channel heavenly ki (using SHK) to make them feel at ease.

- Affirm that this treatment is for the highest good of your client, and reiterate your client’s healing intention. Call on any energies or entities you wish to assist you in the work, for example the spirit of Usui Sensei, your healing spirit guides, your power animal, the healing spirit of your drum.

- Scan the client’s body with your drum for guidance on areas where you are drawn to work.

- Start drumming over the area that your drum is drawn to, you should carry on for as long as you feel is necessary, anywhere between 2 and 20 minutes. Make sure that you hold the drum between 1 and 2 feet above the client’s physical body (higher and softer from the heart centre to the crown) or it can be too intense.

- Move on to the next area of the body as you are guided, until you feel that the drumming part of the treatment is complete.

- After the drumming, move on to the hands on healing to integrate the drum healing, again do this as you are guided. You may just wish to flood their energy field with Reiki, alternatively you may be guided to work on a few areas of the body specifically. Allow yourself to be guided, either by using the scanning technique or Reiji ho.

- Close the healing session in your preferred way, ensuring that you have sealed your client’s energy feel and that they are grounded and in their body!

- Reiterate that this healing has been for the highest good of your client. Give thanks to the energy and any spirit guides that have helped you with the healing, and acknowledge that both you and your client are blessed by this sacred process.

(Watch video clip no.5 for a demonstration of this process)
Worksheet: Giving drum healing sessions

(Find some willing volunteers! e.g. friends or family members, to practice this technique with. I advice you conduct ideally 3 or 4 treatments with different people. Allow approx. one to one & a half hours for each treatment including consultation with participant before hand, & feedback from recipient afterwards)

Journal your experiences giving drum healing treatments in line with the instructions given above.

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(You have now completed Module 6. E-mail Cathy your feedback)
MODULE 7: (Allow yourself approximately 1 – 2 weeks to complete this section)

Power animals
One feature common to shamanic traditions is the ancient practice of working with spirit guides and helpers to assist in healing, and very often these are power animals. Power animals are essentially spirit guides, guardian spirits in animal form. They can guide you in your work, add their own energy to the proceedings, and protect you as you work on others or when you journey into other realms. If you have never met your power animal before, there are plenty of things you can do to learn about your animal once it has been revealed to you on your Reiki Drum journey. Even if you have met your power animal before, or meet a new one on this journey, below are some tips for getting to know your power animal.

Learn about your animal’s medicine
Every animal has particular talents and qualities, so learning about the animal in nature is a good starting point. If you can identify particular species or gender in your animal then look into that also (for example, the roles of the lion and the lioness are very different, so the medicine of these spirit animals is very different even though the species is the same). If your animal is a hunter, you may also want to look into the qualities of its prey; after all their medicine nourishes your spirit animal, so this can also provide insights.

Here is some suggested reading on the meanings of spirit animals and how to bring their energy into your life: Animal Speak by Ted Andrews, Animal Wisdom by Jessica Dawn Palmer, The Druid Animal Oracle Deck by Philip Carr-Gomm, Stephanie Carr-Gomm and Bill Worthington, Medicine Cards by Jamie Sams and David Carson and Reiki Power Animals by Zak Keyer. You can also find information on the internet – use your judgement as to the validity of the opinions you find online, bear in mind they may be relevant to the author but not to you.

Watch, listen and learn
As suggested above, guidance and symbolism provided by the animals can be very personal, so to rely too heavily on the books may mean you miss something. Also, you won’t find every possible animal in the books. Animal Speak is quite well known and popular, but this is an American book – many species of bird for example are not ones that we come across in our daily lives, and some of the regular visitors to our garden are nowhere to be seen.

If your power animal is one that can be seen in your daily life, take time to observe them when you can. Insights can be gained by watching them go about their lives.

Meditation is a powerful tool to learn from any spirit guides, not just animals. Take time to meditate on your power animal, asking specific questions and paying attention to the replies you are given or shown. Some of my favourite meditations are listed below for you to try.

