

Reiki Handbook



REI



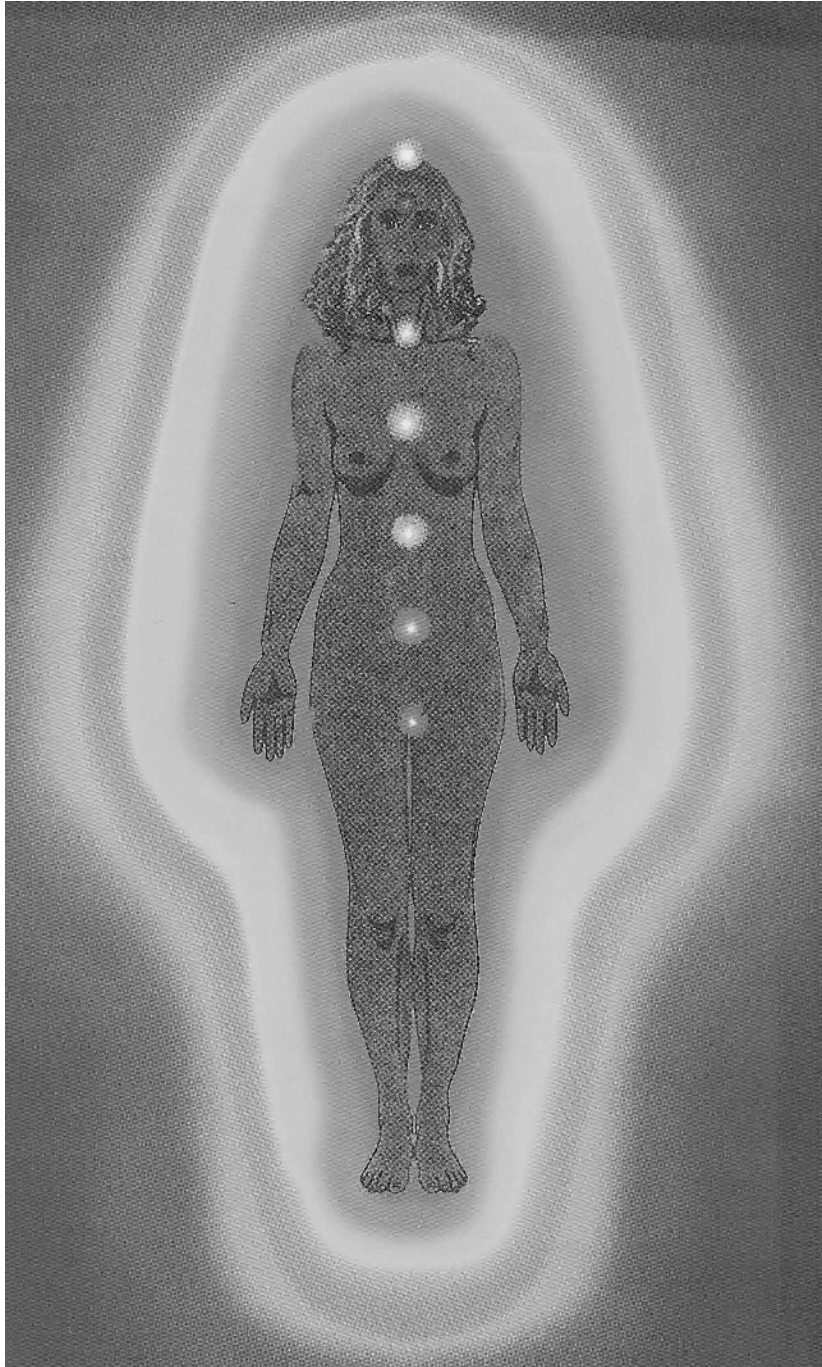
KI

© 2008 Sister Kay Rundquist, OSF

Version 1.0

Chakras: Energy Centers in the Body

These seven centers are related to and have a significant effect on the endocrine glands, and these glands ultimately affect the whole organism. If the flow through these energy wheels is excessive, blocked, or disrupted by inadequate or undue activity, the corresponding endocrine will be affected. These glands of internal secretion along with the nervous system are the master internal controlling, balancing, and self-regulating system of the unified mind/body.



What is Reiki?

REIKI is pronounced Ray-Key. Rei means “universal” and refers also to the spiritual dimension and the soul. Ki is translated as the vital life force energy that flows through all that is alive. These Japanese characters when combined present the concept of “universal life-force energy.”

Reiki is not a religion. It holds no doctrines, creeds, or contradictions to the Universal Laws of Consciousness and Love. No matter where the person may be, Reiki will harmonize and embrace their philosophical center point, adding to it the Divine Presence.

Reiki is always present, but we are unaware of it until the contact is made through training and attunements. After this, it can be received and converted into healing energy at any time.

Once an individual is attuned to Reiki through initiations, they are permanently linked without the need of conscious alteration of the mind, either through meditation, prayer or imaging. These initiations open certain inner centers of the body so the energy can be channeled easily and safely.

Simply placing one’s hands on oneself, or another person, allows the energy to flow through the individual. It fills the Reiki channel’s body first then flows out through the channel’s hands into the individual receiving the healings.

Reiki energy comes from the God-Force and is an extremely powerful healing energy. It is one of the few forms of healing that can be used to heal oneself. Reiki speeds the healing process, and provides a source of restoring energy while one is ill, under medical treatment, or in recovery.

Reiki is a pure energy form. When it is combined with the sincere desire of a healee who is willing to effect a cleansing within their emotional and spiritual consciousness, a total healing can occur. We must always remember that the energy of the God-Force is neutral and awaits the positive, productive empowerment by the healee. The Reiki channel plays an instrumental part in transformation, and yet, ultimately, it is up to the healee to manifest harmony and balance in their life.

The Reiki Channel is an instrument and must not allow the “Ego/Will” to desire the healee well. The Reiki channel must be a clear vessel through which the healing energy flows. This allows the highest Soul purpose to be the outcome of the healing.

Reiki is a tool for use at any moment, any time, anywhere for on-the-spot stress release, pain relief and quick energy. In short, Reiki is a holistic, self-help technique for directing natural life energy. No special environment or equipment is needed, and age makes no difference. By following steps taught by a trained Reiki Master/Teacher, anyone is able to direct the "light energy" of Reiki to meet individual needs.

Reiki cannot hurt anyone. It does not destroy, but builds and protects. It will vitalize all forms of life... plants, animals, fish, birds, and human... from infants to old age, and it can only do good.

A Few Words on Intention

"INTENTION creates the space where healing can take place.

Self-healing is really the first order of business. As you create a space and time to heal yourself, your INTENTION will be to be well and physical reality follows intention. You are asking your body/mind/spirit system to become balanced, to remove blocks that have been stored away and worked around. First you will learn to use your hands to focus the healing energy into your body and to use the symbols to facilitate the connection to the Universal Life Force Energy and the breathing to put you in the flow of that energy. As your own healing takes place and your vibratory rate begins to increase, your ability to heal others naturally increases. You see, the ability to heal is really just a wonderful side product of that more spiritual vibratory rate."

~ from Reiki Master Lori George's Manual

History of Reiki

We've been told by beings who have earned many initiations beyond those available to us that the symbols enlightening flow of Universal Life Force Energy were implanted in the brains of our earliest ancestors. These symbols were remembered and used only by those souls who chose to lead a monastic life dedicated to spiritual growth and awareness. In the Mahayana Buddhist Temples of Tibet, the symbols known today as Reiki were used and passed on as tools for spiritual growth and to create an awareness of unity of all things which precludes individuality and assumes oneness.

Dr. Mikao Usui rediscovered Reiki in the mid 1800's. He was the head of a Christian seminary in Kyoto, Japan, in the mid-19th century. As with all great leaders, the legend that tells his story changes with each telling. The story says that at some point, a student asked him to explain how Jesus did the miracles of healing, and why could they not perform those same miracles. They were taught how to *pray* for healing, but not taught how to heal like Jesus did. This question stumped Dr. Usui, who left his position and began to search for an answer. His ten-year odyssey took him to the United States, the Far East, India, and finally Tibet. Here, he read the ancient Sutras that contained an exact description of the methods, symbols, and formulas Buddha used to heal people, and how he passed these abilities on to others. Dr. Usui was incredibly excited, but found that just academic knowledge was not enough: he still did not have the power to heal. After talking to the monk that ran the monastery where he had found these ancient texts, he decided to go to a nearby holy mountain and fast and pray for 21 days. On the 21st day, a bright ray of light came down to him from heaven, struck him on the forehead, and filled him with strength and vitality. All the weakness and stiffness produced by the long period of meditation fell away from him. In quick succession, he saw the symbols encountered already in the ancient texts shrouded in shining energy bubbles. They imprinted themselves in his mind for all time and activated his access to the universal life energy.

On his way back down the mountain, he fell and injured himself quite badly. Trying out his new powers, he found that they worked immediately. He stopped at an inn for his first meal in 21 days, and was able to heal the innkeeper's daughter from a terrible toothache. When he returned to the monastery where he had found the ancient texts, he found his friend, the monk, bedridden with arthritis. Once again, Dr. Usui used this newfound knowledge, and soothed the pains of his friend. They deliberated together the best uses of this knowledge, and Dr. Usui decided to heal beggars in the slums of Kyoto. He worked long hours healing young and old alike, and saw many wonderful results take place. He began to understand how Reiki flowed through him into the

healee, and how the body became well. After several years of this, he realized that many of the people he had healed were returning to the Beggars Quarters, saying it was easier to be a beggar. He saw that by giving Reiki away, he had healed only their bodies, not their minds and souls. He had not required the healee to take any responsibility whatsoever. There had not been any exchange of energy for services rendered. They did not value the valuable gift he had given them – their health. He had another vision, in which he was given the principles for Reiki:

Just for Today, Do not Worry
Just for Today, Do not Anger
Honor Your Parents, Teachers and Elders
Earn Your Living Honestly
Show Gratitude to Every Living Thing

He started carrying a torch up and down the streets of Kyoto. Whenever someone would ask him why, he would answer that he was searching for people with a heart full of love, but sad and sorrowful because they did not know the true Light, who longed to be healed. He invited them to come hear about Reiki. In this way, he started teaching. Dr. Usui spent many years in Japan teaching and training students in Reiki. He died in the late 1920's, passing on to Dr. Chujiro Hayashi, a retired Naval officer and one of his most devoted teachers, the Grand Mastership. Dr. Hayashi founded the first Reiki clinic in Tokyo. He also systematized the Reiki training, researched optimal forms of treatment, and prepared many reports on the effects of Reiki based on his experiences.

Madame Hawayo Takata brought Reiki to this country. She was cured of many illnesses through Reiki, and decided to become a student. At the time, having a woman do this was not an accepted practice. It took her much time to convince Dr. Hayashi that she could be a good practitioner, and he finally agreed to teach her up to the second level. Of course, master training was out of the question. After successfully completing her training, she returned to Hawaii from Japan to begin her own practice. It took the war coming in 1938 for Dr. Hayashi to see what was happening. He foresaw Reiki dying out if he didn't bring the practice to another country. He came to Hawaii and initiated Madame Takata into the final master level, and made her the Grand Master. He went back to Japan and refusing to take part in the war, voluntarily went into transition. We lost all contact with what happened to Reiki in Japan after that. Madame Takata became the 20th century master in the world, and the first in the US. She remained the only master in the US until the late 1970's when she started training and initiating masters. When she died in 1980, she had 22 initiated masters, and left her granddaughter Phyllis Furumoto as the Grand Master. Since that time, the number of masters has increased exponentially and Reiki has become an accepted and revered method of healing all over the world.

The Reiki Ideals

Just for today, I will not be angry.

Just for today, I will do my work honestly.

Just for today, I will give thanks for my
many blessings.

Just for today, I will not worry.

Just for today, I will be kind to my neighbor
and every living thing.

The Three Levels of Reiki

In the years that Reiki has been taught in this country, there has been a very specific tradition of initiation/attunement into the three levels of Reiki. Each level possesses a unique radiation of energy set forth for a specific purpose in healing.

1st degree:

A permanent attunement to the Reiki Ray. Teaches the laying on of hands, intentional living and self-healing by channeling that energy.

