

Usui Reiki

Level 3a

Love Inspiration



Master Healing Practices:
Dr. Mikao Usui and
Hawayo Takata Lineages

USUI REIKI - LEVEL 3A
MASTER HEALING PRACTICES

FOR THE INFINITE BENEFIT OF ALL

May all beings be liberated from suffering.

Please ensure that before you begin this Usui Reiki Master Healer 3a course you:

- 1) have completed Usui Reiki levels 1 and 2 as a pre-requisite.
- 2) have allowed yourself the 3 month (minimum) timeframe from the date of your level 2 attunement before commencing level 3a.
- 3) have received an email confirming the activation of the Usui Reiki Level 3a energies.
If you have not yet received an activation email, please visit our [Request Attunements](#) page on our website in order to submit your request.

*Once you have received your activation email, you are ready to begin.
With love, we wish you well on your Usui Reiki Master Healer journey!*



FOREWORD:

It is with much love & light that we warmly welcome you to these Level 3a teachings and we congratulate you on taking this next step forwards on your Usui Reiki journey. As an Usui Reiki Master Healer, you will now be guided towards a deepening of your Reiki experience as you open up to a variety of new techniques, understandings and the beautiful Reiki Master symbols.

So far on your Reiki journey, you have learnt how to do hands on healing (Level 1) and have also learnt how to practice Reiki with a range of advanced healing techniques (Level 2). And for those of you who are following along with our suggestions, you may also now have received your Celestine and Prophestine Reiki attunements or opened up to the Pathway To Light energies.

So here, as part of this Usui Reiki Level 3a training, we will now be going deeper into both the theoretical aspects and the practical aspects of Reiki, in order to complement your Ascension Pathway and to also broaden your horizons & perspectives of the Usui Reiki practices and energy based healing more generally.

As part of this Usui Reiki Master course, we will again be suggesting that you complete a **21 day period of self healing practices** as a complement to the learning material being provided here in this ebook and as with all of our courses, we will be introducing you to these practices very simply and easily as we move through this ebook.

Having now taught Reiki for a number of years through an 'in person' format, we have again been sure to design this Usui Reiki Master Healer course for you so that we cover all of the course material in a way that is simple and easy to understand. As part of this, we have also included a number of video tutorials in order to retain some of this 'hands on' teaching style.

Above all, our goal here is to provide you with a very thorough and well rounded understanding of the Usui Reiki Master Healer level. We hope to inspire you towards a more 'all encompassing' and inclusive Reiki practice as we provide you with new perspectives, new healing techniques and much flexibility so that you can grow and expand your Reiki practice to new levels!

For those of you who have already completed your Level 1 or Level 2 Reiki training with Love Inspiration, you will already be very familiar with our 'by distance' teaching style. You will know that your Level 3a attunement is being made available to you here as part of this ebook through a 'by distance' format and you will understand why Love Inspiration is offering these teachings here freely and with love.

For those of you who are new to Love Inspiration, we wish to welcome you here with our hearts open and filled with love. We trust that you have found your way here through 'divine guidance' and that you will now very easily move through this e-course with much love & light.



As with all of our courses and ebooks - the content here is very simple and easy to follow along with. As part of this Usui Reiki Master Healer course, we will be walking you through these teachings with much love & light from a theoretical perspective firstly and then a practical perspective.

For those of you who have just finished your Celestine and Prophesitne Reiki attunements or perhaps your Pathway To Light attunements, please know that these Ascension Pathway energies are entirely complementary to the Usui Reiki energies and will indeed help to enhance your Usui Reiki experiences also (and as you continue to progress into the higher levels).

For this Level 3a course, we will now be continuing on from the learning done during the Level 2 training. We feel that as part of any learning, it is important to gently reinforce some of the more important fundamental concepts learnt previously whilst introducing a variety of new techniques and theoretical foundations to allow you to go deeper into your practice.

As such, we will be doing our best during this course to gently reiterate some of the more important concepts & foundational principles of the Level 1 and 2 training whilst we introduce the deeper meaning and more advanced techniques & healing practices of this Usui Reiki Master Level.

For anyone who feels that they would benefit from having a quick read through either our Reiki Level 1 or Reiki Level 2 ebook, perhaps to take a quick refresher, you are welcome to [download your free copy here](#). Alternatively, for those of you who would like to start moving through your Ascension Pathway journey, please visit our [Ascension Pathways webpage](#) and select the appropriate Ascension Pathway for you.

*For now, we truly hope that you will enjoy these Level 3a teachings
and may these new energies help you to bring more love,
joy and healing into your life!*



GET THE MOST CURRENT VERSION OF THE USUI REIKI LEVEL 3A EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout this ebook if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on the website will always be the most current.

USUI REIKI - LEVEL 3A
MASTER HEALING PRACTICES

CONTENTS:

Content	Page
Dedication	II
Activation Note	III
Foreword	IV
Contents	VI
An Overview Of Usui Reiki	VII
Important Information About Usui Reiki Levels 3a and 3b	XI
Learn Usui Reiki Level Three In Five Easy Steps	XII
Chapter 1: Theoretical Foundations	1
1. Welcome To Becoming A Reiki Master!	3
2. Introducing The Reiki Master Symbols	4
3. A Deeper Understanding Of 'Reiki'	18
4. The Benefits Of Cultivating Altruism	24
Chapter 2: Receiving Your Attunement	33
1. Introduction To The Attunement Process	35
2. Instructions For Receiving Your Attunement	36
Chapter 3: The Reiki Practices (Level 3a)	39
1. Overview & Introduction	42
2. Contemporary Reiki Healing Techniques	43
3. Traditional Japanese Reiki Healing Techniques	70
4. The Self Healing Practices For Level 3a	81
5. Doing Healing Work For Others (Level 3a)	90
6. Learning Advanced Usui Reiki	92
7. Final Comments	95
Chapter 4: Appendices	96
Appendix 1: Understanding One-ness	98
Appendix 2: Joshin Kokyu Ho	109
Appendix 3: Post Healing Information Sheet	115

USUI REIKI - LEVEL 3A
MASTER HEALING PRACTICES

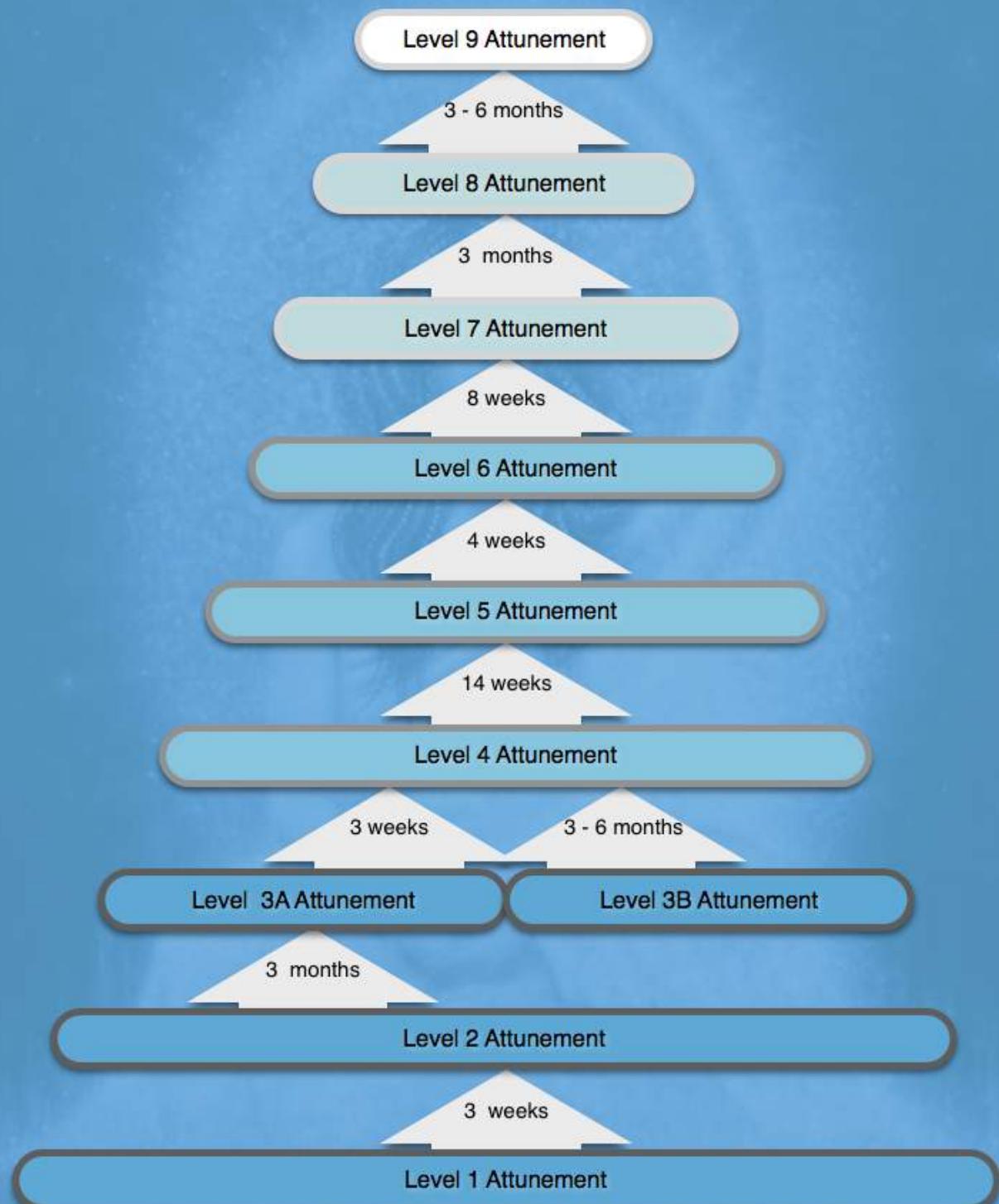
AN OVERVIEW OF USUI REIKI:

Please find below a tabled outline of Usui Reiki and Advanced Usui Reiki:

Outline Of Usui Reiki & Advanced Usui Reiki

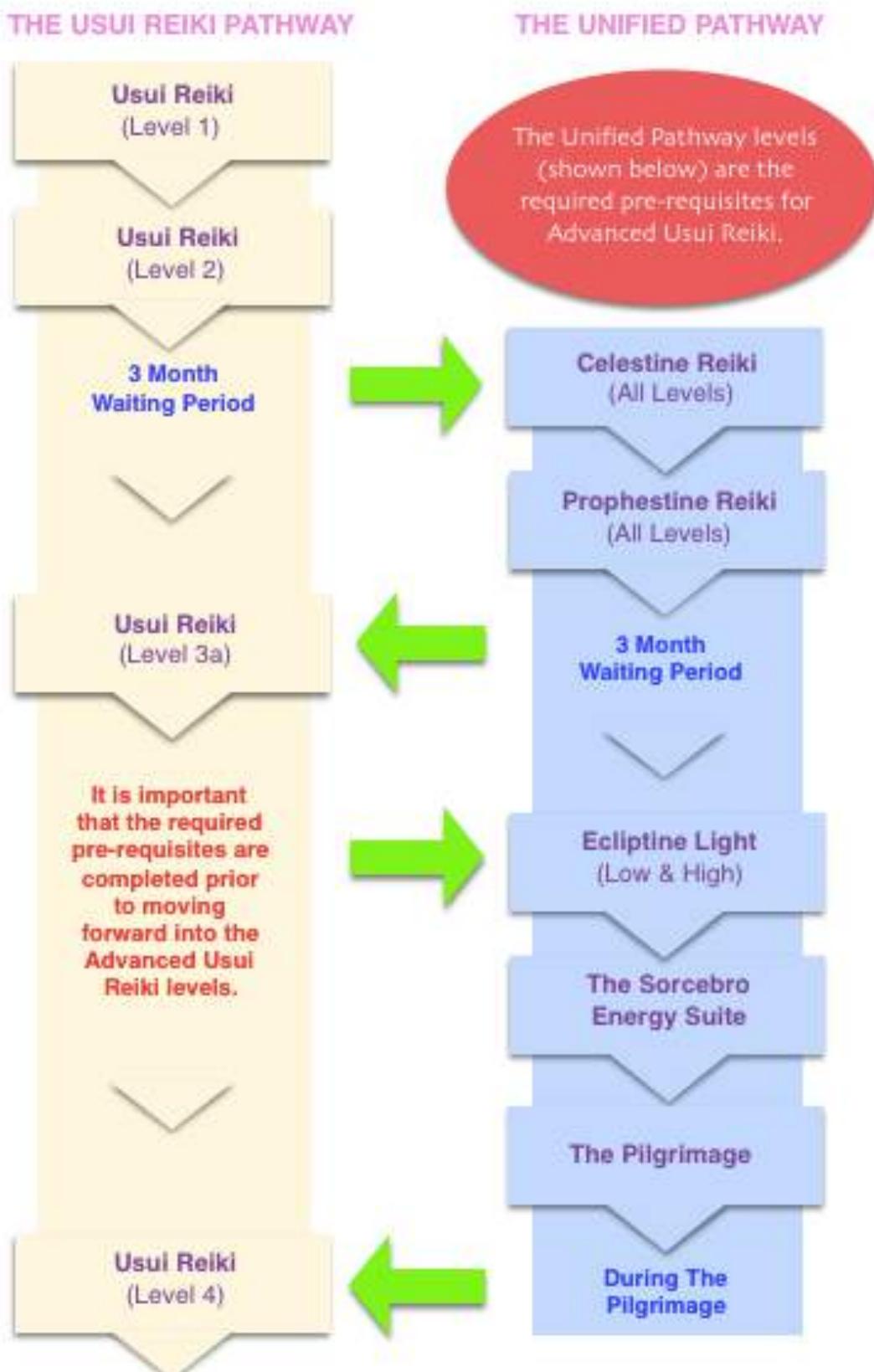
EBOOK	LEVEL	INFORMATION	COMPLETION TIMEFRAME
Usui Reiki	Level 1	Hands on Healing Practices	21 days * Suggested min practice 21 days
	Level 2	Advanced Healing	3 months * Suggested min practice 21 days
	Level 3a	Master Healer	21 days * Suggested min practice 21 days
N/A	Level 3b	Master Teacher	Not offered by Love Inspiration
Advanced Usui Reiki	Level 4	<u>Ishyo:</u> Consolidation & Expansion of Usui Reiki Energies	14 weeks * Suggested min practice 21 days
	Level 5	<u>Kotoko:</u> Energies To Help Ease 'The Healing Crisis'	4 weeks * Suggested min practice 14 days
	Level 6	<u>Rokaito:</u> An Influx Of New Light & Healing	8 weeks * Suggested min practice 3 days
Advanced Usui Reiki Master	Level 7	<u>Usui Blue Thunder:</u> Significant Expansion in Consciousness	3 months * Suggested min practice 3 - 5 days
	Level 8	<u>Usui Golden Dome:</u> The Flowering Of Pure Consciousness	3 - 6months * Suggested min practice 3 days
Advanced Usui Reiki Master Teacher	Level 9	<u>Kohito:</u> Expansion & Consolidation Of All Reiki Practices (Including How To Give Attunements)	1 - 3 months * Suggested min practice 30 days

Minimum Timeframes Between Level 1 - 9 Attunements



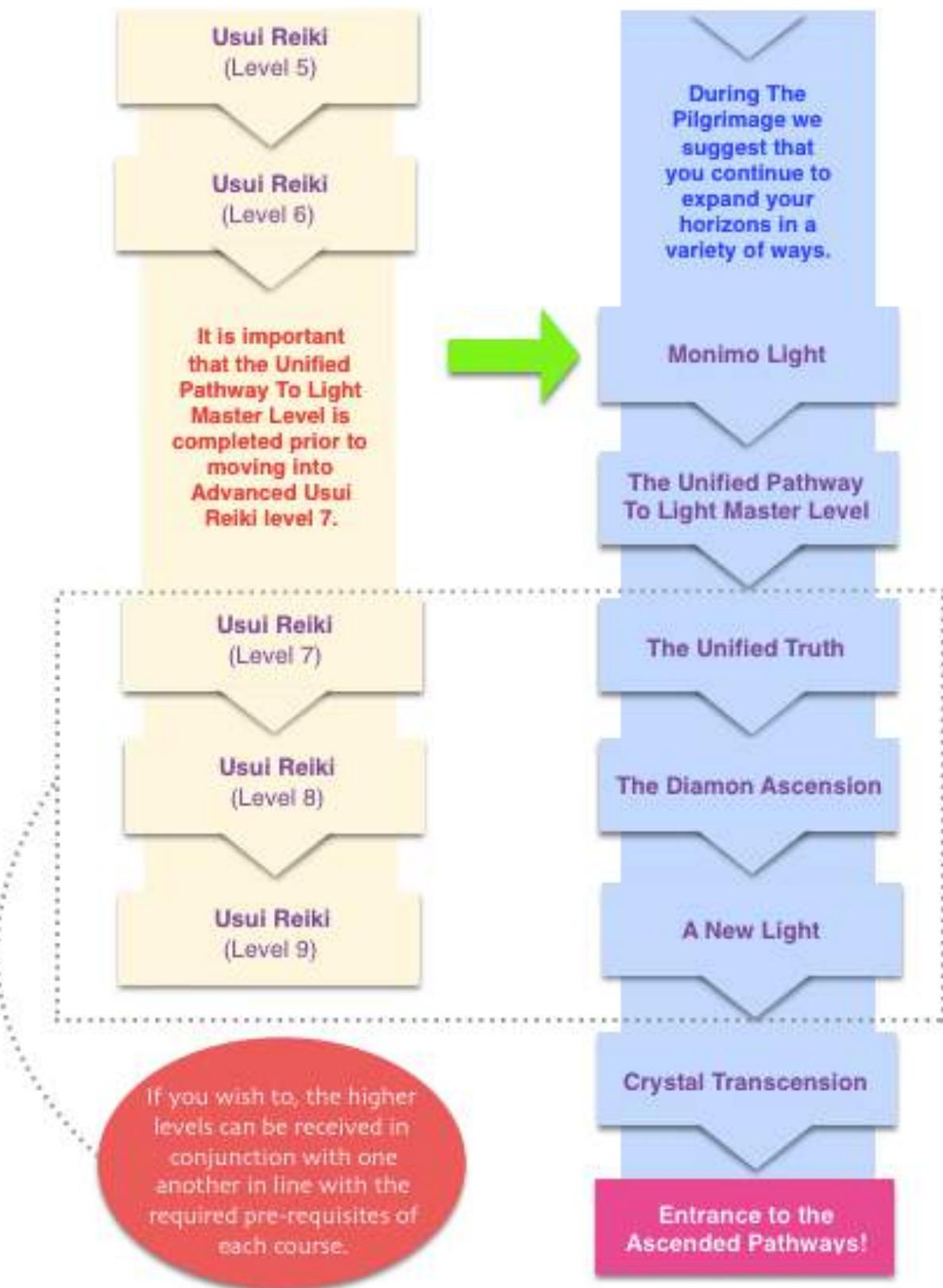
THE QUICKEST USUI REIKI LEARNING PATHWAY

(SHOWING THE UNIFIED PATHWAY AS THE CHOSEN PRE-REQUISITES)



THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)



IMPORTANT INFORMATION ABOUT USUI REIKI LEVELS 3A AND 3B:

As we have mentioned in our previous courses, it is very common for the Usui Reiki Master level to be taught over two sub-levels i.e. *Reiki Master Healer (3a) & Reiki Master Teacher (3b)*.

Heart icon Usui Reiki Master Healer (3a):

Typically, the Usui Reiki Master Healer course will focus on all of the healing practices of the Master level and will introduce the Usui Reiki Master Healer symbols. As an Usui Reiki Master Healer, you will now be able to open up and use these beautiful healing frequencies & healing techniques in your various practices.

Heart icon Usui Reiki Master Teacher (3b):

During the Usui Reiki Master Teacher level then, the learning is focused specifically on how to teach Reiki to others. As part of this training, the main focus tends to be about how to give the Reiki attunement for levels 1, 2 & 3. As part of this, you will typically be given an additional symbol(s) here which will help you to attune people to the Usui Reiki frequencies. It is important to point out here that there are no new healing practices or techniques being introduced here.

As part of our teaching approach, Love Inspiration has chosen to adopt the more common style of teaching which is separating out the 3a + 3b levels. We feel that this approach helps us to adequately cover everything that we need to as part of the Usui Reiki Master Healer training and allows each student to more thoroughly grasp the new ideas and techniques being introduced at this level.

For those of you who are wishing to become Usui Reiki Master Teachers, Love Inspiration offers you this opportunity through the *Advanced Usui Reiki Master Teacher* level (level 9). And as such, Love Inspiration does not offer the Usui Reiki Master Teacher level 3b teachings here in this online format.

During the Advanced Usui Reiki Master Teacher, you will learn all about how to teach Usui Reiki in the traditional format as well as how you can teach Usui Reiki & Advanced Usui Reiki in a more modern format.

As an Advanced Usui Reiki Master Teacher, you will also be able to reach a far higher energetic vibration and as such, you will be able to offer your Reiki teachings and attunements in a few different ways. For example, the attuning process will become far simpler at this more advanced level as you gain the ability to give multiple attunements (should you wish to) as well as giving attunements by distance (as Love Inspiration is currently doing). You will also be learning the traditional style of attuning people to Usui Reiki for levels 1, 2 & 3 during these level 9 teachings.

For Marty and Gerry, having now opened up and received these new Advanced Usui Reiki energies themselves, they understand that these energetic frequencies are of a higher dimensional frequency to the current Usui Reiki system. There is a significant amount of purification and healing being done at each of these advanced levels and as such, this will help you to move towards more love, light & purity in your life. And this is one of the main reasons why Love Inspiration has chosen to offer the teachings in this way i.e. to help as many beings as possible reach a higher and more harmonious vibration in their life.



Each of the Advanced Usui Reiki levels have been endorsed & blessed by both Dr Mikao Usui and Mrs Hawaya Takata (in conjunction with a range of 'Higher Consciousness' entities) and we are truly delighted to share these energies with you freely and with love. May they benefit all!

Learn Level 3a In Five Easy Steps!



Step 1

Download and start reading your Level 3a ebook

Step 2

Request your Level 3a attunement activation

Step 3

Receive your Level 3a attunement
(See Chapter 2 'Receiving Your Attunement' - Page 33)

Step 4

**Learn Self Healing with the Master Symbols
& then complete 21 days of self healing practice**
(See Chapter 3 'The Self Healing Practices For Level 3a' - Page 81)

Step 5

Learn Master Healing Techniques and begin healing others!
(See Chapter 3 'The Reiki Practices' - Page 39)



Welcome to
Usui Reiki
Level 3A



Chapter 1:
Theoretical
Foundations



Love Inspiration
Learn • Heal • Awaken

USUI REIKI
LEVEL 3A - MASTER HEALING

Chapter 1: Theoretical Foundations

CONTENTS:

Content	Page
1. Welcome To Becoming A Reiki Master!	3
2. Introducing The Reiki Master Symbols	4
2.1 Symbols Included As Part Of This Level 3a Course	6
2.2 Dai-Ko-Myo (Usui Version)	7
2.3 Dai-Ko-Myo (Tibetan Version)	10
2.4 Raku (The Lightening Bolt)	14
2.5 Final Summary	17

Content	Page
3. A Deeper Understanding Of 'Reiki':	18
3.1 Exploring Divine Guidance:	18
3.2 Introducing The New Consciousness	20
3.3 Understanding One-ness	22
4. The Benefits Of Cultivating 'Altruism'	24



1. WELCOME TO BECOMING A REIKI MASTER!

We are delighted to again welcome you here to this Usui Reiki Master Healer level where you will be learning a range of new healing techniques as well as gaining a deeper connection to the Reiki energies via the Reiki Master symbols. And with this, you will now be able to use these new divine healing tools for healing at a very deep and profound level!

And this is again why it is important for us to prescribe the 21 day period of self healing practices which will be accompanying this course, in order to help you assimilate, digest and grow from your new connection to these beautiful Reiki Master frequencies!

As a Reiki Master Healer, you will also be given the chance here to broaden your perspectives of Reiki as we discuss some of the deeper meanings of consciousness and some of the benefits of working with an altruistic intention. This is a great prelude to the Advanced Usui Reiki energies where the intensity and dimensional frequency of the healing energies is also strongly connected with these new principles & teachings and with this, you will be able to significantly raise & strengthen your connections to love, compassion & wisdom.

And to start off here, given that we are now moving into a title of 'Reiki Master Healer', let us now talk about what we mean when we use the term 'Reiki Master' - as this is a very important (and very common) question which is often asked during this level.



In many of the Eastern traditions, the word 'Master' can be often be used to describe someone who is 'enlightened' or 'fully realised'. This is a term which is used throughout many different spiritual traditions and is often associated with the word 'Guru' or 'Spiritual Master'. These terms normally refer to someone who has obtained a very profound and significant level of spiritual accomplishment and who can help you to reach higher states of awareness, love & energetic vibration.

In Reiki however, the concept of a 'Master' is a little different. Whilst Reiki does indeed help you move towards more love, light & purification, the term Reiki Master is more commonly thought of in the context of being like a 'Master Craftsmen'.



For example, during these past few months, you have learnt how to do healing work for yourself and others in a variety of ways. You have learnt how to do hands on healing, distance healing, healing for goals & visions etc. As a result, you are now able to offer these Reiki energies to help with a variety of different situations and circumstances and from this perspective, you have indeed become a 'Master Craftsmen' of Reiki.

As a Reiki Master Healer, you will be able to practice a variety of Reiki meditations and you will now be able to share Reiki healing with others with the full spectrum of the Reiki healing energies. And after completing this training, you will indeed have a wonderful divine healing basket - full up with many divine healing tools & techniques that you can now bring to a variety of different situations.

Congratulations on starting your pathway to becoming a Reiki Master Healer!



