

Reiki Level Two Manual – 2nd Degree Reiki Master

By Karen Frazier

© 2016 Karen Frazier, all rights reserved. No portion of this manual can be reproduced or distributed without the express written consent of the author.

Introduction

Welcome to Reiki Level Two, 2nd Degree Reiki Practitioner. With this course and attunement, you will deepen your Reiki practice, strengthen your abilities, and learn Reiki techniques for sending this healing energy across time and space. Pre-requisites for Reiki Level Two include the Reiki Level I course and attunement. Additionally, for best results you should have passed at least your 28 days of self-Reiki sessions, along with providing reiki to friends, family, and pets. As you share your reiki with others, you also strengthen your own abilities, heighten your intuition, and heal yourself.

With Reiki Level One, you likely learned the self-healing hand positions, as well as hand placements for sharing reiki with others. In Reiki Level Two, I encourage you to branch out and seek your intuition for providing energy. This includes the practice of listening to your intuition to guide where you place your hands in hands-on Reiki, as well as providing Reiki to send healing energy to people, places, situations, and objects across space and time.

By now, you've probably discovered that Reiki energy exists everywhere, in all things. The Reiki attunements help you to connect to this energy for use in your own personal and healing practices. Your second level attunement will provide you with greater access to Reiki energy and also attune you to three important Reiki symbols, which you can use in specific circumstances, as well as to send Reiki energy across space and time.

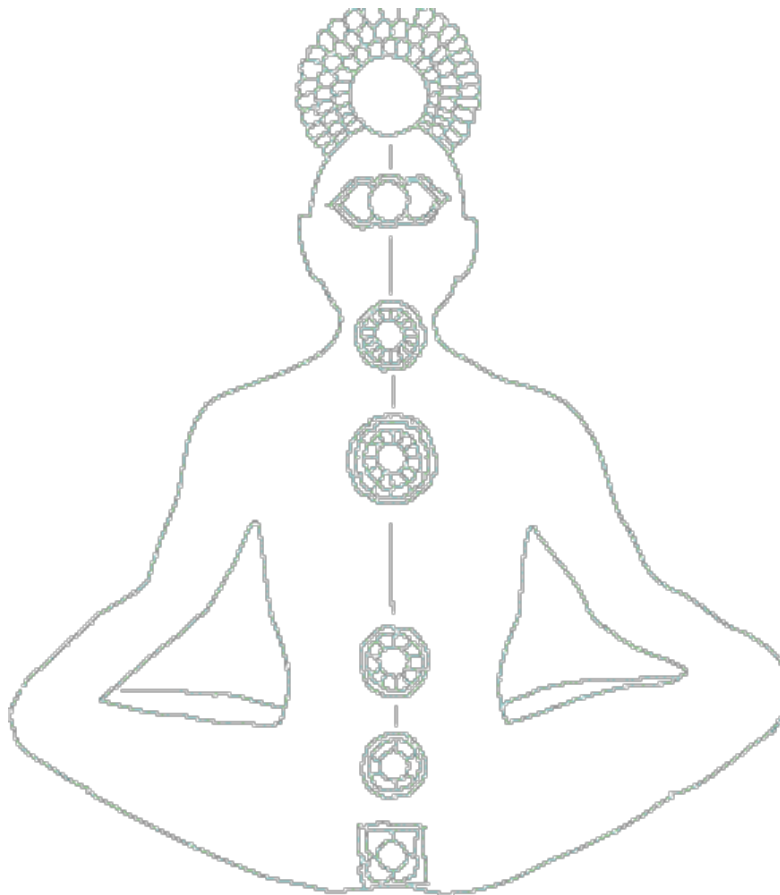
Additionally, as part of my Reiki Level Two teachings, I provide additional information about chakras, which are your body's energy centers. This knowledge and understanding can help you as you deepen your practice, giving you a greater understanding of the body's energetic needs for healing.

The Chakras

Every living being has physical energy centers in their body called chakras. These are spinning wheels of energy that run down the center of the body, connecting your physical you with the energy of the universe.

There are seven basic chakras (which roughly correspond to 10 energy centers called sefirot in Kabbalah) in the human body. Each of these energy centers corresponds with a certain frequency, a certain color, and various physical, emotional, and spiritual issues.

Your chakras need to be balanced in order for your energy to flow freely. Chakras that are either overactive, underactive, or even blocked can lead to a host of mental, emotional, and physical issues.



Each of your chakras is associated with a specific color, a sound (or musical note), and a frequency. Likewise, each chakra controls energy flow to different parts of the body, so each may be associated with certain spiritual, physical, mental, or emotional issues. The following pages offer a brief outline of your chakra system.