2nd degree:

Teaches the symbols for physical, emotional and mental body healing and absent healing and how to use them for yourself and others. The symbols increase the healing power by at least 50%.

3rd degree:

Teaches the master symbols for spiritual and cosmic connection. The process of moving from student to teacher begins. The master acquires over a period of time expertise in teaching as well as passing on initiation.

“Reiki to me is a space of doing with non-doing, very much like making music, surrendering to something greater. With that it becomes a transpersonal experience and gives a feeling and taste of oneness of all life.”

~ C.G. Deuter, Hands of Light (CD)

The Two Precepts of Reiki

1. The Person Must Ask

We must ask to be healed, and in asking, open ourselves at the throat level. We vocalize and hear ourselves say, "I want to change where I am; I want to alter my state of existence". In asking, the person is putting forth a conscious decision to become involved. The request may also be made on the soul level. It is from the soul level that the person asks for healing. As a Reiki channel, you are a viaduct – a medium through which energy or Reiki flows. It is essential to listen and render services to the request of the soul.

2. There Must Be An Exchange of Energy for Services

The healing energy belongs to the Universe, to God. However, there needs to be a creative exchange from the recipient, the healee, to the person whose time and services are being rendered for balancing and healing. Energy exchange may be anything from the stored concept of energy we call money, to an exchange of services between the healee and the Reiki channel, and only you can decide what is an appropriate exchange. Reiki channels offering healing services on a professional level do establish a fee. The fee sets a value on the service, which is considered a concrete reality in the thinking of humankind. Wellness, likewise, has a value, and ultimately reflects the feeling of worthiness and self-love of the person seeking to change their state of health. As Dr. Usui found, some people do not value wellness.



Connecting to the Client

Always connect to the client before attempting to channel Reiki energy. This is NOT the Degree Attuning Process, but a way to get in touch with the client on an etheric level. This connects your client to your energies for faster and more balanced results. Your vibrational levels get more in sync.

Chakras:

1. Gently lay your hands upon the client's shoulders.
- 7th 2. Gently lay your hands upon the top of your client's head.
- 6th 3. Lay one hand upon the area between the back of the head and the top of the spine, the other hand upon the forehead.
- 5th 4. Lay one hand upon the 7th cervical vertebra and the other hand in the pit of the throat.
- 4th 5. Lay one hand upon the breastbone and the other hand on the back at the same level.
- 3rd 6. Lay one hand upon the solar plexus and the other hand on the back at the same level.
- 2nd 7. Lay one hand on the lower stomach and the other hand at the bottom of the back on the same level. (will automatically flow down through root and legs to the ground)

Final Balancing Prayer

Divine Love and Light flows down the right leg and into the earth
for the earth's healing and awakening.

This tendril wraps around the crystal
in the center of the earth three Times
and then returns, gathering earth energy as it goes.
The earth energy enters the left foot and moves up to the heart,
where it returns to Diving Love and Light. (Repeat 3 times)

[_____] May this cycle continue until you ask it to stop

NOTE: See handouts on hand positions for self and others from Reiki 1 training.

Treating Others while Sitting

Position #1 Hold client's forehead with left hand and the back of head with your right hand.



Position #2 Cup left hand over client's throat and place right hand over back of neck. Your intuition will guide you on how closely to cup hand over the front of throat.

Position #3 Place left hand over the heart chakra on both the front and back of client.



Position #4 Hold left hand over clients 3rd chakra (solar plexus) on both front and backside.

Position #5 Hold hands OFF the body over the second chakra on both the front and backside.



Position #6 With crossed arms, place hands on client's knees.

Closing Sequence

1. Brush down the aura while balancing the flow of energy to help release, open and encourage energy movement.
2. Hold feet and ground (Left – Left & Right – Right)
3. Step back – Namaste
4. Looking in client's eyes completes the final grounding sequence.

Note: "Treating Others While Sitting" may be used at the beginning of a session or as a complete Reiki treatment.

Treating Others on a Table



Position #1 Hands are together with thumbs touching. Slowly place the base of the hands on the hairline with curved fingers extended, but not touching the face.

Position #2 Place the base of your hands together and rest them on the crown of the head with fingers extending toward the ears.



Position #3 Slide hands down until fingertips are below the earlobes fingers pointing toward the feet.



(Side view)

Position #4 Slide hands under neck with elbows extended until 3rd fingers touch. Gently bring hands together until little fingers touch underneath the head. (Bring elbows in toward your own body)



Position #5 Place the hands with the fingers pointing toward the high heart with thumbs connecting (to form a heart).

Position #6 Tilt hands until resting on little fingers. Bring hands closer to the throat cupping hands, but not touching the throat.

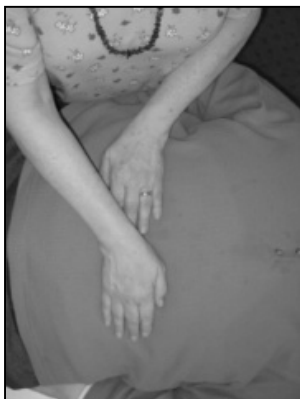


Position #7 Place the left hand under the neck fingers pointing to the right and the right hand over the heart fingers pointing toward the feet.



Note: Alternating hand order for good body mechanics, place the fingers of one hand at the base of the other hand.

Position #8 Place the hands on the upper stomach along the ribs.



Position #9 Place the hands at the waistline about an inch above the navel area.

Position #10 Allow the hands to cover each hipbone with the fingers pointing toward the feet.



Position #11 Cup each knee with fingers pointing away from you.



Position #12 Hold the right foot with right hand over foot chakra and left hand over top of ankle.



Position #13 Hold the left foot with the left hand over the foot chakra and right hand over the top of ankle.

Position #14 Hold the top of each ankle with thumbs below bone on inner ankle.



Position #15 With crossed hands, align your hand chakras with the root chakras (Right – Right & Left – Left).

If you have used 3 to 10 minutes for each position, the session will have lasted between 45 minutes and an hour and a half up to this point. You may go to beaming now, or go on to treat the back. Remember, Reiki directs itself and will often flow to places beyond where your hands are positioned. The back often receives Reiki when treating other parts of the body.

Position #16 Use this position if you are beginning the Reiki session face down. Place the base of your hands on the hairline with the fingers pointing to top of head.



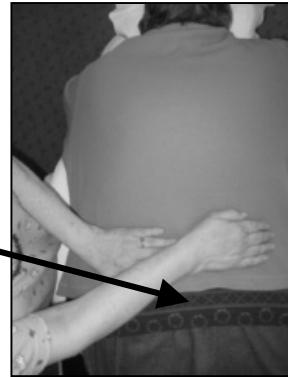
Position #17 Place the hands over the shoulders fingers pointing toward the feet.

Position #18 Using the same hand positions as used on the front side over ribcage, place the hands on the upper back.



Position #19 Place the hands on the middle back over the heart center.

Position #20 Place the hands at the waistline about 2 inches above the SI Joint.



Position #21 Place right hand at base of spine with the left hand next to it. Slide the left hand slowly upward while scanning along the spine, pausing at the heart. Then continue scanning and pause again at the neck before continuing to follow the flow of energy to the 8th chakra above the head.



Closing Sequence

1. Brush down the aura while balancing the flow of energy to help release, open and encourage energy movement.
2. Hold feet and ground (Left – Left & Right – Right)
3. Step back – Namaste
4. Sit client up and complete final grounding sequence

Final Balancing Prayer

Divine Love and Light
Flows down the right leg and into the earth
For the earth's healing and awakening.

This tendril wraps around the crystal in the earth
Three times, and then returns,
Gathering earth energy as it goes.

The earth energy enters the left foot,
And moves up the Heart
Where it returns to Divine Love and Light.
(Repeat 3 Times)

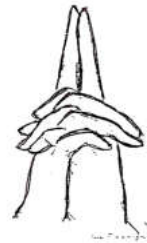
[_____] May this cycle continue until you ask it to stop.

Kanji Hand Positions for Centering and Balance

Kanji hand positions are used before treating with Reiki energy. They are used primarily to influence the reception of spiritual energies into and through the body/mind continuum.

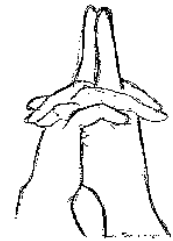
Kanji Hand Position #1

Place the length of the two forefingers together (like the steeple of a church) and interlace the other fingers of both hands, thumbs overlapping on top. Place your hands down on your lower belly and imagine pure white energy coming into it, then flowing all through you. This position brings in spiritual energy.



Kanji Hand Position #2

The same as position #1, except change the middle fingers to extending instead of the forefingers. Keep the hands in the same spot, but now imagine healing violet light coming in and filling you. Hold until the hands feel ready to lay on the client.



Kanji Hand Position #3

No fingers extending, just all intertwined. Enter alpha state. This position is used for knowing. Clients sometimes say one thing and mean another, or may not understand what is happening. Tell your subconscious mind you wish to know the true nature of an affliction, and then just wait for an answer. This sometimes takes a lot of practice for accuracy, but is worth the time.



The 21 Day Cleanse Process

By Paula Horan, excerpted from *Empowerment Through Reiki*

Increased Vibratory Rate

After the attunement process in each of the three degrees, the student will undergo a 21-day cleanse process. Due to the raised vibratory rate of the physical and etheric bodies, old dense negative energy is forced "to the surface", and is released.

Everything is Energy

As we know from the study of physics, solid matter does not really exist. Everything is composed of energy, thus everything has a vibration. Even rocks and minerals are made of energy: they simply have a lower rate of vibration. In a similar fashion, negative blocks and emotional patterns, which are stored in our physical and etheric bodies, have a lower vibratory rate than the thought waves or pockets of energy that we create when we are thinking loving and positive thoughts.

Spiritual Discipline Pays Off

Thus, as we increase our vibratory rate, through steady persistence at whichever spiritual discipline we choose to study, we begin to notice how much easier it is to maintain a positive flow due to the snowball effects.

Attunement Causes Amplifications

When we receive a series of Reiki attunements, the sudden amplification of vibratory rate acts as a trigger to set off an accelerated loosening of negative, dense energy within our systems, which cannot resonate with the finer vibrations created by the attunements. Since your vibration is adjusted so quickly, a reaction takes place, which allows old stored-up emotions and memories to be released, as it appropriate for further growth.

Change Takes Time

Although the change is sudden, it takes time for the adjustments to become effective. It takes approximately three days for the energy to move through each of the seven main chakras. Although the opening of the Reiki channel occurs between the heart center and the crown chakra, the centers in the lower part of the body are equally important and go through a corresponding adjustment in a vibratory rate.

Some of the typical outward signs you may notice in your life as a result of this cleaning process, include various dreams, "strange feelings", emotional changes, physical changes such as detoxification, and an old habit or favorite food, which loses its importance in your life. These are just a few of the possible symptoms of the change that occurs at the different levels of the physical and the etheric bodies. Some reactions may seem unpleasant at first, as the negative energy is released, but by just saying "yes" to each experience, accepting it and not attaching a great deal of concern, each one will simply pass away.

I often suggest to my students that they keep a journal during this process to record the changes that occur. In addition, it is helpful to give yourself the simple suggestion, "I will remember my dreams the first thing in the morning", and then leave your journal at your bedside so it is there when you first wake up. You will find that after a week of persisting with this suggestion that your dream retention increases dramatically. Dreams are wonderful tools to help us tune in to our subconscious. Although they may seem nonsensical or unclear at first, with persistence, a pattern will begin to emerge.

It is good also, at this time, to develop a habit of giving yourself Reiki treatments before you fall asleep at night, and first thing after you wake up in the morning (after writing down your dreams). If you continue to treat yourself after the initial cleanse process is completed, you will help the growth process to continue, and further refinement of your energy will occur. As you release old undesired feelings and concepts, you will begin to feel the attitude of gratitude flow naturally in your life process, which will in turn create a greater level of abundance in all areas of your life.

Self Treatment

Position #1 Place hands gently over eyes.



Position #2 Hold hands on top of head.



Position #3 Place hands over ears.