2. INTRODUCING THE REIKI MASTER SYMBOLS:

Having now defined the term 'Reiki Master', let us now dive straight into a discussion about the Reiki Master symbols - as this is a very important part of any Usui Reiki Master Healer training. Sadly though, this is also an area of the Reiki teachings where there is much confusion and many different styles of teaching throughout the various Reiki lineages.

To start with, there are a few different 'variations' of the Master Symbols themselves. There are a few different ways to draw these symbols and to teach these symbols and as such, there is a little bit of contradiction from within the various Reiki lineages about a number of different points.

As part of our Reiki Master Healer training then, we wish to present you with what we consider to be the most accurate and informed viewpoint about each of the Reiki Master symbols. As part of this, we will be including some additional background information about each symbol as well as its uses, benefits and some additional discussion about the differences or variations throughout each of the Reiki teachings (so that you can understand a few different viewpoints).

By presenting the information in this way, we hope to provide you with an informed, thorough & well rounded understanding of the Reiki Master symbols as well as providing additional information about some of the differences and variations of these symbols as taught through the different Reiki lineages.



Level 3 Master Symbols (3a & 3b combined)

So with this, let us now begin by looking at all of the Reiki Master symbols that you would receive if you were to take both Master levels together i.e. level 3a + level 3b. In total, there are four Reiki Master symbols that you would receive access to (depending on your Reiki lineage) when completing level 3a & level 3b. These symbols are as follows:

1. **Dai-Ko-Myo** (Usui Version)
2. **Dai-Ko-Myo** (Tibetan Version)
3. **Raku** (The Lightening Bolt)
4. **Sarpagini** (The Fire Serpent)

In many Reiki lineages, the two Dai-Ko-Myo symbols will be taught to you as two variations of the one symbol. Some Reiki teachers will therefore use these symbols interchangeably and will encourage you to try both variations out for yourself and see which one you like most.



For our purposes, we believe that these two symbols come from very different origins and we will therefore be teaching these symbols individually. This will also give us a chance to explain more about each of these healing symbols and about how you may wish to use these in your practices.

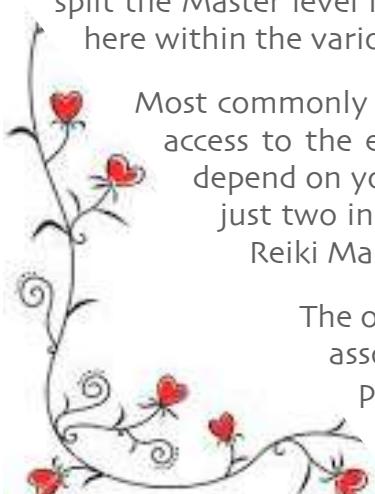
In addition to this, the Raku and Sarpagini symbols are also commonly taught as variations of the same symbol. For example, some Reiki teachers will draw out both symbols and say that these are both variations of Raku / The Lightening Bolt / The Fire Serpent (the name they choose to use will also often depend on the Reiki lineage).

For us, we again believe that these two symbols are best taught individually as two separate symbols. We are then able to describe these symbols individually as well as give a thorough explanation about the uses & benefits of each symbol.

So in summary, you can now see here that if you were to learn the Reiki Master Levels together (levels 3a + 3b) - you may receive two symbols, three symbols or four symbols depending on how your Reiki teacher 'defines' each of these different concepts described above.

Level 3 Master Symbols (3a & 3b separated)

Having now understood the symbols more generally, let us now consider what happens when we split the Master level into two separate levels (3a and 3b). And again, there are some differences here within the various Reiki lineages about what is the best approach.



Most commonly though, as an Usui Reiki Master Healer (level 3a), you will at least receive access to the energies of Dai-Ko-Myo. And again, how you receive these teachings will depend on your lineage i.e. you may receive one symbol with two different variations or just two individual symbols. There are some lineages where you will only receive one Reiki Master symbol during level 3a, which is Dai-Ko-Myo (Usui Version).

The other two Reiki Master symbols (Raku & Sarpagini) are more often associated with the Master Teacher level (level 3b) as these will be used as part of the Reiki attunement process. And whilst there are some uses of these symbols in healing & meditation, these are typically not taught to you as an Usui Reiki Master Healer.

2.1 SYMBOLS INCLUDED AS PART OF THIS LEVEL 3A COURSE:

As part of our Usui Reiki Master Healer training, we wish to provide you with as many energies, healing techniques and practices as possible whilst still teaching in alignment with the traditional formats of Usui Reiki.

It is always our intention with these free courses and ebooks to help you blossom, grow and uplift your energetic vibration in the most beautiful and magical way possible. And with this idea in mind, we are now very happy to offer you three of the Reiki Master symbols as part of your level 3a training. The symbols which will be included here as part of this course are as follows:

-
- 1. Dai-Ko-Myo (Usui Version)**
 - 2. Dai-Ko-Myo (Tibetan Version)**
 - 3. Raku (The Lightening Bolt)**
-



(The Sarpagini symbol will be offered to you during the Advanced Usui Reiki Master Teacher level as an important tool for giving attunements).

The reason why we have chosen to offer you three Reiki Master symbols here is very simple. Firstly, we wish to provide you with everything we can to help raise your love vibration as much as possible. This is very important to us!

Secondly, we are of the opinion that each of these three Reiki Master symbols can be very helpful in your meditation and healing practices. We believe that each of the Reiki symbols can provide you different kinds of healing or meditation opportunities and as such, it is important for us that we share these with you here so that you can move toward more love & light.

And this will be especially true of the two Dai-Ko-Myo symbols which are a super powerful way to cleanse, heal or purify any type of ailment! You will notice here that the Raku symbol is more of a grounding symbol and is therefore mostly used for more specific healing circumstances (as we'll discuss in more detail a little further down).

So to summarise this in very basic terms - the two Dai-Ko-Myo symbols will be the main healing symbols. The Raku symbol is an additional gift which will be helping you to ground energies during healing & meditation. And the Sarpagini symbol will be offered to you during the Advanced Usui Reiki Master Teacher level as an important tool for giving attunements.



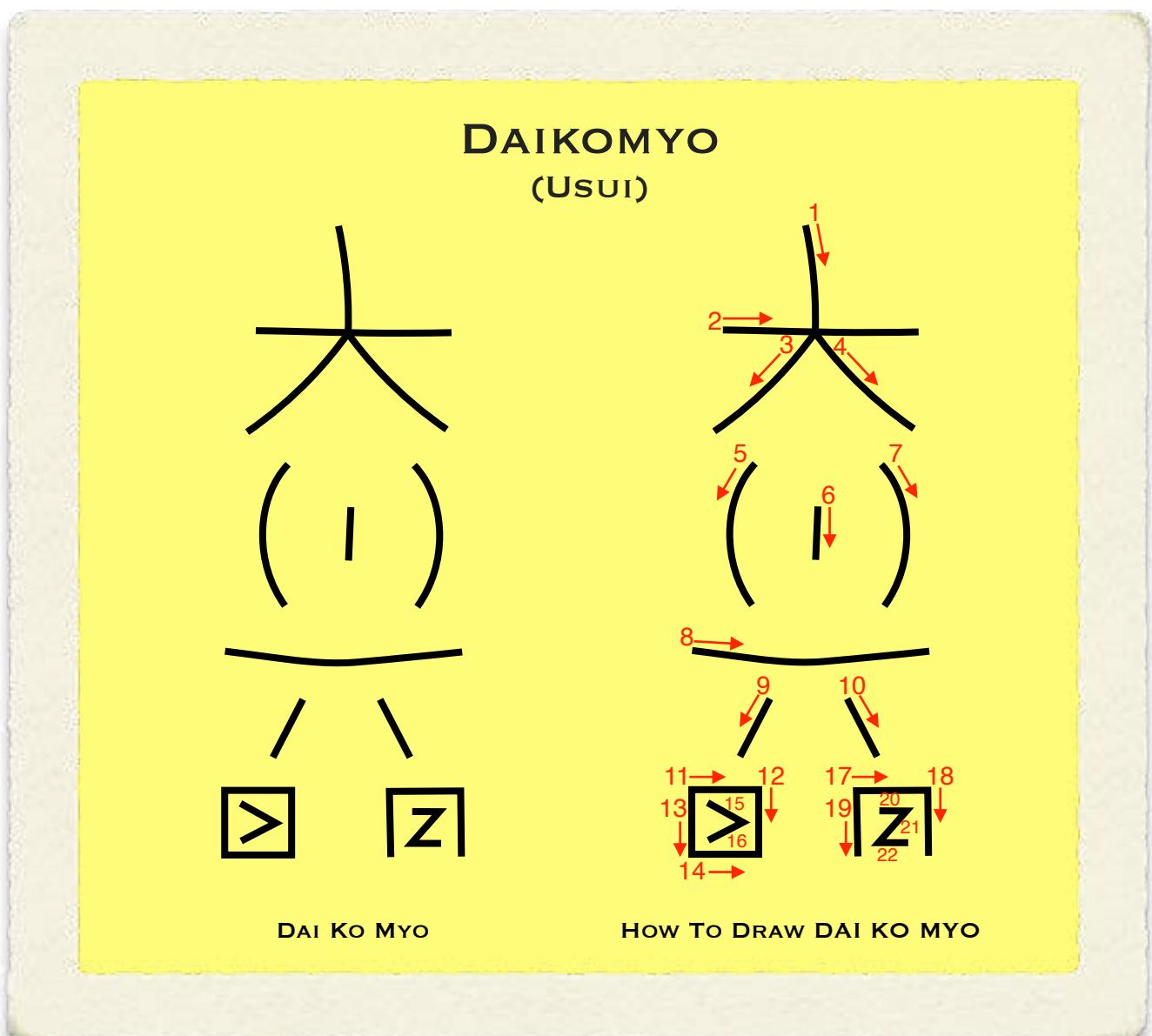
2.2 DAI-KO-MYO (USUI VERSION):

The Usui Dai-Ko-Myo symbol (pronounced Dye Ko Mee-o) is an empowering & deeply purifying symbol that can help you to bring about very deep & profound spiritual healing. The literal translation of 'Dai-Ko-Myo' is 'Great Shining Light' and from this very basic definition, there are now a wide range of definitions being given to this healing symbol within the global Reiki community.

For example, Mrs Takata herself defined the Dai-Ko-Myo symbol to mean:

'Praise be to the Great Universal Light of Transcendental Wisdom'

And it is through this more elaborate definition of Mrs Takata's that we can begin to understand the true beauty and power of this Master healing symbol.



The Dai-Ko-Myo symbol (Usui version) is a very significant Master Healing symbol. It will help you to heal a great number of different ailments and conditions and most notably, it will help you to heal at a very deep spiritual level. It helps you reach more clarity, understanding and wisdom and will aid you in releasing many kinds of impurities, imperfections & darkness from within.

And like all symbols, it is important for us to re-iterate that this symbol will also help you to remember your own true divine essence as you regain an understanding of your own 'Great Shining Light'. This symbol can help to unlock the core of your being; the part of you which is deeply interconnected with the Reiki energies and who is not different from the oneness and love of the entire creation!

By melting, merging, absorbing & opening up to these beautiful Dai-Ko-Myo frequencies, you will be helping to raise your own energetic vibration towards this deeply sacred vibration and thus, you will be able to heal, purify and evolve with love & wisdom!

As you can see from the image on the previous page, the Dai-Ko-Myo symbol (Usui Version) is most definitely of Japanese origin. The three Japanese Kanji characters are clearly identifiable in the drawing and help to describe this most beautiful energetic frequency of 'Great Shining Light'. This is part of the reason why we will now refer to this symbol as 'Usui Dai-Ko-Myo' - because of its Japanese / Usui Reiki origins.

If you were to do a quick google images search for Usui Dai-Ko-Myo, you will see very clearly that there are two main ways that one can draw the Usui Dai-Ko-Myo symbol. And as many people have now researched and understood, the different variations in these symbols simply represents the changes in the kanji characters over time.

As we explained during the level 2 teachings, these minor variations in the appearance of the Reiki symbols are often likened to different people having different handwriting. As part of your upcoming attunement, you will gain access to the above symbol and as such, we would encourage you to work with this exact depiction/drawing technique during your first 21 days of self healing practices. From here, we then encourage you to try out other ways of drawing this symbol and see how it feels!

The main use for the the Dai-Ko-Myo symbol is to encourage deep spiritual healing. It can be used and called upon to connect any recipient (including ourselves) to a beautiful range of divine healing frequencies which then empower, awaken and enlighten. It will help you to bring an additional depth or intensity to any healing work that you do and as such, its uses and benefits are far reaching to say the least. We often find that these energies are also very soothing, peaceful and calming and as such, can be used to bring much needed relaxation, healing and light into ones life.



The Dai-Ko-Myo symbol is also very often described as a wonderful cleansing symbol or a purifying symbol and as such, you may also wish to use this in conjunction with the Cho-Ku-Rei energies for things like blessing food, cleansing houses or sealing healing sessions (as you feel guided).

As always, we would suggest here that you firstly gain a good vibrational understanding of the Usui Dai-Ko-Myo symbol (through your own self healing practices) and then open up to working with these beautiful energies in accordance with your divine intuition.



Symbol Sequencing:

Another important point that we would like to make here about the Usui Dai-Ko-Myo symbol is that it is a Master Healing symbol. And as such, it is often taught that this symbol vibrates at a higher energetic frequency than the level 2 Reiki symbols. And because of this important distinction, many Reiki Teachers will teach you to **work with this symbol at either the beginning or the end of your symbol sequences.**

For example, please see the below symbol sequences outlining the use of Dai-Ko-Myo firstly at the beginning OR secondly at the end of the symbol sequence.



1. Dai-Ko-Myo + 2. Cho-Ku-Rei + 3. Sei-Hei-Ki + 4. Hon-Sha-Ze-Sho-Nen

OR

1. Cho-Ku-Rei + 2. Sei-Hei-Ki + 3. Hon-Sha-Ze-Sho-Nen + 4. Dai-Ko-Myo



Depending on your Reiki Teacher, there can be pros and cons of both approaches. However we would always suggest that you follow your own divine intuition and be open to divine guidance when working with the Dai-Ko-Myo energies.

Some of you may naturally feel more inclined to work upwards in energetic frequency whereas on other occasions, you may feel that you wish to call on the highest vibrational frequency first in your healing sessions i.e. to help break through strong blockages or disruptions in the flow of energy.

It is our humble belief that these kinds of decisions are best left to each individual and to each moment and again, we suggest that you open up to divine guidance and your own intuitive feelings for more 'information'.



2.3 DAI-KO-MYO (TIBETAN VERSION):

The Tibetan Dai-Ko-Myo symbol is a truly wondrous and divine Master healing symbol that can help to bring an amazing array of healing, purification & cleansing into ones' energy field. As we mentioned above, there are many Reiki Teachers who teach that the Tibetan Dai-Ko-Myo symbol and the Usui Dai-Ko-Myo are actually two different variations of the one symbol. In these Reiki lineages, you will learn that you can use either of these variations in your Reiki practices and interchange these as you wish.

They refer to the Usui Dai-Ko-Myo drawing as the 'traditional' symbol and the Tibetan Dai-Ko-Myo drawing (shown below) as the 'contemporary' or 'modern' version. In these lineages, it is also quite common to be taught that the feelings of these two symbols are quite different. As such, your Reiki teacher will often suggest that you use your intuition in your healing sessions and call on whichever symbol you feel works best for you & your recipient.

For Love Inspiration however, we find that it is simply easier to teach the symbols separately as two symbols. We feel that each symbol has very different origins and as such, will hold a very different energetic vibration. But before we get into this difference in origin, let us now introduce you to the Tibetan Dai-Ko-Myo symbol:



Research suggests that the above Tibetan Dai-Ko-Myo symbol shows a striking resemblance to that of the Tibetan 'Dumo' symbol (pronounced and sometimes spelt 'Tummo'). The word Dumo can be roughly translated to mean 'Take us back to God' and in its most simplest form, the Dumo practice will often help a practitioner to undergo a very significant amount of cleansing and purification as they are guided back to their own infinite & divine nature.

The word 'Dumo' is also said to represent the sacred flame that sits within each of us - a term which is more commonly referred to as 'Kundalini energy' or 'The Kundalini Flame'. These Kundalini energies are often represented by a serpent lying dormant in or around our root chakra. Once awakened, our Kundalini energy is said to rise upwards through each of our chakras as it merges and melts into the divine consciousness of all things.



We can see the coiled up serpent energies being depicted here in the Tibetan Dai-Ko-Myo symbol as the clockwise circle which spirals upward. And with the two arms of Dai-Ko-Myo seemingly 'reaching' upwards towards the sky, this may also be a representation of the practitioner being open to receiving this 'understanding' about their own divinity.

Based on this analysis then and based on the uncanny similarity between the Tibetan Dai-Ko-Myo symbol and the Tibetan Dumo, it would appear that the origins of the Tibetan Dai-Ko-Myo symbol are indeed very different to that of the Usui Dai-Ko-Myo symbol. Further research suggests that the Tibetan Dai-Ko-Myo symbol was introduced into the Usui Reiki healing system at a later point in time - perhaps by Reiki Masters who held an understanding about some of the more secretive Tibetan practices?

This idea would seem to make logical sense and would also explain why some lineages refer to this symbol as the 'modern' or 'contemporary' version of Dai-Ko-Myo. And with the beautiful wonders of the internet, we have come to understand that the more 'modern' version of Dai-Ko-Myo symbol was introduced into the Usui Reiki healing system through the International Centre For Reiki Training. We are therefore very grateful to William Lee Rand and all other Reiki Masters who have helped to introduce us to these truly remarkable healing energies!

By itself, the Tibetan Dai-Ko-Myo symbol has an immensely powerful cleansing & healing effect on the body and as such, it has a wide array of uses and benefits that can be applied to almost every area of your life. Given the history and origins of the symbol, it also seems likely that these energies can help us with strengthening and stirring our Kundalini energies and as such, can be a very wonderful tool for spiritual & divine awakening to occur from within oneself.



From a healing & meditative perspective, this symbol can be very effective in helping to clear away many kinds of internal blockages or disruptions in our energy flow. And it is particularly helpful for clearing away many kinds of karmic obstacles or barriers that you may be facing in your life.

As we invoke these beautiful energies through the symbol, we can feel peace, love, power, purity as well as much healing, light & purification as a result. The intensity of energy being felt when calling on this symbol is truly wonderful and we certainly hope that you will enjoy your connection with these truly awe-inspiring energies!

Symbol Sequencing:

The Tibetan Dai-Ko-Myo symbol is another 'Master Healing Symbol' to add to your healing repertoire and as such, you can again choose whether you would like to work with this symbol at either the start or end of your symbol sequencing (as you feel guided).

For example, please see the below symbol sequences outlining the use of Tibetan Dai-Ko-Myo firstly at the beginning OR secondly at the end of the symbol sequence.

1. Tibetan Dai-Ko-Myo + 2. Usui Dai-Ko-Myo + 3. Cho-Ku-Rei +
4. Sei-Hei-Ki + 5. Hon-Sha-Ze-Sho-Nen

OR

1. Cho-Ku-Rei + 2. Sei-Hei-Ki + 3. Hon-Sha-Ze-Sho-Nen +
4. Usui Dai-Ko-Myo + 5. Tibetan Dai-Ko-Myo

Alternatively, if you are treating an area of the body where you can feel a very stubborn blockage, you may wish to call on the Tibetan Dai-Ko-Myo symbol at the **start AND at the end** of your symbol sequence.

By calling on the Tibetan Dai-Ko-Myo symbol in this way, you may be able to feel that it is helping you to break up an energetic blockage so that the other symbols can penetrate and heal the root cause of the particular issue. Once you have opened up the blockage to other healing, you may wish to use the Tibetan Dai-Ko-Myo symbol again at the end to help bring about further cleansing, healing or purification into this area. In this case, your symbol sequence would like like this:

1. Tibetan Dai-Ko-Myo + 2. Cho-Ku-Rei + 3. Sei-Hei-Ki +
4. Hon-Sha-Ze-Sho-Nen + 5. Usui Dai-Ko-Myo + 6. Tibetan Dai-Ko-Myo

OR

1. Tibetan Dai-Ko-Myo + 2. Usui Dai-Ko-Myo + 3. Cho-Ku-Rei +
4. Sei-Hei-Ki + 5. Hon-Sha-Ze-Sho-Nen + 6. Tibetan Dai-Ko-Myo

Please note here that these symbol sequences are meant to be a guideline for your practice however above all, we ask that you always use your divine intuition in helping to guide you towards what feels right for you. For example, perhaps you may like to try the above approach whilst swapping the Usui Dai-Ko-Myo symbol with the Tibetan Dai-Ko-Myo symbol and vice versa - how does this feel?

As we understand it, each of the Reiki symbols help to call on a variety of different higher consciousness frequencies and as such, each of the symbols will help the recipient to heal on a variety of different levels.

As always, we suggest using your intuition when giving healing sessions (and in your own personal meditation practices) so that you can feel what symbols are required for the best possible healing result. In some cases, you may not feel that either of the master symbols are necessary!

Usui Dai-Ko-Myo versus Tibetan Dai-Ko-Myo

It is most certainly true that the Tibetan Dai-Ko-Myo symbol can be used in a wide variety of different circumstances however above all, it is a wonderful set of energies for helping to cleanse & purify at a very deep and profound level. And from this perspective, the two Dai-Ko-Myo symbols are indeed quite similar in that they can both be called on and invoked to bring more cleansing, purification and spiritual healing into the energy field of a recipient.

Given these similarities, there may be times when you may be guided towards choosing for yourself which healing frequency feels more relevant for you (or a recipient) at any given time. You may find that in some cases, you feel more drawn to call on the Tibetan Dai-Ko-Myo energies for cleansing whilst at other times, you feel more closely aligned to the Usui Dai-Ko-Myo energies. And that's totally fine.

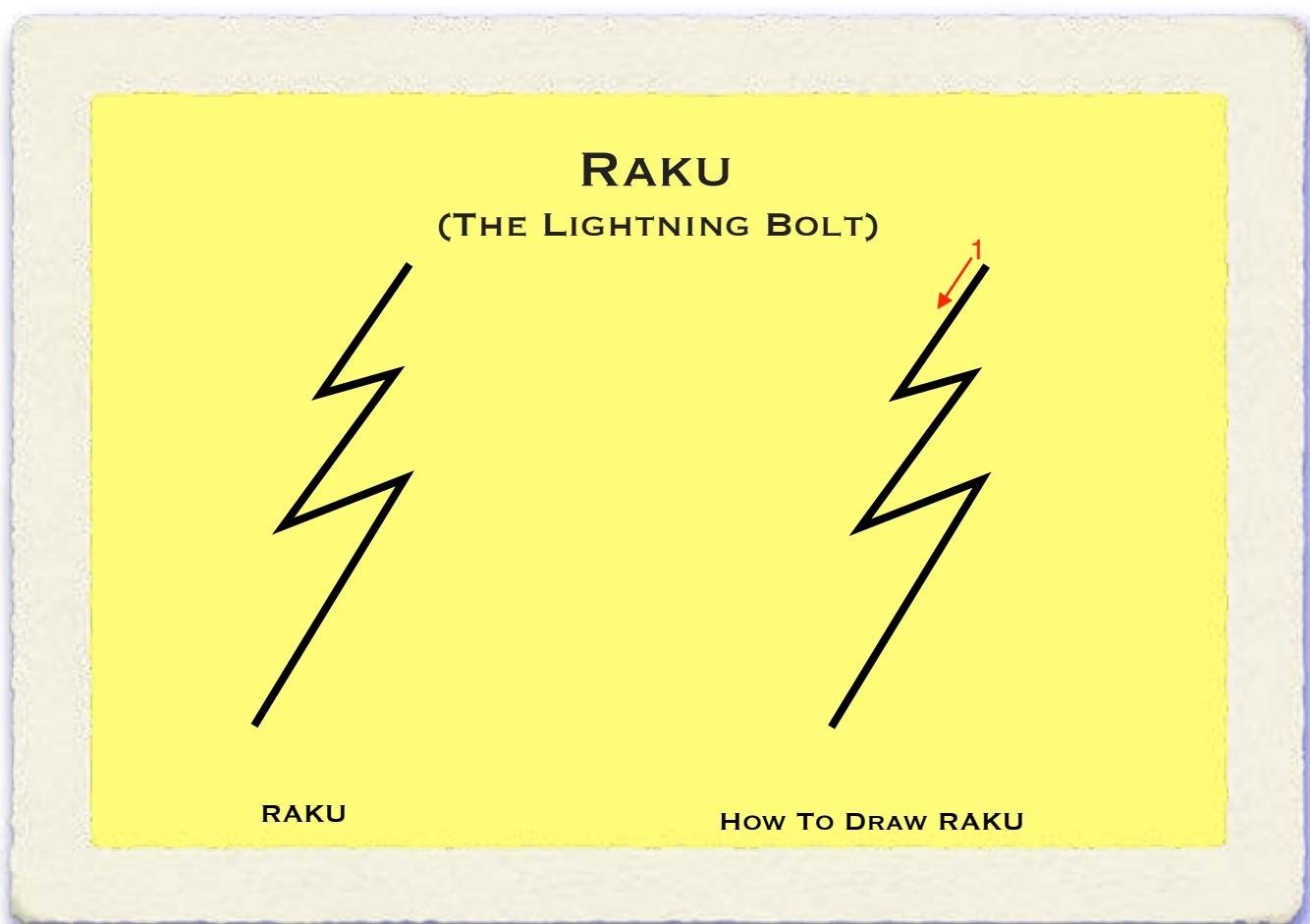
Whether you are needing these energies for cleansing food, clearing houses, clearing away energy blockages or for deep spiritual healing & cleansing - we again humbly ask that you follow your own divine intuition and open up to your own divine brilliance!