1st Chakra - Base, Root or Muladhara

Color: Red

Mantra: Lam

Note: C or C#

Frequency: 396 Hz

Emotional/Spiritual

- Truth – we are all one
- Safety
- Security and protection
- Grounding
- Connection
- Oneness
- Family loyalty and trust
- Place in family
- Standing up for oneself
- Loyalty
- Abandonment

Physical Associations

- Organs
- Lower back
- Base of spine
- Feet
- Legs
- Bones
- Bowels
- Immunity

Possible Ailments

- Depression
- OCD
- Low back pain
- Sciatica
- Varicose veins
- Immune system disorders



2nd Chakra – Sacral, Spleen, or Svadisthana

Color: Orange

Mantra: Vam

Note: D or D#

Frequency: 417 Hz

Emotional/Spiritual

- Personal power
- Creativity
- Sexuality
- Finance/prosperity
- Relationships
- Control
- Addiction

Physical Associations

- Large intestine
- Bladder
- Appendix
- Hips
- Pelvis
- Lumbar vertebra
- Reproductive organs
- Prostate

Possible Ailments

- Lumbar pain
- Urinary tract infections
- IBS
- Low or high sex drive
- Reproductive issues
- Prostate issues
- Fibroids
- Hip pain



3rd Chakra – Solar Plexus, Navel, or Manipura

Color: Yellow/Gold

Mantra: Ram

Note: E

Frequency: 528 Hz

Emotional/Spiritual

- Self esteem
- Personality
- Sense of self separate from tribal identity
- Belonging
- Group safety/security
- Social rules
- Law and order
- Tribal honor
- Function within a group

Physical Associations

- Gallbladder
- Stomach
- Intestines
- Liver
- Pancreas
- Adrenals
- Kidney
- Thoracic spine

Possible Ailments

- Kidney disease
- Pancreatitis
- Indigestion
- Gastroenteritis
- Liver disease
- Diabetes
- Hepatitis
- Adrenal insufficiency
- Eating disorders
- Mid-back pain



4th Chakra – Heart or Anahata

Color: Green

Mantra: Yam

Note: F or F#

Frequency: 639 Hz

Emotional/Spiritual

- Bridge between body and spirit
- Love
- Balance
- Strength
- Health
- Anger
- Grief
- Bitterness
- Forgiveness
- Fear of loneliness
- Self-centeredness

Physical Associations

- Heart
- Lungs
- Blood vessels
- Thymus glands
- Shoulders
- Arms and hands
- Breasts
- Ribs

Possible Ailments

- Heart disease
- Vascular disease
- Pulmonary disease
- Asthma
- Allergies
- Heart failure
- Breast cancer
- Upper back pain



5th Chakra – Throat or Vishuddha

Color: Blue

Mantra: Ham

Note: G or G#

Frequency: 741 Hz

Emotional/Spiritual

- Integrity
- Truth
- Speaking out
- Creative expression
- Self-expression
- Surrender to Divine will
- Following your dream
- Self-expression

Physical Associations

- Throat
- Thyroid
- Teeth
- Mouth
- Neck
- Esophagus
- Hypothalamus
- Jaw

Possible Ailments

- Thyroid disease
- Sore throat
- Dental problems
- Neck and jaw pain
- TMJ
- Gum disease
- Laryngitis



6th Chakra – Third Eye, Pineal, or Ajna

Color: Indigo/Violet

Mantra: Aum

Note: A or A#

Frequency: 852 Hz

Emotional/Spiritual

- Intuition
- Reasoning
- Intellect
- Psychic ability
- Mental health
- Evaluating beliefs
- Evaluating attitudes
- Open-mindedness
- Emotional intelligence
- Learning from experience

Physical Associations

- Eyes
- Ears
- Brain
- Pituitary gland
- Pineal gland
- Nerves

Possible Ailments

- Headaches
- Brain tumors
- Eye problems
- Hearing problems
- Neurological disorders
- Stroke



7th Chakra – Crown or Sahasrara

Color: White or Violet

Mantra: None - silence

Note: B

Frequency: 963 Hz

Emotional/Spiritual

- Connection to spirit
- Divinity
- Universal trust
- Ethics & values
- Selflessness
- Compassion
- Walking a spiritual path
- Communication with higher self
- Communication with higher beings
- Understanding of our greater nature
- Spirituality

Physical Associations

- Skin
- Skeletal system
- Muscular system

Possible Ailments

- Skin problems
- Rashes
- Muscular disorders
- Exhaustion

Working with the Chakras

It is important to learn the chakra system, because scanning the chakras can provide you with a host of information about where it might be best to apply Reiki energy, as well as some of the physical, mental, spiritual, or emotional issues that may arise as a result of either overactive or underactive energy in those areas. Using Reiki can help balance chakra energy, reducing energy in overactive areas and increasing it in underactive places. This helps to rebalance the entire system, bringing more balance and healing to your subject.

Using Reiki with Other Energy Healing Modalities for Chakra Healing

You can also strengthen your Reiki energy and practice by using other energy healing modalities when you perform Reiki. For example, you can use sound via the use of tuning forks, singing bowls, or solfeggio to help balance a chakra to which you are applying Reiki. Likewise, if you work with healing crystals, selecting a crystal that is the same color as the chakra can help balance the energy of that chakra as you supply reiki.

Reiki Level Two Practices

In Reiki Level One, you learned about the practice of daily self-healing, as well as about meditating on the five Reiki principles, which include:

- Just for today, I will not anger.
- Just for today, I will not worry.
- Just for today, I will work with truth and integrity.
- Just for today, I will be grateful for my many blessings.
- Just for today, I will be kind to all living creatures.

These are important practices to continue, regardless of whether you are a Reiki Level One practitioner or a Reiki Master/Teacher. These practices help to keep you in a space where Reiki energy flows clearly, purely, and freely.

In Reiki Level Two, we will add additional practices based on the Three Pillars of Reiki, as taught by Dr. Usui, Dr. Hasayshi, and Madame Tanaka.

