

USUI SHIKI RYOHO

USUI 見直し
心癒え 2
の仕組み

The Usui System of Natural Healing



Training Manual for Level 1 Reiki
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USUI REIKI TRAINING MANUAL LEVEL 2 - OKUDEN

Including Non-Reiki Material

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Usui Shiki Ryoho Level 2 - Oku Den

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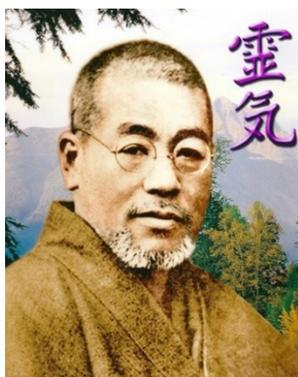
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Reiki Level 2 Course Outline

- **Registration** and Sign-in. Collect name tags and make payment for workshop.
- **Meditation** to join the group
- **Brief Discussion and Introductions**
Why are you taking this class? What are your expectations? Do you have any questions about 1st Degree Reiki?
- **Introduction to the Level Reiki 2 symbols**
Given the names and pronunciations of the Reiki symbols
Given the meanings (intentions) of each symbol.
- **Morning Tea**
- **Drawing the Symbols**
There are 3 separate Reiki symbols to learn. It is important to learn how to draw them precisely, learn the power of the symbols, and learn the proper pronunciation and spelling of them. We practice....practice....practice. As we draw the symbols we begin to get impressions about them, we perceive the symbols and their energy. Although the symbols are often visualised in healing sessions it is of utmost importance that the Reiki II practitioner knows how to draw the symbol first.
- **Meditation**
- **1st attunement for Level 2 Reiki**
- **Lunch**
- **Meditation**
- **2nd attunement for Level 2 Reiki**
- **Demonstration** using the Reiki symbols for hands-on treatment
- **Mental Emotional Treatment**
- **Reiki Distant Healing:** Practice sending Reiki with a photo and to each other.
- **Japanese Reiki Techniques**
- **Reiki Add-ons** –Thoughts, Energy, Feelings, Emotions & Water Molecules
- **Developing Your Reiki Practice**
- **Question/Answer period**
- **Presentation of Certificates and photographs**

Morning and afternoon tea are provided. There will be a 45 minute lunch break. Please bring a plate of food to share plus water to drink throughout the weekend.





Reiki Precepts



Just for Today, I let go of Anger
Just for Today, I let go of Worry

Just for Today,

I Count my Many Blessings

Just for Today, I do my Work Honestly

Just for Today, I will be Kind to my Neighbour and
Every Living Thing

Additional Reiki Principles

1. There must be a change in consciousness for healing to occur.
2. There must be an appropriate exchange of energy, one that honours each.

Note: This change in consciousness must occur on the Spiritual Level first. We must understand why we have attracted dis-ease or allow it to penetrate all other levels of Be-ing: the Spiritual (first), then the Emotional (generally suppressed into the liver), the Mental (suppression flows from the liver into the mental processes), and finally the Physical manifests as a cry for help in the form of dis-ease in the body itself. The study of Reiki teaches us that there is no need for physical dis-ease if we pay attention to our spiritual needs. Disease is a catalyst for spiritual growth. The difficulty might be the ability for one to transcend the ego's resistance to change.

The Soul speaks to us through our body. First we get a tap on the shoulder, then a punch in the arm, and then our legs are kicked out from under us, so that we MUST take note of what our Soul needs us to address. What is our Soul trying to teach us through this illness or dis-ease? What consciousness or thoughts do we need to change, in order for us to move towards our Dharma or Purpose for Life? For Reiki to work, we need to have an open accepting heart, free of ego, judgement and fear.

We must be willing to change. One must learn to heal the self first, through daily Reiki treatments and addressing our issues in life. We must move to a place of love and acceptance of the self and others, without placing conditions or judgements upon outcomes. Open your mind and your heart to ALL possibilities. Don't limit God!

This is how we grow and evolve as Spiritual Be-ings. This is how we Heal.



Inamoto Hyakuten from Komyo ReikiDo recites the Precepts: <https://youtu.be/kULG--ckOvg>
Precepts n Japanese, English, Russian & Italian: <https://youtu.be/uccjF3R18tq>



As a Reiki Practitioner, you are a channel for the Universal Life-Force Energy known as Reiki. You are not solely responsible for the healing process of another. Reiki works through a partnership between Healer and Healee. Reiki works as a catalyst to first help the client heal the Spiritual (through awakening the consciousness), then the Emotional, then the Mental, and finally the Physical. The Reiki Master's (or Reiki Practitioner's) job is not to create co-dependence, but to empower the student or client to take full responsibility for their own healing process and their own life. The client must be willing or ready to move beyond the ego, and open the heart to love and the possibility of miracles.

In life we get what we expect to get! We must re-examine our thought and behaviour patterns and decide whether they still work for us. If they do, then keep them. If not, it's up to YOU to change them. You are the thinker behind the thoughts. You can decide which thoughts you give energy to, and which thoughts you let go of, which thoughts you bless and dismiss. If we keep thinking the same thoughts and doing the same things, we will never get anything different. It is only through changing our thoughts and actions, our beliefs about ourselves, that we can change our outcome and our world.

To be a successful healer, we must all learn to transcend the years of negative programming and fear-based thought patterns. We must learn compassion and loving kindness towards the Self and others! We must value ourself and know that we deserve love, prosperity and abundance in all areas of our lives. We must take a risk and learn to trust in life and love, with faith that everything always works out for our highest good. To know that we are indeed Spiritual Being living this Human existence so that we can re-discover who we really are. Let Reiki help you to open up to a world full of infinite possibilities. Step out from your comfort zone, your belief systems; take a risk, a leap of faith. What have you got to lose? Let down the barriers and open your Heart to your own healing process. Only then can we hope to help others by being a living example and allowing others to follow in our footsteps.

We cannot change others we can only change ourself. Healing the Self is our First Priority. If we can't change the situation, we must change our attitudes towards it. Through daily treatments, meditation, taking care of our Spiritual, Emotional, Mental and Physical bodies we move closer to this objective.

As we strive to become true Reiki Masters, we are still only infants. We have mastered only the basics. Reiki is the real Teacher. Every time we use Reiki it teaches us something new. We let go of the ego and become the Student once more. Through humility and a willingness to release our judgement and need to control the outcome, we find that we stop limiting the Energy and allow it to transcend our human limitations. Through Reiki we find that we are more able to see the Universal Consciousness, and know that we are all ONE. What affects one, affects the whole.

Reiki teaches us to respect all living things. To reach out a helping hand to our fellow man, and offer LOVE to all, unconditionally, knowing that what we put out comes back to us many times over. As Reiki Teachers and Practitioners we must strive towards wholeness, but forgive ourselves for our human limitations. It's OK to make mistakes; we just have to learn from them! Honour what serves you in this life. Find your own truth. Listen to everything, but make your own mind up as to what works for YOU! Don't be afraid to try something different, stay open to ALL possibilities.

As a new Reiki Master you will find your own truth, and will add your own human qualities that make "Your Reiki" individual and unique. Trust in your own intuition and judgement. There is no "wrong" or "right", only different. Adding your own personality and style will make you a very special Reiki Master and Teacher, and you in turn will attract different clients and students that will benefit from what you alone can give them from your heart. You make a difference!

The only way we can help heal this world is to learn to love ourself fully,
and share that love with others. This is the true secret of REIKI!



*Namaste- My Spirit Honours Yours.
Carol Macrae*



Is Reiki Level 2 Right for You?



Before signing up for a second degree class there are some questions the student should ask herself/himself. Reiki II class is not an open class, it is applied for. If the instructor (Reiki Master) feels the student is ready for the class then he/she will be accepted into the class. To teach 2nd degree to a person who is not ready, simply for the money or prestige, does not serve the Reiki, the student, or the teacher. It is highly recommended that there be a 3 month period between Reiki I initiation and Reiki II.....at the very least 21 days, as the 21 days after the Level 1 attunements may bring many issues, pleasant and unpleasant, to the surface for healing. It is necessary for these issues to be dealt with and acknowledged, so that the practitioner is calm and ready to accept more change in her/his life, as the energy facilitates yet another shift in consciousness and awareness.

It is up to the Reiki Master to assess the student as to whether the Reiki 1 practitioner is ready for Reiki Level 2. Some individuals may be ready in a very short time, while some may never have the need or the capacity for 2nd degree Reiki.

Questions for the Reiki I student to ask herself/himself before considering taking Reiki II.

- Are you ready for 2nd degree?
- Can you feel when Reiki is drawing?
- Do you have a general understanding of Reiki?
- Do you use Reiki on a regular basis?
- What is your reasons for wanting to become Reiki II?

Reiki II Class is also held over two consecutive days. Whereas in Reiki I you received four attunements, in Reiki II you will receive two.

Second degree Reiki is very different from first degree. With first degree the student has access to about 50% of the Universal Life Force Energy, whereas in second degree, it is said that they have access to 100%. This is not to belittle first degree in any way, for it is capable of performing many miracles of healing. Second degree takes the student further along this path, enhancing the energy that is available for healing and bringing in different ways in which this energy can be used. As with all things, this increased ability brings with it an increased responsibility and commitment.

In this workshop I will show how the symbols are used and their results. I encourage you to follow the guidance of the Reiki energy, rather than blindly following a method learned by rote. As with first degree Reiki, the more the symbols are used, the stronger the Reiki energy that is able to flow through you. Also with use, you will find you are less likely to forget them.

You will also find that Second Degree will reduce the time usually needed to treat various problems.

REIKI LEVEL 2

Principles come Alive -

**Just for today I let go of anger,
Just for today I let go of worry,
Just for today I count my many blessings,
Just for today I do my work honestly,
Just for today I will be kind to my neighbour and every living thing
(This includes you, be kind to YOU)**

**In the morning and at night, with hands held in prayer,
Think this in your mind, chant this with your mouth.**

We again begin with the principles, the spiritual basis of the Usui Reiki System. In level I you were taught the 5 Principles of the Meiji Emperor that Usui adopted into the Reiki system. These principles were to be said morning and at night to focus you on bringing your life more into sync with the Universal Source of Light, Love and Harmony that is Reiki.

If you have been doing the principles morning and evening daily you will have noticed that they have effected you. When said often they have the effect of transforming the mind away from the ego based fear, anger and worry, into a greater focus on your life mission, awakening, gratitude, and compassion to all.

Most people begin to see a pattern. At first you will react as you always have based on the ego and its conditioning. As you practice the principles more they begin to become part of your consciousness. Then when something adverse happens you might still react but afterwards remember the principles and establish control. As time passes you will find that as you are reacting, you remember the principles and begin to stop the reaction. Over time you become aware of the pattern and its purpose and stop the reaction earlier and earlier in the cycle. Finally you are free of that conditioning and free to respond to the situation in kindness.

This is the basis of the principles and how they work. Say them daily and practice, practice, practice!

Introduction to Reiki Level 2

Reiki II is the level where students learn the three symbols (power, distance, and emotional/mental symbols). With this comes the skill of being to focus healing on mental and emotional problems, and distant healing those not physically present. These are the major focus of Level II Reiki. Reiki two is the next exciting step in learning to use Reiki. It is commonly reported that with Reiki II comes an increase in the power of Reiki. I have seen claims of 100% increase in the power of the Reiki energy and all sorts of other claims. Realistically, people respond to Reiki II just like they do to Reiki I, and that is Individually. The level II attunements were designed to increase your channel or your ability to handle and allow the Reiki energy to flow.

This level is referred to as Second Degree Reiki, Reiki Level II or just Reiki II. In Japan Reiki Level II is also known as **Oku Den**. In this level, the first 3 Reiki symbols and their use are taught and the student receives another 2 attunements. These attunements are an initiation into the healing symbols of Reiki that enables a person to use the Level II symbols.

In the Second Degree, participants learn how to use the three symbols for mental and physical healing, and to send distant Reiki.



The symbols do not represent separate energies, but a specific method of focusing on a specific aspect of the Reiki energy. The symbols allow a convenient point of focus. The first symbol is used to focus the energy, and in conjunction with the other two symbols, the second or mental/emotional symbol is a practice of harmony, and the third symbol is a tool for focusing in distant healing. You are not so much directing the energy as focusing on an aspect of it for the good of the recipient.

Where Did the Reiki Symbols Originate?

Since the discovery of Usui's original manual, there has been some question as to whether Reiki was re-discovered or simply discovered by Mikao Usui.

A quote from Usui states:

“ My Usui Reiki Ryoho is an original, there is 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 peaceful mind.”

“Nowadays people need improvement and reconstruction inside and outside of life, so the reason for releasing my method to the public is to help people with illness of body and mind.”

Many believe that Reiki existed in the past in a different form, but was basically the same energy that Usui found during his Sartori.

The following story is one which I was told by my Reiki Master. Reiki, originating from the words raku-Kei, is the art and science of spiritual self-empowerment. It is said that Reiki originated in ancient Tibet thousands of years ago. The Reiki calligraphy, in Sanskrit, was supposedly used in meditation in Tibetan monasteries. The Reiki symbols were painted upon large wall hangings in the monasteries and acted as the centre focus in the practices towards enlightenment by Tibetan holy men.

A Tibetan Lama would sit on a four-legged wooden stool in the centre of an oval earthenware room (to represent the etheric egg) filled with three inches of water. The stool was made of wood with pure silver plate. Inlaid in amethyst and rubies, was the Master Frequency Symbol. In front of the stool was a mirror of polished copper. Behind the stool hung a tapestry containing the Lama's prayer and the Reiki symbols. The symbols were reflected in the copper wall and meditated upon by the Lama as he sat on the stool. The lama concentrated on the Reiki symbols to implant them deep into his subconscious, thereby purifying the body and mind, raising consciousness, and increasing awareness.

These are the Reiki symbols we use today, which were re-discovered by Dr Mikao Usui in March, 1922.

Most geometric designs give off some amount of energy even when just drawn on paper. Some symbols can influence the neuromuscular system of our physical bodied or the energy from our subtle body. You may be aware of the use of Mandalas in many styles of yoga and meditation today.

The second degree Reiki symbols affect your body and consciousness. Part of this influence may be from thousands of people using the same symbols for the same purpose for thousands of years.

However, one other major influence of the symbols is that created by a partnership of beings. In ancient times these beings set up a way for Universal Energy to be accessed by the Reiki symbols and procedures, and channelled to the recipient. This is an example of the power and effect of thought, wielded by highly evolved people, over vast spans of



time, space and other dimensions. This type of sacred use creates a powerful energy associated with the symbols.

In addition to the Second Degree Reiki Symbols, the cube in the Master Frequency Symbol was a sacred symbol used in ancient Tibet. The symbols helped to remind the people of the divine power in their daily lives.

While these symbols have a powerful action and effect, it is important to remember that the symbols are not the energy, they are simply a means to help us focus more directly on the actual energy itself.

I leave it up to you to make your own decisions as to whether Reiki ever existed before Usui Sensei reached enlightenment on My Kurama in 1922.

The Reiki Symbols

Here are the 3 Reiki symbols for Level 2 Reiki, which are used to help connect to Universal Energy and raise your own energy frequency.



[Drawing the Symbols](#)

Cho ku rei

Symbol 1: Body

Focus = Power Symbol

Sei he ki

Symbol 2: Mind

Harmony = Mental/Emotional

Hon sha ze sho nen

Symbol 3: Spirit

Connection = Distance

When you use the Reiki symbols for distant healing, emotional balancing, or attunements, they should be drawn with the palm of the hand, while simultaneously visualising them in violet and silently saying the name 3 times. You may trace them in the air, or for direct healing, on the patient, or you may visualise them whole.

The symbols may also be used for manifesting, Cho Ku Rei in particular. Visualise with clarity, be careful what you ask for, and make very sure that you do not violate anyone's free will.

Make the affirmation: "I ask for this, or it's equivalent, or better, according to free will, harming none, and for the highest good of all".

The symbols may also be used doubled.

Memorise the symbol shapes and names, and practice using them often. Like hands-on-Reiki, the effectiveness increases with practice and use.

Symbol No 1. The Power Symbol - Cho Ku Rei

" Put all the Power of the Universe here"

Cho ku rei (cho koo ray) is the Usui power boost mantra and symbol to increase the power of Reiki. This energy calls in higher universal energy and accelerates Reiki from low to high and gives greater power and focus to the energy. Power boost is used with the other symbols, as well as by itself during all treatments – hands on or distance. The mantra is repeated



3 times while writing the symbol once with the palm of the hand. The circular represents the conch shell calling to the heavens.

Uses:

- To focus and strengthen the Reiki energy at one point or for the whole treatment. May be added to the aura at the start of the treatment and used to seal the energy in over the heart, at the end of the treatment.
- Protection of self and others, and of property. May be visualised spiralling around a car as you send a loved one off on a trip, or while driving you may visualise beaming it up the road in front of you for a safe journey (free from kangaroos!)
- Meditation– to open the chakras.
- To improve the vibration of every day food and water– improve digestion and metabolism. Release negative energy and improve life-force energy of the food. (Use the symbol over the food or drink, prior to eating and drinking).
- Clear rooms of negative energy and entities.
- May be used to empower or clear crystals of negative energy.
- To charge crystals to deliver Reiki during treatment or Distant healing.
- At bed time to improve sleep, recovery, healing. (Take note of any dreams).

Clearing a Room: Face a corner of the room and draw the first symbol (saying the mantra 3 times in your head) with the palm of the hand. ‘Bring’ it down to the centre of the room. Repeat to each corner of the room. Then draw one in the centre of the room where you have been standing.

Using During a Treatment: Call the energy in, visualising the first symbol over the person you are treating at the start of the session (say 3 times). This is usually done over the heart before or after smoothing out the aura 3 times, but may also be done from over the head position and sent down the body into the aura. Cho Ku Rei may also be done over any area you are working on to increase the power, or in conjunction with the Second Symbol (Sei He Ki) for mental/emotional healing, or in conjunction with the Third Symbol (Hon Sha Ze Sho Nen) for distant healing. May be used in reverse to take away energy. As in a tumour. Remember– this symbol is a command, so be definite in it’s use. Should also be used over the heart, to seal the energy into the aura at the completion of a treatment.

Symbol No 2. - The Mental Emotional Symbol - Sei He Ki

“God and Humanity become One”

The mental emotional healing function Usui mantra is sei he ki (s hay key) . It balances the upper 4 chakras on the mental, spiritual, and emotional planes. First do the Cho Ku Rei (say 3 times), then do the Sei Hei Ki (say 3 times), followed by the Cho Ku Rei (say 3 times).

Uses:

- The mental-emotional function is used to facilitate emotional and mental healing and to assist self programming and treating addictions and habits, as well as all other mental and emotional concerns. It is said to work on the subconscious. Some practitioners use it on the first 4 chakras only and some use it on all positions.
- The mental/emotional healing shakti or function helps to balance the right and left sides of the brain (feminine and masculine, Yin and Yang).
- It is often used for healing unwanted habits or for programming in desired habits.



- Calms confusion and helps focus.
- Used to connect with our higher self or the higher self of someone we are treating for inner wisdom.
- Helps to heal the cause of unwanted habits, e.g. Drugs, alcohol, cigarettes, overeating, etc. (Write an affirmation about the habit on a piece of paper, e.g. "I am a non-smoker". Reiki the paper & empower with Symbols 1 and 2. Place in your pocket and every time you think about the habit, pull out the paper and Reiki again. If doing a treatment on others do the same and get them to repeat affirmations as you do treatment using Symbols 1 and 2. Burn the paper at the end of the treatment & allow them to take home the ashes and bury them.)
- Heals on a higher level of consciousness– in the auric field – works on the conscious and sub-conscious. Heals original causes of illness or injury.
- Good for protection of bad vibrations and negative energy. Psychic protection.
- Improves memory.
- For an energy boost draw a huge symbol in front of you and walk through it 3 times.

Using During a Treatment: During a normal hands on treatment, symbol 2 can be used in conjunction with symbol 1 when treating mental/emotional problems, or illness due to these causes.

After smoothing out the aura, draw *Symbol 1*, *Symbol 2*, then *Symbol 1* again, over the heart, or over the head and send down into the aura. This sequence may also be repeated on individual areas, such as over the throat, heart, solar plexus, etc., for emotional issues. Remember, it may also be used over any area of the body with mental/emotional causes for injury or illness.

Reiki Emotional Healing Meditation

There are many ways to use the Mental/Emotional Symbol for emotional healing. This meditation works on the issues behind physical problems. It can help bring into conscious awareness so they can be dealt with and healed. Below is a method that I use as an emotional healing meditation. Feel free to experiment with this and to tailor it to your specific needs, or the needs of your Reiki clients.

To begin get comfortable, sit in a comfortable chair or lie down and relax. You may choose to do some form of systematic muscular relaxation to increase the depth of the relaxation.

One example of this is as follows:

Begin by breathing deeply, in and out through the nose, following the breath, allowing your lungs to fully expand on every inhalation, letting go with every exhalation. As you lie here, bring your attention to the soles of your feet. Take a big breath in, and as you exhale, release all tension now from your feet, allowing them to relax and let go. Let this relaxing sensation flow up into your ankles, your calves, your knees and your thighs, letting the muscles and bones soften, release, let go... Allow the legs to totally relax, and then let the energy move up into the hips, relaxing them as it flows gently like a wave. Your legs and hips are now becoming heavier, softer, totally relaxed. Now let this relaxing power move up into the trunk of your body, and a warm feeling of energy moves up the spine as it relaxes the muscles of the lower back, the middle back, the upper back, softening, releasing, letting go. As you breath, you become aware of the rise and fall of your tummy, the rise and fall of your chest, relaxing more and more with every breath. As this energy moves into your shoulders, you allow your shoulders to relax and sink into the carpet, softening more and more with every breath. The energy now moves down your arms, and your softly curled fingers, relaxing your upper arms, fore arms, and hands. Now feel this warm energy move up into your neck, relaxing these muscles and flowing into your scalp, relaxing and releasing all tension now, from your forehead, your eyes, your cheeks, nose, lips and your jaw, so that you are now totally relaxed and at peace,



ready to begin your emotional healing.

(The symbols used are Cho Ku Rei, and Sei Hei Ki. Hon Sha Ze Sho Nen may sometimes be used for childhood or past life issues. If you have not yet memorised them, have a picture of the three of them together.)

Personal Healing

Try to bring the emotional issues to be worked on into awareness. If you cannot get a good handle on the issue, then concentrate on the feelings that you have regarding this matter. Draw the Cho Ku Rei in front of you and on your palms, and above the crown. Then do the same with the Sei Hei Ki, then the Cho Ku Rei once more.

Again connect with the issues, either the feelings of it or create a visual picture of it in your mind. Meditate on the symbols, and feel it bring healing into you. Know that it is working for your highest good bringing healing to your emotions.

Next draw again the Cho Ku Rei, Sei Hei Ki, Hon Sha Ze Sho Nen, and the Cho Ku Rei, and again connect to the issue/s. Concentrate on sending emotional healing to yourself at the point that this problem occurred, healing within you the past that continues to hold on and create the issue/s in you. Use an affirmation. "I am healed and whole", "I release this for my highest good", or anything that you think of that will help the healing process. Repeat the affirmation three times.

Meditate on the harmony and universal love that the Sei Hei Ki is a representation of. Allow the symbol to be part of your consciousness and let it flow over you. When done, draw the Cho Ku Rei in front of you.

Do this every day for a week and pay close attention for the changes that will occur in your life.

Alternative Emotional Healing Method for the Self or Others

This above method is one method that can be used. Another is to do a treatment using all the hand positions, and draw **Symbols One, Two and One** (repeating the mantra for each symbol 3 times) at the commencement of the treatment, sending it into the aura, or use at positions where you may think the issue could be mental/emotional in origin. You may also use these symbols at each position if you wish, asking that whatever patterns and conditionings are being held are released. Sei Hei Ki can be placed over the heart chakra to enhance the recipients communication with their 'heart-felt' emotions. If the issue seems to be from childhood, Karmic (past life) or spiritual in nature, you may wish to also use **Symbol Three**. Again be creative, use your intuition and experiment!

Full Mental Healing Method for Others – (Used when time is limited for a full body treatment)

- Establish contact with the person.
- Place one hand under the neck where the neck and skull come together. Other hand should be placed flat on top of the head, with the heel of the palm towards the back, fingertips pointed towards the body.
- Lift top hand off and draw **Symbol One**, and place the hand back in the same position (say mantra 3 times to yourself).
- Wait for an indication that good contact has been made (heat, vibration, coolness, pulsing, etc) then lift the hand off again.
- Draw **Symbol Two** and replace hand on head, saying the name of this symbol three times silently, then lift hand off again.
- Draw **Symbol One** and replace hand on head, silently say it's name three times. Say the name of the person three times.



- Imagine there is a **white, clear light in the centre of the person's head**, and say some words internally to the effect of "You, (person's name), are a beautiful being of light, and this energy is being sent to you at your deepest essence, for you to fill with whatever need, for your perfect body, perfect mind, perfect spirit. Take all that you need, and know that is sent to you with love, for your highest good".
- Then imagine the light flowing gently down the whole **skeletal structure** to the finger tips and toes, then back up to the head again.
- Next imagine the light gently flowing down the body, taking in all the **organs and soft tissues**, then back up the body to the centre of the person's head.
- Now imagine the light flowing from the person's head down through the very **cell and fibre of the body**. When you reach the feet, continue expanding the light out to surround the planet, and then to the edge of the Universe, and beyond.
- **Reverse this process**, returning to the room and the person you started with.
- Once this has been done, imagine you are drawing **Symbol One** between your palm and the person's head, saying the mantra three times in your head.
- You might like to say a blessing or a prayer before doing the final symbol, saying thank you for them allowing you to participate in this healing, and asking that the person receive whatever he or she needs for their highest good.
- The Mental Healing takes at least ten to 15 minutes, and may be done when time does not permit a full treatment. It may also be sent by Distant Healing when time does not permit a full distant healing session, and usually takes about 5 to 10 minutes.

Symbol No 3. The Distance Healing Symbol - Hon Sha Zei Sho Nen

"The Buddha in me reaches out to the Buddha in you to promote enlightenment and peace"

The Usui distance function mantra is hon sha ze sho nen (hon sha zay show nen). Distant healing can bridge time and space, allowing you to send healing energy across a room, or around the world to heal past or present wounds or situations. It can also be sent to situations in the future. Do the Cho Ku Rei (say 3 times), then do the Hon Sha Zei Sho Nen (say 3 times), followed by the Cho Ku Rei (say 3 times).

Uses:

- For sending the energies hands off, for absentee healing.
- Treating Issues from the past including past life issues.
- The Distance energy attunement also gives you the ability to use all the Reiki energies for hands off treatments at any distance at all . You can use this energy long distance and to beam the energies to someone in the room, this is especially useful in treating children and animals, or even people with issues relating to touch (e.g. sexual assault). It may also be used in treating yourself, on areas you can not reach and when in public or any place where a hands on treatment might be impractical.
- Connects one to the vibration of the Akashic Records, past-present-future.



How to do a [Distant Healing Treatment](#)



Distant or Absentee Healing to a Person:

When doing distant healing it is always a good idea to keep a writing pad next to you, and take note as to what you find during your treatment, so you may confer with the patient at a later date. Write as you treat. Remember, this type of healing is very powerful, and can be done across TIME and SPACE, to heal our attitudes, so that we can heal in the PRESENT. You may use a teddy bear, a pillow or whatever you have available as your proxy.

The Distant Healing Treatment

- Channel Reiki energy.
- Call in the thought form of the person. Say their name 3 times, and their location once. Then say silently or out loud “between my hands I have Reiki Energy. Do you present for healing?” Say this 3 times.
- Ask “Do you accept or reject healing?” Say this 3 times.
- Wait till you feel that you have been given an answer. If you feel that they are not open to the healing, remember, it is not up to us to presume what is best for the other person’s highest good. If “No”, then bless them, and dismiss. If the answer is “Yes”, proceed. You may also arrange prior permission, or phone the person before treatment to gain permission.
- Draw **Symbol One, Symbol Three**, then **Symbol One** on the thought form, saying the name of each symbol 3 times silently as you draw them.
- Draw **Symbol One** again over the proxy to anchor the power.

The healing bridge has now been completed and you can continue treating the client as if they were there in person, using a thought form, a proxy, or surrogate. You may also simply imagine the person shrunken down, and cupped in your hands, or use a photo of the person cupped in the hands, or even write their name on a piece of paper and place between your hands. Continue to send the healing until the Reiki energy has stopped, then seal in the energy with intention to continue the healing as long as is needed.

- If not using a proxy, simply imagine the person laid out in front of you, and commence treatment as if they were there.
- If using a proxy, form your Reiki bridge, place the thought form on the proxy, indicating the position of the head. You may like to use a pillow, a teddy bear, your knee, or anything else which helps you to visualise the client.
- Once the bridge has been made, draw **Symbol One, Symbol Two, Symbol One** (say mantras 3 times), over the head and send the energy down the body, commence treatment, asking “Is there a message from the higher self to the conscious mind?” Commence with position one over the eyes, and work down.
- You may use power symbols or mental/emotional symbols where needed.
- Continue with hand positions to the creases, then ask if knees, ankles, feet, etc. require treatment.
- Turn proxy over. Draw **Symbol One**. Do treatment starting at shoulders, and work down the body as you would in person.
- Seal in the energy. Turn proxy over.
- When finished, Bless and Dismiss. Ask that the energy continue to work for as long as it is needed, or perhaps say a blessing such as “ This energy comes to you with unconditional love and acceptance. Use it as you wish, in any way you choose.”

At the beginning of the treatment you can do a “Mental Healing” if you wish. Use your intuition to decide. A typical full Reiki distant healing session should take approximately 15 to 25 minutes depending on the need. If you do a mental treatment, 5 to 10 minutes is enough.

Treat the person as gently during the distant healing as if they were there in person.
Absentee Treatment without the use of Symbols



The Law of Correspondence

This is a very simple method of sending Reiki at a distance (absentee treatment), which is not technically a Usui Reiki form of healing, but comes from Tibet. This form may be done without Symbols, but can be difficult to maintain visualisation of the patient. I do not use this method, but thought you may be interested in trying it if you wish.

The simplest way is to use a photo of someone, or an object (teddy bear, pillow, piece of paper with their name, description, age & address, anything, etc.) that you intend to represent the recipient. There is a Universal Law that can be called forth to assist in this technique: the 'Law of Correspondence' or the 'Law of Similarity'. This is the means for which you, the practitioner, tell the Universal Beings of Healing what you are intending to do, and how you are proposing to do that. Then they will help to hold your intent in place while you are the conduit of the energy of Reiki. Simply, the 'Law of Correspondence' states: "Each component within a system or thing retains its own characteristics and takes on the characteristics of the system or thing as a total sum of its parts". Hence, one human represents another or all other humans; or one thing represents any other thing. And the "Law of Similarity" simply states: "If a person, object, or condition bears any likeness or resemblance in colour, shape, smell, action or sequence of events, it can be used for many psychic purposes as if it were the person, object, or condition itself, because of this likeness".

Similar things have the same energy. So it is important to use either of these laws when doing this kind of distance treatments. You take a photo, or object you intend to use, and hold it in your hands, thinking about the person you intend to send energy to. When you feel a connection between the energy of that person and a similar sense of the energy in the object you are holding, then the connection is complete. You would then state, mentally or verbally these words: "By the Law of Correspondence (or "Similarity"), this (name of object) represents (name of person)".

Next, you mentally state, "By the 'Law of Correspondence', as long as I am giving Reiki to this object, (name/s of person/recipient) receives a complete and continuous Reiki treatment. Then you hold that object between your hands, and simultaneously visualise the image of the person you are sending energy to. As long as you hold the image of that person, you are connecting with them (through the object) and they are receiving extra energy into their body.

You can see that it is important to hold the visual image, so a disciplined, focused mind is necessary to fully accomplish this technique. You can also make the same object represent more than one person, but it is necessary to be able to hold the mental image of each person you are sending to (this takes a highly trained mind).

One technique you can use to make this a bit easier, is to imagine/visualise each person you are sending to sitting on a sofa (this helps you keep all the visual images in one space. If you have more than will fit the sofa, see additional people standing, sitting, or kneeling around the sofa.

Another method is to hold the empowered object on your heart; this is the area of your body emitting the strongest field of energy, because your hands are an extension of your heart (same level in the body) and you are creating a continuous loop of energy out through your hands, into the object, back into your heart and out through your arms/hands once again.

You could also place the object over each of your body positions; as you are receiving Reiki in each of these hand-placement positions, the recipient/s is also receiving a treatment. It would strengthen the distant treatment if you would intend and state, "By the 'Law of Correspondence', my (name of body/hand position) represents (name of body/hand position) of (name of recipient) receiving Reiki.

As you do your daily self-treatment, each person your object is empowered to represent also receives a whole body treatment. Again, if you do this for more than one distant



recipient, you must be able to hold the visual image of each person during the energy treatment. This technique can also be made stronger by adding a prayer to the Highest Good for the person/s being sent to. And it can be even stronger if you call upon your personal guides, masters, and teachers (Reiki or other modalities) by name.

Another Visualisation Technique Sometimes Used for First Degree

Here is yet another method for creating more effective treatment sessions. It is a visualisation technique from Diane Stein's Essential Reiki. Imagine that you have 12 pairs of arms attached to your torso, like "Matahari" or "Shiva". Visualise laying them on yourself or a client simultaneously, and intend to feel the increased energy flow through your hands at one time, covering all 12 of the body positions at once. With a little practice, this method will increase your awareness, and you will sense a greatly enhanced flow of Reiki through you.

