

# Reiki 3 Manual



**A Complete Guide to the Third Degree  
Usui Method of Natural Healing**

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## Authors & Publishers Disclaimer

Reiki is an ancient form of healing that is practised by the authors and numerous practitioners around the world. The information and techniques in this book do not constitute medical advice. Healing and medicine are two very different disciplines. You should always remember to seek medical advice from a qualified doctor or practitioner in the case of serious illness. While all suggested treatments are offered in good faith, the author and publisher cannot accept responsibility for any illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical practitioner.

## Important Note to the Reader/Student

The purpose of this book is to give the reader a step by step guide to the teachings and disciplines associated with Third Degree Usui Reiki. We have purposely kept the information concise so the reader can quickly and easily understand and apply Reiki.

Wherever possible we have avoided adding personal beliefs that may differ from the traditional teachings of Dr Mikao Usui. The knowledge and information contained in this book is based on the original **Shiki Ryoho** Method of Healing developed by **Dr Usui** over two hundred years ago.

If you desire to use the teachings contain within this book to heal yourself and others you must first have received the necessary attunements from a Reiki Master either in person or via distant attunement.



The soul is placed in the body like a rough diamond,  
and must be polished,  
Or the lustre of it will never appear.

~Daniel Defoe



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## Lesson 1: An Introduction to 3rd Degree Usui Reiki



Welcome to the third and final module of our Certified Usui Reiki Master/Teacher Home Study Course. The video lessons contained within this module are based on our best selling Usui Reiki Master/Teacher Workshops and covers the information and techniques you will need to know and master in order to teach others about Reiki and pass on the gift of reiki to your own students through the attunements.

Like previous modules in this home study course our aim is to deliver the lessons in a simple and practical format so you can understand and assimilate the information quickly and easily.

Important note: No manual, home study course or even workshop training programme will ever be totally complete; there will always be more to learn. Our intention is simply to help you begin the journey. Where you end up, depends on you!

### The Third Degree (Master/Teacher)

In a nutshell; the third degree consists of learning the master symbol, receiving the attunements, and learning and mastering the attunement processes so you can then pass on and teach the gift of reiki to others.

Becoming a Reiki Master is not the end of the journey; it is only the beginning of your own personal and spiritual development. A Reiki Master; is not suddenly a better or wiser or more enlightened person than anyone else, it simply means that as a Reiki Master/Teacher you are now able to pass on the gift of the universal life force to others. Hopefully, a person seeking to become a Reiki Master is already a kind, considerate and spiritually developed individual who is seeking to not only enhance their own life, but also the lives of others.

The third degree is a natural progression for those who want to teach Reiki. The more Reiki teachers we have; the more people will be introduced and drawn to Reiki. This is in our opinion - vital. The world as a community needs to learn to live together and come to realise that we are all connected and should live in peace and harmony. Reiki can help heal some of the rifts and issues that drive us apart. The more people in tune with Reiki the better our world will undoubtedly become.



We personally do not believe that so called "traditional" Reiki Masters who can often charge as much as \$10,000 US dollars to an individual seeking to study Reiki, are helping to spread the word or the gift of Reiki. Reiki is a god given right. It is built into our genetic makeup - our very essence of being.

We as Reiki Masters/Teachers are just tools (let go of the ego), just like the Reiki symbols to be used to enhance and proliferate this natural healing method and way of life. We see no justification in making Reiki available only to the wealthy at the expense of often the most needy.

The most important pre-requisite to becoming a Usui Reiki Master/Teacher is the desire and intention to help others. We are both honoured and blessed that you have decided to begin your future Reiki study and practice with us at the Reiki Store.

***Good luck on the journey.***



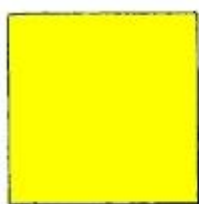
As I go through all kinds of feelings and experiences in my journey through life -- delight, surprise, chagrin, dismay -- I hold this question as a guiding light: "What do I really need right now to be happy?" What I come to over and over again is that only qualities as vast and deep as love, connection and kindness will really make me happy in any sort of enduring way. ~ Sharon Salzberg



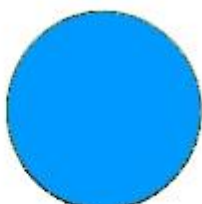
## Lesson 2: Reiki and Symbolism

There are basically three different groups or types of symbols. Each group or type of symbol has its own unique set of beliefs regarding the nature of these symbolic forms:

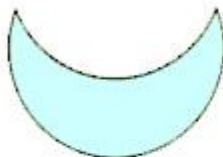
The first group of symbols are those in which the power or ability to create effect is inherent in the form of the symbol. These symbols are often found and used in sacred geometry or the tattwa's.



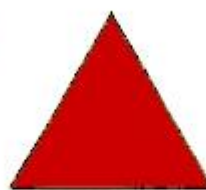
**Earth**



**Air**



**Water**



**Fire**



**Spirit**

### The five Tattwa symbols:

- A Yellow Square representing Prithivi/Earth
- A Blue Circle representing Vayu/Air
- A Silver Crescent representing Apas/Water
- A Red Triangle representing Tejas/Fire
- A Indigo Ovoid representing Akasha/Spirit

Tattwa's along with to a certain extent Yantra Mandalas which are visual tools that serve either as centering devices or as symbolic compositions of the energy pattern of a deity as seen by tantric seers in their visions, are among those in which the actual shape or form is said to directly stimulate the subconscious energy patterns in the brain and energy body or physical and nonphysical reality.



**A Yantra Mandala**





These symbols are said to contain the power to awaken an ability or create a result or convey mystical information and realisation of themselves with no or little action or intention by anyone.

The second group envelopes the belief that certain objects and symbols like a Rosary or Prayer Beads can be charged or empowered by intention or ritual or proximity to holy places or people to contain the power to create an effect.



The third group of symbols are those that are tools or triggers which enable you to connect with; and harness an energy, a spiritual function or information etc, that exists separate from the symbol itself. The symbol is more like a light switch that can turn on the power. The symbol itself does not possess any power of its own. Most of the Symbols used in Reiki are Kanji's (written words which have esoteric symbolic meanings in some Buddhist traditions).

We believe that the Reiki symbols are part of the third group. They are tools, keys, on/off switches to facilitate connection with different aspects of the universal energy for healing. They do not themselves have power. There are often many different ways to draw a particular Reiki symbol but they are all equally effective in connecting to Reiki - the universal life force. If you look hard enough in your future reiki study and research you will find many variations of each symbol, just remember that all variations will work and instead of worrying about which one is better simply focus of the intention and the purpose of the symbol.

The Reiki symbols are exactly that, symbols. They are not what they represent. The Reiki symbols represent specific energy properties and functions for healing and spiritual enhancement. When anyone who is attuned to Reiki visualises, draws or internally or externally intones the name of any of these symbols it helps them to connect themselves with the Reiki energy and activate the function and specific purpose the symbol represents.

The distant Attunements which are provided as part of this home study course will bestow an automatic ability to work with different levels of Reiki by intention and use words or thought as the activator as well as by consciously invoking the symbols.

Using direct intention to activate the symbols should not be seen as a default or easier substitute rather than assimilating the information and experience which you will gain from studying and using symbols. It is not necessary to understand the meanings of the symbols completely or even to consciously use them to gain and share the benefits of the Reiki system. Though it can enrich your experience to explore the meanings further through study and meditation. The symbols remind us



that there are ways to focus on different aspects of the reiki energy when we use them correctly in our reiki practice.

You may also use Reiki to focus on other aspects and purposes of the universal energy by direct intention. Other systems which have evolved from Reiki such as Seichim and Karuna use different symbols to focus on other aspects of the energy. However you can use Reiki for these functions without further attunements and with or without the use of the additional symbols.

The method of becoming attuned so you had the ability to use Reiki has changed over the years from the way it was originally taught and practiced at the Japanese Reiki society. In Reiki Ryoho you would meet weekly with fellow members and a master, have a lesson or lecture and possibly practice and or receive healing treatment after which you would do the hatsurei ho meditation during which the master would give you and the other members "Reiju" an empowerment which helps to connect and deepen your connection to Reiki energy usually this is done gradually in accordance with your own personal development. Possibly after a period probably of a year or more of this practice and study you might be invited to learn the second teachings.

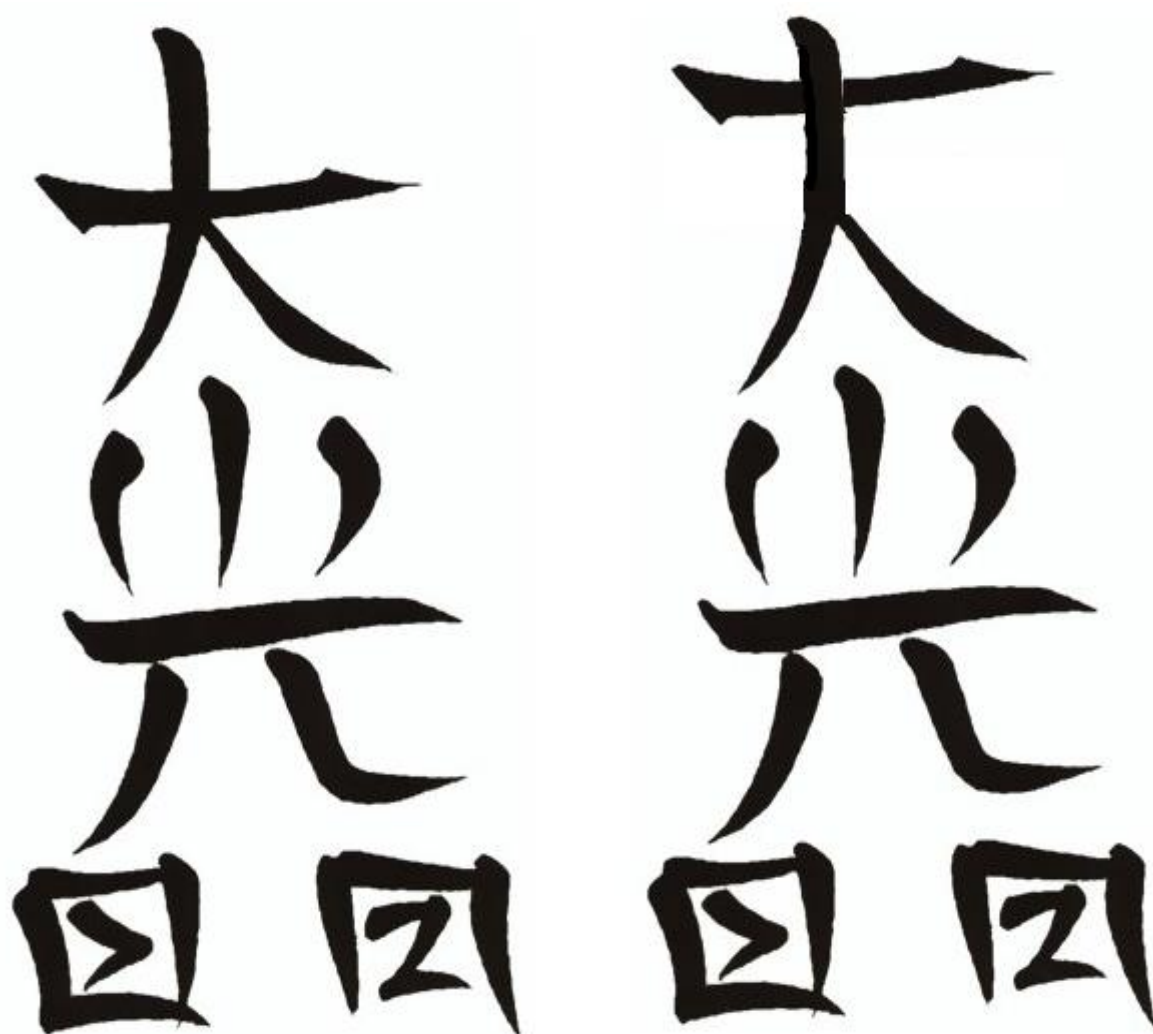
In the Hayashi-Takata lineage called Usui Shiki Ryoho the symbols are of more importance. The system was set up to teach Reiki faster than the lengthy training in Reiki Ryoho. There was more emphasis on symbols and hand positions so that students could connect to Reiki in order to work in the Hayashi clinic before they developed the ability to sense the energy of clients. This is also probably why an attunement process was developed similar to the initiations used in many healing and spiritual traditions in order to greatly accelerate, the clearing and connection and ability to work with universal energies. The Reiki Masters that Madam Takata trained were taught with this emphasis on the symbols and were also sworn to secrecy about the Reiki symbols and other practices.



Life shrinks or expands in proportion to one's courage. ~ Anais Nin



## Lesson 3: The Traditional Usui Reiki Master Symbol



2 Versions of the Dai Ko Myo (DKM)

### THE REIKI MASTER SYMBOL - DAI KO MYO

Pronunciation: dye-ko-me-o

Alias: The Master Symbol or DKM

It is the most powerful symbol in the Reiki group. It can be used only by Reiki Masters. This symbol is used to heal the soul. Since it deals with the soul and our spiritual self it heals disease and illness from the original source in the aura or energy fields. It helps to provide enlightenment and peace. It also allows you to become more intuitive and psychic. With practice this symbol can bring profound changes in one's life.



The DKM symbol is a composition of three kanji's. The kanji's compose the mantra "dai ko myo". Simply translated, it means "great bright light" or "great shining light". It may also be interpreted as "great enlightenment". It represents the divine and the source for reiki. This symbol may simply be called the "satori symbol". This symbol is used in Buddhism and is found written in Buddhist temples; therefore, although it is sacred, it is not secret. Japanese people who are not devoted Buddhists recognize these three kanji together. Modern Japanese would pronounce it as "dai ko mei" instead. This symbol was chosen because Usui knew its inner meaning. Some say this symbol means "Great Being of the Universe, shine on me" or "Treasure House of the Great Beaming Light", but these are simply embellished translations of "great bright light". Like the third symbol (the HSZSN), we can look at the meaning of each kanji separately. The definitions below are taken from an online Chinese dictionary.

**The first kanji ("dai") is an adjective meaning "big, large" or "great, grand". It is an adverb meaning "greatly".**

**The second kanji ("ko") is a noun meaning "light". It is also an adjective meaning "smooth, glossy". It is also an adverb meaning "merely, purely" or "completely".**

**The third kanji ("myo") is an adjective meaning "bright, light" or "clear, evident". It is also a verb meaning to "understand, know".**



From this you can clearly see that "dai ko myo" means "great bright light". The Japanese definitions of the kanji are the same as above. To draw this symbol, you should follow the same rules as shown in the Reiki 2 Module: Left to Right and Top to Bottom (more details below) Most variations of this symbol are badly written versions of the kanji, which are properly shown above.

In Essential Reiki, Stein has a variation in which the third kanji of this symbol is just a double of the kanji on the right in "myo". Essentially it looks like the kanji for "moon moon", which is unfortunate because it leaves out the kanji for sun in the whole symbol. The sun kanji is significant to the symbol as it relates to the idea of enlightenment. Stein does not actually use this symbol as she mistakenly thinks of another symbol as a replacement for the DKM, when in fact, her replacement has a different function than DKM. The symbol she uses as "DKM" is from the Usui/Tibetan tradition, and when she was given the symbol she was not taught its meaning nor given its correct name, dumo. The Usui/Tibetan tradition uses dumo to reflect the idea of mastery along with dai ko myo (although, their version of the DKM has been distorted from the actual kanji above).

To confuse the issues further, Stein has drawn her "dai ko myo" (dumo) differently than the Usui/Tibetan tradition, turning the symbol clockwise 90 degrees and emphasizing the spiral portion of the symbol, as she associates the Usui/Tibetan symbol with the idea of the eternal goddess in paganism and goddess-centered spirituality.

There is another symbol also called "dai ko myo" used in Barbara Weber Ray's organization, The Radiance Technique. This symbol is quite similar to dumo. Aside from Stein and Ray, there does not seem to be too many replacements for this symbol nor as many variations as there is with the HSZSN symbol. The DKM symbol is predominantly used during each attunement to connect you to reiki and may be used for treatments as well along with the other symbols. In fact, it may be used instead of any of the other symbols as this symbol represents the source for reiki. Use your intuition to guide you in using this symbol. Meditation on the DKM may illuminate and help you to understand reiki.

Please Note: You can choose to use all four symbols in a healing session or none at all. In others words you do not need the symbols to give reiki healing - after all, you can give reiki healing after the Reiki One attunement. Remember that the symbols are taught as a tool to aid in focusing your energy and attention. Of course the symbols can often help healing, but really it's only because it helps direct you to the healing that is needed.

Get to know the symbols well and use them often enough to help you focus your energy, but do not become overly dependent on the symbols as once you reiki knowledge, skill and understanding develops you can work just as effectively without them. Reiki as Usui used it was simple and easy. There were few rules. It was straightforward and uncomplicated. This is how Reiki should be. Reiki of course needs to be flexible and adaptable to both the practitioner and the recipients' needs, but Reiki shouldn't be changed, modified or adapted to the point of unnecessary complication.



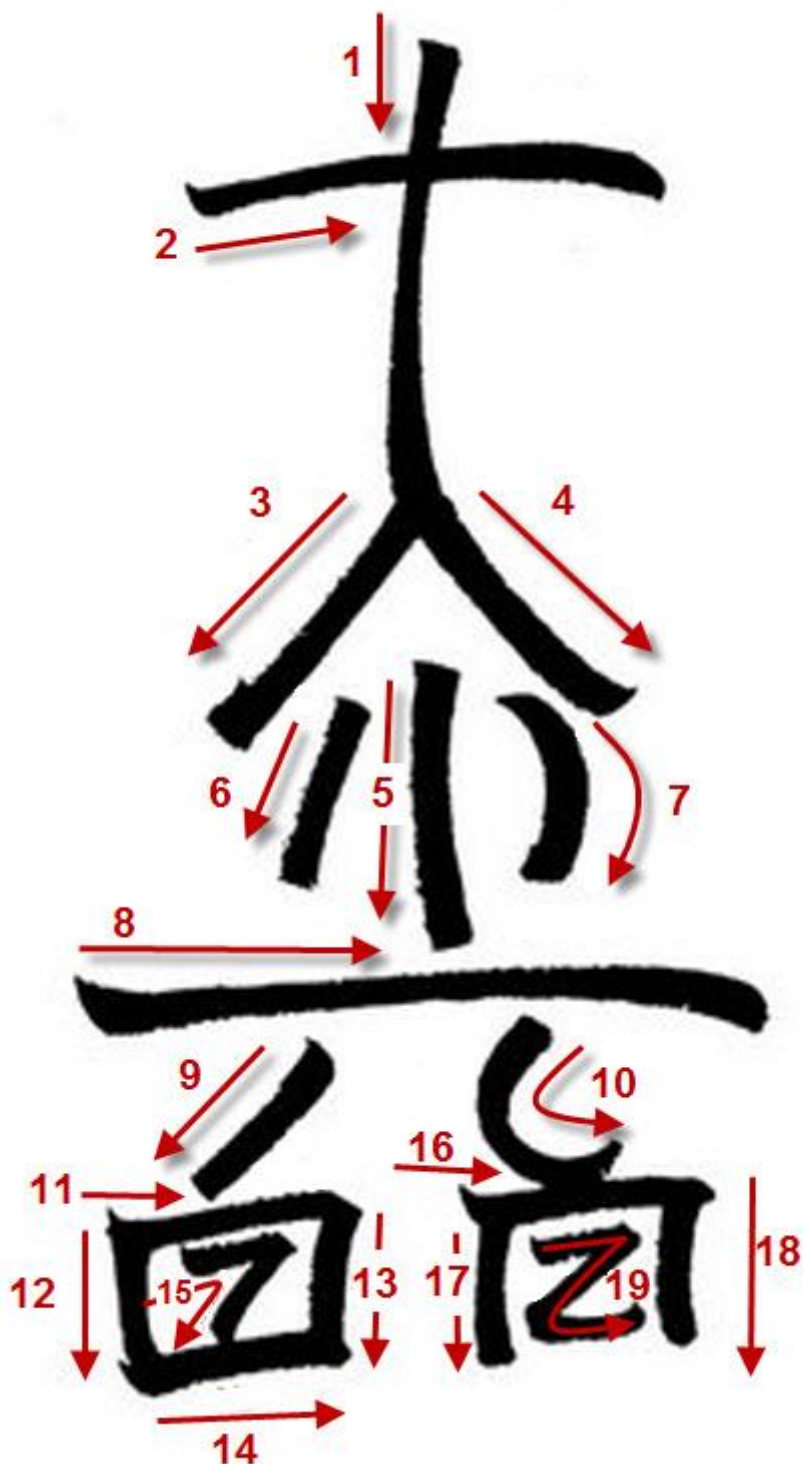


## How to draw the DKM (Traditional)

*We Use This Version of the DKM*

### Dai Ko Myo

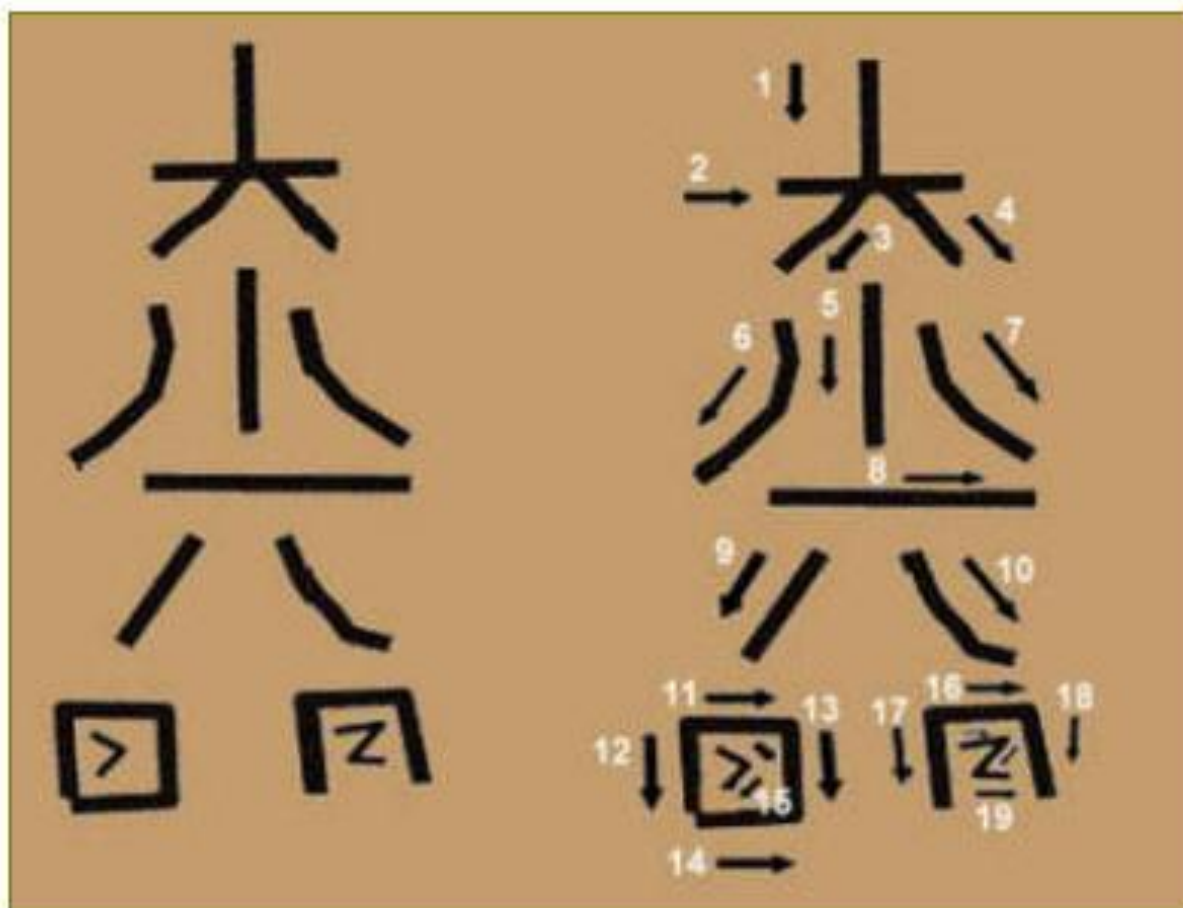
Traditional Version with Arrows showing how to Draw the Symbol



## How to draw the DKM Version 2

(Also Considered Traditional by Some RM's)

*We Do NOT use this version of the symbol.*



**PLEASE NOTE:** It doesn't matter which version of the DKM you choose to use, Always remember it is the intention that is of paramount importance, ALL versions of the DKM symbol will work.