The First Pillar - Gassho

Gassho (pronounced Gash-Show) is a meditative Reiki practice that means “two hands coming together.” If you took your Reiki Level One from me, we covered it briefly there, as well.

In Gassho, you place your hands together in a prayer position in front of you with your middle fingers gently pressed together. Dr. Usui taught that Gassho should be a daily meditative practice, where you hold your hands in the prayer position and maintain focus on the tips of your middle finger. When your attention wanders, gently bring it back to your middle fingers. Gassho is an excellent way to begin a Reiki session.

The Second Pillar of Reiki – Reiji-Ho (Ray-Gee-Hoe)

Reiji-Ho is the second pillar of Reiki, and it means methods of indication of Reiki power. It is a series of rituals that can help strengthen your practice. These methods utilize then Reiki symbols, which you will learn as part of your Reiki practice.

You may choose to perform Reiji-Ho as part of your Reiki healing sessions.

1. Stand at your client's feet with your hands in Gassho and your eyes closed.
2. Mentally draw the symbol Hon Sha Ze Sho Nen (HSZN) and ask for the Reiki energy to flow.
3. Do this three times.
4. Now mentally draw the symbol Sei He Ki three times, saying its name three times.
5. Draw the symbol Cho Ku Rei and say its name three times to keep the intention flowing.
6. Ask Reiki energy to balance your subject.

7. Keeping your hands in Gassho, move them to your third eye and ask them to guide you to where energy is needed.
8. Now, without any personal agenda or desires, allow this to guide your hands.

The Third Pillar – Chiryō (Chi-Rye-Oh)

Chiryō means “treatment.” In Reiki practice, it involves holding your hands over the crown chakra until you are guided to move. Once you receive that guidance, you may move your hands to the desired position for three to five minutes, or until you are guided to move once again.

1. Hold your hands where you are guided for three to five minutes, or until you feel intuitively guided to move.
2. Return to your subject’s crown chakra. Ask to be guided again, and move when your intuition tells you to place your hands.
3. Continue this until you are guided that the session is complete.
4. Finish the session with your hands in Gassho, silently thanking Reiki, your subject, Dr. Usui, Madam Tanaka, and Dr. Hayashi before closing the session.

Therefore, you can use the three pillars or Reiki in every session. They help you set intention and receive guidance as to where to move your hands, allowing you to provide treatment. You can do this in place of the hands-on positions you learned in level one, knowing that Reiki energy is intelligent and will flow where it is needed, regardless of where you place your hands. Of course, you are also welcome to continue use of the hand positions if you are more comfortable with this method.

Joshin-Koykyuu-Ho (Breath)

Breathing can facilitate spiritual cleansing and help you center and focus. Dr. Usui taught a breathing technique called Joshin-Koykyuu (Josh-Shen Koi-Koo), which means “breathing to cleanse the spirit.” It is a technique you can use daily, or before and after a Reiki session.

1. Sit comfortably and focus on your breath.
2. Inhale and imagine you are breathing in Reiki with the air.
3. At the same time, visualize Reiki energy entering your crown chakra and moving throughout your body.

Dan Tian Breathing

Another breathing technique focuses on the Dan Tian (Don-Tee-En), which is your center of energy. Your Dan Tian is located just beneath your navel. To focus on this technique:

1. Sit comfortably and place your hands on your Dan Tian.
2. Breathe in through your nose, and then breathe out, exhaling all the air from your lungs.

3. Breathe in deeply, visualizing drawing the air and energy into your Dan Tian and feeling your stomach expand beneath your hands.
4. Now, imagine the energy expanding from your Dan Tian throughout your entire body.
5. Once you feel the energy has filled you, exhale through your mouth, visualizing the energy from your Dan Tian beaming out of your mouth, hands, and feet.

Your Reiki Level Two Attunement

Your second degree attunement will attune you to three Reiki symbols, so you can invoke their power. As with other Reiki attunements, your attunement is good for life.

Once you have been attuned to the symbols, you will be able to use them to deepen your Reiki practice. The Reiki symbols can help you:

- Send healing at a distance
- Send healing back or forward in time
- Work with animals in need of Reiki at a safe distance
- Magnify Reiki energy
- Focus Reiki energy
- Send energy to situations
- Send Reiki energy to objects
- Send Reiki energy to multiple people at a time
- Shorten your Reiki sessions
- Use Reiki to clear spaces

These are a few of the many applications of the second degree Reiki attunement and symbols. As with your Level One attunement, you will experience a 21-day cleansing process that may include different symptoms. Care deeply for yourself during this time, and provide daily self-Reiki. You can also begin using your level two capabilities and the Reiki symbols right away.

The Sacred Reiki Symbols

The Reiki symbols unlock the power of Reiki, allowing you to be unlimited in your practice and helping you to strengthen and focus your Reiki energy. Once you have been attuned to the Reiki symbols, you can use them for life. While you will be asked to learn to draw, visualize, and memorize the symbols, what is truly important about them is your intention. The intention behind the symbols can help you amplify your practice.

When using the symbols:

- You can draw the symbols on your hands, visualize them in your minds' eye, or project them.
- Always invoke the name of the symbol three times when you use it to activate the symbol.
- Use your intuition about when to use the symbols outside of the basic instructions given in this manual.

You may see or hear some discussion about keeping the Reiki symbols secret and not allowing anyone to see you draw the symbols. This arises from Madame Takata's insistence that Reiki was an oral tradition. Some practitioners still believe the symbols to be sacred and secret.