Second Degree and Beyond - Advanced Reiki Techniques

In Second Degree Reiki, we teach the following techniques; first the more simple and then the more advanced are listed here. In Second degree class, the students are attuned to the 'sacred' symbols' and then they can increase the efficiency of their healing work by using them.

On any of these and other techniques, you would increase the energy going into the recipient with any extra Power symbols that you would use, while doing Reiki on any body/hand position. This would specifically work on any imbalances you find in the physical level. If you suspect that the causation of any problem might be on the mental, or emotional levels, you would want to add extra Mental/Emotional symbols together with extra Power symbols, and the Reiki will work deeper on those levels. If you suspect that a discovered imbalance might be spiritual in nature, then it would be wise to add additional Distance symbols, along with extra Mental/Emotional and Power symbols.

This would work with Karmic debts being held onto in the recipient's energy fields. Knowing that Reiki cannot hurt any individual on any level, I recommend that you try all three symbols while doing Reiki on anyone, or any object and see how you feel. This would insure that all energy bodies would be equally worked with; it sometimes takes quite a lengthy time of practice to begin feeling the more subtle energy imbalances beyond the physical level.

The Photo Technique

The simplest technique for sending Reiki to someone at a distance, is through the use of a photo; a first generation 'Polaroid' is best; the more a photo is copied, the weaker the energy connection to that person through the photo. But with the use of Reiki symbols, that connection can be strengthened. Physically draw the three symbols (with the palm or writing instrument and always say the names of each symbol three times) on the photo and say (mentally or verbally), "This photo is filled with unlimited Reiki treatments". Then draw the symbols on the photo again, and say, "This photo represents (insert name of recipient, age, location, and condition)". Then draw the symbols once more onto/over the photo, and say "As long as I do Reiki on this photo, (insert name of recipient) receives a complete and continuous treatment". You can then place the photo between your hands, on your heart, on each body/hand position, or any way that you have been taught or create intuitively.

The Knee Method - Pillow Method - Teddy Bear Method

Another way of sending distant treatments is by the knee/thigh method. A pillow or Teddy Bear can also be used. The basis of this method, is to intend that the object represents the person. If you are using a pillow, you would intend that the top part represent the crown, the middle the waist, and the bottom the feet. A teddy bear is a direct representation. With the knee method, use the right knee and thigh to represent the back, and the left knee and thigh to represent the front of the person treated. The knee corresponds to the head, the base of the thigh would be the feet.



Which ever method you use, begin by drawing the three symbols on the object used to represent the person. Some masters use the wording and say, "By the 'Law of Correspondence', my right knee represents the head positions", although with Reiki this is not necessary. Intend the knee represent the head, and then draw the symbols on the knee and treat the positions intending that the person is receiving Reiki treatments for those positions. Move down below the knee to the thigh and intend that it represent the front positions on the trunk, and then do those hand positions intending the person receive Reiki in those positions. Use the other thigh to represent the back positions.

It is thought that the vocalisations "by the law of correspondence" are drawn from Wiccan practices, or from Western Hermetic Magick. In Reiki, no formalised ritual is necessary. Intent is the Key to utilising the intelligent energy of Reiki. Simply intend it to heal the person and send it, Reiki will do the rest.

Finger Method

The Finger method is another method of using a representation of the person to send distant Reiki. It is useful if you only have one hand free or in a place where you want to send distant Reiki but do not want to attract attention to yourself. Basically, this procedure uses one of the fingers of one hand to represent a person or situation that you want to send distant healing to. Wrap your fingers of one hand around the finger that you are using as your representation. Build your Reiki bridge by either drawing the symbols with your palm, or using your tongue on the palate of your mouth. Intend that you are sending distant Reiki to that person or situation. You can state it out loud as well if you like. As you do Reiki on your finger, intend that you are doing Reiki on the person.

Visualisation Technique

Another method is to imagine that you are there with the person receiving the healing, and do the healing as if you were there. The trick is being able to keep the visual image in your mind while you do the healing. It requires strong visual skills and intent.

Doing Reiki on a List of Recipients

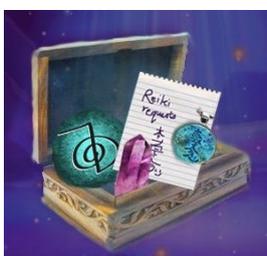
In this method, you are doing Reiki on an entire list of people, with the intent that each is receiving a complete Reiki treatment. This is a useful technique when you have a group of people that want distant Reiki, but you do not have time to do distant healing for each. Create a list of those that want distant healing from you. On the list you can include such things as their names, ages, locations, and what needs to be treated. Make sure you have their permission. Once you have the list, you empower the paper with the intent that it is filled with a Reiki treatment for each. It is even more effective if you connect and empower each individual first. Then you simply Reiki the list. Place your hands on the paper, and either just send Reiki, or visualise the people receiving a treatment. Generally, doing the distant healing about 15 to 20 minutes is a good amount of time.

Flame/Candle Technique

Try using a flame (oil lamp or candle) to represent a requestee list, especially a large one with many names. Set up the list the same way as described above. Then we place a candle on the list, light it, and empower the flame to represent the list, then repeat the symbols, and intend (mentally or verbally) that as long as the flame burns, the list and everyone that it represents receives an individual, complete and continuous Reiki treatment. Occasionally, as you pass the flame, you may add extra energy by drawing extra Power symbols onto the flame.



The Reiki Healing Box



Empower a list or a photograph of those you wish to send Reiki to with Symbols 1, 3, 1, (making sure to do each person individually if there is more than one person.) Place them in the Reiki Box. Empower the box again with the 3 Reiki Symbols, and charge that each person on the list receive a full and continuous Reiki treatment while ever they remain in the Reiki Box. During this time, continue to do the Power symbol over the box every time you pass it.

Distant Healing For Relationships

Reiki can be used on relationships between people. Like with remote healings the healer should come up with a way to objectify the relationship, then apply energy to the object as for a remote healing.

Recall that physicists are realising that everything around us is made of energy. Recall that Reiki is about channelling energy. Therefore it stands to reason that Reiki can be applied to anything made of energy, i.e. anything in existence.

Some Variations

Use a photograph to help visualise the person. (You might like to do this until you gain confidence in your abilities - although it is entirely unnecessary). All one needs is the persons name, sex and approximate age.

Call in the thought form of the recipient at a particular time in their life, when a trauma was experienced.

Programming a crystal with the Symbols and asking that the energy be sent to who ever's photo it rests on is another.

Once you have the thought-form on the proxy you may wish to send colour or place crystals on the proxy to send the energy of those crystals to the recipient.

Time-Release Reiki

This technique makes use of distant Reiki and a medicine cloud that is placed over the client. Its purpose is to release Reiki at regular intervals over a 24 hour period.

Here are the instructions:

1. Assuming you have a client you would like to send healing energy to, open the session using the master symbol (if you have it), the power symbol and the distant symbol.
2. Envision a large radiant cloud of healing energy over the client.
3. As you continue to send Reiki, state the following intention or something similar: "I program this healing intention to fill the Medicine Cloud with Reiki energy and to release and radiate Reiki energy in just the perfect dosage needed every hour on the hour for the next 24 hours to heal (state persons name) to his/her highest and greatest good."

This method is useful for pain control, injuries, enhanced healing after surgery, grief and mourning and it can also be used to send healing to members of the family who may be worried about the client.



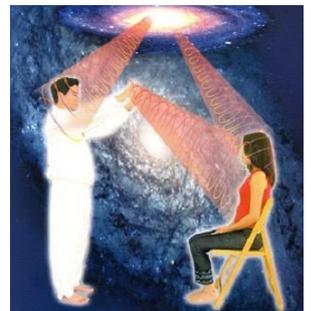
A **Reiki Drip** can also be set up to deliver Time-Release Reiki. Use it with a client present or at a distance. Visualise a "drip" such as those used in Hospital, containing Reiki Energy. Imagine spearing the needle or drip end into the wound or where the pain is, and charge it to continue to deliver unlimited Reiki Treatments for a set period or for while ever there is a need. Every time you thin of it visualise adding the Power Symbol to the drip.

Beaming Technique

There are two different beaming techniques. They are beaming distantly and in person beaming to someone in your location (i.e., you can see them).

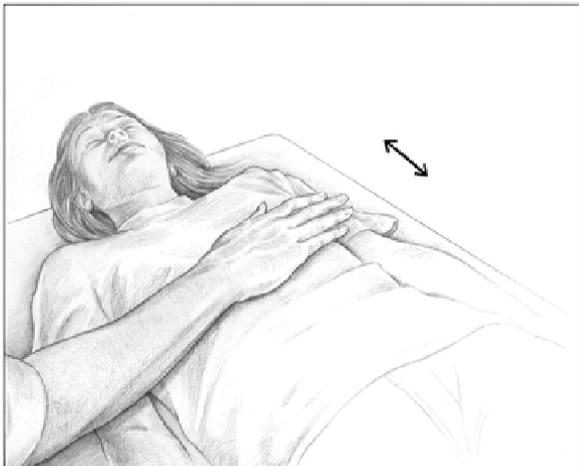
To do distant beaming, draw all three symbols in the air. State the name of the person you wish to heal, and any other details about them that you need to feel connected. Intend that the person will receive Reiki as you send. Hold both hands at chest height, palms facing outward from you. Then simply send the Reiki. You will feel it pour through your hands. As you send they will be receiving Reiki healing.

In-person beaming is distant Reiki but done when you are with the person. It is something you can do when you want to send Reiki to someone in the line of sight. This is useful for people with touch issues, or for people who it would be inappropriate to touch like burn victims or those with infectious



diseases. To do beaming, extend the palms toward the person and use the symbols and mantras to build your bridge. The difference between this and distant healing is you can see the person. If you are close to the person, you may beam without using the Distant Healing Symbol. You can also beam from the body, projecting out from every cell. You can also beam from the eyes, or anywhere else you care to.

Scanning (Byosen)



Byosen, translated as “sick accumulation,” is the frequency that is emitted from a tense, injured or ill body part. It is also the reaction of the body to incoming Reiki energy. By evaluating these two aspects of the *byosen*, the practitioner can discover the area or areas that most need treatment, know how long the hands should remain in a particular area, and know whether additional treatments are indicated.

Byosen has five distinct levels, which indicate the seriousness of the condition, with five being the highest degree of imbalance:

Levels of *Byosen*

- Heat. This heat is above normal body temperature.
- Strong heat. This heat makes your palms sweat.
- Tingling. The tingling can be experienced as pins and needles, as a magnetic feeling, or as your hands falling asleep.
- Pulsation, cold. The pulsation can be strong or weak, slow or fast. When the place you touch feels cold, it is not the fault of your hands, but a sign of *byosen* level four. Pain in the hand of the practitioner. This pain may be felt in the hand, in the fingers or in the back of the hand. It may move up your hand into the forearm, and may continue all the way up to your shoulder.

Working with the *Byosen*

Both Usui sensei and Hayashi sensei gave their beginner students handbooks that explained hand positions to be used for the most common ailments of that time. The handbooks allowed students to work effectively with Reiki before they understood the more advanced art of *byosen*. Once students became proficient in *byosen*, they listened to the body of the client and to the workings of the energy rather than relying on a specific pattern of hand positions.

Byosen is not to be confused with psychic ability or intuition. The Japanese approach is not exclusively intuitive. It is based on perception. Being perceptive can be learned, and this happens most easily in the presence of a skilled teacher. I have observed over the years that the teacher’s expertise flows naturally to his or her students as a result of their being in the teacher’s physical presence. This is the natural law of the spirit. The higher vibration transforms the lower.

In order to be perceptive, one needs to increase awareness. Begin by being aware of all the information that your senses provide for you. Look at the body of your client with the utmost attention and awareness. Notice every little thing. The client may not know what he needs, but his body does. His body will give you signs in the form of the five levels of *byosen*. The *byosen* attracts your attention; it pulls your hands to itself. Also the *byosen* tells you how the healing is going as well as how to proceed.

The first technique is really not a technique at all but simply a response to information from the client. A client comes to you and tells you what his physical problem is. He may



have been diagnosed by a healthcare practitioner. Perhaps he experiences pain or discomfort in a particular area of his body. You place your hands on that area and feel the *byosen*. If you feel a strong *byosen*, level four or five, you know that something serious is happening there that needs serious and possibly time-consuming attention. As you hold your hands on this area you pay attention to the peaks and valleys of the *byosen*. It comes and goes in waves. You continue working with the client until the peaks have diminished to level two or one.

I have experienced this effect time and time again, especially with some of my cancer clients. Frank Arjava Petter also talks about how this technique was demonstrated in a dramatic way during one of his seminars. A participant was supposed to have her gall bladder removed a few days after the workshop. She had developed very painful stones and the doctors saw no other way for her than surgery. Every day, for five days he worked on her with the group. On the first day he felt a strong level five *byosen*. During the treatment one of the other students held her head, one held her feet, two or three held other positions, and Frank placed his hands on the gallbladder for the duration of the treatment. The *byosen* changed after two peaks and dropped to a strong level four. He felt coldness in the area, an indication of level four. He imagined the stones turning to dust. The next day they began again with a light level five and from then on the *byosen* dropped dramatically. On the third day, all he could feel was a strong tingle—level three. By the end of the training, after five days, only heat could be felt. Frank then urged her to have a checkup before surgery because he knew that the body was taking good care of itself. Her healing powers were activated, and he was confident that the body could heal itself. All the others felt it as well. The surgery was cancelled by a surprised physician. *Byosen* is a powerful tool for increasing the effectiveness of Reiki and enhancing the outcome of Reiki treatments. I encourage you to experiment with each of the techniques described and to discover for yourself how amazingly effective *byosen* can be. Working with *byosen* requires practice and patience, but I believe you will find that the results make it well worth the effort.

Using Byosen with Level 2

Although you were taught scanning in Reiki 1, I would like you to continue this practice, to build your skill in this area. It is now clear that Usui taught a scanning technique. Scanning is placing your hands into the energy field of another to try to feel for differences in their energy field.

Now that you have been attuned to Level 2, you may use the symbols for scanning. After calling in the energy, draw the Power Symbol on your hands and commence. You are basically feeling for anything different. Have the person to be scanned lay down, and start at the crown. Move the hands about 5 to 15 cm above the body. Move your hands from crown to feet and back up. It may take a few passes. Feel if it seems hot, cold, spinning, fast, slow, chaotic, etc. This is a technique that requires a great deal of practice to become proficient at. Additionally, remember not to ever diagnose anything. This is useful in finding places that may need extra attention during a healing session. (However it must be added here that since Reiki does the healing and acts for the persons highest good, that we may not be able to influence the healing in this manner with Reiki in any case.)

You may also wish to try to "merge" with, to become the sensations and the energy flow, for this will help in opening your sensitivity to the energies and the energy field. You will therefore have greater holistic perception of the energy, and this will allow greater intuitive knowledge of whatever energetic defects in your patient's field may be the source of the sensations as you examine the patient with the passing-of-hands. This will also allow a greater overall awareness of your patient's condition to emerge in your being. The greater your sensitivity to your patient's field, and the fuller your understanding of its condition, the greater will be your power as a healer.



Integrating an Interpretation of Treatment Needs:

As you practice and gain experience, you will begin to be able to discriminate between normal body conditions and unhealthy ones. You will find that healthy chakras, for example, will have a sensation of health and energy associated with them when the hands are passed over them, while with **blocked chakras** you will sense an "unhealthiness," and will feel that the energy ends abruptly where it should flow—a stoppage in the energy that flows upward through the chakra and into it from outside. This sense of unhealthiness will be easier to read after some practice—you must be clear and open to it. Blocked or diseased chakras may also have a blackened, muddied, smeared, or discoloured appearance accompanying them, and will often appear this way to your mind's eye as you receive psychic information and guidance. Although blocked chakras are not easily detected through viewing of the aura, it is possible you will later acquire this ability.

Blocked 4th, 5th and 6th chakras are very common, while blocked 7th, 2nd, 3rd and 1st chakras are progressively less so. You will notice that some chakras will be chronically blocked on certain patients, while other chakras will be blocked occasionally, varying with the life circumstances of the patient. They are corrected using a technique called *Unblocking Chakras*.

A **leak or tear**, a region leaking energy from a damaged part of the field, may appear and have the feel of energy flowing or moving in an unlikely direction (often outward). You will get a sense of a break or rupture in the harmonious flow of energy—an unhealthy feel to its flow. Leaks and tears are similar, and are treated the same way.

Leaks may appear as a "jet" of energy flowing out from the body, usually near the knees, shoulders, neck, elbows or ankles. Tears may be seen as a rip in the field layer or layers, or sensed or felt as an openness in the field. These "holes" in the auric field are found over the chakras, over the face, and large tears, sometimes extending through several layers of aura are found most often over parts of the torso.

Auric energy impurities will have the appearance or feel of heaviness, discord or impurity—excess energy material in a place where it is not supposed to be. They will often appear as clumps of material, fuzzy areas or discoloured areas of darkened energy around the body. They are areas of undesirable stagnant energy accumulation, and are energy blockages of various kinds that inhibit the flow of clear energy in the energy field. The colours or appearance of these impurities will be unhealthy and undesirable looking, as opposed to the healthy, vibrant appearance of a clear aura; they will look or feel static, thick and discoloured.

These impurities are commonly found around the head, face, shoulders, torso, hips and other areas. They also occur over chakras. Like blocked chakras and leaks and tears, auric impurities may have an "unhealthy" feel to them as you pass the hands. They are often produced by unhealthy energetic conditions within the body, and can sometimes also relate to undesirable emotions or thought forms. The clearing of auric impurities, along with the unblocking of chakras, often results in better physical health, and also emotional and mental clearing for the patient.

A condition of **energy depletion** is sensed as an absence of the energy, a lack of robustness in the overall feel or appearance of the energy field. During your reception of psychic information and guidance, you may have learned of this condition in your patient, or you may have noticed, as you viewed the aura, that the energy seemed low—that the first layer (and higher layers) seemed dim. This condition will cause a weakness and dimness of the aura, on all its levels.

You may also sense this condition later, as you treat the patient with the laying-on-of-hands. During the placement of the hands you may also sense a lack of vitality in the body energy, and thereby confirm your perception.

To re-establish its energetic vitality of the aura greatly aids the healing process, especially in the seriously ill, and serves to decrease the likelihood of further disease. Occasionally, energy depletion will occur only in certain areas of the aura, usually at the extremities. This will be sensed in the same manner as overall energy depletion, yet only in the lower legs or arms. A variation of aura charging, local aura charging, is then employed to re-vitalize the field at these locations.



A **disturbance in energy flow** may be sensed as an overall disharmony in the energy of the energy field, not tied to any chakra or other specific location in the field. It is a disjointed, jagged or unbalanced feel or appearance in the energy flow of the entire body. You may not sense it visually, but may sense in your being, at a certain level, an unpleasant or uncomfortable sensation, something like the sensation that screeching on a blackboard presents to your sense of hearing. There is usually no visual indication, either with psychic sight or with the eyes, but it is sensed on a subtle level by the healer as an uneasiness in the energy field of the patient—an uneasiness that the healer may even feel in his or her own body.

When it is detected in only one particular area of the aura, occasionally over portions of the torso, it is corrected by adding Reiki, using the Power Symbol.

You will, with practice, be able to discriminate between these different conditions, and know what treatment is appropriate. Using all the information you have gained from your reception of psychic information and guidance, viewing the aura, passing the hands and any other felt sense, integrate and plan the course of appropriate treatment. Above all, however, be aware that this understanding of the condition and proper treatment of the patient will form as feelings in the eyes, mind and hands. The idea is to form a knowing that is felt by your whole being.

After coming to a good understanding of your patient's condition, you will then proceed with treatment.

Repairing a Leaky Aura - Orbicular Wound

Useful for Low energy, Phantom pain, Chronic fatigue, Difficult cases.

Auras are energy fields surrounding the body constructed of many different energies. There may be holes in the aura where energy may be leaking out. If there is a leak in the auric body then it can be like a constant drain on the energy of the body.

The energy that surrounds the body rotates in a clockwise fashion. The correction moves energy from where there is more energy to the leaky area.

Muscle Testing

Muscle Test with one hand (as in the following picture) and scan the body at about 2.5cm away from the body surface, using the other hand. You could also scan it up to an arm's length away.

Wherever there is a hole in the aura, the arm will test as weak. Double check where the arm tested as weak to memorize the position to work on.

Scan both the front and the back of the body.

There are a myriad of uses for muscle testing. Muscle testing is done when we need to use the body's intelligence to give us an answer. We can ask a question of the person and test the answer, we can hold a certain vitamin to the solar plexus and muscle test to see if it good for us, we can scan the body to find a weakness, we can check if each particular chakra is in balance. The options are endless. You can even test for something the client doesn't know the answer to on a conscious level.

Treatment- Aura - Fix

Fix by moving the palms of the hand clockwise over the area where the muscle test went weak, starting with a large circle going toward the centre of the weakness ending in a small circle. It is like spreading frosting over a cake.

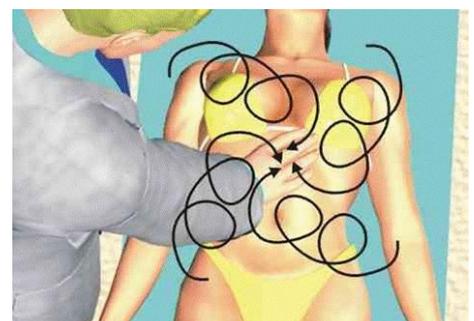
This pulls in aura energy from surrounding space to cover the hole.

Retest afterward to see if the "hole" in the person's aura has been filled.

Seal the area with a power symbol once the hole is repaired.



Muscle Test while scanning the aura



Simply get the client to hold out their arm (this may be done standing, and the arm is held to shoulder height). Ask them to hold a constant pressure, but not to push hard against your hand.

To test for accuracy, push down on the arm with constant pressure, as you say a true statement, then do the same as you state a false statement.

Group Healing

Group Healing is a number of Reiki (or other healers) working together to heal another person. This can be done in person or via distance. Two methods for this are described below.

1 Method One

The person to be treated lies in the centre with one person placed at the head, and others place on each side, taking up one or other of the Reiki position. The person at the head leads the treatment, telling the others when to change.

2 Method Two - Spiral

Reiki Practitioners sit in a circle. Each person faces the back of the person in front of them. Have everyone draw the symbols and connect to the Reiki energy. The name, age and other information about the person to be treated is stated and then everyone sends Reiki to the person in front of them, the last person sends the energy of all the practitioners to the person being treated.

3 Method Three - Circle- Distant

Practitioners sit in a circle facing the centre. Have everyone draw the symbols and connect to the Reiki energy. The name, age and other information about the person to be treated is stated and then everyone sends Reiki to the person who is visualised/imagined to be in the centre of the circle. This may also be done using a proxy, a photograph, or description on paper, with the energy being beamed to the centre. This method can also be useful to place each person in the circle mentally, one at a time and channel to them.

Crystal Reiki Grid Technique

Of course, there is also the 'Crystal Power Grid' made popular by William Rand. You would secure, buy, find, or dig for **eight** similarly sized quartz crystals, holding the intent/purpose of 'healing' in thought as you pick them. You would choose a centre quartz crystal (sphere, cluster, or multi-terminated). You would cleanse all the crystals in a sea-salt and distilled or purified water bath, for a period of 24 or more hours. The crystals may also be placed outside for a minimum of two days and two nights. This will empower the crystal with a full charge of masculine (Sun) and feminine (Moon) energies.

You should physically pick up each crystal and empower them individually with all three of the Reiki symbols, and place three sets of intentions onto each crystal:

1. To empower the crystals with unlimited Reiki treatments.
2. To place the intent of the crystal's use for healing purposes.
3. To place an unlimited supply of power symbols into each crystal.

Find a 'sacred space' for the grid, that only you will have access to.

Place the centre crystal on the symbol, and from the batch of crystals, intuitively choose one that feels like it has strong 'Yang' or masculine energy as the 'charging crystal'. Then place the six remaining crystals (points facing inward toward the centre crystal) in a circle, evenly distributed like the numbers of a clock. Invoke the guidance and assistance from your personal guides (angels, Ascended Beings, Reiki Masters and teachers) to charge and attune the grid with Divine Love/Wisdom for the Highest Good of all concerned.

Pick up the charging crystal and place it in your dominate hand, point downwards over the grid of crystals. Place the point of the charging crystal over the centre crystal and draw pie-shaped triangles over each of the crystals in a counter-clockwise direction.



Draw a line from the centre crystal out to one of the crystals, then move counter-clockwise to the next crystal, then back to the centre, then back out to the crystal you just left, and move counter-clockwise to the next crystal, moving around the circle several times, until you feel that the grid is strongly empowered.

Add to this movement the following chant/mantra/affirmation: "I charge this grid with healing energy. With healing energy, to heal". Then replace the words "healing energy" with words like "love, balance, awareness, compassion, clarity, worthiness, acceptance wholeness, etc. You will want to do this last procedure every couple of days to cleanse, re-balance, and empower the grid with a strong 'healing' energy. Between re-empowerments, you can draw Power symbols over the grid every time you walk by it.

Now place your list of healing requestees into the centre of the grid and intend for it to send complete and continuous Reiki energy to every individual on the list.

If you are going to be travelling or for some reason you will not be able to re-charge your grid every couple of days, take a photo (preferably a first-generation 'Polaroid') and empower it to represent your grid. Take the photo and the 'charging crystal' with you and every couple of days, you can charge the grid using the photo as a surrogate/representation for the grid. You can also add additional people, situations or relationships onto the photo to send continuous treatments to the list.

Continuously Resonating Field of Reiki Energy

Another 'crystal' technique is the "Continuously Resonating Field of Reiki Energy". With this method, you would set up a defined area of space to hold a continuous field of energy that will benefit any life-form. You will need four (4) similarly sized crystals. You will want to clear and purify them as described above. Then you will want to empower each crystal with unlimited Reiki treatments; plant and empower the intent for the field of energy to be stimulated each time the molecules in the crystals move or vibrate (continuous action in all matter).

Place the four crystals in the corners of a room or on the outside corners of a house/building, or on the boundaries of a garden, at the corners of a pet's house/space, etc. and visualise the energy fields connecting all crystals, creating an energy field that continues upward above the ground, as well as downward beneath the ground. Then draw/visualise the symbols toward the resonating field of energy, and empower the enclosed space with unlimited power symbols; then repeat the symbols and intend the resonating field of Reiki energy to continue its action with each molecular vibration.

Everything within the space of the crystals will continue to receive an on-going treatment of Reiki. You might even do this around your bed.....it should help you to sleep and remain more relaxed and healthy.

Reiki Manifestation Grid

Another great idea is the "Manifestation Grid" (from Diane Stein's Essential Reiki). Who today doesn't have money, things, situations and/or relationships that they would like to have created in their life? This technique is composed of several other modalities, but it works so well with Reiki.

We must be able to determine what we would like to have in our lives, and a good way to do that is to sit down and list everything on a piece of paper that would make life more enjoyable, easier, and useful to us in our everyday experience. Once you have listed all that you can think of in one setting (you can always add or delete as you go along), then you need to put those visual images into some concrete form for the Universe to energetically work with.



The next step is to search through magazines, newspapers, idea books, and trade journals that are of particular interest to you. Look for photos that best represent the items that you have listed. Look also for words that best describe what you want in your life; words cut out of magazines, newspapers, trade journals, etc. And find some photos of yourself, your partner, whoever is in your life, or perhaps a representation of someone that you want to be in relationship with. You can also use clipart, photos, and printed 'phrases/words' from the computer/Internet. Choose the photos of yourself/partner that are not your favourites; cut out the heads and put onto the photos of people that are doing the kinds of activities that you want for yourself. Remember, you can always add to the grid as you go along.....you now have enough of the essential basics to begin to build the grid.

You will need a poster board (your choice of colour, but white may be best), some fast-drying glue (a glue-stick works very well), some markers of various colours.

Now, draw a large circle on the poster board; this will represent the Earth. Then draw in representations of the land masses (continents, islands, etc.) that you would see from space. Colour the land, and the water their appropriate colours. Then draw in some clouds over the land and water. What you should have is a pretty good representation of the Earth (similar to that taken by the Apollo astronauts from space).

Next, using a ruler, draw a grid of lines over most of the poster board, including drawing them over the earth. This should look like 'waffle squares'; horizontal and vertically intersecting lines with the ends going out beyond the large box of squares. Draw the lines boldly with a black marker pen. Then begin to place the photos and the words that describe your desires all over the poster board, and when you like the placement, glue all of the photos/words onto the poster board.

When you are finished, you will want to draw (with the hand/fingers or with a writing instrument) the Reiki symbols over the whole grid. Empower the grid using the formula described above. And tack or hang the "Manifestation Grid" on the wall, or on the back of a door (if you don't want others to see it) or over the bed (on the ceiling). Every time you walk by or look at the grid, draw or visualise the 'double power symbols' over the poster board.

Whenever you look at the grid, project an image of you in the middle of the grid, as if you already were enjoying the fruits of your desires. You can add positive affirmations to your Reiki work, and that will help your conscious and non-conscious mind accept the success of manifesting everything that you desire that is represented on the grid.

Have fun with this.....you can even use meditation work by focusing on the grid with eyes open, drawing Reiki symbols over the poster board, repeating positive affirmations, and then closing your eyes, and creating a visual picture of the grid in your mind, and repeating the sequence of techniques that you did with eyes open. Before long, these objects, situations, relationships, etc. will begin to appear in your life. And so it is.....

The 21 Day Manifestation List

Another easy way to manifest or co-create is to make a list of everything you could possibly wish for, read it every morning when you get up, and every evening before you go to bed, or before you meditate. Do this for 21 days, then throw the list away, and leave it for the universe to take care of for you. This can be done with or without the Reiki symbols, and will not only bring you closer to your goals, but will help change your attitude towards life.

The Grateful Diary

Simply find a diary or note book, and each morning write down 5 things you like about yourself, your life, or 5 things you are grateful for. Do this every day, and soon you will find that you stop placing your attention on the negatives, and start noticing the positives in yourself, others, situations and life! Remember, what we look for is what we find. It's not what happens to us, but our attitudes towards it. Soon you will start to find that when things go 'wrong' you



start to see these events as simply lessons, not mistakes or misfortune. Our biggest goal is to learn to accept and appreciate ourselves and others as they are, and to learn to truly love ourselves and others for who we are deep down inside. This Grateful Diary will go a long way towards changing your attitudes, and should be shared with others.

You may also empower your Diary with Reiki Power Symbols if you wish.

Psychic Protection and Soul Clearing

Occasionally we sense the presence of negative entities while working with Reiki. These can be cleared by using the **Power Symbol** to clear a room or building, drawing the symbol in each corner, and pulling it down to the centre of the room, one at a time, then drawing the Power Symbol in the centre of the room. I have used this technique on several occasions, it is easy, and it works.



Another Method I have used is to first protect yourself with the Power Symbol, then address the entity and say out loud “As a representative of the human dimension I now command you to leave and go towards the Light”. This can be done alone or if you have several people, surround the building you wish to clear, raise your hands and repeat the statement.

Non-Reiki Method for Protection

Smudging as discussed in Reiki Level 1 is an Indian Method for clearing negative energy and entities from a space. The Australian Aboriginals use gum leaves and “Smoking” the space, building or person.

We can also use [GCP \(Ground Clear Protect\)](#) as discussed in Reiki Level 1, where we imagine tree roots growing out from our feet, deep into the earth. Then we imagine clearing the aura with whatever feels right for you—one of the 4 elements- earth, wind, fire or water. We might use Reiki symbols, a religious cross, an Egyptian Ankh or any other symbol that comes to us to cleanse. Next we put a bubble of white light around us with a strong boundary, which can be as thick as you wish, or build a triple Layer of Protection as discussed in my videos below. Visualisation is EVERYTHING! Whatever we can create in the mind will be produced energetically.

Some of my friends imagine zipping up and tying a bow on top, or even seeing a shield of armour. We can also call in Archangel Michael or other Angels to assist.

Placing a rose on the edge of your aura is an ancient occult (unknown) symbol of protection. Make it as large as your face. People coming into your field will sense the beauty of the rose, but it has a grounding stem full of thorns so will add protection, and also absorb any negative energy and send it down the stem to the centre of the earth to be transmuted into positive energy for Mother Earth.

My Methods for Clearing

Do Choc Ku Rei in each corner of the room and drag down to the centre of the room, then step out of the centre and draw a Cho Ku Rei in the centre.

Stand in the doorway and state:

“As a representative of the Human Dimension, I command you to leave this place and go to the Light, or wherever you need to go, grow and evolve. You are not welcome here, and you cannot stay. Go in Peace!”

Angels of Protection

Angels are always ready and willing to assist you in releasing your past pain, and protecting you from external negative influences.

Ask for help when you are in need, and be open to the angelic assistance available to you... when you ask, your angels, guides, ascended masters, and the divine will always come to your assistance in one way or another.

A simple mental request of “Angels, surround me with your love and light to shield my energy, now” is enough to invoke the powerful energy of your angelic team that is always waiting to serve you.

Melanie Beckler





Here are some more ideas in my Videos [Psychic Protection Part 1](#) and [Psychic Protection Part 2](#).

Japanese Reiki Techniques

Recently more and more information has been coming out from Japan about the Japanese Reiki Techniques (JRT) which were handed down by Sensei Usui to the Usui Reiki Ryoho Gakkai, who are still practicing in Japan.

Books have been written by people such as Frank Arjava Petter, William Lee Rand and Walter Lübeck who travelled to Japan, translated the manuals of Mikao Usui and Chujiro Hayashi and did much research in the field.

