



USUI SHIKI RYOHO REIKI

Usui system of natural healing



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Introduction

Welcome to this course and I hope you enjoy your stay!

Although Reiki is a very simple method there is quite some information I would like to share.

I did not get that much when I learned Reiki, and I gathered a lot later on from several Reiki masters, books, Reiki meetings and most of all from intensive Reiki experience. It is my sincere wish to give you a solid start on the beautiful path of Reiki and to pass on all I know.

During the first 14 days of this course it is advisable to only read and work with the information of the chapters of Reiki Level I.

After your attunement to the second degree you can move on to the information on Reiki Level II.

In the same spirit it is best to wait with reading about the third degree until you have received your last attunement.

Feel free to ask questions during and after the course.

I encourage you to post your questions, commentary, experiences and healing requests on our Reiki message-board, since we often learn a lot from each other. I check these forums daily and will answer myself if necessary, but you may also receive good answers from others. And you may make some Reiki friends!

So please regularly visit www.aeonglobe.com/forum/

I will keep email contact with you about the dates of attunement. If ever you have a question you find inappropriate to post on the message-board, you can write me at reiki@aeonglobe.com

Have a wonderful time,

Anja Heij

Usui Reiki master, Karuna Ki Reiki master, classical homoeopath and naturopath

www.aeonglobe.com

Reiki Level I – Shoden – First Teaching

Meaning of the word Reiki

The word reiki is composed of two Japanese characters: rei en ki.

Rei can be translated with 'universal'.

Ki means life-energy or light in the sense of information.

The two characters together express the coming together of divine force and the human being, or the unification of body and soul, Universal Life-Force or God-Force.

靈
氣

Universal life-energy, also known under names as Chi, Prana, orion, animal magnetism, spirit, Archaeus, Ruach, vital force or simple substance, is the mysterious energy which enlivens all and everything.

It is the activating energy of the universe. In biblical terms we could call it the breath of God.

Universal life-force facilitates life, growth, healing, transformation, manifestation, balance, inner peace, oneness and the light in which we recognize the truth.

History and development of Reiki

No reiki course is complete without a description of how this system came about.



The traditional story of the discovery of reiki is as historically correct as the biblical report of the life of Jesus - it is molded and adapted to suit the needs of a lot of people.

What really matters is this:

A Japanese Buddhist, Dr. Mikao Usui, went fasting and meditating for 21 days on the holy mount Kurama in 1914. During this period he experienced a satori, a realization of enlightenment. He describes his discovery as follows: "While I fasted I touched an intense energy and in a mysterious manner I was inspired (I received the reiki energy). As in a coincidence it became clear to me that I had been given the spiritual art of healing. Although I am the founder of this method, I find it hard to explain all of this more precisely."

About reiki Dr. Usui writes in his manual: "My Usui Reiki Ryoho (ryoho means 'healing method, therapy') is an original, it's nothing like this in the world. So I would like to release this method to the public for everyone's benefit and hope for everyone's happiness. My Reiki Ryoho is an original method based on intuitive power in the universe. By this power, body gets healthy and enhances happiness of life and a peaceful mind".

Usui uses the word 'intuitive' to describe this energy, because this energy seems to have its own intelligence which guides it to where it is needed: to body parts or life issues which need healing. He worked several years on the development of a system to teach and pass on his reiki to others. The Reiki Ryoho he taught consisted of:

- meditation techniques
- breathing exercises



- spiritual cleansing
- the reciting of spiritual poetry
- the reiki principles
- regular empowerments which gradually opened up the student for reiki, later on the attunements were introduced
- hands-on healing with several techniques
- distance healing
- also the breath and the eyes were used to heal with
- later on symbols and mantras were introduced

The techniques he used were all very simple to apply. He taught in regular group meetings. For those who had difficulty with developing an intuitive style of working he later on introduced symbols and mantras to help them focus, and a manual with hand positions to be used with several symptoms. Usui himself usually used his intuition to sense which body parts needed healing after having treated the head of the patient first.

Dr. Usui spent the rest of his life teaching and giving reiki. He strongly desired to help improve people's lives by freeing them from illness, emotional and mental suffering. He founded a reiki training school in Tokyo and a reiki society named the Usui Reiki Ryoho Gakkai, of which he was the first president.

One of his students was Dr. Chujiro Hayashi, a retired Japanese navy officer, who became reiki master in 1925. Where Dr. Usui mainly used intuition to decide which body parts needed healing, Dr. Hayashi as a military man preferred a more organized way of treating. He developed a set of standard hand positions to make sure that all important areas of the body were covered. Hayashi opened a clinic in which groups of students treated patients with reiki. One of Hayashi's students was a Japanese American woman, living in Hawaii, Mrs. Hawayo Takata. In 1938 she became a very dedicated reiki master and brought reiki to the western world.

From that time on you get two main streams of reiki: one in Japan ofcourse with much more emphasis on the meditative and spiritual side of the system, and a more western orientated form with emphasis on the symbols and attunements.

In Japan it is common to spend several years of meditative practices to enhance spiritual growth, and to regularly study in groups of likeminded people under guidance of a master/teacher. This is a great way to gradually raise your frequency/vibration, develop your intuition and open up more fully for universal life-force. Doing so you will gradually become a reiki channel.

In the west however we want all things fast, easy and more individual. So here symbols and attunements became much more important and several meditative and spiritual practices were left out. You can see attunements as a shortcut to the raise of your vibration and symbols as a focus on a certain aspect of the energy; so with symbols and attunements you can immediately go to work with the system.

The reiki system as traditionally taught in the west consists of attunements, symbols and mantras, learning the standard handpositions, learning hands-on and distant healing techniques for self and others. Several schools include information on (balancing) the chakras and the spiritual background of diseases, but those are not-reiki.

The last years information on the Japanese way of learning reiki has become available, and several western masters have decided to include the original meditation and breathing techniques, as well as the spiritual cleansing and blood cleansing techniques in their courses.



公開伝授説明
肇祖 白井 鑿男

古来能く独自の秘法を創見するや、己か子孫にのみ
教えて家伝と爲し之に依つて後世一門の生活安定を計
り、秘法内容の門外不出を唱うるが如きは實に前世紀
の神習と申すもので、苟も現代の如く人類の共存共栄
を以て幸福の基調となし、併せて社会の進歩を要望す
る時代に於ては、断じて一私するを許しません。
我が曰く、靈氣療法は前人未発の創見でありまして、
世上其比を見ません。されば之をば人間公益の爲めに

2

開放し、何人をも共に天恵に浴せしめ、以て靈肉一如
を期し、人世天与の福祉を得しめんとするものであり
ます。元より我が靈氣療法は宇宙間の靈能に基く靈氣
の独创療法でありますから、此れに依つて先ず人間自
體を壮健にし、思想の穩健と人世の愉悅を増進するの
であります。
今や生活の内外に亘り、改善改造を要する秋に於て
汎く同胞を悩める心と病災の裡より救うべく敢て公開
伝授する所以であります。

3

Pages from Usui's handbook.

The last twenty years reiki has become very popular. For many people it is difficult to accept that great spiritual truths are and work amazingly simple. This is also the case with reiki and it has lead to a confusing amount of 'new' reiki branches. All these reiki's are based on the original Usui Reiki Ryoho, but masters have added new symbols, new or altered attunement techniques, more levels, new ways to work with the reiki or included techniques from other modalities. They may state that they have received channeled information about their workings from archangels, ascended masters or other high spiritual beings. They may claim to have discovered other healing rays as well, to also attune you to several stars and planets, and/or that their reiki is higher vibrational, faster healing and closer to source. Several founders of reiki branches have trademarked their system.

There definitely are very interesting add ons in reiki-land, but the good old simple Usui Reiki works very good. All attunement techniques work. New symbols focus on a specific part of the all-encompassing energy, may therefore 'feel' different, and they are worth working with if you like, but they do not supply a higher vibration than the Usui symbols. After all it is the energy itself which does the work, not the symbols.

Usui's Reiki as it was brought to and taught in the west is called Usui Shiki Ryoho. This is the reiki system with emphasis on symbols, attunements, and your teaching lineage. Usui Shiki Ryoho is also known as Traditional Reiki.

Usui's Reiki as it is still passed on in several Japanese schools is called Usui Reiki Ryoho. Here the emphasis is on reiki as a spiritual system with many meditative techniques and regular empowerments called Reijo.

The many modern reiki teachings using additional symbols, distance attunements, faster attunement procedures, channeled information and techniques rooted in other modalities, are all called Non-traditional Reiki.

The information I present here is real Reiki but it springs from all the above named sources.

It is greatly traditional, since you will receive 6 attunements, Usui's 4 symbols, learn the standard positions, the reiki history and the reiki principles.

It contains the Japanese methods I have come to know and which form part of the Usui Reiki Ryoho.



And it is non-traditional in that I make use of distance attunements and teach a second non-traditional Mastery symbol.

Attunements

I will perform the distance attunements according to the following scheme:

Level I first attunement on day 1
second attunement on day 2
third attunement on day 3
fourth attunement on day 4

Level II one attunement on day 15

Level III one final attunement on day 33

For this course day 1 will be the first day I will give an attunement; I'll let you know on beforehand by email on which day I will start with performing attunements, so you can note these days in your agenda.

Attunements will be performed on your spiritual bodies; therefore it is not necessary to be physical present at the time. You don't have to take special precautions. Neither is it necessary to be online at that moment. What you really need is openness and willingness to confirm and strengthen the bond with your higher self. A relaxed state of mind will be helpful.

Please know that attunements not necessarily arrive at the same time they are given; they will arrive at a moment which is convenient for you (same thing goes for distance healing). Therefore it is no problem if you are outdoors at that moment and it is not necessary to agree about a time for the attunement to be given.

Before giving the attunement I will focus on being a clean bone, an open channel for the reiki, I will ask for light and spiritual guidance, and I will ask that this attunement be performed for your highest good.

If we both have the attitude described above it will be a perfect attunement.

Attunements are experienced in many different ways, most of the time in the form of subtle sensations of energy, heat, shivering, seeing colors, feeling a certain chakra, experiencing deep inner peace and relaxation. Others do not experience anything at all. Since everyone is unique it is unpredictable how people will react.

Receiving an attunement usually feels very good. There is absolutely nothing to fear for.

What happens is that this ritual allows you to draw a more powerful stream of life-force through your being. On it's way this energy will clear blocks and release old patterns. You may therefore experience a short period of cleansing reactions after an attunement, like you may experience at the start of any other natural healing method. Possibilities are flu-like symptoms, more sweating or urinating, some diarrhoea, vivid dreams, or no symptoms at all. It is not true that this cleansing period will take a standard time of 21 days, as was taught in earlier days. This all depends on the individual. Drink a lot of water, give yourself daily treatments and take some more rest; that's the best way to assist in your cleansing and detoxification process.

Occasionally someone feels spacey after an attunement, or overwhelmed by the stronger energy. The solution is very simple: immediately lay your hands



on your own body or on somebody else's and allow the energy to flow through you; that will balance the energy.