Items to help you focus
When inviting a particular energy into your life, it can be helpful to put aside a space where that energy (in this case the power animal and its medicine) is the focus. You can use a picture of your animal – draw or paint this yourself if you can, otherwise choose an image that you are drawn to. Statues or figurines can also be helpful – again this is something you could make yourself, or something you buy or already own. Either way, sit and meditate with it so it becomes charged with the energy of the animal or your intention to connect with it.

In shamanic traditions it is said that something that is actually from that animal will contain its medicine, sourcing something like this and placing it in the space where you honour the animal is very appropriate. This is easiest with birds, depending on the type of bird you can often collect feathers yourself. This works well for me in my personal practice. There are other items (perhaps a little harder to come by) like horns, bones, and skins – make sure you are comfortable with whatever you use and be mindful of how these items were harvested. You could also use the item as an aid to meditation or keep it with you when you are healing with the help of your animal.

Think creatively and follow your intuition. You may have something that is appropriate to place in this space of focus, like a crystal, which may not seem an obvious attribution. Go with what you feel is right.
Personally I did a Reiki Drum journey for my personal medicine wheel, and all the power animal medicine that came through, I then drew onto my Drum. This is a lovely way to personalise your Reiki Drum, you may even want to paint it in colours you are guided to use.

**Give back**

One way to honour your animal is to give healing. You can send healing specifically to the type of animal whose guidance and medicine you are accepting into your life, or if you feel it is appropriate you could send healing to all animals in need and dedicate this work to your power animal. You can also help the animals in other ways – sponsoring an animal or giving a donation to a charity that helps to protect them in some way is another great gift to your power animal.

**Worksheet:**

**Meeting your power animal**

We will now undertake a Reiki Drum journey to the Lower World to meet your power animal and allow it to communicate with you. If you have worked with power animals before, you have one or more spirits that you have already built a relationship with and one of these may come through during this journey. As well as those power animals we know well and work with long term, sometimes other animals wish to make their presence known to us to assist us with particular work. Go into the journey without expectations and be open to whatever happens, and whoever appears to you.

*(Listen to audio track no.7 for your guided Reiki Drum Journey)*

Journal your experiences of the Reiki Drum journey to find your power animal.
(Well done so far! You have now completed Module 7. E-mail Cathy your feedback on this section)
MODULE 8: (Allow yourself approximately 3 – 6 weeks to complete this section)

The power of thought

With our thoughts and our beliefs (a belief is really only a thought you think over and over until it becomes ‘truth’) we create our existence. Our experience of the world is dependent upon our thinking – therefore if we change our thinking, we change our world. This school of thought has been recently popularised through the work of Esther and Jerry Hicks, channelling a group consciousness called Abraham to deliver a body of teachings known as the Law of Attraction. This basically states that like attracts like, so positive thoughts focused on what you want in life will bring those things to you, whereas focusing on the things in your life that make you unhappy will only bring you more of that type of experience.

As taught by self-help pioneer Louise Hay since the 1970s, repeated negative thoughts and beliefs will not only deliver us a negative experience of the world, but will eventually lead to a physical manifestation in the form of illness, or dis-ease. Her book ‘Heal your body’ lists specific conditions and links them to the thought patterns that are likely to have created them; it is a good place to start looking if you are unfamiliar with the use of positive affirmations to create a healthy life.

With the raising of the consciousness of the planet, huge energy shifts that are occurring and the times of change we are living in, the mental/emotional reprogramming technique is a great tool to assist in attracting abundance, prosperity and positive energy into our life.

Reiki Drumming Healing Technique:

Mental / emotional reprogramming

In this treatment technique we are combining the subconscious with the conscious mind. With the Reiki Drum treatment we are taking the client into a deep meditative state where they can be open to insights, and flooding them with Reiki healing energy – they can assume a passive role in this type of healing. By bringing in the client’s active participation using positive affirmations, the treatment becomes even more powerful. The mental / emotional reprogramming technique should still happen in a relaxed way, but healer and client are working together to place a new, positive thought pattern into the subconscious of the client.