There has also been much published on the internet about JRT from other sources, including a workshop held in Vancouver, British Columbia, which was organised by Reiki Master Rick Rivard, invited Mr. Hiroshi Doi, the Reiki teacher, Mr. Yukio Miura, Ms. Yuko Okamata, both students of Mr. Doi, acting as translators and demonstrators of the techniques, and Mr. Akihiko Uechi, who helped translate materials into written form. All had flown in from various parts of Japan.

Mr. Doi is a member of the Usui Reiki Ryoho Gakkai, the organisation of Reiki practitioners begun by Usui Sensei in April 1922. Today there are 500 members, not so many considering the great numbers of practitioners in Japan. To become a member, one must be sponsored by a current member, and voted into the organisation. Doi-San went on to explain that there are only six current Shinpi-den level teachers (equivalent to Master/Teacher of Western lineages) who teach the three practitioner levels. There are of course many Reiki instructors in Japan, but few that gain membership into the Gakkai. Each level takes many years of practice before one is able to receive higher training. The three practitioner levels within the Gakkai are Sho-den, Oku-den, and Shinpi-den. Gakkai teachers can not seek their own students, but are assigned students who want to learn Reiki from Gakkai members. Training is ongoing; students must attend regular gatherings where they must practice meditation, chant Emperor Meiji's Gyosei (125 Waka poems expressing spiritual truths), practice Hatsurei-ho, receive Rei-ju empowerments, group recitation of Usui's principles and exchange of hands-on treatments with other students. New teachings are given to a student who shows accomplishment with previously learned techniques.

There are 6 ranks of proficiency with the system of natural healing (Reiki), and each student must be able to demonstrate the level of energy they can channel, as well as their proficiency of healing techniques. Usui assigned himself to the 2nd level of energy proficiency, and that became the measure for all other practitioners. No other practitioner has ever gone past the 3rd level of proficiency to date. Although there are teachers (Shinpi-den) who pass on Usui's teachings, there is continuous dedication to the work of raising one's vibrations so they can contain and transfer large amounts of sustained Reiki energy.

They demonstrated several techniques used and taught by Usui and Chujiro Hayashi that most westerners had been unfamiliar with previously. It is a widely known in Japan that Mr. Hayashi indeed took training from Usui, had once belonged to Usui's Gakkai organisation, but left after Usui's death.

The following information is about the Japanese Reiki techniques which are widely used by the Gakkai.



Usui Reiki Ryoho Gakkai Okuden (Level Two) Techniques

Source: Essence of Gendai Reiki ho - Sensei Hiroshi Doi; translation by Yukio Miura; editing by Richard R. Rivard, Tom Rigler

- Essence of Okuden

Okuden Zenki Techniques

- Hasurei-ho
- Usui Sensei's Shuyo-ho
- Uchite Chiryō-ho
- Nadete Chiryō-ho
- Oshite Chiryō-ho
- Gyoshi-ho
- Koki-ho
- Tanden Chiryō-ho
- Heso Chiryō-ho

Okuden Koki Techniques

- Reiki Symbols
- Seiheki Chiryō-ho
- Enkaku Chiryō-ho
- Ketsueki-Kokan-ho



[Hasurei-ho](#)

Throughout the class students learned techniques that are taught to assist the spiritual growth, as well as speed their sensitivity to Reiki. Perhaps the most important techniques was **Hasurei-ho** (strengthens energy channels and raises vibrational rates). This is taught to Level 2 students and is performed at all gatherings/classes. Students are also urged to practice this technique often each day to help them to increase the quantity of energy they can access and pass on. Here is a link to a video of [Hasurei-Ho](#).

This is a way to enhance your Reiki channel and help you grow spiritually. It is an exercise used to cleanse the aura, so you may place your hands a little away from the body.

I. Kihon Shisei (standard posture)

Sit on the floor (Seiza style - on your knees, sitting on your legs) or sit on a chair Remove all the tension from your body and relax. Close your eyes lightly. Straighten your back. Bring your attention to the Tanden (3-5 cm below the navel). Both hands on the lap, palms facing downwards.

II. Mokunen (Focusing)

This means to quietly tell your subconscious mind "I'll start Hasurei-ho".

III. Kenyoku (Dry bathing or Brushing off)

Note: you should breath out as you brush using the **Hado** method- as you exhale, say "**aaaaah**" softly or something similar - i.e. make a sound. Brushing can be either with contact (touching) or in the aura (not touching).

1. Place the fingers of your right hand near the top of the left shoulder, with the fingertips over the indentation just in from the edge of the shoulder (where the collar bone meets the shoulder). The hand is lying flat.
2. Draw the flat hand down across the chest in a straight line, over the "V" of the sternum (where the rib cage meets) down to the right hip, while doing the Hado breathing.



3. Repeat this procedure on the right side, using the left hand. Draw it flattened from the shoulder, in a straight line, across the sternum, to the left hip.
4. Repeat the procedure again on the left side.



5. Place the fingers of the right hand on the middle of the left forearm, fingertips on the edge pointing outwards. (Note: Doi's sensei's modified version is to place the right hand on the tip of the shoulder).



6. Draw the right hand, flattened, down the outside of the arm, all the way to the fingertips, all the while keeping the left arm straight and at your side, while doing the Hado breathing and the 'Haa' sound.
7. Repeat this process on the right side, with the left hand on the right forearm and drawing it down the right arm to the fingertips. (Or use Doi-sensei's version).
8. Repeat the process on the left side again.

IV. Connect to Reiki

Raise your hands high up in the air, visualize and feel the vibration/light of Reiki flowing into your hands and running through your whole body.

V. Joshin Koku ho (Cleansing Breathing) This means to purify the mind ***The original Gakkai method is to simply do clean breathing.*** As some students find this difficult to do, Doi-sensei replaces this with Joshin Koku Ho.

1. Calmly breathe in and out from the nose with pure thoughts. Both hands are on the lap, palms facing upwards and slightly curled as if holding an egg. Bring the mind to the Tanden and keep it there. Breathe naturally in a relaxed manner and release the tension from the body.
2. As you breathe in, imagine or visualise that white Reiki energy is coming through the top of the head down to the Tanden and spreading everywhere throughout the body. At the same time imagine that all the tension is melting away and making you feel relaxed.
3. As you breathe out, do the Hado breathing with the 'Haa' sound slowly



and firmly. At the same time imagine that the light, which filled all of the body, is emanating out through the skin and spreading into infinity.

4. Repeat (2), (3) for a couple of minutes or as long as you like.

VI. Gassho

Put your hands together holding them in front of your chest (like praying hands) a little higher than your heart.

VII. Sei Shin Toitsu (Concentration). This means to concentrate the mind.

The original Gakkai method is to simply make your mind blank. As some students find this difficult to do, Doi-sensei replaces this with Sei Shin Toitsu.

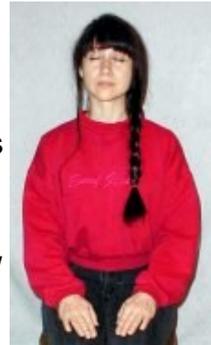


1. Keep the Gassho, bring your attention to the Tanden. Imagine that you are breathing through your hands.
2. When you breathe in, visualize that the light of Reiki flows in through your hands on to your hara line, and filling the Tanden.
3. When you breathe out, do the Hado breathing, and visualize that the Reiki light stored in your Tanden radiating out through your hands. (Your attention should remain on your breathing).
4. Repeat (1), (2) for a couple of minutes or as long as you like

VIII. Mokunen

Put your hands back on to your laps with your palms down. Say silently to your subconscious mind "I have finished Hatsurei-ho."

Open your eyes and shake your hands up/down/left/right for a few seconds.



Usui Sensei's Shuyo-ho

The [Hatsurei ho](#) described above is a slightly modified version of **Usui-sensei's original**. Here is how it is done originally.

Hatsurei-ho is called "**Shuyo ho**" when it is done together in a group. It goes like this:

1. Clear one's mind by singing **Gyosei**
In the Usui Reiki Hikkei; there are 125 of the Gyosei, the poems of the Meiji emperor. Some students learn only a few favourites, while others may learn all of them. So as the Gyosei are repeated, some may say a few or just one, over and over, while others may repeat several.
2. **Seiza** - sit on the floor in Zen style
3. **Kenyoku** - brushing off
4. **Joshin Kokyu** - Soul cleansing breathing: meditation focusing on "tanden"
5. **Gassho**
6. **Seishin Toitsu** - continue to meditate (this is when "**Reiju**" is give by teachers)
7. **Gokai sansho** - say 5 principles aloud three times
The teacher first says these aloud, then everyone says them together, then everyone says them silently.



Uchite Chiryō-ho

Purpose: Applying Reiki by patting with your hands or palms.

A technique, which can be used in areas of numbness and to stimulate the surface and allow better penetration of Reiki

Method:

1. Lightly pat and stimulate the area of numbness, making sure you do not hurt the recipient.
2. This will stimulate the surface of the physical body and allow Reiki to penetrate into the body quickly, waking up the cells.

Comments:

As an example, Doi Sensei demonstrated by patting up and down the shoulders and arms of the recipient for a short time, and then began to apply Reiki to this area. The hands may also be cupped as you pat.

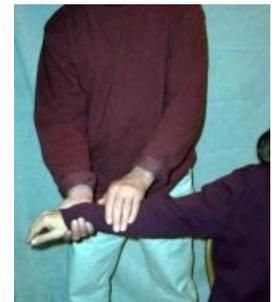


Nadete Chiryō-ho

Purpose: Applying Reiki by stroking with your hands.

Method:

1. Move your hands up and down (or drawing circles) to encourage the energy flow in the body with Reiki. Treat from the shoulders to the tips of the hands, waist to the tips of feet, giving gentle frictional stimulation.
2. Also stroke the body from top to bottom (or left and right). Try to penetrate Reiki feeling the strong flow of Reiki from your hands.



Comments:

Step 2 is more appropriate on the back. The circles can be performed on the right side of the spine and then on the left. I noticed that Doi Sensei would move his hands clockwise on the right side and counter-clockwise on the left side.

Oshite Chiryō-ho

Purpose: Applying Reiki by pushing gently with your fingertips.

Method: 1. Push the problem area with your finger tips (your index and middle fingers or your middle and the third fingers together), sending Reiki through the fingers, identifying the state of pain and numbness.

2. To loosen stiff shoulders, stiff muscles or lumps in the internal organs, push your fingers into the body area and send Reiki.
3. You can also push with your thumbs when you treat the area of stiff muscles or energy stagnation.

Comments:

Do not place your fingers on the bone, but simply on the muscles area. Be sensitive to your recipient's experience and do not push hard enough to cause pain.



Gyoshi-ho

Purpose: Healing with soft staring; giving Reiki with the eyes.

Method:

1. Your eyes can be used to give out Reiki, too. You just look at the area to be healed and feel that the area is being cleansed and healed.
2. You should not try hard to focus or glare, but instead focus softly on the area.

Comments:

This is most likely a technique taught at some level of Shoden, as Usui even mentions it in his comments at the front of his Usui Reiki Hikkei, given out to all Shoden students.



Koki-ho

Purpose: This is a technique to send Reiki using your breath. If you feel hot in your chest, mouth or nose when you give Reiki, then you can give Reiki through breathing.

Method:

1. Breathe in through your nose.
2. With your mouth shaped like when you whistle, softly breathe to the area where you want to give Reiki.



Comments:

This technique is useful especially when you want to give Reiki to where you cannot touch, as in a burned area. This is most likely taught in Shoden, as Usui mentions it in his Usui Reiki Hikkei, given out to all Shoden students.

Tanden Chiryō-ho

Purpose: This is a de-poisoning technique.

Method:

1. Place one hand on Tanden (3 cm below the navel), and the other hand on your upper forehead (the edge of where your hair grows).
2. Feel the energy from the hand on your forehead and say in your mind "please get rid of the poison from my body". Leave your hand here for a couple of minutes.
3. Move the hand on your forehead and put it on the hand on your tanden. With both hands on tanden, let the Reiki flow through tanden for 20-30 minutes.



Comments:

This technique can easily be applied to another person, and can be inserted into any treatment.

Heso Chiryō-ho

Purpose: Navel healing technique. The navel is the centre of your body and the healing spot for every disease.

Method:

1. Put your middle finger into your navel and feel the pulse for a while.
2. Feeling the pulse is gradually followed by Reiki, and getting in resonance with universal energy.
3. Keep it until you feel relaxed and balanced.



Comments:

As shown, this technique may be done with your clothes on. You may feel a bit self-conscious doing this on another person, or they may not wish to have this technique given this way. An alternate way would be to raise your hand an inch or two away from the body and focus Reiki into the navel.

Seiheki Chiryō-ho

Purpose: A version of "Nentatsu-ho. A way of releasing thought patterns or bad habits by applying Reiki together with the Harmony energy (see Symbols section).

Method:

1. Place one hand on the forehead and the other on the back of the head. Transmit the pure message through the hand on the forehead for one to two minutes. (The message or affirmation could be to improve the personality, correct bad habits, etc.)
2. Remove your hand on the forehead but keep the other hand on the back of the head for more than 5 minutes and give Reiki. While giving Reiki, no message should be transmitted.
3. You can use this technique for yourself or others. When you do it for others, make sure the message given is what the person wants. It is better and more effective to exercise short ones many times rather than giving a long one.



Comments:

While it is not specified here, it is assumed that as an Okuden practitioner, in Step 2 you are adding to the Reiki energy, the additional energies received in Okuden: Koki: Focus, Harmony, and the Connection energy as well. In the West these relate to Power, Mental/Emotional and Distant symbols. An advanced Okuden or a Shinpiden may be able to integrate all 3 energies (see Shinpiden section). See the Gendai Reiki-ho technique "Deprogramming" for Doi Sensei's version of this.

Enkaku Chiryō-ho

Purpose: This is a technique to send Reiki energy from a distance.

Method:

1. Acquire a photograph of the intended healing subject.
2. Gassho and extend your hands upwards to bring in the Reiki energy.
3. Focus on the combined Okuden Reiki energies, from Connection, to Harmony to Focus.
4. Send Reiki to the intended recipient.



Comments:

Originally called Photograph Reiki, one needed to present the practitioner with a picture of the healing subject. Not many could afford this so this was used more for affluent recipients. Since the Reiki practitioner at this level would have received the 3 additional empowerments of Okuden, they were expected to use these in a combined format in their healing.

Ketsueki Kokan-ho (Ketsueki Joka-ho)

Purpose: A nerve stroke technique often used at the finish of a Reiki session. There are 2 methods: **Hanshin Koketsu-ho** (Half body blood cleansing) and **Zenshin koketsu-ho** (Full body blood cleansing)

Hanshin Koketsu-ho

Method:

1. Sweep down the back from centre to left and centre to right with your palms, working your way down the spine. You should have about 10 to 15 outward sweeps.



2. Hold your index and middle fingers together in both hands and place them on both sides of the spine. Sweep down the spine from the neck to the bottom. Hold your breath for a couple of seconds. Then repeat. Do this for 10 to 15 times.



Zenshin koketsu-ho

Method:

1. The recipient may be lying face up or down, or sitting in a chair.
2. Give Reiki with your hands to the head (front & back, both sides, forehead, neck & base).
3. Give Reiki to both lungs, heart, stomach, and intestines.
4. Sweep both arms from shoulder to the tips of hands several times. Then sweep down from thighs to the tips of feet.



The Three Pillars of Reiki

This Japanese method is also taught in Reiki Level 1. Usui also taught that his Reiki system was based on three pillars: **Gassho**, **Reiji-Ho** and **Chiryō**.

1. Gassho (Praying hands) :Dr Usui taught a meditation called Gassho Meditation, which was practiced at the beginning of his workshops, meetings, and for 20 to 30 minutes each morning upon waking and each night before retiring.

The word *Gassho* means “two hands coming together”. The correct way to practice *Gassho* is to hold the hands up, with the palms close together. Each finger is supposed to lie upon the respective finger of the other hand. The hands are held so that the finger-tips are just below the nose. The elbows are not touching the body, but there is enough space in between the inside of the upper arm and the armpit to fit in an egg. The back is held erect and the head floating up by itself as if held up by a helium-filled balloon.

When doing Gassho meditation, focus your attention where your two middle fingers meet. If thoughts enter your head simply observe them and let them pass.

Energy phenomena may also occur, such as your hands or backbone becoming very warm, but always return your focus on your two middle fingers.

Over a period of time using Gassho on a regular basis, you will find that all you need to do to call the energy in is place hands in Gassho position, and the energy will easily flow.

2. Reiji-Ho: Reiji means “indication of the Reiki power”. Ho means “methods”.

1. Reiji Ho consists of three short rituals that are carried out before each treatment:

In the Gassho posture connect with the Reiki power, asking it to flow through you.

2. Pray for the recovery and/or health of the patient on all levels. Remember that it is not up to us to know what is good or bad for the patient, and that we are simply a channel for the healing energy.

3. Now hold your hands in front of your third eye (centre of your forehead) and ask the Reiki power to guide your hands to where the energy is needed. Remember, we are all basically intuitive. Learn to listen to the inspiration that is already there and trust that there is a higher power at work. Try to get involved with your whole heart each time you do this. The most important components involve love and attention. These qualities will show your client and you the path to healing and well-being.

3. Chiryō: means “treatment” in English. Dr Usui used many different healing techniques, but basically started with his dominant hand over the crown chakra till he felt an impulse or inspiration, which the hands then followed. During the treatment the practitioner gives free reign to his hands, touches painful areas of the body till they no longer hurt or until the hands lift from the body on their own and find a new area to treat.

Gassho The First Pillar of Reiki

■ The five Reiki principles which are taught in Reiki Level 1 are based on the three pillars of Reiki:

- Gassho: Pronounced – Gash-Show
- Reiji-Ho: Pronounced - Ray-Gee-Hoe
- Chiryō: Pronounced – Chi-Rye-Oh



Gassho The First Pillar of Reiki

■ Gassho implies recognition of the oneness of all beings and is used to:

- Express Gratitude and Respect
- For focus; to prevent wandering of the mind
- To bring oneself into dynamic balance
- To express the One Mind – totality: congruence of being.



Reiji-Ho The Second Pillar of Reiki

- Step 2: Pray for the recovery health of the patient on all levels, let Reiki do what is required.
- Raise your hands up (still in Gassho) in front of your 3rd eye & ask Reiki to guide your hands to where the energy is needed.



Chiryō The Third Pillar of Reiki

- Imagine that the energy from the Tanden spreads throughout your entire body.
- Exhale through your mouth. Imagine that the breath & the Reiki energy flows out of your mouth, fingertips, toes, hand & foot chakras.
- We become a clear channel of Reiki. Energy flows into us from the cosmos & back again to the cosmos.
- Tongue on roof of mouth touching front teeth while inhaling, bottom of the mouth while exhaling.
- Experiment with this technique



The Three Pillars work together as follows:

With the *Gassho* Meditation we bring ourselves into a meditative state, a state of oneness with the universe, helping the heart to attune with the treatment and helping us to let go of the ego.

Reiji can only be done by switching off the ego, and devoting ourselves to the healing of the client. Remember, it is not us that does the healing, but the universal energy, or God. At best we can only say that it works through us.



Once you have begun the treatment, *Chiryō*, you no longer need to be concerned about the healing or other outcome, placing it in the hands of the universe.

Other techniques taught during the weekend seminar were: Hand Positions, Byosen Reikan-ho (detecting energy sources of diseases), Hasurei-ho (spiritual energising/practiced in every level), Nentatsu-ho (communicating with subconscious), Jakikiri Joka-ho (purifying negative energy), Kenyoku-ho (dry bathing or brushing off), Chakra Kassel Kokyu-ho (breath-Chakra activation), Hikari no Kokyu-ho (light breathing), Gassho Kokyu-ho (Gassho breathing), Hanshin Chiryō-ho (half body treatment), Reiki Shower; Tanden Chiryō-ho (de-poisoning), and Heso Chiryō-ho (navel healing). Ketsueki Kokan-ho (Blood exchange), [The underlined names are the three most important techniques taught to students for treatment purposes].

Distance Healing is taught in Okuden-Koki, what some teach as the 3a or Personal Mastery course. Other techniques taught in the Japanese lineage of Reiki are: Reiji-ho (placing hands according to intuitive guidance), Koki-ho and Gyoshi-ho (healing with breath and eye-staring), and Giving Reiki to crystals, charms, etc. There are a few more techniques that help to intensify a Reiki treatment: there is Seiheki Chiryō-ho (variation of Nantatsu-ho), Self-Cleansing Healing, Sending Light to Cells of Body, and Solar Image training (integrating symbols); Advanced information about energy healing, understanding 'enlightenment', how to use Reiki more efficiently in everyday life, working with Reiki meditation and Usui Sensei's Reiki Principles, advanced techniques of Uchite Chiryō-ho (patting with hands), Nadete Chiryō-ho (stroking with hands), and Oshite Chiryō-ho (finger pressure). Additionally Sekizui Joka Ibuki-ho (Cleansing the spinal cord with breath), Hado Kokyu-ho (Hara Breathing), Hado Meiso-ho (deep vibrational energy breathing) are learned as advanced techniques that will greatly help a student's healing methods.

It was stressed strongly, that Reiki in the lower levels of training is taught as a healing technique; to be used primarily on Self to clear blockages in the physical body, and to attain the ability to hold greater amounts of energy within. A student earns the right to gain access to Reiki techniques and higher levels of training through understanding and accomplishment of each of the techniques taught, ability to hold increasing amounts of energy (as determined by the teacher) and the responses of clients to the energy of Reiki.

Additionally, students must attend monthly gatherings/classes where they continue to demonstrate their knowledge and understanding of what they have learned to date, practice Hasurei-ho and Meditation, and receive on-going Rei-ju empowerments. There is a greater commitment by the teacher to guide the student step-by-step through each level and to make sure that each student understands the importance of the techniques so later they can be a good teacher.

In the West this is not possible due to our lifestyle and the costs involved of both finances and time. In the West the emphasis is on self-empowerment, encouraging the student to seek out knowledge and take full responsibility for their own growth.

In the upper level of Shinpi-den, Reiki practice continues but more as a discipline that will lead to Enlightenment. It is instilled that Reiki has helped to prepare the body/mind/spirit to be able to access the energy for self-healing purposes, while helping other in their healing process, in greater preparation of gaining Enlightenment. Usui Sensei worked hard at trying to gain Enlightenment and it is only through effort, practice, and commitment that it can be reached. With Usui's true history finally available, every Reiki practi-



tioner around the world now has the steps that one man used to achieve Satori, showing us that we too can follow in his footsteps and do the same. I commend you, the reader, this path that will lead you to fulfilling your True Purpose as you move back toward the Creator and the Oneness from which we came.

So what happened to the Japanese Techniques?

Mrs Takata it appears was faced with a dilemma, she began teaching a Japanese technique to Americans during WWII (she took master training in 1938, the war was not over until 1945). She was also faced with Christianising a basically Buddhist teaching so it would be more readily accepted in the West. She was herself American and did not know all the nuances of the Japanese language, so I am sure that she was not offered the opportunity to copy Hayashi's notes as she would not have understood them. Her daughter Alice Takata Furumoto passed on to, we believe all of Takata's master students, a grey book entitled "Reiki, a Memorial to Takata Sensei" which included Dr. Hayashi's manual in old Japanese kanji, with a translation. It was at the discretion of the 22 Masters what they did with this information. Most it seems, did not pass it on. I also believe that there was some ego involved on someone's part, saying that Mrs Takata was the only surviving Reiki Master in the world (I believe that is the story). Well that made everyone in the world (other than in Japan) believe that all Reiki came through Takata. We know that simply is not true. Usui trained 16 or 17 masters, 3 were Naval officers (one was Hayashi), 5 Buddhist Nuns (Women), and 9 other people. Hayashi trained 13 masters students, Mrs Takata was the 13th, Tatsumi san was 12th, and Mrs Hayashi was 11th. So we ask what happened to all those masters and their students? Many of these lineages are alive and well and continuing in Japan. Reiki did not die with the men during the war.

Mrs Takata did not teach the techniques with the Japanese names, but she did teach most of them. A copy of her grey book entitled "Reiki, a Memorial to Takata Sensei" was handed down from Mrs Takata's daughter, Alice Takata Furumoto, to her 22 Masters, and notes for first and second degree from one of her students have also been shared. When comparing the techniques and presentation of material it is virtually the same as Usui and Hayashi Sensei's.

Following is a list of the Japanese techniques which Mrs Takata taught:

Hanshin Chiryō: As another method of treating the back. Most Reiki Masters do not teach this technique.

Tanden Chiryō ho: As a quick energiser or energising the solar plexus. She called the area 2" around the navel the solar plexus and said to keep it in 'A-one' condition. Plus she taught an emotional balancer as an additional position, which is also part of Tanden Chiryō ho. This is still taught by Masters of the Radiance Technique.

Seiheki Chiryō ho: As a mental/emotional balancing technique. Many Reiki masters in the west have either dropped this technique or changed it so it no longer resembles the original.

Kokiyū ho: As a breath empowerment technique to her Master students (does not use the microcosmic orbit, is not the Breath of the Fire Dragon, Blue Kidney Breath or Violet Breath taught by most Reiki Masters today). This technique is still taught by Masters of the Radiance Technique and Masters of some Seichim lineages.

Koki ho: As breath healing to level two students. Most Reiki Masters do not teach this.

Ketsueki Kokan-ho (called Blood Exchange by Hayashi Sensei): as the Reiki Finish, Nerve Stroke or the Finishing Treatment. Most Reiki Masters do not teach this technique.

Reiji: As listen to your hands and allow them to guide you. Most Masters teach a variation of this.

Byosen Reikan-ho: As your hands will feel different sensations, treat the cause and the effect will vanish. Most Masters teach a variation of this.



Shuchu or Shudan Reiki: As a group treatment, saying Reiki increases with each additional practitioner joining the treatment. Most Reiki Masters teach this technique.

Reiki Mawashi: As the class holds hands in a circle and feels the flow of Reiki. Many Reiki Masters teach a variation of its technique.

Reiki Teate: As hands-on self treatment. All Reiki Masters teach variations of this technique.

Renzoku Reiki: As the Reiki Marathon, where people take turns over several hours or days, giving Reiki to someone. Some Reiki Masters teach this technique.

Usui and Hayashi said always start with the head, in her 'grey book' Takata says 'Kindly and gently apply the hands starting from the head downward'. Most Reiki Masters teach this.

Mrs Takata gave the same 4 symbols taught by Usui and Hayashi Sensei; at least to Virginia Samdahl her first Reiki Master student. A copy of Virginia's master symbol reveals that it is the same as the Japanese Symbol. The second degree symbols in Takata's handwriting 'verified by Phyllis Furumoto's (Mrs Takata's granddaughter) are also the same as Usui and Hayashi Sensei's. There are only 4 symbols in Usui Reiki Ryoho, Reiki as taught by Usui, Hayashi and Takata Sensei's.

Many of these techniques can be found in the book "The Spirit of Reiki" by Walter Lübeck, Frank Arjava Petter and William Lee Rand. This book also includes pictures and much more information for those who wish to take the opportunity to continue their study.

Glossary of Japanese Terms in Reiho

Anshinritsumei Described as 'Enlightenment' or Spiritual Peace of Mind in the Japanese dictionary. Anshin means, 'Feel secure or to be totally at peace in your mind'. 'Ritsumei means, 'To know the mission of your life given by God (or highest being) and to feel assured.'

Byosen Reikan-ho - The method for sensing imbalances with your hands. The words Byosen Reikan describes the energy of a disease. It can be detected with your hands, but will vary depending on the severity and condition of the disease and from person-to-person. Byosen Reikan literally means energy sensation of sickness (imbalance/disease). Byo means 'disease, sickness' and Sen means 'before, ahead, previous, future, precedence', Rei means 'energy, soul, spirit' and kan means 'emotion, feeling, sensation'. When detecting a Byosen you will feel sensations such as tingling, tickling, pulsating, or piercing, biting, pain, numbness, heat, cold and so forth; these sensations are called 'Hibiki'. Your arms may ache clear up to your shoulders in extreme cases. Whenever disease is present there will be a Byosen, even when the client is unaware of a physical condition.

Chakra Kassei Kokyu-ho (Chakra breathing) – A breathing technique to activate the chakras. A technique which sends Reiki to the whole body and activates the chakras. A literal translation of Chakra Kassei Kokyu ho is 'breathing method to activate the chakras'. Kassei means, 'active or activate'; Kokyu means, 'breath, respiration'; and ho means, 'technique, method or way'

Chiryō-ho - Chiryō means 'medical treatment' and ho means, "treatment, method, or way".

Enlightenment – English word Buddhist reference. Japanese word for enlightenment is bodai and the Sanskrit word is bodhi. A transliteration of the Sanskrit/Pali term bodhi, meaning wisdom, enlightenment or awakening. (1) The wisdom of the true awakening of a/the Buddha. Enlightenment. The function of correct wisdom. The situation of the disappearance of ignorance due to the functioning of awakened wisdom. (2) The wisdom of perceiving the reality-nature. (3) Sublime enlightenment. The expression of enlightened wisdom.

Enkaku Chiryō-ho - The method of distance healing. A technique for sending Reiki at a distance, utilising symbols to focus the energy, across time and space. With this method you can send Reiho to a person, place, thing, situation, or relationship in the past, present or future. When you send distance healing, you extend your influence of love and harmony.



Sending energy to the past helps one heal present issues, patterns, and habits and achieve self-realisation. Sending energy to the future helps you to realise goals and to come into alignment and One with Creator (enlightenment). Enkaku means, 'distant, remote', Chiryō means 'medical treatment' and ho means, 'treatment, method, or way'.

Gakkai - Gakkai means 'academic or learning society'.

Gassho - Mudra or Gesture of Respect and Humility. Prayer position. Gassho means 'pressing one's hands together in prayer'. Other names: Anjali, Namaskra or Namaste Mudra, Humility Gesture. Mudra of Kwan Yin (Avalokitesvara) and Yama.

Gassho Kokyu-ho (also called Seishin Toitsu) – The traditional method of breathing through the hands (concentration breath). A technique for clearing your mind and connecting to higher levels of consciousness while remaining grounded. A literal translation of Gassho Kokyu is 'hand breathing'. Gassho means, 'pressing one's hands together in prayer'; Kokyu means, 'breath, respiration'; and ho means, 'technique, method or way'.

Gedoku - Gedoku is the cleanse or purification reaction in Reiki. Gedoku means, 'detoxification, detoxication, detoxicate, detoxify'.

Gokai Sansho - Gokai means, 'five commandments', and Sansho means, 'singing three times'.

Gyousei - Waka poetry of the Meiji Emperor. Gyosei means 'administration'.

Gyoushi-ho - The method for healing with the eyes. A technique for sending healing energy with the eyes. Gyoshi means 'gaze, stare or fixation' and ho means 'technique, method or way'. In the Usui Hikkei it states that Reiki emanates from all body parts, but strongest from the hands, eyes and the breath.

Hado Kokyu-ho - A method of vibrational breathing. A technique which will improve the function of internal organs through movement of the diaphragm. Circulation, metabolism and lung capacity will improve from inhaling more oxygen. The energy level rises and one becomes calm and relaxed. Hado means, 'wave, vibration'; Kokyu means, 'breath, respiration'; and Ho means, 'method, technique or way'.

Hado Meisou-ho - A meditation with the Hado Breath. A meditation technique utilising Hado breathing. Hado means, 'wave, vibration', Meiso means, 'meditation' and Ho means, 'method, technique or way'.

Hanshin Chiryō-ho - Half body treatment. A method for treating the back from neck to buttocks described in Usui Sensei's Hikkei and in notes from a student of Takata Sensei. Hanshin means, 'half the body', Chiryō means 'medical treatment' and ho means, 'treatment, method, or way'.

Hanshin Koketsu-ho - Half body blood cleansing. Hanshin means, 'half the body'; Ko means 'old'; Ketsu means, 'blood'; ho means, 'technique'.

Hatsurei-ho - A technique which, cleanses the energetic body and cultivates a greater flow of Reiki energy. Self-cleansing, meditation and movement from Taoist qigong. Hatsu means, "to generate something"; Rei means, "spirit or soul"; Ho means, "treatment, method, or way".

Heso Chiryō-ho - The method of navel healing. A technique which addresses the most important point to heal all diseases - the navel. The navel is considered by some to be the centre of the body and is our connection (umbilically) to Divine conception and the blueprint of perfection. Heso means 'navel', Chiryō means 'medical treatment' and ho means, 'treatment, method, or way'.

Hikari no Kokyu-ho (also called Joshin Kokyu-ho) – The traditional method for breathing of the light. A technique, which will reduce stress, purify mind, body and spirit. In time, use of this technique will enhance your own energy and gather it at the Tanden. A literal translation of Hikari no Kokyu ho is 'method for breathing in Light'. Hikari means, 'light, ray'; Kokyu means, 'breath, respiration'; and ho means, 'technique, method or way'.



Hikkei - Hikkei means, 'handbook; manual'.

Ho - Ho means, "treatment, method, or way".

Ibuki-ho - Ibuki means 'breath'; and Ho means, 'method, technique or way'.

Jakikiri Joka-ho - The traditional method of purifying negative energy. A technique to remove strong negative or misqualified energy and restore positive energy with Reiki. The literal translation of Jakikiri Joka is 'to purify negative energy by cutting'. Ja means, 'bad, wicked, negative'; Ki means, 'energy'; Kiri means, 'cut, cut-off, be sharp'; Joka means, 'purification, cleanse, exorcise'.