I think this scheme of 33 days is a realistic one. If however you have the idea that it goes to fast for you, just email me and I will postpone one or more attunements to a later date which feels better for you.

Self treatment

I strongly advise you to give yourself reiki treatments from the first attunement on. This is the best way to get used to the greater amount of energy and practicing will help you to open up more and more to reiki; in a way it will help you to get better attuned to it.

Give yourself reiki every day.

If you don't experience energy in your hands immediately it will usually come once you start practicing.

For self treatment you lay your hands, without exercising pressure, on your body on these various positions:

1. Hands over your face, on both sides of the nose.
2. Hands with the fingertips held together on both sides of the skull.
3. Hands at the back of your head.
4. Hands around your throat or in the surroundings of your throat
5. Hands on the breast(s) – only for self treatment.
6. Hands under the breast(s)
7. Hands on the upper belly
8. Hands on the lower belly
9. Hands above the pubic region – only for self treatment.
10. Hands on both knees.
11. Hands on the soles of the feet.

Stay at each position for about 5 minutes and longer if you feel the need for it.

At the end of any treatment for yourself, others, situations or goals it is a good practice to give thanks to the force of reiki.

The following explanatory drawings come from the book Essential Reiki of Diane Stein, ISBN-no. 90 230 0918 5/NUGI 626,734 In her book Diane agrees with publishing these prints for educational purposes.

You will notice that for some positions two pictures are given: here you can choose which way of holding your hands feels best; as long as you treat the area mentioned it is okay.



1. Hands over your face,
on both sides of the nose.



2. Hands with the fingertips held together
on both sides of the skull.



or



3. Hands at the back of your head.



or



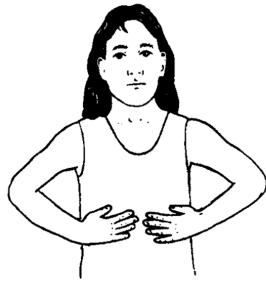
4. Hands around your throat or in the surroundings of your throat



or



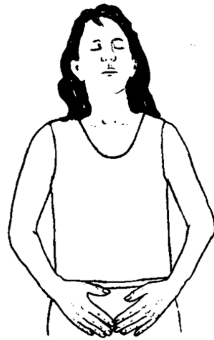
5. Hands on the breast(s) - only for self treatment



6. Hands under the breast(s)



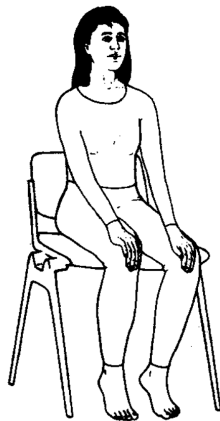
7. Hands on the upper belly



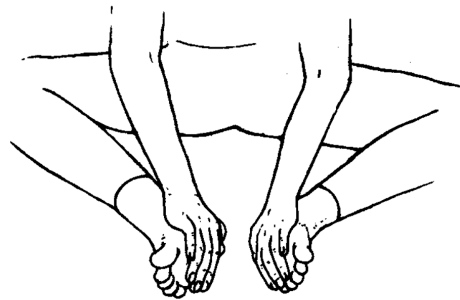
8. Hands on the lower belly



9. Hands above the pubic region -
only for self treatment



10. Hands on both knees.



11. Hands on the soles of the feet.

A complete daily self treatment of course is recommendable, but if that is impossible try the following:
Whenever you are sitting still somewhere (on the bus, before the television, in a meeting), lay your hands on a convenient place on your body and state in yourself that the reiki will flow to the parts of your being where it is needed. If you simply lay your hands on your upper legs for instance no one will notice anything unusual about you.



Some Japanese methods – Hatsurei Ho

I will describe the traditional Japanese methods for cleansing of body and mind, meditating and becoming mindful, named Hatsurei Ho. They are to be done every morning and evening.

In most western reiki teachings you don't learn these things. They are helpful to become an open channel for the energy, to build up your own Chi, Power, and to stay in the moment.

Hatsurei Ho consists of a sequence of the following practices:

Meditation position, brushing off, breathing meditation, Gassho and reciting the reiki principles.

Take a relaxed position in a chair or on the ground. Meditation- or shoemakers position for instance is great.

Brushing off – Dry bathing (Ken yoku)

A simple method of cleansing of body and spirit. It goes like this:

Put your right hand just below your shoulder, with your fingers in the indent near the collarbone. Draw your hand down across your chest until your right hip. Do the same on the other side with your left hand.

Next put your right hand on your left shoulder. Draw your right hand down across the inside of your left arm to the fingertips. Repeat the process on the other side with your left hand.

Do the same, but now on the outside of both arms.

Then put your right hand on the inside of your left elbow and again draw it down to the fingertips. End with your left hand on the inside of the right elbow and drawing it down to the fingertips.

Again: do the same, but now on the outside of your lower arms.

This simple process will cover many meridians in the body.

Breathing meditation (Jyoshin kokyu)

This meditation cleanses heart, spirit and mind.

With your hands held in prayer position and your eyes closed, breathe in the light of reiki through your crown and imagine that it fills up your body. You can also hold your hands above your head, with your palms held upwards, and visualize the reiki entering you through your hands.

On every exhalation visualize that all negativity, darkness and sickness leaves your body.

Repeat until the darkness is gone, and you radiate and breathe out solely the light of reiki.

Gassho breathing

Another breathing and energy meditation:



Put your hands in prayer position before your heart (this is called Gassho), have your eyes closed and bring your focus to your hara (the point two inches below the navel, which is the place of the Ki, Chi, Power in your body). Breathe in the light of reiki through the crown to your hara, and imagine it flowing to your hands on every exhalation.

Next recite the reiki principles three times. (see next chapter)



Reiki Principles

Just for today
Do not anger

Just for today
Do not worry

Honor your parents
Teachers and elders

Earn your living honestly

Show gratitude
To every living thing

Reiki principles

The reiki principles form the core of the reiki teachings. Whether you choose to follow the Japanese meditative practices of the foregoing chapter or not, please remind yourself daily of the meaningful reiki principles. Mikao Usui regarded them as "The secret method of inviting blessings, the spiritual medicine of many illnesses."



There are several versions of these precepts; the core of the message remains the same however. Here are two other versions, and I suggest you choose one you feel attracted to.

“For today only, anger not, worry not.
Be grateful and humble.
Do your work with appreciation.
Be kind to all.”

“Just for today, I will not worry.
Just for today, I will not be angry.
Just for today, I will live honestly.
Just for today, I will respect the oneness of all life.
Just for today, I will be kind to everyone I meet.
Just for today, I will give thanks for my many blessings.”

The emphasis on ‘just for today, for today only’ means: live in the present, in the moment, in the here and now. Stop mourning about lost chances or wasted opportunities in the past; stop flying into a beautiful fantasy future land (if only I, this, he, she...than my life will be so much better!) The only place where magical changes can be made is in the present. Do what you want to do, don’t postpone it any longer, do it now and you will feel better.

It also means: really do what you do, do it a 100 %, wholeheartedly, whatever your activity may be. For it is very hard not to enjoy or appreciate your workings when you put your soul in it. With ‘work’ is also meant ‘spiritual growth’.

By living honestly, which in the first place means being honest with yourself, you can keep your selfrespect.
And if you respect yourself you automatically tend to treat others with more respect, patience and kindness too, for you will acknowledge that we are all worthy beings, connected with each other.

Ofcourse it is not forbidden to experience reasonable anger or worry; we sometimes need worry to secure things and we need righteous anger to set healthy boundaries for ourselves. But it is not very helpful for our inner calmness and the atmosphere we spread around if we hold on to worry and anger.

Being thankful for your blessings helps to develop gratefulness for the things that are really important to you.

Living according these principles will enhance inner balance, peace and harmony, a good temper, self-assurance, self-respect, love for yourself and others, greater happiness, the life you wish to live, making the choices you wish to make.

An average 90 % of all disease is related to unsolved issues from the past, not being truthful to yourself, not following your own heart, emotional or mental disturbance, disrespectful or loveless treatment, the stressing assumption that more possessions, another job or another relationship might fix you, flying in unrealistic future imagery and addictions, or wearing such a strong social mask that you finally forget who is behind it.



Considering that, we understand that the simple reiki principles have very deep impact.

It is recommended to free your mind for a while in meditation every morning and evening, and to say these principles after your meditations and before any reiki treatments you give.

It is very beautiful to recite these precepts in the Japanese way: with your hands folded in prayer position before your heart and your eyes closed (Gassho). You may also recognize this position from the Buddhist greeting Namaste, meaning “the God in me greets and honors the God in you.”

Reiki ethics

Before giving treatments to others please stay with the following ethics. These are only common sense rules and will enhance an atmosphere of safety and security for your clients. Please understand that your clients may be very vulnerable and that it is beautiful to share these moments of opening up with them.

- Ask permission before giving reiki. Exceptions are formed by people who are unable to decide at that moment, like persons in coma or in shock, psychotic patients and very small children. In these cases ask your intuition in a meditative moment to show you the answer of the higher self of the person. You will know it. When the answer is ‘No’ please be so respectful to leave them, even if it hurts you.
- When treating a child ask permission of the parents and have at least one parent around during the healing.
- Reiki treatments are given on fully clothed persons. Never ask people to remove their clothes for any healing or attunement. The only things they could take off are their shoes, which enables you to treat the feet, their glasses, and tight things like a tight belt.
- Never, never diagnose or prescribe, unless you are a medical practitioner. Even then: be careful with your words. Please keep in the power of thought in mind: a client might believe your words, even if they are untrue, and make them come true by repeatedly thinking of them. It is much better to give them a positive affirmation to take home after the healing.
- Never advise a client to stop seeing a doctor or to stop following a medical treatment. If they are having serious problems and do not visit a doctor yet: please send them to a doctor as well! It may even be wise to have them sign a paper that says so. If you notice that they need a doctor but refuse to take medical assistance, I strongly suggest you do not treat them until they have seen a doctor. Your client has to take responsibility for his/her health and cannot impose that on you.
- Check with your client if there is a medical condition and which medicines are taken; if necessary ask your client to inform his/her doctor(s) about the reiki treatments, because they may lead to cutting down the amount of



needed medicines. (for instance in case of diabetes, high blood pressure, blood thinners, or epilepsy)

- Never promise healing. You are channel, your client decides how much energy will be taken and whether it is time for healing or not. Maybe you find it hard to believe, but some people 'need' their illness to ensure themselves a certain way of living, and as long as they (sub)consciously wish to stick to this you can be the best healer in the world but healing will not take place.
- Any confidential information your client gives you must be kept confidential by you and should not be spread further.
- Reiki is no massage, therefore brushing or sliding movements with your hands are out of place. Your client could possibly make a connection with sexuality when you would make massaging movements, which is not promoting feelings of safety. Please hold your hands still on one place, next lift them up one by one to move on to another place.
- Do not treat the so-called personal areas: the breasts, buttocks and genitals to ensure feelings of safety for your client. A possible exception: the client is your partner or the client has a disease on a personal area. But also in these exceptional cases you have to ask on beforehand if your client finds it okay to be touched there. The best solution is to treat the surroundings of these spots, intending the reiki to flow to the personal areas, or to hold your hands in the aura several centimeters above these places.
- Please wash your hands before and after a treatment.