Before the drum treatment begins, consult with your client to understand what they wish to change (and that they are ready to change it), and create an affirmation to use. Ensure that you are both clear on it before you begin drumming.

Also bear in mind that you can use mental / emotional reprogramming as a self-healing technique. To do this you must ensure that you are really honest with yourself, and that you are really ready to release the old ways of thinking and make the required changes.

• Before you undertake the treatment, ensure that you are prepared for the work as you would with any other healing treatment. Before the client arrives you may want to do Hatsurei ho, Joshin kokkyu ho or the seven directions ceremony. You will also want to ensure that your drum is charged and ready for the work, and you have smudged yourself and your healing space.

• If you have one, use a treatment couch for your client to lie on. If not, allow the client to lie comfortably and supported on the ground or bed, or even sat comfortably in a chair. Make sure that you will be reasonably comfortable for the work as well.

• Before the treatment starts, explain to the client what you are doing – explain that you will be drumming over the body initially in response to guidance about where to focus your work, and then you will be integrating the healing with hands on Reiki. Advise your client that if the drumming is too loud or intense for them at any time, they can simply say ‘softer’ and you will drum more gently for them.
The Reiki Drum Healing & Journeying Technique – Master Practitioner Manual

- **Speak to your client before the treatment begins about their healing intention.** Have a pen and paper handy. Ask them what they need to work on, and to be honest about this. The first thing that comes to their mind is usually right, write this down.
- **Once this intent is clear, help your client to create an affirmation (or more than one) to use in the treatment.** Frame them in the positive, focusing on what they want to achieve rather than what they want to banish from their lives. Write the affirmation down and hand it to them, make sure you both know it.
- **If you have protection ritual you like to use for your healing sessions, do this now.**
- **Connect with Reiki and with your drum.** (You may wish to charge the drum with the symbols at this point.)
- **Help your client to relax.** You can do this by asking them to close their eyes and focus on their breathing, talking them through a short breathing meditation if this feels appropriate. You could also place your hands on their shoulders for short while, which reassures and relaxes the client, and channel heavenly ki (using SHK) to make them feel at ease. Reiterate the affirmation (in the first person) and remind them that they will be saying this throughout the treatment.
- **Affirm that this treatment is for the highest good of your client, and reiterate your client’s healing intention.** Call on any energies or entities you wish to assist you in the work, for example the spirit of Usui Sensei, your healing spirit guides, your power animal, the healing spirit of your drum.
- **Scan the client’s body with your drum for guidance on areas where you are drawn to work.**
- **Start drumming over the area that your drum is drawn to, you should carry on for as long as you feel is necessary, anywhere between 2 and 20 minutes.** Make sure that you hold the drum between 1 and 2 feet above the client’s physical body (higher and softer from the heart centre to the crown) or it can be too intense. You will be repeating the affirmation in the second person throughout the drumming treatment.
- **Move on to the next area of the body as you are guided, until you feel that the drumming part of the treatment is complete.**
- **After the drumming, move on to the hands on healing to integrate the drum healing, again do this as you are guided.** You may just wish to flood their energy field with Reiki, alternatively you may be guided to work on a few areas of the body specifically. Allow yourself to be guided, either by using the scanning technique or Reiji ho. You will be repeating the affirmation in the second person throughout the hands on treatment.
- **Close the healing session in your preferred way, ensuring that you have sealed your client’s energy feel and that they are grounded and in their body!**
- **Reiterate that this healing has been for the highest good of your client.** Give thanks to the energy and any spirit guides that have helped you with the healing, and acknowledge that both you and your client are blessed by this sacred process.