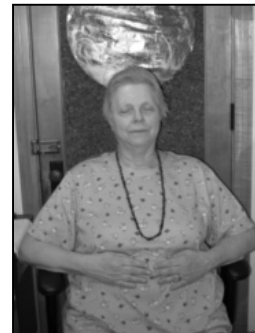


Position #4 Cup hands over the back of head with thumbs and pointer fingers touching

Position #5 Gently cup front of throat with right hand and place the left hand over your high heart.



Position #6 With crossed arms place hands on shoulders with fingers reaching gently down top of back.



Position #7 Place hands over ribs.



Position #8 Place hands over stomach just on each side of the navel.

Position #9 Position hands 1 – 2” below navel (over the 2nd Chakra)



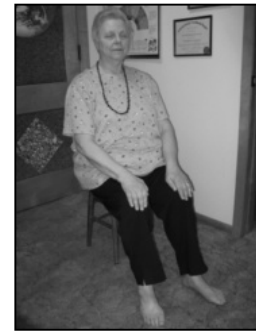


Position #10 Place hands over the mid back with elbows extended yet comfortable.



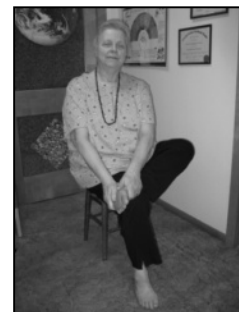
Position #11 Slide hands down back to lower back.

Position #12 Place hands on knees (Right – Right & Left – Left)



Position #13 Hold right foot in hands with left hand over the foot chakra and the right hand holding the top of foot.

Position #14 Hold left foot in hands with right hand over the foot chakra and the left hand holding the top of foot.





Position #15 Hold ankles with hands (Right – Right & Left – Left)



Position #16 With crossed arms hold bottom of feet with hands to cover the foot chakras.

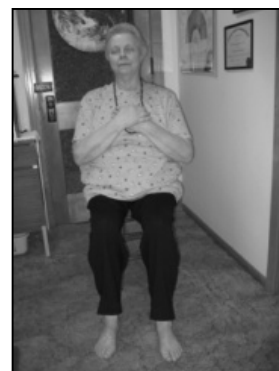


Position #17 With arms outstretched, palms facing the floor, beam energy to feet.



Position #18 With bent arms hold hands away from head and beam energy to head and upper body.

Position #19 End session by placing hands over heart with left hand on the body and right hand on top of the left hand.



A Reiki Blessing

UNIVERSAL BEING AND BECOMING ARE EVERYWHERE AND IN EVERYONE.

JUST AS PLAYING CHILDREN BRING FIRE TO PAPER
BY REDIRECTING RAYS OF LIGHT, CAUGHT ON A PIECE
OF BROKEN GLASS, SO MAY YOUR HEART BE PURIFIED
AND BURNING, WITH THE UNIVERSAL ENERGY,
SHINING FROM MY BROKEN HANDS.

AND JUST AS THE CRYSTAL REFRACTS, INTO A HUNDRED
STRETCHED-OUT RAINBOWS, THAT SUN'S WHITE FACE,
SO MAY YOUR HANDS HOLD AND RELEASE THE
MULTICOLORED GRACES OF THE UNIVERSAL BEAUTY,
THAT RENEWS THE FACES OF THE EARTH AND HER PEOPLE.

UNIVERSAL LOVE AND HEALING ARE EVERYWHERE AND IN EVERYONE.

~ Written for Judy, on her birthday, May 2000 by Daniel

Hand Positions for Treatment

HEAD AND NECK POSITIONS

POSITION #1 Hands together, thumbs just above the eyebrows, fingers extended downward to cover the cheekbones.

USES:

EYES	SINUSES
THIRD EYE CHAKRA	PITUITARY GLAND
PHYSICAL GROWTH	FRONTAL LOBE OF BRAIN

POSITION #1 Place the hands on each side of the face, extending downward toward the feet.

USES:

TMJ	EAR
BODY OF BRAIN	
PITUITARY & PINEAL GLAND FROM TOP	
JAW TENSION (MAY AFFECT SPINE, NECK, BACK)	

POSITION #3 Hands together cupping back of the head, finger tips at the base of the skull

USES:

OCCIPITAL LOBE	
OPTIC NERVE	MEMORY CENTER
BALANCE PROBLEMS	LITERAL AND LARGER VISION
BASIC SENSE OF SUPPORT, SECURITY SELF IMAGE	

POSITION #4 At 45° angle to head, place dominant hand on crown of head, other hand around the back of the neck.

USES:

CROWN CHAKRA (MAIN GATEWAY OF ENERGY)
BRAIN STEM
PINEAL GLAND (pineal assimilates light, relieves depression)

POSITION #5 Hands on sides around throat, fingers touching. No pressure on sides of the neck; your hands may not be skin to skin.

USES:

THYROID	LARYNX	LYMPH NODES
HELD ANGER	HUMILIATION	EXPRESSION
PARATHYROID	CAROTID ARTERIES	
HEADACHES	CHANNEL OF CREATIVITY	

BODY FRONT POSITONS

- POSITION #1 Hands in a "V" shape along collarbone.
USES:
THYMUS GLAND BRONCHIAL TUBES
UPPER LUNGS HEART PRESSURE POINTS
ETHERIC BODY IMMUNE SYSTEM
ABILITY TO TAKE IN LIFE
- POSITION #2 Hands, one on top of the other, over the center of the chest
between the breasts.
USES:
HEART CONDITIONS (both physical and metaphysical)
- POSITION #3 One hand over the center of the chest and one hand just
below the curve of the rib cage.
USES:
SOLAR PLEXUS CHAKRA EMOTIONAL WOUNDS
INNER CHILD NEED TO BE LOVED
- POSITION #4 One hand just under the breast, the other hand below that
and both hands at or near center of the chest on left side of
body.
USES:
STOMACH ULCERS PANCREAS
GASTRITIS PRODUCTION OF BLOOD CELLS
INDIGESTION DIABETES SPLEEN
- POSITION #5 Like position #4, but on right side of body
USES:
LIVER GALL BLADDER
ADDICTIONS PRIDE
CHRONIC COMPLAINTS
- POSITION #6 Hands across body just below the navel.
USES:
TRANSVERSE COLON LARGE INTESTINE
COLITIS SPASTIC COLON
CONSTIPATION GREAT NEED FOR AFFECTION
FLU
FEELING OF OPRESSION AND DEFEAT

POSITION #7 FOR MEN: Hands across body from hip bone to hipbone.
FOR WOMEN: Hands in "V", extending from just above
pubic bone and out toward the hipbone.

USES:

GENITALS ARTHRIIS ROOT CHAKRA
BLADDER CREATIVITY
LOW SELF ESTEEM
ASCENDING AND DESCENDING COLON

Do the elbows, wrists, palms, knees, ankles, soles of feet in whatever order you
feel comfortable doing or are called by the Spirit to do.

BODY BACK POSITIONS

POSITION #1 Hands next to each other covering the right shoulder.

USES:

GRIEF BURDENS JOY
REMORSE EMOTIONAL HEART

POSITION #2 Hands next to each other covering the left shoulder.

USES:

BACK OF HEART AND LUNGS BURDENS
AUTONOMIC NERVOUS SYSTEM JOY

POSITION #3 Hands across the back about 2" below armpit.

USES:

ENDOCRINE GLANDS SHOCK ANXIETY
PRODUCTION OF ADRENALIN (flight or fight reaction)

POSITION #4 Place hands across the back just below rib cage.

USES:

KIDNEYS URINARY TRACT INFECTIONS
OVER EXERTION FEAR RELATED TO ANGER
DISAPPOINTMENT CRITICISM SHAME

POSITION #5 Place hands across the back just below the waist.

USES:

NERVES ENTERING SPINE CHILDBIRTH CRAMPS
LEG PROBLEMS SACRUM OVERWORK
FEAR OF FUTURE
HYPOCRITICAL BEHAVIOR
LACK OF FINANCIAL SUPPORT
FEAR OF MONEY

- POSITION #6 One hand on each buttock.
USES:
 SCIATICA BOWELS
 MOVEMENT FEAR OF LETTING GO
- POSITION #7 One hand on each side of hip joint.
USES:
 FEAR OF MOVING FORWARD IN LIFE
 FEAR OF FUTURE
- POSITION #8 One hand pointed downward with fingers at the tip of the
 tailbone and arm resting on the spinal cord. Dominant hand
 crosses the other.
USES:
 HEMORRHOIDS RECTUM ANUS
 PROSTATE
 RELEASE GARBAGE OF LIFE
- BEAMING: Step back a few steps and send energy to client's aura.

COMPLETION: Place one arm across the scapulas below the shoulder level on back, and one arm with the elbow starting at the lower back up across the other arm. Gently rock the person's inner child for about a minute. Follow this movement with 3 sweeping motions from head to foot to clear the aura.

GROUNDING AFTER HEALING:

Touch your fingertips together to break the magnetic charge between you and the healee. Wash your hands and arms in cool water after the healing to discharge any collected energy in your auric field.

Affirmations for Reiki Practitioners

I touch your eyes and you are free to see clearly: to truly be a person of vision and insight.

I touch your head and you are free to think your own thoughts; your mind is focused and your memory is clear. You know what you need to know.

I hold your head in my hands and you are free to turn your awareness within to listen deeply and feel the song of creation.

I touch your throat and you are free to speak the truth that comes from deep within you in the creative expression of your being.

I touch your chest and you are free to be inspired and allow yourself to be breathed by the breath of the universe.

I touch your heart and you are free to love for love's sake, to let go of the past and of the future, to feel the joy of love in the moment now.

I touch your abdomen and you are free to assimilate the new and experience your own power as a child of creation. You have a right to be here.

I touch your pelvis and you are free to move and to be balanced in times of change; you are safe.

I touch your shoulders and you are free to be responsible only for yourself and to release the burdens of the past and concerns of the future.

I touch your back and you are free to stand erect and proudly in the splendor of the integrity of your character.

I touch your lower back and you are free to trust the process of life and to approve of yourself.

I touch your sacrum and you are free to trust the process of life and to release that which you no longer need. You can feel the life force welling up from within your own being and know that you are whole. You are an integral part of the universe; you are love, you are love.

You are empowered by the loving light of the universe. Remember who you are!

The Reiki Symbols

Now that your intention has created the ability to heal as a real option for you, it is time to add a direct connection to the Universal Life Force Energy to create in your mind specific pathways to get to this life changing, molecule moving, healing energy.

A set of three Sanskrit symbols with a designate vibration of the highest spiritual implication when utilized properly are the basis of what has been called Second Degree Reiki. These symbols create the pathway, giving the intellect a specific way to reach the spiritual power that is waiting to be utilized. The names of the symbols are:

1. Cho Ku Rei (Cho Koo Ray)
2. Sei He Ki (Say Hey Key)
3. Hon Sha Ze Sho Nen (Hon Sha Zay Show Nen)

When these symbols are used in healing practice, whether it be body, mind or spirit of self or others, the symbols should be visualized in violet and drawn in the mind at the same time. Drawing in the mind's eye, plus third eye visualization of the movements, and the color violet should all be happening simultaneously. Every time the enactment of the Reiki symbols occurs, elementary forces are activated. Each symbol carries a peizo-electric impulse of specific vibratory rate. This vibration will create the perfect environment for balance within the body and remove anything that is out of balance. This can occur only to the extent allowed by the body/mind/spirit system of the one being healed.

The fact that our bodies react to our thoughts has been proven by kinesiology tests and studies. These studies prove that as soon as we think a negative thought, the biological organism reacts with weakness or reduced vitality. By the same token, just the opposite also holds true. Positive thoughts and actions bring forward an increase in the bodily vitality factor. Reiki symbols not only increase the positive thought flow, but also provide a connecting light channel from sender to receiver.

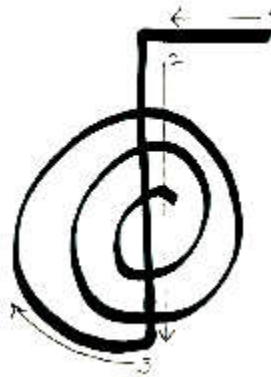
Cho Ku Rei

(Pronounced – Chō Koo Ray)

The Power Symbol calls on the higher power to heal. It increases the power of Reiki – a light switch.

Clockwise: Releases blockages & pulls out negativity.