Often it is the 'feelings' aspects of Reiki that is our best indicator as to how and when to use and call on each set of energies. And whilst the internet is a truly marvellous phenomena which can help you to learn and understand more about these symbols - it is always your 'inner-net' that will help you to find the right energies, balance & techniques that work best for you (and the recipient)!



2.4 RAKU (THE LIGHTENING BOLT):

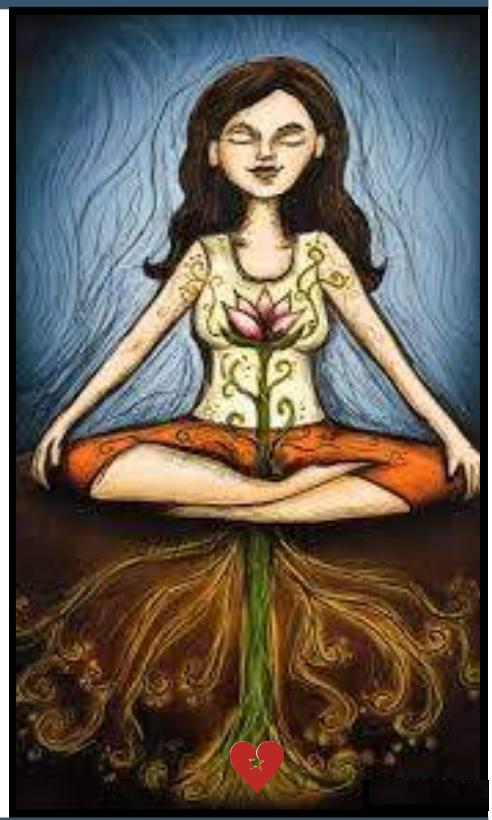
Having now outlined the two main Master Healing symbols for this level, let us now introduce you to our final Reiki Master Healer symbol - Raku. And as we've already mentioned, the Raku symbol gives you a wonderful tool for 'grounding' and can therefore be used as you feel guided to in your meditation and healing sessions.





To start with then, let us quickly run through some of the potential needs for grounding in our Reiki practice (as we have not yet discussed this issue in any great detail). Grounding practices can be very important especially as we move into higher dimensional healing frequencies. Grounding can be used in a wide variety of different circumstances and can generally be thought of in three main areas:

1. Grounding yourself (or a recipient) prior to starting a meditation or healing session will actually help you reach higher states of energetic vibration. By being grounded, you will be able to 'reach higher' in the same way as a very large tree relies on its roots to stand tall and remain balanced. Have you ever seen the size of the roots (or their structure) of a big tree? Its amazing!
2. Grounding yourself (or a recipient) after a meditation or healing session can often help to 'ground' these higher consciousness energies into our consciousness as we regain balance through our overall energy field. Not being grounded after receiving energy work can sometimes result in energetic imbalance which can often result in feelings of being floaty, uncoordinated, forgetful, clumsy or even nauseous.
3. Grounding can also be done during a meditation or healing session. For example, should you feel that there are excessive negative energies arising from within yourself (or a recipient), you can 'ground' these energies into the earth to help release these from your (or the recipient's) energy field.



These are the three main areas that we will be focusing on as part of this course noting that we have now also covered here the main uses & benefits of the Raku symbol.



It has also been said that the Raku symbol was introduced into the Usui Reiki healing system at a later point in time and that the true origins of Raku are tied to the Tibetan culture. It is believed that a Reiki Master by the name of Iris Ishikuro (a student of Mrs Hawayo Takata) introduced this symbol into the Usui Reiki healing system and that it was then brought into the Western lineages by Arthur Robertson (a student of Iris Ishikuro).

And it is through this branch of the Takata Reiki lineage, that we have understood the primary uses of Raku i.e. to be used for grounding. Most commonly, people use Raku for grounding the energies received during healing sessions and for grounding the energies being received during attunements. And we would also add here that you can additionally use Raku for grounding negative energies and for grounding yourself wherever you feel that you are in need of these energies as you go about your daily life.

The Raku symbol is therefore a very helpful symbol to have as part of your divine healing toolkit and like all symbols, it will always respond to your healing intention. And to help demonstrate these potential uses to you here, let us now quickly run through an example of how to use Raku in a mediative setting and in a 'healing others' type setting.

A Meditative Example:

When preparing for meditation, you can draw out and tap in the Raku symbol into both of your feet (if you are sitting in a chair) as you intend that Raku helps you to be grounded for your self healing session. This can now help you to reach higher and more harmonious energetic frequencies as you are well grounded into the energies of Earth Mother.

If you are lying down or sitting cross legged for your meditation practice, you may feel more appropriate to ground yourself through your root chakra (at the base of your spine) and this is also fine. For many people, you may wish to use a simple 'draw and tap' technique here or alternatively, you can call on any symbol technique which feels comfortable for you.

Whatever the case may be, you can now imagine or visualise that the Raku symbol is helping you to ground your energies into our Earth Mother and to help facilitate this, you can now imagine that a series of thick tree roots are growing from your feet or root chakra into the earth. You are feeling stable, steady and grounded and with this, you are now ready to receive a beautiful array of higher consciousness energies!

At the conclusion of your meditation, you can now repeat this process and ground all of the energies that you have received from your self healing / meditation session (using your intention). As you do this, your energy field will now be able to find a new balance here as the Raku symbol helps to ground the range of higher consciousness energies that were received through your meditation practice very easily and effectively.

To complete these grounding practices, you can draw out and tap in the Raku symbol three times (either into your feet or into your root chakra) at the end of your practice. In some cases, perhaps where you have had a very deep meditation, you may find that you wish to work with the Raku energies for some additional time here as you feel guided to. As the energies become grounded, you are now able to complete your meditation and go about your normal daily routine.



In some cases, when Gerry 'comes back' from her visits and communications with Higher Consciousness, it can take anywhere between 5 and 20 minutes to really come back into her physical body and to this earthly realm. In some cases, she will need to use additional techniques such as eating, self massage, walking on grass, tree hugging and other grounding techniques to help her come back to this earthly reality completely.

A Healing Others Session Example:

Immediately prior to commencing your healing session, you may ground the recipient in the same way as you would for your own meditation practice. For example, you may wish to draw out and tap in the Raku symbol into each of the feet chakras (or the root chakra) and intend that the Raku energies help the recipient to prepare their energy for receiving a wonderful array of higher consciousness energies.

As you go about your healing session, your recipient may be experiencing deep healing from within and as such, he or she may start to display some signs of negativity being released i.e. through excessive shaking, laughing, jolting etc. As this happens, you may feel that it is necessary to call on the Raku symbol so that you can ground some of this negativity into the earth.

In this case, you would simply draw out a very big Raku over the recipients entire body and tap the Raku symbol into the earth three times. As you do this, your intention here is firmly focused on the Raku symbol grounding all of the negative energies safely into the earth as they are able to be more easily released from the recipients energy field.

If you wish to, you can repeat this process three times i.e. so that Raku is drawn out over the recipient's body a total of three times, and if needed, you can continue completing this simple process until you feel that all of the negative energies have been grounded. You are now able to continue your healing session as you feel guided.

As you feel ready to bring your healing session to an end, please draw out and tap in the Raku symbol into either the feet or the root chakra (or anywhere else you feel guided) and then intend that all of the energies from today's healing session be grounded into the recipient's energy so that the energies can be balanced & dispersed evenly in the recipient's energy field as they are needed. As you feel ready, you are now able to give thanks and start bringing the recipient back from their healing session with love & light.



2.5 FINAL SUMMARY:

As you can see from the above commentary, the two Dai-Ko-Myo symbols really are the main 'healing' symbols being introduced to you here at this level with the Raku symbol being used mostly for grounding purposes. Having said this, as part of your 21 days of self healing practices, we will be guiding you through the symbol meditations by using the Raku symbol just like you would for any other Reiki symbol. This has been done deliberately so that we can help you gain a good vibrational understanding of the Raku symbol and so that these energies can be more easily assimilated and digested into your consciousness.

We hope you enjoy your connection with these very sacred and high vibrational healing symbols and may they help to bring more love, peace & purification into your life!



3. A DEEPER UNDERSTANDING OF ‘REIKI’:

Having now understood what it means to become a Reiki Master and having now introduced the potential uses & purposes of the Reiki Master symbols, let us now delve into some of the more deeper meanings of Reiki with this next section.

To start with, we will be broadening our definition here of ‘divine guidance’ as we bring this most important principle into our daily lives. Following on from this discussion, we will also be introducing you to some very important information about some energetic changes which are happening on this Earth at the moment as we share some of the information which has been brought through to Love Inspiration by the various Spiritual Guides & Ascended Ones.

As part of this section also, we additionally wish to introduce you to the idea of interconnected-ness or one-ness and also to the idea of working with an altruistic intention in your Reiki practice. We feel that both of these concepts are vital to any Usui Reiki Mastership training and it is with much love & light that we will be building on these theoretical foundations during the practical aspects of this course.

3.1 EXPLORING DIVINE GUIDANCE:

During the level 1 training, we defined Reiki as being '*universal energy*' and more accurately as '*spiritually guided universal life force energy*'.

And within both of these definitions, there is an underlying knowledge that everything is made up of vibration or energy. This source of energy is known by many different names and most commonly, this energy source is described as being something that is aware, conscious or intelligent in nature.

For many Reiki practitioners, we understand that our Reiki practices are always being divinely guided i.e. as we open ourselves up to a wide variety of ‘Higher Consciousness’ entities. When we are working with the light, we can often feel these Higher Consciousness entities as they help us to feel a beautiful sense of peace, relaxation and healing from within.

These Higher Consciousness entities seem to come from a far higher place of awareness or consciousness and are almost always coming from a place of love, benevolence & purity as they guide us towards more love, light & harmony in our life.





And as you have opened up to these Reiki energies more and more, you have no doubt felt this many times for yourself at each step of the way. And we would assume now that you are quite comfortable with the concept of being divinely guided and helped through your Reiki practice.

But let's now expand our perspective somewhat of divine guidance.

Let us now imagine that there are an infinite amount of Higher Consciousness entities watching over us in every moment. Many kinds of Gurus, Gods, Light Beings, Ascended Ones, Angels, Enlightened Beings, Relatives who have crossed over, Spirit Guides and other Divine Assistants who are now able to help us (should we choose to open ourselves up to receiving).

Let us assume that they are everywhere, at all times, helping us all to learn the lessons that we need to in this life so that we can more easily move towards higher and more harmonious states of energetic vibration and Love. Let us assume that they are also helping our planet evolve towards more Love, Light & peace as we are all divinely guided to grow, evolve and transform in our own way and in line with our own divine gifts and talents.

The general point here that we wish to make is that divine guidance is not only happening through your Reiki practices but rather, these beautiful and benevolent Higher Consciousness entities are always helping us in every single moment. And with some reflection on this expanded perspective of divine guidance - this can now help us to bring new meaning into our life and into the situations that often present themselves to us as we go about our day.

For example, why do you think you are facing a particular challenge in your life at the moment? Do you think you are being 'guided' towards learning something from this? Is it possible that external circumstances are being 'divinely guided' so that you can release old or unwanted energies from within and thus move upwards in energetic vibration?

It is quite commonly taught through many spiritual traditions that everything is happening through a combination of your own choices (through the principle of free will) and through divine guidance. And it is within this symphony of 'Creator' and 'Co-Creator' that we can often find a beautiful, perfect and divinely unique balance between our own desires and the divine order of all things.

This is a realisation that has come through for Marty and Gerry to learn in this lifetime and something that has been aided by Gerry's gift of clairvoyance. Both Marty and Gerry are deeply grateful for all of the learning that they have been asked to do in this life and they understand that there is much more learning still to be done!



3.2 INTRODUCING THE NEW CONSCIOUSNESS:

Through the gift of clairvoyance, Marty & Gerry have been very blessed to receive a vast array of information from a great many Spiritual Guides, Ascended Ones, Archangels and other 'Higher Consciousness' entities. And one of the key messages that has been received time and time again as part of these intuitive communications, is that our planet is currently undergoing a very significant shift in it's energetic vibration towards more **love, light & unity.**

The Guides have referred to this phenomena as 'The New Consciousness' and they have explained that there are now many Higher Consciousness entities helping our planet through this ascension process so that we can all be guided towards this new vibration of energy. In addition to this, we understand that there are now a great number of 'ground crew' in the form of Guru's, mediums, channels and other benevolent beings who are now helping us all move towards this ascended state of being.

As part of this ascension process, Love Inspiration has received a number of different 'Ascension Pathways' & 'Energy Based Healing Systems' that we now offer freely and with love via our website. The Advanced Usui Reiki teachings are one such example of these. It seems that these energies, attunements and teachings have been brought through to Love Inspiration so that we too can play our small role in helping to raise the love vibration of this planet - as the guides explained to us:



**Ascension
is the process
of aligning your
conscious vibration
with your
individual divine
nature.**



"Raising the love vibration allows our consciousness to shift, enabling us to see the true concept of ourselves and our world. By raising the vibration, we reduce the filters, the haze or the glare through which we see our perceived reality."

"The shift in consciousness is the awakening of our mind through our hearts, to see our true selves; to hold the true essence of love. The transformation of our love is the key to finding our pathway to higher consciousnesses."

As we continue forwards on our journey, we are continually reminded that each and every person is being divinely guided towards this new light in their own unique way. For example, there will be some of you who are perhaps opening up to new ideas, new directions and perhaps new creative pursuits in your life.

For others, you may be really enjoying these kinds of energy based healing & purification practices as you are guided towards finding your spiritual teacher or Guru in this life. And there will be others who are being guided towards doing work with our beautiful & divine earth or through a variety of other means as they learn how to raise their energetic vibration through their own unique, creative pathway.

Whatever the case may be - the general message that has come through about this shift in consciousness is very clear: *Always follow your heart.*

Wherever possible, always act with loving kindness, compassion, empathy and with a sense of peace and tranquility. Do not worry, stress or become frustrated for everything is happening in accordance with the divinely guided essence of the Creator and in accordance with your highest intentions.

Pursue all those things in your life that make you feel happy and from the depths of your heart, know that you are always being divinely guided to fulfilling your divine destiny. Set your intentions wisely and for the benefit of all and know that you are here for a truly beautiful & divine purpose.

Understand what you have been given in this life - your purpose, your gifts, your talents and your brilliance and once you understand this - shine these out so that all beings can benefit!

There are a great many Beings watching over us all during this time of transition so please, if you feel like you are in need of any kind of divine help or assistance - you only ever need to ask for divine help with love.

May we all live in unconditional love, transcendental wisdom and a divine understanding of ourselves. May we all shine light into the deepest and darkest corners of ourselves so that we can move towards this beautiful and tranquil state of love & purity. May this world soon become a place of peace, love and unity where we all live without disease, hunger, poverty or war.



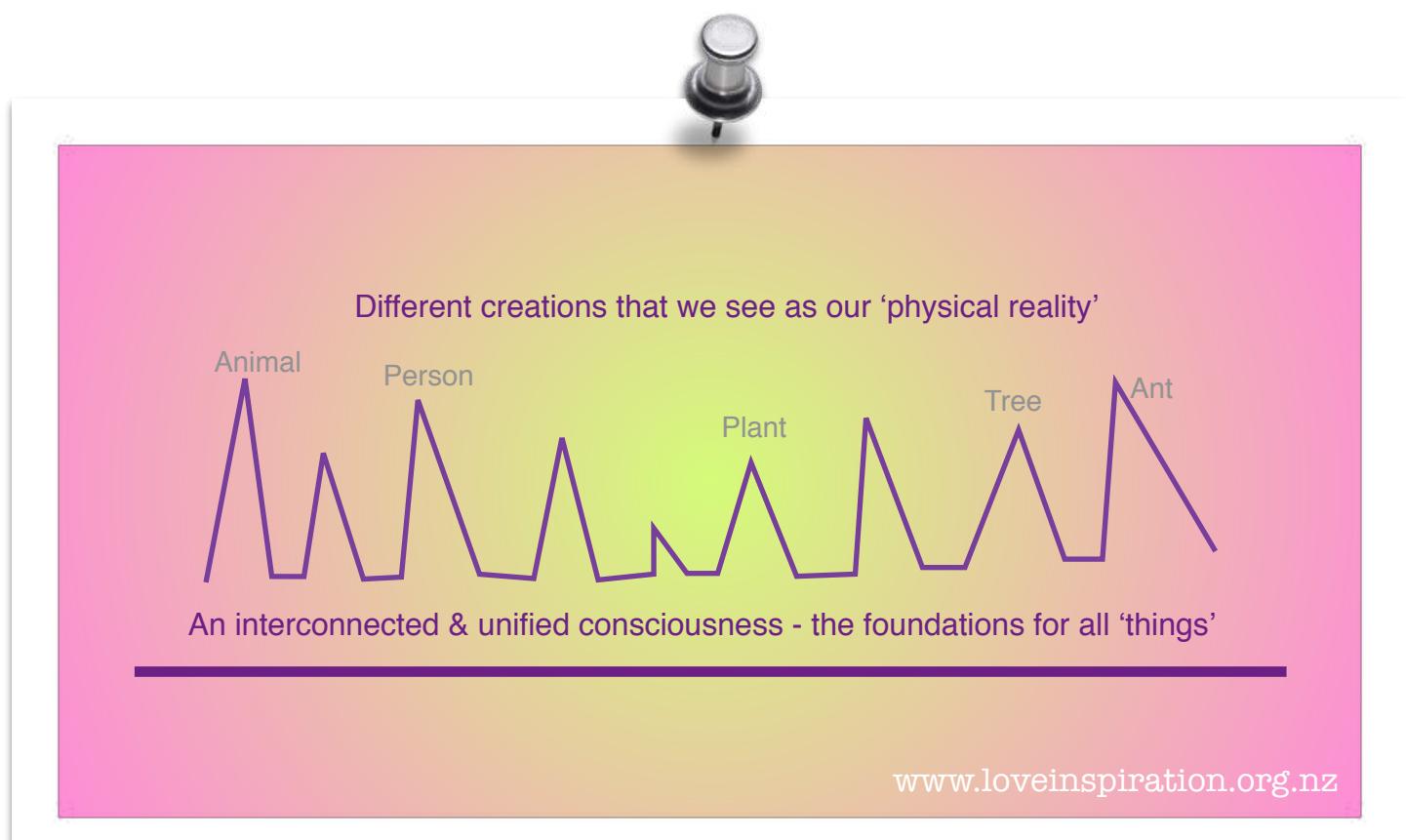
3.3 UNDERSTANDING ONE-NESS:

As we've mentioned above, the message of The New Consciousness always seems to revolve around love & unity and for some people, we have seen this New Consciousness being expressed as a movement away from the 'egoic consciousness' towards a more 'unified consciousness'.

And with this in mind, we can now understand that the messages of unity, interconnectedness and one-ness are all very important as we evolve and ascend into Higher Consciousness. And this is where there is a beautiful overlap between these concepts and the philosophical foundations of Reiki.

To start with, when thinking about this beautiful universe - some people like to describe it as being like an ocean of love & light that feeds and creates the entire physical reality we see. Others may describe the notion of a collective consciousness as being like an eternal breath; with each living being inhaling & exhaling as we all intertwine and co-exist with one another, connected through this eternal breath of life.

For Marty and Gerry, after doing much inner searching, researching and assimilation, they have come to their own inner conclusion that yes - we are all inter-connected with one another. We are all connected to a beautifully holographic & interconnected web of love, light, compassion & purity which is both reverberating and still in each moment. We are all part of this infinitely loving and perfectly divine energy source and we are indeed one with this omniscient, omnipotent & collective being.



As part of any spiritual journey, it is important to hold some understanding about your own truly infinite and divine nature. And as a complement to this, it will also be important for you to have some understanding about the bigger 'I AM' definition of 'self'.

In Buddhism for example, there is much discussion about the self versus the non-self and the relative truth versus the ultimate truth. It is the idea that you are a physical being living in this physical world (relative truth) however at the exact same time, you are one with the Infinite Creator (ultimate truth).

As part of our own journey, Marty and Gerry have been lucky enough to open up to and receive many different sets of teachings from a wide range of traditions. And as part of our own 'training', we have opened ourselves up to the ideas of theologists, Scholars, Scientists, Yogis, Gurus and a great range of other non-physical 'Higher Consciousness' entities who have helped to bring a lot of this together.

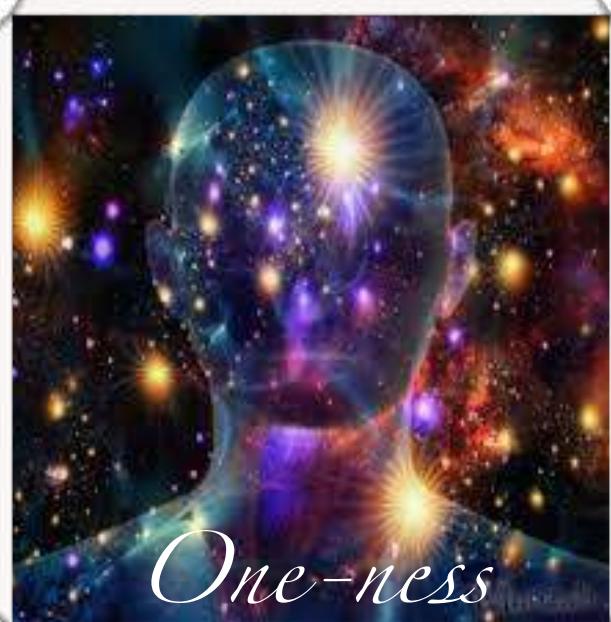
As part of this Usui Reiki Master Healer training then, we would now like to bring this information together for you in Appendix 1 - Understanding One-ness (at the end of this ebook). And with this, we hope to share a theoretical & scientific understanding of one-ness with you here to help you on your own divinely unique journey back towards the Infinite Creator.

By understanding and digesting these ideas & concepts and reflecting on the idea that we are not actually separate from one another, it can often help to expand our perspective about who we truly are. And as you continue digesting these concepts through your own personal practice, it can then often help you to understand some of the deeper aspects about what Reiki is as you expand your understanding, your energy field and your love vibration for the benefit of all beings.

It is often said that the root of all suffering is ignorance. An ignorance which is expressed most notably in our belief in the 'I' consciousness. By believing that we are just one physical individual, we miss out on this beautiful & expansive view of our divine self and as such, we tend to limit our own perspective of who we can truly be!

By opening up to & embracing the concept of one-ness, it can therefore be very beneficial for elevating your thinking and your practices as you start to more deeply understand the benefits of loving kindness, compassion, generosity, patience, sympathy, gratitude and other very helpful & positive states of mind.

To truly understand & digest the concept of interconnected-ness can indeed take much time & practice however given that our planet is now on a very direct pathway towards this 'unified consciousness' - now is a remarkably fruitful time to start bringing these internal reflections and contemplations into your healing practices!



4. THE BENEFITS OF CULTIVATING 'ALTRUISM':

With a more thorough understanding of one-ness and interconnected-ness, we can now very naturally move into a discussion about altruism as we examine the benefits that altruistic thinking can bring into our practice. And to start this discussion, let us firstly define what we mean by the term 'altruism'.

Altruism: THE PRINCIPLE OR PRACTICE OF UNSELFISH CONCERN FOR, OR DEVOTION TO, THE WELFARE OF OTHERS

Wikipedia on altruism (extract):

"Altruism or selflessness is the principle or practice of concern for the welfare of others. It is a traditional virtue in many cultures and a core aspect of various religious traditions, though the concept of "others" toward whom concern should be directed can vary among cultures and religions. Altruism or selflessness is the opposite of selfishness."

Pure altruism consists of sacrificing something for someone other than the self (e.g. sacrificing time, energy or possessions) with no expectation of any compensation or benefits, either direct, or indirect (e.g., receiving recognition for the act of giving).

Much debate exists as to whether "true" altruism is possible. The theory of psychological egoism suggests that no act of sharing, helping or sacrificing can be described as truly altruistic, as the actor may receive an intrinsic reward in the form of personal gratification. The validity of this argument depends on whether intrinsic rewards qualify as "benefits."

The term altruism may also refer to an ethical doctrine that claims that individuals are morally obliged to benefit others. Used in this sense, it's usually contrasted to egoism, which is defined as acting to the benefit of one's self."



This is definitely an interesting point raised here in the wikipedia definition about whether anything can be truly altruistic. For example, when you shine for others this will ultimately bring added benefit to yourself. So is there any validity to this notion?

And it is here that the understanding of interconnected-ness or one-ness is so important. To understand that we are not separate at the ultimate level of existence, brings a whole new layer of understanding to the idea of altruism.

How can we not help another if we ourselves are not separate from them?

Altruism is something which will indeed bring much benefit into your practice. And the idea that you feel good whilst helping others at the same time is perhaps one of the most 'marketable' aspects of cultivating altruism in your practice. And of course, there is absolutely nothing wrong with wanting to be happy yourself! After all, when you are happy, you are better able to benefit and shine outwards for others to benefit from as well.

Altruism is therefore something which can bring benefit to 'yourself' and to 'all' in the very same moment. And It is also something which can hep you to feel good as you spread your feelings of loving kindness & compassion outwards for all to benefit from.

To be truly altruistic is to be kind, loving, warm, compassionate, humble, patient and this is truly something which is valued by almost everyone whom you will meet in your life. It is something which can attract pleasant things into your life and something which can also help you to move forwards energetically to higher levels of existence.

Altruism is therefore one of the cornerstones of any healing or spiritual practice and will only ever help you to create feelings of love, compassion and warmth from within. To cultivate these types of mindsets then is said to be one of the most treasured practices.



"There is no more virtuous mind than bodhicitta.

There is no more powerful mind than bodhicitta,
there is no more joyous mind than bodhicitta ...
it is the unique and all-encompassing method.

