



Advanced Reiki

Elemental Usui Reiki Level IV

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Introduction

This is an Advanced Reiki Master course for those who are interested in increasing their Reiki power and learning how to create new Reiki systems. Even if you are not interested in creating new Reiki systems, you will improve your skills as a Reiki Master by working with the symbols and techniques in this manual.

The ability to channel energies directly is something we all innately possess, but it's also a skill that can improve with practice and energetic clearing. The more you can channel energies directly, the more powerful you can be as a healer. You learn how to get out of the way and let spirit come through you to do the healing. You become more in touch and aware of the messages coming from spirit. You also become more sensitive to energy and can discern between different “flavors” of energy.

A Note on Reiki Levels

In traditional Usui Reiki, there are three levels, with Level III being the Master level. Some Reiki traditions further split Level III into IIIa and IIIb, with IIIb being the “Teacher” certification. To further confuse things, you'll sometimes see Level IIIb taught as Level IV.

There are many different branches of Reiki, and it is impossible to set one single standard. The designations of Reiki levels are somewhat arbitrary.

Thus, this “Advanced Reiki” course will be called “Reiki Level IV” for those who have pursued a traditional Usui Reiki training that ends at Level III. To further distinguish it from the Level IV taught in Usui-Tibetan Reiki, we'll call this Reiki lineage “Elemental Usui Reiki.”

The Level IV Attunement Process

Three attunements are given for Reiki Level IV. These attunements should be received separately. It is up to you what frequency the attunements should be taken at. They can be taken in three sessions one right after the other or once per day for three days straight. They can also be received once per week over a three-week period.



Channeling Energies and Creating New Reiki Systems

The ability to bring in new energies is a skill that anyone can learn. You do not have to be an enlightened guru to channel energy. Of course, the more you work on yourself and the less blockages you have in your energetic body, the better. But, even as a flawed, regular human being, you can bring in many new healing energies. Some people are able to channel energies more easily due to having a knack or talent for it, but everyone can improve and learn how to receive more.

In fact, you do not need to receive the Advanced Reiki Level IV attunements in order to create your own Reiki systems. When Usui brought Reiki to the world, he did it through a spontaneous self-attunement by spirit. Anyone at any time can ask to receive an attunement directly from spirit. Receiving the Advanced Reiki Level IV attunements simply opens the channel up more, so that the attunements you receive are more powerful and effective.

Thoughts on Creating New Reiki Systems

Why create new Reiki systems? Why bring in new energies? With so many Reiki systems available, is there any need for more?

Yes and no. On the one hand, Reiki as it was traditionally brought to us is in and of itself “enough” and there really isn’t any need to have new systems beyond that. At the same time, having a variety of energies and systems available can be a wonderful thing.

Everyone is drawn to different things and certain energies, symbols, and practices may provide that special “something” to a practitioner that helps them reach the next level in their healing. For example, someone who is drawn to fairies may receive special inspiration from working with a Reiki system that deals with fairy energies.

Additionally, the earth is going through many changes right now, and with life accelerating at a fast pace, it can be very helpful to bring in new energies to meet these new challenges.

Each new attunement brings additional positive energy to the recipient. It is a concentrated form of healing. So new attunements help lift the vibration and provide extra healing. Because new energies are working with slightly different vibrational frequencies and intentions, they can perhaps bring healing more quickly where regular Reiki might have taken longer.

Preparatory Steps - Types of Energies

There are two basic ways of coming up with new energies. One is the “inspired” way of receiving energies. This is when you are guided to bring in a new energy during meditation or a personal “aha” moment. Such guidance usually comes from spirit and can be an extremely powerful way to receive a new energy.

The second method is to simply decide what type of energy you want to bring in. You would then bring the energy in via intention.

It is perfectly OK to “make up” an energy. What you are doing is bringing in an energy with a specific intention, and that can be just as powerful as an “inspired” energy.

The sky is the limit for the kinds of energies you can bring in. Different categories of energies include:

- Ancient Civilizations (Egypt, Lemuria, Atlantis)
- Real and Mythical Creatures (Animals, Dragons, Mermaids)
- Angels and Ascended Masters (Archangels, St. Germaine, etc.)
- Energetic Bodies (Chakras, Meridians, Auras, Subtle Bodies)
- Specific Issues (Broken Heart, Financial Problems, Career Confusion)

A very powerful method is to bring in energies for things that you are personally working on. Let's say you are having problems in your love life and repeatedly recreating negative patterns over and over again. You could channel a specific energy to shift this pattern.