*(Watch video clip no.6 for guidance & a demonstration of this process)*

I would recommend more than one treatment to achieve mental / emotional reprogramming. I have found that a series of four or five sessions at regular intervals is very effective. I also like to engage the client in their reprogramming between sessions – let them take the paper with their affirmation away with them, and encourage them to keep it somewhere they will see it often e.g., their diary, computer, desk, on the fridge door etc, and look at it, read it and say it often – affirming it to themselves as often as possible. Previous clients and I have seen amazing results with this!
Worksheet: Giving mental / emotional reprogramming sessions

(I recommend practising on at least 2 different people & each one receiving 2 or 3 treatments minimum, as this way you & the participant are more likely to see benefits if a series of treatments are completed rather than just one treatment. Allow one to one & a half hours for each treatment session including consultation process before hand & feedback from participant afterwards)

Journal your experiences giving mental / emotional reprogramming sessions in line with the instructions given above.

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(You have now completed Module 8. E-mail Cathy your feedback)
**Reiki Drumming Healing Technique: Journeying**

The shaman traditionally journeys between the realms in order to perform healings (such as soul retrievals) and to communicate with beings in the other worlds to get information for their client or for themselves. When looking at journeying we should consider the shamanic concept of the three worlds.

The **middle world** represents the physical realm, or rather its spiritual counterpart. It can represent the present: our present situation, things that have happened in our present incarnation. The lower world or underworld is the realm where we work on our shadow selves and aspects of the subconscious. Many spirit beings can be found here, for example power animals. It can also correspond to the past – whether this relates to issues in our own personal past, past lives or further back in history. The upper world or the heavens is the realm of the higher self or consciousness, as well as higher beings such as angels. From the upper world our perspective on life is different, higher. From here we have a view of the ‘big picture’; similarly our higher self has a far greater view of our lives than we do in our normal awareness. The upper world also corresponds to psychicism, enlightenment and the future. When journeying between the worlds the imagery encountered on the journey can show us where we are going. When journeying to the upper world we often see images such as climbing a mountain, moving across a rainbow, climbing a ladder or ascending into the highest branches of the world tree. Travelling to the lower world often entails descending through tunnels, caves or through the trunk of the world tree and down into its roots.

In shamanism it is the shaman who journeys between the worlds to bring back information, and they would usually use a repetitive percussive beat to facilitate the change in the consciousness required to do this work, usually drums or rattles. Shamanic healers will sometimes have an assistant who drums for them to alter their state of consciousness, so they can journey for their client. In using the Reiki Drum Technique we can enable anyone to journey safely into non ordinary reality to retrieve information for themselves. During the journey they can ask personal questions to aid them in their personal healing or to deal with particular situations that they are struggling with.

One important difference between Reiki Drum journeys and shamanic drum journeys is the presence of Reiki during the session. The repetitive drum beat facilitates the shift in consciousness needed to journey, and meanwhile the Reiki energy floods the client. This gives a protection to them as they journey, supports our intention that the journey is for the highest good, and the healing energy helps them to release their blockages and integrate the insights they receive on the journey.

**Practical tips for leading a journey**

It is important to have a consultation with your client before leading them on your journey, to clarify their intention. Journeys can be used for many purposes, during our two day workshop we journeyed to find our voices and to meet spirit beings who can assist us in our healing work (in this case our power animal and the healing spirit of the drum). If your client is already on a spiritual path they may wish to journey to communicate with a spirit guide, so we can set our intention that this is what the journey will achieve for the client. It can also be used to gain insight to help resolve a particular situation that the client is going through, or to receive guidance on how to work through a personal problem or health issue. We can also lead a journey to take the client back to a moment in their lives (or even a past life) to facilitate healing, just as on day one of this course you were led on a journey to a time when you were unable to speak up, so that you could find your voice and reclaim that power for yourself. Whatever the aim of the journey is, agree it with your client beforehand and ensure that both of you set this as your intention before drumming. If there is no particular aim (sometimes people will just request general guidance, or want to try a journey out of curiosity!) then your intention is that the journey will bring them to the insight that Spirit wishes to show them, in accordance with their highest good.