Full treatment of others

Preparations

Give your client a brief explanation of what a treatment is like and what you will do.

Take at least an hour for a full body treatment.

It is very convenient to work on a massage table. If you don't have one you can work on a large table with a mattress or thick blanket on it. Working on the ground is possible too, but can become inconvenient for you as healer after a while. Of course your client can also lay on a bed, but in that case please be careful not to make any reference to sexuality.

Make sure that the temperature of the room is warm enough for your client who lies still.

Make sure that your client lies comfortable, with perhaps a pillow under the head and something under the knees.

Some people like soft background music, essential oils or incense, but you have to check with your client.

Please avoid eating garlic or very spicy food before doing treatments, for the smell might disturb your client. The same thing goes for wearing strong perfume or after-shave.

Make sure that you are relaxed; do not give reiki when you are angry, depressed or very tired. (in such cases: first treat yourself)

Hand positions

With these standard hand positions all the important areas of the body are covered.

First treat the front side of the body.
Stand behind your client for the first 4 positions:

1. Hands over the eyes and the third eye chakra
2. Hands over the ears and the temples
3. Hands under the head; gently move the head of your client to the side to slide your hands under the head
4. Around or near the throat

Next move to a side of your client and treat the following positions:



1.



2.

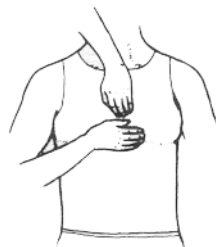


3.

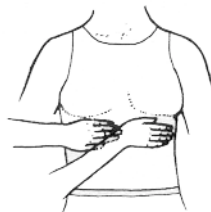


4.

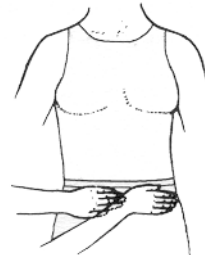
5. Hands in T-position on the chest
6. Hands next to each other under the chest
7. Hands next to each other above the navel
8. Same under the navel
9. Hands on the lower belly, but above the genitals
10. Hands on both knees
11. Hands on the ankles
12. Hands on the soles of the feet



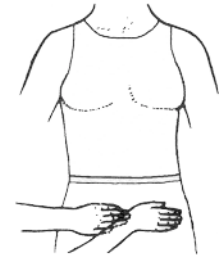
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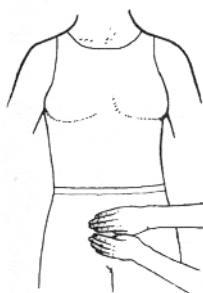
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9



10



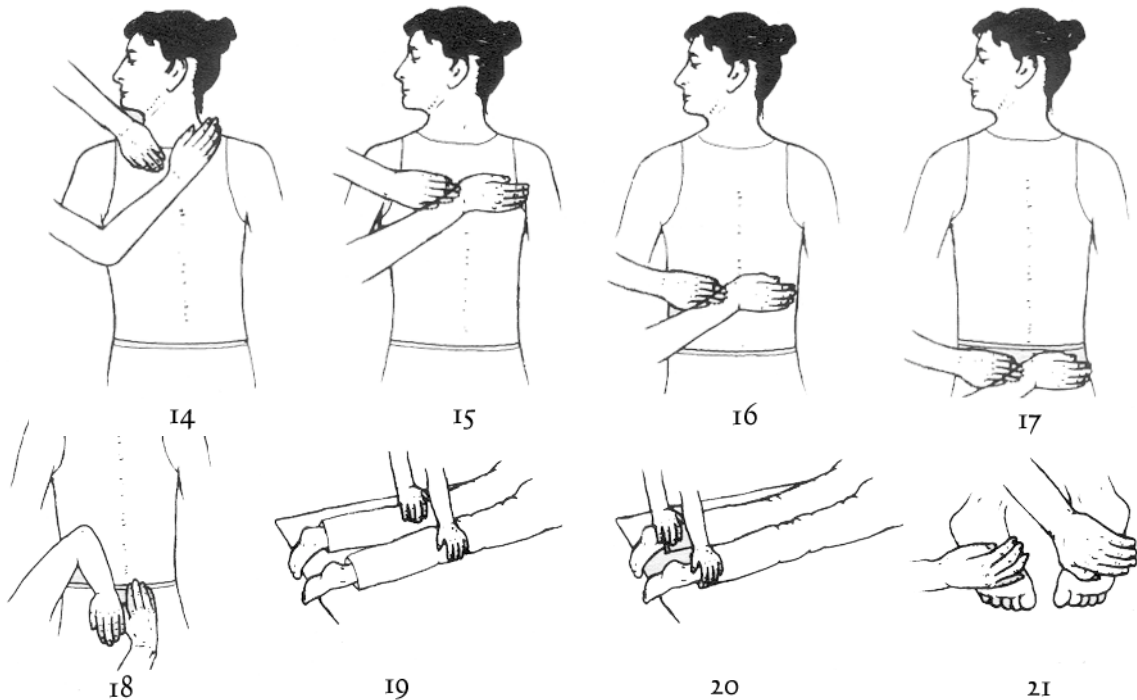
11



12

Ask your client to turn around, so you can treat the back.

13. Top and back of the head
14. The shoulders
15. Top of the back
16. Middle back
17. Lower back
18. Hands in T-position on the tail-bone
19. Back of the knees
20. Back of the ankles
21. Soles of the feet
22. Full blood exchange; a technique to cleanse the blood of toxins and stimulate the production of new blood cells. It goes like this: Place one hand at the top of the spine. With the other hand flat against the back gently but firmly stroke down the spine until the tail-bone for 10-15 times. (Exception: when your client has diabetes you start at the tail-bone and move upward till the neck!)
Next place one hand on top of the spine, one hand on the tail-bone and wait until you feel an equal amount of energy in both your hands.



End with evening out the aura three times from top to toe. (You can move your hands through the aura, but also make very long, brushing movements from head to the toes and hold the feet a little longer.)

Offer a glass of water after the treatment and allow your client some time before going home. Sometimes your clients needs to become grounded again. A reiki treatment usually has a profound effect. It will often give both the healer and the healee a feeling of sacredness and deep relaxation and peace, which is hard to describe.

Some additional words



If your client needs treatment on a place that is not covered by the standard hand positions, please use your common sense and treat them there. For instance: when lymphatic nodes under the arm are removed in a woman after surgery for breast cancer, it is very good to also give reiki under the shoulder. If your client has his wrist broken, please also treat that place.

Reiki treatments are great for pregnant women and unborn babies. And they can soothe the pain or the fear of dying for persons who are about to make the transition to another life; giving reiki in these cases can be a very meaningful experience both for the healer and the client.

A standard rule is starting with 4 full body treatments on 4 successive days; thereafter give one or more treatments a week. More important however than any standard rule: use your intuition and your common sense in deciding what is needed.

Severe acute and chronic ailments are best treated as often and long as possible, for instance 1 or 2 times a day. It is not possible to overdose reiki.

A standard time for holding a hand position is 4-5 minutes.

You will soon learn to feel how long you need to hold a certain position: when you lay your hands on you will feel energy coming up in the form of heat, tingling or other sensations, and when these sensations fade away you can move on to another position. If a body-part needs more energy stay there longer than these 5 minutes; if it needs less move to another place earlier.

In case of severe pain, burns, bleedings or open wounds: do not treat these places hands-on but hold your hands in the aura several centimeters above them.

Most clients will become very relaxed by a healing, but sometimes there is emotional release. Stay calm and kind and have a kleenex ready. Allow your client to express and work through the grief.

Do NOT treat a broken arm, leg or other broken part before it is set, because sending reiki will immediately stimulate the healing, what may mean that the bone has to be broken again. So wait until it is set and then you can send reiki through the plaster bandage.

Reiki is doing by not doing; it is a passive process in which you allow the life force to flow to the places which need healing. This is big: it means that you cannot use your willpower to impose a certain result, and it means that you cannot predict what the result of your treatment may be.

Short treatment of others

In case there isn't enough time for a full body treatment, or in case you wish to give a short demonstration of reiki, this short treatment is a good alternative.

Your client sits on a chair.

1. Stand behind the person and give both shoulders reiki, intending the energy to flow down and fill the whole body.
2. Hands on top of the skull, to the left and right of the crown chakra.

3. One hand on the forehead and one hand on the back of the head just above the neck.
4. Hands around front- and backside of the neck.
5. One hand on the heart chakra (middle of the breast) and one hand at the same height on the back.
6. One hand on the belly and the other hand at the same height on the back.
7. Hands on the knees
8. Hands around the ankles.
9. Short brushing off the aura from the head to the feet.

This treatment will take about 20 minutes.

Group treatment

It is possible to receive reiki from more than 1 person at a time. When more healers are around it is practical (it saves much time) and very pleasant to get reiki from a number of people.

A group treatment can be given by 2 to 6 healers at a time.

It is very practical if one healer acts as a leader.

Before the healing starts the 'tasks' (read: positions) are divided by the leader. The leader does the head positions. The other healers take the positions on the body and the legs and feet of the person.



For instance: when you have 6 healers the tasks can be divided like this:

Leader: head positions

Healer 2 and 3: positions on the left side of the client's body and the left leg

Healer 4 and 5: positions on the right side and the right leg of the client

Healer 6: treats the ankles and feet.

In such cases a complete healing is finished in about ten minutes.

If you have less than 6 healers each healer of course has to cover more positions and the total time of the healing will take longer.

At a sign of the leader every healer puts his/her hands on the client. After some minutes at another (unspoken) sign of the leader all healers move on to another position, etc. This procedure makes clear that it is best to choose an intuitive person as leader, someone who can sense the energy.

Note for reiki practitioners

Most practitioners often give reiki but very rarely receive a reiki treatment by others.

If you know other practitioners in your neighborhood I encourage you to have meetings, share experiences, maybe cook something delicious together, and do group treatments in which each group member receives a healing. It is great!

Reiki circle

A very pleasant way to start (or end) a group healing is building and sharing energy in a reiki circle.



This simple technique is well known in other forms of energy work as well, but naturally it works extra good with reiki practitioners:

Sit in a circle holding hands; with your left hand palm upward and your right hand palm downward. Close your eyes. Now imagine the reiki entering you through the skull and flowing through your right arm and right hand into the left hand of your neighbor. At the same time you receive reiki through your left hand from the person on your other side. Allow the energy to build up. Next several things are possible:

- the reiki is used by each group member to become energized
- this energy can be sent to a person in the middle of the group. In this case you'll have to appoint an intuitive leader who gives the sign for directing the energy. When this sign is given all group members raise their hands with their palms in the direction of the person in the center and intent this person to receive all the energy.
- The energy can be used for a mutual goal. Visualize your goal (this can also be a person) in the middle of the circle. Again appoint a leader and when he/she gives the sign the group directs the raised energy towards the visualized goal.
- A variant of the above: each group member visualizes the goal before his inner eye, not in the middle of the circle, and strongly imagines the reiki to flow into that goal at the sign of the leader.