Once you know what type of energy you will be working with, you can start to think about how this energy might be activated. Will symbols be used to activate the energy? Will the energy be activated by intention? You may not be sure (sometimes this comes during the self-attunement), but it's OK to think about it and simply decide how you want the energies to be activated.

You might also think of creative, alternative ways for energies to be activated.

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Here are just a few ways to activate healing energies:

Symbols
Words
Visualization
Sound or Mantra
Intention

Ultimately, all energies are really activated by intention, with the specific form of intention (symbol, sound, etc.) serving as a way to focus the mind.

When you receive your attunement, you may receive inspiration on how the energies will be transmitted. If not, you will learn how to create symbols and other activation tools through conscious methods.

To Charge or Not to Charge?

Should your new Reiki system be free, or should you charge people for it? This is up to you and your guidance. Consider the possibility that many Reiki Masters could be caught up in some unconscious poverty consciousness by assuming that all Reiki should be free and not respecting their own hard work by giving it all away.

This is not to say that giving away Reiki attunements always comes from such a place. Choose to offer charity because you are abundant and want to give back to the community. But do not feel you must give everything away for free. Reiki is a healing discipline that should be a respected profession, not just something people do “on the side.” By charging for your attunements, and allowing your students to pass along your attunements for a fee, you are creating prosperity for yourself and others. Your “for fee” Reiki system will not only bring you some money, but potentially earn money for your students and their students. This is a positive thing.

Consider giving some attunements away for free while charging for others to provide a balance.

How to Self-Attune to Your New Energy

Once you have decided on what energy you want to bring in, you will need to attune yourself to it. Doing this is very easy and it gets even easier with practice. Once you do this regularly, you might find yourself receiving energies while you sleep (and waking up in the middle of the night to feel new energies coursing through you).

Simply use the following steps to receive the energies in a meditative state:

Connect with a higher power:

This could be your higher self, God, an angel, or an ascended master. (If you are channeling an energy specific to an angel or ascended master, then you must connect to them to receive the energy.)

Please be careful when connecting to other spirits and ask to be connected only with those spirits that are of the light. To be safe, always connect with your higher self first and ask your higher self to connect you to only those energies that are safe and protective.

Ask the higher power to send you the attunement:

At this point you may not even know the name of the attunement. That is OK. Simply say “Dear God/Higher Self/Angel, I want to receive an attunement to help release negative patterns in my love life.”

Make your intention clear and then be open.

Receive the energies:

Remain in the meditative state as the energies are sent to you. Do not expect fireworks. If you get too attached to the energies coming in a certain way, you may block yourself from receiving them. So relax. The energies may come in gently.

You will know that you have received the energy when you feel some sort of emotional shift or physical feeling. You might feel a buzzing in the crown area or a lightness in the chest. You may feel tingly all over. It will depend on the energy and different attunements will come in differently.

If you feel you did not receive the energy properly, then ask again. There will be times when your connection to spirit is faint and an attunement might not come through. Try again when you are more rested and in a good mood for best results.

Notes:

It goes without saying that you should never try to receive energies while under the influence of drugs and alcohol. Prescription drugs might also block the energies. If you are taking anti-depressants, you may want to talk to your doctor about weaning yourself off of them. Otherwise, your healing channel will be impaired with the drugs.

You can receive energies in any type of meditative environment that suits you, whether it is sitting in a cross-legged position in silence or lying down with gentle music.

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It is also totally OK to ask to receive energies at bedtime and to channel attunements while you sleep! You can even ask for multiple attunements while sleeping if you feel so guided.

Receiving frequent self-attunements can lead to clearing symptoms, but the more you channel energies, the more energies you will be able to receive without dramatic clearing symptoms. Be sure to pace yourself and don't try to force it by bringing in more energy than you are ready for.



How to Create Symbols and Activation Tools

If you did not receive a symbol to activate your energies during your self-attunement, you may feel guided to create your own symbol(s). You do not need to go into some sort of trance or altered state of consciousness to create a symbol.