Jiko Joka Healing – Self-Cleansing healing. A technique which will cleanse, purify and heal the body and uplift the spirit. Jiko means, 'self, oneself' and Joka means, 'purification, cleanse, exorcise'.

Joshin Kokyu-ho - Joushin means, 'The mind of meditative concentration. The mind focused on an object without scattering' and kokyu means, 'breath, respiration'.

Kenyoku-ho - The traditional method of dry bathing or brushing off. A technique, which will help to cleanse and enhance your energy field while disconnecting you from outside influences. A literal translation of Kenyoku is 'dry bath'. Ken means, 'drought, dry, drink up, heaven, emperor'; Yoku means, 'bathe, be favoured with, bask in'; and ho means, 'technique, method or way'.

Ketsueki Koukan-ho - The traditional method of the Reiki Finish or the Nerve Stroke. A technique which causes changes in blood saturation levels effecting a deeper, spiritual wholing. Also removes negative energy and Karmic conditions from the spine. Ketsuki means, 'blood'; Koukan means, 'exchange, interchange, replacement, replace', and ho means, 'technique, method or way'.

Kihon Shisei - Foundation posture. Kihon means, 'foundation; basis; standard' and Shisei means, 'attitude; posture'.

Koketsu-ho - Blood cleansing technique. Ko means 'move'; Ketsu means, 'blood'; and ho means, 'technique'.

Koki-ho - The method for healing with the breath. A technique for sending healing energy with your breath. Koki means 'exhalation, breath or breathing' and ho means 'technique, method or way'. A particularly helpful technique when you are working with clients who have been burned or whom you cannot otherwise touch.

Kokiyu-ho - The traditional method of breath empowerment. A technique to empower the breath for initiation. Also called 'sweetening the breath'. Kokiyuho or Kokyuho refers to, 'breathing techniques or breath control'.

Kokyu-ho - Kokyuho refers to, 'breathing techniques or breath control'.

Kotodama - Soul or power of language. 'Koto means, 'say', and tama or dama means, 'spirit or soul'. The spiritual function of sound. Every one syllable sound has its own spiritual vibration.

Kundalini – Sanskrit word Hindu reference. (lit., coiled one) The dormant spiritual energy in all human beings that is awakened by the Guru through shaktipat initiation. After awakening, this energy is the dynamic force behind meditation.

Mawashi - The traditional method of Reiki circle or Reiki current. This technique helps to sensitise the Reiki Practitioners to feel energy flow. The word Mawashi means 'round, game, revolve, current'.

Mokunen - Silent wish or thought. Moku means, 'silence', 'become silent', 'stop speaking', 'leave as is' and Nen means, 'wish', 'sense', 'idea', 'thought', 'feeling', 'desire',



`attention'.

Nadete Chiryō-ho - Stroking with the Hands. A technique, which encourages the body's own natural energy flow. Nade means, 'stroke, pat, smooth down', te means, 'hand', Chiryō means 'medical treatment' and ho means, 'treatment, method, or way'.

Nentatsu-ho - The traditional method for sending a thought or wish. A technique for getting a message across to the recipient's subconscious mind with Reiki. It is a helpful technique to reprogram the mind (i.e. such as the removal of a bad habit). This technique has many uses like: stopping bad habits, over-coming illness, achieving goals, learning the 5 principles (or anything of importance to you), etc. and can be incorporated into your daily Reiki self-treatments. A literal translation of Nentatsu ho is 'method for sending a thought or wish'. Nen means, 'sense, idea, thought, feeling, desire, concern, attention, care'; Tatsu means, 'send, convey, accomplished, reach, arrive, attain'; and ho is, 'technique, method, or way'.

Okuden - Deepest or innermost teachings (passed on or handed down). To transmit the inner part. Oku means, 'interior; inner part, heart, Deepest, hidden, most internal part. Core, kernel and den means, 'To transmit, to relay, to send, to pass (on to). To hand down, to perpetuate'. The word Okuden more fully describes the process of training and transmission of energy in Reiki than Okudan.

Okudan - Deepest or innermost degree. Oku means, 'interior; inner part, heart, Deepest, hidden, most internal part. Core, kernel dan means, 'grade', 'steps', 'stairs' grade, class, rank, level, degree'.

Oshite Chiryō-ho - Pushing with the Fingertips. A technique which can be used for areas of pain, numbness, stiff muscles or energy stagnation. Oshi means, 'push, pressure', te means, 'hand', Chiryō means 'medical treatment' and ho means, 'treatment, method, or way'.

Reiho - Reiho is the shortened name for Usui Reiki Ryoho or Reiki Ryoho given to the system by Usui Sensei. Rei means, 'Reiki' and ho means, 'technique, method, or way'. So Reiho refers to the whole system of techniques and empowerments which utilise the energy of Reiki.

Reiji - The method of allowing Reiki to guide you. A technique of relaxation and allowing, where the Reiki energy guides your hands like magnets to places in the body in need of treatment. By doing Reiji you will become more aware of subtle energy and the fact that we are conduits through which Reiki flows. Intuition will heighten and you will begin trusting it to guide you – during treatments and in all aspects of your life. A literal translation of 'Reiji' is 'sign from spirit (energy)' Rei means, 'energy, spirit or soul' and Ji means 'show, indicate, point out, express, display'.

Reiju (an empowerment or energy blessing) – An attunement, more literally "opening chakras to receive cosmic energy". Rei means "Reiki energy", Ju means "to give something".

Reiki - Reiki means, 'spiritual energy'. Rei means, 'Spirit; the spiritual aspect of the human being as contrasted to the physical. Divine, numinous, charismatic, supernatural, mysterious. The luminosity of the spirit; the luminosity of a God or Sage. Inconceivable spiritual ability; charismatic power; charisma; wonderful; a wonder. A rainmaker, a diviner; a person or being with spiritual or supernatural powers. A shaman. Goodness; good, excellent, efficacious. Clever, nimble, sharp. Life. A living being; a human being. Pure, undefined, unpolluted. Bright, clear. Ki means, 'Vital energy connected with the breath. Invisible life-force, somewhat equivalent to the Indian prana. In the view of Zhuxi and other Neo-Confucians, the material force of the Universe. The generative forces of heaven and earth, by means of which all things are constantly reproduced. Air. Breath, steam.

Reiki Teate - The traditional method of a hands-on treatment. Reiki means, 'spiritual energy' and Teate means, 'allowance, compensation, treatment, medical care'.



Renzoku Reiki - The traditional method of the Reiki Marathon, where people take turns over several hours or days, giving Reiki to someone. Renzoku means, 'to continue', 'serial, consecutive, continuity, occurring in succession, continuing'. Ren means, 'take along, lead, join, connect, party, gang, clique' and Zoku means, 'continue, series, sequel'.

Ryoho - means, 'healing method or healing system, therapy, remedy, cure'.

Samadhi - Sanskrit word Buddhist reference. Perfect concentration. Japanese word for samadhi is sanmaji. A transliteration of the Sanskrit and Pali samaadhi.

Sambodhi – Sanskrit word Buddhist reference. Enlightenment, awakening. To enter enlightenment. To become a Buddha. (2) The subjugation of various demons by S`aakyamuni under the bodhi tree and his perfected awakening. Japanese word for sambodhi is joudou.

Satori – Buddhist reference - (1) Awaken to, realise, apprehend, perceive, become suddenly aware of (by intuition rather than by the senses (Sanskrit Pali: aaloka). (2) To wake up. (3) Theoretical understanding. (4) {Buddhism} Apprehension of reality or enlightenment. The wisdom of enlightenment. The condition of the mind being free from mistaken thinking. The absolute knowledge of the Buddha (Sanskrit: buddhi). (5) As the mind's original nature: perception, wisdom, awakening. The original essence of the mind is completely free from mistaken discriminated thought and is equal throughout all awakened and deluded states without distinction or change. Satori is often interchangeable with Kaku Kou - (1) To realise, understand, become aware of, become enlightened in regard to. (2) To enlighten or disclose to someone else. (3) Realisation, enlightenment, understanding, awareness--esp. of an inner principle of things. (4) Someone who is awakened. (5) Sharp, bright, intelligent. (6) To remember, to know. (7) To feel, to sense something. Sensation. (8) To become clear; to clarify. Usui-Sensei discovered the purpose of life was 'Anshinritsumei' or "The state of your mind being totally in peace, knowing what to do with your life, bothered by nothing". He desired to attain this state of mind, so he began his search. Which lead him to a state of Satori.

Seiheki Chiryoho - The method of treatment of natural habits or tendencies. A technique for getting a message across to the subconscious mind with Reiki; it is a variation of Nentatsu-ho. It is a helpful technique to reprogram the mind (i.e. such as the removal of a bad habit, strengthening a positive or new habit, etc.). This technique has many uses like: stopping bad habits, over-coming illness, achieving goals, or anything of importance, etc. Seiheki means "disposition; inclination; characteristic; idiosyncrasy", Chiryoho means 'medical treatment' and ho means, "treatment, method, or way".

Seishin Toitsu - Here are several possible meanings - spirit (Seishin) is gathered (Toitsu), when mind (Seishin) is one (Toitsu). Seishin means, 'mind, soul, heart, spirit, intention', and Touitsu means, 'unity, consolidation, uniformity, unification, compatible'

Sekizui Joka Ibuki-ho - A method of cleansing the spinal cord with breath. Spinal cord cleansing helps to purify karma. According to Koshin-do, karma is recorded in the spinal cord. Through spinal purification, misqualified energies of past deeds are cleared and the person is filled with Universal life force. This enlivens the cells of the body and helps one remember their connection with Creator. Sekizui means, 'spinal cord, spinal'; Joka means, 'purification, cleanse, exorcise'; Ibuki means 'breath'; and Ho means, 'method, technique or way'.

Sensei - Teacher, Master, Doctor. Sen means, 'before, ahead, previous, future, precedence', and sei means, 'life, genuine, birth'. Teacher, one who gives guidance along the way. Literally - born before. An honorific title which others give to a person. A teacher for example would not call themselves Sensei.

Shihan - Instructor, teacher, model. Shi means, 'expert, teacher, master, army, war', and han means, 'pattern, example, model'. A Shihan is a Master teacher with rank of 6th dan (level or rank) or above.



Shiki - Shiki means, 'style, ceremony, rite, method, system, form'.

Shinpiden - mystery teachings (oral tradition, handed down). To transmit God's secret method. Shinpi means, 'mystery, mysterious, God's secret, Supernatural, marvellous, wondrous, miraculous, mysterious, mystical' and den means, 'To transmit, to relay, to send, to pass (on to). To hand down, to perpetuate'. The word Shinpiden more fully describes the process of training and transmission of energy in Reiki than Shinpidan.

Shinpidan - mystery degree. Shinpi means, 'mystery, mysterious, God's secret, Supernatural, marvellous, wondrous, miraculous, mysterious, mystical' and dan means, 'grade', 'steps', 'stairs' grade, class, rank, level, degree'.

Shoden - Lowest or beginning teachings (passed on or handed down). To transmit the beginning part. Sho means, 'first time', 'beginning' and den means, 'To transmit, to relay, to send, to pass (on to). To hand down, to perpetuate'. The word Shoden more fully describes the process of training and transmission of energy in Reiki than Shodan.

Shodan - Lowest grade; first grade. Sho means, 'first time', 'beginning' and dan means, 'grade', 'steps', 'stairs' grade, class, rank, level, degree'.

Shudan Reiki - Another name for a Reiki group treatment. Also called Shuuchuu or Shuchu Reiki. Shudan means, 'means, way, measure'. Shu means, 'hand' and dan means, 'grade, steps, stairs'.

Shuuchuu Reiki - The traditional method of a group treatment or concentrated Reiki. A technique which concentrates Reiki energy (the energy is intensified with each additional practitioner that joins the treatment). The word Shuchu means 'concentrate, focus, centre, concentration'. Shuchu Reiki is also sometimes called Shudan Reiki. Shudan means, 'means, way, measure'.

Shuuyou-ho – A group practice done by the members of the Usui Reiki Ryoho Gakkai. Shuuyou means, 'culture, (mental) training, self-discipline' and ho means, 'treatment, method, or way'. When Hasurei-ho is done in a group it is called "Shuyo ho"; two steps are added before and after. Before: Sing Gyosei - Clear the mind by singing the Waka poems of the Emperor for a few minutes. After: Gokai Sansho - Say the "5 Reiki principles" aloud three times.

Tanden Chiryō-ho - The method of de-poisoning the body. A technique which will remove poisons or toxins from the body: toxins can be physical (i.e. germs, poisons, fumes, chemicals, etc.), mental (i.e. toxic thoughts, depression, old patterns/habits, negativity, etc.), or emotional (i.e. sadness, anger, grief, etc.). This process can be done on yourself or others. Tanden means "energy vessel, abdomen, point above the navel", Chiryō means 'medical treatment' and ho means, "treatment, method, or way".

Uchite Chiryō-ho - Patting with the Hands. A technique which can be used in areas of numbness and to encourage energy flow and movement. Uchi means 'strike, hit, knock, pound', te means, 'hand', Chiryō means 'medical treatment' and ho means, 'treatment, method, or way'.

Undo - A breathing exercise with movement. An exercise, which will release stress and tension in the body. Movement is combined with Hikari no Kokyū-ho breathing; can be done alone or with a partner. A literal translation of Reiki Undo is 'spiritual energy exercise'. Undo means "motion; exercise".

Usui Reiki Ryoho or Reiki Ryoho or Reiho ('Usui Spiritual Energy Healing Method'): Reiki means, 'spiritual energy'; and Ryoho means, 'healing method, therapy, remedy, cure' – is the original name(s) attributed to Reiki by Mikao Usui. Mrs Takata referred to the system of Reiki she learned from Hayashi Sensei as 'Usui Reiki Ryoho' in a 1979 recording of her telling the story of Reiki.

Usui Shiki Ryoho ('Usui Style Healing'): Shiki means 'style, ceremony, rite, method,



system, form'; and Ryoho means, 'healing method, therapy, remedy, cure' - The method taught by the Reiki Alliance and most Independent Reiki Masters. It is not known where the name Usui Shiki Ryoho originated, Mrs Takata used this name on the certificates she issued.

Zenshin Koketsu-ho - Full body blood exchange. Zenshin means, 'the whole body'; Ko means 'old'; Ketsu means, 'blood'; and ho means, 'technique'. Mrs Takata taught this technique in Second Degree as the Reiki Finish or Nerve Stroke.

While these Japanese Reiki Techniques are very interesting and useful, it is not necessary to incorporate all of them into your practice. Perhaps you will find some of them useful, and may undertake to try others in the future. Perhaps you will not. It is up to you to choose. The majority of Reiki Masters do not know about Japanese Reiki Techniques, let alone teach them. I myself have only recently added JRT to the Level 2 Manual, and only incorporate a few of these techniques in my treatments, so just read through the notes, and see what strikes an interest in you. We never stop learning, and there are always new methods and ideas to learn, so use your intuition and Reiki, Reiki, Reiki!

Research

Quantum Physics and Reiki

Reiki can now be explained by Quantum Physicists. Einstein's viewpoint sees humans beings from a higher dimensional perspective of fields within fields. Matter itself, from the infinitesimal subatomic particle to the level of the physical and higher vibrational bodies, is now seen as dynamic energy within the constraints of fluctuating energy fields.

We have observed that experimentation in the fields of high-energy particle physics, Kirlian photography, holography, and the study and effects of healing on biological systems, have converged to teach us new ways of understanding the energetic field nature of all life processes. As we begin to think of about **human beings as multi-dimensional spiritual beings of light**, we can start to comprehend the powerful effects of vibrational healing modalities, such as Reiki, which deliver specific quanta of subtle energy (ki, chi, prana) to promote healing through reintegration and realignment of our mind/body/spirit complexes.

Our thoughts and emotions affect the functioning of our subtle and physical anatomy, causing imbalances and disturbances in the energy particles of our aura and physical body.

Vibrational healing methods work by rebalancing disturbances of structure and energy flow within the context of our multilevel interactive energetic fields, which go to make up our body, mind and soul.

Reiki and Haemoglobin Levels

Wendy Wetzel, a registered nurse in America, describes a Reiki experiment she conducted in her paper, "Reiki Healing: A Physiological Perspective." In her study, forty-eight people made up the experimental group while 10 made up a control group. Both groups had blood samples taken at the beginning and at the end of the experiment. The experimental group received First Degree Reiki training. The control group was not involved in the Reiki training.

The blood samples were measured for haemoglobin and Hematocrit values. Haemoglobin is the part of red blood cells that carry oxygen. Hematocrit is the ratio of red blood cells to total blood volume. The people in the experimental group who received Reiki training experienced a significant change in these values with 28 percent experiencing an increase and the remainder experiencing a decrease. The people in the control group who did not receive Reiki training experienced no significant change. It is thought that changes, whether an increase or decrease are consistent with the purpose of Reiki which is to bring balance on an individual basis.



One individual experienced a 20% increase in these values. She continued to treat herself with Reiki daily and after three months, her increase had been maintained and in fact had continued to improve. This improvement was appropriate for her as she had been experiencing iron deficiency anaemia.

Journal Keeping & Immune Functions

James Pennebaker, a professor of psychology at Southern Methodist University in Dallas, conducted a simple experiment on 25 adults. He asked them to write about the traumatic events of their lives. They were instructed simply to put down the details of the disturbing life experiences and describe their feelings about them. He matched these 25 with an equal sized control group whose members were told to write about superficial topics. Blood tests given at the experiment's conclusion showed strikingly improved immune functions in the individuals who expressed their feelings about negative events in their lives. The blood tests were repeated after 6 months and the positive effects on the immune systems of this group were still in effect. Imagine the results if you journaled daily or even weekly?

Complete Mind-Body Healing, Energy & Quantum Physics



Recently I was searching for the “Table of Consciousness” from the book *Power Verses Force*, by Dr David Hawkins, which I read several years ago, when I came across this article by **Dr Peter J. Rappa, MD** from the Department of Physical Medicine and Rehabilitation, Baylor Medical Center at Irving, Irving, Texas. I have decided to add the article here, although I have also added the photo of Dr Hawkins and a couple of other comments:

In my clinical experience, five parameters effect change; all effectively alter the vibration or calibration that is the human energy system. These are pharmacologic energy—the power of medications; psychological energy—the power of thought; behavioural energy—one's state of being or level of consciousness; emotional energy—grief, anger, envy, fear, and love, which take and give power; and physical energy—the power of strength, flexibility, and endurance. Although injury, disease, and genetic conditions express themselves differently, these five “intentions” of healing can always be applied. I've seen results nothing short of miraculous when the health care team works with the rehabilitation patient in all of these areas.

PHARMACOLOGICAL ENERGY

The concept of energy can be applied to pharmacotherapy: medications work by transforming energy chemically and bioelectrically. Pharmacological manipulation of the neuro-endocrine system is a powerful way to change the vibrational pattern of the human energy system. Patients can benefit from antidepressants, narcotics, and glucocorticoids. Traditional physicians are quite familiar with medications. Often, using medications off label can combine physiology with effect

PSYCHOLOGICAL ENERGY

The psyche is the personification of spirit, soul, or mind. Psychological energy arises from thoughts. How and what we think are critical. Thinking is a process—a process both simple and subtle. Using the processes of the human energy system, thought becomes form, as explained below.

All thoughts carry a creative force. Our thoughts often change or create a distinct emotional state. We create our internal experiences of each external event by what we think and how intensely we think about it. Most often we create our state of being unconsciously, by reacting to the people and events around us, rather than consciously. Conscious



creation allows us to be the cause of our experience rather than a recipient of circumstance. Being a cause is much more powerful and energizing than being an effect. The latter is disempowering, as it is easier to adopt negative energy states when we create unconsciously: e.g., I become angry because of criticism.

Emotions are really energy in motion, or e-motion. After thought becomes emotion, emotion is transduced or expressed in a physical form to be experienced. The effects of our thought-forms and emotional states occur in distinct physiological terms: i.e., illness or disease. A high state of stress can lead to the expression of endorphins and cortisol; the cascade is easy to follow. Chronic stress and anxiety, grief, and anger are even more powerful, acting through the neuroendocrine system to produce physical states like hypertension, ulcers, and even cancers.

Eventually, we experience all that we have created. We experience the illness, and our conception of ourselves evolves. As our experience of ourselves evolves, we have a new thought about who and what we are. With this new thought in place, the cycle begins anew. A new thought is generated based on all that we have experienced. When used constructively with awareness, the more we are, the more we can become and the bigger and better our experiences of ourselves can be. We resonate powerfully. When creation occurs unconsciously, disease and illness can easily result—the calibration of energy less strong. This vibration of the human energy system is distinct to each of us and corresponds to a level of energy that is quantifiable.

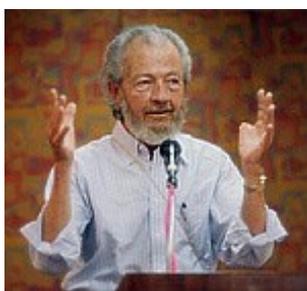
EMOTIONAL ENERGY

We can become aware of what is true for us by examining our feelings. Go within. Introspective awareness is the key. I advocate examining the important personal relationships in your life. Examine your beliefs and attitudes about yourself and others and “see” what emotions are evoked. The result will be your truth.

The next step in healing requires what I call the universal code. Become aware of the existence of unresolved emotional conflict. Take responsibility for it, since at some level you had a role in creating it, and take corrective action—which usually means forgiving yourself of mistakes and then forgiving anyone else enmeshed in the drama. As many disease states result from intense emotional discord, healing requires the release of negative emotions and negative energy when they are present.

Dr. Carolyn Myss has pioneered research into the organization of emotional energy within the human energy system. She has identified seven major specialized energy centres (or “chakras”)—tribal power or group forces, the power of individual relationships, the power of personal honour, the power of heart, the power of will, the power of the mind, and our spiritual connector—each resonating according to emotional experience. The energy of each of the seven centres correlates to specific organs and physical structures, which are calibrated to absorb and process specific emotional and psychological energies. Neural networks, glands, and hormones link each body system. Deep consuming stressors, disempowering attitudes, and maladaptive patterns of behaviours often precede illness. Our cells and organs reflect the quality of our energy; physically, we reflect our disease. Energy doesn't lie. Our truths are often hidden in our feelings; our feelings are often expressed through our emotions.

BEHAVIORAL ENERGY



Hawkins Levels of Consciousness Scale

Power levels associated with states of consciousness and the corresponding key emotion according to David Hawkins, MD, PhD.

Higher “states of being” are incompatible with certain physical conditions and disease processes. Our state of being is the ultimate tool of health and wellness. In his book ***Power Vs. Force: The Hidden Determinants of Human Behaviour***, psychiatrist **David Hawkins, MD, PhD**,

head of the University of Applied Kinesiology in the USA, studied the nature of pure consciousness. He describes his “map of consciousness,” where people’s level of consciousness, or spiritual awareness can be tracked on scale from 1 to a 1,000. He quantified the power of a positive thought and a negative thought and developed a logarithmic scale of levels of consciousness. Dr. Hawkins came to his conclusions through research and kinesiology testing.

The table above is sometimes called the Hawkins scale or the scale of enlightenment. In his book Hawkins says that the average person in today’s society is around 200 on the scale, which is not very high, and that constantly slipping below this point can lead to serious illness. Hawkins claimed a person could expect to climb about 12 points up the scale in lifetime. While he wasn’t intending it to be used necessarily for healing, it is clear the higher up the scale you are, the more mastery of life you will enjoy, including health and happiness. However, it has been found through experimentation that by balancing their polarity, some people have been able to climb tens or even hundreds of points in a short space of time, even propelling them to similar levels as saints and avatars. Clients have reported increased intuition and psychic capabilities, while healers have reported even stronger connection to the source and greater results in their practice.

HAWKINS LEVELS OF CONSCIOUSNESS SCALE

Dr Hawkins says that “disease cannot exist in high vibration tissue”. Ultimately, everything is energy vibrating at varying frequencies to give the impression of density. Science is now catching on to what sages and seers through the ages have always known – everything is energy and the higher your energy vibrates, the better health and happiness you can enjoy.

Beingness is instantaneous—it is not a process. Therefore, adopting a higher state of being produces instantaneous results. This paradigm is particularly important when disease has developed due to power loss after intense negative emotions have changed our calibration or vibration. We can increase our level of consciousness by filling our lives with people, thoughts, and events that calibrate higher than where we are. Using Dr. Hawkins' work to our advantage requires awareness to raise our level of consciousness, adopt new behaviours, and add healing power to our body system, which then resonates at a different level.

| Level | Log | Emotion |
|---------------|------------|----------------|
| Enlightenment | 700–1000 | Ineffable |
| Peace | 600 | Bliss |
| Joy | 540 | Serenity |
| Love | 500 | Reverence |
| Reason | 400 | Understanding |
| Acceptance | 350 | Forgiveness |
| Willingness | 310 | Optimism |
| Neutrality | 250 | Trust |
| Courage | 200 | Affirmation |
| Pride | 175 | Scorn |
| Anger | 150 | Hate |
| Desire | 125 | Craving |
| Fear | 100 | Anxiety |
| Apathy | 50 | Despair |
| Guilt | 30 | Blame |
| Shame | 20 | Humiliation |



PHYSICAL ENERGY

Using physical energy means becoming a warrior—strong, flexible, and energized. I recommend the following to my patients:

Apply discipline to train your body and your mind. Train with a coach or therapist. Get your heart rate up and sweat. Combine this with a program to de-stress: meditate, get quiet, relax, and just breathe.

Gain knowledge and use wisdom. Study and learn—about yourself, your profession, your interests, your loved ones.

Love what you do and do what you love. Regain passion in your life. Sing, play, write, read, garden: be creative!

Surrender; accept and even prefer what shows up in your life. You cannot change the past, the future never comes as expected, and right here, right now is where healing happens.

THE SEVEN ACTIONS OF HEALING

Some of these ideas can be summed up in the seven actions of healing:

Take responsibility for your physicality. Move from a passive to an active health model. Train yourself with regard to endorphin release, flexibility, and the “power-up” of psychological and emotional energy.

Act with integrity and honour in your relationships. Use your words to honour yourself and others. Give your best effort but realize that your best changes depending on circumstances.

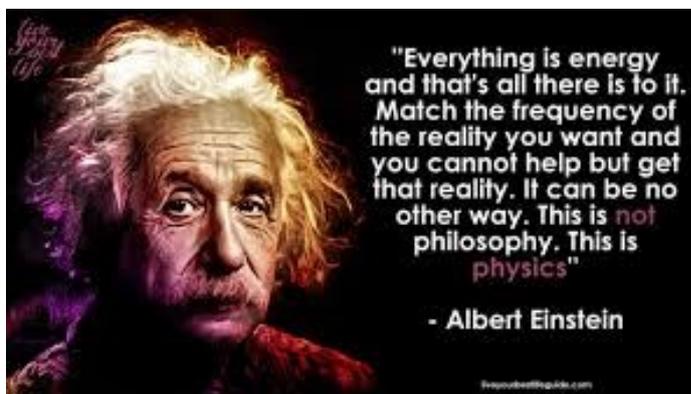
Actively build self-respect. Protect yourself when needed but help others when you are able.

Actively forgive. Release ill will. This involves becoming aware, taking full responsibility for your role in any conflicts, and taking corrective action.

Make it right where it is wrong. Acknowledge and then release non-truthful energy, purging and thereby cleansing the spirit.

Support those who support you. Observe in others that with which you disagree but avoid condemnation and judgment.

Release the past and to live now, since healing occurs in the present.

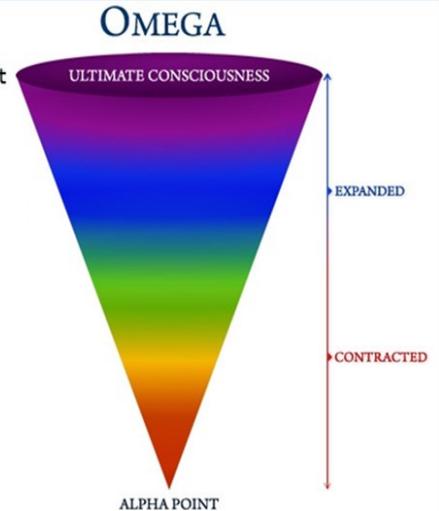


Why Raise Your Vibrations??

Most of us vibrate at less 250 on the Omega Consciousness Scale this is because throughout our lives, we accumulate hidden energy blockages and negative conditioning that holds us back from higher vibrations.

The level we should aim for, however, is 500 and above. 500 is the vibration of love. When you vibrate at this level life becomes drastically different. Love, joy, and abundance are suddenly within your grasp. Pain, stress, and struggle seem to melt away and you become a magnet for what you truly desire.

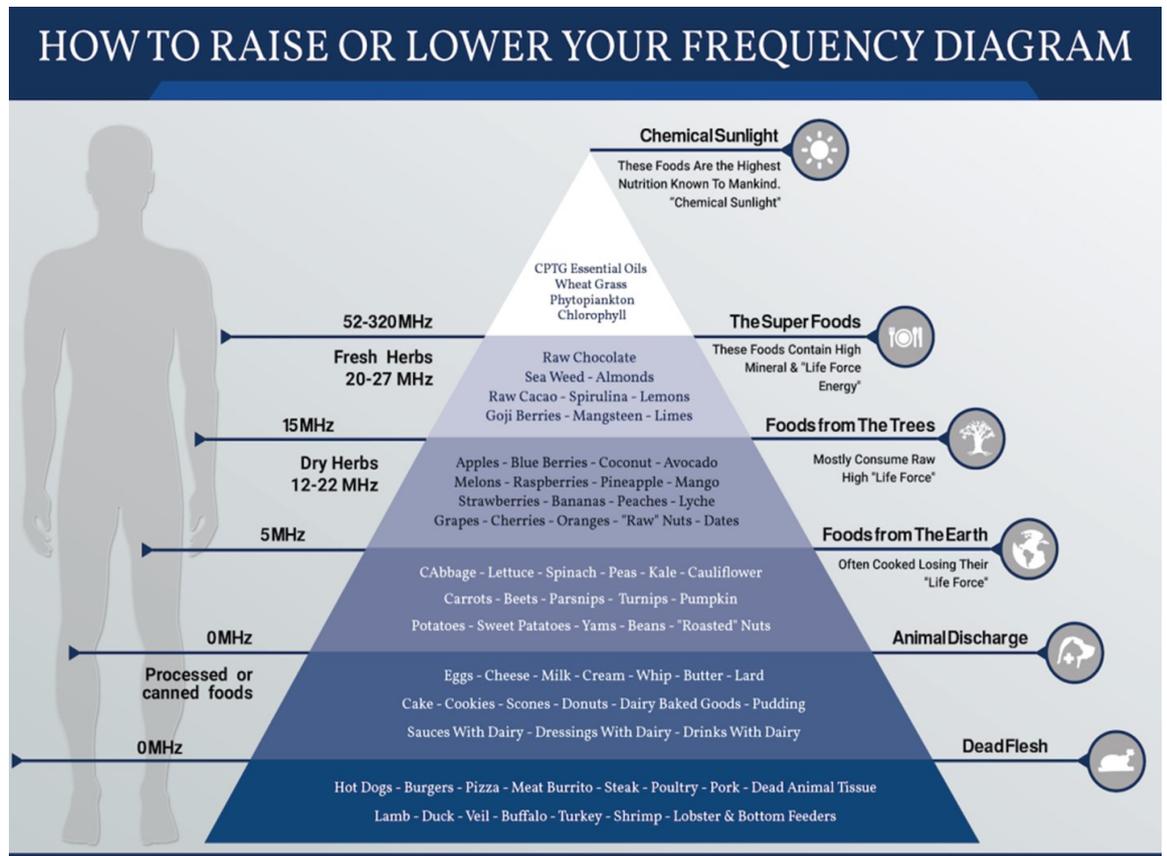
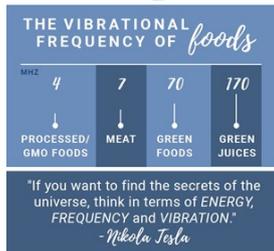
| | |
|------|---------------|
| 700+ | Enlightenment |
| 600 | Peace |
| 540 | Joy |
| 500 | Love |
| 400 | Reason |
| 350 | Acceptance |
| 310 | Willingness |
| 250 | Neutrality |
| 200 | Courage |
| 175 | Pride |
| 150 | Anger |
| 125 | Desire |
| 100 | Fear |
| 75 | Grief |
| 50 | Apathy |
| 30 | Guilt |
| 20 | Shame |



How to Raise Your Vibrations

- Your Heart is a Great Scale/Meter to help you raise your vibrations but most of the time we ignore it 😊 If you can make it a habit to focus on what makes you feel happy and good you can maintain this high vibration state. Some of the things that help raise vibrations are:
 - Meditation
 - Listening Music
 - Dancing/working out
 - Watching Movie (Comedy)

Healing Mind Body and Soul



SOURCES:
YOUNG LIVING: Essential Oils Frequency
CRUCIBLE: Dr. Gary Young, N.D. Frequency and Distillation of Oils
SOUND HEALING CENTER: Frequencies of Essential Oils - Acupuncture or Vibrational Medicine

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Feelings Indicator

Reiki gives us many tools to help the client heal, and help us understand how to help them, but I have been lucky to also study Hypnotherapy, and found the following useful information from my 5th Path Training, through **Cal Banyan's Book "Feelings"**. This work also goes hand in hand with the metaphysical information we looked at in Reiki Level 1, and in the work of such people as Louise L Hay. This information will not only give you tools for your clients, but will assist you in moving through your own issues as you gain greater insight. Read on...