Reiki circles are often used to send healing to mother Earth, to a severely ill person, or to areas distressed by war or disasters.

Reiki for animals, plants and inanimate things

The techniques are the same as for humans: lay your hands on with the intent of healing and know that it will work. These treatments usually take minutes.

Plants

Put your hands around the pot of a plant, the trunk of a tree, a vase with flowers, or sort of embrace a shrub; your hands will send out the healing energy.

Before you start sowing hold the seed between your hands for a while.

Animals

Animals love reiki; pets are known to especially come to you to receive the energy. Put your hands on the various places on their body – or if your pet lies before you on the ground you can gently put your feet on them. Reiki radiates from your whole body, including the soles of your feet.

Treating fish: hold your hands on the bowl or the aquarium.

Food and drinks



Hold your hands over your food as a sort of blessing or around a mug or cup with whatever drink in it. The taste will be improved; possible chemicals and toxins will be reduced.

You can do a nice test: take for instance two glasses of water or wine. One of the glasses you do not treat and the other one you give reiki for about 5 minutes. Then take a sip out of both of them and notice the difference in taste.

Inanimate things

Inventive people have experimented with lots of applications for reiki. Your imagination is the limit.

Some examples:

- Send reiki to a lottery ticket by holding it between your hands for a while.
- Or to your bank account by holding your hands on a copy of your account number.
- Or to a letter for appliance, a test, a request.
- To your medicines, vitamins, herbs, flower remedies...
- To your sigils, crystals, amulets and talismans to charge them.
- It has even been reported that it works on broken engines, especially in emergency cases.

One thing: the details are for the Universe. Reiki works for your highest good, and if something else than you have in mind is more appropriate then that is what will happen.



Reiki Level II – Okuden – Inner Teaching

Reiki II Attunement

Reiki II is passed on through only one attunement. Herewith your ability to channel energy increases and you can start making consciously use of the symbols you are initiated to.

You can make your hands-on healing stronger by adding symbols and mantras.

Whilst reiki I was focused on healing in person, does reiki II emphasize distance or absent workings. Now you cannot only energize living beings, but also send energy to improve situations or reach a certain goal.

Working with the three symbols

Standard rules are these:

Draw or visualize a symbol one time, and repeat it's mantra (name) three times. Three is the number of manifestation. (If you need the symbol more often: repeat drawing it once and say the name trice every time you need it.)

You can draw the symbol with your full flat hand, your index finger or with all your fingers of one or two hands held together.

You can draw the symbol in the air, on a client, a photograph or anything else you wish to treat – or you can visualize it in the same way. Once you know them they can also be flashed upon by your memory.

The symbols can be used in hands-on healing to increase the power of your work, but they also allow you to do distance works.

So it is time to learn how to draw and how to use them. In the beginning you may think you will never learn how to draw them, but you will. Just draw them time after time according the instructions, until you remember them.

There are several slightly different versions of the symbols, since in earlier days all reiki knowledge was passed on orally, but the wondrous thing is that all varieties of the symbols work. The symbols are your point of focus to call forth a certain part of the energy, and your intent and the reiki will do the work.

Cho Ku Rei (Power symbol)

This symbol is pronounced Choh-koo-ray.

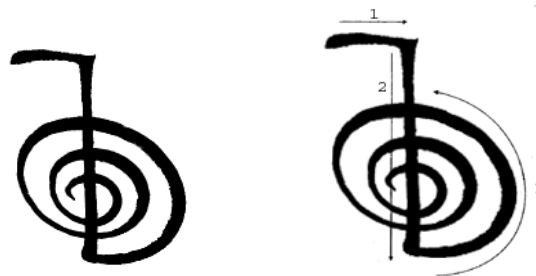
The official symbol has a counter clockwise drawn spiral, and that is the version you see here.

The last decade a clockwise drawn Cho Ku Rei has become popular too, following the philosophy that a clockwise spiral symbolizes increase of divine power, and that a counter clockwise version would point at spreading the energy.

To make it more confusing there is also the Reiki Tera Mai system which uses both version at the same time, claiming that the clockwise version connects with and increases the Divine energy, while the counter clockwise Cho Ku Rei connects with and increases the Earth energy.

The truth is that all versions work. It is a matter of preference. Since I try to teach reiki the way it originally was I teach the original counter clockwise version. I also think this original version is a bit more powerful since it has been used so much longer and by so many more people than the other ones.

Way of drawing: start at the top, draw the horizontal line from the left to the right, continue with the downward pointed line and end with a counter clockwise spiral drawn in about three circles. (follow the little arrows)



Cho = Connect the
Ku = Power, Energy with
Rei = The Soul, The Universe, The Unity

Put in other words: 'Let all the power of the Universe be here' or 'God is here'. This symbol is also known as "the power switch". Once you have drawn/visualized it and said it's mantra 3 times out loud or silently in yourself, it will dramatically increase the amount of energy you channel.

You use this symbol at the beginning of a session to make a firm connection with the reiki. The Cho Ku Rei symbol can help start the reiki flowing, and most practitioners use it at the beginning of treatments by drawing it on the palms of their hands, or in the air before them, or over their client.

And you use it during a session to increase power/energy on places that need extra healing (for instance painful places). You can even visualize it (and silently repeat it's mantra) on any position you treat if you have a person who needs much healing.



The Cho Ku Rei also increases the power of the other symbols you use; in that case you first draw the Cho Ku Rei, then all the other symbols you wish to use, and you end with again drawing a Cho Ku Rei.

Further this symbol empowers anything you want, like your medicines, crystals, food and drinks, machines and tools you work with, etc. (So you draw/visualize this symbol, say the mantra 3 times, and then put your hands around or on the subject you wish to send reiki).

Another important use of this symbol is cleaning a space or clearing up negative energies, for instance in a bad situation. Why? Because it strongly sends in high vibrational energy, and darkness will always fade in the light. To cleanse a room, draw it in the corners or on the walls of a room intending it be cleansed. Draw it on your front door, so that everyone who enters will be cleansed from negativity.

For the same reason it can be used for protection of yourself or your properties: by drawing a Cho Ku Rei in the air before yourself or on/next to your properties you surround yourself or your things with a strong beam of positive energy.

And it seals in healing energy when drawn at the end of a healing, as a sort of confirmation, 'So be it'.

Experiment with this symbol. Think in term of "divine power, extra energy, extra light" and let your imagination come up with more uses.

Zei He Ki (The Emotional Symbol)

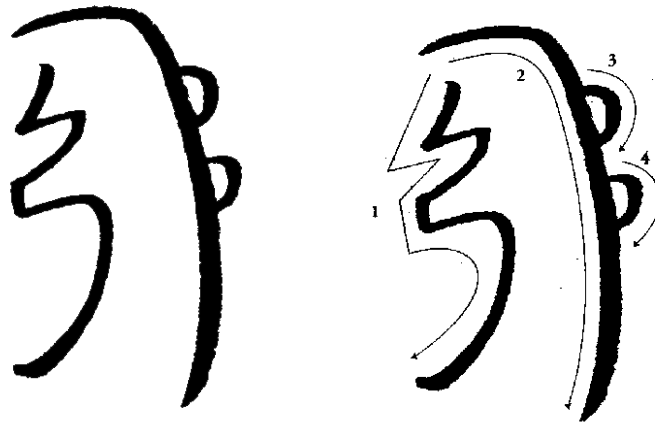
This mantra is pronounced Say-hay-key.

Sei = I point

He = the Bow, Arrow to

Ki = Life force, Light, Awareness

The Sei He Ki symbol resembles a human head. Thinking of a little human as a holographic part of Divinity is a good aid to memory for this symbol. Alternative meanings of the Sei He Ki are 'Remember Your Self' and 'God and humanity becoming one'. Pointing your arrow to awareness means bringing your attention to your feelings, emotions, patterns and psychology in order to understand and heal them. It also means allowing divine light to enter you through your crown to restore alignment with the Source. Sei He Ki restores emotional balance and harmony.



Way of drawing: start with the left part, from above to below in one line. Next draw the large curved line from above to below. Then make the upper bump, starting at the top of it, and end with the lower bump.

Most diseases and many problems have their roots in negative emotions (like fear) and false beliefs (like the idea of unworthiness). Often the emotional load is so big that we forget that we are spiritual beings with free choice.

Sei He Ki comes to mind in all cases in which emotions or the rigid holding on to patterns, so-called securities or certain people, play an important role.

This symbol is used for the healing of bad habits, neuroses, addictions to substances and to people, shock, emotional trauma and heavy feelings like anger, frustration, fear or jealousy.

That makes this symbol another good one against bad vibrations and negative entities: when you are calm and centered, negativity, including bad spirits or curses, can no longer have hold on you. When you are truly aligned with the God inside it is very difficult to remain believing that others can make or break you, or that you absolutely need a certain substance for survival.

Drawing the Sei He Ki on the corners or walls of a room is a good way to clear a room from negative vibrations or spirits. Draw the symbol before you, or imagine yourself inside the symbol, as protection against negative entities.

It is a good symbol for inner calmness and the release of blockages. When you see emotions coming up in your client visualize the Sei He Ki and say it's



mantra 3 times in your mind. The same if you feel that an emotional release would do your client good, but he/she is unable to bring these feelings to the surface.

If you experience fear of appearing in public, entering an elevator, etc.: draw or visualize a big Sei He Ki and a big Cho Ku Rei in the air before you, and smaller versions before your crown and your solar plexus, and say to yourself "I can do it!" You can support this process by visualizing the same in a meditation, send the symbols in your mind to this situation, and affirm to yourself that these feelings are healed from now on.