### Dai Ku Myo - Empowerment - The Master Symbol

The Dai Ku Myo symbol represents empowerment; intuition, creativity and spiritual connection, it enables recognition and clarity about your true path in life. The DKM master symbol is used for activating the initiation and attunement of others to Reiki. This is the only symbol added in traditional Usui Reiki during the Master training workshop. There are a couple of additional symbols that are not originally part of Usui system that many teachers have added and we will discuss them later in this lesson.

DKM activates a powerful energy for Self Empowerment and is used for opening Spiritual connection and intuition and cellular healing. Once you are attuned to this energy you can use it for treating yourself and others each time you activate Reiki. It is said to work at the cellular and genetic



levels and is valuable for treating Migraine Headaches. Many people have also found that the Level three Reiki Master/Teacher Attunement increases their intuitive and psychic abilities.

We have heard the DKM referred to as the vocational or life purpose function because it often seems to initiate dramatic changes in career and lifestyle. The DKM can also be used to help Manifest or attract your goals, dreams and desires into your life. To use the DKM for manifestation you activate this energy by drawing/projecting or intoning the symbol and then clearly visualize what you intend to manifest into your life or future. However, this will not bring you things that are not in accord with your high self and soul purpose.

The spiritual bodies affect the physical body. Healing at the Master level is thought to directly affect the higher spiritual body template and can lead to immense transformation and healing on all levels of being and possibly at times, Miracles.

It is taught in many healing modalities that all disease comes from blocks forming in the energy body. Reiki treatment will help remove these blocks, free stagnant energy, restore energy to depleted areas and improve the function and stability of the energy body. This contributes to physical healing and emotional, mental and spiritual wholeness. We use the Usui DKM constantly. It calls in a complete range of the most positive energy frequencies possible in each specific situation. It can also be used to clear away negativity and as a protective symbol. One focus of this symbol is the healing of the soul. The physical body reflects the condition of the spiritual body, and one can often effectively heal disease at its causal root, or spiritual level, with the DKM.

## **METHODS FOR SYMBOL ACTIVATION**

The DKM can be activated in any of the following ways:

- By drawing the DKM with your palm centre
- By drawing the DKM with your finger
- By visualizing the DKM
- By drawing or projecting the DKM with or from your third eye
- By intoning internally or externally the symbol's name three times: DKM - DKM - DKM.
- You can use whatever method you wish or prefer, but remember always as with everything REIKI it is the intent that counts and is of paramount importance.

## **Where to apply the DKM during a healing session?**

First draw or project the DKM symbol on your own hands/palms and then draw or project the same symbols on to:

- The clients crown chakra
- The areas to be treated (if known)
- The clients hands/palms

If you find it difficult to remember the full pronunciation Dai Ko Myo or you do not want to be seen drawing the DKM symbol, silently intone the “alias” DKM three times, as all methods have the same energy, and as always intention is the key.





## Using the Reiki Master Symbol

As already discussed The Usui Master Symbol (DKM) has several meanings. The most common is ‘The Great Shining Light’. Usui developed reiki from his experience on Mt. Kurama. He had a satori, a moment of oneness, an awakening, to his true nature. In that oneness, he created reiki.

The most common definition of Reiki can be read as “Universal Life Force”. However, the Kanji can also be read to mean the Universal life energy or spirit coming together with us. In this meaning it represents our oneness with all. This is true reiki.

During the third degree, we learn the Dai Ko Myo symbol. We are one with the great shining light; the universal life force is merged with our own. This does not come about by simple attunement or a paper certificate, but through realisation. There is nothing to attain, there is no goal to reach – just oneness.

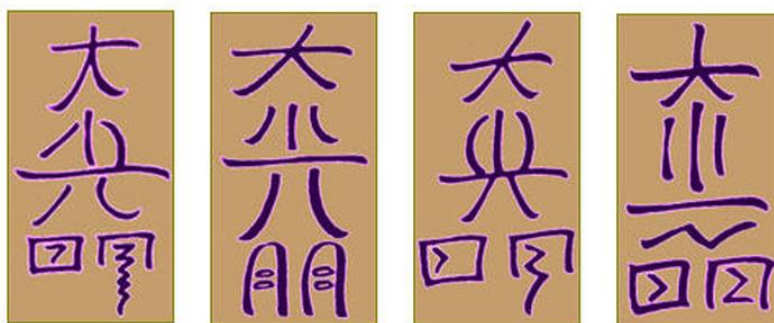
The DKM is said to represent love, light and harmony. These three together represented the ultimate source in the same way that the Father, Son and Holy Ghost do. The DKM is the “Great Shining light”. This is the source. Once you know the Dai Ko Myo, you can use it for any form of Reiki healing or purpose, even in place of all the other symbols. This is both because as a triune symbol it contains the others, and because it is the first step in moving from symbol reliance to being one with reiki – the energy of life.

Use the DKM everywhere and anytime you might want to use the other symbols. Use the name of it as a mantra to meditate, concentrating on the Ultimate source of all. Embrace the great shining light and let it illuminate you. Perhaps then you will come to realise that you are yourself Reiki.

## Variations of the DKM

There are a number of different symbols that are also called the DKM or have been given a new modern name or interpretation. These variants were not taught by Dr Usui and are not used by most traditional Reiki Masters. We personally do not use any variations of the DKM in our practice or workshops but mention them here simply for your information.

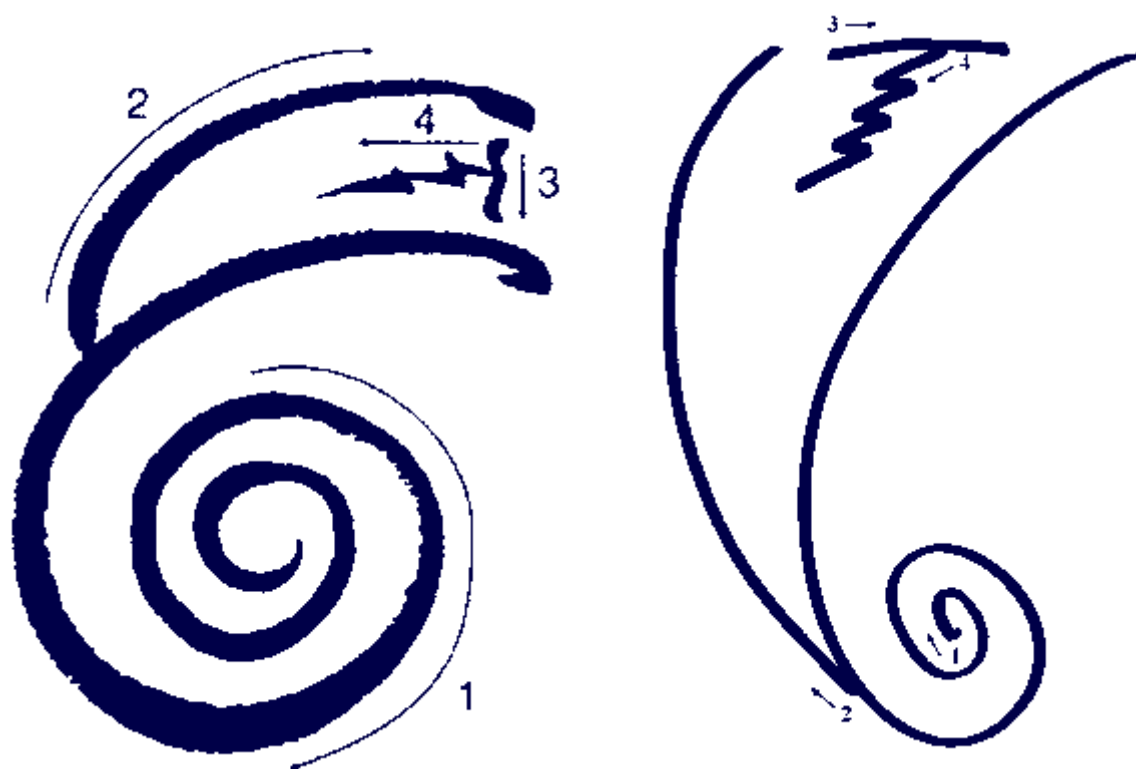
Most People who use the Traditional DKM only use the other so called master symbols when doing attunements. Once you are attuned to Reiki Master/Teacher level you can choose to either ignore the non traditional symbols completely or if you prefer you can experiment with them and decide what is right for you and your practice.



## Lesson 4: Non Traditional Usui Reiki Master Symbol

There are a number of non traditional Reiki Master symbols available that you can choose to use or simply ignore. We personally only use the DUMO out of all the symbols discussed in this lesson. We are providing this additional information purely for educational purposes. As such we cannot offer too much insight if any on how affective they are. Our advice would be, if you feel drawn to them intuitively, then try working with them and decide for yourself based on your experiences and your client's feedback if you would like to use them in your own reiki practice.

### Two Versions of the DUMO or “Tibetan Master Symbol”



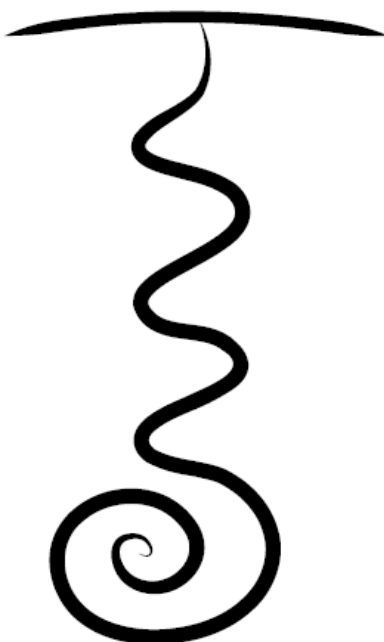
This symbol, DUMO, is pronounced ‘do moe’.

It represents the swirling fiery heat of the Kundalini. Dumo or Dumo Fire is the heat which ascends up and over the spine as a result of the Kundalini awakening. It is said that the unification of mind and body produce the emanation of heat.

Dumo is thought to be the igniters of the Sacred Flame or Kundalini fire. It is said that Dumo unifies the mind and body and works with the fire in the base chakra. Those who use the Dumo claim that it pulls negative energy and disease out of a body, room, or situation and releases it. Those that practice with crystals report that it can be used on crystals so that they self-clear. It is used in the attunement process with the Violet Breath where it is visualized in gold.



## Fire Dragon, Fire Serpent



There are a number of Reiki branches which use the Tibetan Fire Serpent before the attunement process and before a reiki healing session. The snakelike coils represent the Kundalini energy, which is visualized as coiled energy at the base of the spine that surges upward through the body as the coils unwind. The surging energy of the Fire Serpent symbol cleanses and joins the chakras.

The Fire Serpent symbol opens the Chakra system and brings them back into equilibrium. This allows the Reiki Healing energy to flow into the person receiving the attunement. Typically, it would be drawn down the back of the person receiving an attunement.

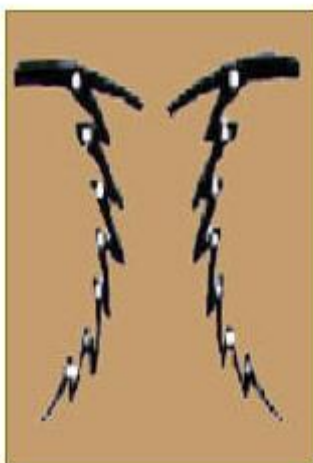
## RAKU



Branches within the Reiki community use the Tibetan symbol Raku which is often used to close the connection between teacher and student after an attunement ceremony. Some people use it at the end of a reiki healing session to close the energy between the recipient and the reiki practitioner. Similar to an image of a lightning bolt the Raku symbol focuses and grounds (brings into the earth) the reiki energy. This symbol is also incorporated into the Tibetan Dai Ko Myo (Tibetan Master symbol) and in an elongated form in the Tibetan Fire Serpent.

The Raku symbol can also be used to help to lift negative Karma, and bring the student to higher level of consciousness during an attunement. Some Reiki practitioners and masters use it to draw the energy from the universe into their body and the body of the recipient.

### **The Modern Dai Ku Myo (DKM)**



The modern DKM as used in the Kurama temple is to represent “Sonten”. Sonten is the "Living or Supreme Soul of the universe." Sonten is Glorious Light or Great Shining Light this is what the DKM represents. At this level, (as one of the meanings of Hon Sha Ze Sho Nen indicate - "God and man are one") one realises, as a wave is water and the water manifests as wave, that they *\*are\** reiki, they *\*are\** the great shining light and always were and have been.

## WHITE LIGHT



White Light is pure Life force. The vibration of this symbol is called the primal energy of Life directly from the Creator.



There is surely a piece of divinity in us, something that was before the elements, and owes no homage to the sun. - Sir Thomas Brown English physician and writer



## Lesson 5 – The Reiki Attunement Ceremony

The Reiki attunement ceremony opens the natural energy channels in the body. After the attunement the student will be able to channel Reiki energy. This ability to channel reiki is permanent and lasts for life.

The attunement does NOT turn the student into a healer. The student merely becomes a vessel for Reiki. The healing is done by the universal life-force energy. It is directed by the universal intelligence and knows where, when, what and how to heal.

Because of the oral tradition and secrecy that surrounded traditional Reiki teaching, the attunement process can vary from Reiki Master to Reiki Master. The same goes for the symbols used in the attunement. This however, does not affect the power or the success of the reiki attunements.

The key from the student/recipients perspective to successfully receiving the reiki attunements from a reiki master is that the student/recipient should be relaxed, open and have the desire/intention to receive the attunements and be able to work with the reiki energy in the future to heal themselves and others.

The key from the reiki masters perspective to successfully attune others to reiki is for the reiki master to be relaxed, open and have the desire/intention to attune others to reiki so their students can go on and share and use the gift of reiki in their own future reiki practice on themselves and others.

The Reiki attunement is very straight forward and only takes a few minutes to perform. The student would normally remove all jewellery, glasses and shoes, depending on the Reiki Masters preferences. Some argue that jewellery and metal in general interferes in the energy flow and stores energy. The argument for removing the shoes is to be more grounded during the attunement.

The student sits on a chair with the feet flat on the floor and with the hands in front, palms together in the prayer position.



It is important to remember that we are dealing with an energy directly connected to creation; with an "intelligence" far beyond our comprehension, so a Reiki Master is probably more guided by intuition than strict procedural guidelines.

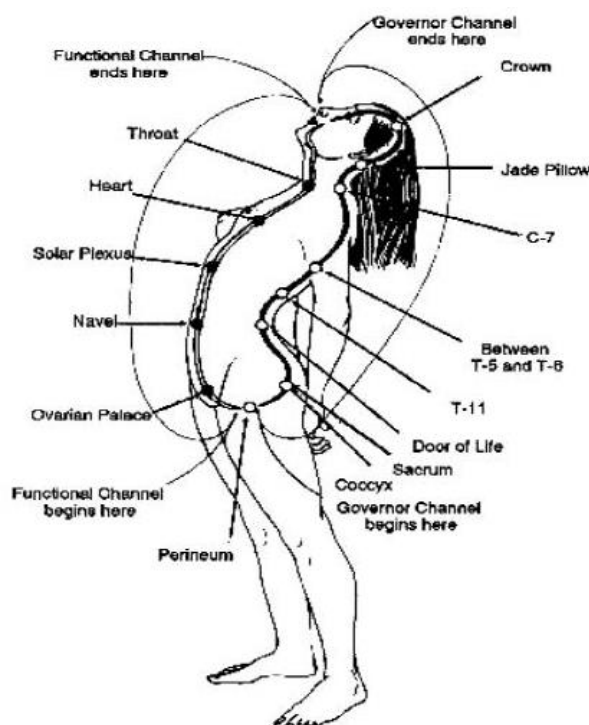
## The Hui Yin and the Violet Breath

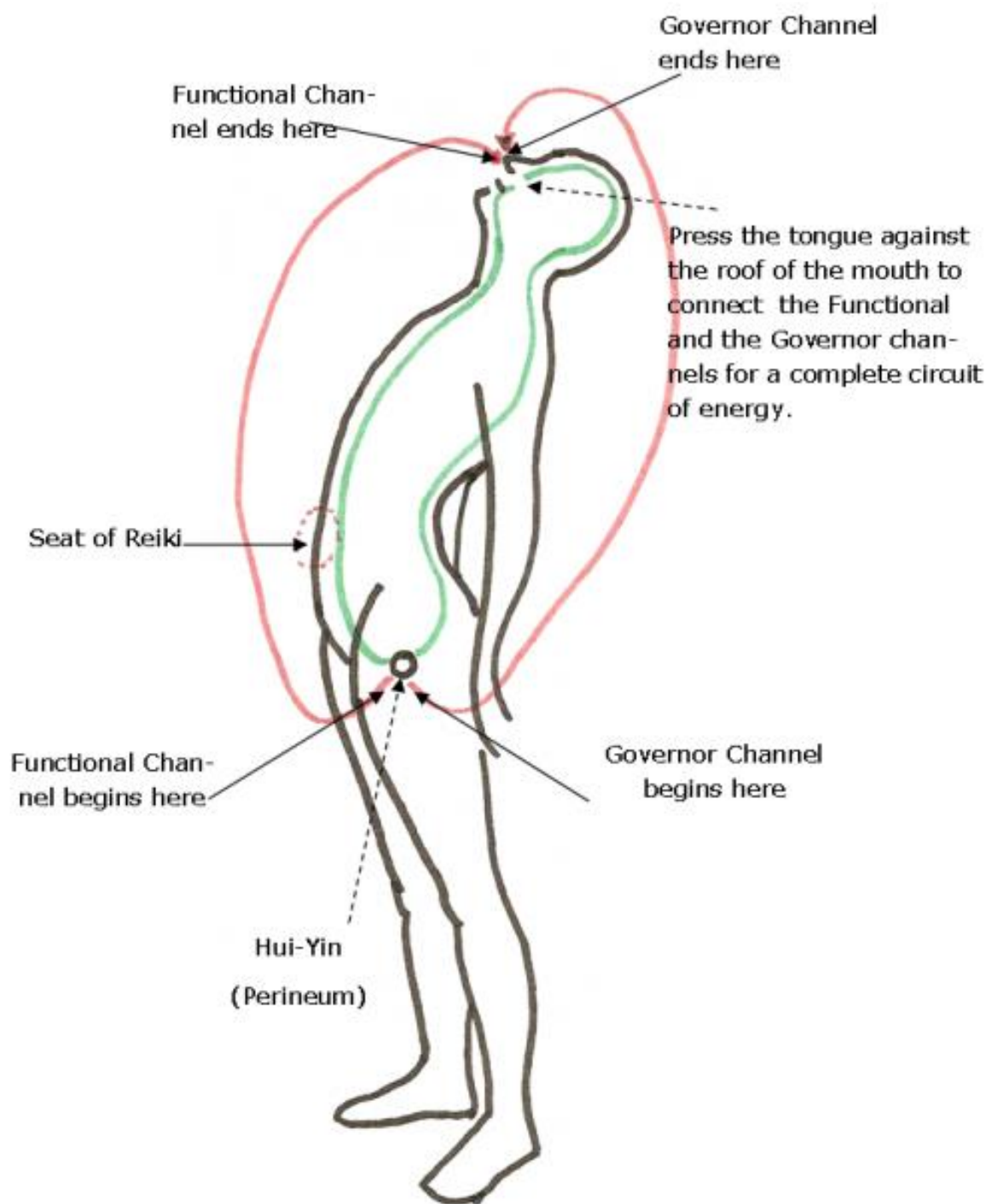
The Hui Yin and Violet Breath are generally not considered traditional reiki techniques. You can pass attunements either using them or not. Some people feel the attunements feel more powerful when using these techniques. This is most likely because the Hui Yin is a chi kung technique called the Microcosmic Orbit. When using this, your own chi (Reiki Energy) becomes part of the mix while doing an attunement. It is also our experience that the attunements "feel" stronger when performing them using the Hui Yin and Violet Breath that is why we use the both techniques in our attunement ceremony.

However, please note as already mentioned intention is the key, so do not get too hung up or concerned if you find it to difficult to use the Hui Yin and Violet Breath during your own attunements on others. Many people find adding the hui yin and the violet breath complicate the attunement process and they lose focus trying to do several things at once. It is far more important to be relaxed and in the moment with your focus and intention of passing on the gift of reiki than worrying about whether or not you have your tongue in the right place in your mouth or you are holding/contracting your muscles in the Hui Yin area of your body.

## The Hui Yin

The Hui Yin point is located between the anus and the genitals. To do the technique, the Hui Yin point is contracted, and the tongue is placed against the soft palate (behind the upper teeth).





Some masters reason that when using the Hui Yin and Violet Breath when passing attunements, a special type of high frequency Chi enters the system and passes through the Hui Yin point, making this a more powerful process.

Others go so far as to speculate that the Hui Yin must be held for the entire time you are doing the attunements to prevent the Ki from escaping from this point/area of the body. As with all speculation of this type, no one really knows what the veracity of such claims are. All I can offer is that Dr. Mikao Usui did not use this process.





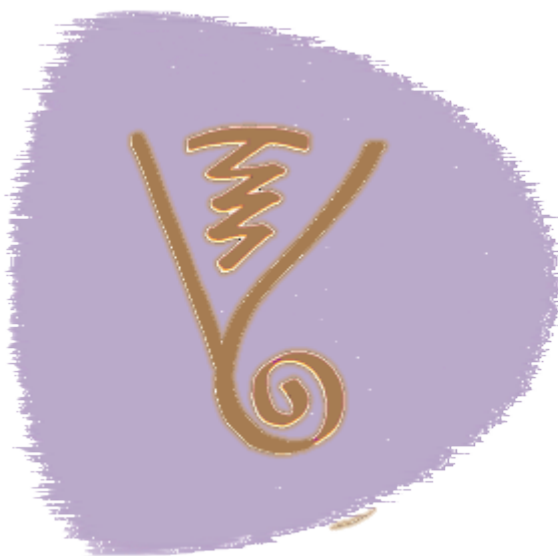
If you are going to use the Hui Yin technique, you must practice to develop the muscular control required to hold the point for lengthy periods. To develop this muscle, practice contracting the muscles in this area. Pull gently!!!!!! Do not strain and hurt yourself!!! You can also practice contracting these muscles continuously as you go about your daily activities. As you continue practicing, it will become easier and you will be able to hold them for longer periods of time.

## The Violet Breath

Visualise a white mist surrounding you. Next, contract the Hui Yin point and place your tongue behind the upper teeth. Breath in and imagine a white light coming down through the crown chakra, through the tongue, down the front of the body (functional channel), through the Hui Yin point and up the spine (governing channel), to the centre of the head.

Imagine the white mist filling the head. (This is commonly referred to as the microcosmic orbit). Now, visualise the white mist turn blue, then indigo blue and begin rotating clockwise. As the mist rotates imagine it turning to violet.

Now within the violet light/mist visualise the Dumo symbol (see it as golden). If you decide to use this technique during the attunement ceremony, you will blow the Dumo symbol and violet breath into the student's chakras including the crown chakra where you will project and imagine the Symbol moving into the base of the brain as you silently intone the name of the symbol.