Others have no concern about others seeing the symbols. I believe the symbols can be shared, as Reiki is a universal energy. However, attunement to the symbols can only be provided by a Reiki Master.

How to Use the Reiki Symbols

You can use the Reiki symbols many ways to deepen your practice. If you are comfortable doing so, allow your intuition to guide you, or use the suggestions below.

- Mentally project the symbols through your hands during a hands-on Reiki session.
- Visualize or draw a symbol or symbols on the palms of your hands before a session.
- Draw symbol or symbols on or above the body of the person with whom you are working.
- Draw the symbols on the roof of your mouth with your tongue and project it through your hands as you work.
- Draw the symbol in the air and beam it to your hands.
- Visualize the symbol on your hands or on the body of the person with whom you are working.
- Visualize the symbols penetrating every cell of the body of the person with whom you are working.
- Always remember to silently invoke the name of the symbol three times when you are drawing or beaming it to activate it.

Cho Ku Rei (Show-Koo-Ray)



Cho Ku Rei (CKR) is the Reiki power symbol. The meaning of the symbol is “placing all the power of the universe here.” CKR amplifies Reiki energy, and you can also use it to activate all other Reiki symbols.

Literally, Cho Ku Rei has the following meaning:

Cho – To remove illusion in order to see truth

Ku – To penetrate

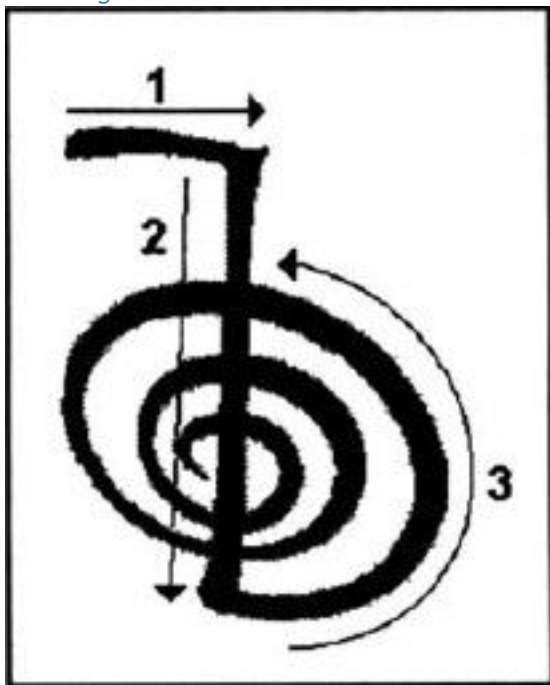
Rei – Universal, present everywhere

You may see CKR written in Chinese as 勅令 or 直靈.

You will find your own uses for CKR, but you can also use it in many situations.

- It allows you to use second-degree Reiki energy by turning it on (without it, it's just first-degree energy).
- It releases or cuts through resistance.
- It activates other symbols.
- It helps you break habits or creations.
- It can help in the dis-creation of disease or negative patterns.
- It stop progressions that don't serve you.
- It changes the energy of a room.
- You can use it for protection.
- It cleanses energy of objects, spaces, situations, and people.
- It balances energies.
- You can energize food or drink with Reiki before you consume it.
- You can energize plants or water given to plants.
- Use it to strengthen affirmations by writing it over a paper on which you've written your affirmations.
- Beam the symbol to methods of transportation (cars, planes, etc.) to provide protection to the vehicle.

Drawing Cho Ku Rei



1. Start by drawing a horizontal line from left to right.
2. From the right end of the horizontal line, draw a long downward line.
3. From that line, draw three and a half concentric circles, decreasing in size, as shown above.

Sei He Ki (Say-Hay-Kee)



Sei He Ki is the emotional healing symbol. It helps with mental and emotional healing, and is particularly good at helping to clear blockages. It also balances both sides of the brain.

Literally, Sei He Ki has the following meaning:

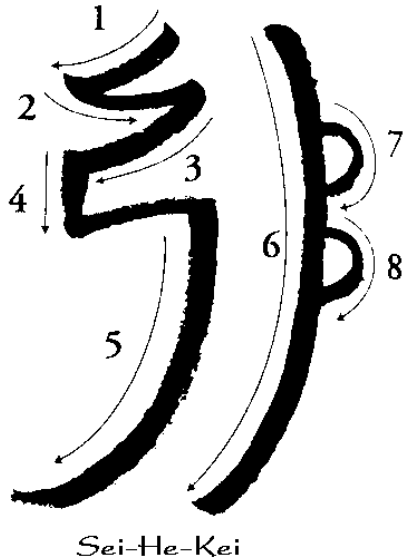
Sei means birth or coming into being
He Ki means balance or equilibrium.

It also means God and Man become one.

You can use SHK in many ways, including:

- Releasing blockages and resistance in the body
- Helping release addictions
- Resolving long-term problems
- Removing obstacles
- Help resolve relationships
- Process negative emotions
- Helps with grieving
- Enhancing affirmation
- Improving memory
- Sparking intuition
- Calming a situation
- Balancing crystals
- Balancing the energy of an environment
- Improving communication
- Sparking creativity
- Finding lost items

Drawing Sei He Ki



1. Draw the first zig-zag line as shown above.
2. Now, draw a long downstroke to the right of the zig-zag.
3. Finish by drawing two semi-circles along the line.