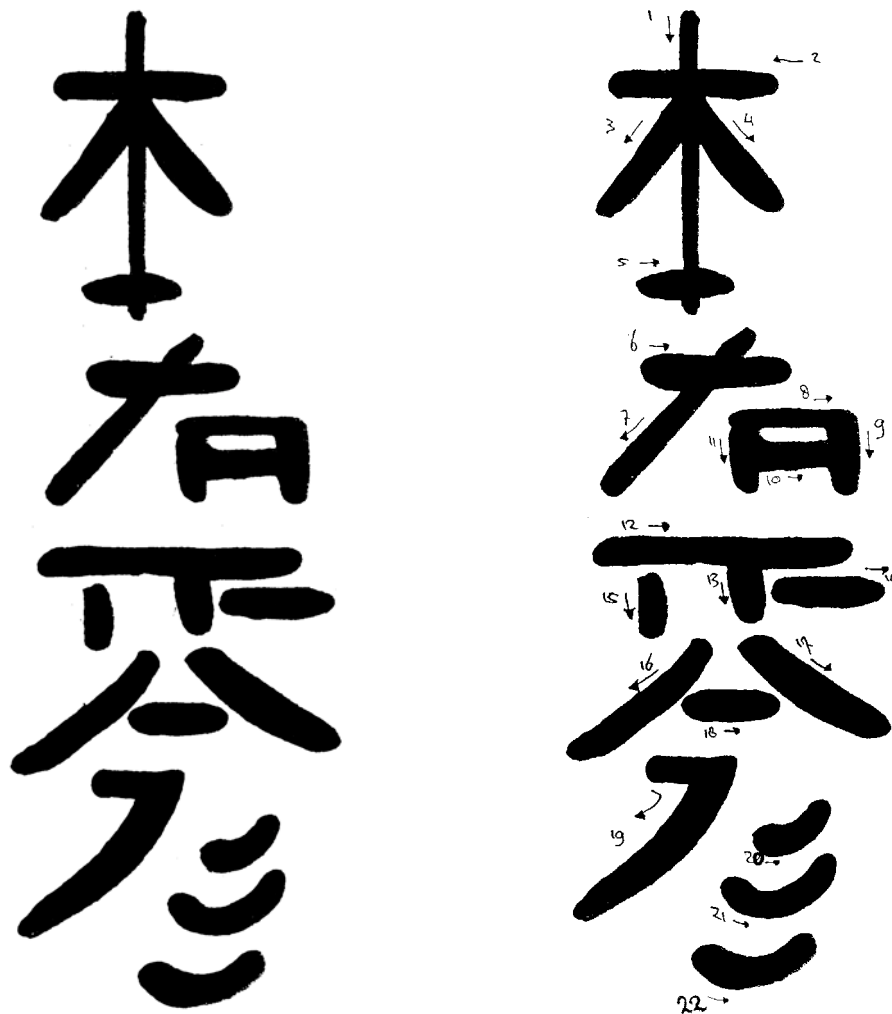
And don't forget to use this symbol when someone wants to lose weight – or feels emotionally/mentally overburdened.

Hon Sha Ze Sho Nen (Distance and Mental Symbol)

You pronounce it like Hon-sjah-say-shoh-nen.

This terrific symbol gives most beginning Reiki II practitioners the desperate idea that they will never learn how to draw it. I have been one of them. Therefore I can bring you the good news: you will learn it! It just takes time, effort, and a lot of paper to do it again and again until you can visualize it.

You won't be surprised that this is the symbol of which most variants exist. Probably they are all due to people who had difficulty remembering the exact details of the Hon Sha Ze Sho Nen. All variants work; I know this from experience. The Hon Sha Ze Sho Nen I was taught in my Usui Reiki class differed from the one I learned in the Reiki Tera Mai course, and also the sequence of drawing the lines differed a bit, but both versions work equally strongly.





Drawing this symbol: please follow the sequence and the directions of the little arrows on the picture above.

Hon = Spirit, Source, Origin, Universe
Sha = Mind, Surviving
Ze = Space, Be, Being
Sho = Feeling, Emotions
Nen = Consciousness, Body, Attention

It is not difficult to discover the various levels of existence in the meanings of this symbol. Hon Sha Ze Sho Nen makes the connection between Spirit and Body, heaven and earth, and is therefore known as 'The Bridge'.

Hon Sha Ze Sho Nen connects your higher self with the higher self of the one you send energy to; 'the Divine in me greets and honors the Divine in you'. Spirit meets spirit, and this meeting takes place on a higher plane than the third dimension of time and space.

Another translation of this symbol is "No past, no present, no future" – there is only the eternal Now.

Therefore this symbol allows you to travel through time and space and send healing to absent persons.

Equally important is, that it allows you to send energy to things which can not be defined by a certain time and space, namely situations, thought-forms or relationships. The fact that it can change thought patterns (mental healing) makes it a perfect symbol for karmic healing.

It can change causes that are rooted in the past, like past life traumas. This can give you insight in reactions or behavior you never understood of yourself, and therefore enable you to make changes. Maybe these insights appear in dreams, visions, or the need for it simply fades away.

For the Hon Sha Ze Sho Nen it is unimportant whether you wish to send energy to someone on the Moon, or a person sitting next to you. I have even sent energy to persons (and a cat) who just made the transition to another life, to help them make it a smooth and beautiful change-over.

If you send energy to someone you don't know or do not feel closely related to, you state that you wish to send reiki to this person on this address, you draw the Hon Sha Ze Sho Nen and usually the Cho Ku Rei, and start sending. Amazingly this person can receive at the same time. Not always, reiki seems to have its own intelligence, and will arrive at a time convenient for the receiver. If you send reiki to someone you have a close bond with, you just state the name and the energy will find its way; that is because you are connected with this receiver through love already.

You will use the Hon Sha Ze Sho Nen mostly for distance work.

In solving past life or forgotten traumas (some people are missing parts of their life in their memory) however you can perfectly use it in hands-on healing.



Ethics

Some food for thought:

Now you have acquired the ability to send on distance, it is possible to send reiki to a person without asking permission on beforehand. So what about one's free will?

General rule is that you ask the person permission before sending. If you wish to send energy to a child or a pet, you ask permission to a parent or the owner of the pet. Just like in Reiki I.

When this is not possible you will have to ask your heart, your intuition, your inner god whether it is okay to send or not.

And you will find many situations in which you cannot ask. For instance:

- You see images of a disaster on television and you want to send help to the unfortunate beings there.
- You spot a sick animal and don't know who or where the owner is.
- A sick child needs urgent help.
- Someone has fainted, lies in coma, is shocked, psychotic or otherwise not approachable.
- You hear about a shelter for orphans.
- You sense that a loved one is in trouble but you cannot reach the person.

There are different views in Reiki-land and the best thing I can say is this: Ask yourself what Love would do. Reiki is about compassion. If you decide to send, always ask that the energy will serve the highest good of the person. If you somehow know or feel that the answer is 'no' please respect it and do not send.

Free will definitely is a basic human right, and it cannot and will not be violated by reiki. I have the experience that the reiki will be bounced back to you when a person does not want it. And reiki cannot harm.

Techniques for distance healing

In theory you can treat anyone and anything with an absent healing technique. It tends to work faster than hands-on healing.

Remember that the Distance symbol travels through time and space? This means that you can even state a certain time for your distance reiki to arrive. Send reiki through one of the techniques explained below, and tell the Universe when the recipient should get it. For instance: "may this energy go to Peter Smith, when he will make his test tomorrow 9.15 o'clock at Oxford Street 30, London."

There are many ways of distance healing, but they all come down to these three categories:

1. Working with a representation of the one or the thing you wish to treat.
2. Making use of a visualization technique.
3. Beaming.



Working with a representation

In all cases you need to:

1. tell the Universe where the energy is supposed to go to
2. have some kind of representation of the recipient
3. draw the appropriate symbols before sending.

Example: you wish to send energy to sick Johnny who feels very sad about his condition.

Find a representation (stand-in, symbolical substitute) for Johnny, like a teddy bear. Say, in words or silently in yourself: "May this energy go to Johnny, living.....(address of Johnny) and serve his highest good and well-being".

Next you draw symbols over the teddy bear and say their name. Draw the Cho Ku Rei (attract much healing Power), the Hon Sha Ze Sho Nen (the Distance connection symbol), the Sei He Ki (because there is an emotional part – sadness), and end with another Cho Ku Rei (sealing all other symbols between two Cho Ku Reis will increase the power of the other symbols). Then lay your hands on the bear as if it was Johnny's body.

Through the sensations you feel in your hands you'll know when to move on to another position. When your treatment is finished draw another Cho Ku Rei over the bear to seal in the healing energies.

In case you think this is totally nonsense: try it and ask the recipient after his experience!

Important: move your hands one by one to another position; always keep contact with your representation with at least one hand. I know of a distance treatment in which the healer in a sudden reaction took both his hands off the representation, which resulted in half an hour of immediate and intense coldness of the recipient!

Addressing your reiki

- If it is someone you have a close bond with it usually is enough to say the name, since reiki can find this person through the energetic bond you have with this person.
- If it is someone you don't know (well) it is best to work with name and address of the person. Some reiki masters also work with the date of birth. As address it is best to have the address where the energy needs to be sent to, which can be different from the home address of the recipient. If you don't have an address you can work with other details, like a phone-number, a spiritual name, the place where you last met this person, etc. Just state the details you have of this person and the Universe will find him or her.
- If you wish to send reiki to a situation, a goal or a relationship: tell the Universe in words or quietly inside for what aim you wish to send, as if you are praying. And if you know the place and time where it will take place, name that too.

Example of sending to a situation:

you are applying for a job you desperately want. Address it something like this: "May this energy go to the appointment between Mr. or Mrs. ...and



myself on date..., time...address..., where we will discuss my appliance for the job of...May we have a positive talk in which we will understand each other clearly, and in which we will come to a constructive agreement, if that is for my highest good. May be both enjoy this meeting.”

- When you wish to send to yourself through a distance technique, just state: “May this energy go to myself.”

Representation of the recipient

The next thing is to declare something a symbolic representation of your aim. This makes your distance healing more tangible; it is so much more convenient than working with nothing material at all.

- A very logical representation is a photograph of the person. Speak out your wish, draw the symbols over the photograph and hold it between your hands, or hold your hands over it.
- A variant is a piece of paper with the name, full address and perhaps more details of the recipient, or a number of receivers (in the last case draw the symbols for each one of them)
- Or a piece of paper on which you have written down your wish, the intent for this energy (in case of sending to a goal or situation), or an affirmation you wish to empower.
- Probably the most popular stand-in is the good old teddy bear. Or another stuffed animal, or a doll. Address your reiki, state that this bear is representing this person and put your hands on different places on the teddy bear as if you were treating this person.
- Another well known method is declaring your thigh to be the person or the energy form (situation, goal) you want to treat. In this case the head of the person (or the mental part of the situation) is represented by the knee, the feet (or the practical issues of the situation) by the upper part of the thigh, and the waist by the middle of your thigh. You can use one thigh or both and declare one thigh to be the front and the other thigh to be the back of the person. Working with your thigh is very convenient and it does not attract attention. A good method if you are on the bus, or sitting before the television.
- You can declare anything else a representation. I know a reiki master who enjoys bicycling, and who has declared the handlebar of his bicycle at the places where he holds his hands, to be a representation of all he wishes to send energy to.
Others use a pillow as proxy. Or they put the names of all recipients in a box and send reiki to this box. Or they imagine one of their fingers to be the representation and hold this finger with their other hand, sending it reiki.

Use of the symbols

Next draw or visualize the symbols on or over your representation and say their mantra three times.



Always begin with the Cho Ku Rei (Power symbol) to make a strong connection with the flow of reiki.

Always continue with the Hon Sha Ze Sho Nen to establish the distance connection with the recipient.

Other symbols are optional for distance work. Often you will feel the need to use Zei He Ki, since there is so often an emotional background or component for the case you treat.

You can use more symbols if you wish.

Again draw a Cho Ku Rei to 'sandwich' all symbols in between two Power symbols, to increase the power of all the symbols.