The most important thing to remember about your drumming technique when leading a journey is to keep a consistent, monotonous, repetitive beat. Sometimes in the healing work or when drumming for ourselves or in a group, the rhythm of the drum can vary – we are drumming intuitively so this can be fine. But scientific research has shown that a monotonous beat slows down brain waves in a particular way.
It takes the client’s brain activity down to an alpha state like meditation, and then into theta which is the deeper, trancelike state. It is tempting to get carried away on the beat yourself, which can lead to irregularities or a speeding up of the beat, but when you are leading a journey for someone it is important to hold the monotonous beat as best you can. Most of the journey is led using a rhythm of 180 – 220 beats per minute.

You should also ensure that your client is well informed. This includes explaining the drum technique to them so they are comfortable with what they are doing, aware they are crossing over a bridge, and what the changes in the rhythm signify. You should also encourage them to interact with the surroundings they journey to, asking questions to gain insight. It is also worth noting that insights may present themselves throughout the next day or so after a journey.

**The Reiki Drum journey technique**

- Centre yourself and prepare for the work in whichever way you prefer. State your prayer of intention for the journey. Invoke HSZSN to help your client cross over the bridge.
- Drum 180-220 BPM for 2 minutes as your client crosses over the bridge.
- 3 slow beats signify that the work time has started.
- Return to drumming 180-220 BPM for 4-20 minutes supporting the client’s journey. You can channel CKR or SHK, allow yourself to be guided on this issue as well as the timings.
- 6 slow beats signify that the client is about to return, so need to wrap up the journey and say their goodbyes. Channel SHK to help them integrate what they have been shown, drumming 180-220 BPM for 2 minutes.
- 9 slow beats signify the end of their time in the non-ordinary reality.
- Rapid call-back beat for about 10 seconds ensures they know it is time to return.
- Drum 180-220 BPM for 1.5 minutes as your client crosses over the bridge, again using HSZSN for this.
- 12 slow beats and a final beat bring the session to a close.
- If necessary, you can finish with a hands on Reiki treatment.

On the following page you will draw the Reiki Drum journey timeline to use as your guide when you are leading a journey.

*(Watch video clip no.7 for a visual of the Journey Timeline for you to copy into your manual, and for guidance & a demonstration of a Reiki Drum Journey)*
The Reiki Drum Healing & Journeying Technique – Master Practitioner Manual

*The Reiki Drum journey timeline*
Worksheet: Leading Reiki Drum Journeys

(Before you conduct a journey I recommend you have a copy of the timeline in front of you to guide you, and a clock or watch with a "seconds" hand so you can keep track of your timings. You can do a Reiki drum journey for a group of willing participants in one go, or for an individual. Allow approximately an hour for this type of treatment including consultation process at the beginning and feedback from participant/s after the treatment. I suggest you have a go at leading a journey on at least 3 – 4 different occasions in order to get used to this way of working)

Journal your experiences of leading Reiki Drum Journeys.

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MODULE 10: (Allow yourself approximately 1 – 2 weeks to complete this section)

GROUP DRUMMING

Drumming in a group is an amazing experience and extremely healing. You can drum as a group together by sitting or standing in a circle, and setting a clear intent for the highest good for all, it might be for abundance, world peace, healing for particular situations or people or general healing for the planet. You can also arrange distant group drumming, when you agree to drum with other people who are not physically with you, maybe even in another country, which is always very interesting to compare notes with the other drummers afterwards! Drumming can be a wonderful tool to use at Reiki shares for Reiki drum healing, often 15 minutes or so for each individual is sufficient. The drummers place themselves around the recipient, aiming to synchronize the beats as much as possible, and keeping the sound soft so as not to overload the recipient’s nervous system. You can set a time frame of when to stop drumming and go onto hands on Reiki, but I find the drumming naturally tends to tail off around the same time. Have fun with it and get creative. Drumming with friends in sacred places like Stonehenge, Glastonbury and Avebury is an amazing way to experience Reiki drumming, but always check with the relevant authorities before hand that it’s ok to do so!

Worksheet:
Your group drumming experience

(You will find on audio track no.8 an example of group Reiki Drumming for you to join along with. Of course if you have other friends or family members who also drum, shamanic, Reiki, Celtic or other types, then why not try a group drumming session with them? It is an amazing experience to drum with other people!)