Counterclockwise: Increases power in one spot. "Place the power here"
"God is here".



CHO KU REI

- ◆ Increases Power – your ability to access Reiki energy increases many times.
 - ◆ Cho Ku Rei is Tibetan derived from Indian Sanskrit. The circular shape represents a conch shell symbolizing calling to the heavens. This symbol directs and focuses power.
 - ◆ CHO – curved sword, movement
 - ◆ KU – penetrating to make whole, space, nothingness, whirlwind, spiral
 - ◆ REI – Universal soul, spirit, transcendental spirit or mysterious power
 - ◆ CHO KU REI is the void. When calling upon the heavens, the energy is manifested as a spinning movement within the void where all power is created.
 - ◆ CHO KU REI penetrates, cuts through, empowers. It is also used for transformation (dying).
 - ◆ Used in opposite direction, helps bring you the void during meditation.
-
- ✓ Bracket or sandwich other symbols with CHO KU REI
 - ✓ Do reverse CHO KU REI over your own head when starting to meditate
 - ✓ Do CHO KU REI on your palms before healing to increase energy.

Sei He Ki

(Pronounced – Say Hey Key)

The Mental/Emotional Symbol

It balances the right and left sides of the brain, bringing harmony and peace.



SEI HE KI

- ◆ The balance we call life, describes the dynamic process of life, the world, and karma.
- ◆ SEI HE KI is Japanese. The symbol is used to align the body.
- ◆ It balances the upper four chakras.
- ◆ SEI – the state of budding, getting there just before the bloom (as in a flower).
- ◆ HE – the base chakra of balance, foundation, origin of external form.
- ◆ KI – energy, vital force, resonating to potential harmony, the hidden balance.
- ◆ Mainly used for emotional healing.
- ◆ Can be used to plant affirmations to alter negative programming and fears.
- ◆ Invoke for protection and purification.
- ◆ Clears negative energy.
- ◆ Releases spirit attachments.
- ◆ God and humanity coming together.

Hon Sha Ze Sho Nen

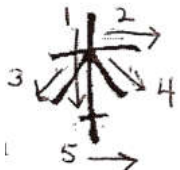
(Pronounced – Hōn Sha Zay Shō Nen [like "ten"]
The Distance Healing Symbol.

It is based on the reality that the same Divine Consciousness is in us all. The Spirit of God dwells within each of us.


HON SHA ZE SHO NEN

- ◆ The bridge between two worlds. It can be used to bridge time and/or space.
- ◆ HON SHA ZE SHO NEN is Chinese. This symbol is the ether tube connection for sending distant healing.
- ◆ HON – center, essence, origin, intrinsic nature.
- ◆ SHE – shimmering light
- ◆ ZE – advancing, correcting course, moving ahead
- ◆ SHO – target, integrity, enlightened sage
- ◆ NEN – stillness, the deepest part of it.
- ◆ Can be used for mental healing.
- ◆ Used together as a sentence, it translates to "No past, no present, no future".
- ◆ To add power, use CHO KU REI before and after HON SHA ZE SHO NEN.
- ◆ Sending distant healing should be limited to 5 or 10 minutes. ***See instructions in text.
- ◆ Can be used for release of trauma.

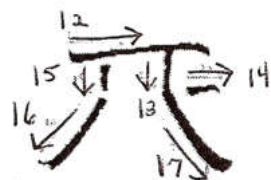
***For distance healing, say the person's name 3 times, visualizing the person and location, maybe with a picture or even using a doll or Teddy Bear. See, draw and say CHO KU REI three times, then HON SHA ZE SHO NEN three times, then CHO KU REI again three times. Visualize giving the person a treatment, sending energy to their whole body – 5 or 10 minutes should be plenty. Close the bridge with reverse CHO KU REI. To send a distant mental healing, add SEI HE KI three times before HON SHA ZE SHO NEN.



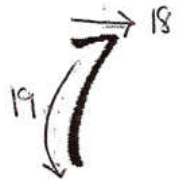
(1 – 5) Hon




(6 – 11) Sha



(12 – 17) Ze



(18-19) Sho



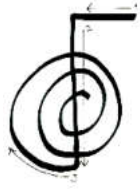
(20 – 22) Nen

Hon-Sha-Ze-Sho-Nen

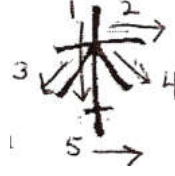
“The Pagoda”
Distance healing, the Akashic
Records, Past-Present-Future
[Alternate]

Beaming

Cho-Ku-Rei → Sei-He-Ki → Hon-Sha-Ze-Sho-Nen → Cho-Ku-Rei



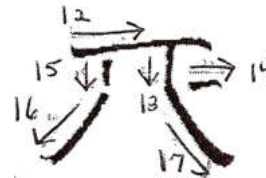
(1 – 5) Hon



(6 – 11) Sha



(12 – 17) Ze



(18-19) Sho

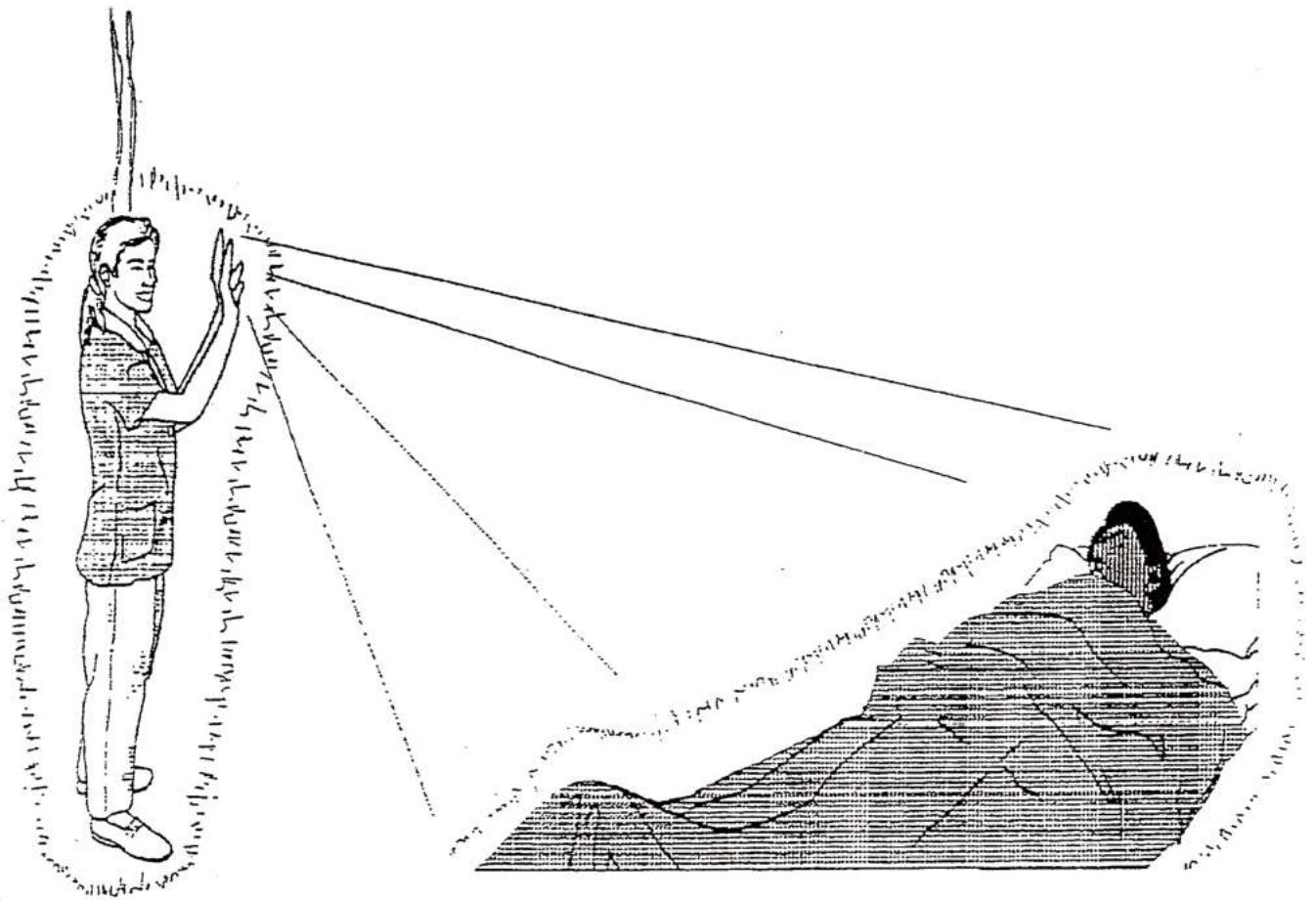


(20 – 22) Nen



Master Level Sequence: CKR → SHK → DKM → HSZSN → CKR

It is possible, using the distant healing symbol, to beam Reiki to your client from across the room. This can dramatically increase the amount of Reiki flowing through you to the client. Because you are completely outside the client's aura, Reiki treats the complete aura first before entering the physical body where it is needed.



BEAMING

It is also possible when doing Beaming to direct Reiki to specific areas. Just imagine that your hands are like radar dishes and you are focusing Reiki on the area you want to treat. You can also direct it with your eyes by focusing your visual attention on the area.

This process works better if you allow your consciousness to merge with the Reiki consciousness. Simply allow your attention to swell on your awareness of the Reiki as it flows through you. Focus your mind only on the Reiki. If other thoughts come into your mind, gently brush them away and bring your attention back to the Reiki. By doing this, you will enter an altered state that allows the energy pathways Reiki flows through to open more than normal. It will also allow your Reiki guides to more easily add their Reiki to yours. Beaming can be done at the end of a standard treatment or it can be done by itself.

Reiki II: Distance Healing

Imagine that you are there with the person receiving the healing, and do the healing as if you were. To speed the process, you can also imagine yourself with several pairs of extra arms!



Imagine the person/animal/planet shrunk small enough to heal in your hands.



Imagine your knees are the receiver's body, and do the healing as if it were. Focus on the person receiving the healing. Use the left knee for the person's front, and the right knee for the back of her body. Your knee is her head, your thigh her torso, and your hip her legs and feet.



Use a teddy bear, doll, pillow, or photograph of the person as a surrogate. Do the healing on the bear, then imagine giving the healed bear to the person receiving the distance treatment. Tell her, "Take what you can use from the bear."



~ "Essential Reiki" Diane Stein

Manifesting Grid

1. Visualize your wish with you in it.
2. Place the earth behind it (and you).
3. Bring a golden grid over the picture, diagonal or spiral, running from sky to earth.
4. Draw the Cho-Ku-Rei over the whole picture.
5. Hold the image for as long as you can, then let go.
6. Be careful what you ask for; you might get it.

Reiki will channel more easily and more powerfully every time you use it. Do not hesitate to use it often.

The fact that our bodies react to our thoughts has been proven by kinesiology tests and studies. These studies prove that as soon as we think a negative thought, the biological organism reacts with weakness or reduced vitality. By the same token, the opposite also holds true. Positive thoughts and actions bring forward an increase in the bodily vitality factor. Reiki symbols not only increase the positive thought flow, but also provide a connecting light aspect channel from sender to receiver. Reiki healing begins on the mental plane. You have access to these elemental thought forms and their power, because of the thoughts of all the Reiki practitioners that have gone on before. You reach this every time you use the Reiki symbols. It is a gestalt of focused consciousness ready and available for connecting into, much as you would plug into an electrical outlet.

Everything is vibrational in nature. When you're aware of your own inner vibrations, able to witness life around you as a concert of sound, to discover that you are in fact sound, then the division between external and internal becomes non-existent.