Activating Sei He Ki – The Reiki Sandwich

When you wish to use SHK, you must first activate it by drawing CKR and saying it three times. Many practitioners use the Reiki Sandwich, which is:



As you draw each, remember to silently say the name of each symbol three times.

You don't need to draw the symbols in a row. Rather, you can draw them one on top of the other. This is an excellent way to clear mental blockages, such as:

- Helping with weight loss
- Releasing addictions
- Releasing any emotional or spiritual components of disease

The Reiki sandwich can also help with affirmations or clarity. For example, write your affirmations on a piece of paper. Fold the paper and write the Reiki sandwich over the top. It may also help with finding solutions to problems in a similar manner. Write the problem on the paper, and then cover it with the Reiki sandwich. Allow the solution to come to you.

Hon Sha Ze Sho Nen (On-SHAW-ze-SHOW-nen)

Hon Sha Ze Sho Nen (HSZN) is the Reiki distance healing symbol. It sends Reiki across time and space. To use it, you must use CKR to activate it.

Using HSZN

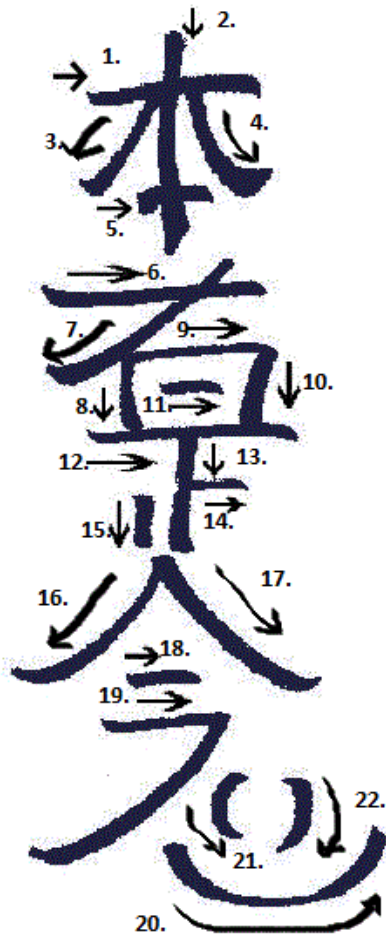
Using HSZN, you can send Reiki energy anywhere, whether it is just across the room or across the country. Likewise, you can channel Reiki to situations or people in the past to facilitate healing, or you can channel it to the future to assist with important events. For example, if you are scheduled for surgery, you can send Reiki to your future self at the time of the surgery to help keep you energetically balanced. Uses for this include:

- Job interviews
- Public speaking
- Important events

You can also channel Reiki across distance/time and set the energy to work for a certain period. For example, if you are performing a distance session on a friend but you aren't available when he or she is, you can set a time for your friend to relax comfortably and await the Reiki. Then, you can perform the distance healing at any time, asking the Reiki to start at the time your friend is relaxing and last for as long as you'd like. An example of this would be that you would use the symbol to set the Reiki to start Tuesday October 5, 2016 at 5 PM and end at 6 PM to your friend John Smith and 1234 Main Street in Portland, Oregon. The distance symbol enables this to happen, and your intention sets the parameters.

I use this technique when I have to leave my dogs for long periods so they can feel calmed by the Reiki energy while I am away. Before I go, I write each of the dogs' names on a piece of paper, draw the Reiki symbols over the top, invoke the intention that the energy will flow to the dogs as they need it during the time I am away, and then I hold the paper in my hands for a few moments to allow the Reiki energy into the paper.

Drawing Hon Sha Ze Sho Nen



HSZN is one of the more complicated symbols to draw, but with practice it comes quickly and naturally. Follow the lines in the image above to draw.

Activating HSZN

Like the other Reiki symbols, you need to activate HSZN with CKR and also intone the names in your head three times. You can use a Reiki sandwich with HSZN as follows:



You can also make a complete Reiki sandwich, using all three symbols, as follows:



Don't forget to say the names silently three times as you draw each symbol.

You can use the full reiki sandwich to:

- Send healing across distance and time
- Work with deep seated issues
- Work with large groups, organizations, situations, countries, etc.
- Balance memories
- Balance past life karmic issues
- Bring together the past, present, and future in a healing way