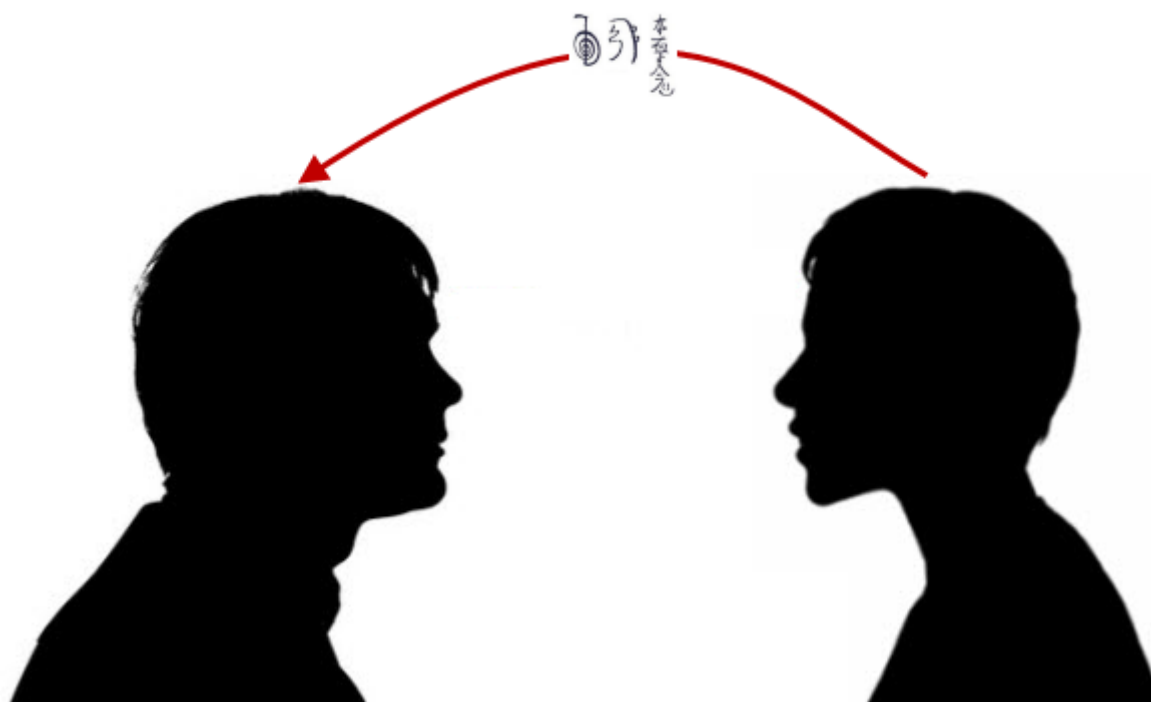


A painful time in our life is what I call a “healing crisis.” We are letting go of something old and opening to something new. ~ Shakti Gawain



## Lesson 6: Crown to Crown Reiki Attunements

### Crown to Crown Attunements



The Direct or crown to crown attunement is the easiest way to attune another person to reiki and it pretty much runs itself once activated. The procedure can be as simple as activating all Reiki symbols by projecting/visualising them above your student/client head and stating or mentally intending to attune a specific individual to a specific level of Reiki and then allowing the power of wisdom of reiki to take over; allowing the attunement to run to completion.

A simple and concise example of the mental intention could be "I call upon Reiki the universal life force to draw close and in its omnipotent wisdom do whatever is required to attune \_\_\_\_\_ (recipients' name) to Reiki level one".

Once you activate the energy and the attunement by intention either with or without consciously using the symbols, the energies will flow into your crown chakra and flow throughout your body also flowing/crossing over to the student's Aura. The Crown to Crown Attunement will run until it is completed clearing blocks, opening channels and connecting the energies and permanently enabling the student to use Reiki themselves. Always intend that the crown to crown attunement be in harmony with the sole purpose and highest good of the recipient. Use your intuition to guide you on how long the crown to crown connection/attunement needs to be.

To enhance the experience for the initiate/recipient you can mentally voice specific intentions during the attunement. To do this silently intone that the initiates' crown, third eye, heart, hands, eyes, throat and feet chakras, and all other possible appropriate channels be connected with you to receive the



ability to use and share Reiki, removing any blocks or impediments. Add that you intend their connection to Reiki to be permanent, uplifting and inspiring, bringing new hope, energy, information and healing abilities that will best serve them in their future reiki practice.

For the second degree crown to crown attunements you can intend that the recipient be able to use the second degree techniques with or without symbols. For the Master crown to crown attunement you can intend that the recipient is attune to reiki master/teacher level enabling them to teach and attune others to reiki. You can add that you would like them to be able to develop their ability to attract others to reiki so they continue to spread the love, joy and gift of reiki and connect with spiritual information and energies.

With practice and personal development you may move well beyond simple verbalisation and begin to internalise and perceive the attunement process and intentions as pulsating vibrations and/or colour and even sound. You may also become more aware of specific images, information about the recipient and be able to sense the processes and/or direction of the attunement as it unfolds before you. Many recipients can feel stages and changes in the attunement ceremony as it unfolds. But always remember Not everyone can feel energy or will see or sense anything profound, in fact they may only notice a subtle change during or after the attunement.

Just like a reiki healing session, every recipient of the reiki attunements has a unique experience that is right for them. There is no correct or incorrect way to experience reiki healing or the reiki attunements.

An attunement typically runs around 10 to 15 minutes, though where time allows you may take longer to possibly include more healing work and clearing or rebalancing for the recipient in addition to the Attunement.

When the attunement is complete it will taper to a stop. The attunement is concluded with the intention of energetic separation of the connection between the sender and receiver. Intend thanks and appreciation of all participants and a return to mundane grounded awareness and a mental ending of the attunement.

Say something like "The Attunement is now complete ". Many Reiki Masters Wash their hands and have the student wash their hands after the attunement to sever any remaining aura connection. Usually this separation occurs naturally as the attunement ends with or without direct intention or action.



Natural forces within us are the healers of disease. ~ Hippocrates



## Lesson 7: Preparing for the Reiki Attunement Ceremony

There are so many different ways or methods of performing Reiki Attunements. They all work as long as the recipient is open and willing to receive the attunements and your intention as the reiki master is clear and you have the desire to pass on the gift of reiki to your reiki student or in some cases a client who needs to be able to treat themselves as in the case for example of a client who is seriously ill and would benefit from daily self treatments.

We have chosen to show you the easiest step by step method which we use to pass on attunements during our workshops. You can try this method and if you like it and it resonates with you then you can adopt it as your preferred method of attunement. You can also watch the Bonus Reiki 3 Videos contained within the members area and experiment with these methods also to see if they feel right for you.

Alternatively you can read and review the other examples shown in the following three lessons/chapters and try these different methods out to see which one or two you will use in your own reiki master teaching practice.

Remember they all will work. **Intention is the key.** Use the one that resonates and feels right for you and your students.

### A Step by Step Preparation Guide

#### Step 1: Preparation and Personal Hygiene

- During the attunement ceremony you will come into close contact with your student. As you will be touching their hands and shoulders and blowing the symbols into their chakras therefore it is vitally important that you are clean and you smell nice.
- So make sure that you shower, apply deodorant, perfume or cologne, brush your teeth and if required use a mouth wash.
- Avoid eating smelly foods that contain things like garlic and of course avoid drinking alcohol.
- Make sure the room where the attunements are going to take place is tidy, smells fresh and is clear of any negative energy (**QUICK TIP:** you can use the CKR or the DKM symbol to clear the room of any negative energy before the attunement).
- The attunement ceremony can be a very moving experience so ensure that you have a box of tissues handy just in case your students begin to cry with the emotion of the ceremony.





## Step 2: Setting The Scene

- You will need a straight back chair for the student to sit down on during the attunement.
- If you are attuning more than one student at a time, position the chairs in a circle. Make sure you have enough room to move behind, around and in front of each student. If the room or space is tight and does not permit or lend itself to a circle then you can set the chairs up in a neat row. You will still need to allow space to move around each student/chair. Unlike the image we prefer to have the chairs back to back so that the students are not facing each other. It just stops the student temptation to open their eyes and watch you as you move around the group performing attunements. You can set up the circle either way based on your own preference.
- If the room is too small and you cannot fit all your students into a circle or row, you will need to do the attunements in separate groups. If this is the case try to keep the other students occupied by asking them to sit down in another room and meditate in preparation for their upcoming attunement ceremony. You may need to put on some music to help them to relax while they wait for their attunement.
- Once the first group of students are attuned you can swap them over and then ask the recently attuned students to also meditate for a short period to reflect on their experience during the attunement ceremony. This keeps everyone involved and happy.
- You can add a reverent or peaceful ambience to the room by lighting candles, burning incense and playing soft relaxing music. If you do use incense make sure that any of your students are not adverse to the smell before lighting the incense, if they are then obviously do not use incense during the ceremony.
- Ask the students to remove if possible any jewellery and their shoes.



- Then ask the students to sit down on one of the chairs in preparation for the attunement.
- Make sure they are comfortable and their feet are flat on the floor and their hands are in front of their heart chakra in the prayer position. If their feet do not reach the floor when sitting upright in a chair you can bridge the gap with cushions or a phone directory.
- Standing in front of the student, explain that you will begin the attunement shortly by asking them to close their eyes and take several deep breaths to help them relax. Continue by telling them that you will be moving around them throughout the ceremony so they may sense you in front, behind or to the side of them at various points in the ceremony.
- Add that you will at certain times in the ceremony need to place your hands on their shoulders and you will also touch and move the hands to different locations in line with various chakra points.
- Explain that you will also be blowing, pushing and tapping the symbols into their palms and specific chakras points. Reassure them by explaining that you will only touch their shoulders and hands, the rest of the time you will be blowing or pushing/projecting the sacred reiki symbols into their chakras.
- Finally explain that you will complete the attunement ceremony by grounding them and intoning a short thank you prayer.

### **Step 3: The Attunements Ceremony**

- You are now ready to perform the attunement ceremony, please refer to the attunement process in the following three lessons/chapters to learn how to attune your students to Reiki 1, Reiki 2 and Reiki 3.

### **Step 4: Feedback and Group Discussion**

- Once the attunement ceremony has been completed it is a good idea to share and discuss the experiences of each student with the group if applicable. You can do this formally within the classroom or you can do it during a break out session.
- We prefer the breakout method. People are more relaxed and tend to be more willing to share their experiences if they feel they are just chatting amongst friends. A good way to create the break out session is to set up a break out area in another room, conservatory or garden (weather permitting). You could offer the students a cup of herbal tea or fresh juice and or a healthy snack.
- Once everyone is relaxed you will find many of the students start talking about the experience themselves over a cup of refreshing tea. If required you can coax them along by asking them if anyone wishes to share the experience.



We are all cells in the same body of humanity. ~Peace Pilgrim



## Lesson 8: Reiki 1 Attunements

In this lesson we will look at how to attune your own reiki students to Reiki Level 1. We will assume that you have already completed the set up and the preparation for the attunement ceremony as covered in Lesson 7; and the reiki student is already sitting in a chair with their eyes closed and their hands in the prayer position ready for the attunement.



### How we Perform the Reiki 1 Attunements

#### Step 1 (While Standing in Front of the Reiki Student)

- You should be standing in front of your student approximately 2-3 feet away from them.
- Ask your student to close their eyes and raise their hands in the prayer position up in front of their heart chakra.
- Ask your student to take a deep relaxing breath as they perform a silent invocation opening themselves up to receiving the reiki attunements (Example: I (students name) call upon reiki the universal life force, I am ready and open to receive the Reiki attunements). Give your student a few moments to complete the silent invocation. When you sense they are ready you can continue.
- Ask your student now to become aware of the soft relaxing music (Heartbeat or Reiki Chant).
- Ask your student to just relax, follow your directions and enjoy the experience of the reiki attunement ceremony.





- Begin the ceremony by drawing a large CKR symbol over their heart chakra silently intoning the words CKR CKR CKR three times to activate the Reiki energy in and around their aura.
- With your cupped hands in front of your body, thumbs touching and palms facing towards the student Beam the reiki energy into their heart chakra to open them up to receive the reiki attunements. Hold this position for approximately 10-15 seconds or until you intuitively feel it is time to continue.
- Now walk around counter clockwise to the back of your student.



## Step 2 (Standing Behind The Reiki Student)

- Start by standing 2-3 feet away from your reiki student.
- Raise your hands in to the prayer position in front of your heart chakra.
- Silently intone a short prayer (Example: “I call upon Reiki, the Universal Life Force, all the Reiki Masters past, present and future (remember Reiki is not bound by time or space) especially Dr Usui, Dr Hayashi and Madam Takata to draw close and participate in this sacred attunement ceremony for (insert students name). I ask that the power and wisdom of Reiki guides and assists me to pass on the gift of Reiki through the attunement of (insert students’ name) to Usui Reiki Level 1. I ask that this ceremony is an uplifting and inspiring experience for (insert students’ name) so that (insert students’ name) can move forward now from this point as a confident and powerful Reiki Practitioner.
- When you feel ready and can sense the Reiki Energy around you, open your eyes, move nearer to your reiki student and place your NON dominant hand on your students shoulder.
- Now raise your dominant hand in line with your own third eye chakra and directly above your reiki students crown chakra.





- Place your tongue behind your top front teeth at the roof of your mouth and contract the Hui Yin to boost the flow of Reiki in and around your body. **(PLEASE NOTE:** This added technique is Optional, you do not need to do this and it will not affect the success of the attunements. We do it because we were taught to do it as part of the attunement process during our training. We know lots of Reiki Masters who don't use this technique during the attunement ceremony. Our advice would be to try it and if you like it use it, if not discard it. **ALWAYS REMEMBER INTENTION IS THE KEY).**
- Draw the following three symbols the DKM + HSZSN + CKR in the air above your students head to activate the symbols so you can call upon them and use them during the attunement ceremony. *Remember to silently intone the names of each of the symbols three times as you draw the symbols.*



### Step 3 (Standing Behind The Reiki Student)

- Draw a small CKR above the Students Crown Chakra to open the students crown centre.
- Now place your cupped hands over the students crown chakra and beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students crown chakra filling their whole head with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*
- Next move your hands on to your students shoulders and beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) down from their shoulders into the students' arms, chest, core, thighs, legs and feet. Visualise and imagine the beautiful healing light of reiki filling every muscle, organ, tissue and cell of their body right down from the shoulders to the tips of their toes and back up to the top of their head. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



#### Step 4 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Throat Chakra to open the student's throat centre.
- Now with your right hand a few inches from the front of the students throat chakra and your left hand a few inches from the back of the students neck beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students throat chakra filling their throat centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



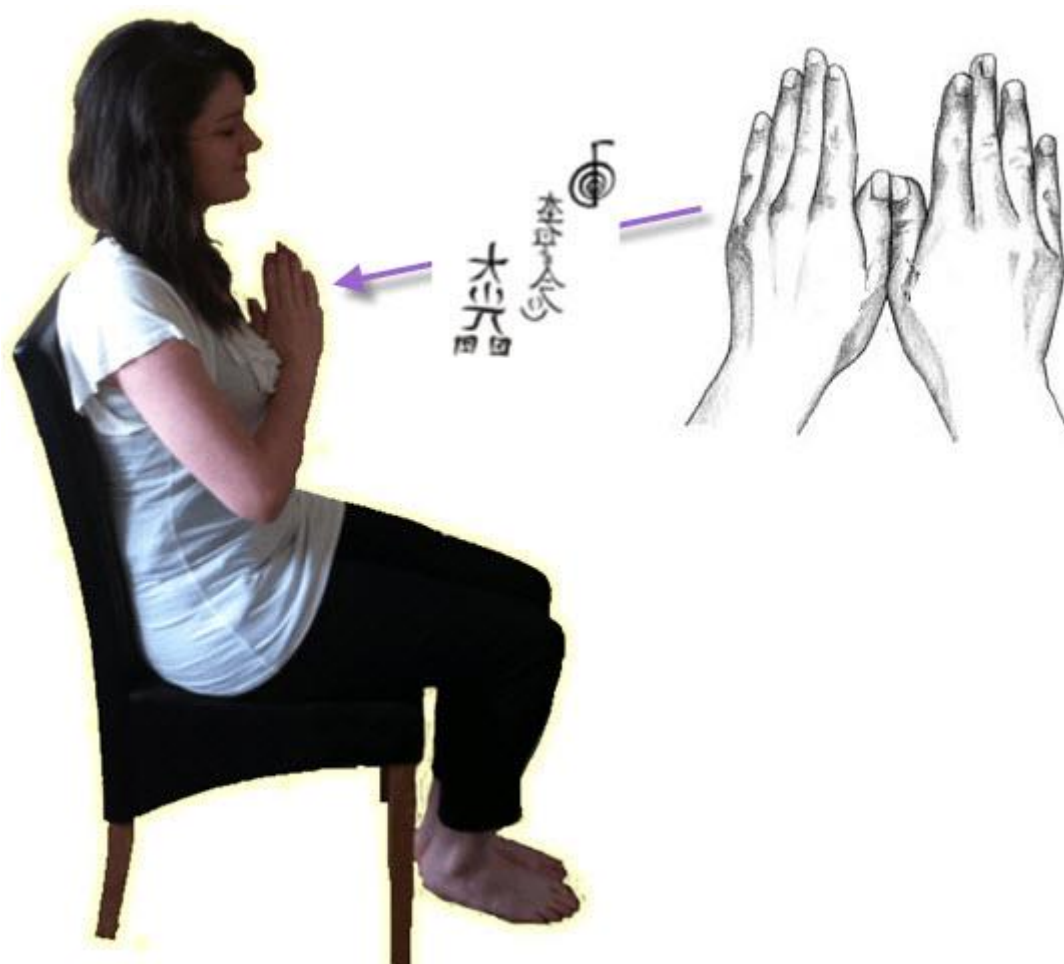
#### Step 5 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Third Eye Chakra to open the student's Third Eye centre.
- Now with your right hand a few inches from the front of the students third eye chakra and your left hand a few inches from the back of the students head beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students third eye chakra filling their third eye centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 6 (Move Around Now So You are Standing in Front of the Reiki Student)

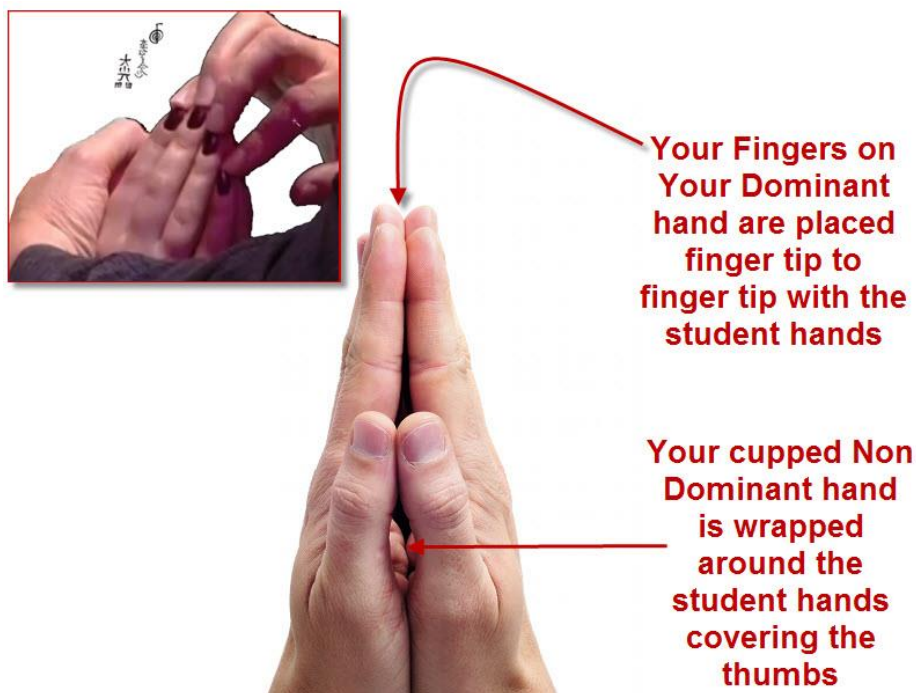
- Draw a small CKR over the Students Heart Chakra to open the student's Heart centre.
- Now with your cupped hands side by side thumbs together facing towards your students heart chakra; beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students' heart chakra filling their heart centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 7 (Standing in Front of the Reiki Student)

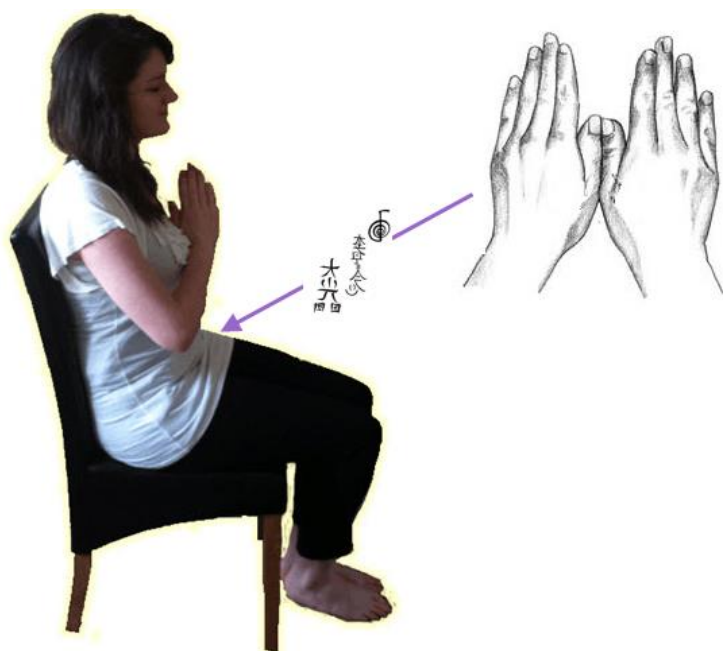
- Draw a small CKR over the Students Hands to open the student's Hand Chakras.
- Place your non dominant hand around the back of the reiki student hands so it is cupped or wrapped around their thumbs.
- Using your non dominant hand move the reiki students' hands nearer to you so they are now in a position that will be easier for you to work with.
- While still clasping their thumbs/hands, bend over to be about eye level with the students hands and place your dominant hands fingertips to the student's fingertips. Maintain hand positioning while beaming/channelling the DKM, HSZSN and the CKR in to their hands. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*





#### Step 8 (Standing in Front of the Reiki Student)

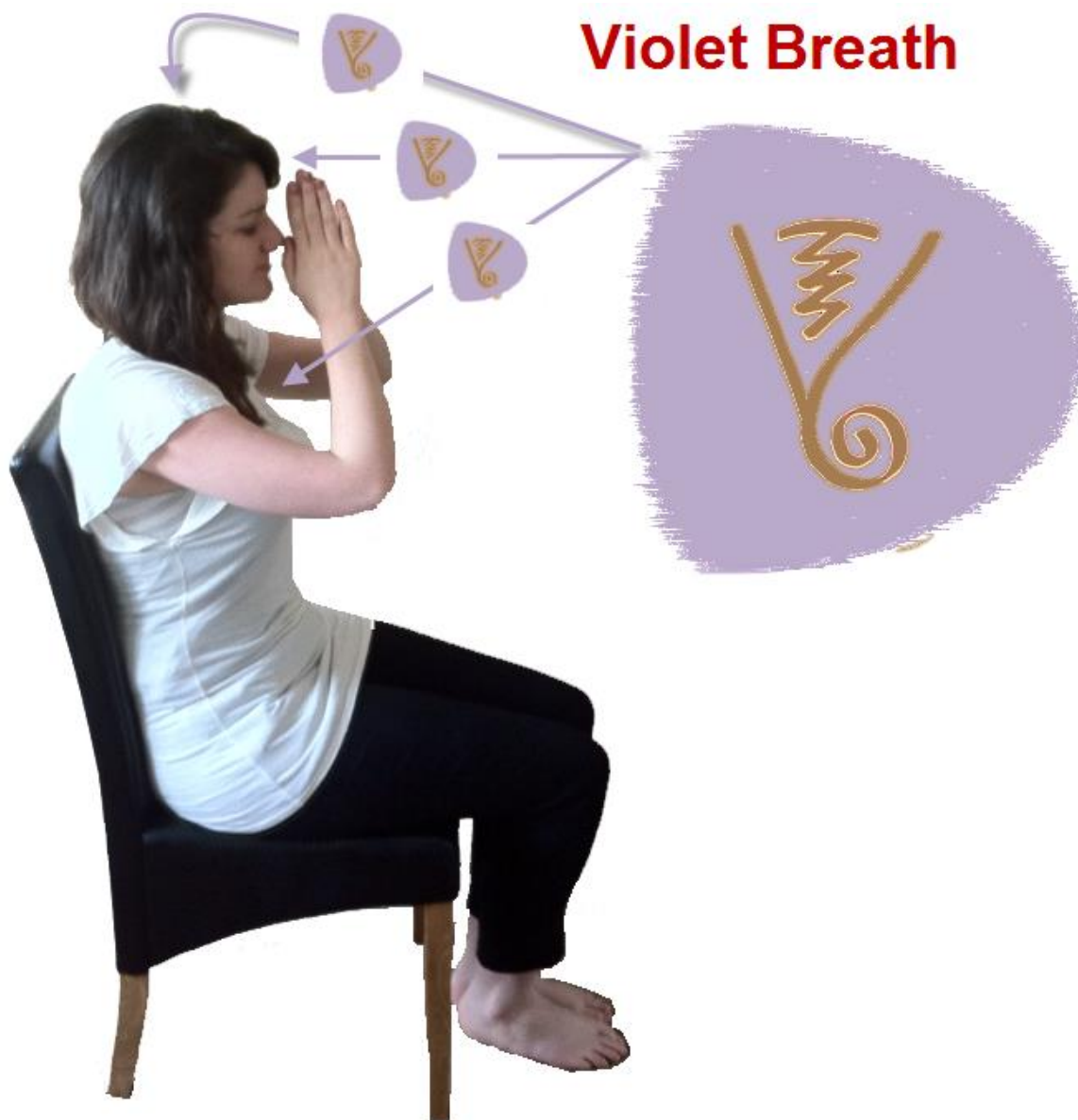
- Leaving the students hands in the prayer position, step back slightly and Draw a small CKR over the Students Solar Plexus, Sacral and Root Chakra's to open the student's remaining three energy centres.
- Now with your cupped hands side by side thumbs together facing towards your students Solar Plexus, Sacral and Root Chakra's; beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students' Solar Plexus, Sacral and Root Chakra's filling their three energy centres with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*





### Step 9 (Standing in Front of the Reiki Student)

- Now place your hands around the students' hands and move them so that their fingertips are in line with their heart chakra. Blow the Violet Breath into the heart chakra.
- Move the students' hands now so that their fingertips are in line with their third eye chakra. Blow the Violet Breath into the third eye chakra.
- Next move the students' hands now so that their fingertips are in line with the top of their head. Blow the Violet Breath into the crown chakra.