Journal your experiences of your group drumming session.

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Reiki Drum cautions and contra-indications

When we are working with Reiki, we are always working for the highest good of the client. Although Reiki energy is powerful it is also subtle and gentle, and flows to where it is needed in accordance with the highest good. There are many supposed contraindications that I have heard about Reiki over the years, the worst being that Reiki practitioners should not work on people who are undergoing chemotherapy for cancer. The idea is that because chemotherapy is so poisonous and can be devastating to the body, the Reiki will ‘undo’ the treatment therefore interfering with the treatment of the cancer. I find this type of scaremongering quite upsetting – would this be in the highest good of the client? There are cancer care hospices that have Reiki people doing treatments there, and there are numerous Reiki practitioners who actually specialise in working for cancer sufferers. Reiki can be a great support to those going through such an ordeal, and it would be a shame for practitioners to feel unable to help based on guidance that comes from a place of fear (of litigation, presumably). When we work in accordance with the guidance we receive, and always keep our intention to work for the highest good of the client (see the notes on ethics) I personally do not feel that there is anything to worry about.

That said, when using the Reiki Drum Technique we are adding a new dimension to the healing work and there are some conditions we need to be careful of because of the effects induced by drumming.

Diabetes

As with all energy healing treatments, Reiki Drum sessions can alter the blood sugar levels of diabetic clients. This should not cause any problems providing that the client is aware that this may be an issue and checks their blood sugar before eating or administering medication after the treatment. Not all clients will find that their blood sugar levels are affected by a treatment, all insulin dependent diabetics should be checking their blood sugar levels regularly anyway and most are very aware of how low or high blood sugar feels. Nonetheless it is best to warn them to be vigilant and check their blood sugar, it is best that they are aware of the possibility that it may be affected by the treatment.

Pacemakers

Channelling energy healing is said to possibly affect pacemakers, and drumming above the heart area is much more likely to interfere with the heart rate. If you are treating a client who is fitted with a pacemaker, I would be aware of the heart area. Drum further away and more gently if you do feel the need to work there.

Epilepsy

Drumming induces changes in the brain activity of clients, as supported by the research done on drumming. For this reason, there is extreme caution around treating anyone who is prone to seizures. Altering brain activity in those who already suffer from such an imbalance in the brain could theoretically lead to an episode being brought on. Although it is difficult to generalise like this, as different clients could respond differently, I would advise against drumming for clients with epilepsy.

Schizophrenia and psychosis

Reiki Drum sessions, whether healing treatments or led drum journeys, can be extremely visual and sensory experiences. In many cases (most notably in the journeys but this could also be the case in treatments) the client will have lucid visions, they will experience non ordinary reality. In order for this to be a safe procedure, the client needs to be able to distinguish between what is real and what is not. For clients with conditions of this nature, a standard Reiki treatment would be more appropriate.
A question of lineage

Notes on Western Reiki

As suggested in this manual, and discussed during our time together on the course, the Reiki Drum Technique was developed by a man trained in Western Reiki. As this is not my own background, and not the way I practise Reiki or the Reiki Drum Technique, the step by step guides in this manual differ slightly from the original system.

I would like to emphasise the importance of honouring yourself and your way of working whenever you are doing healing work. While it is important to be aware of the difference between drum healing and the hands on work you are used to as Reiki practitioners, and important to learn the treatment techniques contained in the manual and practised on the day, it is also important to be comfortable in your practice. To go about Reiki Drum healing in a way that does not feel right or comfortable to you will only impede the flow of the energy.

Some of the Western techniques are outlined below. They weren’t included in my Reiki Drum training, but you may find they resonate strongly for you. Feel free to discuss this during your course feedback, think about the way you are accustomed to working and if it’s needed we can talk about the best way for you to integrate your existing knowledge with the Reiki Drum Technique.