Reiki Symbols

<http://reikirays.com>

Reiki Symbol	Meaning	How to use the symbol	Example Uses
 <p>Cho Ku Rei (Reiki Power Symbol)</p>	<p><i>"Placing all the powers of the universe here"</i></p>	<p>Used primarily to boost the Reiki power, to connect with Reiki energy at the start of a session, and to seal the energy at the end of a treatment.</p> <p>Some practitioners use it on their own palms and chakras before treating others, to help clear the channels and empower their hands.</p> <p>Using the power symbol over the client's crown chakra helps create positive energy around them.</p>	<p>Empower other Reiki symbols Helps in spot treatment Clears negative energies Provide protection Makes meals healthier and more nutritious Increase effectiveness and reduce side effects of medication Improve relationships Prevent misfortunes Activate the law of attraction</p>
 <p>Sei He Ki (Reiki Emotional / Mental Healing Symbol)</p>	<p><i>"The earth and sky meet"</i> or <i>"God and Man become one."</i></p>	<p>Different practitioners use this symbol in different ways. As an example, the practitioner draws the Cho Ku Rei (the power symbol) to create a connection with the Reiki energy source.</p> <p>Sei He Ki is then drawn over the troubled area where the Reiki energies are required.</p> <p>The energies are sealed by drawing the power symbol again. This sustains the effect of Sei He Ki for a longer time.</p>	<p>Improve memory power Get rid of bad habits Improve relationships Empowers your affirmations Personal bodyguard Dissipates headaches Helps to find lost objects Teaches us about the synchronization or harmony of things in nature Gain more positive outlook of life and stay happy</p>
 <p>Hon Sha Ze Sho Nen (Reiki Distance Healing Symbol)</p>	<p><i>"Having no present, past or future"</i></p>	<p>There are many ways to send Reiki. A lot of practitioners learn one technique, which they then tweak and personalize it to suite their style. The steps below describe one such technique:</p> <ol style="list-style-type: none"> 1: Activate the power symbol. 2: Write the name of the recipient or the situation you are sending energy to on a piece of paper and hold the paper in between your hands. 3: Draw Hon Sha Ze Sho Nen in the air above the paper and repeat its name three times. 4: Repeat the name of the recipient or the situation. Draw the power symbol. 5: Allow Reiki to flow to the recipient for the greatest and highest good. 6: Finish the Reiki session by either clapping your hands or shaking them vigorously in order to cut the connection. 	<p>Allows sending and receiving positive energy just anywhere and everywhere quickly and easily Perfect tool for people who find it uncomfortable to receive hands on Reiki treatment Used regularly to help keep your mind, body and spirit in harmony Healing the past Sending positive energy to the future Absentee healing</p>
 <p>Dai Ko Myo (Master Symbol)</p>	<p><i>"Great Enlightenment"</i> or <i>"Bright Shining Light"</i></p>	<p>The symbol can be activated in many ways, including but not limited to:</p> <ul style="list-style-type: none"> Drawing it with your palm center By visualizing it Drawing the symbol with your finger Drawing it with your third eye Spelling the name of the symbol three times. <p>Example: First draw the Reiki symbol on your own palms or hands and then visualize or redraw the symbol on the crown chakra and the palms or hands of the client and the area to be treated.</p>	<p>Open channels during Reiki attunement Heals the chakras, the aura and any disease that initiates from our subconscious beliefs Draw out negative energy from the body (physical emotional, mental or spiritual) and then liberate it Develop and strengthen personal growth, self awareness, spiritual development and intuition To charge or clear crystals Helps improve immune function and increase energy flow through the body</p>

License: You may print an unlimited number of copies of the Symbols Cheat Sheet PDF document. You may use the document in a commercial setting, and you may distribute the document, as long as it remains intact and this license notice is included. You may not modify the document in any way

Drawing Reiki Symbols

<http://reikirays.com>



Cho Ku Rei
(Reiki Power Symbol)
"Placing all the powers of the universe here"



Sei He Ki
(Reiki Emotional / Mental Healing Symbol)
"The earth and sky meet" or "God and Man become one."



Hon Sha Ze Sho Nen
(Reiki Distance Healing Symbol)
"Having no present, past or future"



Dai Ko Myo
(Master Symbol)
"Great Enlightenment" or "Bright Shining Light"

License: You may print an unlimited number of copies of the Drawing Reiki Symbols PDF document. You may use the document in a commercial setting, and you may distribute the document, as long as it remains intact and this license notice is included. You may not modify the document in any way.

Distance Healing

Using the Reiki symbols, you can send healing across space and time. You are no longer restricted to location and time to help others with Reiki.

Before you try distance healing, it is necessary to have memorized each of the symbols and how to draw them. You should also be able to visualize the symbols.

Getting Permission

While you may be drawn to the fact that you can send Reiki energy to anyone, any time, it is ethical to receive permission whenever possible before sending the Reiki. In some situations, it may be ethical to send distance Reiki without obtaining permission, such as in the case of a dire emergency (such as an auto accident where the victim is unconscious), or to a group or situation following a natural disaster. Whenever, possible, however, it is important that you obtain another's permission before sending them Reiki energy.

In cases where you can't obtain permission, intend that the Reiki goes where it is most needed if the subject doesn't want the Reiki. You can also try to obtain permission intuitively. Close our eyes and check in with the subject (this works especially well in animal Reiki). Wait before proceeding to see whether the subject indicates intuitively to you a willingness to receive Reiki.

Basic Distance Healing Process

The basic distance healing process is as follows:

1. Be sure you have permission before sending distance healing.
2. Choose a quiet place where you will not be disturbed.
3. Determine which method (the methods follow) you will use.
4. Place your hands in Gassho and connect with the Reiki energy.
5. Release any expectations, and clear your mind of personal agendas, thoughts, or beliefs. Intend that the Reiki energy will work for the subject's highest and greatest good.
6. Once you feel the connection, begin to transmit the Reiki using the distance healing method you've chosen.
7. Continue until your intuition tells you that you can stop. The Reiki will go where it needs and continue as long as is needed due to the intelligence of the energy.
8. Surround the person, place, or situation you've been sending healing to with white light (visualize this). Repeat the intention that the Reiki work for the person's highest and greatest good.
9. Give thanks to Reiki and the client for the healing that has occurred.
10. Ground yourself by running your hands under cold water or touching the floor.