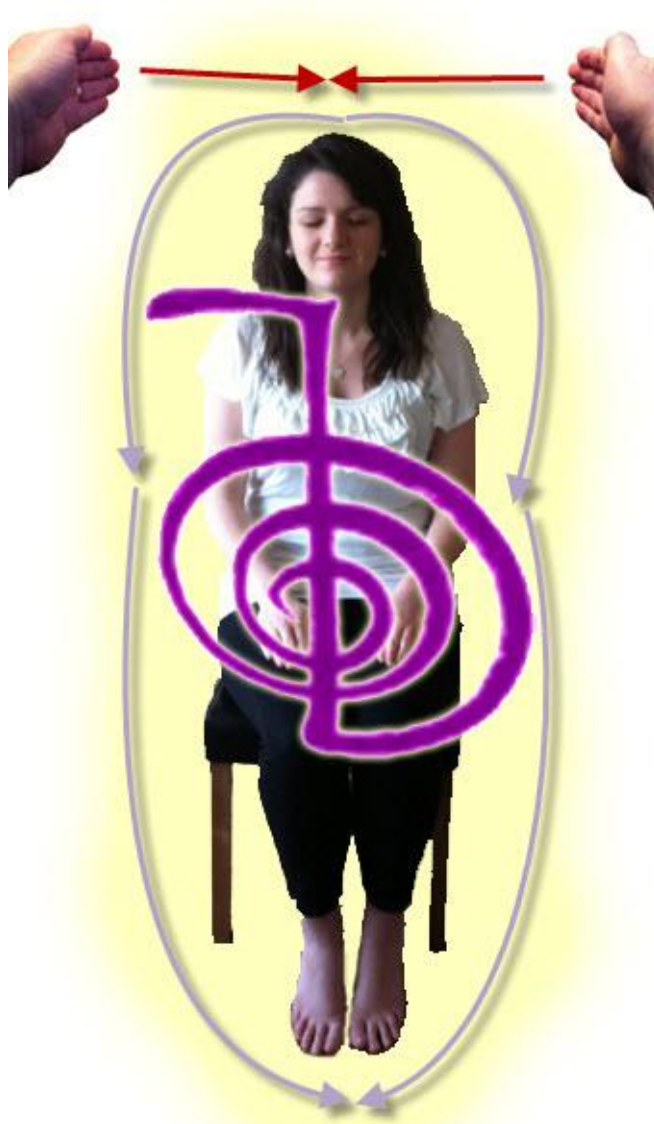


### Step 10 (Standing in Front of the Reiki Student)

- Now take the students hands and move them down so that they are resting on their lap.
- Draw a large CKR over the front of your reiki student's body to ground their energy.
- Now place your hands a few inches above their crown chakra within their aura field. Starting from the Crown chakra run your hands down both sides of their aura field until you reach their feet. Touch the floor with both hands to complete the grounding and break the connection with the reiki student.
- Finally, silently intone a thank you prayer to reiki. (Example: I would like to the Reiki the



universal life force, Dr Usui, Dr Hayashi and Madam Takata and all the reiki masters past, present and future for taking part in this attunement ceremony for “insert students name”. I ask that the power of wisdom of reiki nurtures and guides “insert students name” from this point forward enabling “insert students name” to move forward as a powerful and confident Reiki Practitioner.



- Allow as much time to pass as you intuit then say to the student: "You can now come back to full awareness in your own time whenever you are ready "or" This concludes the first degree attunement."
- At this time you might ask the initiate to talk about the feelings, visions or experiences that he/she had during the attunement. Besides the joyful sharing involved between student and teacher, the verbalisation allows the Initiate to process what has occurred and helps if he/she needs to validate that "the attunement worked".
- If several people are being attuned this sharing can be done after all have been completed. It also helps to instruct the student if they are part of a group being attuned to continue to keep their hands resting on their lap and close their eyes once more and go inside and relax while waiting for the attunements to be completed on their fellow students.



## How to Perform a Reiki 1 Attunement

### Alternative Method 1

Traditionally many Reiki Masters would perform 4 separate Reiki 1 Attunements on the reiki student over the course of a two day workshop. This 4 step method is fine if you are conducting a two day workshop and you have plenty of time to cover all the course lessons as well as perform attunements on multiple reiki students.

This 4 step method has become somewhat outdated and redundant and is used far less today as most Reiki Masters now conduct their reiki 1 workshops in a single day and combine the 4 reiki 1 attunements into a single Reiki 1 Attunement.

We prefer the single combined Reiki 1 Attunement method as shown above. Rather than spread the attunements out over 2 days we believe it is better to conduct the combined attunement at the beginning of the workshop so the students can practice and work with the reiki energy throughout the day. Logically it makes sense to us to have a fully attuned student working with reiki properly as we progress through each Reiki 1 Lesson.

You may decide that you wish to follow the traditional path and that is fine. Each Reiki Master must follow and teach what they feel is right for themselves and their students. The key is as always in the intention to pass of the gift of reiki, not how you choose to perform the attunements. There are a number of variations to the attunement process, all of them work.

Below are a number of examples of how to perform the Attunements. We offer these alternative methods for purely educational purposes. Our advice is to try and practice all of them, and discover which process you and your students prefer. Alternatively you can just stick with the same method we use and teach as shown above.

### Preparation and positioning for the attunement

Position initiate in straight backed chair with feet on floor. If feet do not touch, use a phone book, cushion or footstool under the feet so that the initiate is seated in a comfortable position. Standing in front of the Initiate, explain that you will be walking around to the back and working on his/her head then returning to the front to work with his/her hands. While demonstrating the correct position; instruct initiate to bring his/her hands together in the prayer position, ensuring their arms are at a comfortable height. Also tell him/her that you will be touching hands as well as raising them higher during the attunement.

Instruct the initiate to gently close their eyes and go inside. Asked them to keep their eyes closed throughout the ceremony, and explain that you will tell them when it is over and when to open their eyes once again. Walk in a counter-clockwise motion to the back of the chair to begin the attunement. (Please note: some reiki masters prefer clockwise – you can use either method).





## First Attunement

- Step 1: Raise up your non dominant hand with palm open. With your dominant hand draw the Dai Ku Myo (Master Symbol) over the crown chakra
- Step 2: Now place your dominant hand on top of the crown chakra while your non dominant hand remains extended. Visualize the Hon Sha Ze Sho Nen, Sei Heiki, and Cho Ku Rei, in that order. Hold that position for a moment, allowing the energy to flow.
- Step 3: In a counter-clockwise movement walk around to the front of the initiate. Using your non dominant hand, clasp his/her hands from around the back where the thumbs are and pull hands up to a position easier for you to work with. While still clasping hands, bend over to be about eye level with the Initiate's hands and place your dominant hands fingertips to the initiate's fingertips. Maintain hand positioning while visualizing the DKM, HSZSN, SH, and the CKR in that order.
- Step 4: With your dominant hand, clasp the top of the initiate's fingers by folding your hand over the top of her/his hand and visualize the DKM, HSZSN, SH and the CKR in that order.
- Step 5: Retaining same hand positions, lift Initiate's hands near to nose in order to have access to his/her throat. Adjust your standing position and draw the CKR with your tongue on the roof of your mouth (mouth closed). Draw in a deep breath through the nose. Blow out 1/3 of breath over the heart 1/3 over the throat and 1/3 over the third eye (all in short bursts).
- Step 6: Release Initiates Hands, placing them over Initiate's heart and step back. Allow as much time to pass as you intuit then say to the initiate: "You can now come back to full awareness in your own time whenever you are ready "or" This concludes the first part of the first degree attunement."
- At this time you might ask the initiate to talk about the feelings, visions or experiences that he/she had during the attunement. Besides the joyful sharing involved between student and teacher, the verbalisation allows the Initiate to process what has occurred and helps if he/she needs to validate that "the attunement worked". If several people are being attuned this sharing can be done after all have been completed. It also helps to instruct Initiates to continue to keep hands on heart after their attunement while waiting for others to join them back at their seats.

## Second & Third Attunements

- Preparation and positioning are the same as in the first attunement adding that you will also touch Initiate's Shoulders. The steps for the second and third attunements are identical. These attunements not only set-up part of the flow of Reiki they help clear the Initiates Chakras as well. Walk counter clockwise to back of the initiate and begin.
- Step 1: Raise up your non dominant arm with palm open. With your dominant hand draw the DKM over the crown chakra.
- Step 2: Now place both hands on the initiate's shoulders with both thumbs on either side of the prominent bone at the base of the neck. Visualize the HSZSN, SH, and the CKR, in that order. Hold that position and allow the energy to flow through all the Chakras.
- Step 3: In a counter-clockwise movement walk around to the front of the initiate. Using your non dominant hand, clasp his/her hands from around the back where the thumbs are and pull hands up to a position easier for you to work with. While still clasping hands, bend over to be



about eye level with the Initiates hands and place your dominant hands fingertips to the initiate's fingertips. Maintain hand positioning while visualizing the DKM, HSZSN, SH, and the CKR in that order.

- Step 4: With your dominant hand, clasp the top of the initiate's fingers by folding your hand over the top of her/his hand and visualize the DKM, HSZSN, SH and the CKR in that order.
- Step 5: Maintaining same hand position, lift Initiate's hands near to nose in order to have access to his/her throat. Adjust your standing position and draw the CKR with your tongue (mouth closed). Draw in a deep breath through the nose. Blow out 1/3 of breath over the heart 1/3 over the throat and 1/3 over the third eye (all in short bursts).
- Step 6: Release Initiates Hands, placing them over Initiate's heart and step back. Allow as much time to pass as you intuit then say to the initiate: "You can now come back to full awareness in your own time whenever you are ready."

## Fourth Attunement

- Preparation and Positions are the same as in 1st 2nd and 3rd attunements.
- Step 1: Raise up your non dominant arm with palm open. With your dominant hand draw the DKM over the crown chakra.
- Step 2: Now move counter clockwise to the side of the chair. Place one hand on Initiates Forehead and one on the back of the head. Visualize the DKM, HSZSN, SH and the CKR in that order.
- Step 3: In a counter-clockwise movement walk around to the front of the initiate. Using your non dominant hand, clasp his/her hands from around the back where the thumbs are and pull hands up to a position easier for you to work with. While still clasping hands, bend over to be about eye level with the Initiates hands and place your dominant hands fingertips to the initiates' fingertips. Maintain hand positioning while visualizing the DKM, HSZSN, SH and the CKR in that order.
- Step 4: With your dominant hand, clasp the top of the initiate's fingers by folding your hand over the top of her/his hand and visualize the DKM, HSZSN, SH and the CKR in that order.
- Step 5: Retaining same hand position, lift Initiate's hands near to nose in order to have access to his/her throat. Adjust your standing position and draw the CKR with your tongue (mouth closed). Draw in a deep breath through the nose. Blow out 1/3 of breath over the heart 1/3 over the throat and 1/3 over the third eye (all in short bursts).
- Step 6: Release Initiates Hands, placing them over Initiate's heart and step back. Allow as much time to pass as you intuit then say to the initiate: "You can open your eyes whenever you are ready."
- This concludes the First Degree Reiki Attunement.

## Alternative Method 2

### Part One

- The student sits with hands held in the Gassho or prayer position.
- Standing behind them; draw the CKR from slightly above the top of the head and down the back of the student, ending at the base of the spine. Place both hands on top of the head to establish an energetic rapport with the student.
- Master — Contact Hui Yin- Kidney Breaths-White Mist (See White mist collect at the base of the spine-imagine the mist slowly rising, turning first to blue and then to violet.)



- While still holding breath.
- Sign the Fire Serpent from the top of the head, down the spine to the lower back. Draw the CKR in the air over head intoning the name three times. Tap the students shoulder, then move their hands up so they are on their head in Gassho, draw CKR at their fingertips. See it turn Purple.
- Make a vortex over the fingers by rubbing your hands together and blow violet dragon breath over the fingertips. Place their hands back down to their chest. Cup your hands on their head. Visualise the Master symbol white then turn purple and enter their crown. Blow Fire Dragon Breath into the crown.
- Blow the Dai Ku Myo visualized as gold into the Crown Chakra, guiding it with your hand, move it through the middle of the students head, and into the base of the brain. Just above the head, draw the Master Symbol DKM and silently intone “Dai Ku Myo” 3 times.
- Visualize the symbol moving into the Crown Chakra, through the head and into the base of the brain, guiding it with your hand. Sign the Raku on person’s back.
- Place your hands on the student’s head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student.
- Some examples are: “You are a perfectly attuned to part 1”, or “you are filled with Divine Love and Wisdom”, or any other affirmation that is significant to you or the student.

## Part Two

- The student sits with hands held in the Gassho or prayer position.
- Master stands behind. Contact Hui Yin and do violet breath. See White mist collect at the base of the spine-imagine the mist slowly rising, turning first to blue and then to violet.
- Draw the Serpent of Fire from the top of the head, down to the base of the spine. Cup hands on head.
- Blow SH into the crown; see it moving through the head lodging at the base of the brain, guiding it with your hand. Repeat with the HSZSN.
- Tap their shoulder, their hands on head in Gassho. Draw CKR; see it move into their hands, down into the crown into the base of the brain, silently intoning CKR 3 times.
- Make a vortex by rubbing your hands together over their fingers and blow over their finger tips. Move their hands back down to their chest.
- Sign the Raku on person’s back.
- Place your hands on the student’s head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student.

## Part Three

- The student sits with hands held in the Gassho or prayer position.
- Master stands behind. Contact Hui Yin, Kidney Breaths, White Mist collect at the base of the spine-imagine the mist slowly rising, turning first to blue and then to violet.
- Holding Breath. Cup hands on head. Write CKR, SH, HSZSN (intone the name of each symbol 3 times). Blow all into crown one by one.
- Tap Shoulder, their hands on head etc. See purple CKR at finger tips (intone 3 times) Blow Fire Dragon Breath over fingers.
- Make vortex with your hands over their fingers. Replace their hands back to the chest.
- See Master symbol DKM turn purple enter their crown. Blow fire breath into crown.
- Master stands in front.



- Now move your hands to the front of the student's face and form a triangle with your index finger and thumb tips, with the rest of the fingers held together. Place the centre of this formed triangle in front of the student's 6th chakra (third eye). This chakra is most important of them all. Intend and let energy flow strong and deep.
- Now move your hands to both sides of the student's head, at the height of the eyes. Flood temples with energy, move your hands in front of the throat, to flood the 5th chakra.
- Now move your hands in front of, the heart area, and intent pure light to flow to the heart chakra.
- Forming a triangle with your hands, now move them down and around the student's hands, without touching their hands. Intent pure light to flow through the student's hands all the way to arms and shoulders, thus balancing the energies in his/hers bodies.
- Let energy flow through the formed triangle. Now proceed and move your hands down towards the knees.
- At this point, smoothly separate formed triangle and, with your palms facing down, perform grounding. Your hands are now at recipient's knees. With firm intent, ground the energy by visualizing it flowing to the ground. Touch their feet as you visualise it entering the floor. See or visualising a connection with the Reiki source.
- Return to the back of the student. Place your hands on the student's head. Use a positive affirmation and intone it silently to yourself three times, intending it to be accepted by the student.

## Part Four

- The student sits with hands held in the Gassho or prayer position.
- Master to stand behind. White Mist Ritual -See White mist collect at the base of the spine- imagine the mist slowly rising, turning first to blue and then to violet.
- Holding breath.
- Cup hands on students head. Draw all symbols one by one intoning the name of each 3 times and watch them enter the crown.
- Move to the front and place the students prayer held hands in front of their heart.
- Draw the Power Symbol (DKM) in the air in front of the middle of forehead (brow or third eye chakra). Picture the Symbol moving into the brow chakra. Guide it in with the hand if you want. Intone the name of the power symbol three times.
- Draw the Power Symbol in the air in front of the heart chakra. Then picture the Symbol moving into the heart chakra. Intone the name of the power symbol three times.
- Open the student's hands like the cover of a book so they are next to each other palms up facing the ceiling. Place your left hand under their hands and with your right hand draw out the Power Symbol on the hands on the Palm. Make a vortex over the hands and blow over fingers.
- Move behind the student.
- Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student.
- Sign symbols, dumo, fire dragon, raku on the back.



## Alternative Method 3

This is an example of how a Tibetan/Usui Reiki Attunement can be performed from Reiki Master Vincent Amador.

### Beginning

Begin by saying a "prayer" of intent, either silent or out loud. Ask for the help of the Reiki Source to do a perfect attunement for this person. If you have spirit guides, reiki guides, angels, ascended masters, etc., you can ask them to assist that this be a perfect attunement for this persons highest good.

Draw the Power Symbol on your palms, Crown and Heart chakras, intending them to open to the reiki source and light. Cleanse the room by drawing all six Reiki Symbols in the air in front of you (four Usui Symbols along with the Dumo and Fire Serpent). This not only can cleanse the room but sets the tone for the beginning of a sacred event. Contract the Hui Yin and hold it throughout the attunement. (Do not fret if you cannot, it will still work!)

### Part One

On the back, draw the Fire Serpent from slightly above the top of the head and down the back of the student, ending at the base of the spine. Place both hands on top of the head to get an energetic rapport with the student.

Bring your tongue to behind the teeth, and do the Violet Breath. Exhale the Violet Breath into the crown chakra blowing the Dumo symbol in gold into the crown chakra, and move it through the middle of the student's head, and into the base of the brain. Repeat the Usui Master symbol three times as it is moving into the brain. You can guide it with your hand.

Above the head, draw the Usui Master Symbol and again repeat three times. Visualize the symbol moving into the crown chakra, through the head and into the base of the brain, guiding it with your hand. Do the same with the mental/emotional and the distance symbols.

Signal the student to raise their hands held in prayer position to the top of their head. Draw the power symbol in the air over the hands. Then picture the symbol moving into the hands, down into the crown chakra, through the head, and into in the base of the brain saying the name of the power symbol three times and guiding the Symbol with your hand. (The distance and the mental/emotional symbols are added for Level II, and the Master Symbols are added in level III.)

### Part Two

Move to the front and place the students' prayer-held hands in front of the heart. Draw the power symbol in the air in front of the forehead (brow or third eye chakra). Then picture the symbol moving



into the brow chakra. Guide it in with the hand if you want. Say the name of the power symbol three times. (For Level II do the same with the mental/emotional symbol and the distance symbol. For the master level, use all six symbols, remembering to repeat the name of each symbol three times).

Draw the power symbol in the air in front of the heart chakra. Then picture the symbol moving into the heart chakra. Say the name of the power symbol three times. (For Level II do the same with the mental/emotional and the distance symbol. For the master level, use all six symbols).

Next open the student's hands like the cover of a book so they are next to each other palms. Place your left hand under their hands and with your right hand draw the power symbol on the palm of the hands. Say the name of the power symbol three times. Then lightly slap the hands three times. (Only the power symbol is placed in the hands in level I, the distance symbol and mental /emotional symbol are placed in the hands in level II, and all the symbols are placed in the palms in the master level.)

Bring the student's hands together in prayer position, and move them back in front of the student's Heart. Blow over the hands, down to the solar plexus, then up to the third eye and crown, and back over the hands.

### Part Three

Move behind the student. Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, intend it to be accepted by the student. (Some examples might be: "You are a perfectly attuned", "you are a competent Reiki Healer", or "you are filled with Divine Love and Wisdom", or any other affirmation that is significant to you or the student. You can say them out loud if you prefer.

Open your hands and look down through the crown chakra, visualizing through to the root chakra. Intend that the beautiful great shining light of the Reiki source send a ball of light into the heart and fill all the chakras.

Move your hands to the student's neck, and then place the right hand on top of the head and the left at the base of the skull. Visualize a door and then draw the power symbol on it and see the door being closed. Silently intone, "I seal this attunement with divine love and wisdom". Intend that the process is sealed and complete and the student is now forever connected directly to the Reiki source. Say, "you are forever connected to the Reiki source."

Place your hands on the student's shoulders briefly experiencing the moment with them. Say, "We have both been blessed by this attunement".

### Part Four

Move back to the front of the student. Hold your palms toward them. Visualize a white mist surrounding you. Breathe in and imagine a white light coming down through the crown chakra, through the tongue, down the front of the body through the Hui Yin point and up the spine, to the center of the head. Imagine the white mist filling the head. Exhale the white mist while releasing the Hui Yin point and tongue, allowing the final energy of the attunement to bless the student.



Draw the "light bolt" symbol in the air in front of the student. Say, "the attunement is complete".

## Closing

These are practices that some masters find a useful addition to the Traditional Western practices in Usui Shiki Ryoho. These does not necessary have to do with Reiki, but can be a useful addition to those that this resonates with. I wish you well in your exploration of Reiki.

Be Well, Be Blessed - Vincent Amador

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The more I learn, the more I live. – Anon





## Lesson 9: Reiki 2 Attunements

In this lesson we will look at how to attune your own reiki students to Reiki Level 2. We will assume that you have already completed the set up and the preparation for the attunement ceremony as covered in Lesson 7; and the reiki student is already sitting in a chair with their eyes closed and their hands in the prayer position ready for the attunement.



### How we Perform the Reiki 2 Attunements

#### Step 1 (While Standing in Front of the Reiki Student)

- You should be standing in front of your student approximately 2-3 feet away from them.
- Ask your student to close their eyes and raise their hands in the prayer position up in front of their heart chakra.
- Ask your student to take a deep relaxing breath as they perform a silent invocation opening themselves up to receiving the reiki attunements (Example: I (students name) call upon reiki the universal life force, I am ready and open to receive the Reiki attunements). Give your student a few moments to complete the silent invocation. When you sense they are ready you can continue.
- Ask your student now to become aware of the soft relaxing music (Heartbeat or Reiki Chant).
- Ask your student to just relax, follow your directions and enjoy the experience of the reiki attunement ceremony.



- Begin the ceremony by drawing a large CKR symbol over their heart chakra silently intoning the words CKR CKR CKR three times to activate the Reiki energy in and around their aura.
- With your cupped hands in front of your body, thumbs touching and palms facing towards the student Beam the reiki energy into their heart chakra to open them up to receive the reiki attunements. Hold this position for approximately 10-15 seconds or until you intuitively feel it is time to continue.
- Now walk around counter clockwise to the back of your student.



## Step 2 (Standing Behind The Reiki Student)

- Start by standing 2-3 feet away from your reiki student.
- Raise your hands in to the prayer position in front of your heart chakra.
- Silently intone a short prayer (Example: “I call upon Reiki, the Universal Life Force, all the Reiki Masters past, present and future (remember Reiki is not bound by time or space) especially Dr Usui, Dr Hayashi and Madam Takata to draw close and participate in this sacred attunement ceremony for (insert students name). I ask that the power and wisdom of Reiki guides and assists me to pass on the gift of Reiki through the attunement of (insert students’ name) to Usui Reiki Level 2. I ask that this ceremony is an uplifting and inspiring experience for (insert students’ name) so that (insert students’ name) can move forward now from this point as a confident and powerful Advanced Reiki Practitioner.
- When you feel ready and can sense the Reiki Energy around you, open your eyes, move nearer to your reiki student and place your NON dominant hand on your students shoulder.
- Now raise your dominant hand in line with your own third eye chakra and directly above your reiki students crown chakra.