Life not going exactly as planned? Feeling frustrated or depressed? Smoking, but you want to quit? Drinking, but you want to quit or drink less? Eating more than you should? Using drugs and it's wrecking your life? Any of the above? Read on....

All of these different problems have something in common: they all result in not responding to feelings in a way that takes care of the problem causing the feeling. Smoking, drinking, overeating, gambling, shopping, surfing the net and excess snacking are only ways of temporarily coping with the feeling, by distracting yourself from the cause. Since the cause has not been taken care of, it comes back again. This can lead to frustration and even depression.

All of our feelings are good. They are there to help and guide us. Learn to name the feeling and associate it with what it indicates. Then you will be well on your way to finding a satisfying response for a happier life.

Here are a few lists of information that can serve as a guide to help you to respond to your feelings in a more satisfying way than any compulsive behaviour ever could:

Feelings Indicator

Reiki gives us many tools to help the client heal, and help us understand how to help them, but I have been lucky to also study Hypnotherapy, and found the following useful information from my 5th Path Training, through **Cal Banyan's Book "The Secret Language of Feelings"**. This work also goes hand in hand with the metaphysical information we looked at in Reiki Level 1, and in the work of such people as Louise L Hay. This information will not only give you tools for your clients, but will assist you in moving through your own issues as you gain greater insight. Read on...

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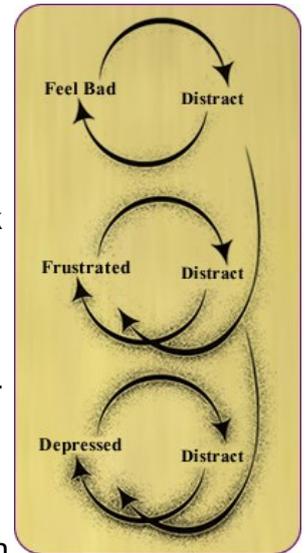
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Here are a few lists of information that can serve as a guide to help you to respond to your feelings in a more satisfying way than any compulsive behaviour ever could:

Emotional Pain Need/Want/Desire

| | |
|-------|--------------------------------------------|
| Bored | To grow through Challenge |
| Anger | To experience fairness for self and others |



| | |
|-------------|----------------------------------------|
| Guilt | To be fair to others |
| Sadness | To keep valued things and people |
| Loneliness | To have meaningful relationships |
| inadequacy | To feel good enough/adequate |
| Stress | To have success in managing one's life |
| Fear | To feel safe |
| Frustration | To meet needs through own effort |
| Depression | To be effective and hopeful |

Creating strategies for life is as easy as 1, 2, 3 for self help.

Step 1: Name the feeling.

Step 2: What does it indicate?

Step 3: Plan a satisfying response.

FEELINGS TABLE

Step 1 Step 2

Name It What does it indicate?

| | |
|-------------|-------------------------------------------------------------------------------|
| Bored | I need a growth experience, or to do something different, fun or interesting. |
| Frustrated | What I'm doing is not working. |
| Hurt | What just happened was it not fair? |
| Angry | What just happened (or is happening to me) is not fair. |
| Slighted | It is unfair. They don't appreciate what I've done, or who I am. |
| Unrewarded | Not appreciated. I'm thinking the reward of a job well done, is not enough. |
| Hateful | He or she is not being fair, and that has (or is going to) hurt terribly. |
| Guilty | I'm concerned because I did something unfair to someone else. |
| Lonely | I have a healthy desire for the company of someone I care about me. |
| Anxious | I think I (or someone I care about) might get hurt. |
| Worried | I think I (or someone I care about) might get or be hurt. |
| Scared | I think I'm (or someone I care about) going to get hurt. |
| Confused | What I'm doing (or what others are doing) doesn't make sense. |
| Crazy | What I'm doing (or thinking) doesn't make sense. |
| Stressed | I'm trying to do too many things; to be able to do them all well enough. |
| Depressed | I'm thinking that I'm helpless, hopeless or ineffective. |
| Trapped | In this situation, I'm thinking I'm helpless, hopeless, or ineffective. |
| Hopeless | I'm thinking there is no hope in this situation. |
| Helpless | I'm thinking there is no help available to me. |
| Ineffective | I'm thinking there is nothing I can do to make a difference. |
| Sad | I feel the loss of someone or something important to me. |
| Worthless | I see no evidence of my own worth. |
| Unloved | I see no evidence of anyone caring about me. |

Notice that some feelings seem to be related. For example hurt, angry, are slight forms of anger. Frustration may also be a form of anger. Anxiety, stress, concern, worry are all forms of fear.

Step 3

None of these feelings can be satisfied by food, smoking, drugs, alcohol, gambling, shopping, or any other distracting behaviour. Each feeling is there for a good reason. Plan something that you can do to satisfy the source of the feeling. The following are just examples of satisfying responses. You can make them personal by adding more things *you* like to do.



| Feeling | Satisfying Response |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bored | Do something different, fun or interesting. Get at hobby, go to school, get a life. |
| Frustrated | Be creative: try something else. |
| Hurt | Change your perspective: look at it as a learning experience and begin to heal. |
| Angry | Become assertive; look at it from a larger less personal perspective. Make it more fair. |
| Slighted | Assertiveness about unfair treatment. Work on self-approval. Learn to shine. |
| Unrewarded | Assertiveness about unfair issues. Focus on the accomplishment, rather than recognition. |
| Hateful | Protect yourself and the ones you care about. Forgive. Holding onto hate hurts you. |
| Guilty | Make amends. Forgive yourself. Look at it as a lesson. |
| Lonely | Call someone, write a letter, check your e-mail, or join a club. Care about more people. |
| Anxious | Become more informed about the situation. Be prepared. |
| Worried | Become more informed. Be realistic. Don't let your imagination get out of hand. |
| Scared | Be informed. Be with those who can protect you. Learn to protect yourself. |
| Confused | Get a larger perspective. Get help. Take a minute to gather your thoughts. |
| Crazy | Talk to a friend, your family or, a professional, others have felt this way, too, without being crazy. |
| Stressed | Get organized, delegate. Take a break. Share your concerns. Get help. Be honest. |
| Depressed | Do anything that will make a difference. Even planning will lift the depression. |
| Trapped | Change or plan to change the situation. Get advice. You have other options. |
| Hopeless | Realize that you are focusing on the problem, rather than the solution. There is always hope. |
| Helpless | There is always help. Widen your perspective. Do even the smallest thing and it can help. |
| Ineffective | Even the smallest acts can make a difference in the long run. Act, never give up. |
| Sad | It's okay to feel sad for awhile, and then look at what you have not lost. Focus on thankfulness. |
| Worthless | There are others that have done great things, starting from less. You're overlooking a valuable lesson. |
| Unlovable | The most important love is self-love; this is under your control. Your mum loves you and others do, too. This is always a case of stinking thinking. |

A SHORT LIST OF DISTRACTORS- Use ONLY under these conditions:

1. Distract when you are not using food, drugs etc. as the distracter.
2. Distract only when you are aware that you are **ONLY** distracting, and not taking care of the problem at hand (or it will continue to rear it's ugly head at a later time).
3. Distracters should be something pleasant, so you are likely to do it again, if need be.
4. Distract when it is not possible, or in your best interest at the time, to try and satisfy the feeling. It's not a perfect world, where we can instantly satisfy all of our feelings in any given moment.

5. Distracters should NOT BE illegal, immoral or fattening.

Recommended distracters are healthy things that you find pleasant or enjoyable. Things on this list are basically things you enjoy that are **NOT** illegal, immoral or fattening. Add your own to make it more personal and carry the list so that if a particularly unwanted emotion come up you could use the distractor till you get the opportunity to process or deal with it. Ideally you could make a list for each of the basic emotional pains listed above.

1. Call a friend.
2. Love your pet.
3. Get a new hobby.
4. Learn to meditate, pray, or ascend.
5. Volunteer to help others.



6. Take a class.
7. Read something exciting, inspiring, or uplifting.
8. Rent an old movie.
9. Learn to type.
10. Write a poem.
11. Draw a portrait of a friend.
12. Plant a garden, or if the weather is good, play in the one you have.
13. Count your blessings.
14. Write a letter or an e-mail.
15. Volunteer at the Humane Society, or other places that have animals needing attention.
16. Get out the family album.
17. Go for a walk and say "Hi" to someone.
18. Go to the park and see how close you can get to a bird or squirrel (use sunflower seeds).
19. Make a picnic lunch and invite someone along.
20. Read a biography about someone else who overcame a challenge.
21. Take an art class.
22. Read a story to someone else.
23. Go outside for a little while, even if it's only for a few minutes, it can help.
24. Go to the library; and go into a section where you have never been.
25. Learn self-hypnosis.
26. Try a new kind of tea and ask someone over.
27. Get a new address and telephone book, transfer over the old numbers and addresses.
28. Think about what you would do if you had more time; then do it.
29. Take up magic; you might amaze yourself.
30. Go for a drive or bike ride.
31. Contemplate why you got that tattoo, or never got that tattoo, and smile either way.
32. If we had 12 fingers rather than 10, would we count by dozens instead of 10? Try it.
33. Learn a new language. How about Greek, Chinese, Spanish, Japanese, Latin or Pascal?
34. Get a harmonica and a tape on how to play the darn thing - it will drive your cat or dog crazy!
35. Listen to some of those really old albums in the closet.
36. Get a magnifying glass and look at things close up; this can be amazing!
37. Rearrange something and be creative.
38. Close your eyes and create a special room in your mind; go there sometimes just to relax
39. Create another fantasy, better than the one before, and turn it into a story you can share.
40. Read a spiritually uplifting book, like the Bible, Koran or some kind of hopeful book.
41. Go all day long without listening to or watching the news. Instead, watch cartoons.
42. Get on the Internet; but don't stay there forever, you do have people who love you.
43. See if you can touch your toes then sign up for yoga and maybe someday you will.
44. Ventriloquism anyone?
45. Surprise someone with a new polysyllabic neologism (long word that you just made up).
46. Teach a class. You have some skills that others envy.
47. Collect all your recipes and make a cookbook, or get organized in some other way.
48. Plan a garage sale or go to one.
49. Don't get into photography, pet fish, computers, or mountain biking (just kidding).
50. Make a list just like this, with ideas that are much better than mine.

These suggestions go a long way towards self-help. If you or your clients need to do further work, know that forgiveness of self and others can often be the only way to really clear a problem *for good*. Deep emotional work can also be done with help from a hypnotherapist or professional you trust, to get to the root of the issue, and your Reiki will also be invaluable.



How our Thoughts Affect our Water Molecules

Dr. Masaru Emoto has written many books, including “The Secret Life of Water”, with amazing photographs of water molecules subjected to words, music, pictures, prayers and thoughts, and in each case there has been a marked change in the structure of the water molecule itself. His work has been widely publicised all around the world, and was also shown in the DVD “What the Bleep Do We Know?”. I have placed these pictures here for you to also see how much of the information above, such as that from the “Power Vs Force” Scale of Consciousness and the “Feelings Indicator” information can affect our water molecules in our cells. As our bodies are made up of 70% to 90% water, it gives us an even deeper understanding of how powerful our thoughts are.

Something interesting to note, is that Reiki can also have the effect of changing our water molecules, just like prayer power. I have done an experiment with a Reiki group many years ago where we had 2 jugs of water which were filled from the tap. We Reiki'd one of the jugs and after about 10 minutes the water in that jug tasted like rainwater, while the water from the other jug still tasted like chlorine. Very interesting!

These photographs show the incredible reflections of water, as alive and highly responsive to every one of our emotions and thoughts.

It is quite clear that water easily takes on the vibrations and energy of it's environment, whether toxic and polluted or naturally pristine.

Masaru Emoto's extraordinary work is an awesome display, and powerful tool, that can change our perceptions of ourselves and the world we live in, forever. We now have profound evidence that we can positively heal and transform ourselves and our planet by the thoughts we choose to think and the ways in which we put those thoughts into.

Energized water has had its molecules returned to their original life-giving, super moisturizing state. This allows maximum moisture absorption into the cells of your body, pets and plants; a major key to healing, and the maintenance of health and vitality.

Dr. Emoto has revealed to the world the power of water's vibration. **Take the next step** and bring this transformation into your life and into your part of the world by naturally structuring your water.

Use your Reiki to energise yourself, your loved ones, your clients, your food and the water you drink. Use the other information regarding thoughts, feelings and emotions to also increase your vibration and you will see miracles unfold before your eyes.



Sanbu-ichi Yusui Spring
water



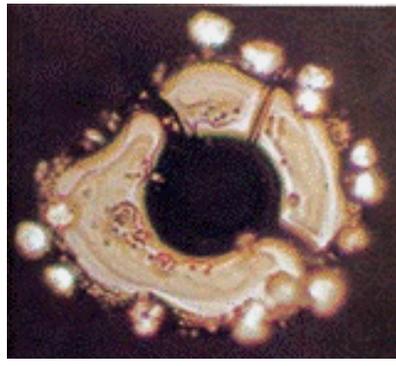
Japan Shimanto River,
referred to as the last clean
stream in Japan



Antarctic Ice



Fountain in Lourdes,
France



Biwako Lake, the largest lake at the center of Japan and the water pool of the Kinki Region. Pollution is getting worse.



Yodo River, Japan, pours into the Bay of Osaka. The river passes through most of the major cities in Kasai.



Untreated Distilled Water



Fujiwara Dam, before offering a prayer



Fujiwara Dam, after offering a prayer

With the recent popularity in music therapy, Mr. Emoto decided to see what effects music has on the structuring of water. He placed distilled water between two speakers for several hours and then photographed the crystals that formed after the water was frozen.



Beethoven's Pastoral



Tibet Sutra



Kawachi Folk Dance

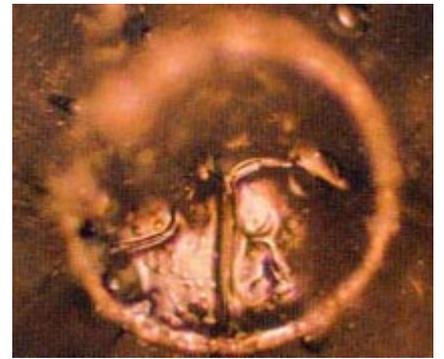
After seeing water react to different environmental conditions, pollution and music, Mr. Emoto and colleagues decided to see how thoughts and words affected the formation of untreated, distilled, water crystals, using words typed onto paper by a word processor and taped on glass bottles overnight. The same procedure was performed using the names of deceased persons. The waters were then frozen and photographed.



Heavy Metal Music



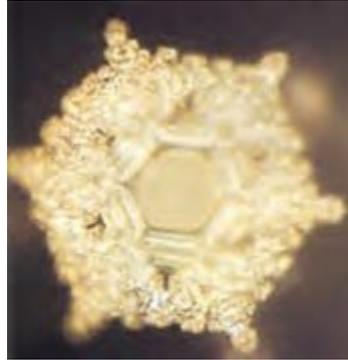
You Make Me Sick, I Will Kill You



Adolph Hitler



Thank You



Love and Appreciation



Mother Teresa

Masaru Emoto

22/7/1943 to 17/10/2014




“By holding the intention of peace towards water by thinking, speaking and acting with the intention of peace towards water, water can and will bring peace, to our bodies and to the world”

Masaru Emoto



BEFORE PRAYER.....AFTER PRAYER

THANK YOU WISDOM TRUTH ETERNAL

ANGEL I LOVE YOU PEACE YOU FOOL

I Love You I Hate You

YOU MAKE ME SICK EVIL POLLUTED WATER BEFORE PRAYER POLLUTED WATER AFTER PRAYER



Adapted from Power vs. Force David R. Hawkins

| Log | Level | Life-View | Emotion | God-View | Process | Primary Drive | Rate of Happiness | % of World Population | Mode |
|---------|---------------|---------------|---------------|-------------|--------------------|----------------------------------------------|-------------------|-----------------------|------------------|
| 1000 | Enlightenment | Is | Ineffable | Self | Pure-Consciousness | Salvation of humanity | 100% | 722 persons | Spiritual |
| 700-600 | Peace | Perfect | Bliss | All-Being | Illumination | Good of mankind | 100% | | |
| 540 | Joy | Complete | Serenity | One | Transfiguration | Your joy is my joy | 96% | .4% | Self-Realization |
| 500 | Love | Benign | Reverence | Loving | Revelation | We can all share in happiness | 89% | 3.99% | |
| 400 | Reason | Meaningful | Understanding | Wise | Abstraction | Everyone is capable of learning | 79% | 18% | Self-Empowerment |
| 350 | Acceptance | Harmonious | Forgiveness | Merciful | Transcendence | People are inherently good | 71% | | |
| 310 | Willingness | Hopeful | Optimism | Inspiring | Intention | Life is good | 68% | | |
| 250 | Neutrality | Satisfactory | Trust | Enabling | Release | I trust the universe to help me | 60% | | |
| 200 | Courage | Feasible | Affirmation | Permitting | Empowerment | I can survive even if others don't/can't | 55% | | |
| 175 | Pride | Demanding | Scorn | Indifferent | Inflation | I have to help others in order to survive | 22% | | |
| 150 | Anger | Antagonistic | Hate | Vengeful | Aggression | I can only survive if I can control others | 12% | | |
| 125 | Desire | Disappointing | Craving | Denying | Enslavement | I only survive if others give me what I want | 10% | | |
| 100 | Fear | Frightening | Anxiety | Punitive | Withdrawal | I only survive if you don't survive | 10% | | |
| 75 | Grief | Tragic | Regret | Disdainful | Despondency | You don't survive so I don't survive | 9% | | |
| 50 | Apathy | Hopeless | Despair | Condemning | Abdication | Why would anyone want to survive | 5% | | |
| 30 | Guilt | Evil | Blame | Vindictive | Destruction | No one needs to survive | 4% | | |
| 20 | Shame | Miserable | Humiliation | Despising | Elimination | I don't want to survive | 1% | | |

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Vibration Frequency Chart

| God-View | Life-View | Level | Log | Emotion | Process |
|-------------|---------------|---------------|----------|---------------|--------------------|
| Self | Is | ENLIGHTENMENT | 700-1000 | Ineffable | Pure Consciousness |
| All-Being | Perfect | PEACE | 600 | Bliss | Illumination |
| One | Complete | JOY | 540 | Serenity | Transfiguration |
| Loving | Benign | LOVE | 500 | Reverence | Revelation |
| Wise | Meaningful | REASON | 400 | Understanding | Abstraction |
| Merciful | Harmonious | ACCEPTANCE | 350 | Forgiveness | Transcendence |
| Inspiring | Hopeful | WILLINGNESS | 310 | Optimism | Intention |
| Enabling | Satisfactory | NEUTRALITY | 250 | Trust | Release |
| Permitting | Feasible | COURAGE | 200 | Affirmation | Empowerment |
| Indifferent | Demanding | PRIDE | 175 | Scorn | Inflation |
| Vengeful | Antagonistic | ANGER | 150 | Hate | Aggression |
| Denying | Disappointing | DESIRE | 125 | Craving | Enslavement |
| Punitive | Frightening | FEAR | 75 | Anxiety | Withdrawal |
| Disdainful | Tragic | GRIEF | 75 | Regret | Despondency |
| Condemning | Hopeless | APATHY | 50 | Despair | Abdication |
| Vindictive | Evil | GUILT | 30 | Blame | Destruction |
| Despise | Miserable | SHAME | 20 | Humiliation | Elimination |

| | Level | Scale (Log of) | Emotion | Process | Life-View |
|-------|---------------|----------------|-----------------|--------------------|---------------------|
| POWER | Enlightenment | 700-1,000 | Ineffable | Pure Consciousness | Is |
| | Peace | 600 | Bliss | Illumination | Perfect |
| | Joy | 540 | Serenity | Transfiguration | Complete |
| | Love | 500 | Reverence | Revelation | Benign |
| | Reason | 400 | Understanding | Abstraction | Meaningful |
| | Acceptance | 350 | Forgiveness | Transcendence | Harmonious |
| | Willingness | 310 | Optimism | Intention | Hopeful |
| | Neutrality | 250 | Trust | Release | Satisfactory |
| | Courage | 200 | Affirmation | Empowerment | Feasible |
| FORCE | Pride | 175 | Dignity (Scorn) | Inflation | Demanding |
| | Anger | 150 | Hate | Aggression | Antagonistic |
| | Desire | 125 | Craving | Enslavement | Disappointing |
| | Fear | 100 | Anxiety | Withdrawal | Frightening |
| | Grief | 75 | Regret | Despondency | Tragic |
| | Apathy | 50 | Despire | Abdication | Hopeless |
| | Guilt | 30 | Blame | Destruction | Condemnation (Evil) |
| | Shame | 20 | Humiliation | Elimination | Miserable |

| Essential Oil | Frequency |
|------------------|-----------|
| Rose | 320 MHz |
| Helichrysum | 181 MHz |
| Frankincense | 147 MHz |
| Lavender | 118 MHz |
| Myrrh | 105 MHz |
| German Chamomile | 105 MHz |
| Melissa | 103 MHz |
| Juniper | 96 MHz |
| Sandalwood | 96 MHz |
| Angelica | 85 MHz |
| Peppermint | 78 MHz |
| Basil | 52 MHz |

| Frequency of people and things | |
|--------------------------------|-------------|
| Human Brain | 72-90 MHz |
| Human Body (day) | 62-68 MHz |
| Cold symptoms | 58 MHz |
| Flu symptoms | 57 MHz |
| Candida | 55 MHz |
| Epstein-Barr | 52 MHz |
| Cancer | 42 MHz |
| Onset of death | 25 MHz |
| Processed/canned food | 0 MHz |
| Fresh produce | up to 15MHz |
| Dry herbs | 12-22 MHz |
| Fresh herbs | 20-27 MHz |
| Essential oils | 52-320 MHz |



Vibrational Frequency of Essential Oils

“Everything is alive, connected and changing, yielding its own life force or ‘Chi’. This flow of energy can be quantified, typically measured in units called hertz. Named after Heinrich Hertz, a German physicist who experimentally proved the existence of electromagnetic waves, hertz (abbreviated Hz) can be defined as electrical energy transmitted as a series of cycles, equal to one cycle per second.

But how does this relate to vibrational frequency? Everything in nature vibrates. Vibration can be defined as ‘a periodic motion of the particles of an elastic body or medium in alternately opposite directions from the position of equilibrium when that equilibrium has been disturbed’. Put simply, your body and everything in the environment are made up of trillions of tiny molecules, all constantly cycling and moving, emitting a vibrational energy. As the cycle of energy vibrates at a more frequent rate, the vibrational frequency raises.

The vibrational frequency of essential oils are measured in megahertz (abbreviated MHz), which cycle at a rate much faster than electricity, equal to 1,000,000 cycles per second. When someone says they wish to ‘raise their frequency’, this simple means that they wish to increase their vibrational frequency to such a level that allows them to reach a state of spiritual enlightenment. Diffusing or inhaling an essential oil with a high frequency may help raise your own vibrational frequency.

Rose essential oil vibrates at a rate of 320MHz. The highest measured frequency of any essential oil, rose emanates love, purity, and wholeness, connecting mind, body, and spirit. It is not surprising then that there is no greater power in the Universe than love: the feeling of love is the highest frequency any person is able to emit. So remember, when you use essential oils, regardless of their vibrational frequencies use them with an open heart filled with love.”

Fundamental Frequencies of People and Things

Bruce Tainio of Tainio Technology developed equipment to measure the bio-frequency of humans and foods. And Bruce Tainio and Gary Young used this bio-frequency monitor to determine the relationship between frequency and disease. Some of the results of their studies are shown in the following table:

| | |
|-------------------------------------|------------|
| Healthy Human Brain | 71-90 MHz |
| Healthy Human Body (overall) | 62-68 MHz |
| When you have cold symptoms | 58 MHz |
| When you have flu symptoms | 57 MHz |
| When you have Candida infection | 55 MHz |
| When you have Epstein Barr syndrome | 52 MHz |
| When you have cancer | 42 MHz |
| When you begin to die | 25 MHz |
| Processed or Canned Foods | 0 MHz |
| Fresh Produce (depending how fresh) | 10-15 MHz |
| Dry Herbs | 12-22 MHz |
| Fresh Herbs | 20-27 MHz |
| Therapeutic Grade Essential Oils | 52-320 MHz |



Note: Due to the sensitivity of the instruments, these results are not easily duplicatable. What is important is the relativity of the numbers and the fact that the higher frequency of the essential oils can help raise the frequency of the human body to a more normal level. Adapted from Reference Guide to Essential Oils by Connie & Alan Higley.

The data published above was obtained by Bruce Tainio of Tainio Technology, Cheney, Washington. For more information visit www.tainio.com and http://coherentresources.com/bt3_faq.php#9.

Essential Oil Frequencies

Not all essential oils have the same vibrational frequency. Currently, the highest measured frequency of any pure, therapeutic-grade essential oils is 320MHz – equivalent to 320,000,000 cycles per second. The scale begins at zero; here, no energy is cycling and no signs of life are present. Frequencies can be separated into three ranges:

1. Low Frequency Oils that support physical ailments.
2. Mid Frequency Oils that promote emotional change.
3. High Frequency Oils that encourage spiritual growth and realisation.

| Oil or Blend | Frequency |
|------------------------------|-----------|
| Rose | 320MHz |
| Elevation Blend (doTERRA) | 189MHz |
| Helichrysum | 181MHz |
| Frankincense | 147MHz |
| Ravensara | 134MHz |
| Lavender | 118MHz |
| Blue Tansy | 105MHz |
| Chamomile, German | 105MHz |
| Melissa | 102MHz |
| Juniper | 98MHz |
| Citrus Bliss Blend (doTERRA) | 91MHz |
| Angelica | 85MHz |
| Peppermint | 78MHz |
| Galbanum | 56MHz |
| Basil | 52MHz |
| On Guard Blend (doTERRA) | 45MHz |

Some Frequency Research

Another part of the study done by Bruce Tainio and Gary Young measured the frequency fluctuations within the human body as different substances were introduced.

Initially, the frequency of each of two different individuals – the first a 26 year old male and the second a 24 year old male was measured at 66 MHz for both. The first individual held a cup of coffee (without drinking any) and his frequency dropped to 58 MHz in 3 seconds. He then removed the coffee and inhaled an aroma of essential oils. Within 21 seconds, his frequency had returned to 66MHz. The second individual took a sip of coffee and his frequency dropped to 52MHz in the same 3 seconds. However, no essential oils were used during the recovery time and it took 3 days for his frequency to return to the initial 66MHz.

Another very interesting result of this study was the influence that thoughts have on our frequency as well. Negative thoughts lowered the measured frequency by 12 MHz and positive thoughts raised the measured frequency by 10MHz. It was also found that prayer and meditation increased the measured frequency levels by 15 MHz.

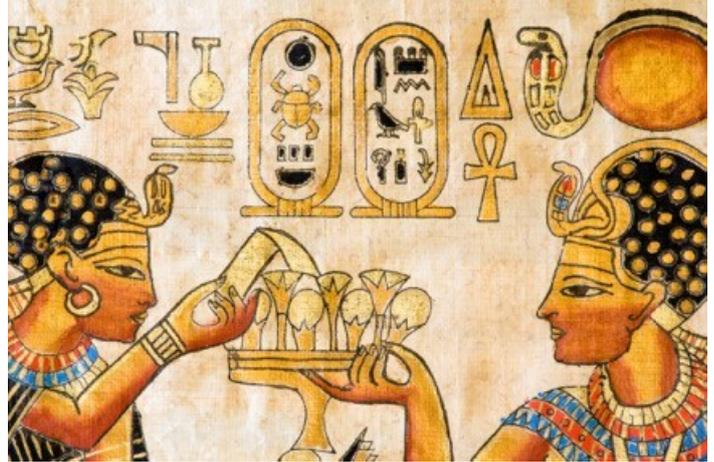


Essential Oils, Ancient Vibrational Medicine and Reiki

Many people these days, including lots of my Reiki students use Essential Oils in their practice, not only to set the mood and help their clients relax more during a treatment, but since the wide spread education about oils in the last few years by such companies as doTERRA, people are getting back to using oils for their therapeutic benefits as we discover more about the properties and the other different ways they can be used to bring about healing, and even multiply the effects of our Reiki work.

Essential Oils have been used for thousands of years throughout history and along with herbs and spices were our first medicines.

The theory of essential oils takes us to ancient history. Their smell, high vibration, and the quality they evoke goes back to ancient times. In Egypt, the tomb robbers would always steal the essential oils more than the gold. In those days, they knew these sacred vials were incredibly valuable to their health and wealth!



In Roman times, they would put Rosemary around their heads to help with memory, and they would put Roman Chamomile on before a battle, because it helped with empowerment and courage.

During the great plague, the thieves use to rob the dead bodies, but never got sick because they had doused themselves with a combination of Clove, Lemon, Cinnamon, Eucalyptus, and Rosemary.

Historically, all essential oils have a *quality* behind them – for example, Frankincense is the oil of truth, White Fir is the oil of generational healing, Geranium is the oil of love and trust, and Melaleuca is the oil of energetic boundaries.

Everything is Energy and Vibration

When we have emotional issues going on in our lives, it causes a blockage in the outer layers of our energy field. If we are unable to deal with these emotional issues, the blockage moves in to manifest as injury or dis-ease on the body. This has also been backed up scientifically but in a different way as we now know that when we experience different emotions it causes our bodies to produce different phytochemical reactions that can deposit in different parts of the body, also causing dis-ease. The work of Dr Deepak Chopra, Louise L. Hay and various others is based on these theories, and the evidence of years of witnessing people with the same emotional issues manifesting in the problems or dis-ease with the same parts of the body.

When we do Reiki, our primary aim is to increase the vibration of the energy in the client's field, to clear the blockage. As a Clinical Hypnotherapist, I also often find that when we clear someone's emotional issues, their bodies almost magically heal!

So I have a question for you. What is it that Albert Einstein and Nikola Tesla agreed upon, even though they didn't even know each other?

The answer is: they both knew that energy and vibration are at the core of reality!

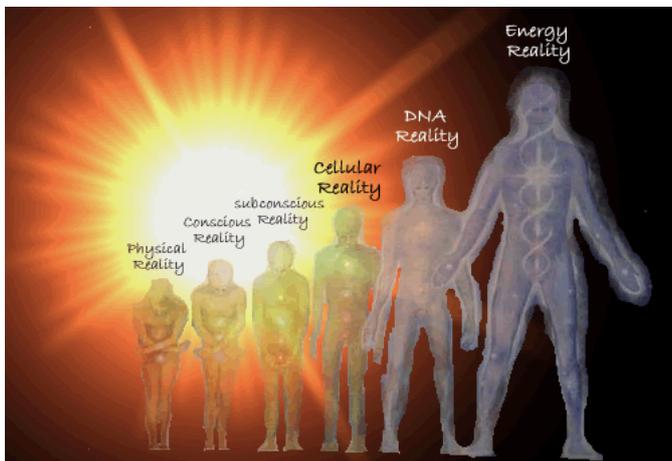
*Einstein said: "What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. **There is no matter.**"*



Tesla said: "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

Science has proven it. It is a known fact that everything—including our own bodies—is made up of energy vibrating at different frequencies.

Which brings us to the theory of essential oils, and how we can use them to affect our health and our reality in a myriad ways through the vibration and frequency that they bring into our lives, and also assist us in our Reiki treatments to magnify the effects and increase the vibration even further. This is also why many people use crystals!



The versatile ways of using these essential oils are endless and the benefits they bestow are limitless. Since adding a few drops of Frankincense, Lavender and Cedarwood to my routine I have found how much my skin quality has improved. I also love being able to boost my immune system by rubbing the blend 'On Guard' onto my feet each morning and lavender on my feet at night to help me sleep.

I believe essential oils are a big part of the revolution in sustainable health care. We are now shifting towards natural options that actually work to cleanse, detox, renew and help to regenerate our body and support all its functions.

If we are going to use Essential Oils in our business, in our homes and in our lives, it makes

CPTG Essential Oil vs OTC Drugs

You have a choice! Would you rather give your family a pure alternative to OTC Drugs?



Lavender

Neosporin, Tylenol, Aleve, Motrin, Tylenol PM, Sleeping Aids,



Melaleuca

Throat Lozenges, Ear Drops, Nyquil, Dayquil, Neosporin, Ricocola



DigestZen

Pepto-Bismol, Immodium AD, Tums, Mylanta, Laxatives, Prilosec



Lemon

Tylenol, Motrin, Children's Tylenol & Motrin, Throat Lozenges, Immodium AD, Pepto-Bismol, Mylanta, Tums



Breathe

Inhalers, Vicks, Nyquil, Dayquil, Shower Soothers, Vaporizer Refills



Deep Blue

Tylenol, Motrin, Aleve, Bengay, ThermoCare



Oregano

Nyquil, Dayquil, Freeze Away, Tylenol, Motrin, Aleve, Throat Lozenges, Pepto-Bismol, Tums, Mylanta



Peppermint

Pepto-Bismol, Tums, Immodium AD, Energy Drinks, No-Doze, Tylenol Cold, Sudafed, Zyrtec, Claritin

The list goes on...
Fill your home medicine chest with safe, pure, and effective doTERRA CPTG essential oils.



