



# Finding Your Inner Gift

The Ultimate  
Reiki First Degree Manual

Marnie Vincolisi



This book is not intended as a substitute for the medical recommendations of physicians or other health-care providers. Rather, it is intended to offer alternative information to help the reader cooperate with physicians and health professionals in a mutual quest for optimal well-being and a better understanding of self.

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## Introduction

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Reiki healing is an inherent part of our physical being. It can lay dormant until it is awakened within us by an attunement process given by a Reiki master teacher, but in fact we have always possessed this healing light. In this society unfortunately many of our intuitive natural abilities are ignored and often invalidated. By living in this cloud of denial we can become confused and lose sight of who we really are. This can manifest in low self-esteem, anger, infidelity and lack of confidence or compassion for our fellow man and the earth. It all stems from lack of love. When we open to receive the gift of Reiki we open to reclaim our ability to love and be loved. There is nothing difficult about using this God given energy. The process is simple and yet in its simplicity it can appear complex.

I was brought with the spirit to write this book based on the fact that many Reiki practitioners have been attuned to Reiki but do not fully understand how to use this energy to fulfill and enhance their daily life. I also wanted to address the mass of mankind who have not, as of yet, discovered their inner gift and the ability to transform their lives into what their heart desires.

What makes me an expert in teaching and performing Reiki? Nothing. My gift is no greater than yours. The difference is I have discovered how to become aware of the unseen and listen to the many messages which are presented to us daily. I am not talking about voices in my head or messages from guides or words flashing before me. I am referring to paying attention to nature, animals, billboards, songs on the radio and sensing the world around me. Reiki gives you the ability to become aware of information which is presented to you almost every day, perceive situations in a new light, which eases judgment, misunderstandings or criticism sometimes related to challenging situations.

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## CHAPTER 1

### THE GIFT OF REIKI

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There is not a need to enter a deep state of meditation to use the healing powers of Reiki, though the dynamics of Reiki will almost create that state all on their own. If one does meditate, they will find that their contemplations will deepen as they will have the ability to enter a quiet state more quickly than before opening to Reiki.

When requested, Reiki will begin its descent from the universe as it enters the head of the practitioner. The energy travels to the heart and then to the hands. When our hands are placed on our own body or that of someone else, the energy starts to flow. First it will move through the practitioner and then into the receiver. The higher selves of all of those involved are directing it. The higher self of the Reiki healer opens the channel for the healing to flow. The higher self of the receiver directs the love to the place of greatest need, which may be physical, mental, emotional or spiritual. The divine intelligence knows what is needed thus relieving the practitioner of the responsibility of its effect.

Reiki energy flows into and through the body of the practitioner and because the practitioner does not use any of their own vital life force in the process, they are not drained of their personal energy. In fact, the practitioner also receives the benefits of Reiki while giving a treatment. Often the practitioner finds they are energized at the end of the process.

The healing of Reiki goes out to all life every time it is used. This becomes an enormous blessing for the planet. Certainly, it is good for us to contribute to the healthy ecology of our environment by recycling paper and plastic, but how about recycling healing energy and sending it out to all life? The greater the number of people who know and use Reiki, the more the consciousness of the planet is raised. This is how healing can be expanded to and through the entire planet with very little effort.



Reiki comes from a universal source of oneness and is extremely powerful. It does not interfere with traditional medical treatments; it actually enhances herbs, medications and medical procedures and restores energy while one is ill or in recovery. Because the practitioner is a channel for the healing energy, it's essential to exercise caution and not allow their personal desires to interfere with the treatment. One cannot wish someone well. The receiver and others who are close may need to experience the process of the illness. The healer should channel the energy and then step aside from any expectations. Accept no credit or blame for the outcome. An outsider may be unaware of the life challenges a client must experience for his or her spiritual growth. Being cognizant that the healing or lack thereof, can be for the client's highest soul purpose.

When you acquire the ability to channel the universal life force in your hands, learn to use it frequently, especially on yourself. Reduce the use of over-the-counter drugs and use Reiki instead. At the sign of a cold, use an alternative natural approach and give yourself a few self-treatments during the days you feel ill-at-ease. If a headache arises, slow down and reach for self-healing before getting the bottle of aspirin. When stressed, emotionally distraught or angry, try Reiki first. When a student takes the role of healer, all eyes will be upon them. One must walk their talk in order for others to truly trust them as a practitioner. In this way you become the example.

Reiki is pure love and as it flows through the body of the giver, it begins to change their life.

**Example:** There was one Reiki student who found during the first week of learning Reiki his nightly bottle of beer no longer appealing. People who enjoy sugar find sweetness is flowing into their life in other forms and the desire for excess sugar becomes reduced. An individual who allows angry thoughts to control his driving will now become calmer, all after a few Reiki treatments or an attunement.

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