- Place your tongue behind your top front teeth at the roof of your mouth and contract the Hui Yin to boost the flow of Reiki in and around your body. **(PLEASE NOTE:** This added technique is Optional, you do not need to do this and it will not affect the success of the attunements. We do it because we were taught to do it as part of the attunement process during our training. We know lots of Reiki Masters who don't use this technique during the attunement ceremony. Our advice would be to try it and if you like it use it, if not discard it. **ALWAYS REMEMBER INTENTION IS THE KEY).**
- Draw the following three symbols the DKM + HSZSN + CKR in the air above your students head to activate the symbols so you can call upon them and use them during the attunement ceremony. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 3 (Standing Behind The Reiki Student)

- Draw a small CKR above the Students Crown Chakra to open the students crown centre.
- Now place your cupped hands over the students crown chakra and beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students crown chakra filling their whole head with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*
- Next move your hands on to your students shoulders and beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) down from their shoulders into the students' arms, chest, core, thighs, legs and feet. Visualise and imagine the beautiful healing light of reiki filling every muscle, organ, tissue and cell of their body right down from the shoulders to the tips of their toes and back up to the top of their head. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



#### Step 4 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Throat Chakra to open the student's throat centre.
- Now with your right hand a few inches from the front of the students throat chakra and your left hand a few inches from the back of the students neck beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students throat chakra filling their throat centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



#### Step 5 (Standing At The Right Hand Side of the Reiki Student)

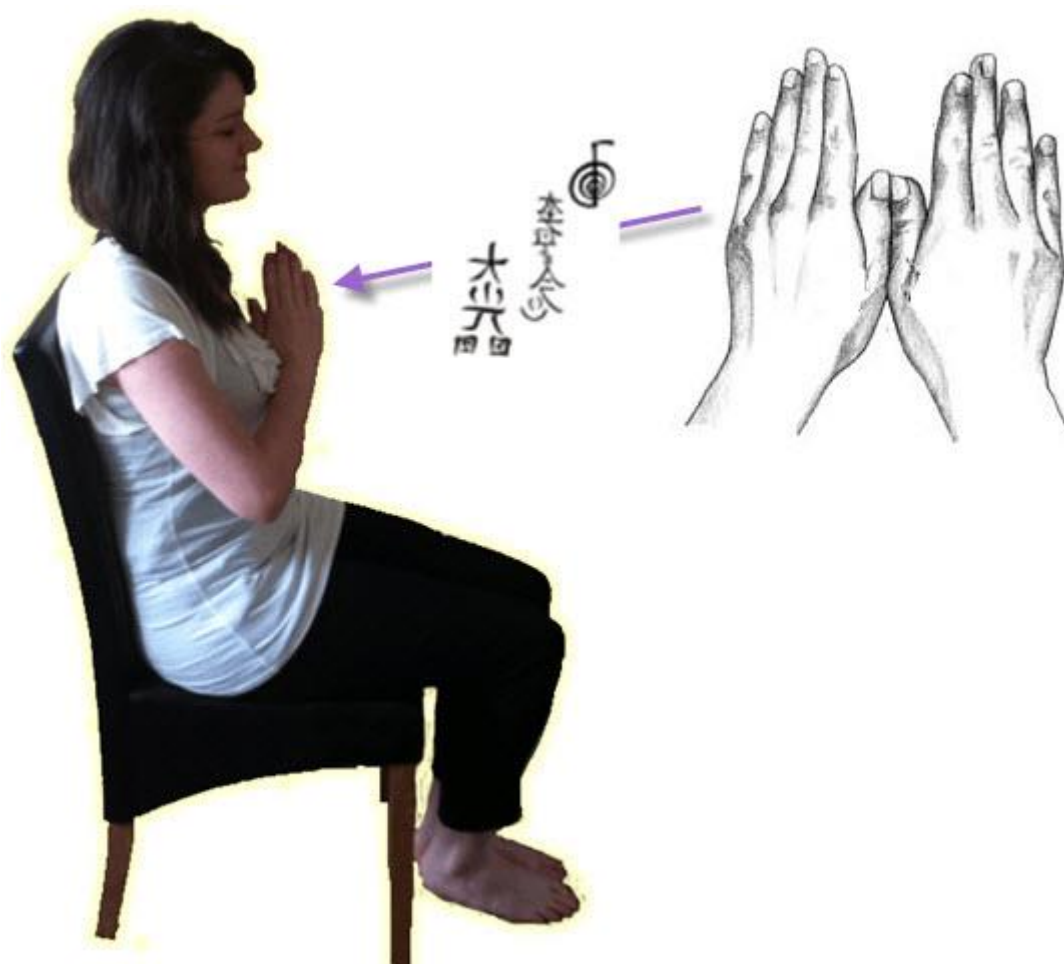
- Draw a small CKR over the Students Third Eye Chakra to open the student's Third Eye centre.
- Now with your right hand a few inches from the front of the students third eye chakra and your left hand a few inches from the back of the students head beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students third eye chakra filling their third eye centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*





### Step 6 (Move Around Now So You are Standing in Front of the Reiki Student)

- Draw a small CKR over the Students Heart Chakra to open the student's Heart centre.
- Now with your cupped hands side by side thumbs together facing towards your students heart chakra; beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students' heart chakra filling their heart centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 7 (Standing in Front of the Reiki Student)

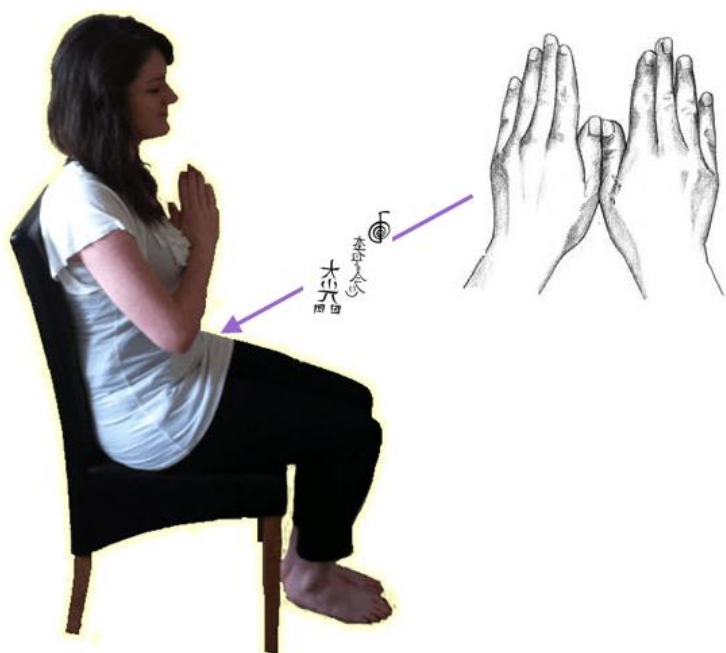
- Draw a small CKR over the Students Hands to open the student's Hand Chakras.
- Place your hands now on to the back of the student's hands and gently hold and open them up and move them down towards their lap so their palms are facing upwards towards you.
- Draw the CKR, SH and HSZSN into the palm of the students right hand. Tap the symbols into the students' right hand and silently intone that the symbols will remain with the student for life. Now repeat the exact previous actions on the students' left hand. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*
- Once the symbols have been embedded into both palms, holding the back of the students' hands again guide their hands back into the prayer position and move their hands up in line with their heart chakra.





### Step 8 (Standing in Front of the Reiki Student)

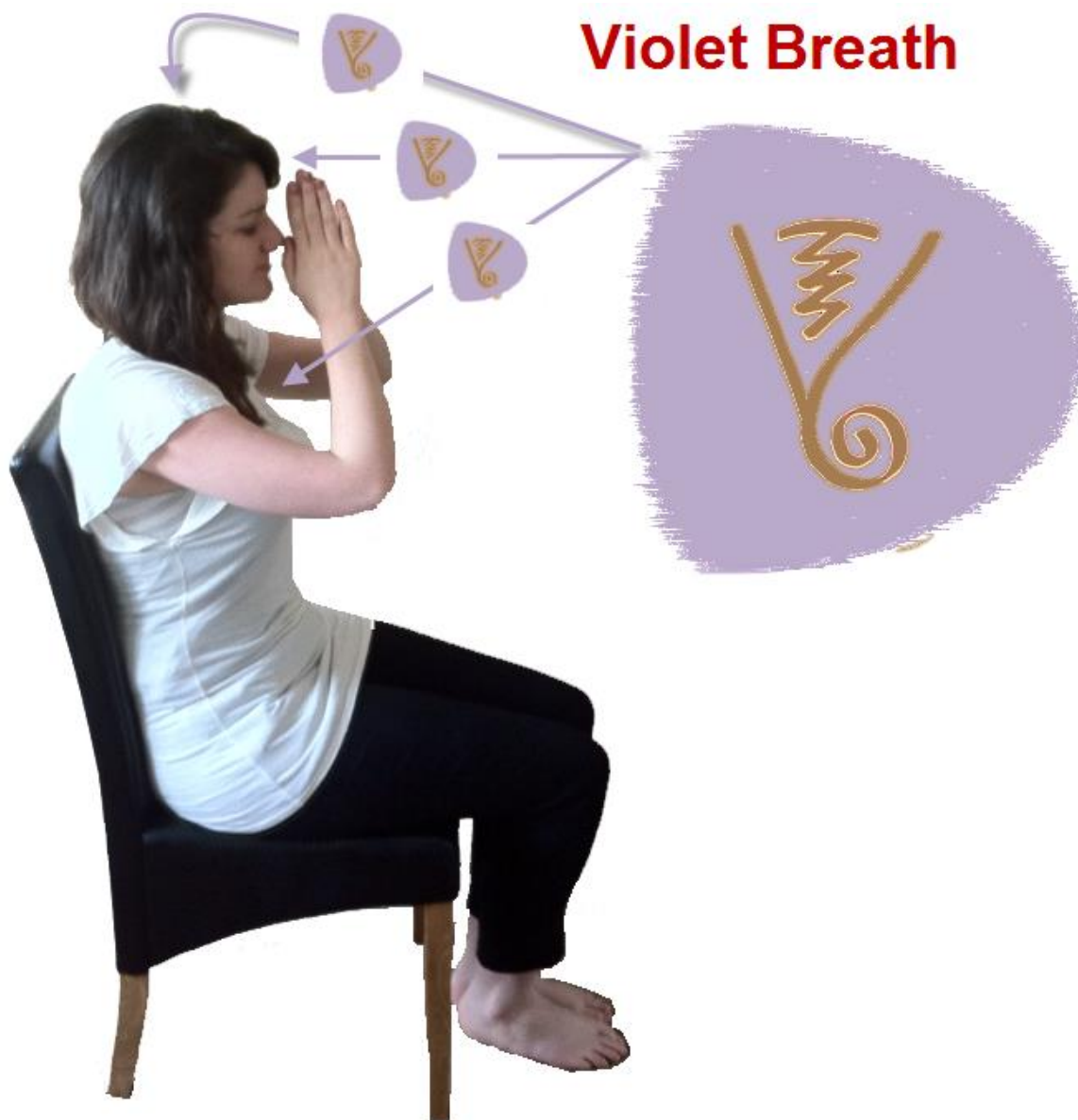
- Leaving the students hands in the prayer position, step back slightly and Draw a small CKR over the Students Solar Plexus, Sacral and Root Chakra's to open the student's remaining three energy centres.
- Now with your cupped hands side by side thumbs together facing towards your students Solar Plexus, Sacral and Root Chakra's; beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students' Solar Plexus, Sacral and Root Chakra's filling their three energy centres with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as you draw the symbols.*





### Step 9 (Standing in Front of the Reiki Student)

- Now place your hands around the students' hands and move them so that their fingertips are in line with their heart chakra. Blow the Violet Breath into the heart chakra.
- Move the students' hands now so that their fingertips are in line with their third eye chakra. Blow the Violet Breath into the third eye chakra.
- Next move the students' hands now so that their fingertips are in line with the top of their head. Blow the Violet Breath into the crown chakra.



### Step 10 (Standing in Front of the Reiki Student)

- Now take the students hands and move them down so that they are resting on their lap.
- Draw a large CKR over the front of your reiki student's body to ground their energy.
- Now place your hands a few inches above their crown chakra within their aura field. Starting from the Crown chakra run your hands down both sides of their aura field until you reach their feet. Touch the floor with both hands to complete the grounding and break the connection with the reiki student.
- Finally, silently intone a thank you prayer to reiki. (Example: I would like to the Reiki the



universal life force, Dr Usui, Dr Hayashi and Madam Takata and all the reiki masters past, present and future for taking part in this attunement ceremony for “insert students name”. I ask that the power of wisdom of reiki nurtures and guides “insert students name” from this point forward enabling “insert students name” to move forward as a powerful and confident Advanced Reiki Practitioner.



- Allow as much time to pass as you intuit then say to the student: "You can now come back to full awareness in your own time whenever you are ready "or" This concludes the second degree attunement."
- At this time you might ask the initiate to talk about the feelings, visions or experiences that he/she had during the attunement. Besides the joyful sharing involved between student and teacher, the verbalisation allows the Initiate to process what has occurred and helps if he/she needs to validate that "the attunement worked".
- If several people are being attuned this sharing can be done after all have been completed. It also helps to instruct the student if they are part of a group being attuned to continue to keep their hands resting on their lap and close their eyes once more and go inside and relax while waiting for the attunements to be completed on their fellow students.



## How to Perform a Reiki 2 Attunement

### Alternative Method 1

Traditionally many Reiki Masters would perform 2 separate Reiki 2 Attunements on the reiki student over the course of a two day workshop. This 2 step method is fine if you are conducting a two day workshop and you have plenty of time to cover all the course lessons as well as perform attunements on multiple reiki students.

This 2 step method has become somewhat outdated and redundant and is used far less today as most Reiki Masters now conduct their reiki 2 workshops in a single day and combine the 2 reiki 2 attunements into a single Reiki 2 Attunement.

We prefer the single combined Reiki 2 Attunement method as shown above. Rather than spread the attunements out over 2 days we believe it is better to conduct the combined attunement at the beginning of the workshop so the students can practice and work with the reiki energy throughout the day. Logically it makes sense to us to have a fully attuned student working with reiki properly as we progress through each Reiki 2 Lesson.

You may decide that you wish to follow the traditional path and that is fine. Each Reiki Master must follow and teach what they feel is right for themselves and their students. The key is as always in the intention to pass of the gift of reiki, not how you choose to perform the attunements. There are a number of variations to the attunement process, all of them work.

Below are a number of examples of how to perform the Attunements. We offer these alternative methods for purely educational purposes. Our advice is to try and practice all of them, and discover which process you and your students prefer. Alternatively you can just stick with the same method we use and teach as shown above.

### Preparation and positioning for the attunement

Position initiate in straight backed chair with feet on floor. If feet do not touch, use a phone book, cushion or footstool under the feet so that the initiate is seated in a comfortable position. Standing in front of the Initiate, explain that you will be walking around to the back and working on his/her head then returning to the front to work with his/her hands. While demonstrating the correct position; instruct initiate to bring his/her hands together in the prayer position, ensuring their arms are at a comfortable height. Also tell him/her that you will be touching hands as well as raising them higher during the attunement.

Instruct the initiate to gently close their eyes and go inside. Asked them to keep their eyes closed throughout the ceremony, and explain that you will tell them when it is over and when to open their eyes once again. Walk in a counter-clockwise motion to the back of the chair to begin the attunement. (Please note: some reiki masters prefer clockwise – you can use either method).

### Alternative Method 1



- Step 1: Raise up your non dominant arm with palm open. With your dominant hand draw the DKM over the crown chakra.
- Step 2: Now move counter clockwise to the side of the chair. Place one hand on Initiates Forehead and one on the back of the head. Visualize the HSZSN, SH, and CKR, in that order.
- Step 3: In a counter-clockwise movement walk around to the front of the initiate. Using your non dominant hand, clasp his/her hands from around the back where the thumbs are and pull hands up to a position easier for you to work with. While still clasping hands, bend over to be about eye level with the Initiates hands Maintain hand positioning while visualizing the DKM.
- Step 4: Then open the Initiates Hands placing them hands up on the knees. Take one hand and draw (with your dominant hand) the HSZSN over his/her palm and clap the hand with yours. Now draw the SH over the initiate's palm and clap the hand with yours. Next draw the CKR over the initiate's palm and clap the hand with yours. Return the Initiates hand to his/her Knee. Take up the Initiate's other hand and repeat all of step four on the second hand.
- Step 5: Clasp both of Initiates hands together and lift them near to nose in order to have access to his/her throat. Adjust your standing position and draw the CKR with your tongue (mouth closed). Draw in a deep breath through the nose. Blow out 1/3 of breath over the heart 1/3 over the throat and 1/3 over the third eye (all in short bursts).
- Step 6: Release Initiates Hands, place them over Initiate's heart and step back. Allow as much time to pass as you intuit then say to the initiate: "You can open your eyes whenever you are ready." This concludes the second degree attunement.

## Alternative Method 2

### Part One

- When giving a Reiki 2 attunement, you will be placing all 3 symbols in the hands, CKR, SHK and the HSZSN, both when the hands are on the head and when held out in front.
- The student sits with hands held in the Gassho or prayer position.
- Stand behind them; draw the sign of the fire serpent from the top of the head and down to the base of the back.
- Place both hands on top of the head to get an energetic rapport with the student.
- Master — Contact Hui Yin- Kidney Breaths-White Mist (See White mist collect at the base of the spine-imagine the mist slowly rising, turning first to blue and then to violet.)
- While still holding breath. Blow into the crown and see the Tibetan Master symbol moving from the middle of your head, out with your breath and into the student's crown. Then picture it moving through the head lodging in the base of the brain, repeat silently "Dai Ku Myo" 3 times guiding it with your hand.
- Draw the Usui Master symbol over the head. Visualize the symbol moving into the Crown Chakra, through the head and into the base of the brain, guiding it with your hand.
- Tap shoulder, hands on head. Draw Cho Ku Rei see it move into hands down into the crown into the base of the brain, say the name 3 times. Do the same with SHK, HSZSN Make a vortex and blow. Move their hands back down.
- Move to the front. Open the students' hands like the cover of a book so they are next to each other palms up facing the ceiling .Place you left hand under their hands and with your right hand draw out the Power Symbol on the hands on the Palm. Say the name of the symbol 3 times.



- Repeat with SHK and HSZSN. Make a vortex and blow. Place their hands back. Return the back. Sign the Raku on person's back.
- Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student. Some examples are: "You are a perfectly attuned to or "you are filled with Divine Love and Wisdom", or any other affirmation that is significant to you or the student.

## Part Two

- The student sits with hands held in the Gassho or prayer position. Stand behind them; draw the sign of the fire serpent from the top of the head and down to the base of the back.
- Place both hands on top of the head to get an energetic rapport with the student.
- Master — Contact Hui Yin. Kidney Breaths-White Mist (See White mist collect at the base of the spine-imagine the mist slowly rising, turning first to blue and then to violet.)
- While still holding breath. Blow the CKR, SHK and HSZSN into crown.
- Place hands on the student's shoulders and look down through the crown chakra imagining you can see all the way down to the root chakra at the base of spine. Look for a red ball of fire or imagine one being there.
- Master stands in front. Draw Master symbol in the air. Touch knees and then feet visualising a connection with the Reiki source. Return to the back.
- Place your hands on the student's head. Sign symbols, CKR, SHK, HSZSN, dumo, fire dragon, and raku on the back. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student.
- Some examples are: "You are a perfectly attuned to Reiki Level 2". Or "you are filled with Divine Love and Wisdom" or any other affirmation that is significant to you or the student.



Most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness, and of their soul's resources in general, much like a man who, out of his whole bodily organism, should get into a habit of using and moving only his little finger. Great emergencies and crises show us how much greater our vital resources are than we had supposed. – William James



## Lesson 10: Reiki 3 Attunements

In this lesson we will look at how to attune your own reiki students to Reiki Level 3. We will assume that you have already completed the set up and the preparation for the attunement ceremony as covered in Lesson 7; and the reiki student is already sitting in a chair with their eyes closed and their hands in the prayer position ready for the attunement.



### How we Perform the Reiki 3 Attunements

#### Step 1 (While Standing in Front of the Reiki Student)

- You should be standing in front of your student approximately 2-3 feet away from them.
- Ask your student to close their eyes and raise their hands in the prayer position up in front of their heart chakra.
- Ask your student to take a deep relaxing breath as they perform a silent invocation opening themselves up to receiving the reiki attunements (Example: I (students name) call upon reiki the universal life force, I am ready and open to receive the Reiki attunements). Give your student a few moments to complete the silent invocation. When you sense they are ready you can continue.
- Ask your student now to become aware of the soft relaxing music (Heartbeat or Reiki Chant).
- Ask your student to just relax, follow your directions and enjoy the experience of the reiki attunement ceremony.





- Begin the ceremony by drawing a large CKR symbol over their heart chakra silently intoning the words CKR CKR CKR three times to activate the Reiki energy in and around their aura.
- With your cupped hands in front of your body, thumbs touching and palms facing towards the student Beam the reiki energy into their heart chakra to open them up to receive the reiki attunements. Hold this position for approximately 10-15 seconds or until you intuitively feel it is time to continue.
- Now walk around counter clockwise to the back of your student.



## Step 2 (Standing Behind The Reiki Student)

- Start by standing 2-3 feet away from your reiki student.
- Raise your hands in to the prayer position in front of your heart chakra.
- Silently intone a short prayer (Example: “I call upon Reiki, the Universal Life Force, all the Reiki Masters past, present and future (remember Reiki is not bound by time or space) especially Dr Usui, Dr Hayashi and Madam Takata to draw close and participate in this sacred attunement ceremony for (insert students name). I ask that the power and wisdom of Reiki guides and assists me to pass on the gift of Reiki through the attunement of (insert students’ name) to Usui Reiki Level 1. I ask that this ceremony is an uplifting and inspiring experience for (insert students’ name) so that (insert students’ name) can move forward now from this point as a confident and powerful Reiki Master/Teacher.
- When you feel ready and can sense the Reiki Energy around you, open your eyes, move nearer to your reiki student and place your NON dominant hand on your students shoulder.
- Now raise your dominant hand in line with your own third eye chakra and directly above your reiki students crown chakra.