(Dr. John Beaulieu)

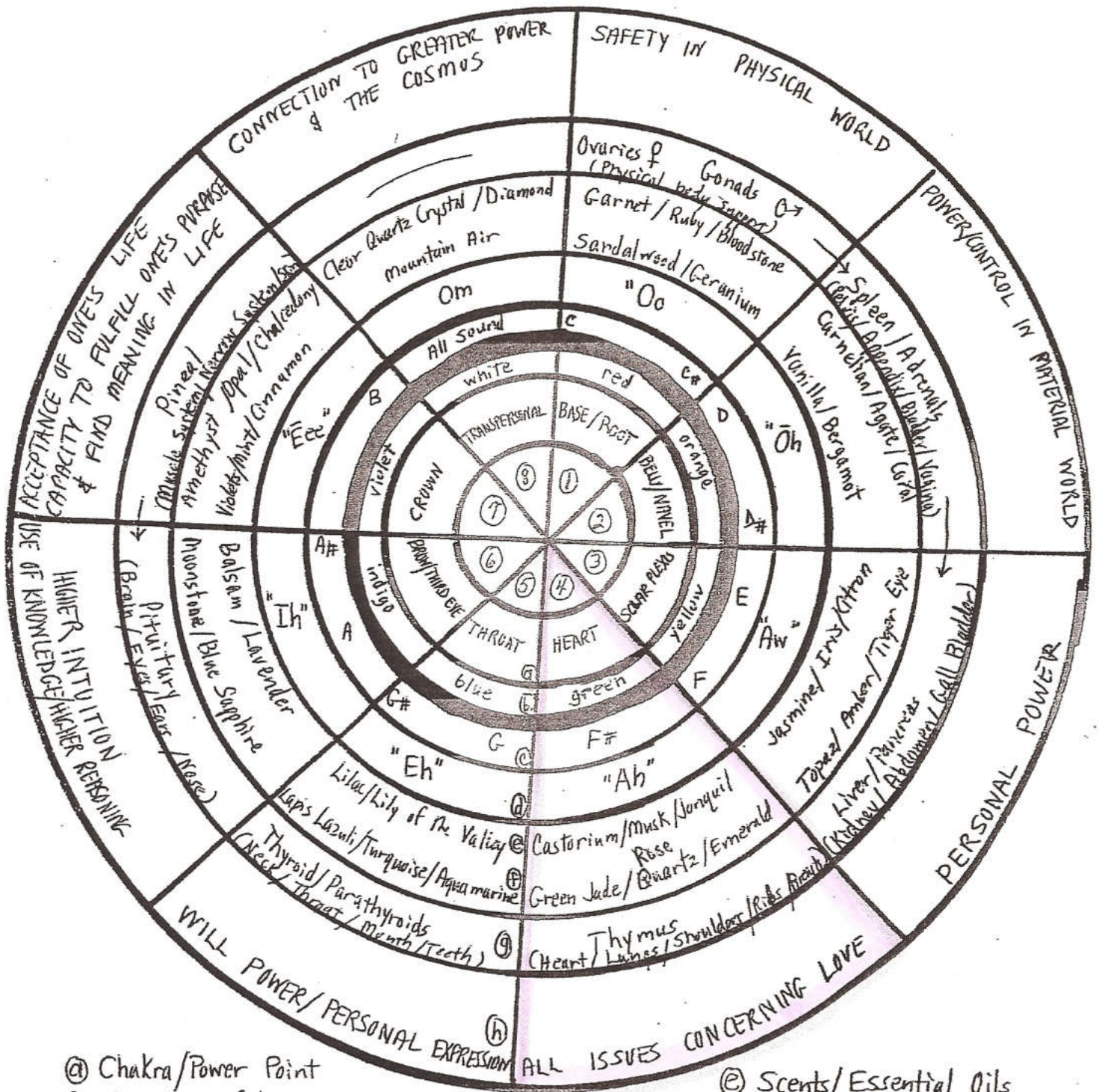
Within Sacred Sound the fundamental is not a note or particular pitch as it is in music. The fundamental is in every dimension and everything, including ourselves. The fundamental is not to be found; rather, the fundamental reveals itself in listening. Healing is always a return to the fundamental. We must seek the fundamental everywhere in our lives. If we are unable to resonate or merge with a part of ourselves, or our environment, we become dissonant or dis-eased. When we become dissonant we beat against or push away from ourselves and our environment. We lose our harmony. Harmony comes from the Greek *harmos*, which means, "to fit together". When we allow ourselves to resonate with something, we are bringing ourselves into harmony with it. The inner experience of this harmony is an experience of our own fundamental.

(Dr. John Beaulieu – Music and Sound in the Healing Arts)

With each experience of resonance we move closer to our source. The closer we come to our source the more we are 'beings of sound mind and body'. Resonance is everywhere and is always available to us.

(Dr. John Beaulieu)

Energy Correspondences



- Ⓐ Chakra/Power Point
- Ⓑ Absorbing Colors
- Ⓒ Musical Pitches (Chromatic Scale)
- Ⓓ Vowels (Sounding)

- Ⓔ Scents/Essential Oils
- Ⓕ Gemstones
- Ⓖ Endocrine glands
- Ⓗ Issues/Attributes

1996/CAM

Elements and Tuning Forks and Other Information

Tuning Forks	Element	Interval	Ratio	Color	Chakra
12 & cps Otto	Earth	Unison	1/1	Red	Root
C & D	Water +	Second	8/9	Light Orange	2 nd
C & B	Water -	Seventh	11/12	Dark Orange	2 nd
C & E	Fire +	Third	4/5	Light Yellow	3 rd
C & A	Fire -	Sixth	3/5	Dark Yellow	3 rd
C & G	Air +	Fifth	2/3	Light Green	Heart
C & F	Air -	Fourth	3/4	Dark Green	Heart
C & C	Ether	Octave	2/1	Blue	Throat

The plus and minus elemental signs refer to stimulating and sedating qualities. For example, C & E create an ongoing stimulating Fire while C & A creates an inward sedating Fire. The interval of C & A was considered the interval of the mystic by Edgar Cayce and other psychics.



THESE HANDS ON THIS BODY

How do hands moving across
the body reach into the space
between the breaths?

How do hands sinking into
flesh touch spirit?

How do these hands on this
body in this moment support
the unfolding of this tender
being lying with closed eyes on
this table in this sunlight?

The wren is singing in the pear
tree just outside the window.

How does its song deepen the
breath, how does its sudden
flight cause us both to sigh and
soften and let go just a little
more?

~ Lonnie Howard

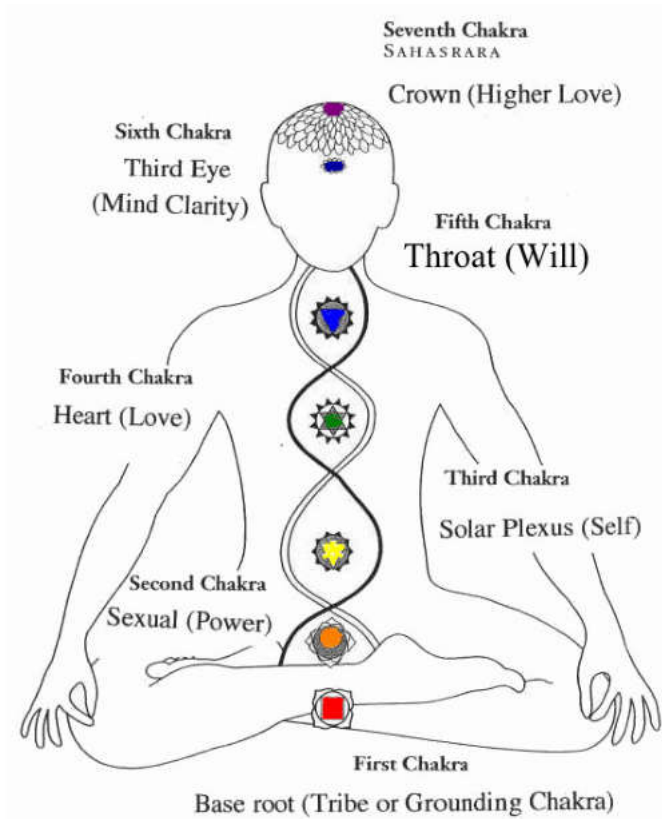
GOD BLESSES MY HANDS with the GRACE OF SPIRIT

My hands are God's hands, consecrated by
God's loving service. They express God's divine
perfection, wholeness, and completeness. My
mind, my heart, and my hands serve willingly,
gladly, helpfully, and give no offense.










My hands help create what I have in my mind's
eye. They are wonderful instruments with
which to work. They move swiftly, smoothly,
accurately, and efficiently. They are blessed
with the grace of Spirit.

The blood flows freely through my hands,
making every nerve, muscle, and cell truly alive
with the life of Christ. My hands express
tenderness, and I use them wisely and with
discretion. I work with my hands in perfect
harmony, order, and rhythm. As I stretch forth
my hand to a friend, a co-worker, or a new
acquaintance, a benediction of tender
compassion is given.

May God bless the work of your hands.



CHAKRA CENTER	COLOR	ENERGY FOCUS	STONES
1st Chakra Base, Root Located at the base of the spine	Red, black	Stability, grounding, physical energy, will, security.	Hematite Black Obsidian Black Tourmaline Red Zircite Garnet Smoky Quartz
2nd Chakra Sacral Located below the navel	Orange, blue-green	Creativity, healing, sexuality and reproduction, desire, emotion, intuition.	Orange Calcite Vanadinite Carnelian Blue-green Turquoise Blue-green Fluorite
3rd Chakra Solar Plexus Located at solar plexus, below breastbone	Yellow	Intellect, ambition, personal power, protective.	Citrine Yellow Jasper Golden Calcite
4th Chakra Heart Located in the center of the chest	Pink, green	Love, compassion, universal consciousness, emotional balance.	Rose Quartz Pink/Rubellite Tourmaline Watermelon Tourmaline Green Aventurine Malachite Jade
5th Chakra Throat Located at the neck above collar bone	Blue	Communication center, expression, divine guidance.	Sodalite Blue Calcite Blue Kyanite Angelite Blue Turquoise
6th Chakra Third eye Location centered above eyebrows, at medulla	Indigo	Spiritual awareness, psychic power, intuition, light.	Lapis Lazuli Azurite Sugilite
7th Chakra Crown Located at the top of the head	Violet, golden-white	Enlightenment, cosmic consciousness, energy, perfection.	Amethyst White Calcite White Topaz

SYMBOL NOTATION	MEANING	INDICATIONS
	Clockwise	open and harmonious
	Clockwise, Elliptical Vertical	open, with energy toward spiritual to avoid interaction with people
	Clockwise, Elliptical Horizontal	open, holding down of energy
	Counterclockwise	some blockage
	Counterclockwise, Elliptical Vertical	some blockage with displacement of energy
	Counterclockwise, Elliptical Horizontal	some blockage with holding down of energy
	Still	chakra closed at this time
	Vertical	energy is moving
	Horizontal	energy flow is down

Singing Bowls – Different Metals Used

Gold – Sun
 Silver – Moon
 Mercury – Mercury
 Copper – Venus
 Iron – Mars
 Tin – Jupiter
 Lead – Saturn

-Sounds of Healing – Mitchell Gaynor MD

Taken from Body Stories, by Andrea Olsen

As children, we imitate styles of speaking and learn patterns of language and sound. Like the hands and feet, our voice provides refined connection for communicating and for manipulating our environment for survival and interaction. As adults, we have choice about how we use our voice. We can affect what our voice sounds like and how clearly it reflects our thoughts and feelings: how we speak and what we choose to say. Use of language and use of tone of voice have tremendous effect. As we are free to relax and breathe deeply, the tones that emerge will reflect who we are.

Sound gives expression to the body. Every molecule in the universe is vibrating. When we produce sound in the body, we are making vibration audible. As we have seen, we use the force of our breath to vibrate the vocal cords with higher frequencies resonating in the small chambers such as the sinuses in the skull and the lower frequencies in areas such as pelvis and belly. Sound literally vibrates the body. Different tissues respond according to their density and elasticity. By producing sounds with our body: singing, humming, chanting, toning and playing instruments, we are vibrating ourselves as well as others. As we change our pitch, we give ourselves an inner massage.

Sound carries emotion. We have all experienced love songs stimulating our hearts, a cry freezing us in terror, a tone of voice bringing tears to our eyes. Emotions ride on sound and can be released, transformed, or communicated. Sometimes we close our throats to try to hold back emotion, the familiar lump in the throat or tightness in a voice. By listening to our sounds, we can come to know our feelings. Sound moves us. Music and speaking have been used for centuries to heal, to entice, to calm, to stimulate. Each tone, each instrument, plays the body in a different way. Rhythms, melodies, instrumentation, words and intonations all have varying effects. Both sound and silence affect our body functioning.