Distance Healing Methods

There are many distance healing methods you can try. Use your intuition to guide you towards the type that works best. I use different methods, just based on what I intuitively feel would be right for the situation. Practice each of the methods to see what works for you.

Surrogate Method

This method uses a surrogate as a stand-in for the Reiki subject. This can be a doll or stuffed animal – something on which you can perform a full (albeit mini-sized) hands-on Reiki session. To use this method:

1. Obtain permission to perform the Reiki and select your surrogate.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Choose a quiet place where you won't be disturbed.
4. Put your hands in Gassho until you feel the Reiki start to flow.
5. On each hand with the index finger of your opposite hand, draw the complete Reiki sandwich. Intone silently each symbol name three times as you draw it.
6. Now place your hands back in Gassho. State in your mind that you will be using the surrogate as a stand in for (friend's name) who lives at (address) who will receive the Reiki.
7. Proceed to conduct a full Reiki session using the hand positions on the surrogate.
8. Close by thanking Reiki.
9. Ground yourself.

Photograph Method

You can also use a photograph of the subject to send distance Reiki. To do this:

1. Obtain permission to perform Reiki and find a photograph.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Find a quiet place where you won't be disturbed.
4. Place your hands in Gassho until you feel the Reiki start to flow.
5. Using your index finger (or a pen), draw the full Reiki sandwich on the picture, intoning each symbol three times silently as you draw it.
6. Hold the photograph between your hands and allow the Reiki to flow into the picture for five to ten minutes. Attempt to visualize your subject as you do.
7. You can also set the intention for the Reiki to continue to flow for as long as it is needed.
8. Close by thanking Reiki.
9. Ground yourself.

Paper Method

You can write down your subject's details on a piece of paper and use that as a surrogate, as well.

1. Obtain permission to perform Reiki.
2. On a piece of paper, write the subject's name, address, and any other details you feel might be relevant.
3. Fold the paper into a small size you can hold in your hands.
4. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
5. Find a quiet place where you won't be disturbed.
6. Place your hands in Gassho until you feel the Reiki start to flow.
7. Using your index finger (or a pen), draw the full Reiki sandwich on the paper, intoning each symbol three times silently as you draw it.
8. Hold the paper between your hands and allow the Reiki to flow into it for five to ten minutes. Attempt to visualize your subject as you do.
9. You can also set the intention for the Reiki to continue to flow for as long as it is needed.
10. Close by thanking Reiki.
11. Ground yourself.

Small Surrogate Method

If you don't want to use a doll or stuffed animal, you can also use a small surrogate method where you choose a small object you can use as a stand-in. For example, I like to use crystals for this. To use the small surrogate method:

1. Obtain permission to perform Reiki.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Find a quiet place where you won't be disturbed.
4. Place your hands in Gassho until you feel the Reiki start to flow.
5. Using your index finger, draw the full Reiki sandwich on each of your hands, intoning each symbol three times silently as you draw it.
6. State the intention to use the object as a surrogate for your subject, stating their full name and address.
7. Hold the small surrogate between your hands and allow the Reiki to flow into it for five to ten minutes, or until you feel it is time to stop. Attempt to visualize your subject as you do.
8. You can also set the intention for the Reiki to continue to flow for as long as it is needed.
9. Close by thanking Reiki.
10. Ground yourself.

The Mini Me Method

If the subject is someone whose energy you are familiar with, you can use this method. To use it:

1. Obtain permission to perform Reiki.

2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Find a quiet place where you won't be disturbed.
4. Place your hands in Gassho until you feel the Reiki start to flow.
5. Using your index finger, draw the full Reiki sandwich on each of your hands, intoning each symbol three times silently as you draw it.
6. Now visualize your subject in your mind's eye. Miniaturize the subject and place him or her in between your cupped hand. State the intention that Reiki will flow to your subject, stating their full name and address.
7. Allow the Reiki to flow for five to ten minutes, or until you feel it is time to stop. Attempt to visualize your subject as you do.
8. You can also set the intention for the Reiki to continue to flow for as long as it is needed.
9. Close by thanking Reiki.
10. Ground yourself.

The Knee Method

You can also use your upper legs and knees to perform a Reiki session on someone else. To do this:

1. Obtain permission to perform Reiki.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Find a quiet place where you won't be disturbed.
4. Sit on a chair with your feet flat on the floor.
5. Visualize on your left knee and thigh the front of the person's body.
6. Visualize on your right knee and thigh the back of the person's body.
7. Place your hands in Gassho until you feel the Reiki start to flow.
8. Using your index finger, draw the full Reiki sandwich on each of your hands, intoning each symbol three times silently as you draw it.
9. Now, perform Reiki to each of the chakras, front and back, on each of your knees for three to five minutes.
10. Close by thanking Reiki.
11. Ground yourself.

Astral Projection Session

This method is one in which you visualize yourself projecting to where your subject is and performing an entire session while there.

1. Confirm permission.
2. Hold a photo or piece of paper with the recipient's name on it.
3. Draw the full Reiki sandwich on the image and close your hands around it, saying the name of each symbol three times as you draw them.
4. Now close your eyes and say the subject's name aloud three times.

5. Visualize that you are in a room with the subject, who is lying on a healing table.
6. Draw the full Reiki sandwich over the subject's body, intoning each symbol name three times as you draw it.
7. Now, visualize yourself performing an entire Reiki healing with either hand positions or using your intuition to guide placement.
8. When you are done, sweet the subject's aura.
9. Return to your room and give thanks to Reiki.
10. Wash your hands under cold water to ground yourself.