- In the mental/emotional reprogramming technique, at the beginning of the treatment when talking to your client about what they want to work on and creating affirmation, it is suggested that you channel HSZSN to connect with the higher self of the client.
- In charging the drum for the mental/emotional reprogramming, it is suggested that you work with HSZSN to connect the cause of the issue, and use CKR to empower the thought (using the Western association of CKR as a ‘power’ symbol) and SHK to invoke the emotion necessary to create the change.
- In both the basic drum healing technique and the mental/emotional reprogramming, before scanning the body and starting to drum, it is suggested that you align the chakras of the client. You can do this by drawing a large CKR from crown to root, or use one of the symbols given at master level for this if you have been taught/attuned to it.

I have not included these ideas in my guidelines because they are not how we are taught to work in Japanese influenced Reiki. HSZSN is used for distant healing, but it was intended to bring about a state of mind in the practitioner, understanding oneness. In my own lineage we do not look upon this symbol as connecting one thing to another, rather that since we are all one there is no connection needed. CKR is used as a trigger for earth ki, used often in physical healing, rather than a power symbol. SHK is used to trigger a flow of heavenly ki, often used in emotional or mental healing. It is used alone rather than with CKR drawn over it. Balancing chakras before a treatment is also a Western technique that never featured in my Reiki training.

The difference in Reiki training backgrounds doesn’t have an effect on the ability to perform Reiki Drum Healing Technique, we are all healers working with energy for the highest good for all!

Everyone taking this course will already be a Reiki II practitioner or above, so you are all established in your practice and know how to work intuitively. I am not going to ask any Reiki people to add techniques to their practice which are uncomfortable for them, nor will I ask anyone to remove techniques that are essential to their way of working. The Reiki Drum Technique is for all Reiki people, regardless of lineage. It is really important to have respect for where this technique came from, but equally important to work comfortably and intuitively. Let Spirit guide you!

Going forward with the Reiki Drumming Healing Technique

Congratulations on completing the Reiki Drum course! The connections and experiences you have had on this course are just the beginning of your journey with your Reiki Drum. The manual will be a handy reference for you to remind yourself of the techniques we have covered and the experiences you have had. The practical techniques and the worksheets where you journaled your personal experiences are highlighted in bold on the contents page for ease of reference, and it can be helpful to revisit these. Of course the most important thing you can do is work with these techniques. Drum for yourself often, and be open to the intuitive information that comes to you as a result. I found that the ‘Honouring the seven sacred directions meditation ceremony’ is a great way to connect in with the energies and feel grounded by them.

Your practitioner qualification

On completing this course you are qualified as a Reiki Drum Practitioner, so you can offer the Reiki Drum healing, Reiki Drum mental/emotional reprogramming sessions and the Reiki Drum journeys professionally. If you are already practicing professionally it should be easy and low cost to add the Reiki Drum Technique to your existing professional insurance. This technique is fairly new to the UK (approx. 5 years) so when you add it to your policy, your insurers may be unaware of it. Your insurers may ask for further details, so to expedite matters send in some information about the technique and some web links to give background (my website is www.reikiinthechilterns.co.uk and my Reiki Evolution link is www.reiki-evolution.co.uk/reiki-drum-technique.htm you may also reference Reiki Drum Master Sarah Gregg: www.reikidrum.co.uk and the site of the originator of the system in the United States: www.reikiclasses.com/reikidrumming.htm).

Requirements to become a Reiki Drum Master Teacher

In order to qualify to teach the Reiki Drumming Healing Technique you need to already be a qualified Usui Reiki Master Teacher. You will also need experience of teaching Reiki for at least a year, and at least six months experience of using the Reiki Drum Technique. You will also need to complete your case studies (details below) which you will present at the Reiki Drum Master Teacher assessment day. The assessment day will cover the drum attunement procedure, a demonstration of your drum healing proficiency, a new manual with many additional techniques, and guidance on teaching the class.

Case study guidance

You will need to submit six case studies, with each person having had four sessions each. They will break down as follows:
- Reiki Drum Healing: Two clients will have four treatments each.
- Mental/emotional reprogramming: Two clients will have four treatments each.
- Reiki Drum Journey: Two clients will have four treatments each.