Singing clears the pathways in the body. We all know how much better we feel when we sing. (Why did we stop?) By vibrating the tissues, muscles relax, fluids flow, nerves calm. Try this in your own body: find a tense area, such as the neck muscles. Place your hands on the area to focus your attention

(on the body part) and your intention (on vibration). Make a sound that vibrates your hands through the neck tissues. Feel the muscle tension dissolve. Bring your awareness to any tension in your skull. Place your hands on the cranial bones: Make a high tone and feel the vibration with your fingers through the bones of the skull. This brings awareness to the area and helps you feel the change. If your lower back hurts, or you have difficulty with the digestive organs, place your hands on the particular area of the belly or back. Use a low tone to vibrate the tissues. Breathe deeply and naturally as you work. No need to judge the quality of the sound, just feel its vibration. Observe what happens.

Sound exists outside the boundaries of known forms such as music and language. As we allow unmonitored sounds to emerge from the body and hear their qualities, we become familiar with new spectrums of experience. Free sound is unpredictable, and we have no idea where it comes from or will go: it creates its own form, and we get to follow. As we listen to music from other cultures, we open our awareness. Eskimo throat singing, Tibetan chanting, the Chinese erhu offer new possibilities. As we extend our work with Authentic Movement and include sound, we find a rich way to listen to the body and to hear ourselves.

Self Chakra Connection

Adapted from Brugh Joy's Chakra Connection

<p>1</p>  <p>Open Foot</p>	<p>2</p>  <p>Ankle ~ Knee</p>	<p>3</p>  <p>Knee ~ Hip</p>	<p>4</p>  <p>Both Hips</p>
<p>5</p>  <p>Root ~ Sacral</p>	<p>6</p>  <p>Sacral ~ S.P.</p>	<p>7</p>  <p>S.P. ~ Spleen</p>	<p>8</p>  <p>S.P. ~ Heart</p>
<p>9</p>  <p>Wrist to Wrist</p>	<p>10</p>  <p>Both Elbows</p>	<p>11</p>  <p>Both Shoulders</p>	<p>12</p>  <p>High Heart ~ Throat</p>
<p>13</p>  <p>Throat ~ Brow</p>	<p>14</p>  <p>Brow ~ Crown</p>	<p>15</p>  <p>Crown ~ Trans- personal Point</p>	<p>Directions:</p> <ol style="list-style-type: none"> 1. Center 2. Do 1-3 on right 3. Repeat 1-3 on left 4. Do 4-15 <p>To order write: Georgia Center for Healing Touch 473 Creekwalk Circle Martinez, GA 30907 or call (706) 860-9537.</p>

5 Finger Self-Help Technique

Thumb	WORRY (Stomach) "My stomach is relaxed"	Red	Root
Index	FEAR (Lungs) "I can breathe"	Orange	2 nd
Middle	ANGER (Eyes & Ears) "I can see better" "I can hear better"	Yellow	3 rd
Ring	SADNESS (Heart & Head) "My heart is clear" "My head is clear"	Green	4 th
Little	CONTROL (Throat) "I let Life flow"	Blue	5 th

Reiki Master

Third Degree Symbols

DAI KOO MYO

The Dai Koo Myo Symbol vibrates through planes Four-Five-Six

DAI	An adjective, big, magnificent, expansion
Koo	Picture of a man holding fire over the top of his head. Radiance/Fire or light expansion at the Crown Chakra.
MYO	Clairvoyance; Green light piercing through the earth planes, too clear to doubt, healing, piercing through the entire earthly world.
KOO MYO	Light of the Buddha (the enlightened one), wisdom, expansive, all permeating light radiating (halo) from the head of the enlightened one.

Always use the DAI KOO MYO before the HON SHA ZE SHO NEN

The Third Degree Master Attunement

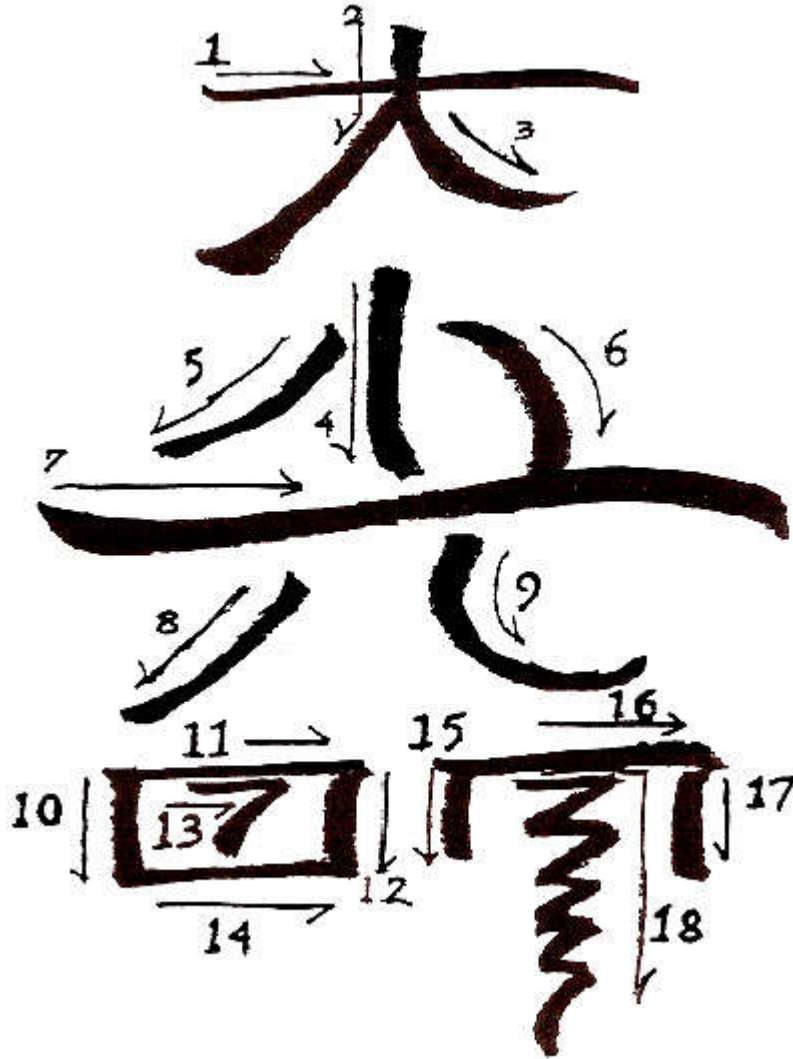
The way of the Fire Serpent (Tibetan) incorporates the energy of the Crown and Root Chakras in ascension of the Kundalini or serpent energies up the spine culminating in the Crown, imparting the Universal Fire. A strict regimen is required in order to sustain the efficacy of the energy at this particular level. One should watch the diet and oxygen intake at the cellular level at all times.

The Sui Ching water ritual (described on pg. 61) has been an integral part of this initiation in Tibet for thousands of years. This is a matter of choice for the student. We suggest you consider it essential, as we do, for proper attunement. Most all Reiki Master teachers currently teaching the system do not use the exercise as taught in the Tibetan monastery schools. Remember, in the beginning, Reiki was not taught as any kind of healing modality, but rather as a system of spiritual self-improvement. When this higher level of understanding is achieved, and the energies are accumulated within the psyche, the healing pathways are opened. This is a sacred system, which some have inadvertently profaned in the pursuit of fame and money. It is the hope and the desire of the Reiki Masters that you use these teachings well and with good intent.

Perform the exercise on page 61 for placing Reiki energy into water and have the imitate drink at least part of it during the attunement process.

DAI KOO MYO

(pronounced dye-coo-mee-yoh)



Dai Koo Myo is the master empowerment symbol. It vibrates through planes four, five and six. It incorporates the energy of the crown and root chakras in the ascension of the kundalini or fire serpent energies traveling up the spine and culminating in the crown, imparting the universal fire, the alignment with spirit.

Nontraditional Dai Koo Myo

(use the same as traditional)



Try them both, and see which works best for you. Use your intuition. I personally use this one almost all the time, as I feel, as Diane Stein asserts in *Essential Reiki*, that this fits today's needs better. Once you know Dai Koo Myo, include it in all your healing. I use it after the Cho Ku Rei, but before all the others. Its focus is healing the soul, and it is extremely powerful. Life changes frequently occur. Used reversed, it pulls negative energies out of the body and releases them.

RAKU

(pronounced rah coo)



Raku is the lightning bolt, the banking of the fire of consciousness. It is the connection with the cosmic aspect of the self, the oneness, the void. It is used at the completion of an initiation to purify and return to the void the energies that are released by the initiate and the master as they both increase their energy level and release blocks/karma into their combined aura. This release process causes a physical and emotional cleansing in the initiate after the initiation, which lasts about 21 days; 3 days in each chakra, starting at the root. This symbol is used only in passing attunements (at the end of attunements, to be specific), not during healing.

Reiki Attunement – ... Level ONE ...

1. Directions for Students: Tell student that during the attunement process.... You will feel me moving around you, drawing symbols and blowing. When I am done with the attunement I'll take your hands and cross them to your shoulders. This is how you'll know the attunement is complete. When you are ready, open your eyes.

2. Intention: Teacher and Student each set their intention. **3. Begin:** When Initiate places hands in prayer position.

ROUND ONE

LEFT

Left hand on left shoulder at beginning



BACK

Open crown chakra – 3 Cho Ku Rei
See, say, draw horizontally over head:

- 3 Dai Koo Myo
- 3 Hon Sha Ze Sho Nen
- 3 Sei He Ki
- 3 Cho Ku Rei

Blow symbols into crown
 (1 breath/3 puffs)



(with left)



Dai Koo Myo

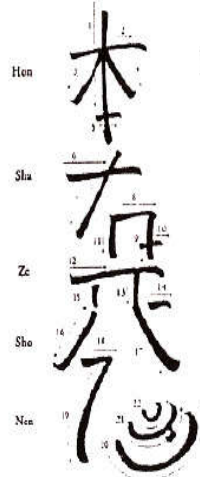
RIGHT

Cup hands in yours
Mentally see, say, & draw:

- 3 Dai Koo Myo
- 3 Hon Sha Ze Sho Nen
- 3 Sei He Ki
- 3 Cho Ku Rei

FRONT

Bring hands up
Blow: Brow 1/3, Heart 1/3, Crown 1/3
 Return hands to prayer position



Sei-He-Ki

Stand back and reverence and think “end of Round # _____”

ROUND TWO & THREE

Everything the Same as in Round One Except:

BACK

No opening crown chakra
Mentally see, say, draw symbols



Cho-Ku-Rei

ROUND FOUR

Everything the Same as in Round Two & Three Except:

LEFT

Left hand on 3rd eye, right hand on medulla oblongata

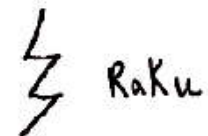
BACK

End with vortex (3 times) & pat head 3 times to close and seal crown chakra



END

- Stand facing Initiate and draw the Raku symbol (with gusto!!!)
- Clear (brush) aura
- Cross hands over heart to signal end of attunement
- Namaste -- Congratulations



Raku

Reiki Attunement – ... Level TWO ...

1. Directions for Students: Tell student that during the attunement process.... You will feel me moving around you, drawing symbols and blowing. When I am done with the attunement I'll take your hands and cross them to your shoulders. This is how you'll know the attunement is complete. When you are ready, open your eyes.