Summary: Cho Ku Rei – Hon Sha Ze Sho Nen – (other symbols are optional) – Cho Ku Rei.

Now start sending energy by laying your hands on or above your representation.

Finish your healing by drawing another Cho Ku Rei over the representation to seal in the healing energies.

Visualization techniques

If you have strong visualization skills you can use them for powerful reiki workings.

These are the basics:

1. Visualize the person or thing you wish to send energy to
2. Send healing light, healing thoughts or something else definitely positive
3. Strongly empower it by sending the reiki symbols to your visualization
4. See your goal reached or the person happy
5. Seal the process with a Cho Ku Rei
6. Know that it will come true and forget the whole thing.

Here are some possibilities, but you can also make your own:

- Imagine the person, planet, thing or situation you wish to treat to be shrunken, so that it fits between a space of let's say 20 centimeters between your hands. Send divine light through your hands for healing or solving difficulties to your visualization. Now visualize the symbols one by one and repeat their mantra trice in your mind. First the Cho Ku Rei, then the Hon Sha Ze Sho Nen, if you wish more symbols, and end with another Cho Ku Rei. See them move into the stream of divine light and clear up the situation or speed up the healing even more.
Keep on sending energy with your hands and if you like send more reiki symbols to it. Now see the person or planet healthy and the difficult situation completely dealt with, or your goal reached. End with sending a big Cho Ku Rei to your visualization.
- A variant: imagine the same not between your hands, but before your inner eye.



- Visualize yourself in the presence of the person you want to give reiki. Send the symbols to this image. Now imagine yourself doing a complete hands-on treatment. (this is not so easy, it takes time and much concentration on your visualization)
- Send the reiki symbols together with the positive thoughts you send to a loved one.
- Imagine yourself to be filled up with light that enters you through your skull. When the light has filled your whole body you create a ball of light from the surplus of energy which leaves your body. Build a large energy ball the way you like. Now place someone (or something) who needs healing inside this ball. Send the reiki symbols to it. See this person surrounded and filled with the healing energy and become happy. End with the Cho Ku Rei.
- Imagine the person you wish to send reiki to and send the symbols to this image. Now let your image dissolve, and form the image of a beautiful rose in the palms of your hands. Try to feel it resting gently on your palms, see the soft petals, and smell its scent. Surround the rose with white light and see it fully bloom in vibrant health. Send the symbols to it. Now imagine the rose being accepted into the recipient's heart. See the person well and happy. Seal with a Cho Ku Rei.

Beaming

Beaming is a Japanese technique of sending a beam of energy towards a present or non-present person.

Beaming while your client is in the same room can be very useful if your client cannot be touched. Think of great pain, burns, open wounds, infections, or physical abuse. Or think of a young child or a pet that cannot sit still for a treatment.

What you do is this:

1. Turn towards your client
2. Visualize or draw the symbols before you
3. Keep your hands on chest height and with the palms outward towards your client
4. Feel the reiki flow from your hands into your client
5. Seal with a Cho Ku Rei

Beaming can also be used for a person not present. The procedure is similar: Draw the symbols before you in the air, state that this energy is meant for ...(name and address), hold your hands before your chest with the palms outward towards the place where you drew the symbols, send reiki and know that your client will receive.

Most of the time beaming is done with the hands. It can also be done with one hand, the whole body (strongly intent your whole body to send out energy), the eyes, the third eye, or any other body part. After all reiki radiates from your whole body.



Scanning

With all this emphasis on distant techniques you might almost forget that reiki is also about hands-on healing.

Please don't forget the pleasant treatments in person. Doing them often will help you to develop some kind of sensitivity in your hands: you will learn to sense where your client needs reiki most, as if your intuition is seated in your hands.

It is rather early to expect that you can do this after 14 days studying, and maybe you will never develop this skill. There is absolutely nothing wrong with not being able to do this; in that case just stick to the standard hand positions, that's what they were developed for.

Scanning is a commonly known technique in the world of massage therapy, and Dr. Usui also used it to sense where his reiki mainly should go.

Scanning goes like this:

Hold your hands in the aura about 10 centimeters above your client. In this energy field all emotional and mental blocks and patterns and blueprints of diseases are stored. By slowly moving with your flat hands, palm down, through the aura imbalances can be traced, because these are the places where your client sends out a different type of energy. So you could sense extra cold spots, hot spots, disquiet moving energy, etc. All these places need your reiki mostly to restore balance.

Healers with an organized type character will prefer to treat using the standard positions, making sure that all important body parts receive energy. More intuitive working healers will as time goes by learn to trust their intuition in putting their hands on a client. For these more intuitive healers scanning can be very useful.

If you decide to work with scanning: in all cases first treat the standard head positions, then scan the rest of the body and treat the spots your attention is drawn to. And always end with holding the feet for a while, to support grounding of your client.

One last word: intuitive working healers are no better reiki channels than healers who stick to the standard positions. Both methods work equally well, and the reiki will find it's way anyhow to the places where it is needed.

Additional techniques: Byosen, Emotional healing, healing with the eyes and the breath.

In this last chapter of Reiki Level II I would like to name some techniques mainly for the sake of giving complete information (as far as I know). You do not need them to ensure better treatments. Please read them and decide for yourself whether you want to implement them in your healing practices.

Byosen

Byosen is a kind of beaming on the body of a person. The idea is to make a small but strong, laser-like beam of reiki. Therefore you put the top of all your fingers and your thumb together. With the thus formed 'beam' you can first



scan the body and next treat the blocks you find, for instance blocked energy on the place of a scar. Byosen can be performed by one or more healers at the same time.

I have read enthusiastic reports on working with Byosen. But I've also taken lessons in massage in which one of the basic rules is: always lay your whole flat hand on a client to ensure good contact. Further much reiki flows from the palms of the hands while with Byosen you make use of the chakras in the tops of the fingers.

If you feel attracted to the technique I suggest you experiment with it and ask your client feedback.

Emotional healing

This is a kind of emotional programming used for the healing of habits, addictions and long existing complaints that have more or less become a part of the client. In fact emotional healing is a combination of reiki, affirmation and visualization. It is done at the beginning or at the end of a healing session. It goes like this:

Put one hand on the forehead and one hand on the back of the skull just above the neck.

Visualize the Cho Ku Rei and see it move through the third eye chakra of the client into the brain. Send it reiki for a while and envision the patient's body being filled up with white light.

Then visualize the Sei He Ki and do the same.

Now plant a positive affirmation in the mind of your client. For instance: "The light of reiki heals your whole being and frees you from everything that keeps you from being happy and healthy." Say this affirmation several times. You can speak the words out of say them silently to the sub-consciousness of your client.

Bring more reiki into the head until you see the whole body filled with it. End with drawing or visualizing a Cho Ku Rei to seal in the energy and the healing affirmation.

This can be a beautiful technique. Be very careful with your affirmation, since your client is open and vulnerable to suggestions.

For emotional healing you do not need to use this special technique. Working hands-on or hands-off with the Sei He Ki will also work and then in the pace of the client. The technique described here takes a more active attitude in this process.

Healing with the eyes

You probably know the strong impact of truly open and loving eyes looking your way. Enlightened persons all have these wondrous loving eyes, which send a beam of love right into your heart.

That of course is the background of healing with the eyes. What you do is having the intent of sending reiki with your eyes and then send a strong beam of love and healing energy with them.

Unfortunately we also have to admit that we live in a society in which loving attention is easily mis-understood for a sexual invitation. Therefore I do not encourage you to use this technique, unless you treat someone very close to you, like your child, your partner or a very good friend.



When you use it, increase it's power by visualizing one or more of the symbols before your eyes prior to sending energy.

Healing with the breath

The idea of breathing in life is found on several places: in the Bible, the Kabbalah, and of course in re-animations. The central idea is enlivening the body through blowing in the Holy Spirit, (re) awakening one's God-force by mirroring and sharing yours.

All Reiki Masters use this technique with their attunements. It is not a vague spiritual idea but a very real and valid method.

So if you like you can blow reiki on your client, accompanied by one or more symbols, but please first ask your client if this is okay. Just to prevent probable false interpretations as described above. It can be fun doing it with a friend!



Reiki Level III – Shinpiden – Mystery Teaching

The Reiki Master Attunement

You will receive this attunement on day 33 of the course. 33 is the numerological master number of Universal love and compassion. Well, that's exactly what reiki is. Working with the symbolism of the 33 of course is a personal choice of me; reiki has nothing to do with numerology.

Some masters say that receiving the master attunement creates an enormous responsibility, since from that time on you must dedicate your life to the planet, the wellbeing of all sentient beings, and serve reiki day and night. Actually you should earn your living from spreading reiki by giving courses.

I totally disagree with the above view.

All grown-ups are responsible for their own life, their attitude towards others and the planet. God gave you a free will to decide for yourself what you want to do with the gift of reiki, if you want to pass it on or not, and if you want to ask money for it or not. Reiki is about self-empowerment and no one else can decide the course of your life, respected Reiki Master or not.

Naturally it is my wish that in time you will pass on reiki to at least one person. Of course I hope to teach future teachers.

But first of all reiki is a path to enlightenment, to the understanding of your core, which is total love. If you wish to heal others, or simply add something positive to this planet, it is best to first heal yourself. Receiving the full energy of reiki through the master attunement is a great step on this journey.

It was my desire and decision to pass on reiki for a low price – and I do not wish to interfere with your desires and decisions towards what you should do once you have received the full reiki force.

With this attunement your reiki becomes very strong, and when you know the mastery symbol and how to perform the attunements, you can pass the system on.



Dai Ko Myo (the Mastery symbol)

I have experienced working with the Dai Ko Myo as the falling into place of all previous knowledge.

I know quite a number of reiki symbols, and I used them frequently – until I received my Master attunement. Once I started to work with the Dai Ko Myo the need for extra symbols, other than the Usui ones, was almost gone.

And when I draw a Dai Ko Myo I often feel a sensation of electricity along my spine and a trance-like feeling with pressure on the third eye chakra. Working with the Dai Ko Myo regularly results in kriya's: the uncontrollable shakes of energy the Kriya Yoga works with and which are sign of the rising kundalini force. If you are asking yourself whether Usui's simple system really is a powerful one, I can assure you it is!

Here is a little explanation for people who have not heard of kundalini. It is an Indian term for the powerful creative force in the human body, which is seated at the root- and the sacral chakra (down the spine) and which will rise up the central energy channel along the spine with spiritual practice of any kind, and sometimes even spontaneously.

When the kundalini reaches your crown chakra the inner divine light spreads through your whole being; this is where earth meets heaven - the result being spiritual enlightenment.

Enlightenment is the realization of the oneness of all and everything, of the eternity and timelessness of all creation, of the over-shadowing of our personal truths by the bigger truth. It is sharing in total love. It is the knowing that you always were and always will be, that there is nothing to become because you already are, and that you are present everywhere with a clear consciousness. Being involved with reiki does not imply that you have to strive for enlightenment – trying to be a positive human being is good enough – but reading some words on enlightenment can give you a sense of the pure and limitless force that reiki is.