I will leave it to you as to how you wish to present your case studies, although please note that they will all have to be presented to me in writing on the assessment day and you will also be asked to orally present one of each case study. Many of you will have had to provide case studies previously and should work in the way you are already comfortable. There are some points to bear in mind though, that I will be looking for in the work you present:
- Your consultation with your client – showing a profile of your client and/or their current situation and what they are hoping to achieve from the sessions.
- Details of how you conducted the treatment, including any experiences that stood out for you.
- How your client felt during the treatment, any sensations/visions/insights they had during the drumming.
- How your client felt after the treatment, any insights or advice reached in your post treatment discussion.
- Your overall conclusion as to how the drum sessions have helped your client and anything in particular you learnt from the experience.
Follow-up support from Cathy

If you have trained with me previously on any of my Reiki courses you will know that I am committed to follow up support for all my students. If you have any questions or experiences to share as you continue working with the Reiki Drum Technique then please get in touch, I would love to hear from you.

Reiki Drum distant Reiju empowerments are sent out to all my Reiki Drum Students on a weekly basis. This is ongoing and available to you every Wednesday, whatever time of the day you choose. All you have to do is set your intent by sitting quietly (you may want to sit with your drum) and say to yourself in your mind or aloud “I am ready and open to receive my Reiki Drum distant Reiju empowerment from Cathy now”, be open to any feelings, sensations, images, or colours that you may experience. Bring the empowerment to a close when you intuitively feel it is right to do so. Making time to receive a regular distant Reiju empowerment will help deepen your connection not only to Reiki, but also to your drum and its spirit.

If you aren’t already a member, you will be sent an invite by e-mail to join the Reiki Evolution on-line community – full of interesting & like-minded people, groups, events, forums etc.

I also have monthly Reiki shares on the 3rd Thursday of every month. All levels of Reiki students are welcome, so if you live close enough to attend then please do! If you would like to bring your drum along we could do a group drumming healing session as part of the share – please let me know in advance if you would like to do this.

Moving forward I intend to create Reiki Drumming group events/retreats so I will keep you informed of future developments regarding this.

(Now that you have completed the course, e-mail your final feedback to Cathy. You will then receive your certificate, lineage sheet, fact sheet, and examples of client consultation/record sheets that you may want to use.)

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Drumming Louise Hay’s love meditation

I would like to end this manual on the most positive note possible, and share with you an exercise that you can incorporate into your own Reiki Drum work. The importance of positive thinking has been a big focus on this course, and in terms of the effect of positive thinking on health Louise Hay is a real pioneer (see ‘Heal your body’ and ‘You can heal your life’). Here is a meditation/affirmation prayer of hers. It is called the ‘Loving Treatment’, taken from her book ‘Heal your body’, and Louise suggests it is recited daily to create a healthy consciousness.

You can use it to flood not only yourself but your whole home with the combined energy of the words, the Reiki and the drumming. Recite the ‘Loving Treatment’ and then drum, intending that the sentiment & the Reiki floods through your home.

The Loving Treatment

Deep at the centre of my being, there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied. The more love I use and give, the more I have to give; the supply is endless. The use of love makes ME FEEL GOOD. It is an expression of my inner joy. I love myself; therefore, I provide a comfortable home for myself, one that fills all my needs and is a pleasure to be in. I fill the rooms with the vibration of love so that all who enter, including myself, will feel this love and be nourished by it.
I love myself; therefore, I work at a job that I truly enjoy doing, one that uses my creative talents and abilities, working with and for people whom I love and who love me, and earning a good income. I love myself; therefore I behave and think in a loving way to all people, for I know that that which I give out returns to me multiplied. I only attract loving people in my world, for they are a mirror of what I am. I love myself; therefore I forgive and totally release the past and all past experiences, and I am free. I love myself; therefore, I live totally in the now, experiencing each moment as good, and knowing that my future is bright, joyous, and secure. I am a beloved child of the universe, and the universe lovingly takes care of me now and forever more.
And so it is.

I love you.