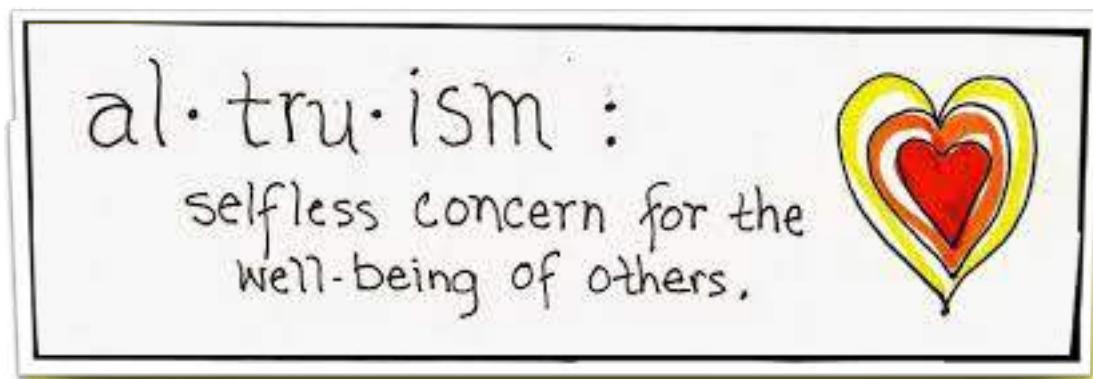
Every ordinary and supra-mundane power can be attained through bodhicitta.
Thus it is absolutely precious."

His Holiness the 14th Dalai Lama

Whether we are talking about our mother, our friend, our next door neighbour, our family pet or even the insects that are outside in the garden - all living beings share the same innate desire to be happy and free from suffering. This is a very natural inherent desire that lives within us all and can actually be a very important part of our own evolutionary process.

For most of us, this desire to be happy will often manifest as us performing actions that we think will bring happiness. For example, we will provide a nice shelter for ourselves so we can avoid the harsh weather and be happy and warm inside. We will look for a job that helps us to achieve our happiness goal. We will try to surround ourselves with people who make us feel good and in our spare time, we will always seek things that are fun, enjoyable or relaxing (depending on how we feel). All of this comes from the idea that we all want to be happy and free from suffering.

One thing that we can often forget however, as part of our life long search for happiness, is the idea that altruism can also play a very important role in helping us to find real & genuine states of happiness.



For many of us, we often focus only on creating good things for ourselves rather than trying to bring happiness into the lives of others. And by continually focusing on what is good for 'me' or what 'I' can do to help 'myself' for 'my' own happiness - we can often miss the true beauty and benefits that come from adopting altruism in our life.

For example, by continually focusing on the 'I' consciousness, we can sometimes lose focus of the beautiful and truly divine, infinite & wonderfully expansive 'collective' consciousness. And with this, we can also lose out on understanding or connecting with this truly limitless view of ourselves as we embrace the idea that others are a part of our 'collective self'.



And with this idea in mind, we can again see that altruism provides us with many opportunities for bringing happiness into our own life as well as bringing happiness and joy into the lives of many others.

Have you ever noticed how good you feel after doing a good deed for someone?

This is one very beautiful way that you can start bringing more altruism into your life right now so that you can start to feel the benefits of more happiness, joy & love. And it is this first introductory concept of 'helping others' that is the most common way of thinking about applied altruism i.e. to quite literally go out and 'help others'.

And at a deeper level, whilst we may not directly see any immediate benefits from these generous or loving actions, this engaged practice of altruism is often said to bring us many happy benefits through The Law of Cause and Effect (or Karma).

This is also talked about through 'The Law of Attraction' which states that you will attract those things into your life that are vibrating at the same level as you are. So with this in mind, as you do vibrationally uplifting actions based on loving or kind intentions, you will therefore very naturally be attracting these back into your own life at some point in the future.

And although these concepts are still not widely accepted within the mainstream, the religious and spiritual teachings about 'doing good things' is almost universal! This is a teaching which has been provided to this earth time and time again through a wide variety of Higher Consciousness entities throughout the ages.

And with the rise of the internet, these teachings are now becoming increasingly available to those who are interested through a variety of different formats. And with this renewed access to information, we are now more easily able to see just how much alignment there is between all of these different teachings.

For example, you can now go online and compare the different teachings of a wide range of spiritual teachers, mediums, channels, Guru's and religious traditions and see how you feel. You may then find that they all seem to be saying the same sorts of things:



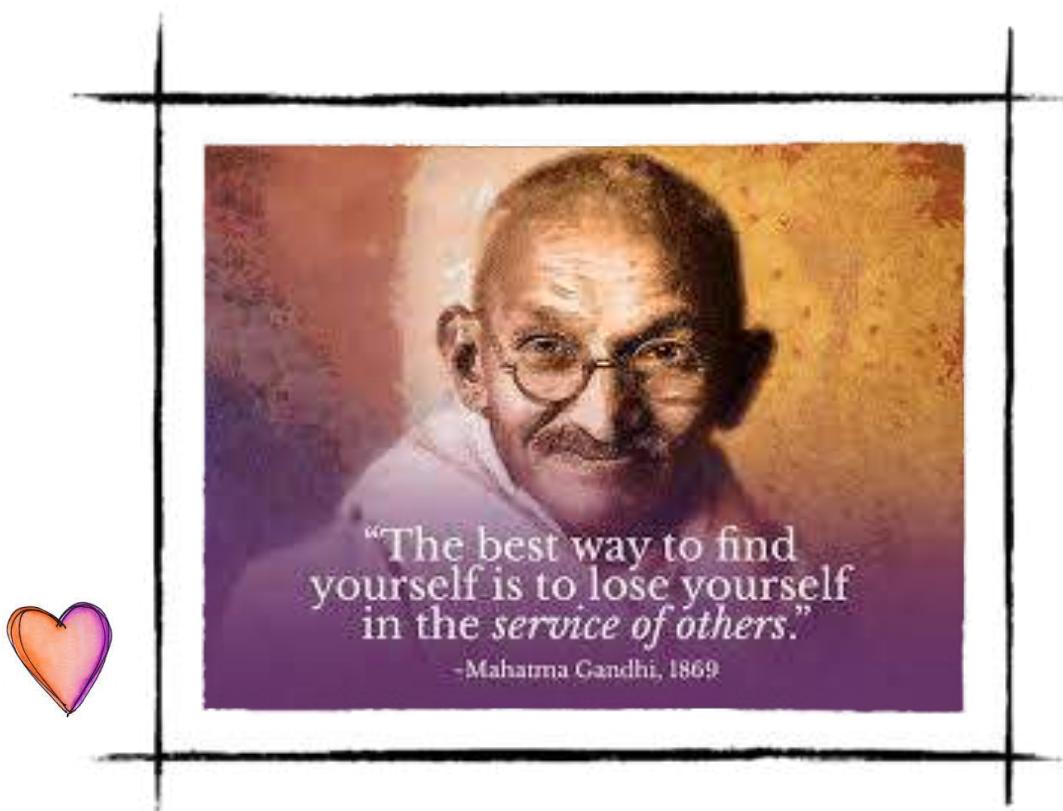
love + compassion + gratitude + mindfulness + kindness + patience

+ surrender + forgiveness + humility + non-attachment + faith = happiness



So this is the first way that we can think about altruism - to go out and physically help others and to do these actions with a loving and kind state of mind. And again, this is a truly beautiful teaching all by itself!

By adopting this type of approach in your life (also referred to as Karma Yoga), this can help you to be more loving, kind, generous, compassionate, helpful, considerate, patient & humble and when this is infused with an understanding of interconnectedness, it can be a very powerful platform towards more wisdom, love and light in your life!



**“The best way to find
yourself is to lose yourself
in the *service of others*. ”**

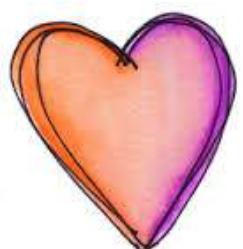
-Mahatma Gandhi, 1869

So lets now talk a little more about how to view altruism in another way and specifically, lets now look at how we can approach altruism through our own healing practices. And for this, we will now be looking at this concept through the lens of inter-connectedness where we can see altruism in two different perspectives.

- ★ The first perspective of altruism lies in the idea that we can bring benefit to others by doing healing and purification work on ourselves. In other words, you can bring benefit to others by simply seeking your own heart. This is a very natural phenomena and is strongly supported now by your understanding of interconnectedness.

It is the idea that as you cleanse, heal, purify or grow - so too does the collective consciousness. As you peel away the many kinds of impurity from within your energy field or consciousness, you are better able to see the true divine sun shining from within you and quite naturally, this will now radiate outwards for all to benefit from as you uncover more and more of your own innate divine centre.

This is why we always emphasise the importance of self healing and meditation as a way of 'helping others' as you will effectively be clearing away many layers of impurity, darkness and imperfection so that you can raise your own individual vibration and thus the collective vibration as well.



- ★ The second perspective then is the idea that by cultivating an altruistic mindset in your practice (i.e. by bringing your meditative focus to 'benefitting all'), you will also receive a far higher intensity of healing & purification in line with this expanded intention.

Throughout these Reiki teachings & courses, we have consistently reinforced the idea that all healing is done in accordance with your healing **intention** and here, at this Master level, we are now introducing you to this very central concept which will be important for almost any healing or meditation work that you do.

**The universe will always send us healing
& purification in line with the width
or purity of our intention.**



So before we go any further with this, let us now just quickly summarise things so far. Firstly, it is most certainly true that you can practice altruism by helping others through loving, kind & virtuous actions. And we have now established that you can also practice altruism by dedicating yourself to your own personal practices i.e. as you open up to more love, light & peace in your life.

As part of this personal practice, we have now introduced the idea that the universe will always send you love & light in direct proportion to the width or purity of your intention. And with this very important concept, it is now relevant here to discuss some of the ways that you can start cultivating an altruistic intention in your various healing practices.

As part of the practical section of this course, you will see that the self healing practices for this level will be focusing on opening up your heart chakra and starting to work with a variety of altruistic intentions in your Reiki meditations. Of course, both of these go hand in hand with each other and with the 'Higher Consciousness' healing power of Reiki added to this, these practices will surely help you to raise your love vibration very quickly!

During our level 1 & level 2 Reiki courses, we have already touched on this 'altruistic' concept as we introduced you to the various healing techniques during each of these levels. For example, we spoke of the importance of giving healing sessions to others during the level 1 training as we reinforced the idea that by giving healing sessions, you will also be helping to create the vibrational circumstances for your own healing, purification & happiness.



During the level 2 training, we introduced you to a variety of healing techniques which helped you to send distance healing energies to a variety of different situations, groups, goals, events or even the Earth. We explained here as part of this that as you widen your intention, you would be opening up to receiving a vast array of healing & purification and we therefore encouraged you to open up to these practices as you felt guided to.

So it is here at this Reiki Master (Healer) level that we now wish to expand on this concept of applying altruism into your practice and to provide some additional theoretical understanding about this area in the hope that this can inspire you towards creating these kinds of expansive and altruistic healing intentions for the benefit of all.

And again, one of the most important concepts which underpins all of this, is the concept that you *will always receive divine healing assistance or energy in direct proportion to the width or your intention.*

So by way of example then:



If your intention is to bring healing into your own individual consciousness (i.e. so that 'you' can be happy), you will receive the healing energies to help you to do this. However when you now compare this to an intention which is set firmly in the idea of bringing healing & purification to all beings throughout the entire universe; may they all be happy and free from all suffering - you will certainly receive a much stronger intensity of healing from this kind of altruistic intention!

And as you start to bring these kinds of altruistic healing intentions into your Reiki practice, you will surely receive a more significant and **magnified** set of healing energies into your own energy field. And as a result, you will therefore be able to experience more peace, love, healing and purification from within you as you start to open up to the idea of shining these healing energies outward for all to benefit from.

And from this very simple explanation, we hope that we have been able to show you the energetic differences here between a wish for 'me' to find happiness versus a wish that 'all beings' find happiness. The width and purity of these intentions is indeed very different and most notably the healing & purification energies that will be received from each of two intentions will also be very different.



So to conclude here, trying to cultivate an altruistic intention in your practice can be very beneficial. There are many different ways that you can start to bring a more altruistic mindset or approach into your personal meditation practices and in the interests of providing you with some more information about this, we are very happy to offer you this short video tutorial about how to cultivate the altruistic mindset in your practice:

[Techniques for cultivating the Altruistic Mindset \(Video Tutorial\)](#)



After watching this video, you will now have realised that it can be helpful for you to start working with those who are close to you as you work up to the intention of 'benefitting all'. And it is normally through a continued and repeated series of affirmations and meditative exercises that this kind of mindset can very naturally blossom and flower from within.

So by way of example, you will have seen that to generate love for all beings, it is often easier to start by working meditatively with someone who is very close to you; someone who you can very naturally share love with. Once you establish these natural feelings of love, you are then able to share this with others. Perhaps a family member, a friend, a group of people, an entire town, a city, a country until you finally reach the stage of sending love out for all beings.

You do indeed have many different options for helping to create more altruistic thinking in your practice and with the short video tutorial above, we have summarised some of our favourite techniques for doing this (from the Tibetan Buddhist tradition).

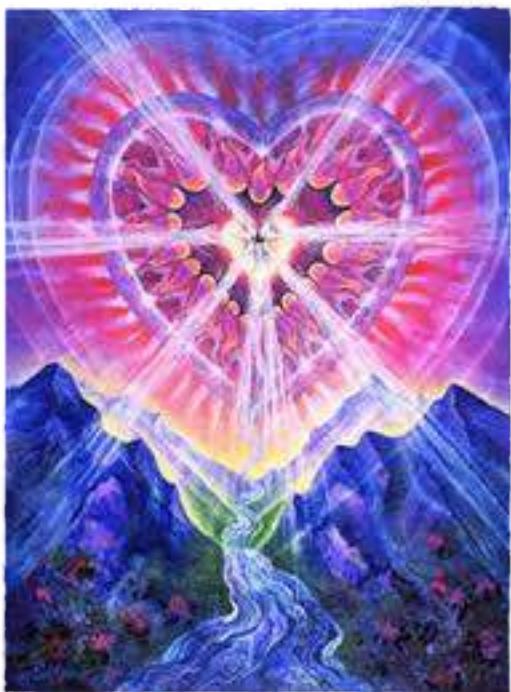


In addition to this, may we suggest that you also open up to two additional meditation techniques (should you feel guided to). The first of these is a simple 'loving kindness' meditation where you are guided to connect with a loved one, a friend and an enemy. For each of these people, you will be guided towards sending them love, forgiveness & apologies. The second meditation then can help you to open up your heart chakra and send your 'love light' out to all beings.

[Guided Meditation - Loving Kindness](#)



[Guided Meditation - Love Light](#)



create the results that we are hoping for on our spiritual journey. And within each mind, the internal thought patterns can be changed and shaped through these kinds of techniques.

With this in mind, we humbly suggest that you take some time here to reflect, contemplate and digest this new information so that you can come to your own conclusions and realisations for your own journey forwards towards the light.



As you open up your heart chakra more and more, you can very naturally start to expand your love light so that it shines for the absolute and infinite benefit of all. And of course, these meditative techniques above can be incorporated into your own Reiki practices using the symbols in whatever way you wish!

As part of your Reiki Master (Healer) training, we also wish to point out here that the self healing practices for this level will be also helping you to cultivate more loving, benevolent and altruistic states of mind as we guide you towards a more significant expansion in your love vibration through working with the Reiki Master symbols.

The meditations & techniques above should be thought of as an additional set of personal practices that you can call on as you feel guided. We have included these here to help demonstrate some of the ideas and concepts that we have been discussing and as a way of helping you to open up to some additional practices, should this be of interest to you.

As part of any personal work, it is often our own mind and thought patterns that can help us to



Welcome to
Usui Reiki
Level 3A



Chapter 2:
Receiving Your
Attunement



Love Inspiration

Learn • Heal • Awaken

USUI REIKI
LEVEL 3A - MASTER HEALING

Chapter 2: Receiving Your Attunement

CONTENTS:

Content	Page
1. Introduction To The Attunement Process	35
2. Instructions For Receiving Your Attunement	36
2.1 Receiving Your Attunement In Video Format	36
2.2 Written Instructions For Receiving Your Attunement	36

1. INTRODUCTION TO THE ATTUNEMENT PROCESS:

For those of you who have already completed your level 1 and/or level 2 training with Love Inspiration, you will already be very familiar with this by distance attunement format. You will understand that the processes are very simple and easy to follow along with and will help you to become attuned to these new level 3a - Usui Reiki Master Healer frequencies.

This distance attunement will now be providing you with access to the three Usui Reiki Master Healer symbols that we have introduced during the theoretical foundations part of the course (Usui & Tibetan Dai-Ko-Myo and Raku). By opening up and receiving your attunement for level 3a, you will then be able to complete the 21 days of suggested self healing practices and you will be able to start incorporating the other healing techniques into your Reiki practices as you feel guided to.

For those of you who are new to this 'by distance' attunement format, we welcome you here with much love & light! Please know that the process for receiving your attunement is very simple and easy and we will be providing you with two ways of receiving your attunement:

- By following along with a written set of instructions; or**
- By being guided through your attunement process via video**

We should also point out here that this 'by distance' attunement format is being offered to you here through our connection to the Advanced Usui Reiki Master Teacher energies. As an Advanced Usui Reiki Master Teacher, we are able to share the Usui Reiki attunements with you in this new distance format as approved and endorsed by Dr Mikao Usui & Hawaya Takata. For those of you who wish to read more information about why we are offering the attunements in this way, we invite you to have a [read through the information](#) that was brought through to us during the Advanced Usui Reiki levels.

Once you feel ready to receive your attunement, we kindly ask that you read the below paragraph to ensure that you are able to receive your attunement successfully:

Before you receive your attunement, please ensure that your Usui Reiki Level 3a attunement has been activated specifically for you. If you have received the link for this ebook from Love Inspiration directly, then you will have also received an activation email confirming that your Level 3a attunement has been activated for you. You are therefore then ready to receive your attunement with love, light & gratitude!

If however you have received this book through other means (e.g. downloaded it somewhere else), and your attunement has not been activated, then we kindly ask that you visit our '[Request Attunements](#)' page before you begin. Please wait until you have received your activation email before receiving your attunement - this is vitally important!



2. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

We are again delighted to offer you these Usui Reiki attunements by distance and we hope that this new format will help you to connect with these beautifully uplifting and truly divine healing energies in a way that is simple and easy to follow along with.

There are many different reasons why we have chosen to offer these attunements in this by distance format but above all, we bow down to divine guidance. We are truly delighted that you have found your way to these free Usui Reiki attunements and may we again wish you all the best for your level 3a Usui Reiki attunement.



2.1 RECEIVING YOUR ATTUNEMENT IN VIDEO FORMAT:

In the below section (section 2.2), we will be providing you with a full set of written instructions for receiving your attunement however for some people, we also understand that it may be easier to be **guided** through the attunement process i.e. just as you would from an 'in person' attunement.

We are therefore delighted to offer you the below video so that you can just relax, open up and follow along with this guided attunement for Usui Reiki - level 3a. We hope that this helps you to experience these energies in a more 'user friendly' way and that you have a wonderful attunement!

[Guided Usui Reiki Attunement - Level 3a](#)



2.2 WRITTEN INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

The guided attunement video included above will guide you through the same processes as we will now be describing below. For some of you, we understand that you may like to be guided through your Reiki attunement, and as such, the guided video attunement section above may be more appropriate for you.

However for others, you may prefer to receive your attunement in your own way. Therefore, by following along with the very simple and easy instructions below, you will be able to receive your attunement in your own time, in your own space and as you feel guided to.

Whichever way you choose to receive your attunement, we hope that you will enjoy your connection with these new energies and that they help to bring more healing, love & joy into your life!

Here is the process for receiving your attunement:



Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 25 minutes. Perhaps you wish to play some soft relaxing music, light some candles or burn some incense to create a nice ambience.



Setting the intention

Stating the intention here will activate the attunement to begin.

Please say the following:



**"With love and gratitude I open up to receiving the
attunement for Usui Reiki level 3a.
May these energies help me on my pathway forwards so that I
may better serve the Collective Consciousness.
Thank you, thank you, thank you."**

Receiving Your Attunement

Now your attunement will commence and will take around 10 - 15 minutes to receive. However we would humbly suggest to sit for around 15 - 20 minutes to ensure that all energies are received into your energy field.

During this time, you may wish to say an affirmation to keep your mind focused or perhaps use a visualisation with the main focus being on opening up to receive love & gratitude. Please receive these energies as you feel guided to.

If you wish to use affirmations to help you during this 15 - 20 minutes, here are some examples that you may wish to choose from:



Affirmation examples:

"I open myself up to love and light"

"I open up to receive"

"I open up to universal love"

"I open up to receive the Usui Reiki Level 3a attunement"

"I open up to divine love & light"

Or you may simply simply repeat your intention over and over.

However you decide to receive your attunement, we hope that you enjoy this 15 - 20 minutes as you are showered in divinely guided healing light. May these attuning energies help you to bring more love, light & happiness into your world!

If it is easier for you, you can time yourself for the 15 - 20 minutes or simply wait until you feel the energy drop off a little bit. And again, throughout this time, you may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing happen.

Whatever you do or do not feel during your attunement, after this 15 - 20 minute period, you will have now received your second level attunement for Usui Reiki and with this, you will be able to practice the level 2 techniques which we will now be describing in the next section.

Congratulations!

**You have now been attuned to
Usui Reiki Level 3a!**



Welcome to
Usui Reiki
Level 3a



Chapter 3:
The Reiki Practices
(Level 3a)



Love Inspiration

Learn • Heal • Awaken

USUI REIKI
LEVEL 3A - MASTER HEALING

Chapter 3: The Reiki Practices (Level 3a)

CONTENTS:

Content	Page
1. Overview & Introduction	42
2. Contemporary Reiki Healing Techniques	43
2.1 Becoming One	44
2.2 Reiki Psychic Surgery	45

USUI REIKI - LEVEL 3A
MASTER HEALING PRACTICES

Content	Page
2.3 Microcosmic Orbit	53
2.4 Advanced Hand Positions	58
2.5 Ball Of Light	66
3. Traditional Japanese Reiki Healing Techniques	70
3.1 Gedoku Chiryo Ho (Hara Cleansing)	70
3.2 Tanden Chiryo Ho (Hara Cleansing)	72
3.3 Seishen Toitsu (Reiki Breathing)	73
3.4 Koki Ho (Sending Reiki With Your Breath)	76
3.5 Gyoshi Ho (Sending Reiki With Your Eyes)	78
3.6 Jaki Kiri Joka Ho (Purifying Objects)	79
4. The Self Healing Practices For Level 3a	81
4.1 Preparing For Your Practice	82
4.2 Inviting Energy & Setting Your Intention	82
4.3 Joshin Kokyu Ho Meditation (Adapted Version)	83
4.4 Reiki Symbols Meditations	84
4.5 Finishing With Gratitude	88
5. Doing Healing Work For Others (Level 3a)	90
6. Learning Advanced Usui Reiki	92
7. Final Comments	95



1. OVERVIEW & INTRODUCTION:

Having covered the theoretical foundations for the level 3a training and having received your level 3a attunement, you are now ready to progress into the practical aspects of this Usui Reiki Master Healer course.

And as we've mentioned already, this part of the course will include a **21 day period of self healing practices** to help you to better assimilate the energies of the Reiki Master symbols. Where possible, we would suggest that it is best if you can start your 21 days of self healing practices from the date of your attunement.



As part of this section then, we will be providing you with a full set of written instructions for the self healing practices and in addition to this, we will also be providing you with our '**Usui Reiki Master Healer Guided Self Healing Meditation**' video link. Typically, we find that this guided version of the self healing practices can be very helpful, especially during the first few of your self healing practices as you learn how to connect with these new healing techniques and energies.

Having said this, before we get into the actual self healing practices themselves, we would firstly like to provide you with a full array of 'Master Healing' techniques so that you can better understand and digest these new Usui Reiki Master Healer techniques prior to moving into your 21 days of self healing practice.

As always, it is our intention here to provide you with a wide range of healing techniques so that you can then put these into practice from a meditative perspective and a healing others perspective. By providing you with a wide variety of Reiki healing practices, we hope that you will find a number of healing techniques that resonate with you and help you to access the Reiki energies for a wide variety of healing circumstances.



To help introduce these Master Healing techniques in the easiest and simplest possible way, we have chosen to outline these Master Healing techniques under two main categories:

- a) **Contemporary Techniques** - These healing techniques have been introduced mostly from spiritual traditions falling outside of the direct Reiki spectrum. These have been introduced progressively over time by a wide variety of Reiki Masters and from other spiritual / healing based traditions and have now come together to form an important part of the Usui Reiki healing system.
- b) **Japanese Reiki Techniques** - These healing techniques represent a more traditional set of Reiki healing techniques that have been passed down through the 'Eastern' or 'Japanese' Reiki lineages i.e. through organisations such as the Usui Reiki Ryogo Gakkai (Usui Reiki Healing Method Learning Society). These are a very important addition to our Master Healer course and can help to broaden your perspective about Reiki and how you call on these beautiful healing energies in your life.

By introducing both of these types of techniques, we feel that this is the best way of providing you with a very well rounded & broadened understanding of the Reiki healing practices. These techniques have come from a wide range of different Reiki lineages and as such, these techniques can help you to understand the many different variations of Reiki healing practices from all over the world.

When added to the level 1 and level 2 Reiki healing practices, this now becomes a very complete & thorough set of Usui Reiki teachings. From here, this will now help to form a wonderful platform for continuing into the Advanced Usui Reiki healing system (should you wish to) where you are now able to consolidate, build on and expand these energies into higher dimensional frequencies!