- Place your tongue behind your top front teeth at the roof of your mouth and contract the Hui Yin to boost the flow of Reiki in and around your body. **(PLEASE NOTE:** This added technique is Optional, you do not need to do this and it will not affect the success of the attunements. We do it because we were taught to do it as part of the attunement process during our training. We know lots of Reiki Masters who don't use this technique during the attunement ceremony. Our advice would be to try it and if you like it use it, if not discard it. **ALWAYS REMEMBER INTENTION IS THE KEY).**
- Draw the following three symbols the DKM + HSZSN + CKR in the air above your students head to activate the symbols so you can call upon them and use them during the attunement ceremony. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 3 (Standing Behind The Reiki Student)

- Draw a small CKR above the Students Crown Chakra to open the students crown centre.
- Now place your cupped hands over the students crown chakra and beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students crown chakra filling their whole head with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*
- Next move your hands on to your students shoulders and beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) down from their shoulders into the students' arms, chest, core, thighs, legs and feet. Visualise and imagine the beautiful healing light of reiki filling every muscle, organ, tissue and cell of their body right down from the shoulders to the tips of their toes and back up to the top of their head. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



#### Step 4 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Throat Chakra to open the student's throat centre.
- Now with your right hand a few inches from the front of the students throat chakra and your left hand a few inches from the back of the students neck beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students throat chakra filling their throat centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



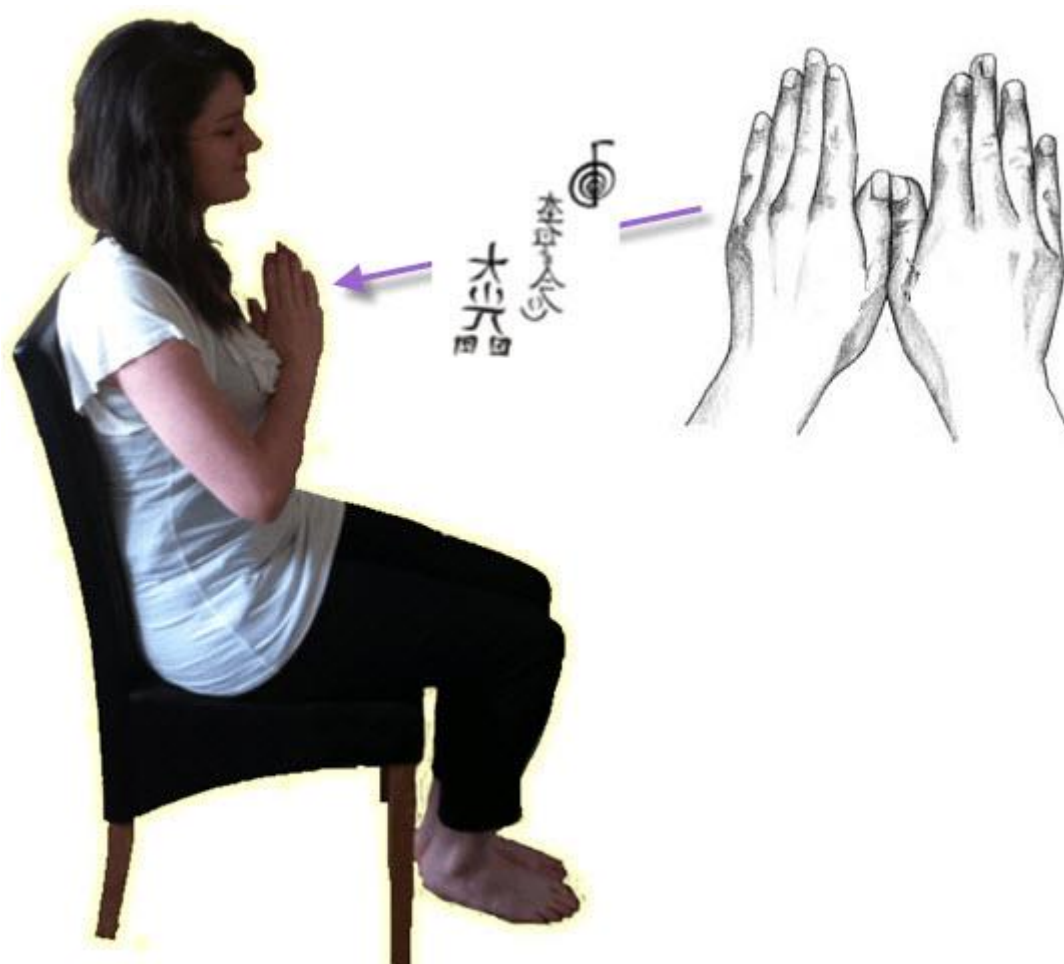
#### Step 5 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Third Eye Chakra to open the student's Third Eye centre.
- Now with your right hand a few inches from the front of the students third eye chakra and your left hand a few inches from the back of the students head beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students third eye chakra filling their third eye centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 6 (Move Around Now So You are Standing in Front of the Reiki Student)

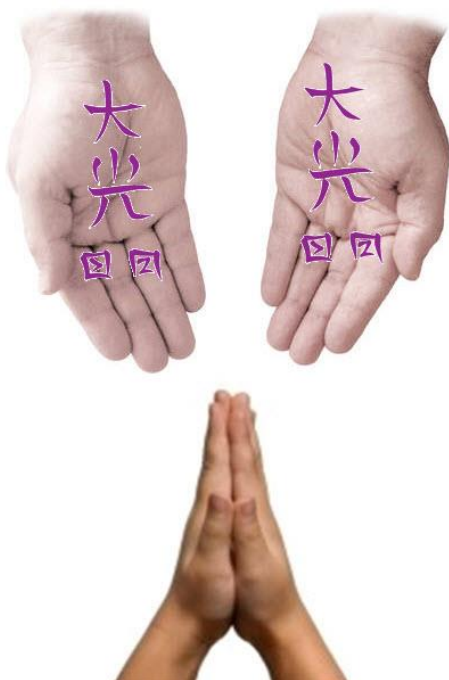
- Draw a small CKR over the Students Heart Chakra to open the student's Heart centre.
- Now with your cupped hands side by side thumbs together facing towards your students heart chakra; beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students' heart chakra filling their heart centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 7 (Standing in Front of the Reiki Student)

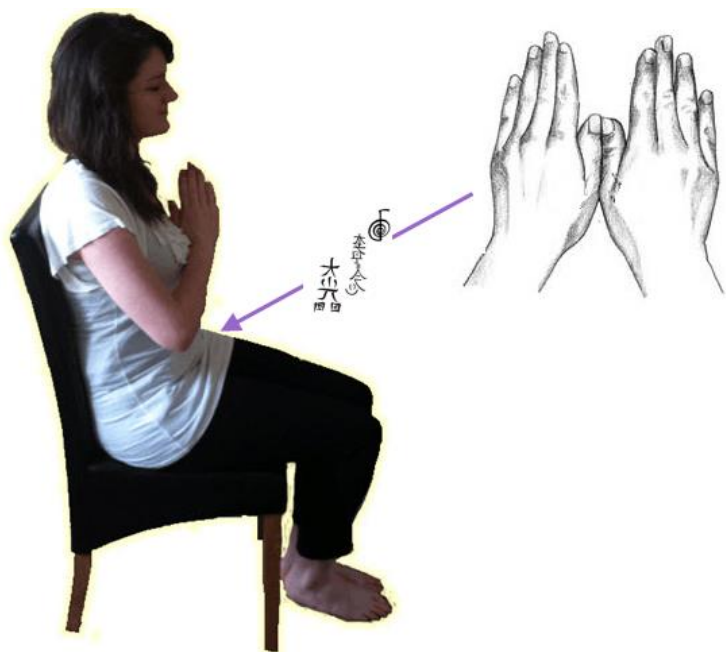
- Draw a small CKR over the Students Hands to open the student's Hand Chakras.
- Place your hands now on to the back of the student's hands and gently hold and open them up and move them down towards their lap so their palms are facing upwards towards you.
- Draw the DKM into the palm of the students' right hand. Tap the symbols into the students' right hand and silently intone that the master symbol will remain with the student for life. Now repeat the exact previous actions on the students' left hand. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*
- Once the master symbol has been embedded into both palms, holding the back of the students' hands again guide their hands back into the prayer position and move their hands up in line with their heart chakra.





### Step 8 (Standing in Front of the Reiki Student)

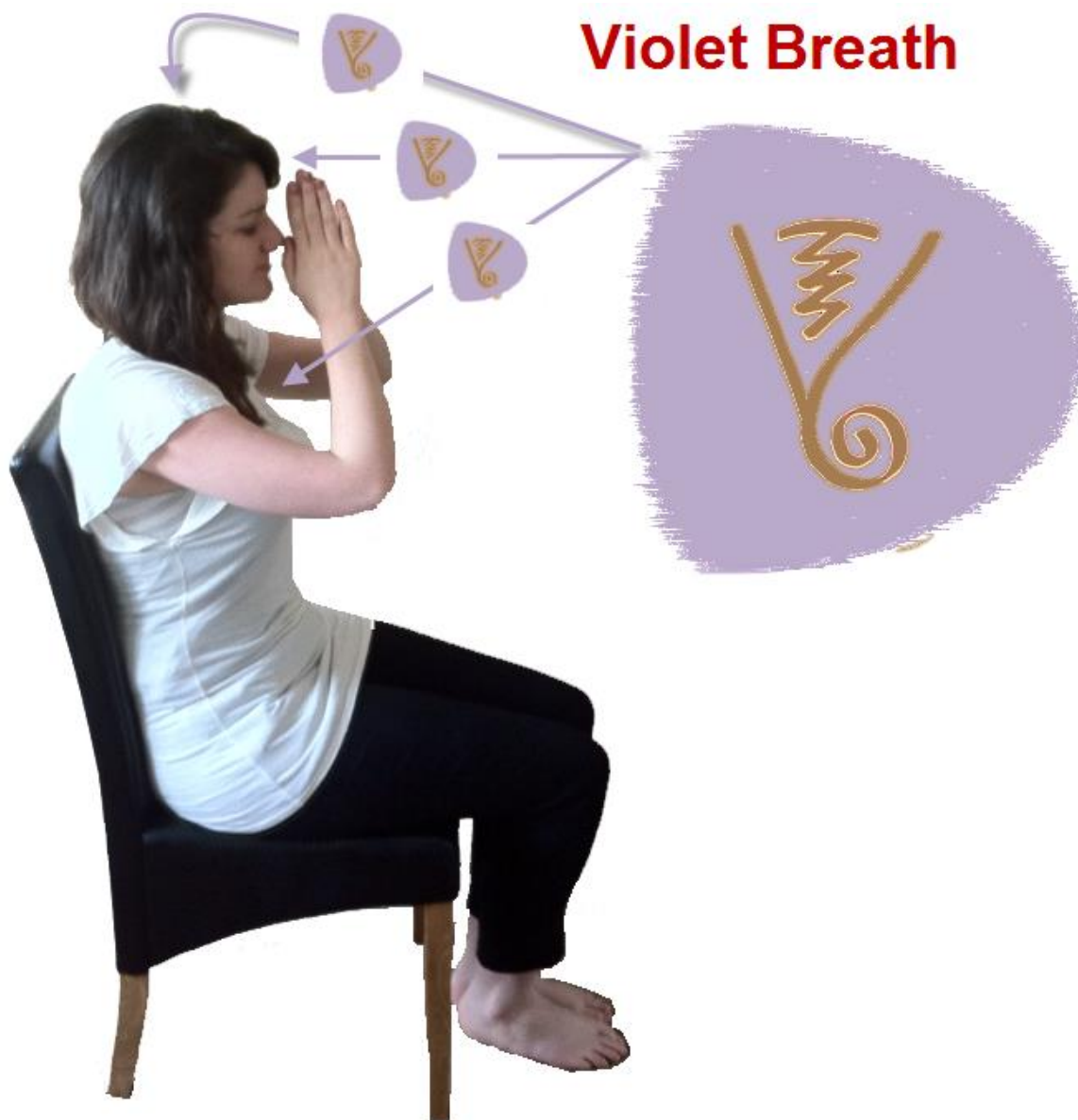
- Leaving the students hands in the prayer position, step back slightly and Draw a small CKR over the Students Solar Plexus, Sacral and Root Chakra's to open the student's remaining three energy centres.
- Now with your cupped hands side by side thumbs together facing towards your students Solar Plexus, Sacral and Root Chakra's; beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students' Solar Plexus, Sacral and Root Chakra's filling their three energy centres with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as you draw the symbols.*





### Step 9 (Standing in Front of the Reiki Student)

- Now place your hands around the students hands and move them so that their fingertips are in line with their heart chakra. Blow the Violet Breath into the heart chakra.
- Move the students' hands now so that their fingertips are in line with their third eye chakra. Blow the Violet Breath into the third eye chakra.
- Next move the students' hands now so that their fingertips are in line with the top of their head. Blow the Violet Breath into the crown chakra.



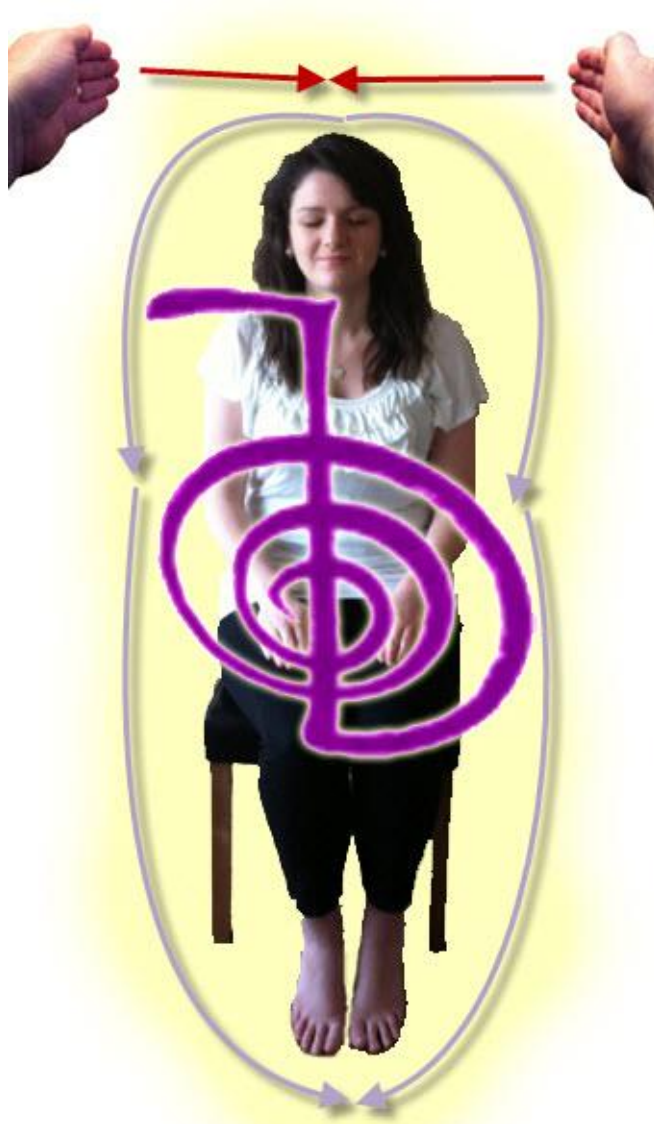
### Step 10 (Standing in Front of the Reiki Student)

- Now take the students hands and move them down so that they are resting on their lap.
- Draw a large CKR over the front of your reiki student's body to ground their energy.
- Now place your hands a few inches above their crown chakra within their aura field. Starting from the Crown chakra run your hands down both sides of their aura field until you reach their feet. Touch the floor with both hands to complete the grounding and break the connection with the reiki student.
- Finally, silently intone a thank you prayer to reiki. (Example: I would like to the Reiki the





universal life force, Dr Usui, Dr Hayashi and Madam Takata and all the reiki masters past, present and future for taking part in this attunement ceremony for “insert students name”. I ask that the power of wisdom of reiki nurtures and guides “insert students name” from this point forward enabling “insert students name” to move forward as a powerful and confident Reiki Master/Teacher.



- Allow as much time to pass as you intuit then say to the student: "You can now come back to full awareness in your own time whenever you are ready "or" This concludes the third degree attunement."
- At this time you might ask the initiate to talk about the feelings, visions or experiences that he/she had during the attunement. Besides the joyful sharing involved between student and teacher, the verbalisation allows the Initiate to process what has occurred and helps if he/she needs to validate that "the attunement worked".
- If several people are being attuned this sharing can be done after all have been completed. It also helps to instruct the student if they are part of a group being attuned to continue to keep their hands resting on their lap and close their eyes once more and go inside and relax while waiting for the attunements to be completed on their fellow students.



## How to Perform a Reiki 3 Attunement

### Alternative Method 1

Traditionally many Reiki Masters would perform 2 separate Reiki 3 Attunements on the reiki student over the course of a two day workshop. This 2 step method is fine if you are conducting a two day workshop and you have plenty of time to cover all the course lessons as well as perform attunements on multiple reiki students.

This 2 step method has become somewhat outdated and redundant and is used far less today as most Reiki Masters now conduct their reiki 3 workshops in a single day and combine the 2 reiki 3 attunements into a single Reiki Master/Teacher Attunement.

We prefer the single combined Reiki 3 Attunement method as shown above. Rather than spread the attunements out over 2 days we believe it is better to conduct the combined attunement at the beginning of the workshop so the students can practice and work with the reiki energy throughout the day. Logically it makes sense to us to have a fully attuned student working with reiki properly as we progress through each Reiki 3 Lesson.

You may decide that you wish to follow the traditional path and that is fine. Each Reiki Master must follow and teach what they feel is right for themselves and their students. The key is as always in the intention to pass of the gift of reiki, not how you choose to perform the attunements. There are a number of variations to the attunement process, all of them work.

Below are a number of examples of how to perform the Attunements. We offer these alternative methods for purely educational purposes. Our advice is to try and practice all of them, and discover which process you and your students prefer. Alternatively you can just stick with the same method we use and teach as shown above.

### Preparation and positioning for the attunement

Position initiate in straight backed chair with feet on floor. If feet do not touch, use a phone book, cushion or footstool under the feet so that the initiate is seated in a comfortable position. Standing in front of the Initiate, explain that you will be walking around to the back and working on his/her head then returning to the front to work with his/her hands. While demonstrating the correct position; instruct initiate to bring his/her hands together in the prayer position, ensuring their arms are at a comfortable height. Also tell him/her that you will be touching hands as well as raising them higher during the attunement.

Instruct the initiate to gently close their eyes and go inside. Asked them to keep their eyes closed throughout the ceremony, and explain that you will tell them when it is over and when to open their eyes once again. Walk in a counter-clockwise motion to the back of the chair to begin the attunement. (Please note: some reiki masters prefer clockwise – you can use either method).



## Alternative Method 1

- A meditation is done to facilitate the connection between the Master, the Initiate, the Energy and the Guides in preparation for the Attunement. When The Master intuitively feels that the connection has been made the attunement begins. The positioning is the same as for the other Reiki Attunements.
- Step 1: Walk counter clockwise to the back of Initiate. Take a deep breath and hold, while placing the tip of your tongue at the back of your upper front teeth. Raise up your non dominant arm and hand with the palm open. With your Dominant hand, draw the DKM over the Crown Chakra. Reach forward with both hands and clasp Initiate's hands and release held breath by blowing into the Crown Chakra.
- Step 2: Perform ALL Four of the first degree attunements with these changes. Blow into the Crown Chakra prior to moving to front of Initiate to work on hands. This means that the held breath will be blown into the Crown Chakra four more times from in back of the Initiate. pay close attention to held breath and tongue positioning.
- Step 3: Perform the complete second degree attunement with these changes. Blow into the Crown Chakra prior to walking to side of Initiate. After drawing the other three Symbols and clapping, Draw the DKM into Initiate's hands and clap with yours. When breath is blown, blow from Root Chakra to Heart Chakra, then Throat Chakra to Third Eye.
- Step 4: Release Initiates Hands, place them over Initiate's heart and step back. Allow as much time to pass as you intuit then say to the initiate: "You can open your eyes whenever you are ready. " This Concludes The Master's Degree Attunement.

## Alternative Method 2

### Part One

- The student sits with hands held in the Gassho or prayer position.
- Masters Stands behind them. Draw the sign of the fire serpent from the top of the head and down to the base of the back. Place both hands on top of the head to get an energetic rapport with the student.
- Master — Contact Hul Yin- Kidney Breaths-White Mist (See White mist collect at the base of the spine-imagine the mist slowly rising, turning first to blue and then to violet.)
- While still holding breath. Write DKM symbol in the air over the head. Tap shoulder, hands on head. Visualise the DKM at the fingertips in purple. Blow Fire Dragon Breath across the fingertips. Rub hands together to make a vortex over the head. Replace hands. Cup hands on head. Visualise Master symbol in 3 dimensions
- Visualise the symbol moving into the Crown Chakra, through the head and into the base of the brain, guiding it with your hand. Blow Fire Dragon Breath into cupped hands. Sign the Raku on person's back.
- Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student.
- Some examples are: "You are a perfectly attuned to or "you are filled with Divine Love and Wisdom", or any other affirmation that is significant to you or the student.



## Part Two

- The student sits with hands held in the Gassho or prayer position.
- Masters Stands behind them. Draw the sign of the fire serpent from the top of the head and down to the base of the back. Place both hands on top of the head to get an energetic rapport with the Student.
- Master - Contact Hui Yin- Kidney Breaths -White Mist (See White mist collect at the base of the spine. Imagine the mist slowly rising, turning first to blue and then to violet.)
- While still holding breath. Move to the front. Open the students' hands like the cover of a book so they are next to each other palms up facing the ceiling.
- Place your left hand under their hands and with your right hand draw out the Master Symbol on the hands on the Palm. Intone the name of the symbol 3 times.
- Make a vortex over their hands, close their hands and blow into the gap between. Place their hands back to the chest. Master still stands in front. Draw Master symbol in the air. Now move your hands to the front of the Students face and form a triangle with your index finger and thumb tips, with the rest of the fingers held together. Place the centre of this formed triangle in front of the student's 6th chakra (third eye).
- This chakra is most important of them all. Intend and let energy flow strong and deep. Now move your hands to both sides of the students head, at the height of the eyes. Flood temples with energy, move your hands in front of the throat, to flood the 5th chakra.
- Now move your hands in front of, the heart area, and intent pure light to flow to the heart chakra.
- Forming a triangle with your hands, now move them down and around the student's hands, without touching their hands. Intent pure light to flow through the students hands all the way to arms and shoulders, thus balancing the energies in his/hers bodies.
- Let energy flow through the formed triangle. Now proceed and move you're hands down towards the knees. At this point, smoothly separate formed triangle and, with your palms facing down, perform grounding. Your hands are now at recipients knees. With firm intent, ground the energy by visualising it flowing to the ground. Touch their feet as you visualise it entering the floor.
- Return to the back. Sign the Raku on person's back. Write Cho Ku Rei over their back Write Johrei Calligraphy on spine. Write Cho Ku Rei on top (gently slap back after it is written).
- Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student. Some examples are: "You are a perfectly attuned to" or "you are filled with Divine Love and Wisdom", or any other affirmation that is significant to you or the student.



The last place we tend to look for healing is within ourselves. ~ Wayne Muller



## Lesson 11: Fast Track | Combined Reiki 1, 2 and 3 Attunements

In this lesson we will look at how to attune your own reiki students to Reiki Level 1, 2 and 3 in a single combined attunement. We will assume that you have already completed the set up and the preparation for the attunement ceremony as covered in Lesson 7; and the reiki student is already sitting in a chair with their eyes closed and their hands in the prayer position ready for the attunement.



### How we Perform the Combined Reiki 1, 2 and 3 Attunements

#### Step 1 (While Standing in Front of the Reiki Student)

- You should be standing in front of your student approximately 2-3 feet away from them.
- Ask your student to close their eyes and raise their hands in the prayer position up in front of their heart chakra.
- Ask your student to take a deep relaxing breath as they perform a silent invocation opening themselves up to receiving the reiki attunements (Example: I (students name) call upon reiki the universal life force, I am ready and open to receive the Reiki attunements). Give your student a few moments to complete the silent invocation. When you sense they are ready you can continue.
- Ask your student now to become aware of the soft relaxing music (Heartbeat or Reiki Chant).
- Ask your student to just relax, follow your directions and enjoy the experience of the reiki



attunement ceremony.

- Begin the ceremony by drawing a large CKR symbol over their heart chakra silently intoning the words CKR CKR CKR three times to activate the Reiki energy in and around their aura.
- With your cupped hands in front of your body, thumbs touching and palms facing towards the student Beam the reiki energy into their heart chakra to open them up to receive the reiki attunements. Hold this position for approximately 10-15 seconds or until you intuitively feel it is time to continue.
- Now walk around counter clockwise to the back of your student.



## Step 2 (Standing Behind The Reiki Student)

- Start by standing 2-3 feet away from your reiki student.
- Raise your hands in to the prayer position in front of your heart chakra.
- Silently intone a short prayer (Example: “I call upon Reiki, the Universal Life Force, all the Reiki Masters past, present and future (remember Reiki is not bound by time or space) especially Dr Usui, Dr Hayashi and Madam Takata to draw close and participate in this sacred attunement ceremony for (insert students name). I ask that the power and wisdom of Reiki guides and assists me to pass on the gift of Reiki through the attunement of (insert students’ name) to Usui Reiki Level 1, 2 and 3. I ask that this ceremony is an uplifting and inspiring experience for (insert students’ name) so that (insert students’ name) can move forward now from this point as a confident and powerful Reiki Master/Teacher.
- When you feel ready and can sense the Reiki Energy around you, open your eyes, move nearer to your reiki student and place your NON dominant hand on your students shoulder.
- Now raise your dominant hand in line with your own third eye chakra and directly above





your reiki students crown chakra.