CERTIFIED PURE THERAPEUTIC GRADE®

- ◆ **PURE**—100% natural, no artificial ingredients, fragrances, or fillers
- ◆ **SAFE**—Certified to be free of pesticides and other chemical residues
- ◆ **POTENT**—Standardized active compounds

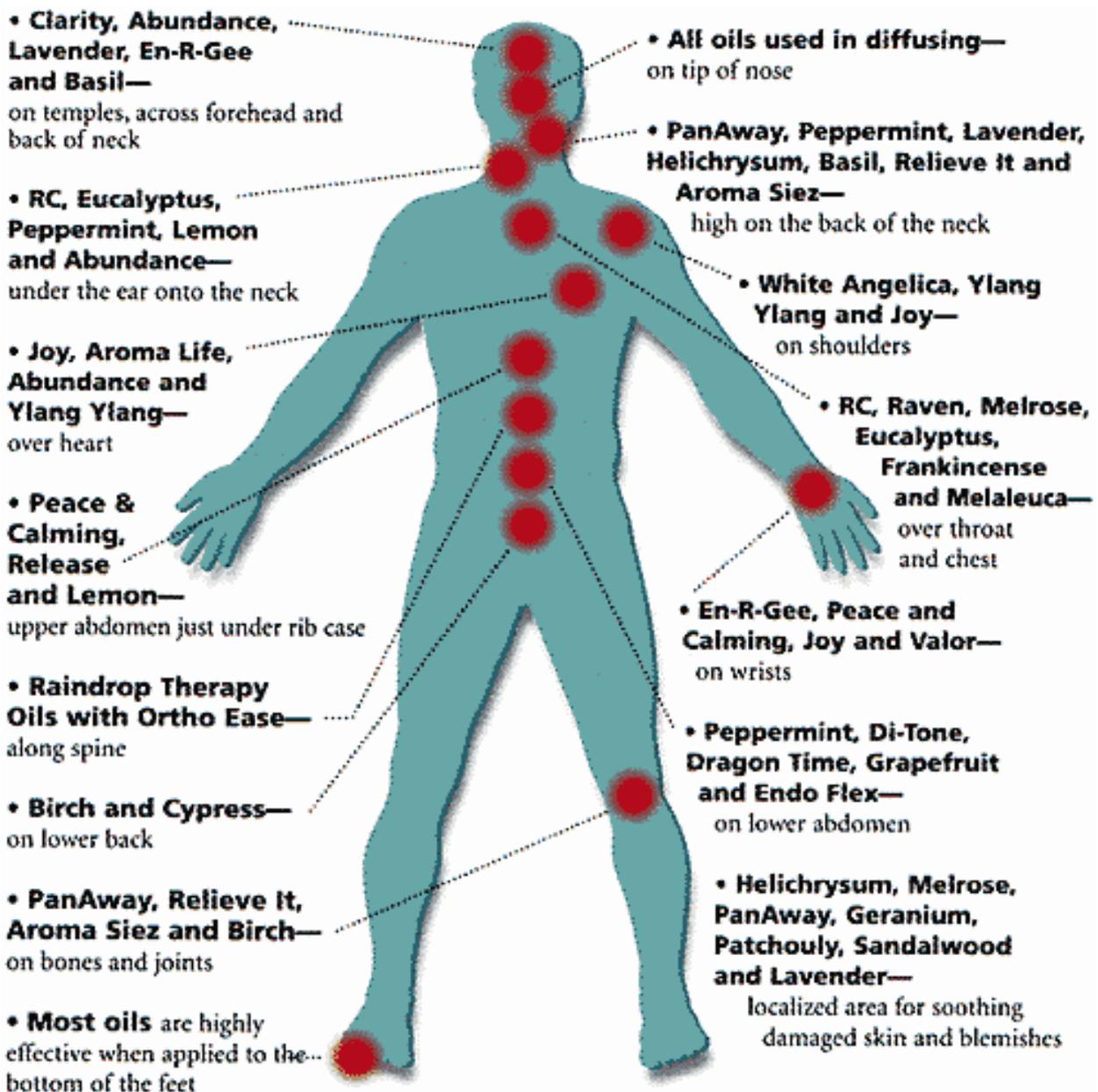


sense therefore to use a reputable brand that have had stringent testing, and are also able to support users with a high level of education about the therapeutic benefits of their products.

While I would not normally recommend one brand over another, I have found that the doTERRA company comply with all the criteria and are of a very high vibration and purity, so I would recommend them to anyone, as they also offer ongoing support.

If you have not looked into these oils, feel free to check them out by following the link to my doTERRA Website: <https://www.mydoterra.com/carolmacrae>

You can simply join the company for \$35, then purchase all your products at wholesale prices, which is a 25% discount. They also have a business opportunity to help pay for your oils or earn an income, but regardless, they have lots of information you can apply to any of your Essential Oils to use in your Reiki practice.



The Akashic Records

The Akashic records are often referred to in Level 2, particular with reference to Symbol 3, the Distant Healing Symbol, where we are also able to connect to past, present and future, through the Akashic Records.

To explain it more clearly, imagine looking at the light of a star. That star may have burnt up thousands of years ago, yet we are still seeing it's energy imprint, which will go on into the future.



You may also think about looking at a candle. Where does the light begin and where does it end? It's imprint can expand out to infinity.

The Akashic Records can also be thought of as the energy imprint of the Soul's journey throughout time. The past has been set, and can be read by Clairvoyants who have your permission to access your records, but the future which is sometimes read by these people may be only one of many possibilities, which is not yet set. What is read by the Clairvoyant is a possible outcome if you continue on in the same manner with the same attitudes and energy that you currently have. We have a choice and can change our future if we change our attitudes.

This is a theosophical term referring to a universal filing system which records every occurring thought, word, and action on the cosmos. The records are impressed on a subtle substance called akasha (or Soniferous Ether). In Hindu mysticism this akasha is thought to be the primary principle of nature from which the other four natural principles, fire, air, earth, and water, are created. These five principles also represent the five senses of the human being.

Some indicate the Akashic records are similar to a Cosmic or collective consciousness. The records have been referred to by different names including the Hall of Records, the Cosmic Mind, the Universal Mind, the Collective Unconscious, or the Collective Subconscious. Others think the Akashic records make clairvoyance and psychic perception possible.

It is believed by some that the events recorded upon that Akasha can be ascertained or read in certain states of consciousness. Such states of consciousness can be induced by certain stages of sleep, weakness, illness, drugs, and meditation so not only mystics but ordinary people can and do perceive the Akashic records. Some mystics claim to be able to reanimate their contents like they were turning on a celestial television set. Yogis also believe that these records can be perceived in certain psychic states.

Certain persons in subconscious states do read the Akashic records. An explanation for this phenomenon is that the Akashic records are the macrocosm of the individual subconscious mind. Both function similarly, they possess thoughts which are never forgotten. The collective subconscious gathers all thoughts from each subconscious mind, which can be read by other subconscious minds.

An example of one who many claimed successfully read the Akashic records is the late American mystic Edgar Cayce. Cayce did his readings in a sleep state or trance. Cayce's method was described by Dr. Wesley H. Ketchum who for several years used Cayce as an adjunct for his medical practice. "Cayce's subconscious...is in direct communication with all other subconscious minds, and is capable of interpreting through his objective mind and imparting impressions received to other objective minds, gathering in this way all knowledge possessed by endless millions of other subconscious minds." Apparently Cayce was interpreting the collective subconscious mind long before the psychiatrist C.J. Jung postulated his concept of the collective unconscious. A.G.H.



The Akashic Records are the repository of all human experience; past, present and future, a record of all events within the universe and are part of the Cosmic Mind. These are found between the astral and mental worlds, part astral part mental and transcending, or permeating all dimensional realities or levels within the universe. They are a record of every thought and event that has ever occurred, will occur or could occur – just like a huge, infinite, mental history, picture book.

Jung's Collective Unconscious is part of the Akashic records. However, the Akashic records are of a higher vibration than the Collective Unconscious. The vibratory level of the Collective Unconscious relates to what is generally known as the 1st, 2nd and 3rd planes of the 7 Astral Planes model.

The Collective Unconscious relates to our reality and to the reality of spirit guides, our Higher Self, and other beings within the universe with have a similar vibratory rate as these planes of existence.

The Akashic records incorporate the consciousness (both personal and transpersonal) of all manifestations including angelic energies and so forth which vibrate at higher frequencies.

This Cosmic Mind permeates through the 4th, 5th, 6th and 7th levels of the Astral Planes. Above and beyond the 7 Astral planes are further dimensional realities and planes of existence that only highly evolved divine beings of light can access.

When you access and tune into the Akashic records, you will normally see those events with the greatest amount of energy around them.

If you look into the future and the area of probabilities within the records, you enter into a muddling combination of symbolism assimilated with actual events.

This future symbolism is manifested by the belief systems and prophecies of the major religions. Whether it is the Bible's "Book of Revelations" or the prophecies of Nostradamus. These ancient prophecies are all richly steeped in symbolism.

This symbolism affects the way people think, dream about and access the future. This symbolism, in turn, manifests in the Akashic records as symbolic representations intertwined with actual future events.

Some Thoughts On Intuition

As you continue to use Reiki 2 you will notice that your intuitive faculties are expanding. As a channel of Reiki energy you are connected in a very real way with the Divine Loving Source. By allowing this awareness to expand you open yourself to become a catalyst for the healing process to take place. When guided by this higher awareness you free yourself as a practitioner from the limitation of your personal experience and your need to attempt to try to understand your client. This detachment allows you to intuitively do what is appropriate for healing to take place. As your focus of accountability shifts and changes (and believe me it will), your main focus will be becoming responsible for monitoring your ability to remain centred without interference from your personality.

In order to expand one needs to make deeper inner connections. By continually pushing your levels of self trust to your personal limits you will build trust in this process.

Something to be aware of is your attachment to being right. Some people make the assumption that when one steps in line with spirit that every word and action will bring peace and healing to all who listen, like some magic balm. This may be the case some of the time but true unconditional love (and that's what Reiki is) moves in a way that will create a situation for healing to take place. The Reiki consciousness has no attachment what-so-ever in making you out to be a great healer. For those who are attached to particular belief systems then spirit may call for some fairly challenging scenarios to act as a catalyst for change.



In some circumstances spirit may recognise that the most appropriate thing to be said to a person is not correct. Sometimes this can be because the person is building an unproductive dependency on you and in doing so they are giving away their decision making abilities. Another circumstance where this may arise is where spirit recognises that the individual needs to make their own decisions about what they are told. When this happens to some healers they mistakenly believe that their guides have left them or buy into the fear based belief that "evil or malign spirits" have taken over the channel. You have been attuned to the Reiki consciousness and when your functioning as a Reiki Channel these "entities" simply can't come through. Your ego can get in the way however and that is a lesson in discernment that each one of us must go through. If you are attached to being right and having people think you're a pretty hot intuitive healer this can lead you into some pretty snazzy learning curves of your own! But, on the other hand if you let go of your need to be right (or perceived as the good-guy) and let spirit take the reins and trust that spirit knows exactly what is needed at all times. If you put your hands on someone and they throw up - it is appropriate. But, if your attached to being seen as the loving healer who cures at a touch, then you'll have some learning curves to go through.

If your personal belief system is attached to how you're perceived by others then you've put limits on how the energy can flow through you. Never limit God! There are many learning curves that you'll go through if you consciously work with this energy and each challenge met and resolved leads you on to the next step of the initiatory process. Your Reiki attunements are just the catalyst for these. Some people think that they do a weekend course, have a bit of a cleansing period afterwards and that's it. Nothing could be further from the truth, it is an initiatory process and it unfolds within the initiate over a period of months and even years. At any point the initiate may resolve that they are unprepared to let go of their attachment to a particular state of mind and stay at that particular level of learning. Some times what is called for is easy, at other times the challenge may push you to your limits. But the essence just represents the attachment you have to that particular state of being. If you wish to be a master then meet each challenge with joy and understand the only certainty is change. For is it not true that as a healer all we are doing is facilitating a change in another's being? How can we be catalysts for change and not learn to master change in our own lives? The more we refine this skill the more adept we become in facilitating change in others.

Living With Your Psychic Gifts

Although this is not part of the Reiki tradition, on many occasions I have been asked about how Reiki affects our Psychic ability. Everyone has different gifts and abilities, both seen and unseen, and while our focus is not on this particular aspect of our abilities, it is often found that having been attuned to Reiki will often improve on the natural intuitive and psychic nature that everyone has. For this reason I have included this section in your manual, but I implore you not to lose your balance and perspective. I want you to remember, that this is not what Reiki is about, it's about helping heal yourself, your loved ones, and the planet, and also about finding your spirit and your own true nature. These gifts are simply additional tools to use on the way. Use this knowledge along with all of your other skills to move towards wholeness and harmony.



Psychic Gifts

There are four primary gifts, and these gifts are related to personality types. Each of us has all of the gifts, but we generally tend to use the one or two that we are strongest in.

Empathy - Clair empathy - (Clear "emotion")

To sense or "feel" within one's self, the attitude or emotions of another person.

Empathics tend to perceive primarily through their emotions and physical sensations. In a general sense, these people will feel either comfortable or uncomfortable with a person, situation, or environment, based on what they are receiving intuitively.

Prophecy - Clairsentience - (Clear "sensation" or "feeling")

To perceive information by a 'feeling within the whole body' on a sensory level without any outer stimulation.



Their insights generally come as quick 'flashes', and a strong sense of 'knowing'. These insights are often future oriented. Prophets often have quick and active minds, and experience vivid dreams.

Cognition - Clairaudient - (Clear Audio / Hearing)

To perceive sounds or words from sources broadcasting from spiritual or ethereal realms. These people usually 'hear' the messages - they come in the form of language and sounds. Cognitive personalities tend to be more analytical than the other personality types. They feel the need to understand things thoroughly, and can be very precise.

Vision- Clairvoyant - (Clear Seeing)

As the term implies, Visionaries are very visually and 'seeing' oriented people. They tend to be sensitive to what they see. For Visionaries, intuition usually comes as psychic 'seeing', or what is usually referred to as clairvoyance. They see actual pictures related to the information being sought.

Below are gifts that are less common and may help you further in understanding the different types and levels of psychics or 'sensitivities'.

Tasting- Clairgustance - (Clear tasting)

To taste a substance without putting anything in the mouth. 2. To perceive the essence of a substance through taste from the spiritual or ethereal realms.

Smelling- Clairscent - (Clear Smelling).

To smell a fragrance or odour coming from the spiritual or ethereal realms through the olfactory (smell) sense.

Feeling- Clair tangency - (Clear touching)

Commonly known as Psychometry. To handle an object or touch an area and perceive through the sense of touch and gather information about the article or it's owner or history that was not previously known.

Channel - A person who allows his / her body and mind to be used as an instrument or channel for the spirit world to bring forth psychic information or healing energy to others.

Channelling - To allow spirit to enter one's mind and impress thoughts upon the consciousness to be spoken aloud, using one's voice, or body to deliver the information or healing energy.

Psychic and Channelling

A channel and a psychic are different. A channel acts like a 'receiver' and a psychic acts like a 'giver'. In other words, a channel does not interpret the information or energy being received from spirit. It is given to the client just as it is received. A psychic interprets the information for the client.

There are different skills, purpose and perhaps levels of channelling, each depending on the purpose or mission of the individual on their journey in this particular life and their level of connection to 'spirit'. Someone may be here to be a 'healer', therefore they are a healing channel through touch and don't perhaps channel in any other way.

- The 1st level of channelling is to tap into 'spirit'.
- The 2nd level is to communicate with Spirit Guides or connect with "Higher Realm Guidance" or "Higher Realm Energy".
- The 3rd level connects with the Soul Group or Monad.
- The 4th level is with the Divine Conscious Mind or God Conscious Mind.

Not every channel can either attain, work at or even 'give' at all these levels. The levels would seem to be progressive. For example: those that can reach the 3rd level would have also reached the 1st and 2nd usually. Many do reach the first two levels. Channeling brings with it a great responsibility and service to mankind and also service to Spirit. That service includes things like unconditional love, sharing knowledge, learning discernment and empowering people to heal and grow and know that they are simply who they are and can be appreciated in that uniqueness.

The 4th level achieves more 'elevation' and requires some significant energies or lessons for a channel to experience and achieve before this level is attained. Not everyone



will be given the opportunity to achieve this level of channelling and for most it is not perhaps their purpose or mission on their journey in this particular life anyway.

4th Level Channels are also known as Multi-Dimensional Channels, because they can reach into multiple dimensions of the God / Christ Conscious mind. Many Shamans would profess to be at this level. They reach this 4th level, only through `altered state` (trance) work and connecting with high level guidance coming from the Divine Conscious Mind or God Conscious Mind.

The universe is an `elevated` hierarchy and works through Spiritual Law.

Laws of Balance and Order in the Invisible World and in the World of Form.

Spiritual Enlightenment, karmic connections, discernment and wisdom are required which indeed are so necessary to be a channel. Indeed, a channel is "a messenger of spirit" through the common themes of love, light and universal healing which seem to be all-pervasive and `elevated`.

Grounding Techniques

Grounding can sometimes be of help after doing or receiving energy work. There are many different ways to ground the client. This brings them back to the present time and space, and helps them to feel balanced again. Grounding can also be used if someone is being channelled large amounts of energy and having an adverse reaction to it, as sometimes occurs during attunements.

Always offer your client a glass of water before and after a treatment to ground, but also to help the energy flow and detoxify the cells. You will also find it is necessary for you to drink, as it helps the energy flow, and working with energy can also make you very thirsty. Eating is also very grounding, which is why we often schedule morning, afternoon tea or lunch after attunements and treatments in a Reiki Workshop.

Grounding is the most overlooked psychic exercise. The basic feature is to get a sense of the energy of your body connecting deep into the energies of the earth itself. It should be done regularly by re-connecting to the earth or the ground, in order for excess energy to be diffused.

Ideally go outside, focus your mind on the earth beneath your feet. Simply bend over and bend your knees and touch the bare earth.

You might actually feel a definite discharge of energy or a feeling of release and freedom. If you wish, you can imagine, sense or visualise a white cord of light or energy travelling from the base of your spine down to the centre of the earth and connecting with it (connecting with Mother Earth in other words) and then looping back up to the spine. If there is a particular part of your body that feels tension and anxiety, sense or imagine a link between that specific area and the earth. This can also be done as a meditation if you cannot get outside by imagining the connection going down deep into the earth. Many feel this connection easily. Others experience it more subtly and over time it will build up for you.

Many people who are ungrounded often feel "fragmented" "spacey" or "divided". You might experience a feeling of disorientation, confusion, light headedness and separation. Clients also often feel this way after a Reiki Treatment or Massage.

If this is true for you, you may also indeed feel anxiety and find it difficult to concentrate. In extreme cases, people can experience electrical sensations in the arms or body. If you feel such sensations, immediately dip your hands and feet in cold water.

Avoiding alcohol, tobacco, drugs and vegetarian diets is helpful too.

Drinking water and eating a small amount of meat and plenty of vegetables also help grounding.

If you feel you are ungrounded, avoid clear quartz crystals: engage with Onyx which protects and promotes positive thoughts through centring and grounding or Hematite for balance instead. One must remain earthed as one moves through a busy life in a large city or town and it should be an ongoing and a central part of one's physical and psychological health.

Grounding returns you to your connection to Mother Earth. Too much energy input, whether it is environmental or emotional, can cause you to feel separate from your body.



Here are several other grounding techniques which I have found useful.

- 1 Stand behind the client with hands on their shoulders and say: “
Imagine the colour RED coming out of your head, out of your body and out of the soles of your feet, going deep down into mother earth, the colour RED.....
Next use the colour ORANGE, then YELLOW, GREEN, BLUE, INDIGO, VIOLET, and finally GOLD. Then have the client repeat after you...”I am grounded!”
- 2 Use the energy stroke after a treatment. While the client is lying on their tummy, do the energy stroke from the base of the spine up to the crown.
- 3 If doing a sitting Reiki with the client sitting backwards on a chair, place the left forefinger and thumb on each side of the base of the skull, then place the right forefinger and thumb under that. Now move the right hand down from the base of the skull to the base of the spine.
- 4 Have the client kneel or lie face down on the ground, and place their palms and forehead on the ground. Have them imagine the energy now dripping from their forehead and palms, and indeed every part of their body, into the earth. Make sure they have a drink of water afterwards.
- 5 Sometimes when a client is overheating and head-achy, get them to place their hands on another person or object, and visualise channelling energy to the other person or object.
- 6 Stand in an area large enough to extend your arms out from your side without touching anything. With your arms by your side, take a deep breath and raise your arms into a horizontal position at the shoulder, palms down. As you breathe in, imagine you are drawing in the earth energies through you palms, feel a tingling sensation. Hold your arm position and your breath for a moment and then release your breath with an explosive "hah", while pushing your palms down towards the ground, imagine you are firing your energy into the earth. Do this two or three time and notice how much more you feel connected to your body.
- 7 Sit in a comfortable position. Imagine you are a tree, a lively redwood, a majestic oak, or any other tree you like. Send roots down through your feet to the centre of the earth. Attach your roots deeply and draw the earth energy up through your roots, your feet, ankles, thighs, hips, lower body, middle of the body, upper chest, hands, arms, shoulders, neck, face, and up through the top of your head as a rainbow spray of light and colour. The rainbow colours flow down the body and are drawn back up through the bottom of the feet and then up through the body in a continuous cycle. Open your eyes.
- 8 There are also many meditation CDs available today which help ground and balance.

Aura Clearing and Psychic Protection



[GCP: Ground Clear Protect, as in Reiki Level 1](#)

[Psychic Protection Video 1](#) & [Psychic Protection Video 2](#)

It is vital to the health of the patient that the flow of energy in the energy field be free from interference or corruption from the stagnant, unhealthy and impure energies that can block its normal flow. If you have detected such energy impurities in the aura of your patient, they may be cleared out and removed from your patient's field using a procedure known as *aura clearing*.

This technique is performed over the various areas of the body where these energy impurities commonly occur, as well as over chakras, when indicated. Aura clearing uses the hands, especially the fingers, so as to remove undesirable energies from the lower layers of the energy field.

While performing aura clearing, the hands are moved in a particular fashion—they are “drawn out” away from the body of the patient, removing the auric energy impurities from



the field as they do so. This movement is done in a slow, deliberate manner—you must concentrate on the act during aura clearing. To clear away auric energy impurities that you have detected in your patient's field:

Place your hand palm-down over the first area to be cleared, with the fingers spread a moderate amount (wider apart than during the passing-of-hands). The fingers should extend straight out, level from the hand, or perhaps be slightly pulled up above level. The hand, at the beginning of the drawing-out motion, is about 2.5cm above the body surface (when clearing the first layer), and at the end of the motion perhaps 35 to 40cm above the body, the entire motion taking approximately 5 seconds. The hands may then be relaxed, slightly so, so that the fingers slant slightly downwards, and the hand is returned to the starting position 1 inch above the body once again.

While performing the upward motion, visualize, intend and sense that the auric impurities are being removed. Your hand and its outspread fingers has its own auric field, which acts as an attractive device, or an attractive auric net, which detaches the harmful energies from the patient's field, where they reside near the body surface. They "stick" to your hand (primarily the underside of the palm and fingers), and are released from the patient's field by the upward motion. Apart from the body, they lose their charge, their ability to cling to the field of the patient. The impurities dissolve, become as dead, and have no further effect on the patient. As you perform the motion detailed above, feel the energy in your hand and fingers, feel the field around your fingers expanding and growing strong, and visualize, intend and sense it attracting, pulling and clearing away the undesirable energies as you draw your hand outwards. Separate and remove the impurities from the patient's field using this motion in conjunction with your visualization ability. You may see, with your mind's eye or physical eyes, the etheric field of your hand and fingers expanding and catching the undesirable energies, and removing them.

Repeat this motion as many times as necessary to clear the auric impurities away, over each area in which they occur—this will usually involve between two and ten motions and take between one and three minutes, depending on the quantity of energy impurities to be removed, at each location. Some healers like to "shake" the impurities off the hand, after the hand is fully drawn out from the body, before performing the next drawing-out motion.

Aura clearing is done using only one hand at a time. It may be done with the right hand in the beginning, if desired, as it is usually somewhat more effective at first, but with experience both hands will usually become equally effective at removing impurities. It is performed with the eyes open. Use this technique to clear away all areas of auric energy impurities that you have detected, one area or zone at a time.

This treatment will be required at various points all over the body. The energies you will clear are energies that have stagnated and may appear to you as muddied, thick, or discoloured, energies that block the open flow of clear energy. These energies exist as zones or areas of stagnant energy accumulation near the body surface—they are attached to the body—yet will extend a short distance into the body and perhaps out into the auric field a short distance also. Performing the drawing-out motion as given above, however, with the hand beginning approximately an inch above the surface of the body, will remove such blocks, for the portions of the area or zone of stagnant energy that are just below or above the body are connected to the zone as a whole—it is one block—and will be removed as the entire block is removed. In other cases, energy impurities may exist some distance out from the body, yet be associated with and connected to areas of energy impurity near the body surface. In this instance, these outer energy impurities will also be removed as the block near the body surface is removed—perform the motion as usual.

You will find that aura clearing will also be required over specific chakras quite often to remove stagnant or discoloured energies over them. The 7th, 4th, and 2nd chakras are particularly susceptible to these sorts of stagnant energies. When performing aura clearing over chakras, be aware that you may also be smoothing the energy flow in the chakra, as well as removing impurities. With some chakras you may detect what appears to be a poisoning, and you can correct this by drawing out the impurities and smoothing the flow at the same time. Draw the hands up over the chakra as if you were cleansing and smoothing the flow in a "funnel" of energy.



Clearing Entities & Negative Energy Fields with a Dowsing Pendulum

Placing oneself in an Alpha Brain State greatly increases your intuitive powers. Practice getting into a meditative state and create a physical trigger for yourself in meditation to allow you to 'recall' an Alpha Brain State. For example, when you touch your tongue to the roof of your mouth just behind the teeth, you can 'remind' your subconscious to return to an Alpha Brain State.

Basics of using the Dowsing pendulum:

1. Establish your 'yes' and 'no' movements for the pendulum. A vertical movement (forward and backwards) for 'yes' and horizontal (left and right movement) for 'no' works best with the charts. Choose a pendulum that is the right weight for you...too heavy: too slow. Right spin of the pendulum signifies ADDING energy and a Left spin of the pendulum indicates a SUBTRACTING (or removal) of energy.
2. Ask your Spirit Guides for assistance.
3. Check permission to dowse. Ask the pendulum to answer yes or no to the following questions: 'Can I?(ability), May I?(do I have permission), and Should I? (is it for the highest good of all parties concerned at this time). It is not necessary to know all the details...dowsing works by Intention; the Universe handles the details.

Daily Personal clearing:

(Right spin) 'Balance all bodily and energy systems. Keep them healthy and functioning normally. Balance all nutritional needs and remove (L spin) all non-beneficial frequencies'.

CHECK LIST: Establish Alpha State

1. Protection Level , Accuracy Level - Use percentage. Raise to 100
2. Frequency – Use Megahertz scale – Raise to highest, most appropriate
3. Life Force – Percentage
4. Negative Entities in the Energy Field (disincarnates) (how many?/ max 22/degree of influence–negative scale) Ask for Spirit Guide assistance. 'Please take Entities to the most appropriate dimension for Healing and Transformation. Scramble, deactivate and neutralize their presence in (client's) energy field. Remove all negative effects of these entities. Remove all patterns in all dimensions and time frames that attract negative entities.
5. Negative Entities in the Physical Body – as above
6. Negative Entities in the Home and property – as above
7. Demonic Forces – these have never incarnated...'fallen angels'. Ask if you have the assistance of Spirit Doctors. 'Take these demonic Forces and help them recognize the light in the centre of their being. Take them to the most appropriate dimension for healing and transformation to the Light of Christ Consciousness. Scramble, deactivate and neutralize their presence in (client's) body and energy field. Remove the patterns in all dimensions and time frames attracting demonic forces.
8. Filling Voids – at this time ask if you have created any energetic voids. If 'yes', ask 'Please fill all voids created by these clearings with 5th dimensional and higher frequencies of unconditional love, truth, thankfulness, joy...etc. Seal these clearings for all time and create a 10 foot thick protective field around (client) that will only allow healthy, loving frequencies in and will deflect all negative frequencies back to the universe as Love.'



9. Negative Energetic Patterns at Birth

10. Non-Beneficial Spirit Guides – Ask whether to 'retire' them or raise their energy level to become beneficial.
10. Compatibility of Spirit Guides – with significant persons, partners, co-workers
11. Hexes, curses, spells, black magic, bad medicine, witchcraft
12. Family Curses
13. Pre-historic curses
14. Curses on Home or Property
15. Spirits of Victimization
16. Spirits of co-dependency
17. Spirit of Death
18. Psychic Cords
19. Original Soul Present – what percentage? If under 100, bring back. IF ZERO, ask if Soul is a 'Walk-In'
20. Original Soul at Birth
21. Implants – how many? Earthly origin? (Clear) Non-Earthly? Ask if they are beneficial.
22. Degree of feeling wanted at birth – raise to 100% . Check energy level of birth location.
23. Compatibility with Birth Location – raise Energy level of Time and Location to 100% . Can change to chosen 'power point'
24. Non-beneficial Beliefs, thoughts, memories – inherited, learned by association or self-imposed
25. Non-beneficial Archetypes (limiting personality patterns, past life association)
26. Old Issues – unresolved mental/emotional attachments to prior 'dramas'
27. Past or Present Life non-beneficial Vows or Agreements – i.e.: poverty, chastity, obedience
28. Polluted thought patterns – Scramble and adjust to Pure thought forms.
29. Desire for Improvement – raise to 100% Remove Inner Resistances
30. Mental/emotional programs of self-destruction, self-judgment, self-punishment, self-hate, self-sabotage.
31. Brainwashing programs, media programming
32. Non-beneficial cellular memory patterns
33. Non-beneficial emotional memory patterns
34. Patterns of unworthiness, fear, doubt, shame, guilt (5top immune stressors) Check and reduce effects on immune. Raise Immunity and Self-esteem.
35. Non-beneficial effects of heritage, culture, religion
36. Repressed positive emotions (i.e.; avoiding fun, laughter)
37. Non-beneficial mental, emotional and physical habits
38. Fear of Success
39. Balance point ('5' on a scale of 1-10) for serotonin, nor-adrenaline, melatonin, lithium Aminos, Minerals
40. Level of efficiency of Brain Communication to organs and glands
41. HGH balance
42. Cetyl Meristolate – body's 'lubricant'. Raise to 100%



43. Lymph – degree of optimum function – Raise to 100%
44. Chakras - balance all
45. Meridians – balance all
46. Body chemistry and Ph – balance to '5'
47. Level of energetic imbalance with earth frequencies (widespread) Bring into balance, adjust to harmonize with future earth changes
48. Ill effects of Electromagnetic fields – neutralize, establish protection
49. Ill effects of astrological alignments
50. Hara (midline) – balance
51. Cell compatibility – with significant others, related to autoimmune dis
52. Aura Balance
53. Holes in the energy field?
54. Attractor fields for non-beneficial energies
55. Any Cancer, tumour or other harmful cells?

Banish Spirit of the Disease, Scramble the frequency of reproductive intelligence and programming. Clear DNA of damaged or inherited factors. Restore RNA to full, healthy functioning. Reactivate any dormant or damaged cancer-limiting genes. Neutralize the factor that switched it off.
Restore immune-awareness. Remove causal emotional memory and emotional attachment to disease.

56. Fungus? Deactivate frequency, Spirit, Life-force and attractor fields.
57. Parasites – as above
58. Virus, Bacteria – as above
59. Ill Effects of energies resulting from earth's movement through space.

Prayers for Forgiveness and Protection

Psychic Protection Prayer with Assistance from Angels

I/We humbly ask for divine protection to protect us on all levels. We ask for the heavenly rays to be poured upon us in abundance.

I/We command the presence of the angelic realms and for Michael and Metatron to stand at the head.

May the Christ light, the Buddha light, the Mahatma Energy, the holy spirit, the Reiki energy, the light of all Archangelic beings and all Ascended Masters permanently encase US with their love.....

We ask the mahatma energy to integrate with every aspect of our being. We also ask the mahatma energy to integrate with every aspect of mother earth and all life-forms according to the highest will of God.

I/We call forth Archangel Zadkiel, and St Germain and ask for the Silver – Violet –Flame to be fully anchored, and permanently encased within and around our whole beings...

I/We ask that this Silver violet Divine flame be sent forth into our past...into our present ...into our future transmuting all our karma ...we also ask Lord Melchizedek, Archangel Metatron and Archangel Michael to assist us....to help us transmute and perfectly balance all karma.



We ask the archangels to place a protective star of David, around our being and home permanently.

We call forth Archangel Gabriel, Archangel Haniel and the company of Heaven and ask for the green flame, and the white flame to be fully anchored and permanently encased within and without our beings.

We also call forth Archangel Metatron , the Mahatma, Lord Maitreya and Sananda and ask for all negative thought forms, lost souls, negative residues, negative elementals and soul fragments to be permanently healed and taken into the light..... within our auric fields, homes and world...may all be freed according to the highest will of God.

We also ask for the pink flame of the Archangelic realms to be fully anchored and permanently encased within and without our being.

I/We ask Archangel Michael to fully anchor your Silver Armoured Metallic Suit Around our beings permanently.

I/We ask Archangel Michael to cut away all karmic ties permanently and to anchor your special blue armoured flame permanently, encasing our whole being, from within and without, I/We also call forth Mother Mary and Archangel Raphael and ask for the sealing and transmutation of all holes and leakages within and without my Auric Field.

May all that is not in accordance with the highest will of God, within and without my entire being be immediately transmuted into Divine Light

May I be Divinely aligned, healed and re-energised on every level of my being, perfectly balanced within the three fold flame of God.

May I always be shown the way and given full support in all the work I do for mankind's advancement and spiritual enhancement and healing.

May I be purified and Blessed upon every level of my being, in the work I do and be given more and more divine power as each day goes by and more and more protection as my healing progresses and expands.