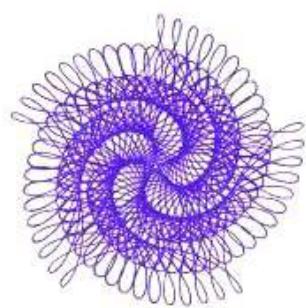
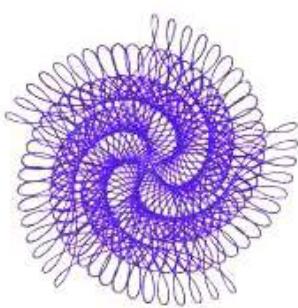
2. CONTEMPORARY REIKI HEALING TECHNIQUES:

One of the most wonderful things about Reiki is that it is an ever evolving art-form and something that is highly complementary to a great number of different disciplines and spiritual practices. As such, many types of additional healing techniques have now started to roll into the Usui Reiki healing system over the years and this is something additionally beautiful!

As this world continues to move forwards into the 21st century and as more people open up to the wonderful delights of Reiki, this will likely be an area which continues to evolve and blossom with more time & interest in these kinds of practices.

In this section then, we wish to introduce you to five new Reiki techniques here noting that most of these can be used in both meditation and in your healing work for others.

- ★ **2.1 Becoming One**
- ★ **2.2 Reiki Psychic Surgery**
- ★ **2.3 Microcosmic Orbit**
- ★ **2.4 Advanced Hand Positions**
- ★ **2.5 Ball Of Light**



As we introduce each of these techniques, we will be outlining the basics of each practice and we will also be providing you with some additional insights into the underlying principles behind each of these practices. We hope you enjoy these new techniques and may they help to bring more love, light & peace into your life!

2.1 BECOMING ONE:

As part of our level 2 Reiki training, we outlined a variety of different ways that you could work with the Reiki symbols in both healing & meditation and whilst some of you may have opted for a simple 'draw and tap' approach, there may be others amongst you who may have chosen to experiment with other types of symbol techniques.

One such technique that we referred to during these level 2 practices was the 'big symbol technique' and as we discussed during the level 2 training, the basics of this technique are very simple and straightforward. Simply draw out or imagine that there is a very big Reiki symbol which encompasses your entire body. The symbol is shining, radiating and glowing brightly outwards for all to benefit from. As you imagine or connect with this idea, you are able to more strongly invoke the symbol's energies by repeating its sacred name over and over, much like you would a mantra. Or alternatively, you may wish to just focus on the visualisation aspects of this technique.

However you decide on connecting with this technique, you are now able to sit with this intention and allow each of the Reiki symbols to shine throughout your entire body (and then outwards for all) for as long as you feel guided to. And as you do this, there are a number of really nice things happening here. Firstly, by intending that the energies shine outwards for all - you are truly able to feel the power and intensification which comes from this expanded intention that we talked about in the theoretical foundations section.

Secondly, as a result of your benevolent intention - the symbol's frequencies will respond to this widened healing intention and as such, you will be able to receive a very wonderful range of healing energies as Reiki shines through you - outwards for the benefit of all. And finally, as you relax and sit in this space of healing & meditation, you will be able to feel the full effects of the symbol's energetic frequency combined with the beautiful array of karmic merits that will be generated from your great desire to share these Reiki energies with 'all beings'.

And as we mentioned in the introductory sections of this course, *this is now a wonderful way of helping you to combine the uplifting 'higher consciousness' Reiki energies with your new understanding of the very powerful altruistic intention.*

So whilst the actual symbol technique here is more of a reinforcement of the level 2 practices, we feel that this is an important addition to the Usui Reiki Master Healer training given that we are now working with the Reiki Master symbols and given that we have now covered the importance of the altruistic intention. By working with this very simple technique, you will be guided by the Reiki energies towards a more easy and free flowing transition into this expanded concept of 'shining for all'!

As you progress with this technique, please know also that you can always expand your intentions even further as you call on visualisations or affirmations to help you cultivate these kinds of altruistic intentions in your practice. And to help ensure that you gain some experience with this very simple practice, we will be including this symbol technique as part of our 21 days of self healing practices (in Section 4).



2.2 REIKI PSYCHIC SURGERY:

Psychic Surgery is a practice that can help to create a truly wonderful set of healing results for a wide range of different healing issues & circumstances. In its truest sense, it is a practice which is said to be particularly effective for treating more serious ailments such as cancers, tumours, cysts, organ failures etc.

And to be sure, there are a great many ways that you can perform Psychic Surgery and as such, there are also many different techniques for performing Reiki Psychic Surgery as well (yes there is a small technical difference here between these two terms).

So here, in this short section, we now wish to provide you with two Reiki Psychic Surgery techniques that can help you to treat a variety of problem areas so that you can incorporate this into your healing sessions / meditation practices.

Above all though, the key thing to remember for Reiki Psychic Surgery is that it is always your intention which is so important. As we mentioned during the level 2 training, the different techniques used in Reiki are also important however it is always the intention behind the technique which is of the upmost importance.

Intention Intention Intention!



The first Reiki Psychic Surgery technique then will be a very simple one - it can be called on at any time during your meditation or healing session to help you remove a variety of energetic impurities and deep healing issues from within. It will take you around 5 - 10 minutes to complete and is a more simple or basic Reiki Psychic Surgery practice.

The second technique that we will be covering then is a much more comprehensive version of Reiki Psychic Surgery. This practice will be focusing on a more thorough way to do Reiki Psychic Surgery so that you can call on these techniques for helping with very specific ailments i.e. liver cancer, brain tumour, kidney failure etc.

Both of these techniques can be used in self healing and healing sessions for others and as with all Reiki practices, we would suggest that you try both techniques for yourself and then decide how and when to apply each of these techniques in your various healing practices.

And to give you some opportunity to practice these Reiki Psychic Surgery techniques, we have incorporated a Reiki Psychic Surgery practice into our 21 days of suggested self healing practices as a way of treating your problem area. This is a great chance to experience and become familiar with the Reiki Psychic Surgery practices.

► **Technique 1 - Reiki Psychic Surgery (Simple)**

This simple version of Reiki Psychic Surgery is particularly relevant for treating a part of the body where you can feel some energetic blockages, disruption or where a recipient may feel pain or any other kind of ailment within their body.

This technique will be focusing on extracting & releasing the energetic impurities/darkness from within and as such, can be used to treat a great many physical, mental, emotional & spiritual ailments.

By removing the impurity or darkness from within, it helps to heal the root cause behind the issue and as such, we are then better able to move towards more love, light & purity in our life. To perform this basic version of Reiki Psychic Surgery, please follow along with the below steps:



Step 1: Bring your awareness to the problem area

At any stage of your healing session or meditation (preferably after giving a full body treatment), allow yourself a few moments to connect with the area of the body you are wishing to treat. Perhaps you are able to feel some of the impurities vibrating within? Just take whatever time you need here to soften your mind as you open up and *set your intention to remove all impurities from this area with Reiki Psychic Surgery*.

Step 2: Draw out and tap in the Reiki symbols

One of the key reasons why we are doing Reiki Psychic Surgery is to remove impurities from within the energy field of the recipient and one of the most effective ways to help us achieve this is by working with the Reiki symbols.

By drawing out and tapping in each of the Reiki symbols, you are able to promote deep healing and a removal of impurities from within the area you are wishing to treat. And again, it is these underlying energetic impurities or destructive thought patterns which often manifest as toxins, parasites, fungi, pains, ailments or other physical, mental or emotional imbalances & disease.

When we place each of the symbols into this area, simply intend that these symbols will help you to remove all of the recipient's impurities so that the recipient can be healed of their particular ailment. As part of this, please feel free to work with the symbols in whatever order you feel is best suited for the recipient at that time.

Step 3: Imagine light (if done through mediation) or send Reiki (if done for healing sessions)

If doing this practice through meditation: As you draw out and tap in each of the symbols into your problem area, you can now imagine that this space is starting to fill up with a bright white light. The Reiki energies are helping you to stir up and un-earth your impurities in preparation for your Reiki Psychic Surgery extraction. As you feel guided to, normally within a minute or two, you will be able to start your Reiki Psychic Surgery as described in step 4.

When using this Reiki Psychic Surgery technique in your healing sessions for others: After drawing out and tapping in each of the Reiki symbols, you may wish to take a minute or so to send Reiki to this area with your hands. Again, the idea here is to allow the Reiki energies to un-earth or un-root those deep seated issues that you will be removing with your Reiki Psychic Surgery practice in step 4.



By sending Reiki to this area for a few minutes (or imagining light filling the area), you may also be able to receive more intuitive information about the true nature of these energies and as such, make your Reiki Psychic Surgery more effective. You may also feel guided to talk to the recipient during this time as you guide them towards releasing or letting go of their deep seated issues prior to doing the actual 'surgery' in step 4.

Step 4: Perform Reiki Psychic Surgery

Having done all of the necessary preparations, you are now ready to perform your Reiki Psychic Surgery procedure to remove the negativity and impurity which is causing the issue(s). The symbols have laid the foundation and you are now ready to extract these impurities using Psychic Surgery.

From a mediative perspective then, simply move your dominant hand to your problem area as you prepare to 'extract' or remove the impurities from within this area. For in-person treatments, the idea is the same however in this case, your hands will already be placed on/over the recipient's problem area.

To perform the Reiki Psychic Surgery 'procedure', simply imagine that you are reaching into the etheric field of the recipient (or yourself) with your dominant hand e.g. if you were doing psychic surgery for someone's liver you would intend or imagine that you are quite literally reaching into their etheric liver. As you reach into the liver area, you can now grasp the impurity with your fingers and thumb and then very slowly and gently pull it out with one long stroke.



The best analogy for this type of action would be if you were to find a piece of hair in your food. You would remove the hair by picking it up with your fingers and thumb and remove it in one slow and gentle motion. Being slow and gentle is the key to success here whilst being sure that you really *feel* your way through this procedure.

When you 'reach in' to pick out the impurity, quite often you can feel a sticky or thick substance. As you start to pull this out, you can often feel this impurity almost stretching as you extract it from within the energy field. Again, it is always your intention that is so important here so by intending to remove the impurity from within this area (in combination with your physical action of removal) - so it will be.

As part of this technique, we would suggest that you remove a minimum of 3 or 7 layers of impurity (as you feel guided) and in more severe cases, we suggest that repeating this process up to 21 times may be beneficial. As always, please allow your intuition to guide you through this practice.

If you try this method and you do not feel a strong connection, another way of removing the impurities is to use a scooping motion. The idea here is that you are quite literally scooping out the impurities (again with your hand) from within this area. (This technique will often feel quite different to the previous technique described above).

As always, we suggest that you try out both of these techniques during your Reiki Psychic Surgery and see what feels right for you - you may even come up with an even better technique that works really well for you! And remember your intention is key regardless of what technique you use!

Step 5: Fill the space with love

Having now removed many layers of energetic impurity and darkness from within the recipient, it is very important that you now fill this empty space with love & light. This will help to bring a much needed love, light & harmony into the area you have been treating and will help to fill the hole that has been left by your healing work.

This is the final step of this Reiki Psychic Surgery technique and should you wish to, you can now give thanks and give any additional blessings as you feel guided to. From here, you can either continue with your healing session / meditation or finish & seal your healing work.

When doing any kind of deep healing work and especially where there are impurities being removed, this sending love & light into the area is a very important last step and will help to ensure that the recipient is now filled up with love, light & healing energies to better facilitate their desired healing result.



Quite often, you may also find that the recipient will now need a few days to adjust to this new energetic balance within their body and as you feel guided to, you can go ahead and schedule another appointment so that you can go deeper into their problem area during your next session.

Like all Reiki practices, you will likely achieve better healing results if you are able to work on the recipient's energy field a number of times and should you feel that it is necessary, you may wish to provide the recipient with a more comprehensive version of Reiki Psychic Surgery as outlined below.

Technique 2 - Reiki Psychic Surgery (Comprehensive)



As we've already mentioned, there are many different ways that you can do Reiki Psychic Surgery in your Reiki healing sessions & meditations and as one example of this, we have just introduced you to a very simple and easy way of doing Reiki Psychic Surgery. However for more comprehensive purposes, let us now describe this second Reiki Psychic Surgery technique for you here which is a more 'surgically literal' approach.

You will also note here that this technique is far more detailed with regards to the types of visualisations and intentions being created. As you will see, a big part of this technique comes from your idea that you are really striving to create a proper and thorough surgical procedure for the particular problem area you are treating.

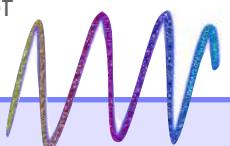
For example, let us assume that a client comes to you with liver cancer. They wish to receive Reiki healing and due to the severity of the issue, you feel that Reiki Psychic Surgery is a great option for helping to cleanse and purify this area of the body.

To start with, you would go ahead and give a full body healing session to the recipient and then once you feel ready, you would use Reiki Psychic Surgery to treat the liver. (In some cases, rather than doing a full body healing session, you may feel that a simple 7 chakra healing session format is more appropriate so that you can spend additional time treating the liver area).

And because your recipient is suffering from a very serious ailment (something that has likely manifested after a long period of energetic issues in this area), doing Reiki Psychic Surgery definitely feels like the right option for you. You decide that a more comprehensive Reiki Psychic Surgery technique is appropriate and as such, you decide to dedicate at least 10 - 15 minutes to treating this area with Psychic Surgery (or more as you feel guided).



The basic idea here is very simple. ***Simply imagine or intend that you are actually performing surgery*** on the recipient's liver as you clearly set your intention that the Reiki energies help and assist you to clear away and heal this particular issue. And to help highlight the steps here, let's now have a look at a quick example (using cancer of the liver) of how you may wish to do this as an overall procedure:



To start with then, you may like to begin this surgical procedure by clearing away any dirt or impurity from the area around the liver just as the area would be cleaned in a normal surgical procedure. The main difference here is that your 'cleaning' in this context would mean that you are intending to clear away any old or impure energies that may be surrounding this area.

As you finish this preliminary cleansing of the general area, you are now ready to make an 'etheric incision' into the liver area and gently reach into the recipient's etheric body and remove the recipient's liver i.e. so that you can remove any impurity from this vital organ.

Holding the etheric liver in your hand, you are now able to take some time here to clean away all toxins, impurities, dirt, tar and other darkness as you focus your intention and healing energies now on removing the cancerous lump and other cancerous cells & tissues from within the liver.

There are many techniques that you can call on here however the most important thing to remember is that it is your intention and the divinely guided energies flowing through you that will always create the necessary healing. By focusing your intention on removing the cancerous tissues from within the liver, you will always receive divine assistance for this goal.

Once you feel that this cleansing process has been completed, you may now wish to cleanse the area where the liver has been removed from. To do this, simply may imagine that you are putting the etheric liver down onto a clean surface (just like they would do in a normal surgical procedure) and start to cleanse the area, again removing toxins, dirt, impurity and any cancerous tissues in this area.

If you wish to, you can use some 'imaginary' medical instruments to do this or perhaps call on the technique that we have outlined in the previous technique however above all - it is again your intention that is so important here. Please be sure to open up and allow the divine healing energies to flow through you as you intend on cleaning away all of the cancer cells, interconnected impurities and other energetic nasties from within this area.

Once you feel that the area has now been completely cleansed and cleared you can now place the etheric liver back into its original position and imagine that it is now glowing with light and radiant health & wellbeing.

If you wish to, you are then able to send Reiki into the overall liver area to help it become re-aligned and re-joined for a successful healing result. As you finish this work, you will now need to 'stitch' up the original incision that you made and intend that this area is now filling up with the love & light of Reiki and is being healed of all impurities and cancerous issues.



With your Reiki Psychic Surgery now complete, you may wish to spend some additional time here treating this area and when you feel ready, you may give thanks and bring your healing session to an end as you feel guided to.



There are some Reiki Psychic Surgery practitioners who believe that for best results, it is important to perform your Reiki Psychic Surgery in exactly the same way as a normal surgeon would. Before giving Reiki Psychic Surgery, these practitioners will research and take notes about how to perform this surgery and will then follow these exact steps in their Reiki Psychic Surgery.

These same practitioners have reported some very dramatic healing results with this technique and as such, we encourage you to explore these options as you feel guided.

For us, we generally believe in the power of intention. We acknowledge that doing a more thorough surgical procedure may end up producing the best results (given that your intention is being more clearly defined along the way) however for any Reiki healing session, we are only ever able to work in the karmic parameters of each recipient and for each healing issue.

As such, we suggest that your approach for your Reiki Psychic Surgery practices remains the same as your other Reiki practices in that you always remain open to divine guidance. Please follow your intuition and do as you feel is best for the recipient in any given moment.

For treating specific issues (for those of you who don't want to research the actual surgical procedures involved for each individual healing ailment) we now wish to include here a very basic process for doing a more comprehensive Reiki Psychic Surgery which you can use on almost all 'problem areas'. This is a more generic approach and can provide you with a good foundation for this kind of comprehensive Reiki Psychic Surgery.

Step 1: Preliminary cleansing & necessary incision

As part of any surgery, it is important that we clear away any negativity from around the area we are treating and of course, there are a number of different ways we can do this. A very simple technique here is to 'scoop & flick' impurities from the recipient's body so that the negative energies can be safely grounded and released from the recipient's energy field.

As you finish this step, you are then able to make your incision as you prepare for step 2. Some Reiki Psychic Surgeons like to use a healing crystal to slice open the energies so that you can go deeper into the surgical procedure whilst others simply imagine that they are using an etheric scalpel to do this. As always - you will be guided!



Step 2: Giving the 'problem area' a thorough cleansing

In the above example, we suggested that the liver be removed and cleansed thoroughly. If you were treating the brain, we could equally remove the etheric brain and cleanse it. For a knee, you would imagine that you are taking out the knee joint, perhaps using a special cleaning material to wipe off any un-necessary residue and then replace a beautiful & pristine knee joint back into the leg.

This is possibly one of the most important steps and as such, we suggest that you take some time here to really visualise and intend that the impurities, cancers, tumours or other problems are being adequately removed from the organ, joint or other body part that you are treating.

If you wish to, you can also add here 'sending light' to the removed joint/organ as this may feel right for you as you go about your cleansing work. Again, everything comes down to your intention and to the divinely guided energies that are working through you. (If you feel guided, this step may involve a few sub-steps here such as cleansing, treating, sending light and thoroughly working on this particular body part prior to moving onto step 3).

Step 3: Cleansing around the area

Once you have taken out the body part and cleansed this thoroughly, it will also be important to give a thorough cleansing to the area around where the body part sits. And with this step, you are effectively clearing away any other energetic issues in this part of the recipient's body that may be contributing or causing the actual problem.

To do this effectively, you will need to 'put down' the body part onto a clean surface so that your hands can be free and it is important that you take care of this just as you would if you were really holding the person's body part live in your hand.

By treating the insides of the body for some additional time here with the Reiki healing energies, (perhaps using some additional medical instruments to clean and cleanse away impurities), you are now able to safely move into step 4.

Step 4: Finishing with love

Having now cleansed and cleaned the affected body part, organ, joint, tissue, muscle or other body part and having now cleansed the insides of the recipient's problem area, you are now able to put everything back to together as you visualise that everything is in perfect alignment and working just like new.

These two elements of the body now come together in perfect harmony and with much love & light surrounding the area. The divinely guided energies of Reiki have now helped you to clear away all difficulties, impurities and ailments from within this area and you can now take a few minutes here (as you feel guided) to send lots of love, light & Reiki healing into this area.

As you finish this, you can now re-seal this area, perhaps visualise stitching up the original incision and doing whatever you feel is best to bring this procedure to an end. In some cases, you may feel that the recipient is needing some more healing & love whilst in other cases, you may feel comfortable to bring this Reiki Psychic Surgical procedure to an end.

In addition, you may feel that there are some associated energy blockages in another area of the body - perhaps you are needing to treat or unblock other energy meridians so that this organ can now receive the energetic nutrients that it needs to continue healing in the best possible way that it can. So you are also able to complete this now if you wish.



Step 5: ALWAYS BE CREATIVE!

It will be of great benefit to your Reiki Psychic Surgery practice if you can **believe** and **have faith in** the surgery processes that you are completing and as part of this, we encourage you to be as creative as you can when completing your Reiki Psychic Surgery. As an example of this, you can imagine that you are using a range of different ointments, clamps, cleansing creams, scalpels, pacemakers, organ cleaning machines, energy unblocking devices or whatever else you can conjure up in your mind to help you to treat and heal your client completely.

In our experience, the more you focus your healing intention and the more attention you place on the actual issues or ailments, the more the 'higher consciousness' energies of Reiki can effectively be guided into these areas or problems with love & light.



In addition to this, the more faith you have and the more you believe that the process is healing and cleansing the recipient completely, the better the outcome often is. Remember too that the recipient also plays a vital role in all healing sessions. Typically, it is said that If you have a good combination of 'clear and open sender' with a 'clear and open receiver' then this is optimal for healing.

Above all - it is always your belief and intention that makes Psychic Surgery successful. By intending that you are surgically removing and cleaning someones kidney during your Reiki healing session, the divinely guided energies will be right there with you helping you to clean, cleanse and remove the toxic energies from their etheric body. This is a most important point.

As a clairvoyant medium, Gerry has had many first hand experiences with 'higher consciousness' entities doing psychic surgery on her in etheric form. On many occasions she is whisked up to a special etheric 'healing room' so that a number of her Guides can perform psychic or energetic surgery on her body. During these visionary experiences, Gerry will feel them using wonderful tools to open her up so that they can upgrade her energy or perform cleansing work as deemed necessary.

In addition to this, when Gerry is herself giving healing sessions to others, she will sometimes see her Guides come through her and start to perform psychic surgery on the recipient. In these cases, she can again feel them using a range of different etheric instruments to open, cleanse and clean away many kinds of impurities that are stuck within the recipient.

We do understand that for some of you, this information may sound a little 'out there' however we have chosen to include this here to help give you some additional understanding about this important and often neglected healing technique. In our humble opinion, Reiki Psychic Surgery can be a very effective way of treating a range of different ailments and as such, we would encourage you to try these techniques out for yourself and see how they resonate with you.



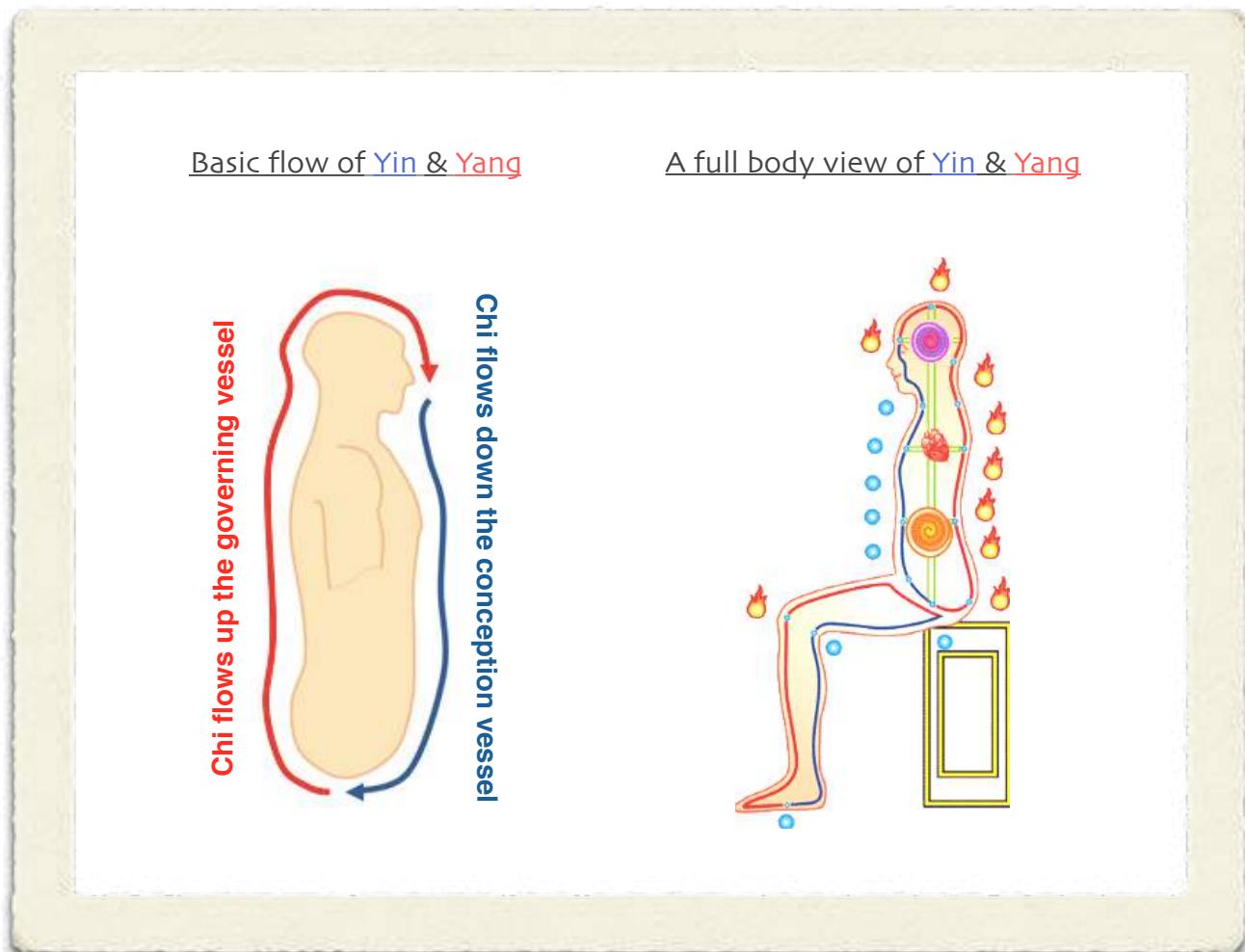
It is our understanding that Psychic Surgery will always take place in accordance with divine guidance with the results of this practice being tied to the **karma** of the recipient. Please therefore allow yourself to open up to these practices without any pressure or feeling of needing to heal but rather just being open to allowing the divine healing energies to flow through your surgical procedures so that the best possible healing result can be achieved.