Sit down with a piece of paper and pencil and ask your higher self to help you create a symbol for your new energy. Don't force it - just doodle until you come up with something that feels "right" for you.

It's really that simple!

There are many other ways to activate energies besides symbols. What you may find is that there are so many Reiki symbols out there already, that it becomes hard to remember them all. This is why you can simply use intention to activate any energy, and why it is not a bad idea or "cop out" to instruct the users of your particular type of energy to simply "intend" that it be used.

Remember: The simpler an energy is to activate, the more likely it is that it will be used. If an energy system comes with 50 symbols that are complex and hard to visualize, it won't be as accessible as an energy system that includes one simple symbol that is easy to remember.

You might also come up with a particular word or phrase to tie in with your energy activation or a guided visualization (such as: "imagine a tall mountain capped with snow, as you intend to use this earth energy for healing"). You, as the creator of your Reiki system, can use your intention to set the procedure for the energy. Your intention will be solidified as people follow your guidelines and the energy is used more.

The founder of Reiki, Mikao Usui, actually used Japanese Kanji (lettering) for his master symbol, the Dai Ko Myo. It means "Big Shining Light." It is a myth that all of his symbols came from ancient Tibet. Of course, now that everyone is using "Big Shining Light" to activate Reiki Master energy, the symbol has tremendous power. The more often an energy is associated with something (a picture, a word, a symbol, a series of sounds) the stronger the association becomes.



Healing Empowerments

There are a few other things to consider when creating new healing energies. Will the energies be used in regular hands-on Reiki healings, or will they be sent via an attunement? A Reiki empowerment is a form of energy healing that is sent as an attunement. You would not need to use hands-on healing to give someone an empowerment.

An empowerment can be transmitted as the full attunement, thus giving the recipient the power to attune others to that energy as a Reiki Master, or the empowerment can be given as a healing attunement, which simply offers healing energy without the “Reiki Master” level included.

It is up to you to decide (if not already guided) how your energies can be transmitted.

Once you get good at channeling energies, you can directly channel a new, specific energy to a client, tailored specifically to their needs, in the form of a healing empowerment:

1. Place your hands on the clients head (or proxy if doing a distance healing).
2. Connect with the energies you want to give the client. Intend to send this energy as a healing empowerment.
3. Imagine the energy coming down through the crown of your head and through your palms to the client.



The Advanced Reiki Master Symbols

You will have three new Reiki symbols placed in your aura. The first symbol can be used to call in new attunements. The second two symbols can be used in healings. (Please note: These were hand-drawn and as such as not perfectly symmetrical, but you will get the basic idea.)



Attunement Symbol

Draw this in the air or visualize it when you want to receive a new attunement.



Connection Symbol

To help strengthen the connection with the infinite, the divine.



Soul Symbol

To help open the crown chakra and connect to the higher self.
(There are five loops in the “crown” in this symbol.)



Improving Your Attunements

The actual process of attuning someone is only part of what makes an attunement effective. There are many ways to improve the power of your attunements:

Receive additional attunements.

The more you strengthen your energy channel by receiving additional attunements (including those you channel and those you receive from others), the stronger your attunements will become. Try attunements from a variety of systems and Reiki Masters.

Meditate regularly.

Regular meditation will help open up the channel to receive and give divine energy.

Practice visualization.

The more you can visualize and focus your mind, the more powerful your attunements can be.

Ask for help.

Ask for divine help (connecting only with those energies “of the light”) when giving attunements.

Send attunements when you are in a good space.

Don't send attunements when you are sick, tired, grumpy, or in a bad emotional space. Schedule attunements for times that you are likely to be energized and feeling good.

Clear psychic attacks.

On very rare occasion, your attunements may not get through because you or your recipient are suffering from a psychic attack and negative energies are blocking the attunement.

On an even rarer occasion, a connection with an ascended master may be blocked by an impostor. Once, two clients were unable to receive an attunement requiring a connection to Archangel Michael. They were instructed to ask to connect with the “REAL” Archangel Michael “of the light” and the attunements finally went through.

Dealing with psychic attacks is beyond the scope of this manual, but if you are having problems sending or receiving attunements and you've tried everything, then a psychic attack may be the cause.