Because intention is key in distance healing, you may find other methods that work for you, as well. The most important thing is that you intend the Reiki to reach the subject. With its intelligence, the Reiki will do the rest.

[Sending Reiki Across Space and Time](#)

All of the above methods will work whether you are sending Reiki across vast distances, or whether you are sending it through time either to the past or the future. You can also combine both methods, sending distance Reiki to someone to reach them at a certain time for a certain period: for example, sending Reiki to your brother in Chicago for his big test on Friday morning from 9 to 10 AM. Stated intention is key here, as is always remembering that you aren't sending Reiki for a specific outcome, but rather to work in the best and highest good of the recipient.

[Sending Healing to Situations](#)

Whenever there is a mass casualty incident, such as a natural disaster or a terrorist attack, I send Reiki to help in healing the situation. To do this:

1. Go some place where you won't be disturbed.
2. On a piece of paper, write the details of the situation to which you intend to send energy. Draw the full Reiki sandwich on the paper, intoning the name of each symbol three times as you draw it.
3. Sit in Gassho until you feel the Reiki start to flow.
4. On your palms, draw the full Reiki sandwich, remembering to silently speak the name of each symbol three times as you draw it.
5. Cup the paper in your hands and channel Reiki as long as you feel it is needed.
6. Give thanks to Reiki.
7. Wash your hands under cold, running water to ground yourself.

[Channeling Reiki to More than One Person or Event](#)

You can use a Reiki box to channel Reiki to multiple people, places, and events at once. This allows you to still channel Reiki without having to spend every waking minute doing so. To do this, many practitioners use a Reiki box, which is a box into which they place scraps of paper to act as surrogates. On each paper, write the specific details of the person, place, event, or situation, and then write the full Reiki sandwich on top of them. Once a day, perform a full distance Reiki session on the box using the full Reiki sandwich on your hands as you do so.

Cleansing Your Reiki Room

Before every class I teach, and before every session I conduct, I always invite Reiki energy in the room to prepare it. To do this, I draw CKR (and say its name three times) in every corner of the room, as well as in front of every doorway and window. Then, I sit for a few minutes in the center of the room with my palms up and feel the Reiki flow into the room.

Empowering Your Goals

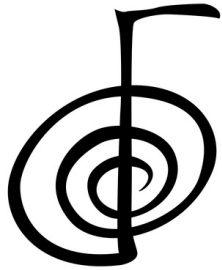
You can also use Reiki for personal empowerment, using the Reiki symbols written on papers filled with your goals. Hold the paper in your hand and channel Reiki to it for a few minutes every day. If your client is trying to empower goals, he or she can write them on paper. Draw the Reiki symbols on them, and have the client hold the paper during their healing session.

- Refrain from alcohol and mind-altering substances
- Avoid processed foods
- Eat fresh, whole foods
- Meditate daily for a week

Non-Traditional Reiki Symbols

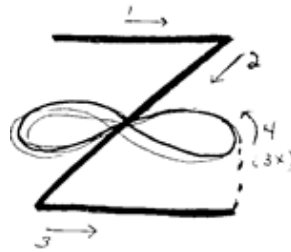
Below are some other, non-traditional Reiki symbols you can try in your practice. Always activate them with CKR and intone their names three times as you draw them.

Reverse Cho Ku Rei



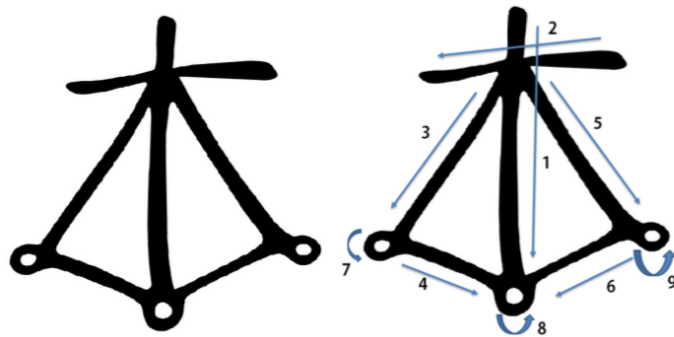
Some people like to use Reverse CKR at the end of the Reiki sandwich, as they believe it creates balance and closure.

Zonar



This symbol represents the infinite or eternal. It is good for working with karmic issues from past lives.

Harth



This is the symbol of truth, harmony, and love. It can reverse negativity and bring love into situations. It also opens a channel to guidance from higher realms, such as guides or your higher self.

Fire Dragon



This symbol represents the energy traveling through your chakras. You can draw it in either direction (down or up) to move energy in the desired direction.

Johrei



This is a symbol of white light, used to stimulate healing and release blockages. It's also a symbol to use to cleanse spaces or protect them.

Dumo



Dumo is used during Reiki attunements.

Raku



You can use Raku to ground at the end of a session, drawing it in the direction of the ground.

Conclusion

You have now completed Level Two of Reiki instruction. Once you are attuned, you will be able to sharpen and focus your Reiki practice, using it in new ways. Allow your intuition to guide you as you discover new ways for your practice, and always try to remain in an ethical and helpful space, providing Reiki energy in the highest and greatest good of all involved.