2. Intention: Teacher and Student each set their intention. **3. Begin:** When Initiate places hands in prayer position.

ROUND ONE

LEFT

Left hand on left shoulder at beginning

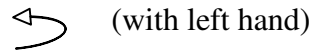


BACK

Open crown chakra – 3 Cho Ku Rei
Mentally see, say, draw horizontal

- 3 Dai Koo Myo
- 3 Hon Sha Ze Sho Nen
- 3 Sei He Ki
- 3 Cho Ku Rei

Blow symbols into crown
(1 breath/3 puffs)



Dai Koo Myo

RIGHT

Cup hands in yours
Mentally see, say, & draw:

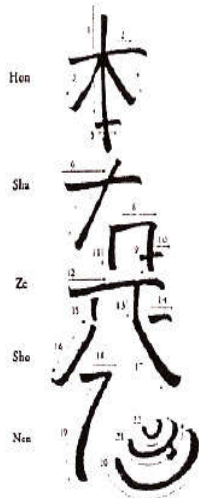
- 3 Dai Koo Myo
- 3 Hon Sha Ze Sho Nen
- 3 Sei He Ki
- 3 Cho Ku Rei



Sei-He-Ki



Cho-Ku-Rei



FRONT

3 Cho Ku Rei (3rd eye to 3rd Chakra) with Index finger
“Open Book” & draw Cho Ku Rei into palms
Right palm press 3 times & Left palm press 3 times
Bring hands up
Blow: Brow 1/3, Heart 1/3, Crown 1/3
Return hands to prayer position

Stand back and reverence and think “end of Round # _____”

ROUND TWO & THREE

Everything the Same as in Round One Except:

BACK

No opening crown chakra
Mentally see, say, draw symbols

THREE -- End with vortex (3 times) & pat head 3 times to close and seal crown chakra

FRONT (Same except use new symbol)

TWO: Sei Hei Ki

THREE: Hon Sha Ze Sho Nen

END

- Stand facing Initiate and draw the Raku symbol (with gusto!!!)
- Clear (brush) aura
- Cross hands over heart to signal end of attunement
- Namaste -- Congratulations



Reiki Attunement – **... MASTER ...**

1. Directions for Students: Tell student that during the attunement process.... You will feel me moving around you, drawing symbols and blowing. When I am done with the attunement I'll take your hands and cross them to your shoulders. This is how you'll know the attunement is complete. When you are ready, open your eyes.

2. Intention: Teacher and Student each set their intention. **3. Begin:** When Initiate places hands in prayer position.

ROUND ONE

LEFT

Left hand on 3rd eye, right on medulla oblongata

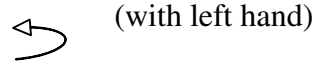



BACK

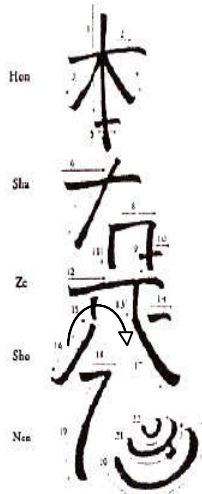
Open crown chakra – 3 Cho Ku Rei
Mentally see, say, draw horizontally ov

- 3 Dai Koo Myo
- 3 Hon Sha Ze Sho Nen
- 3 Sei He Ki
- 3 Cho Ku Rei

Blow symbols into crown
 (1 breath/3 puffs)



End with vortex  (3 times) & pat head 3 times to close and seal crown chakra



RIGHT

Cup hands in yours
Mentally see, say, & draw:

- 3 Dai Koo Myo
- 3 Hon Sha Ze Sho Nen
- 3 Sei He Ki
- 3 Cho Ku Rei

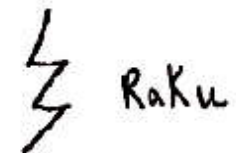
FRONT

3 Cho Ku Rei with index finger (3rd eye to 3rd Chakra)
 “Open Book” & draw Dai Koo Myo into palms
 Right palm press 3 times & Left palm press 3 times
 Bring hands up
Blow: Brow 1/3, Heart 1/3, Crown 1/3
 Return hands to prayer position



END

- Stand facing Initiate and draw the Raku symbol (with gusto!!!)
- Clear (brush) aura
- Cross hands over heart to signal end of attunement
- Namaste -- Congratulations



Placing Reiki Energy in Water

Place your hands above a glass or container of pure water. Bottled water is best for charging as most all the polluted particles have been filtered out, unless you have access to pure spring or well water from an unpolluted source. City tap water is unsuitable for attunement work. Keep the hands about four inches above the container, and rotate in a circular motion counterclockwise, with the tongue pressed against the roof of the mouth. You are forming a vortex or gravitational field around the water. Rotating your hands smoothly, one above the other, for about four or five minutes will result in a partial vacuum in the center of the water, which draws atoms toward the vortex. Thus, you have inertia in the center of the water drawing energy in the field you have created. This is the type of water you must use in attunements for a high-self connection with your students.

Magnetic Water

It may be presupposed that students understand the basic chemical and mechanical properties of water. This applies to the fact that water binds itself to magnetic fluid and acts as a mediator of all chemical and physical processes inside and outside the body cells. This is why transference of vital energy is possible from one human body to another. Just as water takes on surrounding smells, it can be loaded with magnetic fluid. When water is charged with magnetic fluids from human organisms, it takes on a taste very different from normal water. When they drink magnetized water, sick or sensitive people perceive a characteristic smell or taste of metal or sulphur.

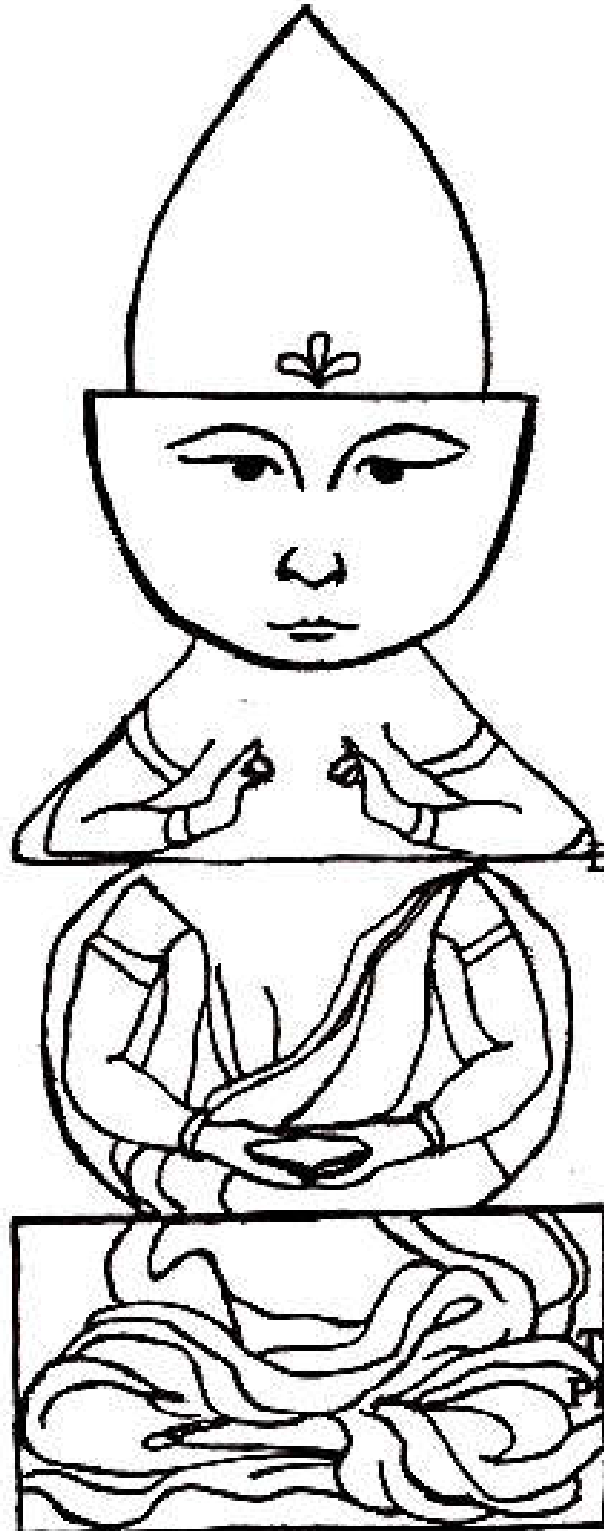
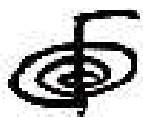
Activated water may be improved by adding fresh lemon juice or sugar to help the taste. Lemon juice also cuts the mucus in the system and helps in the absorbing of the cosmic rays. The indwellance of the color blue (high spiritual vibration) is always an added energy, which will help to raise the consciousness factor. Whenever an accomplished Sui Ching practitioner charges water with a group of students, the end result is that consciousness equal to, or above, the participant's own level, resulting in a clarification beyond the norm.

Spirit Frequency of Water

Water itself contains Spirit-frequencies of 106 electron count. The human body (temple) being 75% water also contains this spiritual frequency above all else. Contaminated water contains no spiritual frequency to work with. Thus, it is always imperative that you work with cleansed water. Smokers in a group attunement always change the quality of the water tastewise, but not the essence of the water alone.

The STUPA

An ancient Buddhist rendition
of the levels of consciousness



Void/Spirit
Blue
The Absolute
Unity of all plurality
The Raku

Wind
Black
Enlightenment
Spiritual Body
Dai Koo Myo

Fire
Red
Compassion
Mental body
Hon She Ze Shon Nen

Water
White
Practice
Emotional Body
Sei He Ki

Earth
Yellow
The Initial Awakening
Physical/Etheric Body
Cho Ku Rei

REIKI MASTER LINEAGE

Dr. Mikau Usui

Dr. Chujiro Hayashi

Hawayo Takata

Phyllis Lei Furomoto

John Lacks

Annie Singing Star

Cynthia Rose Young Schlosser

Adrienne N. Cobb

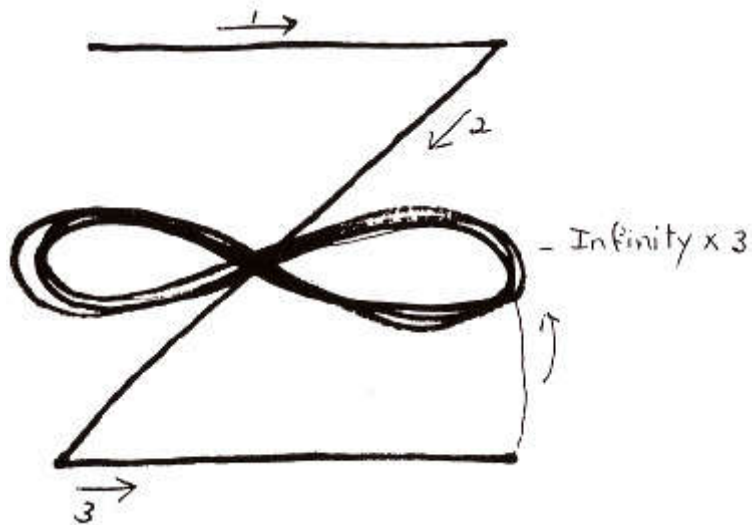
Lori George

Barb Wiesbesick

Kathryn Rundquist

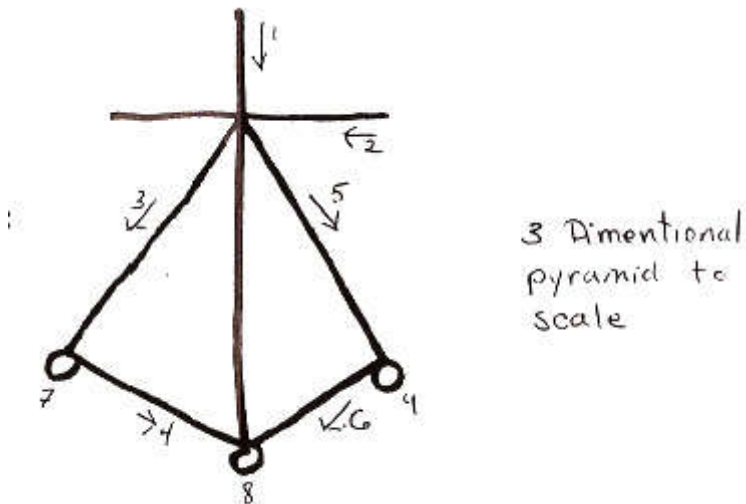
Lost Reiki Symbols

ZONAR



Zonar = Infinity, Timeless, Eternity
This is the first of the missing Reiki symbols.

HARTH



Harth = Love, Truth, Beauty, Harmony, Balance
This is the symbol for the heart from which healing and love flow.