If you feel that you or a client is suffering from a psychic attack, here are a few ways to clear the energy:

1. Connect to your higher power (“of the light”) and ask that any negative energies around you be cleared away and removed.
2. Use the free Psychic Protection Flame to provide protection before giving or receiving an attunement. This attunement is available here: <http://elementenergy.com/psychicprotectionflame>
3. Instruct the client to ask for protection from Archangel Michael prior to receiving the attunement (and add “the REAL Archangel Michael of the Light” if that does not work).
4. In extreme cases, an outside healer experienced with the removal of psychic attacks should be consulted.

How to Send an Attunement Through Space and Time: Even Backwards in Time!

The theory behind distance healing is that we are all connected on a soul level and that space and time are simply constructs of our physical world that provide form for our experiences here.

With this in mind, you can send distance attunements to anyone in the world. You can do this by visualizing the recipient in front of you or using a proxy such as a teddy bear or picture to “represent” the individual. You then give the proxy the attunement as if it was the actual person there in front of you.

It is common practice for Reiki Masters to send attunements forward in time through the use of a “chi ball.” This is a distance attunement method whereby the energy is placed into an energetic “ball” (through the process of visualization) and sent to the recipient to be “picked up” when the recipient is ready. The recipient then asks to receive the energies during meditation.

This method of sending attunements forward in time can also be used to send attunements back in time. Simply state and intend at the beginning of the distance attunement that the attunement will be received by the recipient at the time of their choosing, whether that be forward or backward in time or at the present.

The benefits of sending attunements backward in time are three-fold: One, clients can receive the attunements immediately and without delay. This is especially useful for a client who has an “emergency” and needs an immediate attunement but you are unable to give one at that time. Two, you as the Reiki Master can wait until you are at your best energy to send your distance attunements. Third, this avoids the scheduling hassle that can come up when trying to schedule a mutually beneficial time for attunements. With the Internet, and the ability to work with clients all over the world, worrying about time zones is unnecessary when energy transcends space and time.

Most importantly: It is far better to send an attunement from the future than send it during the present if you are not at your best for whatever the reason. Wait until you are in a good space to send your attunements and you will find that your clients are happy and you are a more effective Reiki Master.

You can, of course, also send distance healings into the past. However, this method really works best when the recipient is actively participating on their end by receiving the healing or attunement via conscious intention and meditation. Without that conscious involvement, the healing or attunement may not be received.

Remember: You cannot change the past. If you try to send a distance healing back in time to a family member who died from an illness, the distance healing will not change the past and suddenly bring the family member back to life. While energy does transcend space and time here, it cannot be used as a time machine.



Advanced Reiki Attunements

Giving the Attunement

To follow is the Advanced Reiki attunement process. You are also welcome to enhance this attunement process with any existing attunement method you are already familiar with.

In-Person Attunement

Anyone attuned to Reiki Level IV should be a Reiki Master (Level III).

You will repeat the attunement process three times for each of the Advanced Reiki symbols. Give approximately 20 minutes for each attunement. You might space out the attunements over the course of the day or a few sessions, depending on your guidance and the preferences of the client.

For each attunement: Have the client sit in front of you with eyes closed to receive the attunement. You can prepare them for the attunement with a guided meditation or whatever other preparatory rituals you employ as a Reiki Master. Send each symbol into the aura in the method used in a traditional Reiki attunement: I.e., drawing the symbol over the crown, into the heart and palm chakras. (Use whatever method you were trained in.)

Start with the Soul Symbol, followed by the Connection Symbol, and do the Attunement Symbol last.

Remember to do one symbol per attunement, for a total of three separate attunements.

Distance Attunement

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for a half-hour.

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You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

I am now receiving the first Advanced Reiki attunement sent by <your name>. Thank you.

(They should request to receive three different attunements in three separate sessions at a pace of their choosing or per your recommendation.)

To send the attunements:

Use a proxy such as a teddy bear or visualize the client in front of you. Send each symbol into the aura in the method used in a traditional Reiki attunement: I.e., drawing the symbol over the crown, into the heart and palm chakras. (Use whatever method you were trained in.)

Remember to send a separate attunement for each of the three symbols. Start with the Soul Symbol, followed by the Connection Symbol, and do the Attunement Symbol last.



The Reiki Principles

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

Just for today I will not worry.

Just for today I will not be angry.

Just for today I will do my work honestly.

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