2.3 MICROCOSMIC ORBIT:

The term 'Microcosmic Orbit' is something that is often associated with Chinese Medicine, Qi Going and Taoist philosophy and is often taught as part of a meditative practice to enhance the flow of Chi energy within your body. As an energy based practitioner, an understanding of the internal Microcosmic Orbit can be very beneficial to you as a healing channel and as a meditator and we are therefore including this additional practice here in the Reiki Master level.

As you will already know, your body is made up of a series of energy channels or meridians which help to safely and efficiently provide your body with the life force energy that it needs to perform its daily functions. Within this complicated series of energy pathways and channels, it is believed (through the Chinese Medical tradition) that there are two main channels that are of a very special nature. These are known as the 'governing vessel' and the 'conception vessel'.

Both of these channels are said to be the main 'rivers' where **Yin** (water / feminine energy) and **Yang** (fire / masculine energy) flow within our body. And as such, these channels are said to be very important in helping us to maintain balance and harmony within ourselves.



And as you can see from the above imagery, Yang energy is said to be drawn up through the spinal region of our body through the 'governing vessel meridian' and the Yin energy flows downwards through the front part of our body via the 'conception vessel meridian'.

The image on the left is often used to describe the basic meditative exercise for connecting and feeling our Microcosmic Orbit. This is one of the most popular ways of doing this meditative practice and by opening yourself up to the Yin and Yang energy flowing within these two meridians, it is said that you can experience many kinds of healing & benefit as you allow the Yin and Yang energy to come into balance with one another.

Most people will start their Microcosmic Orbit meditations with this basic format. Once they feel more comfortable, they are then able to start experimenting with doing a full Microcosmic Orbit meditation as they imagine the Yin and Yang energies extending downwards into the leg region (as you can see from the image on the right).



We often feel that for Reiki practitioners, it is a good idea to practice the basic Microcosmic Orbit for at least a few weeks before progressing onto the more advanced version of this practice. The basic practice will also allow you to feel and connect your internal energies and can also help to promote overall health and wellbeing from within. We therefore encourage you to have a quick read through this basic practice so that you can gain a full and complete experience of your own Microcosmic Orbit!



Microcosmic Orbit exercise

As part of any Microcosmic Orbit mediation, it is vitally important that you prepare yourself properly for this exercise to allow the energies to be connected between the governing vessel and the conception vessel. This is done very easily by following the two steps below:

1) Place the tip of your tongue on the roof of your mouth

According to traditional Chinese Medicine, the conception vessel starts at the tip of the tongue and the governing vessel ends in the upper palate or roof of the mouth. By resting the tip of your tongue onto the roof of your mouth, you are then able to connect these two major energy meridians together so that there is a smooth and consistent flow of energy between the two.

This very simple position is also prescribed in many yogic traditions as a form of 'mudra' which can help to connect and circulate your energies more effectively within the body. By connecting these two major meridians, you are now able to sense or feel the energies circulating more effectively between the governing vessel and the conception vessel.

2) Lightly squeeze your perineum point

At the opposite end of the body, by allowing yourself to very softly squeeze together your perineum point, you will be able to connect the conception vessel with the governing vessel at the lower end of your body which now helps to complete the circuit. The squeezing of your perineum point is normally something that takes a little getting used to in the beginning however with some time and practice, you can learn to do this with ease.

The perineum point is located between your genitals and anus and to 'flex' this muscle you will be doing something which is commonly referred to as 'kegels' or PC squeezes. Please note here though that for our purposes here, you will actually only be doing one squeeze and holding it rather than doing a constant squeeze and release type motion as you would with kegels.



To help you identify with this muscle contraction a little more, it is the PC muscle (Pubococcygeus muscle - *pronounced pew-bo-cok-see-gee-us*) that you would 'flex' to stop the flow of your urine. But again, for our purposes here, we wish to reiterate the idea that you do not need to squeeze your PC muscle tightly in order to bring together your two major energy channels but rather you will just be holding this muscle together very gently to help create this connection between your governing vessel and your conception vessel.

Once you have adjusted to this feeling of having connected both of these points - you can now bring your awareness or focus onto imagining, feeling or sensing the energies flowing throughout the Microcosmic Orbit.

The energies are moving up through your governing vessel, over your head and down through the conception vessel. The energies then loop around through your perineum point and again move upwards through the governing vessel once more. This process repeats itself over and over again until you can start to feel and connect with your own inner Microcosmic Orbit more tangibly.

Even as a Reiki practitioner, this basic exercise will likely take you some time to get used to. These Yin and Yang energies within you are working at a very subtle level so please allow yourself to be a little patient with this practice. After you feel comfortable with the basic practice, you can now move into the more advanced Microcosmic Orbit meditative exercise.



Advanced Microcosmic Orbit exercise

As we've just mentioned above, we suggest that you start with a few weeks of the basic Microcosmic Orbit exercise so that you can feel comfortable with holding these new positions and so that you can feel the subtle flow of energy within the body.



And as you can see from the above illustrations, when you feel ready to move into this more advanced meditation, you will now be extending this Microcosmic Orbit by completing a full upper round and then allowing yourself to feel the flow of energies move downward into your leg region.

The format and process for this meditation will be exactly the same as in the basic technique except that for this exercise, we would suggest that you either sit upright in a chair or lie down so that the energies can be easily felt and connected with through the legs (as opposed to say sitting cross-legged).

Step One:

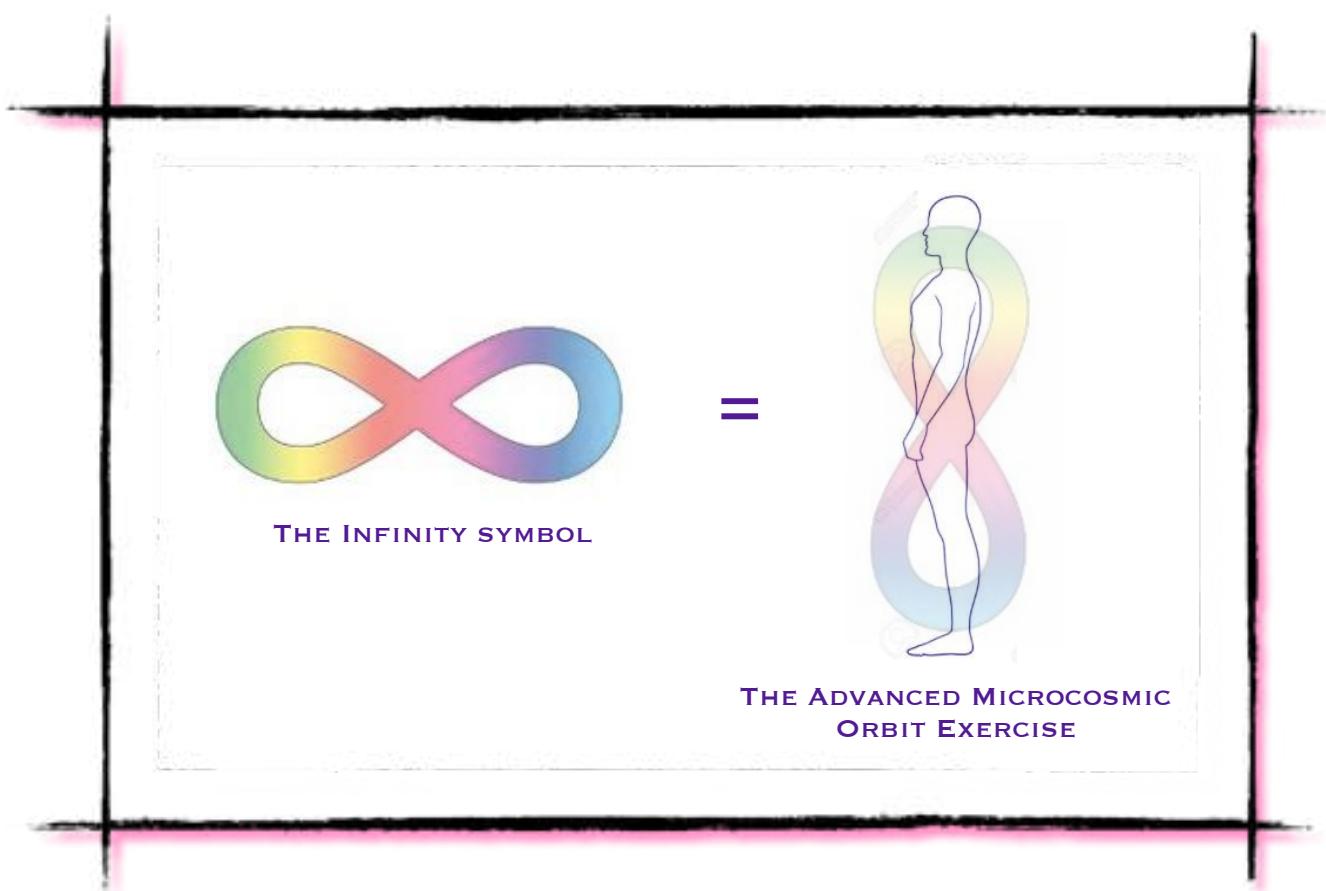
You may be sitting in a place of peace & stillness as you take a few moments to close your perineum point. You place the tip of your tongue onto the roof of your mouth and you now find your own rhythm in your upper Microcosmic Orbit exercise.

Step Two:

As you feel ready, perhaps after a few 'upper circuits' (to help you connect with your energy and still your mind), you now feel ready to extend this exercise to the lower circuit. Allowing the energies now to flow downwards through your perineum point and down the backs of your legs. The energies circulate under your feet and move up again through your legs. The energies move upwards through the perineum point and flow up through your governing vessel and thus the circuit continues.



When we look at this exercise diagrammatically, we can also see an interesting correlation here between the Microcosmic Orbit and the infinity symbol. For us, this is a wonderfully subtle suggestion that your Microcosmic Orbit is also paralleled to a truly infinite and divinely vast phenomena. A place where masculine and feminine can come together to be unified in one-ness. This is your own truly wondrous Microcosmic Orbit in full bloom!



» A Reiki Microcosmic Orbit exercise

One of the best things about Reiki is that it is a highly complementary practice that can help us to call on and merge with a range of 'higher consciousness' energies. And as an example of this, let us now discuss how we can use Reiki in conjunction with our Microcosmic Orbit exercises.

For either of the outlined techniques above, you can try visualising or intending that any of the Reiki symbols are moving around your Microcosmic Orbit. Perhaps you wish to start with this basic Microcosmic Orbit exercise and introduce one of the Reiki symbols to see how this feels for you?



For example:

Closing your perineum point and resting your tongue onto the roof of your mouth, you allow yourself some time here to slowly and gently visualise the chosen beautiful Reiki symbol moving around your Microcosmic Orbit; up the governing vessel and down the conception vessel.

Opening yourself up to the feelings aspects of this practice as you allow the Reiki symbol to bring healing, love & light to wherever it is needed. Opening up your main meridians so that they can become unblocked as you allow the Yin and Yang energies to flow smoothly and beautifully around your Microcosmic Orbit in conjunction with the Reiki healing energies.

You may wish to introduce another Reiki symbol into this practice now (as you feel guided) as you open up to receiving a wide variety of additional healing energies into your Microcosmic Orbit. If you wish to, you can use your intention here to allow a more free flowing of energy & life force to take place.

*“May all of my energy, meridians and energy pathways
be free flowing, undisturbed and healthy!”*

As you feel ready, you can also adopt this same approach for the more expanded/advanced Microcosmic Orbit exercise or simply continue with the basic approach (as you wish). As always, these beautiful Reiki symbols and healing energies will always be helping you to clear away and heal at a very deep level in accordance with your intention as you visualise each of the Reiki symbols traveling around your Microcosmic Orbit.

This is a truly beautiful way of demonstrating how Reiki can be used with almost any style of meditation & personal healing to help improve and promote efficiency of the healing. As always, the divinely guided aspects of this beautiful healing system will ensure that you receive exactly what you need at any given time and will always help you to bring about the best possible healing result.

2.4 ADVANCED HAND POSITIONS:

During the level 1 Reiki training, we introduced you to a basic set of hand positions for giving Reiki (for self healing and for healing others). These basic hand positions ensure that the Reiki energies are sent to each of the major chakras, the major organs and the relevant problem area in a very simple and easy to learn format.



And whilst this is often the most effective way of treating a person with Reiki, there may be other times where you feel the need to use a very specific / different type of hand position to allow the Reiki energies to be distributed for a particular ailment or energy blockage.

As an Usui Reiki Master Healer, we wish to now talk a little more about this here as we suggest some additional hand positions that may be of assistance to you as you go about your various healing practices.

But before we start, let us reiterate here that we do not wish to *replace* any of the basic hand positions but rather, we simply wish to add to your hand position repertoire should you feel the need to call on these during your healing sessions.

By now, you will have understood that there are so many different types of physical, mental, emotional and spiritual dis-ease that can occur within the body. There are so many types of ailments, blockages and other healing issues that can arise from within. And as such, it is always important for us to be open to divine guidance in accordance with our divine intuition so that we can distribute the Reiki healing energies where they are most needed at any given time.

As we have moved through each of these Reiki courses, we have encouraged you to be as creative as possible with your Reiki practices as you open up to the beauty of divine guidance and your own divine intuition. We have encouraged you to try new things and to work with the energies in your own way so perhaps some of you have already opened up to some of what we are now going to cover.

In any case, let us now run through a few healing situations where you may feel the need to use some of these additional hand positions in your practice for a better overall healing result.

1) Freeing up energy in the limbs

In certain circumstances, perhaps where your recipient is suffering from pains or ailments in their arms or legs, it may feel appropriate for you to use Reiki to help clear away these impurities. And of course, there are many different options that you have available to you here through hand positions and through the use of your intention.

For example, you may be treating a recipient who is suffering from a very vague set of pains in their right arm. They may describe to you that they constantly feel a stiffness or pain running right up their arm.



To start with, you may like to do Byosen Scanning as a form of energetic diagnosis over the body or alternatively, as you start giving them a Reiki healing session, you may just intuitively feel that there are some energetic issues or blockages in this area of their body (for this example, perhaps from the wrist up to shoulder).

In this case, you may feel that you would like to try and free up or release some of these denser or blocked energies during your healing session however to treat every part of the arm through a normal 'hand positions' approach would probably take you a full healing session on its own!

Therefore, one very good way to approach this type of healing work is to place one hand on the shoulder and one hand on the wrist (or palm of the hand) and allow the Reiki energies to flow right up and down the arm i.e. between both of your hands.

As you hold this type of hand position, you are also able to call on and project each of the Reiki symbols throughout this area of the body. For example, you may like to imagine or intend that the Reiki symbols are floating up and down the arm and bringing relief to the pain and helping to unblock all of the darker or denser energies in this area.

In this example, you may wish to spend some additional time treating this area and in many cases, this type of 'extended' hand position could actually be a really wonderful way to treat the 'problem area'. And as with all Reiki techniques, there will be a few ways that you can do this. For example, when treating the arm, you may wish to adopt 2 different hand positions as you feel guided:



Hand Position 1: One hand on the wrist + one hand on the elbow (5 - 10 minutes)

Hand Position 2: One hand on the elbow + one hand on the shoulder (5 - 10 minutes)

As you can see from these variations above, these different hand positions may be particularly relevant for you should you be treating a lower arm issue or an upper arm issue. Alternatively, another great way to treat these kinds of issues is to send Reiki love and light into the palm chakra whilst projecting these energies right up into the shoulder area. And if you wish to, you could alternately use each of the following hand positions to treat the arm:



Hand Position 1: One hand on the palm + one hand on the elbow (5 - 10 minutes)

Hand Position 2: One hand on the palm + one hand on the shoulder (5 - 10 minutes)

Whichever option you choose for treating these kinds of ailments in the limbs, it is always important to use your intention wisely and creatively so that you can help the recipient to achieve the best possible healing result. Using the Reiki symbols will also help you to treat these kinds of problems noting that they will always flow to where they are needed in accordance with your intention.

This approach can also be applied equally to treating the leg area with Reiki. Simply interchange the shoulder for the hip, the elbow for the knee, the wrist for the ankle and the palm chakra for the foot chakra. The exact same thinking can be applied in both types of situations.

2) Treating the spinal column

In many spiritual traditions, the spine is held as being a very important part of the human body. For example in Kriya Yoga, it is taught that the 'God Consciousness' is received through our Crown Chakra and into our brain. These energies are then able to flow downwards through our spinal region, our chakras and through all of our many energy pathways.

As the great Paramhansa Yogananda once said:

**"The spine and the brain
are the alters of God"**

As Reiki practitioners then, it is fair to say that treating the spinal column is very important. And of course, we are able to do this during our full body healing session by following along with the basic set of hand positions that were taught through the level 1 practices.

However in some healing sessions, you may feel that there is an additional need to treat the spine. For example, you may feel that there is a need to balance the energies in the spine region or free up some blocked energies in this region. Perhaps you would like to finish your full body healing session by bringing balance and harmony into the spine region?

In all of these cases, it may be appropriate for you to think about introducing the following hand positions into your various healing practices:



- Position A):**
Hand on Lower Back + Hand on Heart Chakra
- Position B):**
Hand on Lower Back + Hand on Neck
- Position C):**
Hand on Lower Back + Hand on Third Eye Chakra

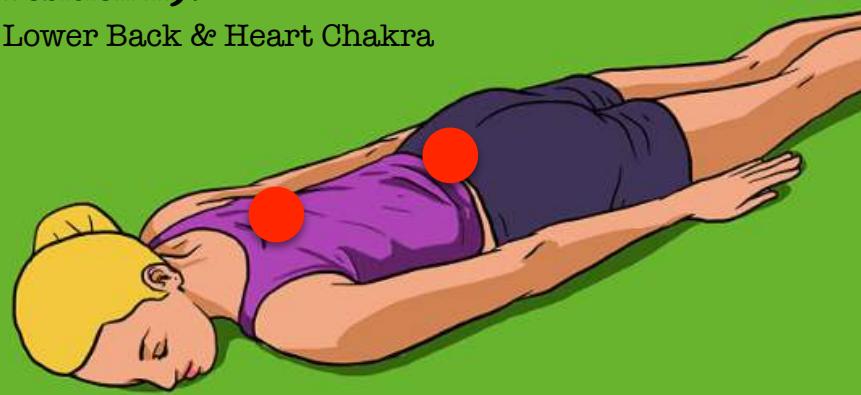
Please find images for these hand positions below:



Spinal Area Hand positions

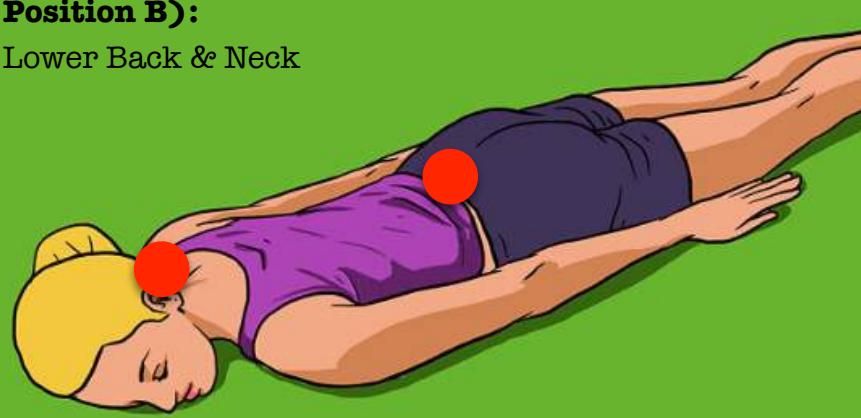
Position A):

Lower Back & Heart Chakra



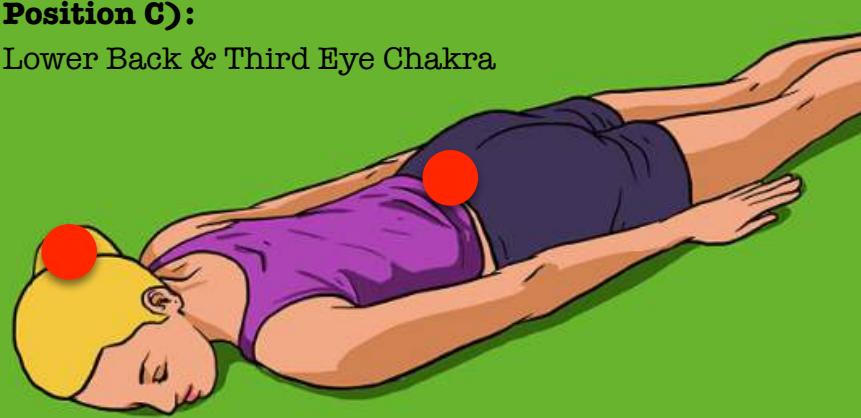
Position B):

Lower Back & Neck



Position C):

Lower Back & Third Eye Chakra





As part of our level 1 Reiki training, our final hand position encouraged you to open up to this style of hand position as you brought about more balance and centring to the healing energies i.e. into the Heart and Sacral Chakras prior to treating the problem area. And this is one very nice way to think about this hand position - to centre and balance the energies.

Another purpose of this hand position though is to free up energies in the spinal column and to help ensure that all of the energies are flowing smoothly throughout each of the energy pathways. And in this way, this style of hand positioning can be very helpful for releasing & unblocking impurities.

As you can see from the above images, there are a few different ways that you can approach this type of hand position and as such, we would always like to encourage you to open up and call on these hand positions as you feel intuitively guided.

This style of hand positioning can often help improve the flow of energy and should you wish to, you can enhance this further by projecting or intending that the Reiki symbols are flowing up and down the spine region. The healing frequencies of the Reiki symbols will also help you to clear away any impurities or blockages from within the recipient's energy field more effectively in accordance with your intention. And again, we encourage you to be as creative as you can be! For example, when using these hand positions, you may wish to say something like:



**"May the Reiki energies help to balance, centre & bring harmony into all of the chakras and into the spine region.
May these energies free up and release all impurities from within this area so that all of the energy within the body can flow freely and with love.
Thank you, thank you, thank you."**

For our level 1 training, we have suggested that this type of hand position be used at the *completion* of your session. We feel that this is often a wonderful time to give one last final clear out within this region and especially after you have already treated all of the individual chakras with Reiki.

For example, if you were to start your healing session with this hand position, you may find that it is too difficult to treat the entire spectrum of the spinal column. However by treating each of the energy centres first through each of the hand positions, you can then more easily help the energies to flow up and down the spinal column during the final stages of your healing session.

It is again for this reason that we have included this as our final hand position during the level 1 Reiki training - to help you centre, balance and bring a smooth flowing energy to the recipient's energy system. And like all Reiki practices, you will also be able to imagine or intend that the energies are circulating and moving in whatever way you wish.



For example, we often like to imagine that the energies are circulating through the entire body in a figure 8 motion - just like we discussed in the Microcosmic Orbit section above. And as you do this, you can imagine or intend that the energies are circulating beautifully through each of the energy channels so that the recipient can enjoy genuine & long lasting health and wellbeing in their life!

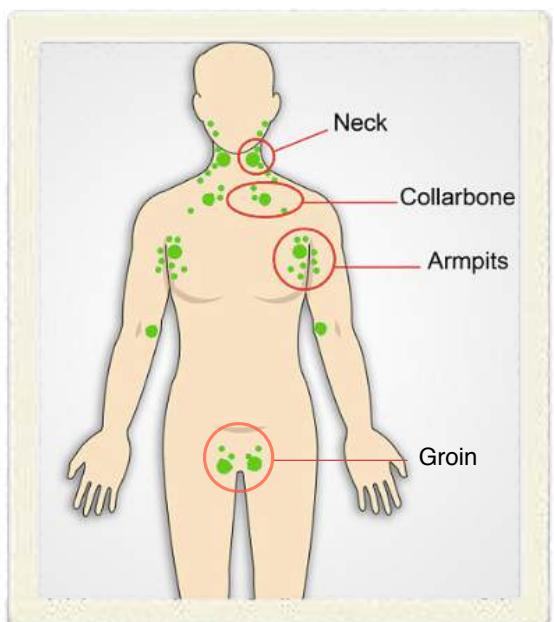
3) Treating the lymphatic system

In the alternative health care arena, it is often taught that in cases of serious diseases or chronic illnesses, there will inevitably be a range of impurities, toxins & other microbes living within our lymphatic system and especially within our lymph nodes (lymph glands). And as such, we feel that it is important here to discuss a little about how we can approach this from a Reiki perspective.

As you can see from the diagram, many of the major lymph glands will already be covered & treated with Reiki through the basic set of hand positions that have been provided (i.e. the Throat Chakra, the collarbone region and the pubic region). However one important area that may be missing from a typical full body healing session format (which may also be an important part of treating serious disease or illness) is under the arms & armpits.

From the diagram we see that this area of the body is home to many lymph nodes and as such, this is another area of the body where Reiki can be particularly effective. To treat this area (as you feel guided), you can choose either of the following two positions:

- **Position A):** Place one hand on the front of the armpit and one hand on the backside of the armpit as the recipient continues to lay with their arms resting by their side.
- **Position B):** Lift up the recipient's arm and place your hands directly over the lymph nodes

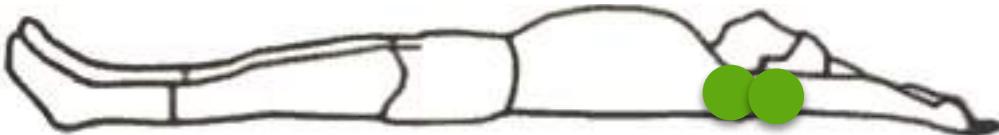


MAJOR LYMPH GLANDS / LYMPH NODES IN THE HUMAN BODY

Hand Positions For Treating Lymph Nodes In Armpits



Position A):
 One Hand on Front & One Hand on Back of Armpit



Position B): Lift Arm & Place Both Hands on Armpit Area



As always, you will be guided towards where your hands are needed during your healing session so it is simply important here to open up and share the beautiful Reiki energies with love!