- Place your tongue behind your top front teeth at the roof of your mouth and contract the Hui Yin to boost the flow of Reiki in and around your body. (**PLEASE NOTE:** This added technique is Optional, you do not need to do this and it will not affect the success of the attunements. We do it because we were taught to do it as part of the attunement process during our training. We know lots of Reiki Masters who don't use this technique during the attunement ceremony. Our advice would be to try it and if you like it use it, if not discard it. ALWAYS REMEMBER INTENTION IS THE KEY).
- Draw the following three symbols the DKM + HSZSN + CKR in the air above your students head to activate the symbols so you can call upon them and use them during the attunement ceremony. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 3 (Standing Behind The Reiki Student)

- Draw a small CKR above the Students Crown Chakra to open the students crown centre.
- Now place your cupped hands over the students crown chakra and beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students crown chakra filling their whole head with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*
- Next move your hands on to your students shoulders and beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) down from their shoulders into the students' arms, chest, core, thighs, legs and feet. Visualise and imagine the beautiful healing light of reiki filling every muscle, organ, tissue and cell of their body right down from the shoulders to the tips of their toes and back up to the top of their head. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



#### Step 4 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Throat Chakra to open the student's throat centre.
- Now with your right hand a few inches from the front of the students throat chakra and your left hand a few inches from the back of the students neck beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students throat chakra filling their throat centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



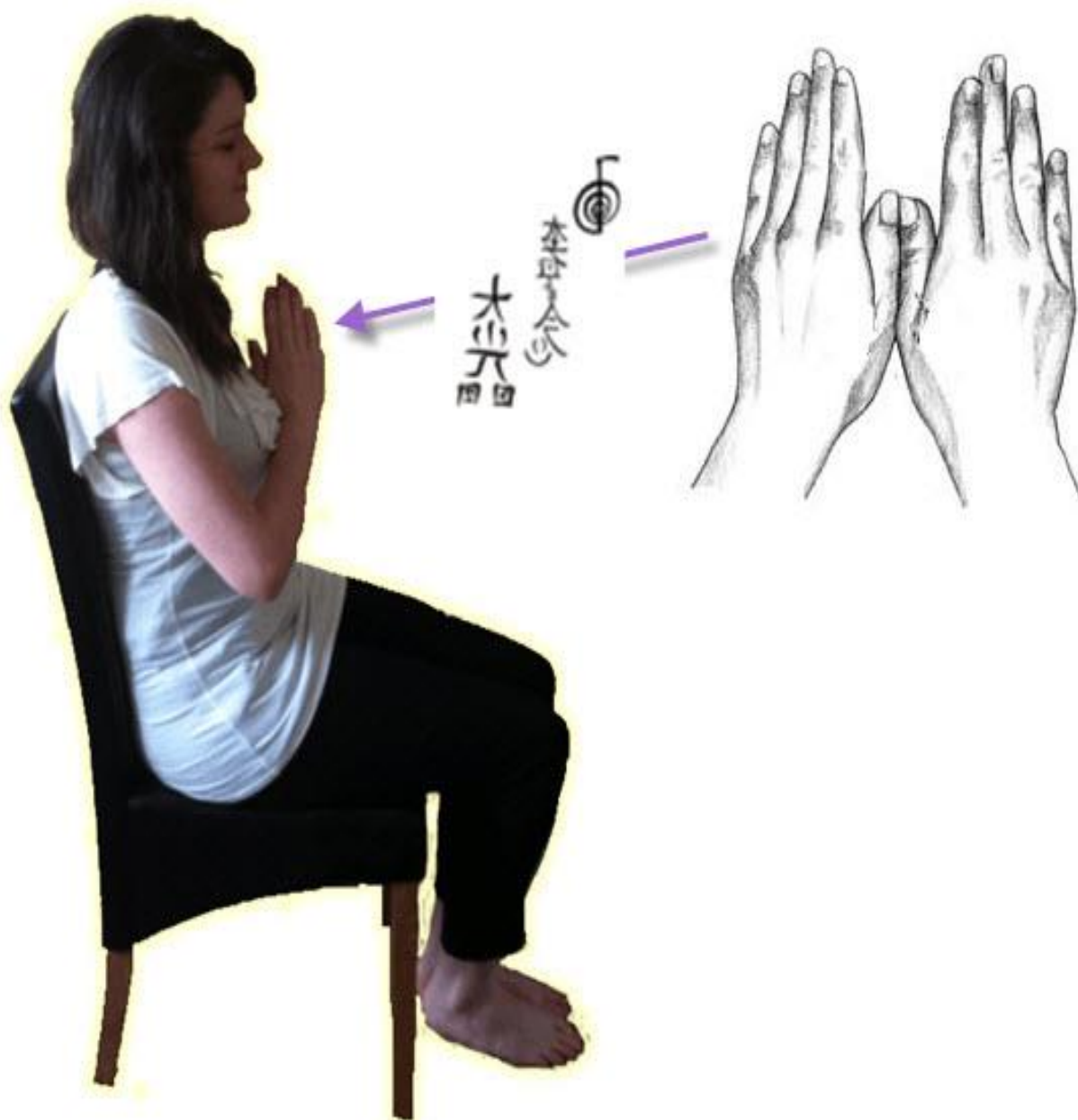
#### Step 5 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Third Eye Chakra to open the student's Third Eye centre.
- Now with your right hand a few inches from the front of the students third eye chakra and your left hand a few inches from the back of the students head beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students third eye chakra filling their third eye centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



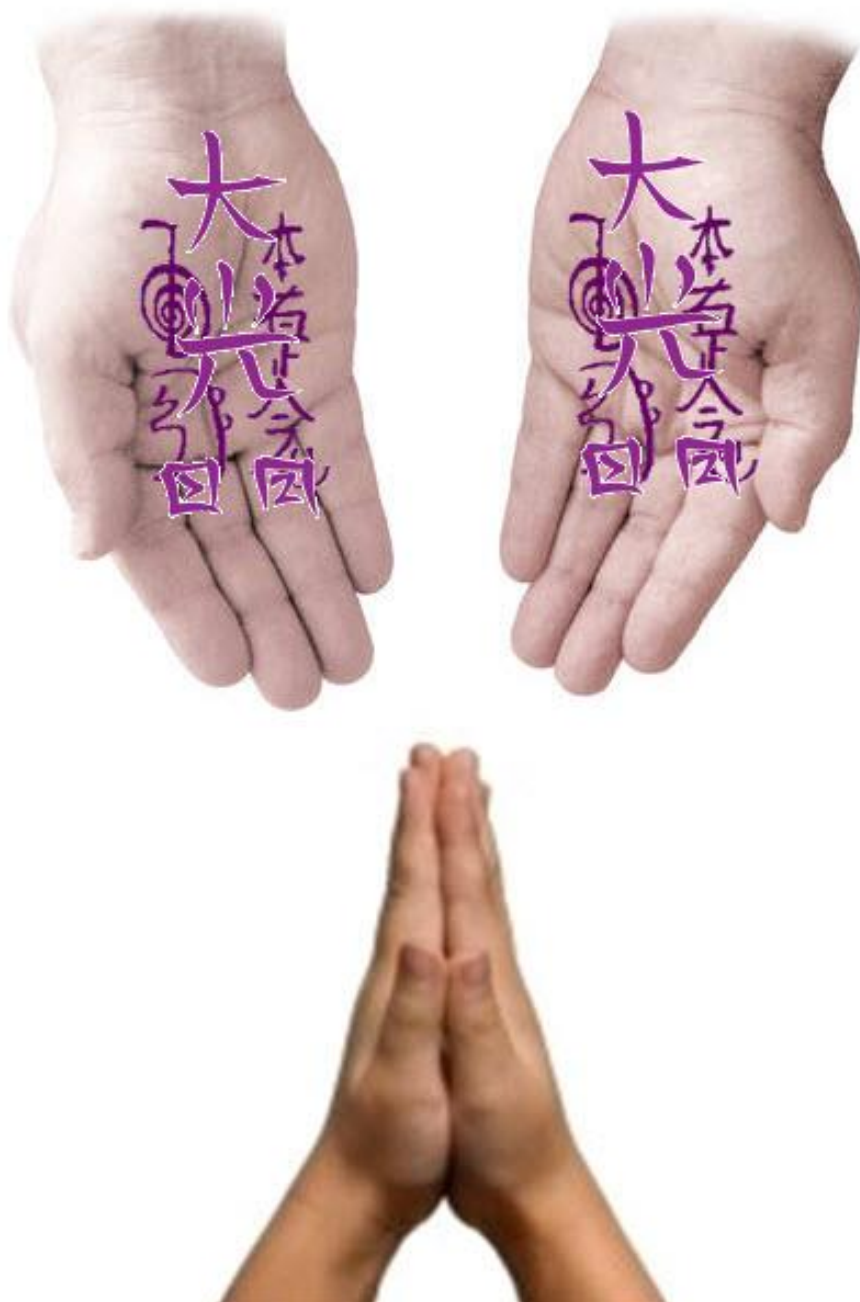
**Step 6 (Move Around Now So You are Standing in Front of the Reiki Student)**

- Draw a small CKR over the Students Heart Chakra to open the student's Heart centre.
- Now with your cupped hands side by side thumbs together facing towards your students heart chakra; beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students' heart chakra filling their heart centre with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as you draw the symbols.*



### Step 7 (Standing in Front of the Reiki Student)

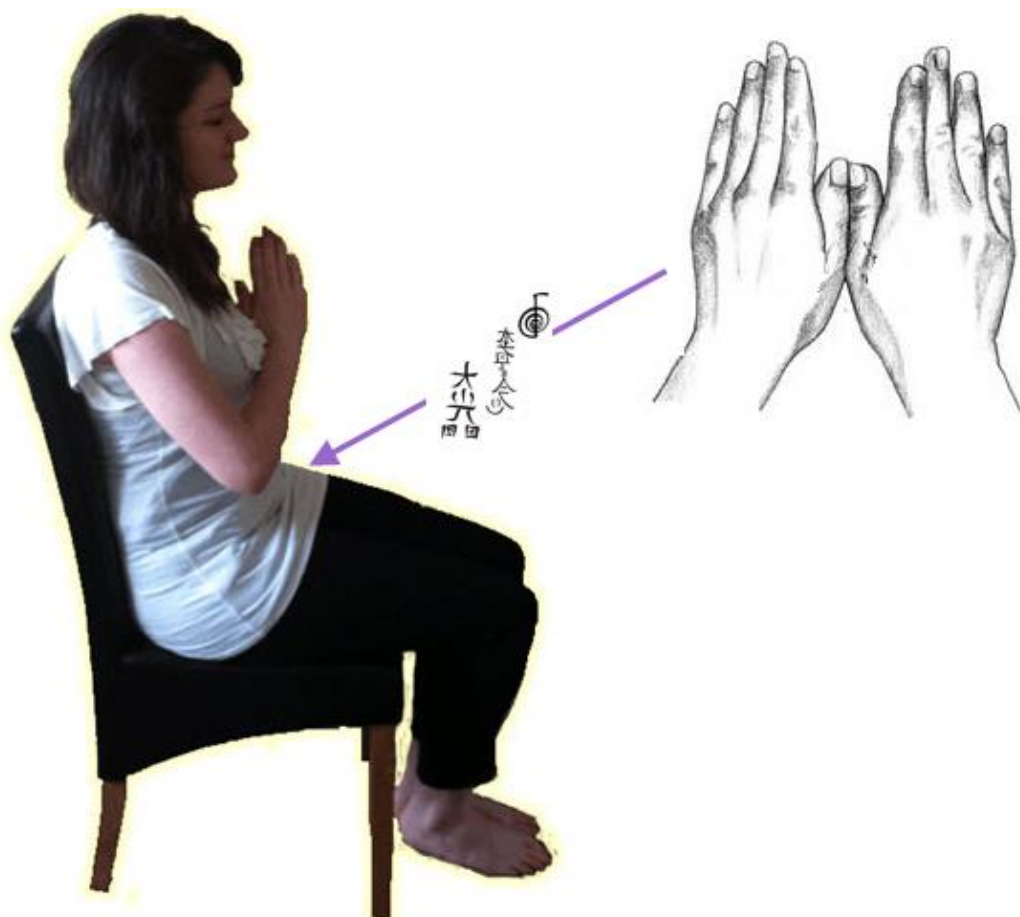
- Draw a small CKR over the Students Hands to open the student's Hand Chakras.
- Place your hands now on to the back of the student's hands and gently hold and open them up and move them down towards their lap so their palms are facing upwards towards you.
- Draw the CKR, SH, HSZSN and DKM into the palm of the students' right hand. Tap the symbols into the students' right hand and silently intone that the master symbol will remain with the student for life. Now repeat the exact previous actions on the students' left hand. *Remember to silently intone the names of each of the symbols three times as you draw the symbols.*
- Once the four symbols has been embedded into both palms, holding the back of the students' hands again guide their hands back into the prayer position and move their hands up in line with their heart chakra.





### Step 8 (Standing in Front of the Reiki Student)

- Leaving the students hands in the prayer position, step back slightly and Draw a small CKR over the Students Solar Plexus, Sacral and Root Chakra's to open the student's remaining three energy centres.
- Now with your cupped hands side by side thumbs together facing towards your students Solar Plexus, Sacral and Root Chakra's; beam/channel the three previously drawn reiki symbols (DKM + HSZSN + CKR) into the students' Solar Plexus, Sacral and Root Chakra's filling their three energy centres with the beautiful healing light of reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*

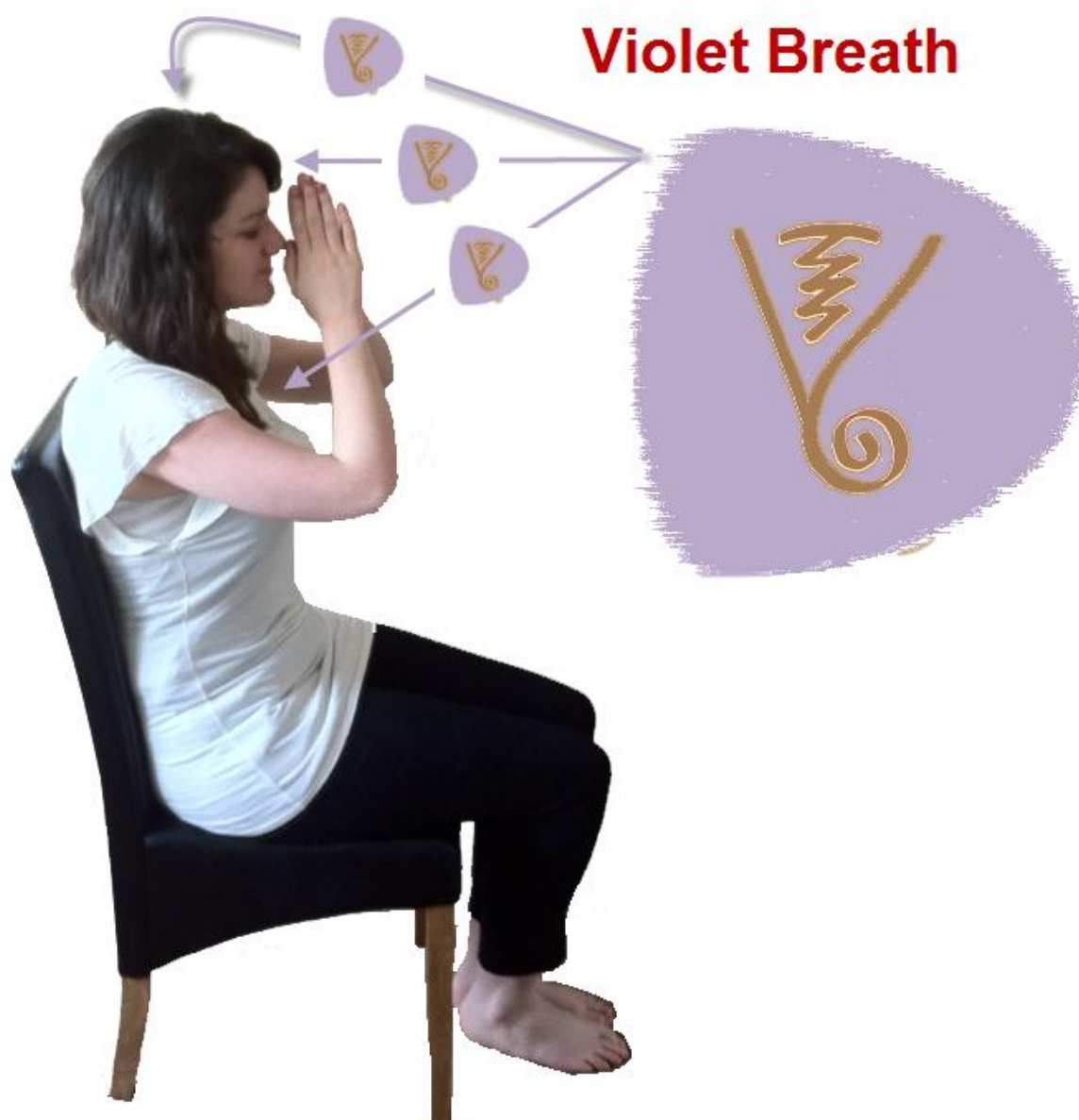


### Step 9 (Standing in Front of the Reiki Student)

- Now place your hands around the students' hands and move them so that their fingertips are in line with their heart chakra. Blow the Violet Breath into the heart chakra.
- Move the students' hands now so that their fingertips are in line with their third eye chakra. Blow the Violet Breath into the third eye chakra.
- Next move the students' hands now so that their fingertips are in line with the top of their head. Blow the Violet Breath into the crown chakra.



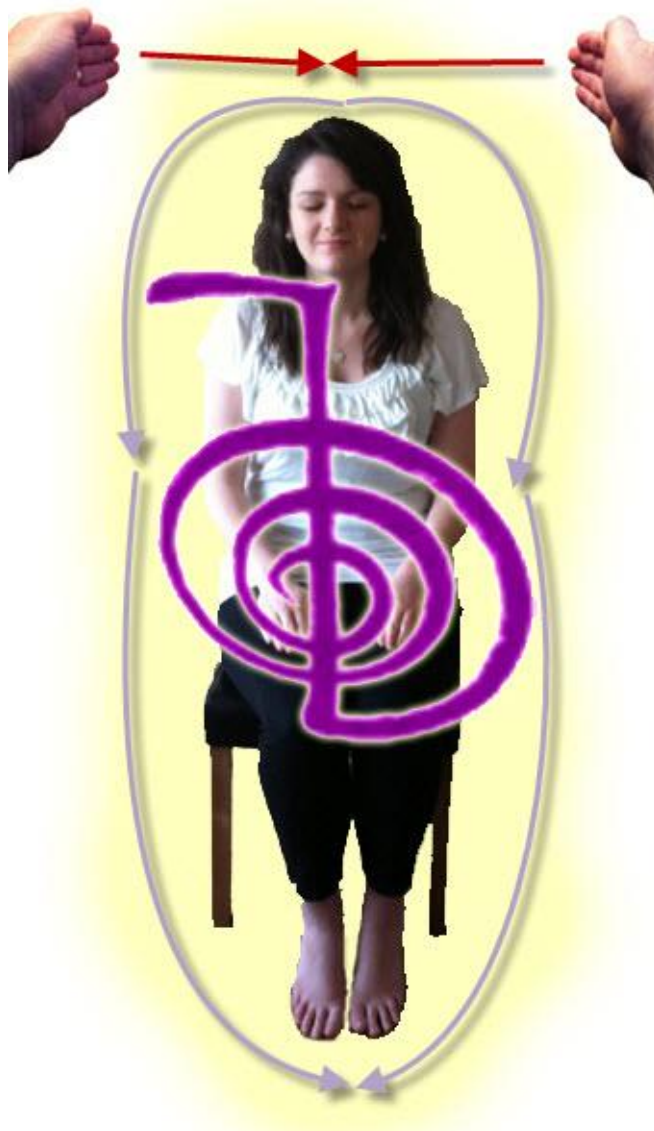




### Step 10 (Standing in Front of the Reiki Student)

- Now take the students hands and move them down so that they are resting on their lap.
- Draw a large CKR over the front of your reiki student's body to ground their energy.
- Now place your hands a few inches above their crown chakra within their aura field. Starting from the Crown chakra run your hands down both sides of their aura field until you reach their feet. Touch the floor with both hands to complete the grounding and break the connection with the reiki student.
- Finally, silently intone a thank you prayer to reiki. (Example: I would like to the Reiki the universal life force, Dr Usui, Dr Hayashi and Madam Takata and all the reiki masters past, present and future for taking part in this attunement ceremony for "insert students name". I ask that the power of wisdom of reiki nurtures and guides "insert students name" from this point forward enabling "insert students name" to move forward as a powerful and confident Reiki Master/Teacher.





- Allow as much time to pass as you intuit then say to the student: "You can now come back to full awareness in your own time whenever you are ready "or" This concludes the third degree attunement."
- At this time you might ask the initiate to talk about the feelings, visions or experiences that he/she had during the attunement. Besides the joyful sharing involved between student and teacher, the verbalisation allows the Initiate to process what has occurred and helps if he/she needs to validate that "the attunement worked".
- If several people are being attuned this sharing can be done after all have been completed. It also helps to instruct the student if they are part of a group being attuned to continue to keep their hands resting on their lap and close their eyes once more and go inside and relax while waiting for the attunements to be completed on their fellow students.

## Lesson 12: Absent or Distant Reiki Attunements



Much has been written about distant attunements in Reiki. In our experience, and more importantly in the experience of the many thousands of reiki students who have completed our reiki home study course and received distant attunements from us has shown that distant attunements are just as effective as attunements received in person during a workshop or therapy session.

Distant attunements are ideal for people who are unable to travel; or attend a workshop, or who have an urgent need to become attuned to and use Reiki for personal healing for example or because they would like to pursue a path in teaching and healing.

Distant Attunements allow reiki to be spread around the world. All distant attunements should be conducted to the highest professional standards with an strong emphasis on attention to personal detail.

We use an attunement booking form on our website to organise the attunements for our own students. However, you could also use others methods like email, phone or in person to setup distant attunements for your own students.

We also attune all of our students to all three levels of reiki at once using the combined Reiki 1, 2 & 3 distant attunement techniques as shown in Lesson 11 of this manual. You can and may choose to offer this service as individual attunements and perform distant reiki 1, 2 & 3 attunements separately.



## **The Benefits of Reiki Distant Attunements**

Just as the sacred Reiki symbols facilitate distant healing; allowing reiki practitioners to treat clients anywhere in the world, it is also possible for a Reiki Master to perform the attunement ceremony to initiate students distantly around the globe as well.

However; it is important to remember, that although distant attunements enable the recipient to practice Reiki, they must also make the commitment to read and assimilate the information provided in our video home study course manuals, reiki store website members area or by attending a workshop to ensure that they are working in accordance with the guidelines set out in the Usui method of healing. It is also vitally important to practice reiki on yourself and others, to gain experience and a better understanding of the energy.

Many people who are dedicated and motivated self starters have become competent Reiki practitioners and master/teachers after remote distant attunements. In fact we have helped over 10,000 Reiki Students around the world achieve their dream of becoming a reiki masters thanks to distant attunements.

One of the great benefits/uses of reiki distant attunements is when a non reiki individual and/or Reiki practitioner suffers a family or close friend wellness emergency and they desperately want to help them but cannot get to that friend or family member due to logistics (they live in another part of the world).

The non-reiki individual or reiki practitioner can contact a reiki master and request that they attune the sick individual to reiki level 1 distantly so that the sick individual can perform self treatments to aid in any medical treatment and/or distant reiki or spiritual healing.

The great thing about reiki is that it requires only minimal training so the sick individual can be given simple instructions on where to place their hands even if it is only on one location to perform a self treatment – Reiki will always go where it is needed.

## **Distant Attunement Preparation Guidelines**

Remote distant attunements and direct transmission of reiki attunements both in person as in the case of a crown to crown attunement with a recipient in the same room and also at a distance when the recipient is in another place (town/city/state/country etc) is an ancient and respected way of transmitting elements of spiritual awakening, wisdom, information or spiritual abilities between teachers and their students.

Distant attunements reinforce the fact that all living things are interconnected and can communicate at a deeper unconscious level. However, it is important to remember and point out that, whether you/your student is attuned via a distant reiki attunement ceremony or in a workshop environment, You/Your Student is responsible for your own practice, study and personal development as a Reiki Practitioner or Master. Make sure you really want to; and are really committed to, the study of this wonderful gift before embarking on a workshop or distant attunement. Your/your students' intention to be attuned and work with reiki is as always the key to success.