May I radiate the heavenly rays wherever I go and help all who come across my path.

Dear beloved God Presence, I AM (Monad) presence, Soul Presence, The Mahatma Energy, the collective consciousness of the Ascended Masters, In the name of the God within us, we ask that this Divine meditative prayer, be multiplied and manifested and used to assist all lifeforms on this planet and throughout the universe. We accept it done according to the highest Will of God.

We humbly Thankyou – Amen

The Forgiveness Prayer

All that has offended me, I forgive.

All that has made me bitter. I forgive.

Within and without I forgive.

I forgive everything past, present and future.

I forgive positively everything, everyone, every experience that needs forgiveness.

I forgive myself completely.

I forgive and I let go.

I let go and I let God's (Higher Divine Intelligence) perfect love heal all areas of my conscious, subconscious and superconscious mind.

I let go and I let God's love heal all areas of my life that need healing.

I let go and I live in Peace.

So may it be.



Forgiveness Prayer 2

Divine Father, Mother and Son in One,
If I, my family, ancestors or relatives have offended you in any way
By our thoughts, words, actions, deeds
We seek your forgiveness.
May this release, cleanse, all negative memories, beliefs, thoughts, emotions and ties
And transmute them into the light.
And so it is.

The Lord's Prayer

The Lord's Prayer is a very powerful prayer for protection. Say at any time you are feeling uneasy and want to feel safe, strong and protected.

Our Father, which art in heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in earth,
As it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power, and the glory,
For ever and ever. Amen.

Bedtime Prayers

Matthew, Mark, Luke and John,
Bless the bed that I lay on.
Four corners to my bed,
Four angels 'round me spread:
One at the head, one at the feet
And two to guard me while I sleep...

Now I Lay Me Down to Sleep

Now I lay me down to sleep,
I pray the Lord my soul to keep.
If I should die before I wake,
I pray the Lord my soul to take.
And if He should give me one more day,
I pray I will walk in His Way.
And when my days are at an end,
I pray at Heaven's Gate, He will invite me in.

Suggested Approaches to Spiritual Growth

SAY: (Think anytime - particularly before sleep).

"I ask the Divine Light Forces (Forces of God) for..."

- (1) **Protection** against all that is not of the light.
- (2) **Healing** on all levels
- (3) **Guidance/Assistance** with my life. Especially in the area of eg. knowing what I should be doing spiritually, help with becoming a channel for love, light, healing, guidance and inspiration. Preparing for meetings and/or seminars etc.
- (4) That **Divine love, light** and healing energies **go to** as well as all who are working against my spiritual progression."



IMAGINE:

Being surrounded by a hot, bright, glowing white, eggshell.
Radiating **hot, bright, golden, light**.

CLOTHES:

Light coloured clothes tend to encourage light coloured energies. For best health never wear dark colours, particularly black.

All the above to be the maximum consistent with the **highest spiritual good.**"

Remember that when we make an invocation we only want help from those who are representing the love (God) force.

We ask for "protection" against anything, and anyone, not of the light (God vibration). This includes people dead, and alive, and such things as discordant energies.

We also acknowledge that we exist on many levels. Physical, mental, emotional, spiritual etc. and that we wish healing on all levels that need it.

We request guidance, either specific and/or general, so that we may more easily understand what we should be doing with our life and how we achieve our spiritual goals.

We direct love, and light, etc. to those we live/work with and those who oppose us. Like water counters the problem of fire, light etc. reduces the effect of negative influence.

Visualization is fairly common, and often helpful, BUT somewhat passive. By having light go outwards we have a more positive effect on others, and the world.

Ever noticed how many sick, angry, or depressed people wear black? Lighter colours often contribute to a better state of emotional, and mental, well-being etc.

Also remember that some unpleasant experiences in life are "meant" to be experienced (for spiritual growth and learning). So having faith and trusting that everything always works out for our highest good, can often see us through some difficult times.

Basic Principles about Care and Use of Crystals

Clearing is the process of changing negative emotions to positive emotions. Anyone who holds a crystal and is having bad feelings, negative emotions, may imprint those emotions into the crystal. The most effective method for clearing a crystal is to hold or touch it with your hand. Repeat the following light invocation three times.

The light invocation is as follows;

" I invoke the Light of the God within. I am a clear and perfect channel. Light is my guide."

By the time, you have completed the third repetition; the negative emotion will be gone. Test this for your self, and ask a friend or an associate to help you. Measure his or her energy field using a dowsing rod, (see our section of Tools used in Research/Research Methods) and just note down your results. Hand your friend a crystal and measure the energy field. Write down your results. Hold the crystal to your forehead and recall a time you felt angry. Hand back the crystal to your friend, and measure the energy field again. Negative emotions cause a reduction in the measurable field; you know the crystal you gave to your friend holds negative emotions. Now tell your friend to repeat the light invocation and again measure the energy field. If the measurement increases after the light invocation beyond the original measurement, two things are possible. First the light invocation does, indeed clear out the negative emotions. Second, the light invocation also increases the overall energy field.

Cleansing is a process of reducing the negative emotional energy level to the crystal to the point where the emotional energy can no longer affect you. Salt is the recommended method. Bury the crystal in either dry salt or submerged in a saline solution of ½ cup sea salt to one gallon of water for at least one day.



Protecting the Symbols

It is believed by many that the Reiki Symbols should be shown only to those attuned for Reiki Level II and higher. Keeping the symbols *secret* is done to prevent misuse. I did not fully understand what this meant, but have come to understand that the misuse is not direct misuse of the symbols to access the energy, since the symbols themselves do not access the energy. Instead the misuse to be prevented is people claiming to know Reiki when in fact they only know the symbols. Reiki is not the symbols, Reiki is the energy.

If the symbols were widely known then some will take Reiki to be **only** the symbols, calling themselves Reiki Practitioners simply because they've seen the symbols in a book. This is analogous to someone calling themselves a *Tarot Reader* simply because they've memorised a book of Tarot card meanings. Just as reading tarot is much more than memorising a set of predetermined meanings (namely, being *intuitive* about what the cards mean in *this* reading), there is more to using Reiki than drawing symbols (namely accessing the energy). Even a fully attuned Reiki practitioner can fail to access the energy if s/he gets confused here.

The Reiki symbols are sacred, traditionally they are kept confidential. They are only revealed to those who have taken second degree Reiki and received the attunement that empowers them in the initiate. Without the attunement the symbols don't seem to do much.

Always treat the Reiki symbols with respect. They are sacred representations of different aspects of the divine and embody that energy in themselves. Traditionally, students were made to promise that they will not show the symbols to anyone uninitiated into Reiki II.

Not revealing the symbols to non-initiates was not a case of "club mentality" (although it certainly led to that in the west). This is just another of the many situations that arise when bringing teachings from East to West. If the deeper understanding isn't there then the teachings become hollow and meaningless. Students were asked from refraining to share these symbols for reasons that include honouring the sacred nature of the symbols, discernment and humility.

The choice is most definitely yours but before you do choose to share them be very clear on the reasons for doing so. Truly look into your motivations for wanting to share them with non-initiates. These are questions that deserve contemplation before sharing the symbols. Decide for yourself what is appropriate right action.

Developing Your Reiki Practice

People coming to you with many different problems, difficulties and illnesses sometimes as a last resort. Watching them leave relaxed, often radiant with joy and new hope. Seeing them improve over time, watching them grow, gain confidence and become more trusting of life. Seeing some make major changes and life adjustments. Occasionally witnessing miracles. Feeling the wonder of God's love pass through you and into another. Sensing the presence of spiritual beings, feeling their touch, knowing they work with you. Being raised into ever greater levels of joy and peace by simply placing your hands on another. Watching your life grow and develop as your continual immersion in Reiki transforms your attitudes, values and beliefs. Sensing that because of your commitment to help others, beings of light are focusing their love and healing on you and carefully guiding you on your spiritual path. This is the promise of a developing Reiki practice.

Reiki is a truly wonderful gift and while some take Reiki training to use on themselves and with friends and family, many feel inspired to share it with a much wider circle. The development of a Reiki practice can be a very rewarding experience. Not only can it provide you with a source of income; there are spiritual experiences that can be much more meaningful. So, assuming you have been initiated into Reiki and have the ability to channel Reiki healing energy to others, I would like to share some ideas and techniques that may be helpful in developing a Reiki practice.

The most important thing concerning the development of a Reiki practice is the quality



and strength of your intention. The mind is like a magnet. The quality and strength of your thoughts will determine the quality and strength of what you attract into your life. Therefore it is important for you to develop and maintain a positive mental attitude about your Reiki practice.

Decide with clarity, determination and commitment that you are going to create a thriving Reiki practice. Decide that you are worthy to do this and that there are many people who will benefit from your service. Decide that the value you and your clients will receive from your Reiki practice will far out weigh any effort or sacrifice that might be involved in creating it. Picture in your mind the results you want to create and how it will feel when you are actively involved in a thriving Reiki practice. Meditate frequently on this image and these feelings. Allow them to fill you up and surround you and reach out to others. Use this to motivate you and to help you continue on in the face of doubt or discouragement. Know in your heart that the freedom, joy and satisfaction of having your own Reiki practice is a valid goal and that you are creating it. Believe in yourself and in your purpose.

If doubts arise about your goal, know that this is normal and assume that they have entered your consciousness because they are passing out of you. Whenever we take on a new level of healing or commit to a new goal, old negative thoughts and feelings that have been stored inside and have gone unchallenged are dislodged and begin moving through our consciousness. If your commitment is strong, these old negative feelings and thoughts will break up and be released. If you feel negative feelings and thoughts come up, know that this is part of your healing and that you are releasing them up to the Higher Power to be healed. Use your Reiki to speed this up and make sure to ask for treatments from others. Reiki psychic surgery can be especially helpful.

There are higher sources of help you can call on. Angels, beings of light and Reiki spirit guides as well as your own enlightened self are available to help you. They can help you develop your Reiki practice by directing clients to you and assisting with treatments. They can be of great benefit, but you must have a strong spiritual intention for your work if you are to recruit their aid. If you are doing Reiki in a selfish way, only for money or to gain control over others or to take on an air of self-importance, or for any other negative purpose, then it will be very difficult for these spiritual beings to work with you. There must be congruence, an alignment within you in order for the Higher Power in the form of Reiki to flow through you in a powerful way and in order for the angels, Reiki spirit guides and other spiritual beings to work with you. Reiki wants only the best for you, but you must align with the nature of Reiki if you are to gain the greatest benefit. The more you can open to the true nature of Reiki which is to have an unselfish heart centred desire to help others, then the more the Reiki spirit guides can help you. Focus on helping others and on healing anything within yourself that may stand in the way of an uninhibited flow of love and compassion. This is what will make your Reiki practice a success!

The development of a spiritual attitude toward your Reiki practice can be facilitated through the regular use of affirmations and prayers. Try the following prayer: "Guide me and heal me so that I can be of greater service to others." By sincerely saying a prayer such as this each day, your heart will open and a path will be created to receive the help of higher spiritual beings. They will guide you in your Reiki practice and in the development of your life purpose.

One thing that can get in the way of developing a spiritual attitude about your Reiki practice is fear of competition. This has caused more problems and created more restrictions and negative energy in the Reiki community than any other area of misunderstanding. Lack is an illusion and this is especially true for Reiki! There is a far greater need for healing on the planet than there are Reiki practitioners who can provide it. Fear of competition goes directly against the nature of Reiki energy and because of this, it can repel people from you who might otherwise be interested in receiving a treatment. Reiki comes from an unlimited supply and does not fear competition. People who do Reiki together find that their Reiki gets stronger as more people join the group. If Reiki was competitive, then just the opposite would happen, it would be strongest when you were alone and get weaker as more people joined the group.

The nature of Reiki energy is one of cooperation. It understands the concept that we are all one and flows freely to anyone and everyone. It works in harmony with all other forms of treatment. It is clearly apparent, the wisdom of Reiki is to welcome all other practitioners as allies. If the



spiritual purpose for your Reiki practice is to help others and to heal the planet, then you can only rejoice when you hear about another Reiki practitioner in your area as they are helping you fulfil your purpose. Accept the wisdom of Reiki as your own wisdom, that all others who practice Reiki are helping you. The more you can do this, the more your Reiki practice will thrive. Don't worry about taking clients away from other practitioners. Each practitioner has their own value and special way of helping others. You will attract the clients who are right for you. Others will attract the clients who are right for them.

An important trend is developing in society that will soon create a great demand for Reiki practitioners. More and more people are discovering the value of alternative therapy. A recent study conducted by Dr. David M. Eisenberg of Boston's Beth Israel Hospital indicates that people in the US are beginning to turn away from modern medicine and make greater use of alternative health care techniques. The survey concluded that 34 percent of Americans said they used at least one alternative therapy in 1990 and that Americans are spending nearly \$14 billion a year for this treatment, most of which comes out of the patient's own pocket. The therapies most used are meditation, touch therapy (such as Reiki), guided imagery, spiritual healing, chiropractic, hypnosis, homeopathy, acupuncture, herbal cures, and folk remedies.

Also of note is the fact that the National Institutes of Health has created an Office of Alternative Medicine whose purpose is to research alternative healing methods and establish their value. Already this new office has proved many healing techniques formerly considered quackery by the medical establishment valid. These include chiropractic, acupuncture and homeopathy and they will soon be studying touch therapy and Reiki. Clearly, a paradigm shift is taking place toward the general acceptance of alternative medical treatment. It is likely that Reiki will become widely accepted as a valid form of healing before the end of the decade! Think what this means for anyone with a Reiki practice. A great need is developing for Reiki practitioners!

Now that we have covered some of the important attitudes, values and beliefs necessary for a thriving Reiki practice, let's discuss some of the practical issues. An important issue is money. Some practitioners do not charge money and this is fine if that is their decision as everyone has the right to charge whatever they want or to charge nothing at all. However, it is often better for the client if they are able to give something in return. They are not paying for the Reiki energy, which is free, but for your time and the effort you have put forth to learn Reiki. When people receive a treatment for free they often feel indebted to the practitioner and guilty feelings can develop. This creates an imbalance that can get in the way of continued treatments. Charging money allows people the freedom to come whenever they want. If you do have clients who have a money problem, you can charge them less or barter.

How much should you charge for a Reiki session? A good rule of thumb is to charge about the same for a standard Reiki session as others in your area are charging for massage. A standard Reiki session will usually last about 45 minutes to an hour and a half. When you first start charging for your sessions, you can start at a lower rate if that feels comfortable to you and increase it as your confidence and reputation grow.

Business cards are a good first step when starting your practice. They let people know you are serious about your Reiki business and make it easy for you to give people your phone number in case they want to make an appointment. It is not a good idea to place your address on the card as people may come without calling you. It is a good idea to talk to people first to get a feel for their energy, and let them know what they can expect from a Reiki session before setting up an appointment and giving them directions to your home or office.

Flyers are also a good idea. In your flyer explain what Reiki is and the benefits it offers along with your name and phone number. You can place them on bulletin boards in health food stores and new age bookstores etc. and they can be given out to prospective clients.

Beginning your Reiki practice from your home is a good idea as it will save money on start-up costs, but many practitioners have found advantages to having their own office. An office creates a professional atmosphere and lets people know that you take your work seriously. You may want to start in your home and get an office after things get going or if you can afford it, get an office right away. Consider the fact that you may want to have group activities in your office when considering the size office you want.



Make sure to get each client's name address and phone number for your mailing list. As your list grows, you can mail out flyers on up coming Reiki events or simply remind people about your practice. A good way to keep track of your clients is to use a client information form. The one in the back of "Reiki, The Healing Touch" is a good one as it includes a disclaimer, which protects you from misunderstandings about the results you promise from a Reiki session. Feel free to make copies of this form and use it in your practice. Keep your mind open to other ways of adding people with an interest in alternative healing to your mailing list. The mailing list can be an important tool in promoting your Reiki practice.

One way to let people know about your Reiki practice is to offer to exchange Reiki with other alternative therapists. This works well with massage therapists, as they are familiar with body work and often need therapy themselves. Offer to refer clients to them and ask them to do the same for you. Give them some of your flyers or business cards to display in their office.

When you are at public gatherings or around others and someone complains about an ache or pain, offer to give them Reiki. If they have never heard of Reiki before, explain that it is a Japanese form of stress reduction with many healthy benefits. If they have a metaphysical understanding you can talk about Ki and the life force etc. Talk to them on a level they can understand. Take 15 minutes or so to treat the area of concern and let them know you do this professionally and give them your card. Tell them what a complete session is like and set up an appointment if they are interested. At parties or large gatherings, the attention you attract when giving Reiki to one often creates interest in others who will want a sample treatment also. Often you end up treating several people and passing out many business cards. As you treat you can talk about Reiki and how it works. Ask the person to explain what they feel. This always creates a lot of interest. Being focused on helping the person and not on getting a client is the key to attracting people for sample treatments. However, if they are interested, a business card is appropriate.

One thing that will really attract attention for your Reiki practice is wearing a Reiki T-shirt. People will want to know what the symbols mean and this opens the door to talking about Reiki. Offer to give them a sample treatment and telling them about your practice. If they seem interested, give them a business card and if possible, set-up an appointment.

A free Reiki evening can create lots of interest. Plan one night a month to talk about Reiki and give sample treatments. If you have Reiki friends, ask them to come and help give treatments. This is a great way to help others and let them know about Reiki and your practice. Make up flyers for your free Reiki evening and put them up in appropriate places. If the Reiki practitioners can meet an hour or so before the meeting to give treatments to each other it will really improve the quality of what the non-Reiki people receive. Also, if you have taken Reiki III / master training, you could give a refresher attunement or healing attunement to each of the practitioners to boost their energy. This is a great way for the practitioners to practice their Reiki and for you to practice giving attunements. Call everyone you know who would be interested and let them know.

If your area has psychic or holistic fairs, get a booth. Take a Reiki table and ask 5 or more of your Reiki friends to help. Offer 10 or 15 minute treatments with 5 or more Reiki practitioners giving a treatment to one person at a time. Charge \$10.00 or so per treatment. This can be a powerful healing experience and a good demonstration of Reiki. Have a table with your flyers and business cards on it and be sure to get each person's name, address, and phone number for your mailing list. Another way is to use chairs and have one or two practitioners give 10 or 15 minute treatments to each person. The chair method takes up less space and allows you to treat more than one person at a time.

Create a healing service at your church. Recruit other healers to help. You could use both Reiki and non-Reiki healers. This can create tremendous interest in Reiki. Refer to the Summer 93 issue of the Reiki News for a complete explanation.

Volunteer to do free Reiki treatments at hospitals, hospice centres, drug and alcohol treatment centres or in conjunctions with a psychologist or other therapists. By doing this,



you will gain experience and people will find out about your practice, but most of all, you will be helping others.

If there is a metaphysical/holistic paper in your area, offer to write an article for it on Reiki or healing in general. Make sure your name and phone number is listed and that you are a Reiki practitioner or teacher. If you are really serious, decide to write an article every month. This will let people know who you are and what your attitudes and beliefs are concerning healing. They will then be able to decide if they want to come to you. It is also a good idea to place an ad in the same paper your article appears in. You will pay for the ad, but the article will be free!

Write articles for the Reiki News or send in a description of your Reiki experiences. The Reiki News needs articles and is very interested in letting people know about your personal experiences with Reiki. It goes out to over 1800 people interested in Reiki all over the country. Having your name in the paper will improve your reputation especially if you place free copies in your local health and new age bookstores and hand out copies to your clients and friends etc.

Develop a Reiki talk and offer to speak about Reiki to local groups. There are many groups looking for speakers and alternative healing is becoming a hot topic. If you have little experience at public speaking, you can join a local Toast Masters Club. There you will be coached and given ample opportunity to develop your speaking ability. If you are making Reiki your career, then the ability to speak before groups is a must. Decide to become a great speaker and go for it.

Additional Workshops and Reiki Shares?

Most people will find that Reiki Level 2 is all they will ever need. The notes in this manual have covered the basic Level 2 Course, as well as material which many schools would call Level 2 + or Advanced. I have also included the Japanese Reiki Techniques which I have recently come to light. I hope you will come to use those techniques you are comfortable with as you live with Reiki.

Some of you may decide to do other study, such as Seichim, the Egyptian Healing System, which is a half day course held throughout the year. Others may even go on to become a Reiki Master. Only you will know where the road takes you. Use your intuition and judgement from the heart, to follow your path to love, peace, happiness and fulfilment, and remember, we NEVER stop learning!

Level III (Master Level)

Third Level Reiki (called Shinpi Den in Japan) is the Master / Teacher Level of Reiki. It carries with it much responsibility. Level III generally includes the Usui Master Symbol (empowerment symbol) plus another symbol, and their meaning and application. The Usui Master Symbol completes the other three symbols taught at Level II. There is a bond forged between student and Master. Masters are taught how to initiate others into Reiki using the attunement process.

Students are also taught the attunement process and lots of practice in its application, and how to teach others. Some schools teach that Reiki III is for Spiritual healing. Reiki III is the unity of the previous three symbols together. It is coming back to the beginning.

It is not necessary to undertake the Level III training unless you intend to become a Teacher in the Usui Shiki Ryoho System of Natural healing, although some do so to enrich and deepen their spirituality.

This course is not something to be entered into lightly, and depends upon the Reiki Master's discretion as to whether the student is ready. Students should have at least 12 months experience practicing at Level 2 before consideration is made.

In the Master's Training course there are 2 more attunements. The Master's Course is held over 4 weekends: 2 weekends of instruction and practical, then the new Reiki Master will assist in a Level 1 and Level 2 Course.



Seichim

Seichim is an Egyptian form of hands-on-healing that was re-discovered by Patrick Ziegler in 1984 while spending a night in the King's sarcophagus in the pyramid of Giza. Seichim is a gentle form of healing which works more on the mental/emotional level. Participants must first have done Reiki 1 and 2 to complete Level 1, and Reiki Master to complete the Seichim Master training.

There is one attunement for Level 1, and 1 attunement for the Seichim Master training, which is often given during the Reiki Master training.

SKHM Emotional Release Technique

This technique is now used by Patrick Zeigler, the founder of Seichim as a means of getting to the heart of the emotional issue quickly so it can be healed.

Reiki Shares

At Dubbo Reiki Circle we holds regular 'Reiki Shares', where all practitioners are welcome to come and swap sessions with others. Many Reiki Practitioners find that they spend lots of time treating others, but do not take the time to enjoy being treated by someone else. Our 'Reiki Share' is about giving AND receiving!

You may feel free to ask your friends, students or anyone you know who has done Reiki if they would like to come. Our 'Reiki Share' is in the spirit of love, kindness, compassion and reaching out a hand to a fellow human being. There is no ego involved, just a group of people with common interests, coming together. There will, of course, be no charge. Coffee, tea & herbals provided, and you may bring a plate if you wish. Please also feel free to bring your Reiki table if you have one. We often also go out for dinner to share experiences, knowledge and a chat with other Reiki practitioners from different levels and schools.

Reiki Level 2- Practice Makes Perfect

To facilitate expansion of your experience and understanding of Reiki Level 2, it is suggested that you do 1 absent healing per day for 30 days.

Here are some suggestions to start you off. Be creative and notice the differences in the feel of the energy between different objects....

- Your mother as a 3 year old
- Your father as a 3 year old
- Your mother at your age
- Your father at your age
- Your mother now
- Your father now
- Yourself as a 3 year old
- Your partner or a friend
- The planet
- An animal
- Your spirit guide, angel, Jesus, Buddha, etc. (overwhelming love may return to you)
- A plant
- Your relationship with your partner or a family member
- Someone you don't like, or who doesn't like you
- An item of jewellery or a crystal

Have fun, be creative and respect the inner being's right to accept or refuse a treatment. If you actually take the time to do the suggested distant healing treatments you will not only have gained a pretty amazing understanding of the scope of Reiki II but you will have cleared a lot of baggage in the process!!

Here's a thought from Wayne Dyer....

"Circumstances do not make you, they reveal you."



Reiki Level 2- Towards Mastery, Completion, Self-Mastery

1. Your first priority is to heal yourself. Learn the lessons of this lifetime. Know that you are worthy.
2. Use Reiki every day (including symbols)– on your self, others, the environment, in your workplace. Reiki food & beverages, prior to consumption. Reiki groceries, vitamins and water. This increases the vibrational rate to make them more compatible with your energy. Use symbols.
3. Meditate, contemplate, tune-in to life force energy every day.
4. Do an absent healing every day (full proxy if possible) to get more sensitive and confident with working at the spiritual level. Send Reiki through the telephone as you are speaking. (Hold phone to the Right ear or Yang side as this is for sending, Left or Yin is for receiving). Send Reiki to your children at school and your loved ones wherever they may be.
5. Fill your consciousness, your being, your aura and space with life force energy. Send Reiki to each new day, to each person you may encounter, to the work you may do, and to Mother Earth and the raising of the consciousness of the planet. Reiki the technologies that help you in your daily work, e.g. Computers, your car and appliances. Reiki animals and plants with symbols or distance healing.
6. Remember to use Reiki in emergency situations.
7. Send Reiki to your past, present and future using Mental/Emotional healing. Send Reiki ahead of you when you travel.
8. Reiki all written correspondences– cards, letters, E-mails, etc.
9. Apply the Reiki Precepts– personalise them to suit your changing needs, issues and emotions. Open your heart to those around you– say silently “I send you Love”.
10. Choose alignment with what you want to create in your life– You are the thinker behind the thoughts– be watchful of your thoughts and words, and decide what you wish to energise and permit to materialise, and which thoughts you wish to simply observe and let go. Remember, what we think about, we bring about.
11. Ask for guidance from your angels or guides, and trust in that inner guidance.
12. Create your dream– listen to your inner truth in choosing it.
13. Clean up your diet and lifestyle. (One day at a time.)
14. Use Reiki Level 2 to help you move towards enlightened consciousness, detachment, non-judgemental stances, unconditional love, appreciation of life, love of beauty within and around you, communication, awareness, awe and thanksgiving of God and his miracles.

Reiki Grand Masters



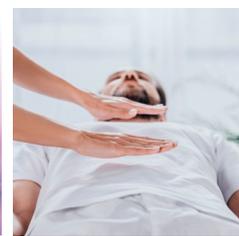
Mikao Usui



Chujiro Hayashi



Hawayo Takata



靈氣

Your Reiki Lineage

靈氣



Mikao Usui
Founder of Reiki



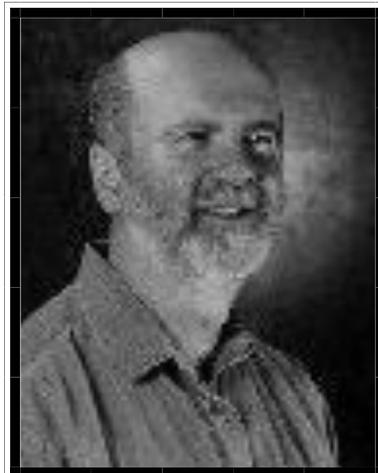
Chujiro Hyashi
One of Usui's 16 Masters



Hawaya Takata
One of Hayashi's Masters



Beth Gray
One of Takata's 22 Masters



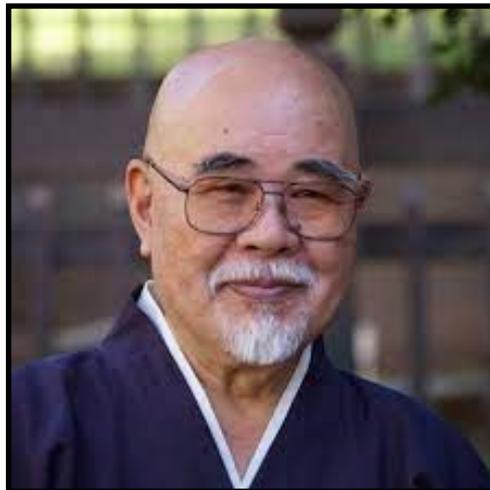
William Lee Rand
Trained by Gray and others
of Mrs Takata's Masters



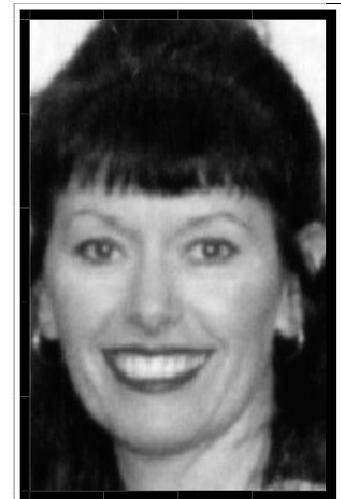
Zetta Michaels
Trained by William Lee Rand
& Denise Crundall



Merylyn Bretherick



Hyakuten Inamoto
Founder Komyo ReikiDo



Carol Macrae
Taught by
Zetta Michaels 1998
Merylyn Bretherick 1999
Hyakuten Inamoto 2017







Photo Appendix

All of the hand positions in Dr. Usui's *Original Reiki Handbook*

1 Forehead



2 Temples



3 Back of head



4 Back of neck



5 Throat



6 On the head



7 Stomach and intestines



8 Eyes



9 Between eyes and nose



10 Between eyes and temples



11 Nasal bone



12 Side of the nose



13 Middle of forehead



14 Auditory canal entering



15 In front of and behind ear



16 Over the mouth*



17 On the tongue**



18 Root of tongue**



19 Cartilage in throat



20 Middle of forehead



21 Middle of upper lips



22 Lungs



23 Heart



24 Liver



25 Large intestine—upper and side



26 Large intestine—below



27 Area of small intestine



* Don't cover lips ** Wear Latex gloves



28 Bladder area



29 Uterus area



30 Uterus on both sides



31 Tanden



32 Genital organs



33 Diaphragm



34 Windpipes



35 Bronchial tubes



36 Heart area



37 Below the sternum



38 Appendix



39 Abdominal area



40 Ureter



41 Breasts



42 Cervical vertebra 1



43 Cervical vertebrae 1-3



44 Between the shoulder blades



45 Thoracic vertebrae 2-6



46 Cervical vertebra 5-7



47 Thoracic vertebrae 1-5



48 Thoracic vertebrae 8-10***



49 Thoracic vertebrae 4 and 6-10



50 Lumbar vertebrae 2-5



51 Lumbar vertebrae 4-5



52 Thoracic vertebrae 9-12



53 Lumbar vertebrae 1-5



54 Sacrum, coccyx



55 Kidney area



56 Thoracic vertebrae 11-12



57 Healing technique Hanshin Chiryō



*** Mainly on right side



58 Healing technique Hanshin Chiryō 2



59 Healing technique Hanshin Chiryō 3



60 Healing technique Hanshin Chiryō 4



61 Healing technique Hanshin Chiryō 5



62 Cervical vertebrae 3-5



63 Elbows



64 Thumbs



65 Palms



66 Soles of feet



67 Anal area



68 Pancreas



69 Eyes heal



70 Breath heals



71 Massaging



72 Healing technique all****



****All fingertips of left hand



73 Tapping, fist



74 Tapping, fist



75 Tapping, fist



76 Tapping, fingers



77 Tapping, fingers



78 Tapping, fingers



79 Reiji-Ho



80 Gassho meditation



From left to right on photo 80:
Kumiko Kondo, Chetna Kobayashi,
Frank Arjava Petter doing
the Gassho meditation.