We wish to reiterate here that the idea of treating the lymph nodes during your Reiki session is often more relevant when treating chronic illness or serious disease however at other times, the recipient may also have a number of energetic blockages in this area even without experiencing serious ailments.

It is our intention here to share this additional information with you so that you can become a more proficient healing channel and we truly hope that it can help you to bring more love, light & healing into your practices for the benefit of all!



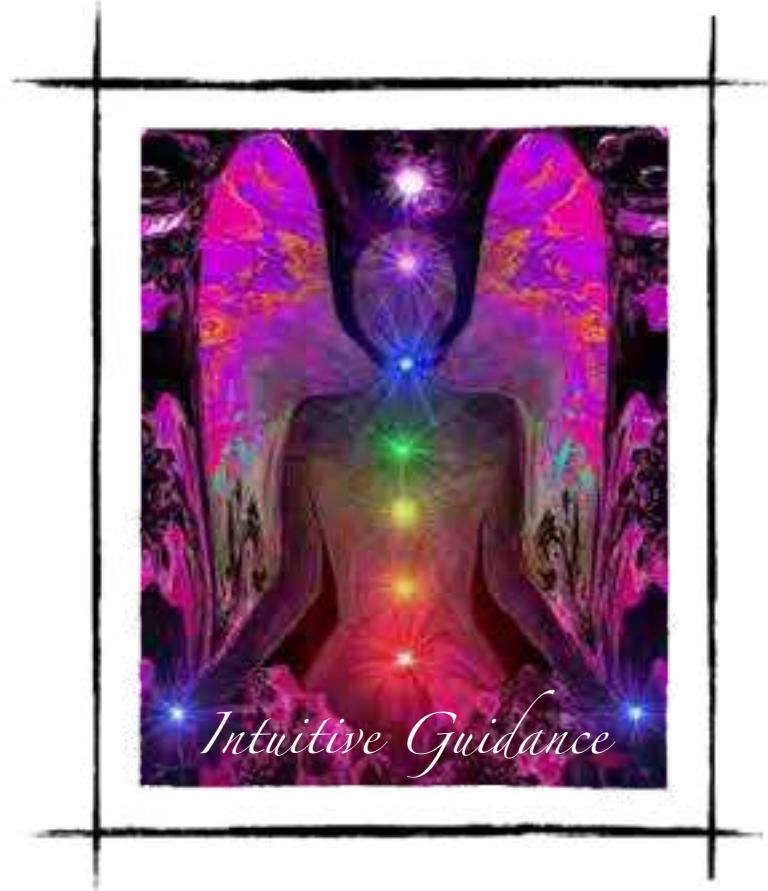
4) Treating a problem area (with intuition)

Having now covered some of the ways that you can add to the current set of basic hand positions in your Reiki treatments, let us now talk about how you can treat the problem area with more intuitive feeling. Throughout these courses, we have always advocated opening up to divine guidance and '*feeling*' your way through a healing session and with this technique, we now wish to introduce you to another technique that can help you to do this more easily.

The basic idea here is very simple: simply place one hand over the problem area and now tune in and connect to your inner feelings to understand where else the recipient is in need of treatment. What can you feel? Where do you feel you need to be? Can you feel energetic blockages somewhere else? Is there any additional information about the issue?

What you are effectively doing here is opening yourself up to receive intuitive information about the specific problem which is being experienced and to ask the divine universe where you are needed to place your hands for the best possible healing result.

As part of this technique, we would suggest that you lovingly and humbly ask for divine assistance here and then open yourself up to listening (through your heart) for any information, feelings or any inner knowings that may arise.



As an Usui Reiki Master Healer, you will no doubt be aware that a physical pain in the leg may not always mean that there is an energetic blockage in this specific area. Quite often, a pain in one area of the body is actually due to an energetic blockage which resides in a totally different area of the body.

Therefore, by calling on this more intuitive technique, you are now allowing yourself to be guided towards where the energetic blockage truly lies so that you can provide more love, light and healing into this area as well.

For example, you may find that a recipient's painful elbow may be stemming from energetic blockages in the shoulder region or the Heart Chakra. A throat ailment may actually be connected with blockages in the first or second chakras and so on. In these situations, you may be able to treat the pain or ailment with one hand whilst sending Reiki into the actual cause of the problem with your other hand.

And with this basic idea, you have now opened up fully to your divine intuition and by doing so, you are able to send Reiki directly into those parts of the recipient's body where they are most needed!

We of course understand here that you may have already treated this area through your full body session (and therefore don't feel like you need to treat this again) or in other cases, your intuition may be telling you that you need both hands on the painful or problem area which is also fine!

Again, please always be guided by your own divine inner knowing at all stages of your healing session.

By placing one hand over the problem area and then opening yourself up to the possibility that you can treat another area of the body is actually a surprisingly un-common approach to treating a problem area with Reiki. We feel that this is also a nice technique for treating a problem area and as Usui Reiki Master Healers, we are now intentionally trying to open and broaden your horizons here about some of the ways that you can now start sharing these Reiki energies in your healing work.

With love & light, we hope that these new techniques and practices will be of assistance to you and that they will help you to provide a wonderful array of beautiful healing energies & love to all of your recipients (including yourself).

May we all be happy and free from all suffering!



2.5 BALL OF LIGHT:

The ball of light technique is a very simple & versatile healing/meditation technique which allows you to send Reiki to a great variety of different things. Whether it be sending healing for yourself, a group of people, a goal, an idea, a future event, a past event, an unwanted personality trait, the earth or even the entire universe - this ball of light exercise is perfect!

And for those of you who have received their level 2 training with Love Inspiration, this is now a very natural extension to one of the distance healing techniques outlined in level 2 (where you drew out a triangle and placed each of the level 2 Reiki symbols around each point to send healing to any number of different situations).

At this Usui Reiki Master Healer level then, the ball of light technique now extends this basic practice so that you are now able to send Reiki healing light (and any number of Reiki symbols) to a wonderful variety of healing circumstances. And whilst there are many different ways that you may think about introducing this technique into your various healing practices, we will now be highlighting three very common ways to use the ball of light technique in meditation and / or healing sessions.

1. Ball of light - Distance healing technique

As a distance healing technique, the ball of light technique is a wonderfully flexible and very simple technique which can be used to send Reiki to a great number of different healing issues & situations. For example, you may find this technique useful when sending distance healing to groups of people, the earth, the universe, personality traits, future events or anything else that you feel is slightly abstract or outside of the normal distance healing spectrum.

To use this technique for distance healing, simply start by setting your intention clearly and preparing yourself for giving a distance healing session. As you feel ready to commence, now imagine that the healing issue, ailment, recipient or other situation sits inside a ball of light.



You are now able to open yourself up as a Reiki channel and send Reiki healing to the ball of light, either through your intention or by transmitting the Reiki healing through your hands. Like all distance healing, we would recommend that you start by using the distance healing symbol (to help you strengthen your healing connection) and then use any or all of the Reiki symbols (as you feel guided) to help bring more love & light to the issue you are treating.

Like any regular distance healing session, you may wish to send Reiki healing for around 10 - 20 minutes or as long as you feel necessary noting that you will be able to do this kind of healing as you would normally (i.e. by using affirmations, visualisations, additional symbol techniques and other aids to help improve your healing work).



2. Ball of light - Meditation technique

At any stage of any meditation practice, you are also able to call on this ball of light technique to send healing to anything you wish to. To do this, simply visualise or imagine that a small white ball of light hovers somewhere in front of your Heart Chakra. If you are lying down, you may wish to see this sphere of light as hovering just above your chest area (Heart Chakra). This beautiful white ball of light is translucent and you are now able to place anything you wish inside this beautiful healing ball of light for sending healing to it.



For example, you may wish to imagine that your anger sits inside this ball of healing light. And as you put this healing issue into your ball of light, you are now able to send Reiki healing, love & light to this issue through your meditative concentration.

How you wish to 'send healing' is entirely up to you. We understand & acknowledge that at this stage of your Reiki journey, you will no doubt have a good understanding about your own personal preferences. And as such, with this technique, we now invite you to connect with the Reiki healing energies in your own way.



Some of you may wish to open up your heart and allow the love & light of Reiki to very naturally flow through you into your beautiful ball of light. You may connect with the idea that your love-light is now filling up this ball and allowing your 'issue' or 'ailment' to be healed and purified with much love.



As you feel ready, you may also wish to mentally project or place the Reiki symbols into your ball of light and allow the wonderful healing energies of Reiki to again brighten, lighten and bring more love, healing & purification into this area of your life. You may again open up your heart and allow the Reiki energies to flow very naturally into your shining ball of radiant light as you become a channel for the Reiki energies to flow through.

As you feel guided, you may now wish to just sit in this space of peace, stillness and love as the Reiki energies continue to flow through you or should you wish to, you may again wish to again call on the Reiki symbols to intensify the healing energies and/or your meditative experience.

As you sit in this space of love & bliss, for those of you who want to experiment with the idea of cultivating an altruistic intention, you may now wish to extrapolate these feelings of love outwards 'for the benefit of all beings'. To do this, you may re-state your intention here that all beings be free from this particular 'issue' or 'ailment'. (instead of just yourself or the single recipient) May they all be happy and may they all be free from this kind of suffering.

With this new intention, you may now wish to bring “all beings who are suffering from this same issue” into your ball of light whilst being sure to set your intention clearly so that the Reiki energies know that you will now be sending healing to all of these beings.

Perhaps you wish to go one step further here and just send healing energies outwards to ‘all beings’, regardless of what they are suffering from. May the Reiki energies flow to where they are most needed in line with everyone’s individual intentions so that they may find happiness, joy, peace, love & light in their life.



These kinds of intentions are a truly wonderful extension to this meditative / healing technique and can help you to feel a beautiful peace, love & light flowing through your Reiki healing channel.

As you open up to these kinds of meditative practices, you will soon realise that there is an overlap here between the idea of doing ‘distance healing’ and doing meditation as you open up to more altruism and more expansion in your energy field. And as you start bringing this into the context of one-ness or interconnected-ness, you will surely start to see the beauty and the deep inter-relationship between doing healing work on ‘yourself’ versus doing healing work on the ‘collective’. For at the ultimate level - is there really any difference?



3. Ball of light - Preparation technique

Having now covered some of the more common ways to work with a range of ‘ball of light’ healing practices & meditative exercises, let us now cover one last technique here which is perhaps not as commonly taught. And here, we will be providing you with a very simple & easy preparation practice which you can adopt into your healing sessions, should you feel guided to.

We understand that everyone is always very different in how they like to prepare for giving healing sessions and with this last practice, we therefore wish to highlight here another option for you, should you wish to call on this technique for your healing sessions format. During your level 2 training (after introducing the Reiki symbols), we suggested that your internal preparation for giving healing sessions may go something like this:



Step 1: *Invite energy & set your intention (in Gassho position)*

Step 2: *Charge yourself with Reiki*

Step 3: *Protecting Yourself (optional)*

Step 4: *Invoke Reiki energies*

And now, if you wish to, you can add a fifth step to this process here with a ball of light preparation. This final step will take around 15 - 30 seconds and simply allows a final focusing of your Reiki energies into a white ball of light so that you feel centred and open to the flow of Reiki.

(Also, depending on how you wish to charge yourself with Reiki, you may wish to project symbols into your ball of light which will have the added effect of 'warming up' your palms in preparation to give hands on healing).



As you can see from the above image, for this preparatory exercise, your hands are being brought together with your palms being slightly cupped. Holding this position, you are now able to imagine that the Reiki energies are flowing into the space between your palms and helping to create a beautiful white ball of light.

Just allow yourself some time here to connect with the Reiki energies and to allow these energies to flow very smoothly and calmly from your hands and palms. If you wish to, you can also imagine or intend that the Reiki symbols are being brought into your ball of light - perhaps the Tibetan Dai-Ko-Myo symbol is a simple and time efficient way of connecting here...

Alternatively, should you wish to take this one step further, you may also wish to imagine that the recipient sits within your white ball of light as you send them a soft and gentle welcoming to their Reiki session - allowing them to relax and open up to receiving healing, love & light for their session. And as another option, you can also allow yourself to tune into the recipient's energies here so that you are better able to receive any important information prior to commencing the healing session.

After connecting with this quick ball of light preparatory exercise, you are now ready to give your hands on healing session with love & light!

Please note here that this last technique is another way of trying to open up your perspectives about healing and Reiki more generally and as such, please think of these as being like 'creative ideas' for your healing session format rather than strict Reiki teachings. As with all of our Reiki courses, it is our intention here to provide you with many different options for your Reiki healing practices so that you can then decide what feels right for you for your own healing practices.



3. TRADITIONAL JAPANESE REIKI HEALING TECHNIQUES:

Having now covered some of the more 'contemporary' techniques for this Usui Reiki Master Healer training, let us now move into a more traditional form of Reiki teaching as we introduce a range of different healing techniques which have come through the Japanese & Eastern Reiki lineages.

Most commonly, we find that these additional techniques are not normally included as part of a 'basic' Reiki course and are more typically offered as specialised training courses. However for our purposes, we feel that these are another important step for you to understand more about the diversity and the depth of Reiki as you open yourself up to learning another six Reiki healing techniques.

And to help make things a little easier for you here, we have chosen to put together a very simple 15 minute video tutorial for this section which will help to explain *all* of these traditional Japanese healing techniques. This video tutorial will also be demonstrating all of these healing techniques one by one (where necessary) and can therefore help you to understand these practices from a more practical perspective.

This video tutorial will be covering the same information as written in the next few pages so if you feel like taking a break here from reading, we encourage you to watch this youtube video now by clicking on the below link:

[Traditional Japanese Reiki Techniques - Video Tutorial](#)



For those of you who haven't watched the video, we will now be running through this same information here in written format so that we can clearly outline the origins, purposes & benefits of each technique. We hope that you will enjoy these next few sections and may they help to expand and diversify your Reiki healing practices!

3.1 GEDOKU CHIRYO HO (HARA CLEANSING):

This first technique provides us with a wonderful opportunity for cleansing away and draining impurities from within the Hara region. The words have the following meanings:



'Gedoku' = *to cleanse*

'Chiryo' = *medical treatment*

'Ho' = *method*



So putting all of this together, you can see that the term Gedoku Chiryo Ho is a method or technique which is used for giving a cleansing treatment.

Typically, given the hand positioning taught for this practice, the Gedoku Chiryo Ho is more of a healing-others type practice and due to its wonderful cleansing abilities, it can therefore be a very valuable addition to your Reiki healing sessions format.

As you may already be aware, the Hara region can often store many kinds of old emotions and past life experiences and as such, the practice of Gedoku Chiryo Ho can help you to clear away many of these kinds of impurities (and much more) from within this very emotional chakra area.

In the Japanese tradition (and in the Asian traditions more generally), the Hara centre is also said to be the centre of our energy field and as such, it is taught that by cleansing this area, you will also be able to clear away and release many kinds of toxins and other debris from within your entire energy system.

The practice for Gedoku Chiryo Ho is very simple and easy to do and will require that you position your hands on either side of the Sacral Chakra (i.e. with one hand being placed just below the naval and the other hand positioned on the lower back). In some cases, you may find it easier to ask your recipient to sit upright whilst you perform this Gedoku Chiryo Ho technique.

As you position your hands over the Hara region, simply set your intention that this will be a Gedoku Chiryo Ho practice and ask that the Reiki energies help you to drain away all of the impurities from within the recipient's Hara centre and their entire energy field generally.

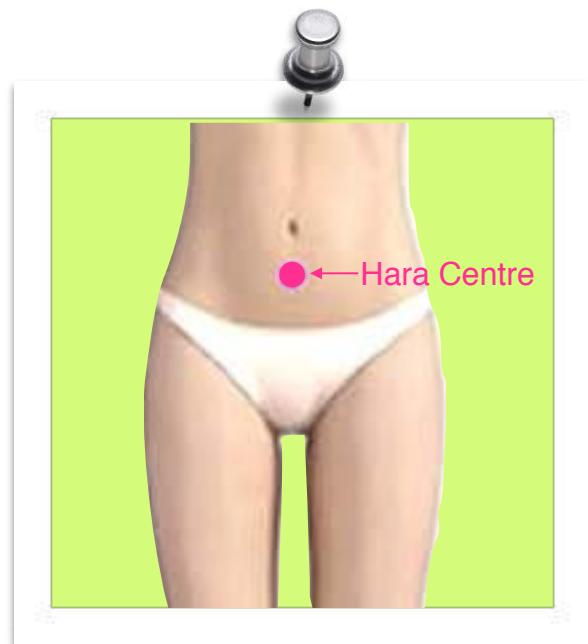
Once you have set this intention, you can then open up and allow the Reiki energies to flow through your divine healing channel as the impurities start to drain from within the recipient's energy field.



As you do this, you will likely feel some sensations here as the impurities are being drained away or you may feel the relaxing and soothing energies flowing through you. During this practice, you may also get a sense of how long you may need to hold your hands in this position and typically, this will range anywhere between 5 and 20 minutes.

As you are feeling the energies flowing through you, you may wish to imagine that the impurities are either being drained from the recipient out through their legs and into the earth.

This is one very simple and easy technique, however alternatively, you may wish to imagine that these impurities are being released throughout their entire body (as you wish). Almost like the impurities are like a black 'fog' which are being released out of every pore of the recipient's body. This is another very simple and easy technique for practicing Gedoku Chiryo Ho.



And as we've just mentioned, there are a number of different sensations that you may or may not feel during this very cleansing practice. As always, we suggest that you follow your intuitive feelings as you open up to this cleansing technique and as always, please do what feels right for you and your recipient at the time.

Once you have finished this Gedoku Chiryo Ho treatment, given that there have been many impurities drained from within a recipient's energy field, it is often a good idea to spend some additional time here to send some rejuvenating, love & light filled energies into the recipient's Hara region for a few minutes. This is always an important step after any kind of deep cleansing work and it will help to re-balance the energies within this region as you fill up this empty space with love & light.



3.2 TANDEN CHIRYO HO (HARA CLEANSING):

Tanden Chiryo Ho is another wonderful way of providing cleansing and purification to the Hara region. This technique is also commonly referred to as **Hara Chiryo Ho** and again, the definition of these terms are very similar to the Gedoku Chiryo Ho technique as being a method of providing a cleansing treatment to the Hara region.

One of the wonderful things about Tanden Chiryo Ho however, and one of the main reasons for us including it here, is that this technique can be used for self healing purposes as well as for healing others practices. And in addition to this, it will also provide you with another very useful technique for giving cleansing & purification to both yourself and your recipients.

To practice the Tanden Chiryo Ho technique, you will again be starting here by setting your intention that this will be a 'Tanden Chiryo Ho' practice. Now place your left hand on the recipient's Hara centre and your right hand on the Third Eye Chakra.

With your hands positioned in this way, you can now open up and allow the Reiki energies to flow through you for 1 - 2 minutes to allow for a feeling of energetic balance within the recipient. During this time you may feel the energies start to align, correct or re-balance as the healing energies start to flow up and down the body; creating an equilibrium of sorts in preparation for the cleansing which is to come.

After this 1-2 minutes, as you feel the energies settle somewhat, you are now ready to move into the cleansing aspect of this Tanden Chiryo Ho practice. Moving your right hand down now to the Hara region, you now have both hands positioned over the Hara region in either of two ways:



Hands Next To Each Other



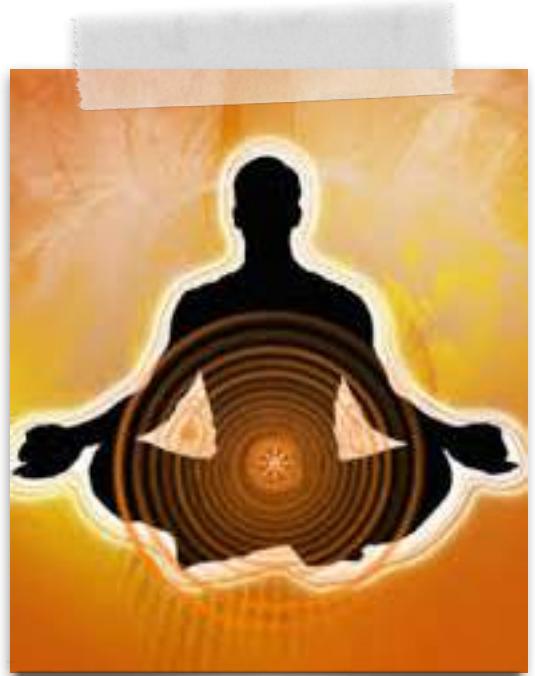
Hand Over Hand

Holding this hand position (either one) now for 10 - 20 minutes, as you feel necessary, you are now able to intend that all impurities, toxins and other debris are being safely released from the recipient's body. As this process is happening, we again suggest that you open up to divine guidance and follow your intuitive feelings.

For example, you may again wish to imagine that the impurities are being drained out of the recipient's legs as you feel or see this process happening through your own divine intuition. Alternatively, you may wish to imagine that impurities are being released throughout every single part of the recipient's body - again like there is a black 'fog' being released through all the pores of the recipient's skin.

In some cases, 5 - 10 minutes may feel like it is enough for a treatment whilst at other times, you may feel that the recipient is needing more time (i.e. anywhere up to 20 minutes). As always, the timeframes and feelings being produced during this practice will always depend on the karmic circumstances of the recipient and also how easily they are able to let these impurities go.

As you finish your Tanden Chiryo Ho practice, we again suggest here that you now take a few minutes here to send love, light & healing into the Hara region whilst intending that these healing energies help to fill up and bring light to any areas that have been cleared by your cleansing work. This will help to bring more balance into the recipient's energy field and can therefore help the recipient to feel refreshed, rejuvenated and nourished after the cleansing treatment is finished.



Both the cleansing practices Gedoku Chiryo Ho and Tanden Chiryo Ho can be used as stand alone healing techniques or alternatively, you may also wish to incorporate them into your healing sessions format. Again, please always follow your intuition and call on whichever techniques you feel drawn to at the time.



3.3 SEISHEN TOITSU (REIKI BREATHING):

The term Seishen Toitsu can be defined in many ways with one simple definition being '**unification of soul**'. Another more literal definition of this term is '**to bring together pure mind or soul**'. And as we move more deeply into the definitional aspects of Seishen Toitsu, we can start to understand that this term is very synonymous with the term 'meditation' or 'relaxed concentration'.

As Reiki practitioners, it is therefore often easier for us to think about Seishen Toitsu as a form of *meditation* which can help us to bring our mind, body and soul together into alignment. And like other Reiki techniques, the Seishen Toitsu practices have been introduced into the Reiki spectrum through the older and more established practices of Japanese Buddhism and Judo.

As part of this course, we wish to introduce you to a very common way of practising Reiki Seishen Toitsu and this technique will be focusing on the rhythm of our breathing as we circulate and connect with the Reiki energies through Gassho (prayer position).

This simple Seishen Toitsu practice can be completed within around 5 - 10 minutes and due to the nature of this practice, it is normally thought of as a self healing or meditative practice which helps us to more deeply connect with the Reiki energies.

This practice can be completed either as a stand alone meditation or as a preparatory meditation (as you feel guided). To help you connect with this very simple meditative practice, here is a very simple set of instructions for practicing Reiki Seishen Toitsu:

Reiki Seishen Toitsu

- ✿ **Step 1:** Personal preparation: set your intention & invite in energy.
- ✿ **Step 2:** Bring your hands into Gassho (prayer position).
- ✿ **Step 3:** Inhale the Reiki energies into your palms and draw the Reiki energies into your Hara region
- ✿ **Step 4:** Exhale the Reiki energies from your Hara region and back out through your palms
- ✿ **Step 5:** Repeat this cycle continuously (as you feel guided) allowing yourself to feel a gentle & loving connection to the Reiki energies.



As you can see, this simple breathing based Seishen Toitsu technique can also be called on as a great preparatory mediation and especially for any type of hands on healing practice, as it helps to warm up the hands and palms for giving Reiki healing.

For those of you who have received your level 1 training with us, you may remember that we included a very similar version of this Seishen Toitsu technique in your level 1 'Gassho' meditation. In our eyes, there is an overlap here between these two meditative practices and some Reiki practitioners will even refer to this Reiki Seishen Toitsu techniques as a 'Gassho breathing meditation'.



Like all meditation practices, there are many different ways that you can help to bring your pure mind, body and soul into alignment so we encourage you to explore and try out many types of techniques that work for you in this meditative arena.

As one simple example of this, let us now introduce a very simple variation of the above breathing based Seishen Toitsu practice which can help you to centre yourself in your Heart Chakra (rather than in your Hara centre).

It is our strong belief that the energies of love will always help to open many doorways on your journey towards light and whilst we acknowledge that that Hara region is also an important energy centre, we always like to infuse any Reiki practice with the energies of love. Thus, it is with much love & light that we now introduce you to this variation of Reiki Seishen Toitsu:



A Variation of Reiki Seishen Toitsu (Heart Chakra)

- ✿ **Step 1:** Personal preparation: set your intention & invite in energy.
- ✿ **Step 2:** Bring your hands into Gassho (prayer position).
- ✿ **Step 3:** Inhale the Reiki energies into your palms and draw the Reiki energies into your **Heart Chakra**.
- ✿ **Step 4:** Exhale the Reiki energies from your **Heart Chakra** and back out through your palms
- ✿ **Step 5:** Repeat this cycle continuously (as you feel guided) allowing yourself to feel a gentle & loving connection to the Reiki energies.



As you can see here, rather than circulating the energies through the Hara region, we are now breathing in the Reiki energies into, and out from, our Heart Chakra. And in the same way as our Gasho meditation (and our Joshin Kokyu Ho practice from level 2), this variation of Seishen Toitsu will help you to open up your Heart Chakra with Reiki.



To open and receive energy into your Heart Chakra is to receive these wondrously divine Reiki blessings with much love. To then open up and share these Reiki energies from your heart is to share these beautiful healing energies for the benefit of all. And by now, you will surely realise that there are many kinds of energetic benefits of doing such a practice!