If as a master/teacher you decide to provide distant attunements, there are a few things to do to enhance the experience:

- Decide on either or both methods in advance: **direct transmission** and/or a **surrogate/proxy**.
- Agree upon a mutually acceptable day, date and time in advance to perform the distant attunement ceremony.
- If possible the recipient should try to be in a receptive and accepting/eager to receive mental state, although it is not absolutely necessary that the student be paying attention or even be awake to receive the distant reiki attunements.
- Request that the recipient either lies or sits down in a comfortable location. (Please Note: Once the process has begun the recipient can get up and move around during the attunement or even leave the area and still receive the full attunement).
- However; most people will enjoy the experience more if they set aside the time, and find a quiet place to receive the attunement, in a meditative receptive state with their eyes closed, hands resting on their lap palm facing upwards or held in a praying hands position.
- Point out to the recipient that receiving the distant reiki attunement is only part of the process. They must commit enough study time and practice to learn and master the techniques on their own. Reiki is an intuitive practice but studying the material thoroughly gives intuition a starting point.
- Recommend that the recipient listens to a piece of deeply relaxing music, like heartbeat or the reiki chant.

The most common challenge of remote distant attunements is helping the recipient understand that we all experience Reiki in different ways. Just like an in person reiki healing session, everyone will experience the distant attunement ceremony differently. Some of the most common experiences are as follows:

- The Recipient will feel heat or cold or sense a wave of overwhelming love.
- The Recipient will see colours, images or symbols
- The Recipient will sense other people or energy around them whether profound or as a subtle feeling on peace.
- The Recipient will hear sounds or voices.
- The Recipient will become emotional or deeply moved.
- The Recipient will see or sense past lives or past masters like Dr Usui
- The Recipient will see or sense their spiritual guides or love ones that have passed over.

It is important to remember that firstly there is no right or wrong way to experience the attunements and secondly that this is just the beginning of your journey/your path with reiki and not everyone will experience dramatic effects and some may even have difficulty sensing the subtle yet profound power of reiki during the attunement ceremony. For the best results and experience during any attunement ceremony you/your student should have the right intention to be connected to the universal life force and just be relaxed, open and let it happen – enjoy and live in that moment.

There are a number of ways of performing a reiki distant attunement including:





## The Direct Intention Method

The direct intention method involves you connecting energetically with the recipient as though connected by cords of healing white light and facilitates/allows the attunement to run across that direct connection.

We would normally recommend the direct intention method if you are in the same room/area as the recipient.

An example of this could be in the case of a very sick person in hospital. You may visit them and it is not practical to attune them while they are lying ill in a hospital bed, but you would like to be able to help them by giving the gift of reiki so they can consciously or unconsciously work with reiki by conducting self treatments.

So in this example you could use the crown to crown direct intention method and attune them to reiki 1 and intend that they have the ability to perform self treatments each time they place their hands on their body or think about reiki healing and getting better.





## The Direct Intention Using a Surrogate Method

You can combine the direct intention method with the use of a proxy/surrogate (teddy bear, your legs etc) and give the attunement in person to the proxy while intending that it go simultaneously to the recipient. Please refer back to the Reiki 2 Manual or Reiki 2 Video Lessons for more information on how to use a surrogate/proxy.



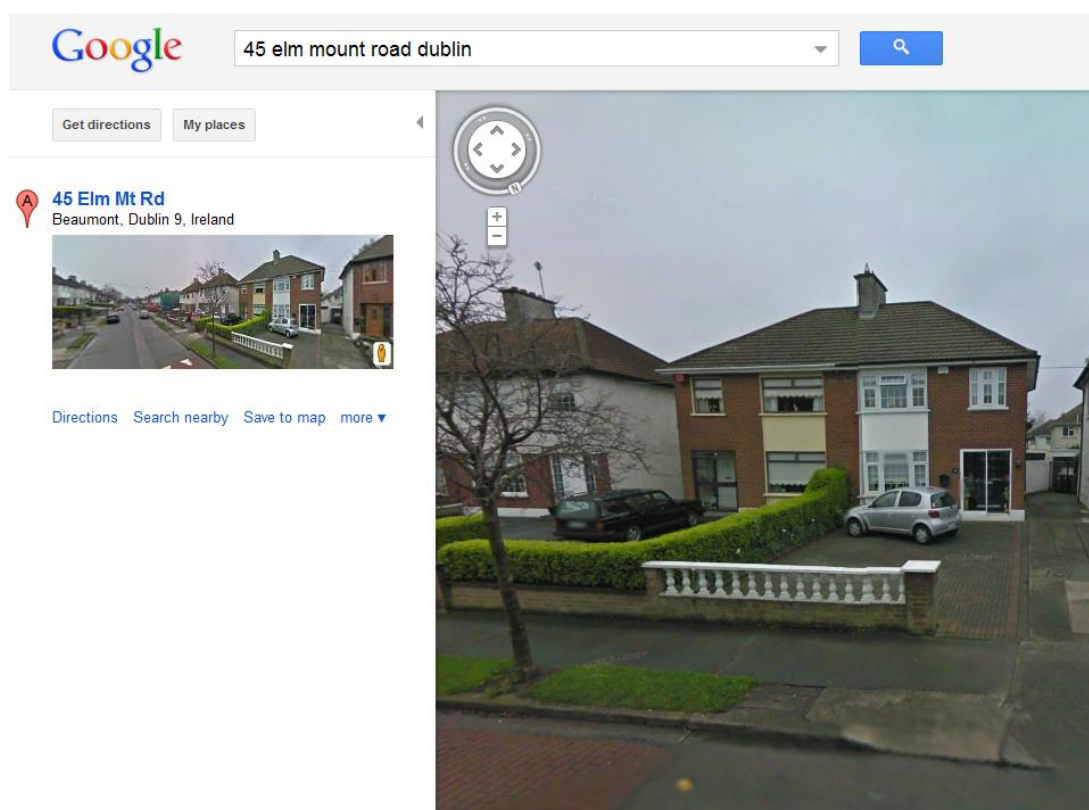
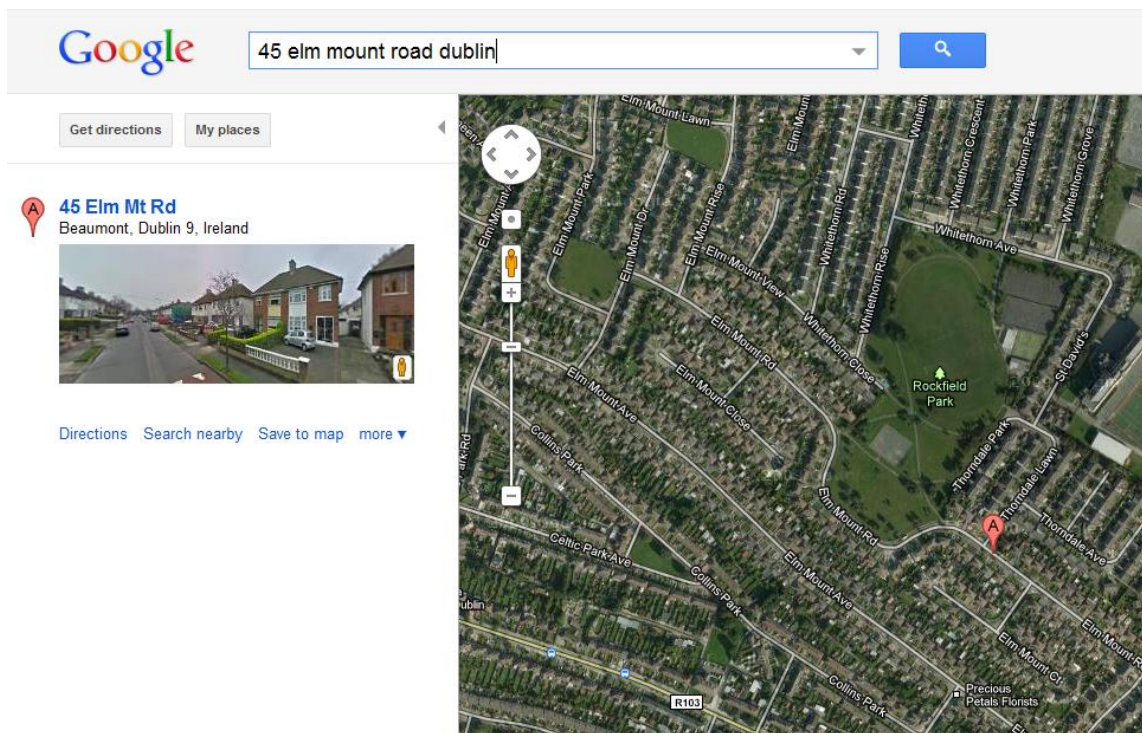
Thanks to technology we can now use tools like Google maps to help us even more to visualise the connection to the distant reiki recipient.

## An Example of How to Connect to Perform a Distant Attunement

- We as the Reiki Master who will perform the distant attunement are based Hertfordshire UK
- Our Student/Recipient of the distant attunements lives in the Dublin Ireland.



- We can login to Google maps and just visualise our journey/flight across time and space to reach the recipients house in the Dublin area in general as shown above or we could be even more specific and type in the address of the recipient and use where available Google street view to help us visualise the exact location of the recipient so we can create an even stronger connection for the attunement.



- Now we can see the exact location where the reiki student will be during the distant attunement ceremony, we can imagine ourselves leaving our own location and travelling across time and space to be in the same location/room with the reiki student.
- Another method would be to just ask the power and wisdom of Reiki to allow and guide you to connect with the recipient across time and space. Imagine Reiki setting up the connection and transporting you to the recipients home so you are in the room with them. You could then ask Reiki once the attunement is completed to transport you back home to your current location and break the connection.

## How the Recipient Should Prepare for the Attunement Ceremony

There are a few things the recipient should do in order to prepare for the distant attunement ceremony that will help to enhance their experience. You should provide guidance to your students so they are ready and open to receive the distant attunements.

The Recipient/Students should prepare for the distant attunements as follows:

- The Recipient should have agreed and booked a day, date and time which is convenient for them when they will be able to take at least 30 minutes to sit down in a comfortable chair and relax without being disturbed. They should unplug their phone, turn off their mobile and switch off any other devices that may spoil the moment/ceremony.
- The Recipient should ensure that the temperature of the room that they have selected to use for the distant attunement ceremony is comfortably warm, so they can completely relax.
- The Recipient could also burn candles or incense sticks to help clear the room of any negative energy and help set the right mood/ambience.
- The Recipient should if available and desirable play appropriate relaxing music during the attunement ceremony. They should choose a piece of music that is at least 30 minutes long or play the music on a device that will allow the music to repeat continuously. The recipient should choose a piece of music that either means a lot to them or they find relaxing. We recommend using The Reiki Chant or Heartbeat which is included with this reiki master home study course.
- The Recipient should wear loose fitting clothing and remove all jewellery if possible (remove belts and any articles of clothing that may be restrictive or uncomfortable).
- The Recipient should try to avoid junk food, stimulants and alcohol for at least 24 hours prior to the attunement ceremony. Junk food and alcohol can steal vital energy and make the recipient feel tired and low and spoil the reiki attunement experience.
- The Recipient should approach the ceremony with an open mind. It is really important that the Recipient's intention to receive the attunements is clear and true. The Recipient should check their scepticism at the door and be fully open and willing to receive the attunements. Reiki is 100% natural and safe. The Recipient should just relax, let go and enjoy the experience.





- **IMPORTANT NOTE:** The recipient **DOES NOT** need to be connected to a PC or Laptop and they **DO NOT** need to be near a phone. The attunements are sent using the intention and surrogate method and the reiki symbols as detailed in our reiki home study course. They just need to be relaxed and open to receive the attunements.
- The Recipient should aim to be sat down, prepared and ready at least five minutes prior to the agreed time of the distant attunement ceremony.
- The Recipient should have their eyes closed, they should be focussed on their breathing, become aware of the music and silently intone a small prayer stating for example “I (INSERT YOUR NAME), ask the universal life force to connect me with my Reiki Master and participate in this sacred attunement ceremony. I am ready, open and willing to accept the Reiki Attunements”.
- At the end of the attunement ceremony, the Recipient should take whatever time they need to come back to full awareness and then wash their hands in cold running water as well as drinking a glass of cold water to ground themselves and break the connection to the Reiki Master performing the distant attunements.

## How to Perform the Reiki Distant Attunements

- Step 1: Agree the Day, Date and Time with the recipient for the attunement ceremony.
- Step 2: Decide on the method of connection. Print out an image of the recipient’s home or location if required from Google Maps.
- Step 3: Decide on the Direct Intention and Surrogate method you will be using during the attunement ceremony. We find a printed image/photo of the recipient is really useful, so ask the recipient to email a photo of themselves to you to use during the attunement. (Please Note: Although we like to use a photo of the recipient during the distant attunement ceremony is not essential).
- Step 4: Be ready at least 5 minutes before the agreed time with the reiki chant or heartbeat music playing in the background. Take a few moments to connect with the reiki energy and draw in the energy/symbols you will be working with during the distant attunement ceremony.
- Step 5: Silently intone a short prayer. (Example: “I call upon Reiki, the Universal Life Force, all the Reiki Masters past, present and future (remember Reiki is not bound by time or space) especially Dr Usui, Dr Hayashi and Madam Takata to draw close and participate in this sacred distant attunement ceremony for (insert students name). I ask that the power and wisdom of Reiki set up this connection now and guides and assists me by allowing our energies to connect across time and space so I may pass on the gift of Reiki through the attunement of (insert students’ name) to Usui Reiki Level 1, 2 and 3. I ask that this ceremony is an uplifting and inspiring experience for (insert students’ name) so that (insert students’ name) can move forward now from this point as a confident and powerful Reiki Master/Teacher.



- Step 6: Now as you look down at the surrogate/proxy imagine/visualise being connected and transported across time and space so you are in the room with your student/recipient.
- Depending on which level of attunement you are performing imagine or visualise yourself now in front of the recipient and go through the entire process in your mind or by the physical actions on the surrogate/proxy using the techniques detailed in Lesson 8, 9, 10 or 11.
- At the end of the attunement ceremony, you should ask the power and wisdom of reiki to sever the connection between you and the student/recipient and ask reiki to return you to your current location.
- Conclude the ceremony with a short thank you prayer and finally wash your hands in cold running water as well as drinking a glass of cold water to ground yourself and completely break the connection between yourself and the recipient/student.



The only journey is the journey within. - Rainer Maria Rilke



## Lesson 13 – More Advanced Reiki Techniques

### Psychic Surgery

We all have dormant abilities inside ourselves waiting to be used. The ability to heal ourselves and each other is one of these abilities. It is a simple matter of claiming your power and developing the skill to use it. Psychic surgery is a tool that allows you to take charge of your inner power and use it to heal.

The main reason people are not in optimum health is because they attract or create blocks to the flow of life force energy within themselves. These blocks are usually made of ideas, beliefs and emotions that are opposed to the person's maximum well being. They are usually created because of misunderstandings about how to get ones needs met in a healthy way. Blocks to life force energy usually take on a particular shape and lodge themselves in or around the organs of the body or in the charkas or aura. These negative energy blockages can cause health problems as well as other difficulties in life. Once they are removed, the life force energy returns to its normal healthy flow and the persons health is restored.

Psychic surgery can be used to release these negative energy blockages. The process can assist in the healing of any problem or difficulty including emotional difficulties, relationship problems, addictions, spiritual problems as well as physical health problems. It must be kept in mind that if the person has a physical or psychological problem, it is important for you to advise them to see a relevant health care provider and let them know that you will work in conjunction with regular medical or psychological care.

Psychic surgery can be done as part of a reiki session on others and it can also be done by you on yourself.

### Part One

The first step is to give the cause of the problem an identity. This will allow the client and practitioner to focus directly on the cause and release it. Giving the problem an identity can be very healing in itself as it allows one to bring the cause into awareness where it can be dealt with. This involves finding the location of a block and deciding what it looks like.

Ask the client to think about the issue that they would like to have healed. Note that it is not necessary for them to tell you what the issue is, just for them to think about it. This can be very helpful for many clients as some issues are so sensitive that the client may not want anyone to know about them.

Ask them to close their eyes and think of the issue. Ask them “if the cause of this problem where to exist in a part of the body, which part would it be in?” This is often easy as the client will feel tension or pain in an area of the body whenever they think of the issue. If they have difficulty in choosing an area, just ask the client to guess and reassure them that there is no wrong answer.





Ask them to imagine they are looking into the area they have chosen and ask them: “If the cause of this problem had a shape, what shape would it have?” The shape to be looked for is the shape of the negative energy that is causing or represents the problem. This could be any shape at all; whatever shape they choose is fine. If a physical organ is what needs healing, the cause will not look like the organ but will be a shape attached to the organ; a shape close to the organ or it may be elsewhere in the body or even the aura. There is sometimes more than one location and if this is the case, it is important to work with the most important location first and then deal with the other locations one at a time if they are still present after the initial treatment.

Then ask them, “If this shape had a colour or colours what would they be?” Then ask about its surface, about the texture, how heavy it would be, if it made a sound, what sound it would make or what it would say if it had a voice. Remember that any answer is ok and they don’t have to be able to answer all of them.

After they answer some or all of your questions, the cause will now have a non-verbal identity that the client will be consciously aware of. This gives the client something to focus on and allows you to monitor their progress with each healing session.

Ask the client if they are willing to completely let go of the cause and be healed now. Tell the client that you are going to send the problem up to a higher power. Ask them to focus on the shape and concentrate on letting it go. Also ask them to acknowledge and be willing to learn any lessons or receive any information necessary for the healing to take place.

## The Process

The client may be seated or laying on a reiki table. Move behind the client and draw the power symbol on the palms of both your hands and activate it by saying its name three times and either clapping your hands together or tapping each palm with the index and middle finger of the other hand three times. Draw a large power symbol down the front of the clients’ body and activate the symbol by intoning the name of the symbol three times. Now draw a power symbol on each of your clients’ charkas to empower them, activating each of them by once again intoning the name of the symbol three times.

Now extend your reiki fingers which will be used in the psychic reiki surgery. This is done by grabbing hold of the fingers and thumb on your dominant hand with the other non dominant hand and imagining that they are made of toffee. Stretch them to about 12” to 18” or so. Breathe in as you do this several times. Then draw and activate the power symbol on each of the extended fingers and as you tap them affirm that they are extended and have substance. Do this with both hands. Move your hands around and imagine you can feel these extended fingers and the power they contain.

Psychic surgery is done with your full focus and intention, It is much like a martial art and done with your entire being, using your physical, emotional, mental and spiritual selves. It is done with complete confidence in your ability, knowing that reiki is all powerful and you will succeed. Say a prayer to yourself and ask that the healing take place within divine love and wisdom so that the highest good is created for all concerned.

Ask the client to focus on the location of the blockage and be willing to let it go and be healed. Draw a power symbol over the area where the block is located.



Now with the full strength of your being imagine reaching inside the body of the client and grab the negative energy with your extended fingers, pulling it out and releasing it to the ground to dissipate and disappear into the earth. Use your intuition to guide you as to the way that you pull it out. Breathe in as you pull and out as you release.

Repeat this process as many times as you feel is necessary and feel for any change in the area. Allow yourself to be guided and try different techniques as you progress.

The client may notice and be able to tell you of any changes that they observe during or after the process. Check back with the client and asks them to describe the shape now. Often the shape will change, reduce in size or go altogether.

Heal the area then with Reiki to fill the location with light, step back and make a movement similar to a karate chop to sever the connection between you and the client.

Also retract you extended fingers by pushing them back in to their normal size whilst making a blowing sound. You can follow this with a full hands on Reiki treatment if you have time.

If there is any resistance and you find that despite your best attempts the shape has not changed then it may be that the block has a lesson connected to it that must be communicated to the client before it can be released.

Draw the mental/emotional symbol over the area and treat with Reiki until it becomes apparent what needs to be done by the client before healing of that issue can occur. This technique works. It is powerful and is easily learned by anyone willing to take the time to try it.

All of our problems are within our ability to solve and it is important to realise that there is always a higher purpose for everything in our lives.

What we consider a problem may actually be an opportunity to learn and grow. Using inner guidance and developing new techniques which allow us to tap more deeply into our innate healing abilities is an important part of our growth process as spiritual healers.

## **Reiju Self-Empowerment**

- Clear intent is in order, as well as openness of your heart.
- Raise hands to connect to the source of Reiki just like you do it in Hatsu Rei Ho.
- Energy from above will flow gently down your hands into your Hara or Tantien (Navel).
- Slowly lower your hands all the way down to the Tantien.
- At the same time keep intending that as you do this pure energy is flooding your body through Sahasrara (Crown) into Tantien.
- Try to synchronise the movement and energy flow. Finish this movement by placing both hands over your Tantien.
- Open yourself up a bit more and know that by entering the Tantien, energy has got you.
- Do away with thoughts and just open your bodies to pure light, which Reiki in fact is.
- Don't move on until you perceive close and intimate connection with the Source of the energy and with the energy itself also.
- At this point various energy side effects may manifest: hot hands, heat in Tantien etc.



- Do not be fooled by these effects.
- Just recognize them and let them be!
- Movement outlined above is done only once. Then move on by performing the following:
- Move your hands away from your Tantien and place them in the “connection position” again.
- Bring your hands slowly out to the sides, as you did before, and at the same time keep imagining that as you do so, the energy is expanding and engulfing your own self.
- Place your hands again to your Tantien point as before.
- Repeat these three movements three more times, each time finishing by placing your hands in front of your Tantien.

## Giving Reiju

Your clear intent, opening to the energy. This is, logically, done only at the start of Reiju procedure.

### Individual Empowerments

The recipient should sit on a chair, relaxed, holding their hands in the Namaste (prayer) position and with their eyes closed. Here’s how you should perform it:

- Touch the recipient’s shoulder to indicate that the Reiju begins.
- Look to the skies and move your hands high up above you and feel energy coming down into your hands from Reiki source.
- Focus your intent and continuously move your hands down in front of the recipient, visualising a thread of energy which enters the crown, and flows down through the body to the base of the spine (muladhara chakra).
- At the same time produce a clear and strong intent that energy thread opens each and every energy centre, chakra as it moves along the spine. Your hands are now at recipient’s knees.
- With firm intent, ground the energy by visualizing it flowing to the ground. Touch the ground as you visualize it entering the floor.
- You will be flooding specific areas by holding your hands in certain positions.
- Relax and produce clear intent for energy to flow to these areas.
- You will be keeping your hands in each position for at least 15 seconds.

### Sahasrara chakra (crown):

- Stand up place your hands one over another, above the student’s head.
- Intent energy to flow through the path from your first visualization, along the spine cord.
- Let crown chakra be flooded with pure light from the Reiki source.
- Then just open up and let go, let energy flow.

### Temples:

- Now move your hands to both sides of the student’s head, at the height of the eyes.
- Flood temples with energy.



### Ajna chakra: (Third Eye)

- Now move your hands to the front of the student's face and form a triangle with your index finger and thumb tips, with the rest of the fingers held together.
- Place the centre of thus formed triangle in front of the student's 6th chakra. This chakra is most important of them all. Intent and let energy flow strong and deep.

### Vishudi chakra: (Throat)

- When done with 6th, move your hands in front of and behind of, the throat, thus setting them to flood 5th chakra. This chakra represents our mental capacities, also very important chakra.
- Now let energy flood this area of student's etheric body.

### Anahata chakra (Heart):

- Now move your hands behind and in front of, the heart area, and intent pure light to flow to the heart chakra.

### Hands:

- Forming a triangle with your hands, now move them down and around the student's hands, without touching their hands.
- Intent pure light to flow through the students hands all the way to arms and shoulders, thus balancing the energies in his/hers bodies.
- Let energy flow through formed triangle.
- Now proceed and move your hands down towards the knees.
- At this point, smoothly separate formed triangle and, with your palms facing down, perform grounding as you did earlier.

### Conclude Reiju:

- You will end Reiju by intending or sending energy back to where it came from, along the path you have opened earlier.
- That's the main difference between western attunement and Reiju.
- Quickly move your hands up, pointing (more visualising) at the energy route from Tantien to the sky, thus firmly connecting students "Life centre" or Tantien with the source of energy called Reiki.
- Complete by returning hands to Namaste (prayer position).



## Distant Reiju

If you are a Reiki Master and do a lot of distant work, then you already know that physical distance does not matter in the practice of Reiki. Just like distant healing, Reiju can also be sent through time and space.

To send Reiju to someone that is not in the same room as you are, just produce firm intent and follow the procedure outlined above using visualisation. That's it. It works.

This is good to send to a student of yours as a top up if they feel a bit down during 21 day healing crisis. Sometimes they may report a loss of energy and sending Reiju distantly can have an uplifting affect on them.



Before healing others, heal yourself ~ Anon