Dai Ko Myo means "The Great Shining Light" and it reminds us of being a great shining light ourselves – a star in our own light and right.

Stars, which are Suns, generate their own energy, their own power; they are self-empowered. Therefore the Sun in several civilizations was depicted as physical representation of the creative force itself – God/Goddess.

Jesus taught that we are Gods; the Dai Ko Myo does the same.

This wisdom probably does not fall upon you once you receive the Master attunement, but it grows along with your spiritual growth and understanding.

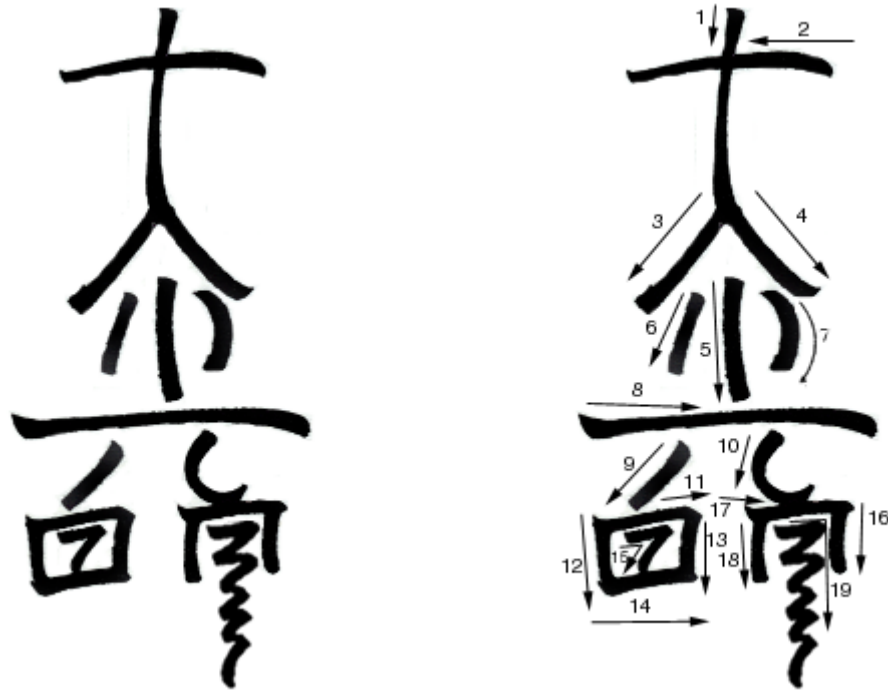
My description of third level reiki starts philosophical. That's because with the Master level you strongly connect with Source, Spirit, God.

In level I the emphasis is on healing yourself. With level II you concentrate on healing others and your circumstances. With level III you transcend your individual existence: the person that is you becomes less important, while your contributions and workings become more important.

Please allow me to use the symbolism of the numbers again: level one is about the I, the individual; level II is about partnership, meeting and sharing with others; level III is about manifestation, manifesting the god on earth, the "I Am".

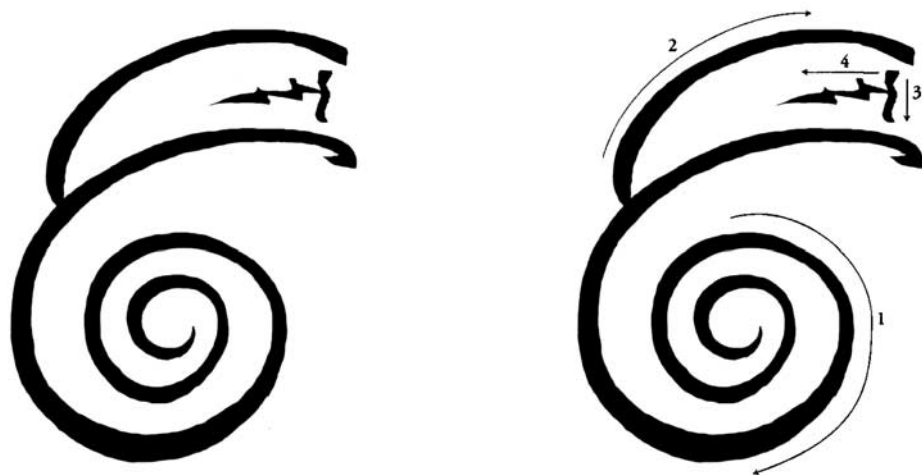
You are attuned to both the traditional Dai Ko Myo of Usui and the modern spiral-like version. I encourage you to learn and work with both of them. Even if you know already that you only wish to work with one of them, try them

both and find out how they work through you. Next make your choice if you like.



The arrows show the sequence and direction of drawing. Put some exercise in remembering it from heart; this important symbol deserves it.

Drawing the spiral-like Dai Ko Myo is easy: start in the center of the circle moving outwards in almost 3 circles, draw the upper line from left to right, a small downward line between the end of both previous lines, and end with the leftward pointed 'thunderbolt'.



The Dai Ko Myo heals at the level of the soul; it heals very deep hurt, pains that have once torn your heart into pieces. Therefore it is said that the Mastery symbol is for spiritual healing.

The powerful Dai Ko Myo can replace the other symbols, except for distance work where you also must make the connection with the Distance symbol. But you might as well work with all four symbols at the same time if you feel attracted to it.



I suggest you use the Dai Ko Myo with all your reiki treatments from now on. The reiki you send others therewith becomes very strong and since it first flows through you you'll get an energy boost at the same time. Since the Dai Ko Myo supports spiritual healing your inner development will go much faster.

The Dai Ko Myo is the symbol that transfers the reiki initiations. Once you feel ready to perform attunements make sure that you can effortlessly draw and visualize this symbol.

I strongly recommend you wait for at least three months with giving attunements to others. You really need the first months after your Mastery attunement to adjust to the strong energy, the cleansing of your energy system, and the acceleration of your inner growth. The best thing you can do is working frequently with reiki for any aim you can think of. As with the other attunements the following rule is in use: using the energy helps to get better attuned to it.



What kinds of attunements do exist?

There are several kinds of attunement.

- As you know by now there is the attunement process for Reiki I, Reiki II and Reiki III. This is a gradually unfolding and receiving of the reiki force. In traditional reiki you receive four attunements for the first level, one for the second level and a last one for the Master/teacher level; six in total. In non-traditional reiki you receive one attunement for each level, being a total of 3 attunements.
- A modern attunement procedure is the singular attunement, in which the person gets all the attunements in one singular attunement and immediately receives the Master/teacher degree. This is suitable for people who are used to do energy work and spiritual practices for their own development. A disadvantage with this method is that you will have to gather all knowledge afterwards.
- Most attunements are given to people physically present; these are the attunements of others in person. An advantage of this method is the possibility of making a beautiful ritual of the attunement procedure.
- As a logical extension of working with distance healing and the distance symbol the system of distance attunements of others has developed itself in the last years. Distance attunements have proven to be equally powerful as attunements in person. The great advantage is that they can be given all over the world.
- Through similar techniques as the distance attunements it is possible to attune yourself once you have received the full reiki level III energy. Self attunements make sense when you wish to attune yourself on other symbols than the Usui ones of this course. You can do without, but you may wish to experiment with other symbols and any symbol you are attuned to works much stronger then when you would not be attuned to it.
- And then there are the re-attunements. Re-attunements are not necessary but they can be helpful in getting even more attuned to the energy you already received. Re-attunements can be given on each level of reiki. Through a distance technique you can re-attune yourself or others. Of course re-attunements are also given in person, but then you will have to ask another master if you want to be re-attuned yourself.

Giving and receiving attunements is always pleasant. You cannot get to many attunements. I encourage you to learn to give yourself re-attunements, for instance weekly. They also serve as a powerful healing. If you have the possibility, practice giving attunements in person with other reiki students.

Reiju or Empowerment

Within the reiki systems we know in the west the system of attunements has become very important. It is, because the attunements allow you to move on fast in the reiki system.

In the Japanese branch of reiki the tradition as Usui originally taught is still passed on. In Japan there is much more emphasis on reiki as a spiritual



system and less on reiki as an amazing healing system. Studying reiki the Japanese way includes many meditative practices and regular empowerments, named Reiju.

You can see Reiju as an attunement without symbols, as a series of initiations which form a greater number of smaller steps towards the same goal: the full reiki III force.

This information on Reiju is included for your interest; in the west we do not use this technique. If you like however you can experiment with giving attunements without symbols, for instance as a way of regular re-empowerments for yourself and see what happens.



The Raku symbol

He what's that: one more symbol while I told you there were only four? Yes. Many reiki masters, including myself, do use another one, but solely for the purpose of grounding the energy at the end of an attunement (or a healing). The Raku has no healing purposes, and forms no part of the Usui system. You can do without. Strictly taken you do not have to learn it. Please read this little chapter and decide whether you want to use the Raku or not.

The purpose of Raku is to draw a great amount of enlightening energy into the body, and to ground it. Raku is supposed to assist in bringing this energy down from the head to the feet. (But I can also teach you a very simple other method of grounding after a healing or attunement: simply hold the feet of the person for a while.) With this grounding Raku closes the connection between master and initiate.

In an attunement the Raku is drawn as a big sharp thunderbolt from the head to the feet of the person. You can regard the thunderbolt as the symbol of a sudden flash of insight and understanding of the truth.

The Raku no doubt is the easiest symbol to remember. Just look at the drawing.





Attunements in personal presence

Before you start

A large number of attunement procedures exists. Many reiki masters have given attunements their own flavour. I have tried several different procedures and found that they all work. This is not amazingly, since basically the procedures come down to the same thing. I herewith present you an attunement process I am very happy with.

If you have several students you can decide to have them sit in a circle and attune them one by one in each other's presence.

You can also choose an individual approach and attune the students after one another in a separate room. If you enjoy making it a special occasion and a beautiful ritual, this last option is the best one for you.

It is also possible to attune a large number of students at the same time in a rather prozaic way: first attune all the backs, then all the front sides, and end with all the back-sides again. This is done when attunements are given to groups of people within a limited time scheme and it is not recommendable for starting reiki masters.

If you are a starting master it is best to begin with attuning one student, or a small number of students. I suggest you attune them individually, in a separate room, so you can remain concentrated on just one person and do not get nervous by the presence of the others. When you have gathered more experience and self-confidence in attuning you can make your groups bigger.

Inform your students that they should sit straight up, with their eyes closed and their hands before their chest in prayer position (Gassho).

Tell them that you will move their hands in several positions during the ceremony and that they should keep their eyes closed all the time.

Inform them that you will blow on them to drive the reiki force into them.

Preparations

Free your mind with a short meditation of 15 to 30 minutes. If you feel attracted to it you can use the Hasurei Ho practices, but any other meditation technique is fine too.

At the end of your meditation imagine a huge beam of pure light entering you through the crown chakra, filling and surrounding you. Open up yourself to the fullest for the great shining light that you are and will pass on. Any personal issue has now stepped aside and you are pure reiki.