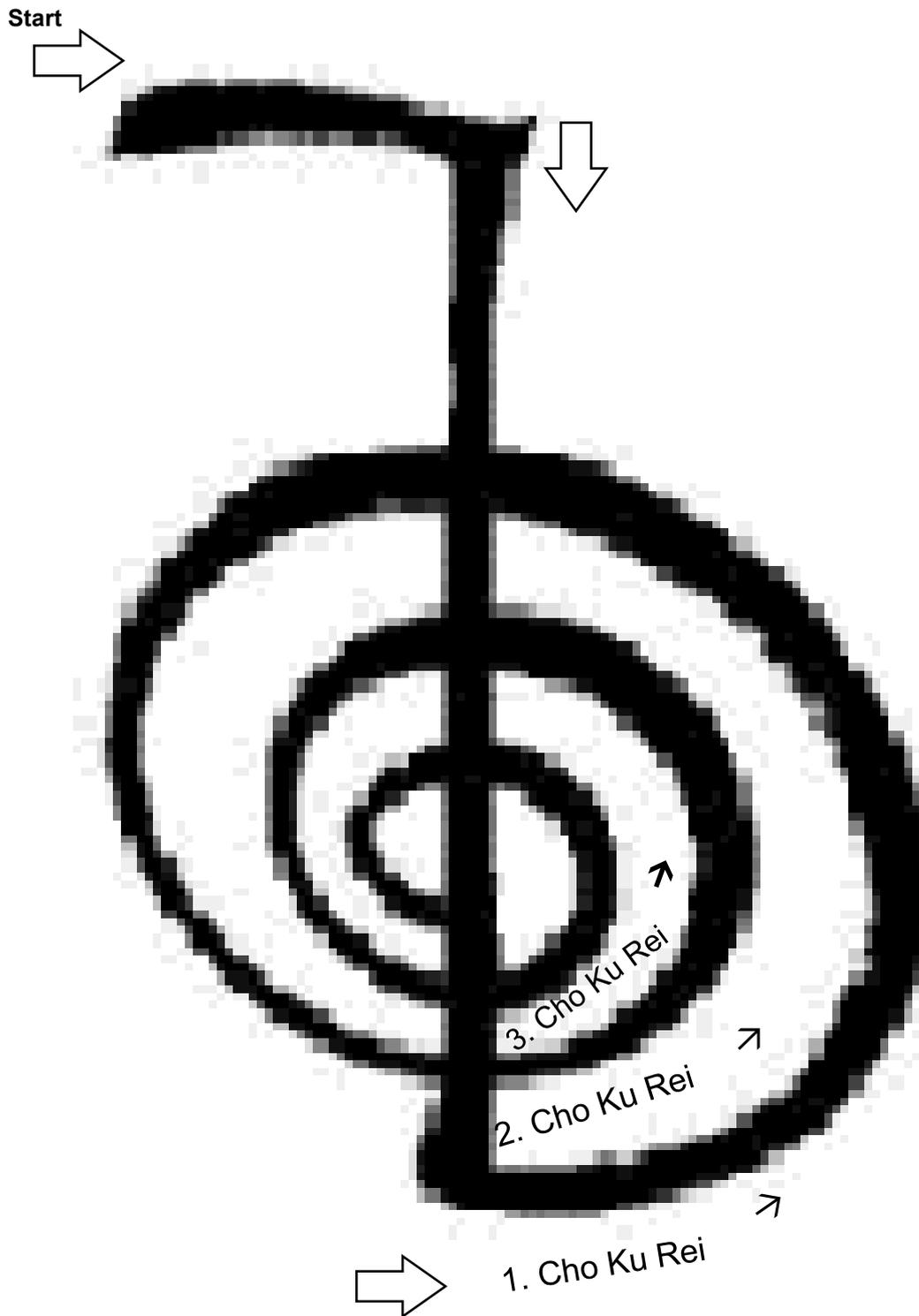
These pictures are from
“The Original Reiki Handbook of Dr. Mikao Usui”
By Dr Mikao Usui and Frank Arjava Petter



Cho Ku Rei

(Cho koo ray)

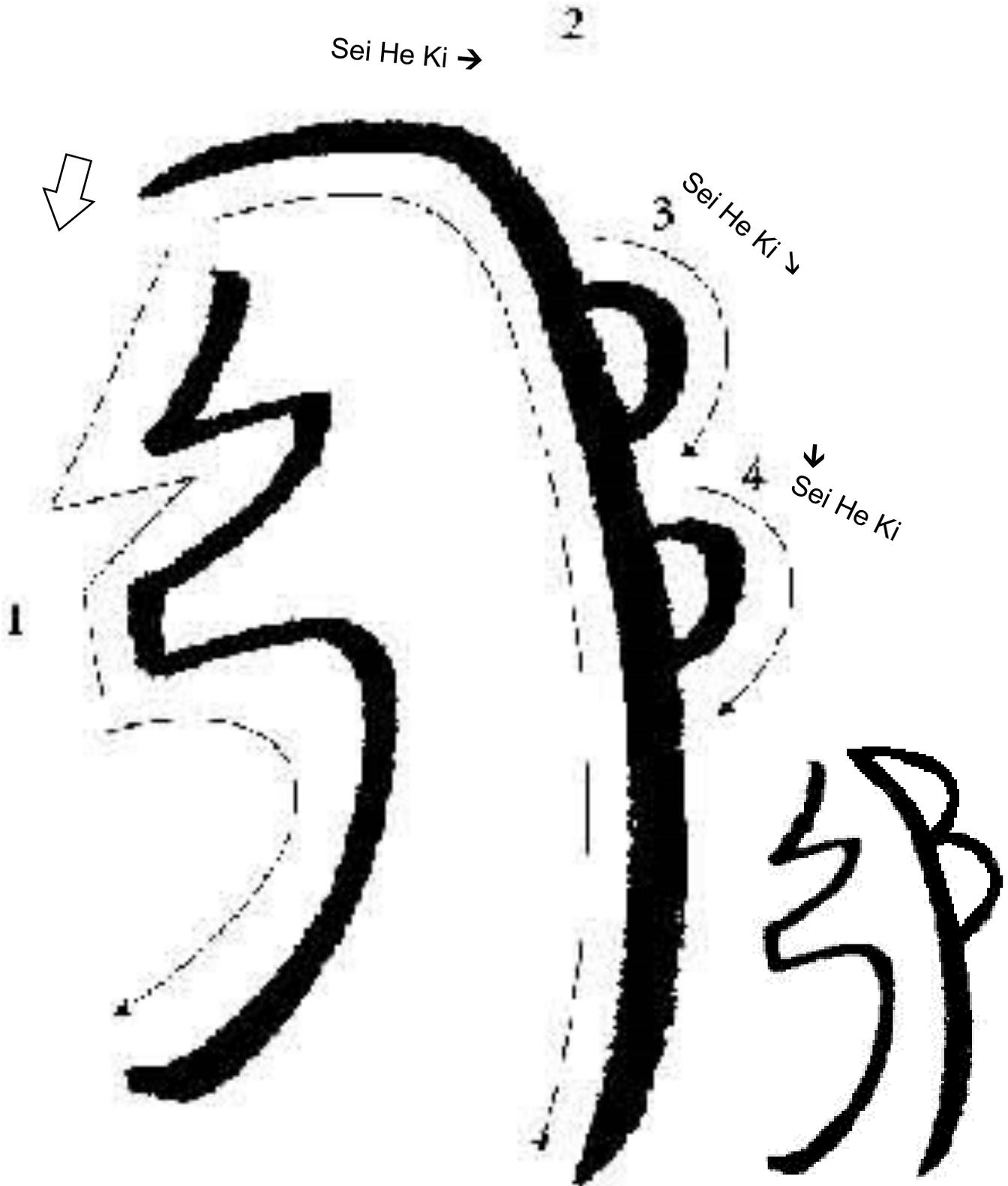
Symbol No 1. The Power Symbol-
“ Put all the Power of the Universe here”



Sei He Ki

(Sə hay key)

Symbol No 2. The Mental Emotional Symbol-
"God and Humanitiy Become One"



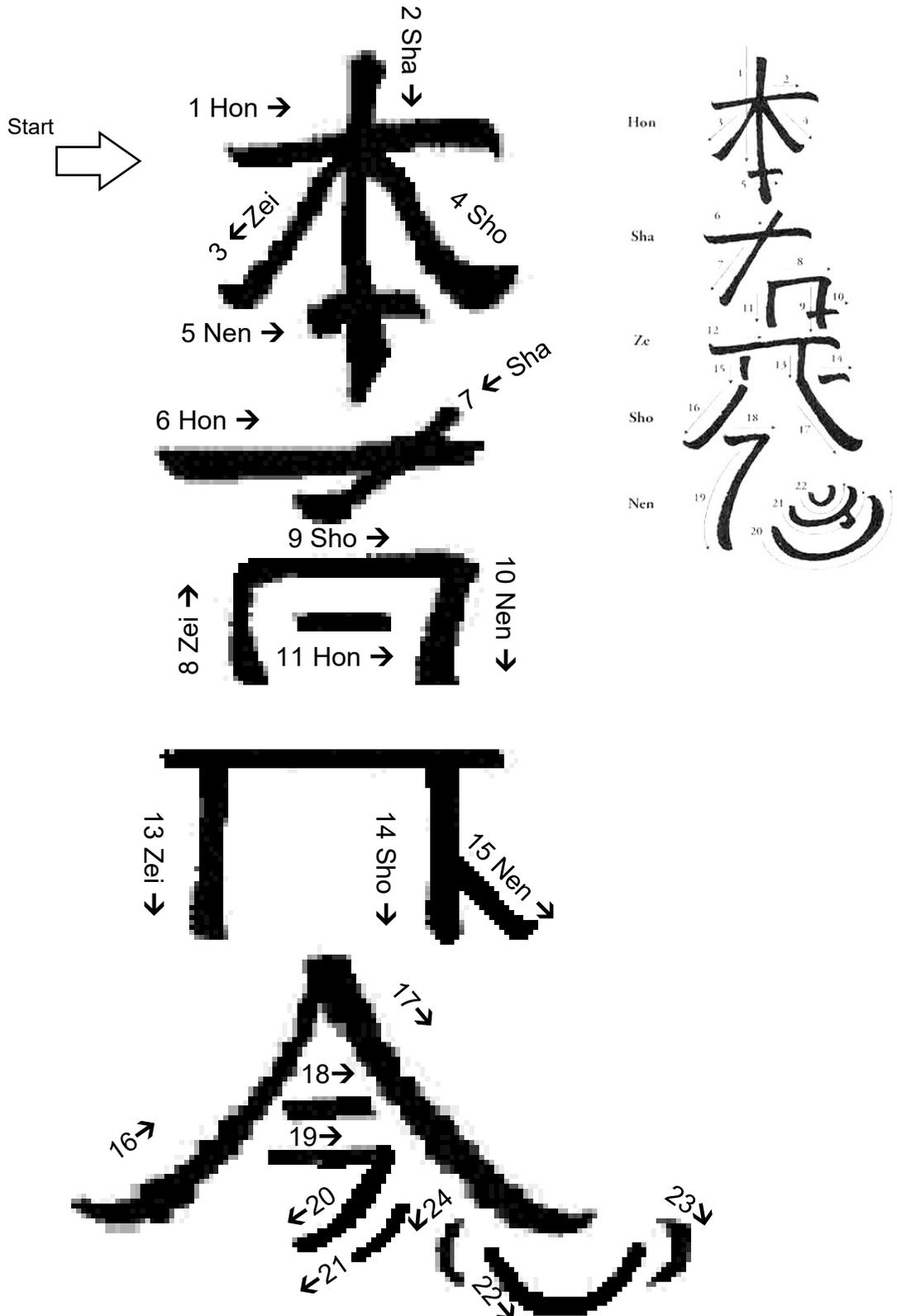
This is the original version I was taught, although the other version is more widely accepted.



Hon Sha Zei Sho Nen

(Hon sha zay show nen)

Symbol No 3. The Distance Healing Symbol-
“The Buddha in me reaches out to the Buddha in you
to promote enlightenment and peace”



This is the original version I was taught, although the other version is more widely accepted. You may use whichever feels right for you.



Mental-Emotional Healing

1. Place one hand under back of neck, one hand on forehead.

2. Wait for energy connection.

3. Lift top hand and draw  then replace on forehead till energy flows again.

4. Lift top hand and draw  then replace on forehead till energy flows again.

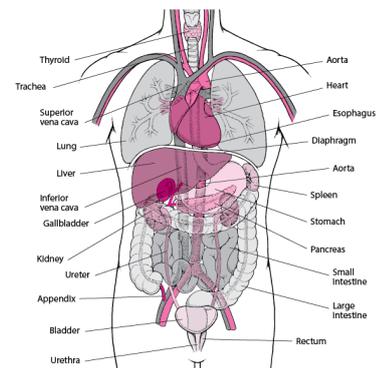
5. Lift top hand and draw  then replace on forehead till energy flows again.

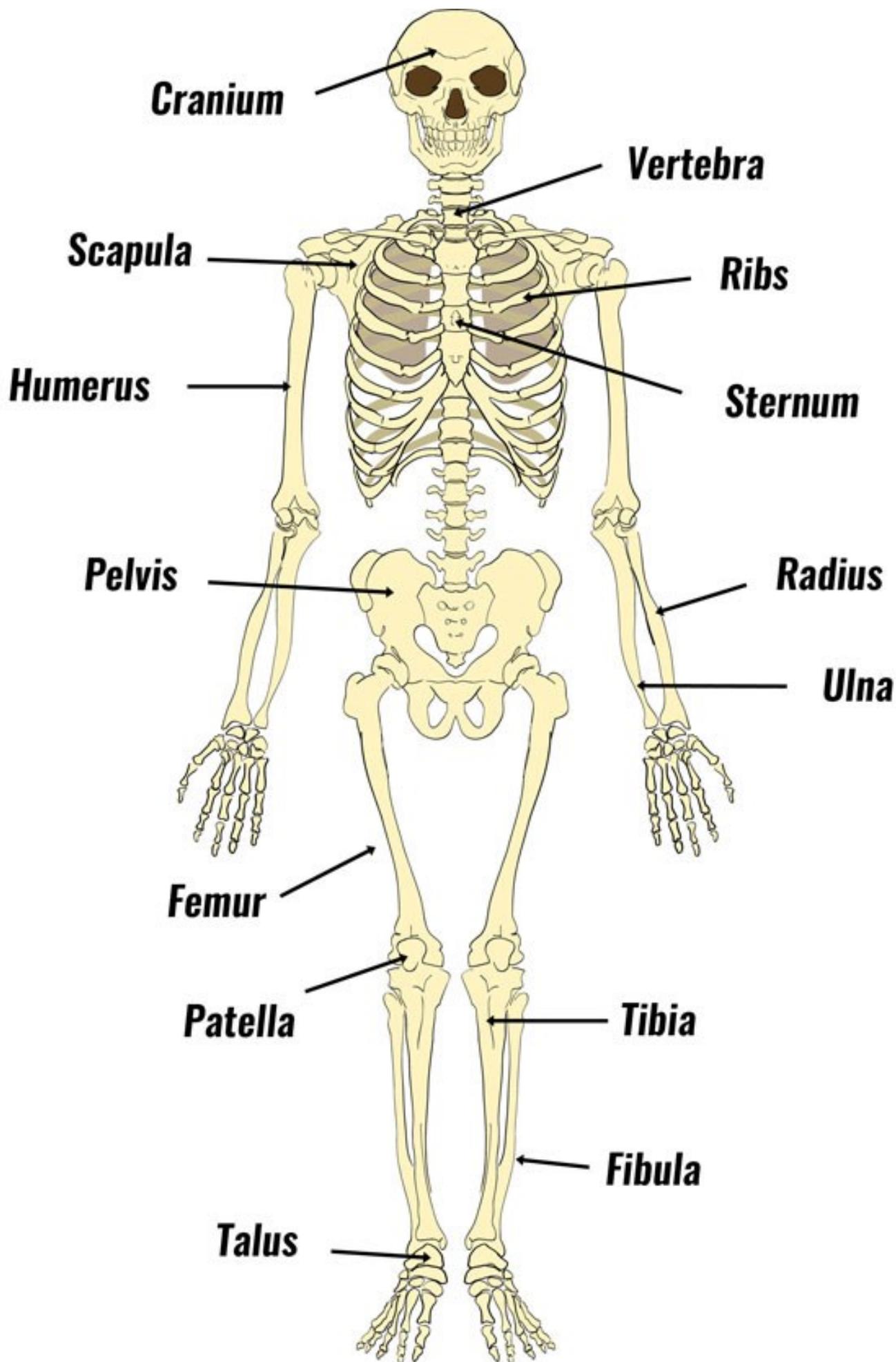
6. Visualise energy flowing from hands all the way down the body through the **SKELETAL SYSTEM**, then back again.

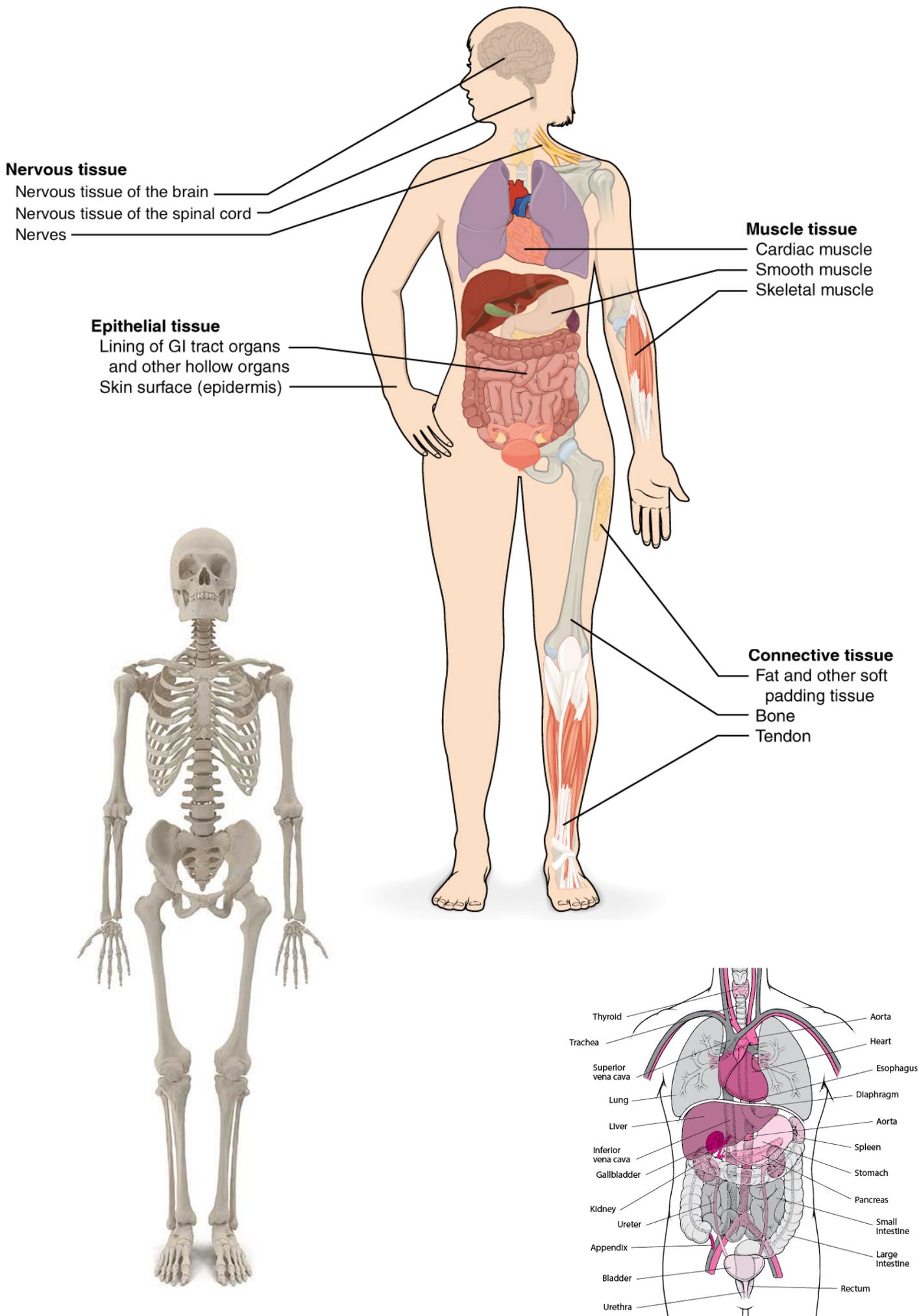
7. **ORGANS & SOFT TISSUES**, then back again.

8. Filtering through **EVERY CELL**, out through the feet, filling the room, building, street, town, state, country, southern hemisphere, till it is a white light surrounding the planet, then bring it all the way back again.

9. Lift hand and draw  to complete.









DISTANT HEALING



- Connect to the Energy.
- Gassho.
- Channel Reiki energy.
- Call in the thought form of the person.
- Say their name 3 times, and their location once. Then say silently or out loud **“Between my hands I have Reiki Energy. Do you present for healing?”** Say this 3 times.
- Ask **“Do you accept or reject healing?”** Say this 3 times.
- Draw **Symbol One**, **Symbol Three**, then **Symbol One** on the thought form (teddy bear, pillow, thigh, paper with name on, photo, thought form, etc) saying the name of each symbol 3 times silently as you draw them once.



#1. Cho Ku Rei

#3. Hon Sha Zay Sho Nen

#1, Cho Ku Rei



- Draw **Symbol One** again over the proxy to anchor the power.
- The healing bridge has now been completed and you can continue treating the client as if they were there in person, using a thought form, a proxy, or surrogate. You can also do a Mental/Emotional Healing if you wish.
- Continue to send the healing until the Reiki energy has stopped, then seal in the energy with intention to continue the healing as long as is needed.



- Complete by sealing with **Symbol 1** over the back of the heart to close the energetic bridge.
- State “Our treatment is now complete.”



Bibliography & Suggested Reading

Reiki ~ Healing and Harmony through the Hands.- Tanmaya Honervoght
The Original Reiki Handbook of Dr. Mikao Usui - Mikao Usui & Frank Arjava Petter
The Hyashi Reiki Manual - Frank Arjava Petter, Tadao Yamaguchi, Chujiro Hayashi
Living Reiki, Takata's Teachings – Fran Brown
Reiki, The Healing Touch - First and Second Degree Manual – William Lee Rand
Reiki Master Manual - William Lee Rand
Iyasino Gendai Reiki-ho - Modern Reiki Method for Healing - Hiroshi Doi
Essential Reiki – Dianne Stein
Reiki ~The Legacy of Dr. Usui - Frank Arjava Petter
The Complete Reiki Handbook - Walter Lubeck
Rainbow Reiki - Walter Lubeck
Reiki Healer - Lawrence Ellyard
Reiki A Torch in Daylight - Karen K Mitchell, N.D., Ph.D.
Reiki Beyond the Usui System - Karen K Mitchell, N.D., Ph.D.
Reiki Mystery School - Karen K Mitchell, N.D., Ph.D.
The Secret Life of Water, Hidden Messages in Water, The True of Power of Water- Dr Masaru Emoto
Power Vs. Force: The Hidden Determinants of Human Behavior, - David Hawkins, MD, PhD
What the Bleep do We Know—DVD
The Secret—DVD

Various Internet Sights such as these and more:

<http://www.reiki.org/> , <http://angelreiki.nu/reiki/> , <http://www.geocities.com/HotSprings/9434/articles.html>
<http://usui-reiki.org/contents.htm> , <http://www.geocities.com/HotSprings/9434/la.html>
Move into Health website - <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1200705>
Pictures of water crystals: http://www.life-enthusiast.com/twilight/research_emoto.htm

Resources

- Your Reiki Level 2 Resources are [HERE](#) on our [Resources Page](#)
- [The Reiki Circle Facebook Page](#)
- Reiki Beds may be purchased online through eBay
- Join Reiki Australia at: <https://www.reikiaustralia.com.au>
- For Insurance try [Fenton Green on the Allied Health Page](#)
- For 25% off doTERRA Essential Oils [join here: https://www.mydoterra.com/carolmacrae](https://www.mydoterra.com/carolmacrae)
- For [Life Vantage](#) Protandim NRF1 & NRF2: <https://carolmacrae.lifevantage.com/au-en/flip>
- Check my website for more information on Reiki and other workshop dates, and remember you'll receive a 50% discount if you ever wish to do a Refresher: <https://carolmacrae.com>

Thank You for taking this next step towards self-mastery with me.

Namaste x
Carol xo



REIKI AUSTRALIA
In Touch





Reiki Level 2



Congratulations - You are a Reiki Level 2 Channel

Congratulations and thank you for taking the time to participate in these weekend workshops. You have taken the next step towards mastery of your own life!

You are now a Reiki Level 2 Channel, and have made a further commitment to your own healing and that of your loved ones and our beautiful planet.

As a Reiki Level 2 you now have even more tools at your disposal to help you achieve your goals in life. Value what you have learnt! Use these new skills EVERY day. Make Reiki a part of your life and you will be amazed at the positive changes you will witness and experience.

I urge you to use your Reiki for the betterment of mankind. Go out into the world and "make a difference".

Our lives have come together for a purpose. Thank you for allowing me to be a part of your journey with Reiki.

Reiki is LOVE, and love heals. I honour the healer within you!

May Peace and Love be with You Always

Carol Macrae



Carol Macrae, RN, CH, JP
Reiki & Seichim Master/Teacher
Director, Reiki Australia
Clinical & 5-PATH Hypnotherapist
Theta Healing Practitioner
doTERRA Wellness Advocate



Practice Symbols





Seichim / SKHM / All Love



Seichim Level 1 Workshop

One Day Workshop Date: ___/___/ 20__

Thank you for making the decision to participate in the Level 1 Seichim Workshop with the Dubbo Reiki Circle on a Saturday or Sunday, from 10am till 4pm (check my website for date: www.carolmacrae.com). In order for you to make the most of your training, I have provided a Course Outline, and enclosed a registration Form.

Seichim is an ancient Egyptian healing system, which works very well either on it's own or with Reiki. It is said that where Reiki is the "Great Beaming Light", Seichim is the "Rainbow". Seichim seems to me to be more feminine energy, more gentle, and works extremely well on emotional issues.

Students undertaking the Seichim Level 1 Workshop must have first trained in at least Reiki Level 2, as some of the symbols are also used. If you have any further questions after reading this information, either now or in the future, please feel free to call me on my mobile 0413346637.

Dates and times to be advised on the website, www.carolmacrae.com

Seichim Level 1 Course Outline

- Registration and sign in
- What is Seichim and SKHM? What is a treatment like? How is Seichim energy different to Reiki?
- History and Contemporary Views - Patrick's Story and how it has now evolved to SKHM
- Styles of Seichim
- Symbols
- Meditation - SKHM Meditation and Initiation
- Seichim Attunement
- Techniques for using Seichim during a treatment
- SKHM and the SKHM Shenu
- SKHM Emotional Release Technique
- Lunch
- Practical treatments using Seichim, Intuition based hand positions
- More Thoughts on Seichim- Archetypes, Myths & Legends, Past Lives, etc
- Toning and the Infinity Dance
- Certificates and photos
- Completion of Seichim / SKHM Workshop





Seichim / SKHM / All Love



Seichim Level 1 Registration

Course Date: ___ / ___ /20__

Name: _____

Date of Birth: ___ / ___ / _____ Age: _____

Address: _____

Phone: (H) _____ (W) _____

Mobile: _____ E-mail: _____

Marital Status? _____ Number of Children if any? _____

Occupation: _____ Place of work: _____

How long have you been thinking about doing Seichim? _____

Reason for doing Seichim Workshop , and what you hope to get out of this Course?

When did you attend Reiki Level 1 and Reiki Level 2 and who was your instructor?

Do you have any medical condition which you are currently receiving treatment for, or have in the past five years? Any serious operations in the past five years?

Are you on any current medication?

Other Comments _____

Signed: _____ Date: ___ / ___ / _____

- **Please bring** water to drink throughout the day, a towel and a pillow and a plate of food to share for morning tea or lunch, depending on the length of the workshop .
 - Please register online or complete and return this form with your payment

ONE WEEK PRIOR to the workshop to:

Carol Macrae, Suite 21, 69 Macquarie St, Dubbo., NSW, 2830. P: 0413346637
E: carol@carolmacrae.com W: <https://carolmacrae.com>

(You can also take a photo of this completed form and text it to me).



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The Usui System of Natural Healing

USUI SHIKI RYOHO

Reiki Master and Teacher's Workshop

Thank you for your decision to undertake our Reiki Master and Teacher's Workshop with me, Our workshops are held over one weekend from 9am till 5pm each day, although if we have large numbers in the workshop we may run it over 2 consecutive weekends (3 or 4 days) from 10am to 4pm, depending on numbers. Dates for our Reiki workshops can be found on my website at: www.carolmacrae.com.

The Reiki Master's workshop is much more empowering than the previous levels and leads to a greater understanding and empowerment of one's life. Level 3 attunes the student to the Master frequency Symbol, increasing the strength of energy that can be transmitted, and allowing the new Reiki Master to attune others into Reiki. Here is the Course Outline for the 2 Day Workshop.

If time permits, I am also happy to attune the new Reiki Master/Teacher to Seichim, the Egyptian Healing system which I use very often in my healing practice. You can find more information about Seichim on my website. We will discuss this option during the Master's workshop, and if time permits we may include it. I always think it's nice to have more tools in your tool box, and Seichim goes very well with Reiki, as it all comes from Source, but seems to be a more feminine energy.

Your registration form is below for you to complete and return to me at least 1 week prior to your workshop. Once I receive your registrations I will forward on an eBook of your Manual so you can have a look through. This will enable you to be fully prepared for this important event in your life, so that you know what to expect, and will gain the most benefit from it. If you have any questions or concerns please feel free to phone me on 0413346637 or email me at

carol_macrae@hotmail.com.

I look forward to sharing this next step on your journey towards self-mastery, empowerment and completion.

Love & Reiki Blessings,

Carol Macrae

Reiki and Seichim Master /Teacher





The Usui System of Natural Healing
USUI SHIKI RYOHO
Reiki Master and Teacher's Registration
Workshop Dates: _____ 20__



Reiki and Seichim Master and Teacher's Workshop
Course Outline for 2 to -Day Workshop

Day 1

- Registration at 9am sharp.
- Meditation, or prayer to join the group to the Higher Power and each other
- Introduction to Reiki Master Course and discussion of why you are doing Reiki Master training, what you hope to achieve, and how you will put you new knowledge into practice.
- Questions and answers from Reiki 1 and 2 and other experiences.
- Revision of Level 1 & Level 2 symbols and introduction to the Master Symbols and their uses.
- Morning Tea
- Meditation
- 1st attunement for Reiki Master (repeat of Level 1 and Level 2 attunements to ensure your channel is prepared and in harmony with Master attunement energy)
- Lunch Break
- 2nd attunement for Reiki Master
- The Reiki attunement process for all levels.
- Homework. Read over manual and practice doing an attunement for Level 1 and 2.

Day 2

- Meditation, or prayer to join the group to the Higher Power and each other
 - Demonstrate and practice doing Reiki Level 1, 2 and Master attunements on each other.
 - Morning Tea and discussion
 - Seichim Discussion.
 - Attunement for Seichim Master (and Seichim Level 1 if not already attuned)
 - The Seichim Attunement process and practice
 - Lunch Break
 - Reiki Treatment Practical using all symbols.
 - Reiki and Seichim attunement practice.
 - Revision of all material.
 - Questions and answers
 - Presentation of Certificates and Photos
 - COMPLETION! (We may finish early on this day, depending on time taken to cover the material).
- **Please bring** water to drink throughout the weekend, a towel and a pillow and a plate of food to share for morning tea ore lunch. I will also bring food etc.
- Please either **register and pay online at www.carolmacrae.com** on the Workshop Page, or complete and return with your payment ONE WEEK PRIOR to the workshop to:
Carol Macrae, Suite 21, 69 Macquarie St, Dubbo, NSW, 2830
 - Aternatively you can take a photo/scan and text or email your form to me.
PH: 0413346637 E: carol_macrae@hotmail.com
Then pay by **Direct Deposit** to:
iKi Magic, BSB: 062-534 Account Number: 10570685 for your convenience.





The Usui System of Natural Healing
USUI SHIKI RYOHO
Reiki Master & Teacher's Registration
Workshop Dates: _____ 20__

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Name: _____

Date of Birth: ____ / ____ / ____ Age: _____

Address: _____

Phone: (H) _____ (W) _____

Mobile: _____ E-mail: _____

Marital Status? _____ Number of Children if any? _____

Occupation & place of work: _____

Hobbies and Interests? _____

Date Completed Level 1 _____ Reiki Master _____

Date Completed Level 2 _____ Reiki Master _____

Other relevant courses? _____

Why do you want to become a Reiki Master & Teacher? _____

Would you like to complete your Seichim Master Training when you do your Reiki Master Training? _____

Do you have any medical or psychological condition which you are currently receiving treatment for, or have in the past five years? Have you had any serious operations in the past five years? _____

Are you on any current medication? _____

Would you prefer to do this workshop over 1 or 2 weekends? _____

Comments, suggestions or requests for the Workshop? _____

Payment options: **Full Workshop** **Refresher**

Online Registration & Payment at www.carolmacrae.com on the Workshop Page.

Cash Cheque Eftpos Direct Deposit Bank Account:

Commonwealth Bank Account: iKi Magic **BSB:** 062-534 **Account Number:** 1057 0685

1 x Credit Card Payment \$ _____ PIF

4 x Weekly Credit Card instalments of \$ _____ (must be completed 1 week prior to workshop).

8 x Weekly Credit Card instalments of \$ _____ (must be completed 1 week prior to workshop).

Name on Credit Card: _____

Card Number: _____ Expiry date: ____ / ____ / ____

Signed: _____ Date: ____ / ____ / ____

- **Please bring** water to drink throughout the weekend, a towel and a pillow and a plate of food to share for morning tea or lunch. We may go out for lunch on Day 2.
- Please register online or complete and return with your payment **ONE WEEK PRIOR** to the workshop to:

Carol Macrae, Suite 21, 69 Macquarie St, Dubbo, NSW, 2830. P: 0413346637

E: carol_macrae@hotmail.com W: www.carolmacrae.com

(You can also take a photo of this completed form and text it to me).





Reiki Level 2 Course Evaluation

Name: _____ Date of Course: ___/___/20___

Phone: _____ Email: _____

Was Reiki 2 what you expected it to be and do think you got from it what you needed?

How did Level 2 compare with Level 1? _____

Please give the following questions a score from 1 to 10 (1=Poor, 10= Excellent)

How did you enjoy your Reiki 2 Course? 1 2 3 4 5 6 7 8 9 10

Comments: _____

Were you happy with the course content? 1 2 3 4 5 6 7 8 9 10

Comments: _____

Were you happy with the written material? 1 2 3 4 5 6 7 8 9 10

Comments: _____

Were you happy with the presentation? 1 2 3 4 5 6 7 8 9 10

Comments: _____

Do you feel confident to use the Reiki Symbols for ___ hands-on healing ___ mental/emotional ___ distant healing? _____

Do you feel you have a greater understanding of Reiki and the concepts of Level 2?

Are you interested in doing further courses, ie. Seichim (Egyptian Healing System) or Reiki Master Training? _____

Are you planning to use your Reiki Training in your business? _____

What benefits have you gained from attending this workshop?

Any further comments? _____

Thank you for completing this evaluation, which will help us in the future, to better fill the needs of our students. Thank you also for taking part in this Reiki course with me. We hope that Reiki 2 will make a huge difference in helping you to continue to heal yourself and your loved ones.

Level 2 is a further journey to self-mastery.

I wish you Love, Light, Peace and Happiness on this Journey.





Training Manual for Level 2 Reiki
Written and Compiled by



P: 0413346637

E: carol@carolmacrae.com

W: www.carolmacrae.com