USUI SHIKI RYOHU

This is to certify that

has completed the First Degree Course in the Usui

System of Reiki Healing



USUI SHIKI RYUHOHO

This is to certify that

has completed the Second Degree Course in the

Usui System of Reiki Healing



USUI SHIKI RYUHOHO

This is to certify that

has completed the Master Degree Course in
the Usui System of Reiki Healing

Resources – Reiki One

REIKI

- Barnett, Libby and Chambers, Maggie: REIKI ENERGY MEDICINE Healing Arts Press, 1996
- Burack, Marsha: REIKI – HEALING YOURSELF AND OTHERS Reiki Healing Institute, 1995
- Honervogt, Tanmaya: INNER REIKI Henry Holt and Company, 2001
- Honervogt, Tanmaya: REIKI FOR EMOTIONAL HEALING Gaia Books, 2008
- Honervogt, Tanmaya: THE POWER OF REIKI Henry Holt and Company, 1998
- Horna, Paula: EMPOWERMENT THROUGH REIKI Lotus Light Publications, 1992
- Klinger-Omenka, Ursula: REIKI WITH GEMSTONES Lotus Light Publications, 1997
- Lubeck, Walter: RAINBOW REIKI Lotus Light Publications, 1997
- Lubeck, Walter: THE COMPLETE REIKI HANDBOOK Lotus Light Publications, 1997
- Miles, Pamela: Reiki Penguin Books, 2006
- Narrin, Jane Anne: ONE DEGREE BEYOND - A REIKI JOURNEY INTO ENERGY MEDICINE
Little White Buffalo Publishing, 1998
- Rand, Williams: REIKI, THE HEALING TOUCH
- Rowland, Amy: TRADITIONAL REIKI FOR OUR TIMES Healing Arts Press, 1998
- Stein, Diane: ESSENTIAL REIKI Crossing Press, 1995

VIDEO: Marsha Burback: REIKI – HEALING YOURSELF A.R.T. Productions

- CD:** Aeoliah and Mike Rowland: REIKI EFFECT 2 Oeade Music, 2002
- Deuter: REIKI – HANDS OF LIGHT New Earth, 1998
- KOYASAN REIKI SOUND HEALING New Earth, 2006
- SEA AND SILENCE New Earth, 2003
- SPIRITUAL HEALING New Earth, 2008
- Deuter, KAMAL: ANUGAMA – REIKI WELLNESS New Earth, 2002
- Kamal: REIKI WHALE SONG New Earth, 2001
- REIKI WHALE DREAMING New Earth, 2001
- Shajam: OCEAN OF SILENCE
- MUSIC FOR REIKI & MEDITATION Sequoia, 2007
- Tyndall, Anuvida and Nik: REIKI – HEALING HANDS New Earth, 1997
- REIKI – TOUCH OF LOVE New Earth, 1999
- REIKI ESSENCE New Earth, 2005
- Oldfield, Terry: REIKI HARMONY New Earth, 2006
- Stobbie, Mike: REIKI Healing Harmonics, 2001

ENERGY

- Ballentine, Rudolph: RADICAL HEALING Harmony Books, 1999
- Borsenko, Joan: THE WAYS OF THE MYSTIC – SEVEN PATHS TO GOD Hay House, 1997
- Chogyam, Ngakpa: RAINBOW OF LIBERATED ENERGY Element Books, 1986
- Joy, Brugh: JOY'S WAY Saint Martin's Press, 1979
- Gerber, Richard: VIBRATIONAL MEDICINE FOR THE 21ST CENTURY Eagle Brook, 2000
- Gunther, Bernard: ENERGY, ECSTASY AND YOUR SEVEN VITAL CHAKRAS Newcastle Publishing, 1983
CHAKRA BALANCING, Sounds True 2003
- Vega, A.J & Selena: THE SEVENFOLD JOURNEY Crossing Press, 1993
- Judith, Anodea: WHEELS OF LIFE Llewellyn Publications, 1988
- Myss, Caroline: ANATOMY OF THE SPIRIT – SEVEN STAGES OF POWER AND HEALING
Harmony Book, 1996
- Roche de Coppens, Peter: DIVINE LIGHT AND FIRE – EXPERIENCING ESOTERIC CHRISTIANITY
Element, 1992
- Wauters, Ambika: CHAKRAS AND THEIR ARCHETYPES – UNITING ENERGY AWARENESS AND
SPIRITUAL GROWTH Crossing Press, 1997

HEALING

- Brennan, Barbara Ann: HANDS OF LIGHT – A GUIDE TO HEALING THROUGH THE HUMAN
ENERGY FIELD Bantam Books, 1987
- Brennan, Barbara Ann: LIGHT EMERGING Bantam Books, 1993
- Ford, Clyde: WHERE HEALING WATERS MEET Station Hill Press, 1989
- Northup, Christine: WOMEN'S BODIES, WOMEN'S WISDOM Bantam Books, 1994
- Stein, Diane: ALL WOMEN ARE HEALERS Crossing Press, 1990
- Stein, Diane: WOMEN'S BOOK OF HEALING Llewellyn Publications

CDs

- Gardner, Kay: A RAINBOW PATH Ladyslipper, 1984
- Goldman, Jonathan: VOCAL TONING AND THE CHAKRAS Sounds True, 2005
FREQUENCIES AND SOUNDS OF HEALING Spirit Music, 2005
- Gordon, David & Steve: CHAKRA HEALING ZONE Sequoia Records, 2006
- Halpern, Steven: IN THE OM ZONE Inner Peace Music, 2007
CHAKRA SUITE Inner Peace Music, 2005
- McNamara, Stevin: CAROLINE MYSS' CHAKRA MEDITATION MUSIC Sounds True 2002
- Sophia: CHAKRA HEALING CHANTS Sequoia, 2002

Resources – Reiki Two

MUSIC – HEALING BODY, MIND AND SPIRIT RESOURCES

Books

- Andrews, Ted: SACRED SOUNDS – TRANSFORMATION THROUGH MUSIC AND WORD. Llewellyn Publishing, 1994.
- Ashley-Farrand, Thomas: MANTRA MEDITATION. Sounds True, 2004.
- Beaulieu, John: MUSIC AND SOUND IN THE HEALING ARTS. Station Hill Press, 1987.
- Bonny, Helen and Savary, Lous: MUSIC AND YOUR MIND. Station Hill Press, 1990.
- Brodie, Renee: HEALING TONES OF CRYSTAL BOWLS. Aroma Art LTD., 1996.
- Campbell, Don: MUSIC-PHYSICIAN FOR TIMES TO COME. Quest Books, 1991.
- Campbell, Don: MUSIC AND MIRACLES. Quest Books, 1992.
- Campbell, Don: THE MOZART EFFECT. Avon Books, 1997.
- Carol, Shawna: THE WAY OF SONG. St. Martin's Press, 2003.
- Chun-Tao-Cheng, Stephen: THE TAO OF VOICE. Destiny Books, 1991.
- DeMohan, Elias. THE HARMONICS OF SOUND, COLOR AND VIBRATION. DeVorss, 1980.
- Dewhurst-Maddock, Olivea: THE BOOK OF SOUND THERAPY. Gaia Books, 1993.
- Gardner, Kay: SOUNDING THE INNER LANDSCAPE. Caduceus Publishing, 1990.
- Gardner-Gordon, Joy: THE HEALING VOICE. Crossing Press, 1993.
- Gaynor, Mitchell: SOUNDS OF HEALING. Broadway Books, 1999.
- Gerber, Richard: VIBRATIONAL MEDICINE FOR THE 21ST CENTURY. Eagle Brook, 2000.
- Goldman, Jonathan: HEALING SOUNDS. Element Books, 1992.
- Hale, Susan Elizabeth: SONG AND SILENCE – VOICING THE SOUL. LaAlameda, 1995.
- Hoffman, Janalea: HEALING SOUNDS. Element Books, 1992.
- Jourdain, Robert: MUSIC, THE BRAIN, AND ECSTASY. William Morrow and Company, 1997.
- Keyes, Laurel Elizabeth: TONING-CREATIVE POWER OF THE VOICE. DeVorss, 1973.
- Lingerman, Hal: THE HEALING ENERGIES OF MUSIC. Quest, 1983.
- McClellan, Randall: THE HEALING FORCES OF MUSIC. Element, 1991.
- Ortiz, Jon: THE TAO OF MUSIC-SOUND PSYCHOLOGY. Samuel Weiser, Inc., 1997.
- Perry, Wayne: SOUND MEDICINE. Career Press Inc., 2007.
- Redmond, Layne: WHEN THE DRUMMERS WERE WOMEN. Three Rivers Press, 1997.
- Remond, Jane: WHEN IN DOUBT, SING-PRAYER IN DAILY LIFE. Harper Collins Publishing, 1999.
- Rinpoche, Tenzin Wangyal: TIBETAN SOUND HEALING. Sounds True, 2006.

Steiner, Rudolph: THE INNER NATURE OF MUSIC AND EXPERIENCE OF TONE. Anthroposophic Press, 1983.

Tame, David: BEETHOVEN AND THE SPIRITUAL PATH. Quest Books, 1994.

Tame, David: THE SECRET POWER OF MUSIC. Destiny Books, 1984.

TAPES/CDS

Bealieu, John: CALENDULA. Relaxation Company, 1997.

Brodie, Renee: THE HEALING TONES OF CRYSTAL BOWLS. Aroma Art LTD., 1998.

Campbell, Don: HEALING YOURSELF WITH YOUR OWN VOICE. Sounds True Recording, 1990.

Campbell, Don: MUSIC FOR THE MOZART EFFECT. Spring Hill Music, 1997.

I – STRENGTHENING THE MIND

II – HEAL THE BODY

III – UNLOCK THE CREATIVE SPIRIT

Clinton, Ann: CRYSTALS. New World Music, 1999.

D'Annunzio, Steven: MUSIC FOR HEALING. Sound Healing Center, 1996.

Das, Uma and Ramana: CRYSTALS, CHAKRAS, COLOR AND SOUND. U-Music, 1986.

Evenson, Dean & MaKichen, Walter: GOLDEN SPA TONES. Soundings of the Planet, 2006.

Gardner, Kay: A RAINBOW PATH. Ladyslipper, 1984.

Gardner, Kay: SOUNDING THE INNER LANDSCAPE. Ladyslipper, 1990.

Gardner, Kay: AMAZON. Ladyslipper, 1992.

Gardner, Kay: MUSIC AS MEDICINE. Sounds True, 1998.

Hale, Susan Elizabeth: CIRCLE THE EARTH WITH SONG. KUMN Studios, 1986.
HEALING GARDEN. Healing Garden Division.

Hoffman, Janalea: MUSIC WITH A PURPOSE. Rhythmic Medicine, 1995.

Iobst, Benjamin: SEVEN METALS-SINGING BOWLS OF TIBET. Crafty Productions, 1999.

Kenyan, Tom: THE GHANDARVA EXPERIENCE. SFF Publishing.

Moses, Harold: DRONE-THE BREATH OF GOD. Crucible Sounds, 2000.

Moses, Harold: PRAYERS OF THE SOUL. Crucible Sound, 1997.

Redman, Layne: BEING IN RHYTHM. Interworld Music Associates, 1997.

Rhiannon: FLIGHT-INTERACTIVE GUIDE TO VOCAL IMPROVISATION. Sounds True, 2000.

Tetteroo, Tosca & DeRuiter, Dick: CRYSTAL & SOUND. Binkey Kok Publications, 2004.

Velez, Glen: RHYTHMS OF THE CHAKRAS. Sounds True, 1997.

Volkman, Bob: DREAMER'S JOURNEY. Metamusic-Monroe Institute, 1996.

Xumantra: HEALING BELLS. Xonic, 2004.

SINGING BOWLS. Graphic Sounds Studio, 1997.

Resources – Reiki Master

REIKI

Books

Honervogt, Tanmaya: REIKI FOR EMOTIONAL HEALING. Gaia Books, 2006.

Rand, William Lee: REIKI MASTER MANUAL. International Center for Reiki Training.

May, Dorothy: ARCHETYPAL REIKI (book and cards). Journey Editions.

Penczak, Christopher: MAGICK OF REIKI ("lost" symbols). Llewellyn Worldwide.

Music

Shajan, MUSIC FOR REIKI AND MEDITATION – OCEAN OF SILENCE Vol. 3.
Earth Visions Music, 2007.

Deuter, C.G SPIRITUAL HEALING. New Earth Records, 2008.