Prepare your space for the ceremony the way you feel good about it. If you like it you can burn candles and maybe some incense, for instance sage or sandalwood (purifying) or rose (love). Several masters like it to have a picture of Mikao Usui in the room.

If you like to use an altar with deities on it: go ahead. If you don't like it, keep it as simple as it fits you.

Draw all four symbols before you (or repeat this for every wall) intending that they clean the room and fill it with Light.



Place a stool or a chair with a right back for each student and make sure that you can easily move around it.

Draw a huge Cho Ku Rei before you, from your head until your toes, intending it to clean your aura from all negativity. Then draw smaller Cho Ku Rei's in front of your solar plexus, heart, throat, third eye and crown chakra, intending each to be open to the Light.

Draw the Cho Ku Rei and the Dai Ko Myo on both palms of your hands to call in the energy.



Usui Reiki Attunement (can be used and adapted for all levels)

Your student(s) take their places. If you like you can start the ceremony with a joint meditation to promote a sacred and relaxing atmosphere. (Keep in mind that some students may be nervous.)

Call in the powers of the spirit guides you wish around you, the power of the elements, gods, goddesses, animal spirits, angels; or if this does not appeal to you call in the great universal life force. You can do this out loud or silently.

Now the actual attunement process starts. Have the receiver sit with the eyes closed and the hands in Gassho before the chest.

Stand behind the student and place your hands on the student's shoulders for a while to make good contact.

Draw a large Cho Ku Rei from the top of the head to the base of the spine of the student, to attract much purifying light into the central channel. While repeating the mantra three times guide the symbol into the spine of the student.

Again place your hands on the shoulders. Breathe in and visualize a golden Dai Ko Myo. Breathe out slowly but forcefully onto the crown of the student, strongly visualizing the Dai Ko Myo moving through the head and the central channel into the base of the spine. Repeat it's mantra in your mind.

Bring the student's hands above their head, in prayer position, and hold them in your left hand. With your right hand draw a Dai Ko Myo above the crown, visualize it moving through their hands, the top of their head into the base of the head. Guide the symbol with your hand and say the mantra trice. Repeat this with the Cho Ku Rei, the Sei He Ki and the Hon Sha Ze Sho Nen. Affirm this attunement step with forcefully blowing into the crown.

Place the student's hands back in the original prayer position before the chest. Move to the front side of the student.

Draw the Cho Ku Rei on the third eye, or in the air before the third eye, of the student. Guide it with your hand into the third eye while silently repeating the mantra trice. (For level II: also draw the Sei He Ki and the Hon Sha Ze Sho Nen; for level III draw all 4 symbols starting with the Dai Ko Myo).

Draw the Cho Ku Rei on or before the heart chakra and guide it the same way into the heart while repeating the mantra three times. (For level II also the Sei He Ki and the Hon Sha Ze Sho Nen; for level III al 4 symbols starting with the Dai Ko Myo).

Repeat the same process on the solar plexus.

Bring the student's hands down on their lap and open the hands like a book. Put your left hand under one of their hands and draw the Cho Ku Rei in the student's palm with your right hand. Gently tap or push the symbol into their palm three times while repeating the mantra. (For level II also draw the Sei He Ki and the Hon Sha Ze Sho Nen; for level III draw all four symbols). Do the same with the other hand.



Fold the hands of the student together in prayer position at chest level. Hold your hands around them.

Take a very deep breath and exhale as one single over their hands, down to the solar plexus, up back over the hands, up to the heart, third eye and crown, and then back to the hands. Meanwhile visualize the divine force firmly becoming one with the student.

Move to the back of the student and place your hands on their shoulders. Now visualize a ball of golden fire or white light entering the crown and sinking all the way down to the tail-bone. Silently place a positive affirmation into the subconsciousness of the student, like: "you are a clear channel of pure love, light and healing." (Or make your own affirmation.)

Then place one hand on the forehead of the receiver and one hand on the base of the brain. Visualize a little door on the head with the Cho Ku Rei on it. Imagine this door closing and affirm in yourself: "I now seal this process with divine love and wisdom."

(Optional) With your both hands held together draw a large Raku from the head to the ground while silently repeating the name three times.

Move to the front of the student. Hold the palms of your hands towards the initiate. Visualize a mist of white reiki light surrounding you; inhale this reiki and blow it as a final blessing at the student.

Put your hands in Gassho before your breast, bow for the student and say something like: "Thank you for your willingness to share the love of reiki."

Inform the student that the attunement is complete and that the eyes can be opened now.

Performing distance attunements

Distance attunements are a rather new practice. They were not part of the original teachings, what is very understandable since reiki originally was taught in regular group meetings in which people received reijus. So what would you need a distance attunement for?

Usui's system however does supply distance sending with a distance symbol. If you can send distance healing, and if you can send energy to a goal or situation any place, it must also be possible to send distance attunements.

The technique is quite similar to attuning someone physically present. Just like with distant healing you use a representation for the person. Again the teddy bear is popular; some masters keep a special teddy bear for distance attunements. I work with a large magician-puppet, called Merlin, and I place a photograph or a piece of paper with the name and address of the person on his chest. For me Merlin is the perfect stand-in.

While in distant healing the form of your representation does not matter, I suggest that when it comes to distant attunements you find a representation with the shape of a body. It is very practical to have a representation with a head, hands and a waist. Naturally the best representation is a human being who is willing to act as a stand-in for the person.

You send your attunement by means of the distance symbol.



The distant attunement process step-by-step:

1. Agree on a date for the attunement. You can also agree on a time for sending, but this is not necessary. Inform the initiate to try to be relaxed. It is important to realize that the true connection between the two of you has already been made by the desire of the master to give the attunement and by the desire of the student to receive it. In this loving openness the reiki can freely flow.
2. Prepare your space and do your own energetical cleaning exactly as you would do for an attunement in person. Draw the Cho Ku Rei and the Dai Ko Myo on both palms of your hands.
3. It is most practical to put your representation on a chair.
4. Call in your spiritual helpers or the Universal Light to help you perform this attunement for the highest good of the initiate.
5. Clearly state your intent to attune this particular person by means of your representation. Tell the Universe the name and address of the person this attunement is meant for.
If you have not agreed on a time, ask the Universe that this attunement will arrive on a time which is convenient for the student (so it does not have to arrive the same time you send it!)
If you work with a modern attunement process which is the same for all levels of reiki, you will also have to state to which degree of reiki you wish to attune the person (this is not necessary if you use the procedure described in this course). Very important: Draw the distance symbol and state that this will completely empower the person as if he would have been present.
6. Perform the attunement exactly as with a physical present person.

If you are good in visualizing, you do not need a representation, but can visualize yourself performing the complete attunement on the person. In this case you must know the attunement process very well, since it is not recommendable to interrupt your visualization to look up how you should continue your attunement.

Before you start your visualization: clearly state your intent for the attunement and visualize the distance symbol.

Self attunements

Self attunements are a good way to attune yourself on any other symbol you like.

A second good reason is that you can re-attune yourself regularly. This very pleasant procedure can help you to increase your Chi, or put in other words, to become more attuned on the reiki energy. This amazing process can have a very strong effect.

Self attunements can be performed exactly like distance attunements. You can use a representation for yourself, state that this (re) attunement is for you, draw the distance symbol and perform the attunement. When you have finished the attunement it is best to again draw the Hon Sha Ze Sho Nen and state that all energy stored or attracted by your representation will now be



directed into your energy being. Hold your representation for several minutes and enjoy! You will have to do it to believe it's impact.

The reason for drawing a second distance symbol afterwards in self attunements in this: when performing you are absorbed with passing on the attunement, while as initiate it is your time to receive. Passing on and receiving at the same time is difficult, and through this second distance symbol and your openness of receiving the full energy the self-attunement is completed.

A second technique of self attunement is visualize yourself performing the whole attunement on yourself. This is not so easy.

Another possibility for people with strong visualization skills is this: visualize an energy ball between your hands. See a huge beam of reiki entering your crown and flowing out through your hands. This reiki makes your energy ball grow stronger and stronger. When you feel a significant amount of energy between your hands, you can perform the attunement on this energy ball. When you have finished visualize the Hon Sha Ze Sho Nen and intent this energy ball to be absorbed by your being. Take a couple of minutes to let this happen.

Being a Reiki Master – giving courses

You have received much energy and much knowledge in a limited amount of time. What you need is at least three months of daily practice with reiki in every form before you start giving courses.

Being a Reiki Master is more than having received the energy and a certificate; it means that reiki, the different techniques of sending the energy, the symbols and the attunement procedures must be well-known and well practiced by you. Practicing reiki will increase your confidence in reiki and in yourself as competent channel.

If you don't feel like giving courses after some months: fine. Just use the energy on a regular base. Maybe you like to pass on reiki in another phase of your life. You will never lose the ability to channel reiki.

If you do feel like giving courses: start with small groups or individual students. If you give courses to physical present students it is very handy to buy a foldable massage table you can take with you to any study room. Reserve time for taking questions in your courses, and make sure that there is plenty of time for practicing. Each of your students must receive at least one full treatment on a course, by preference of a group of practitioners, to experience the impact of it.

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The explanatory drawings come from the book Essential Reiki of Diane Stein, as described before, and Diane gives permission for display of them for educational uses. But please also give her credit when you use her work.

Lineage

In traditional reiki your lineage, which is the line of masters through which you received your master degree, is considered to be of importance.



I have no idea why. Naturally every lineage starts with Mikao Usui, and in the West they all continue with Hayashi and Takata, followed by a variety of other masters. But it all comes down to the same thing, which is: we received Usui's gift through others who received it before us. I cannot see the Life-force take on a different flavour when received through a particular master. God-force is God-force.

But in case you ever need it here is my lineage:

Dr. Mikao Usui – Chujiro Hayashi – Hawayo Takata – Phyllis Furumoto –
Claudia Hoffman – Mary Shaw – Christine Henderson – Bruce Way – Ariane
McMinn – Mona Khalaf – Anja Heij

To make your own lineage simply add your name to this sum up.



Conclusion



I have done my best to make this a complete, clear and attractive manual for Usui Reiki. I feel much love for this simple system of healing and self-empowerment, and great respect for the spiritual man who gave us this present.

Some techniques may sound weird, or too simple to be true, and only practice will show you that they work. Try to set your doubts or expectations aside, be in the flow of reiki, and let the energy do the work. That is the best attitude for amazing results.

I hope you enjoyed taking this course.

If you think improvements can be made, feel free to let me know.

And if in time you start giving courses yourself, I would love to hear from you.

I wish you much love and happiness.

Namaste,

Anja Heij

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Disclaimer

After having read the information on reiki I'm sure you will understand how I feel about adding a disclaimer. For the legal correctness:

Please note that the information given in this course, Usui Shiki Ryoho Reiki, is intended for education purposes only, and it is not intended to take the place of advice given by licensed health care professionals. Before commencing any form of medical treatment, please consult with your physician or other health care specialist.

Our sincere intention is to provide you high quality information and the best advice, but we cannot be held responsible for any harm, damage or loss, material or immaterial, considered to be related to our advice, information or recommendation.

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