3.4 KOKI HO (SENDING REIKI WITH YOUR BREATH):

Koki Ho is a very simple Reiki practice that will allow you to send Reiki healing energies through your breathing. And whilst this is not a very commonly used technique, the Koki Ho practice can be quite handy in situations where you are not able to use hands on healing, for example with burns or open wounds etc.

Due to the simplistic nature of this technique, most of the Reiki lineages will teach this practice in the same way and as part of this course, we will be providing you with the most commonly taught practice for Koki Ho followed by a more advanced version.



Heart Koki Ho (Basic)

To start with then, let us now cover the basic technique for Koki Ho so that you can start sending Reiki through your breathing. The process is very simple and straightforward:

Koki Ho (Basic)

- ▶ **Step 1:** Prepare yourself by stilling the mind as you bring a meditative focus to the recipient of the Reiki healing. Please set your intention clearly and ask for any divine assistance as you wish to.
- ▶ **Step 2:** Take a few moments to cultivate the feelings of love & compassion for the living being you are able to treat and for the ailment you are wishing to treat.
- ▶ **Step 3:** INHALE: Breathe in the Reiki energies (either through your Crown or Third Eye Chakra) right down into either your Heart Chakra or Hara centre (as you feel most comfortable).
- ▶ **Step 4:** EXHALE: Purse your lips slightly and now breathe out the Reiki energies whilst imagining or intending that your breath carries all of the healing powers of Reiki.
- ▶ **Step 5:** Continue to repeat steps 3 & 4 as you feel guided.

One of the most important aspects of Koki Ho is your belief or faith in the healing process. And to help you with this, you may like to imagine or visualise that you are breathing out a beautiful and divine light. This light is healing any and all impurities from within the area you are treating and it is helping to bring love, light & purification to this area.

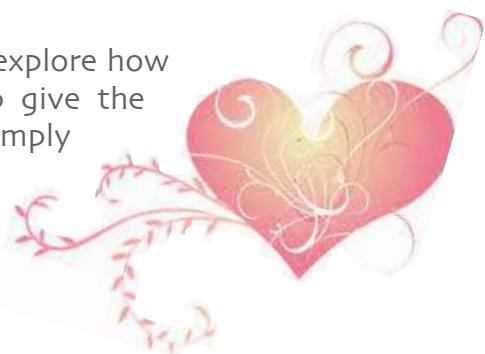


Another way of thinking about the healing process is to also imagine that you are surrounded by many Great Divine Beings who are working with your breath as a way of complementing their own divine healing work. Remember, just because you are not laying your hands on the recipient doesn't mean that they are not being worked on by a variety of Spirit Guides, Reiki Guides or any number of Divine Assistants who you may have called on for your Reiki session.

Koki Ho (Advanced)

Now that we have discussed a basic Koki Ho practice, let us now explore how you can introduce the Reiki symbols into this practice to help give the healing energies more intensity. And the first option here is to simply imagine that the Reiki symbols are being projected into the area you are treating with each exhale.

For example, you may wish to start by doing a few rounds of the basic Koki Ho practice outlined above. As you feel ready, with your next exhale, you may now wish to project or intend that the Tibetan Dai-Ko-Myo symbol floats downward with your breath and into the area you are treating. You may see or imagine that this symbol floats downward in the white light that is your exhalation and that this now helps to heal the issue / ailment within the recipient.



Continuing now to do this for the next few rounds of breathing and you can choose whether you wish to use the Tibetan Dai-Ko-Myo symbol continuously(i.e. for 3 rounds) or perhaps you would like to rotate the symbols with each exhale. Please experiment with this technique and see what feels right for you.



And this is now one very simple way to strengthen your Koki Ho Reiki practice through symbols. The second option then is a slightly more involved process and to help us explain this, let us now return to the basic process for Koki Ho but where step 3 & 4 have now been amended for you to introduce the symbols into this technique:

Koki Ho (Advanced)

- ▶ **Step 1:** Prepare yourself by stilling the mind as you bring a meditative focus to the recipient of the Reiki healing. Please set your intention clearly and ask for any divine assistance as you wish to.
- ▶ **Step 2:** Take a few moments to cultivate the feelings of love & compassion for the living being you are able to treat and for the ailment you are wishing to treat.
- ▶ **Step 3:** INHALE: Breathe in the Reiki energies through your Crown Chakra and allow these energies to bring white light into your lungs & abdomen area. As your inhale starts to come to an end, visualise or intend that the symbol sits in your lungs & abdomen area where it infuses your breath with Reiki.
- ▶ **Step 4:** EXHALE: With your breath now having been infused with the Reiki symbol, the healing energies can now be released through your exhale. Purse your lips slightly and feel that the Reiki symbol flows from your lungs and abdomen area with your breath. Your exhale flows out of your mouth and into the recipient's ailment - treating it with love, light & Reiki.
- ▶ **Step 5:** Continue to repeat steps 3 & 4 as you feel guided.



Again, we would encourage you to work with whatever symbols you feel guided to for your Koki Ho practice and please feel free to try out both of these methods for yourself and choose one that feels right for you. Or perhaps you can create another technique that is more suitable for your own practice?

Typically, Koki Ho can be done in around 5 minutes or so which may include 10 - 20 breathing cycles. And for those of you who are incorporating symbols into your Koki Ho practice, this means that you can intend and project around 10 - 20 symbols into the problem area you are treating. And of course, this 5 minutes is just a rough guideline for you; you may wish to treat someone for 10 or even 20 minutes with this technique!

In other cases, where you have permission to do ongoing healing work on someone, this Koki Ho technique can even be called on for distance healing! As always, we encourage you here to be as creative as you can in your Reiki healing practices and always do what you feel is right to help bring about the best possible healing result for your recipient. We hope you enjoy this Koki Ho practice and that it can help you to diversify your Reiki practice for the benefit of all!

3.5 GYOSHI HO (SENDING REIKI WITH YOUR EYES):

The Gyoshi Ho practice is another wonderful way of sharing Reiki with others without the need for using 'hands on healing'. The word Gyoshi can be translated to mean '**gaze or stare**' and Ho of course means '**method or technique**'. So from this, you can see that an acceptable definition of Gyoshi Ho is 'a technique for sending Reiki through gazing'. The Gyoshi Ho practice is another wonderfully simple technique with some Reiki practitioners referring to this practice as '**the look of love**'. To practice Gyoshi Ho, simply follow along with the steps below:



Gyoshi Ho

- **Step 1:** Prepare yourself by stilling the mind as you bring a meditative focus to the recipient of the Reiki healing. Please set your intention clearly and ask for any divine assistance as you wish to.
- **Step 2:** Take a few moments to cultivate the feelings of love & compassion for the living being you are able to treat and for the ailment you are wishing to treat.
- **Step 3:** Gently look at the area you are wishing to treat and allow yourself to remain fixated on this point for a few moments. Taking a few slow and deep breaths in, you are now able to intend that the Reiki energies are being sent through each of your eyes into the area you are treating.
- **Step 4:** Continue sending Reiki healing for as long as you wish.

As you send the Reiki energies with your eyes, you are really just 'intending' that Reiki is being sent from your eyes. These energies are filling up the recipient with love & light and helping them to be healed of all physical, mental, emotional & spiritual ailments.

And whilst this is a more subtle form of Reiki healing, we again wish to remind you here that your Reiki healing is always being accompanied by many kinds of Higher Consciousness Assistants. By calling on this Gyoshi Ho technique, please know that the 'Assistant's' energies are also being 'brought through' your divine healing channel and helping to make a difference to the recipient's energy field.

Remembering that your mind will play a key role in this type of healing work, this kind of positive & faith orientated thinking will often assist with a good overall healing result.

And to help you with this, you can help this healing process by using a simple visualisation technique as you imagine that Reiki light is shining from your eyes and filling up the recipient's energy field.

If you wish to, you can also accompany this with some additional affirmations (should you feel that this will help strengthen your connection to the Reiki energies) or alternatively you can also imagine that a series of Reiki symbols are also being sent towards the person in this stream of Reiki light.



As we mentioned for the Koki Ho technique, by using the Reiki symbols in conjunction with this Gyoshi Ho practice, you can often help to intensify the healing work being done and improve the healing results that can be gained.

We truly hope that you will enjoy this Gyoshi Ho technique. Please feel free to use this technique in your garden, your nursery, when gazing at a beautiful view or even when 'people watching' so that you can share your love light with others through your very own 'look of love'.

3.6 JAKI KIRI JOKA HO (PURIFYING OBJECTS):

So far, we have introduced a range of different healing techniques that can be used in both healing and/or meditation in order to share Reiki with a wide range of 'living beings'. And with this final technique, we now wish to introduce you to a very effective purification technique that will help you to clear away negativity from inanimate objects also. In Japanese, the words Jaki Kira Joka Ho have the following meanings:

'jaki' = 'negative'

'kiri' = 'to cut'

'joka' = 'to cleanse or purify'

So putting all of this together, Jaki Kira Joka Ho quite literally means:



'A method of cutting away negativity or impurities from objects'



Due to the energetically harsh nature of this Reiki technique, it is commonly agreed that Jaki Kiri Joka Ho is not to be used on living beings such as animals, trees, nature, plants etc. This technique is only to be used on objects that are considered to be 'inanimate'.

For example, you may wish to use this cleansing & purification technique for any new purchases that you have bought from a retail store. Things like clothes, kitchen appliances, utensils, bedding, furniture, cellphones, laptops, cars, tools, houses, books, gifts etc. The Jaki Kiri Joka Ho technique would be very applicable for all of these things to help remove negative energies from these items.

There are two main ways that one can practice Jaki Kiri Joka Ho. The first being for smaller objects and the second being for larger objects. In both cases, the technique is exactly the same and is very simple and easy. So with this, let us firstly outline how you can do a Jaki Kiri Joka Ho practice for smaller objects and then we can tailor this technique for doing Jaki Kiri Joka Ho on larger objects. Each practice can be completed within around 30 - 60 seconds as follows:

Jaki Kiri Joka Ho

- ▶ **Step 1:** Pick up and hold the object in front of you with your non-dominant hand.
- ▶ **Step 2:** Raising your dominant hand, you are now going to do three 'chopping' motions over the object (without touching it) to cut away any negativity from within. Each time you 'chop' away the negativity from the object you will be exhaling sharply with your mouth open.
- ▶ **Step 3:** Send some additional Reiki healing to the object as you feel guided, so that the vibration is uplifted further towards love & light.
- ▶ **Step 4:** Use and enjoy the uplifted object with love!

To see a very simple demonstration of this technique, we kindly refer you to our [Traditional Japanese Reiki Techniques - Video Tutorial](#). Please just skip to 12:50 in the video to see this specific practice.

By following along with these simple steps, the Jaki Kiri Joka Ho practice can be applied to a wide variety of different things and can therefore help you to rid many kinds of negativity and impurity from your home & surrounding environment. At the very least, this is a great technique to use after you have returned home from a day out shopping as you unpack all of your various purchases!

For larger objects (i.e. anything that you can't pick up easily in one hand), you are able to call on the same technique as we have outlined above however this time, you will be calling on your preferred distance healing technique to achieve this.

For example, to practice Jaki Kiri Joka Ho for a very large piece of machinery, simply pick up a smaller item in your hand and use this as a proxy. You will perform the Jaki Kiri Joka Ho slicing motion over the smaller object whilst intending that this is cutting away all negativity from the machinery. And thus, you are able to slice away all negativity from within this large object.



Having now learnt the two basic practices, we sincerely hope that you will enjoy these techniques and that you will use them to help create a peaceful & loving surrounding environment for your life!

4. THE SELF HEALING PRACTICES FOR LEVEL 3A:

So far in this course we have covered a variety of new information, healing techniques and theoretical basis for expanding and deepening your Reiki practice. As part of this, we have introduced you to the concept of interconnectedness, one-ness and we have also discussed some of the benefits of cultivating altruism in your practice.

For our self healing practices then, we have been sure to design a practice here which helps you to incorporate some of these new healing techniques whilst helping you to cultivate these types of altruistic or benevolent intentions.



Of course, it is also important to note here that these self healing practices will help you to assimilate and digest the Reiki Master level energies and with this, we would like to suggest here that these self healing practices be completed for a period of 21 consecutive days (preferably from the date of your attunement). ***Please note that although the 21 days of self healing practices are not compulsory, we deeply recommend them for your own progressionary healing benefit.***

Additionally, may we also suggest that you allow yourself to be guided (via guided meditation) through your first few self healing practice sessions so that you can better understand the true nature of these practices as you are opening up to them for the first time. From here, you can then platform from these basic practices as you start to make these self healing practices more relevant or perhaps tailored for your own personal preferences.

To access the guided self healing meditation for level 3a, we invite you to click on the link below and skip to the 1:21 mark of the video where the guided self healing meditation practices will commence:

[Usui Reiki Master Healer - Guided Self Healing Meditation](#)



This guided self healing meditation provides you with a very easy way of opening up to the self healing practices for level 3a. In addition however, to help you more deeply understand each of the steps for this self healing practice, we have also provided detailed written instructions below in Sections 4.1 - 4.5.

For those of you who wish to include other kinds of practices into your self healing, please feel free to do this as you feel guided. For example, you may feel that you would like to connect with the Microcosmic Orbit exercise as an additional meditation practice during your self healing practices and this would be wonderful! Perhaps you wish to incorporate some additional 'earth healing' as part of these practices to help you cultivate more altruism? Perhaps you would like to extend some of the symbol meditations or psychic surgery techniques that have been outlined as you dedicate more time to these?

There are of course many different ways that you can now practice Reiki; many different techniques and practices that can be called on to help bring more love, light & healing into your life. With these self healing practices, we aim to provide you with a very simple, yet complete set of self healing practices which will help you to open up to the vibrations of the Reiki Master symbols and to heal yourself in a variety of different ways. We truly hope that you have a wonderful set of healing experiences during this next 21 days and may these new energies help to bring much love, light & purification into your life!

4.1 PREPARING FOR YOUR PRACTICE:

By now, you will surely have your own preferences for preparing for self healing in order to prepare yourself and to prepare your space. However for these purposes here, we have been sure to build in some internal preparations into these practices as you open up to inviting energy, setting your intention and doing some Reiki breathing through a Joshin Kokyu Ho technique.

Having said this, should you wish to do other kinds of 'preparatory' exercises here - this is also ok. Anything that helps you to quieten the mind, warm your heart, ground your energy or centre yourself is always good for your self healing session!



4.2 INVITING ENERGY & SETTING YOUR INTENTION:

Like all Reiki practices, we will be starting here with an invitation to Higher Consciousness to come and help us connect with a nice variety of divine healing energies prior to opening up to our Reiki practice. This step will also help to ensure that we set our intention clearly and wisely so that we can gain the necessary healing energies in accordance with this intention. For example, you may wish to say something like:



"I call on the Infinite Creator, the Reiki energies, all Guru's, Divine Beings, Ascended Ones, Bodhisattvas, Angels, Enlightened Beings, Guides and any other Higher Consciousness entities who can hear this call for love; please come and help me as I do this Reiki level 3a practice. Please help me to open up to these beautiful healing energies and to purify myself so that I may shine more brightly for the benefit of all. Thank you, thank you, thank you."

In addition to this, you may also like to set your intention more specifically for some additional healing assistance with a particular ailment, personality trait or other issue that you feel is in need of healing or purification for you at the moment.

For some of you, just by saying this will help you to feel more relaxed as the entities that you are calling on start to look down on you with much love & healing light. One thing that we have learnt from our own Reiki journey is that this 'invitation' certainly does help you to connect with many divine friends and can therefore be of very valuable assistance to your upcoming meditation practice.



4.3 JOSHIN KOKYU HO MEDITATION (ADAPTED VERSION):

Now that you have the attention of the Reiki energies (and a variety of other Higher Consciousness beings), you are now ready to breathe in this love & light into your consciousness. And we will be doing this here through an adapted version of Joshin Kokyu Ho.

This original technique was taught by Dr Mikao Usui to his students as a way of strengthening their connection to the Reiki energies and for us, this is a truly wonderful way to connect with the Reiki energies whilst allowing you to do some nice deep breathing exercises as your preparation. The Joshin Kokyu Ho practice is also great for helping you improve concentration, relax the mind and to open the Heart Chakra.

For those of you who have completed the level 2 training with us, you will already be familiar with this meditation technique and we have again chosen to include this in this Usui Reiki Master Healer level as we feel that this meditation will help to raise your love vibration and adequately set the scene for the self healing practices to follow. The process for doing this adapted version of Joshin Kokyu Ho is as follows:

♥ **Step 1:** *Imagine that the Source / Reiki energies are accessible to you in the form of a brilliant & beautiful shining white light (Source) that sits around 1 - 2 metres above your Crown Chakra.*

♥ **Step 2:** *Breathe in the Reiki energies from the Source and intend that these energies move downward into your Crown Chakra, Third Eye Chakra, Throat Chakra and finally - your Heart Chakra.*

♥ **Step 3:** *As you breathe out, imagine that the Reiki energies are radiating outward from your Heart Chakra for the benefit of all beings. All beings are benefiting from the immense love & light of Reiki.*

♥ **Step 4:** *Now repeat steps 2 & 3 for around 3 - 5 minutes (or more) as you feel guided.*



Having now completed your Joshin Kokyu Ho practice, your Heart Chakra has now been 'warmed up' and you are ready to progress into the symbols meditations where you can now work with the Reiki Master Healer energies.

4.4 REIKI SYMBOLS MEDITATIONS:

For our Reiki symbols meditation format, we will be opening up to three individual healing techniques in order to call on the Reiki Master symbols in a variety of different ways. To start with, we will be introducing you to a symbol practice that is very helpful for sharpening your meditative concentration and for opening up your Third Eye and Heart Chakras.

During this first symbols meditation, you will be guided towards visualising and intending that each of the Reiki Master symbols are being received in through your Third Eye Chakra and out through your Heart Chakra. This process is a wonderfully simple practice which is also very powerful for helping to build intuitive wisdom & faith whilst opening up your Heart Chakra with the love & warmth of the Reiki Master level energies.

From this first symbol mediation, we will now be moving into a 'becoming one' symbol practice where you will be guided towards connecting with the Reiki Master symbols to give you an 'all purpose healing session'. Here, you will also be guided towards expanding your intention so that all beings can benefit from your connection to the Reiki Master symbols.

And finally, having now opened up your Heart Chakra (symbol meditation 1) and having now received your 'all purpose healing session' (symbol meditation 2), you are now able to treat the problem area with psychic surgery (symbol meditation 3). And this final technique will also help you to remove and clear away many kinds of energetic debris and impurity from within a specific area of your body.

Please also be aware that all of these meditations will be building on top of one another and we have deliberately designed these meditations in this way so that you can feel the maximum impact & vibrational frequency for each style of meditation. As you progress on your Usui Reiki Master Healer journey, we would of course encourage you to add to any of these self healing practices or tailor these in line with your own personal preferences as you feel guided to.

At the beginning though, this simple meditative format will be very helpful in assimilating and connecting with the Usui Reiki Master Healer energies & healing practices. As part of this level, we encourage you to always work with Reiki practices that help you to feel more love, peace and bliss in your practice so please, if something doesn't feel right for you or isn't working in any way - please feel free to adapt or substitute another practice instead.

With all this being said, let us now introduce these three individual symbol mediations in more detail so that you can now open up to these practices by following along with the step-by-step instructions outlined within each of these sub-sections below.



Symbol Meditation 1 - Symbol Visualisation

During the level 2 training, we introduced you to a variety of different ways that you could work with the Reiki symbols and by now, you have no doubt understood that most commonly, symbols are drawn out and tapped into the energy field of a recipient. So here, we wish to broaden your perspectives somewhat as we focus on the visualisation and intentional aspects of working with symbols.

For this meditation then, we will be imagining / visualising that each of the Reiki Master symbols are floating down from a beautiful source energy from above our Third Eye Chakra. If you wish to, you can see this energy source as a beautiful white light (the light is a representation of the source of all Reiki energy).

You see this beautiful light shining in the sky above you i.e. around 2 - 3 metres from your Third Eye Chakra at a 45° angle. As you connect with this idea (noting that this is the same light that you have connected with through your Joshin Kokyu Ho practice) you are now ready to commence this first symbol meditation. Starting with the first Reiki Master symbol - Tibetan Dai-Ko-Myo, please complete the following steps:



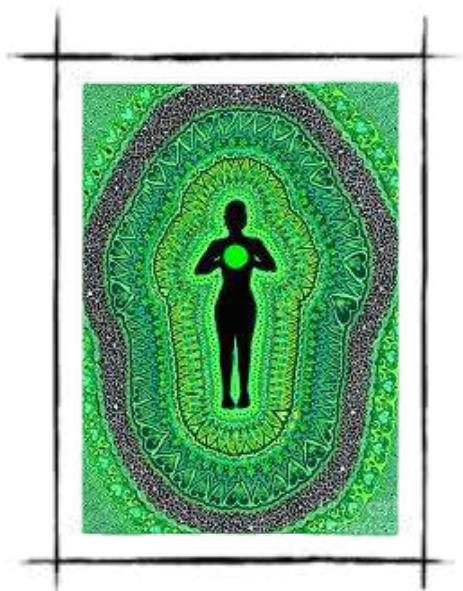
-
- Step 1:** See the Tibetan Dai-Ko-Myo symbol as it emerges beautifully from the Reiki source energy. The Dai-Ko-Myo symbol now starts to float downwards towards your Third Eye Chakra slowly and gently. You hold the image of this symbol firmly in your mind as you can 'see' the symbol continuing to move closer to your Third Eye Chakra.
- Step 2:** The Tibetan Dai-Ko-Myo symbol continues to move closer to your Third Eye Chakra and now enters your Third Eye Chakra. The symbol melts into your Third Eye Chakra and moves slowly downwards through your body towards your Heart Chakra.
- Step 3:** Feeling the symbol moving downwards through your body, you continue to imagine, intend or feel that the Tibetan Dai-Ko-Myo symbol is moving down through your Throat Chakra, into your chest and finally into your Heart Chakra.
- Step 4:** Just taking a few moments here to feel the beautiful healing vibrations of Tibetan Dai-Ko-Myo as these energies fill up your heart with love & light. As you feel ready, the Tibetan Dai-Ko-Myo symbol now leaves your Heart Chakra and floats back up to the Reiki source energy.
-
- Step 5:** The Tibetan Dai-Ko-Myo symbol continues to float back up to the beautiful light above you and absorbs back into the Reiki Source energy.



This is one round or one loop completed for the Tibetan Dai-Ko-Myo energies. Our symbol meditation will be completing three rounds for each of the Reiki Master symbols as follows:

- 1. Tibetan Dai-Ko-Myo - 3 loops**
- 2. Usui Dai-Ko-Myo - 3 loops**
- 3. Raku (The Lightening Bolt) - 3 loops**

Once you have completed three loops for each of the Reiki Master symbols, your Heart Chakra will now be beautifully and lovingly warmed up with the Reiki Master Healer energies and with this, you will now be ready to progress into the next symbol meditation where you will be receiving a beautiful 'all purpose healing session'.



Should you wish to, you may also include the level 2 Reiki symbols into this basic meditation format. This can often be a more complete form of meditation however for our purposes here, we have just chosen to introduce the Master Level symbols so that you can more easily focus on digesting and assimilating these new energies into your consciousness.



❖ Symbol Meditation 2 - Becoming One

Having now spent 10 minutes or so connecting with each of the Reiki Master symbols and having now felt a nice warmth in your Heart Chakra (and likely some impurities from within this area also), you are now ready to open up and receive an 'all purpose' healing session with Reiki. And to do this, you will now be calling on the very simple technique of 'becoming one' with each of the Reiki Master symbols so that you can:

- a) Receive these healing energies throughout your body, AND**
- b) Shine these healing energies outwards for all!**

And as we've already mentioned throughout these Usui Reiki courses, by intending to shine these energies outwards for all to benefit from, you will also be receiving more intensity, more healing and more purification from this altruistic practice.

In other words:



Each of the Reiki symbols will shine their healing power in direct proportion to the width and purity of your intention.

The more you actually want the energies to 'shine for all' - the brighter the light will become.

As such, we will now be calling on each of the Reiki Master symbols (Tibetan Dai-Ko-Myo, Usui Dai-Ko-Myo & Raku), one by one, in the same order as we did for the previous meditation and for each symbol, ***we will be taking around 2 - 3 minutes to just visualise and connect with each symbol.*** As we start to feel the depth of these healing vibrations, we will then be expanding our intention as best we can to shine outwards for all.

Should you wish to, you can repeat the sacred name of the symbol over and over again (like you would with a mantra) as you visualise the symbol's brilliant white light shining outwards in all directions.



For some of you, you may wish to instead say a few simple affirmations which help to encourage an altruistic or 'others' type mindset. Perhaps something like:

- ⇒ "May all beings benefit, may all beings benefit, may all beings benefit "
- ⇒ "May I shine for all, may I shine for all, may I shine for all"
- ⇒ "We are all one, we are all one, we are all one"
- ⇒ "May [symbol name] shine for all, may [symbol name] shine for all, may [symbol name] shine for all ..."

Perhaps you are someone who likes to enjoy the peace and serenity of Reiki in mental silence. In this case, you may wish to feel or see the symbol shining through your energy field outwards for the entire cosmos!

This is a great meditation for helping us to connect very easily and very simply with each of the Reiki symbols. It is a format which is typically preferred for more advanced practitioners i.e. as your energy field expands and as your connections with the Reiki energies deepens.

This meditation has been included in our [Guided Self Healing Meditation](#) so if you feel that you would benefit from being guided through this meditation a few times, then please feel free to utilise this free resource with love.



❖ **Symbol Meditation 3 - Reiki Psychic Surgery**

As we mentioned in the introduction to this Reiki Psychic Surgery technique, our guided version of these self healing practices will be focusing on the simple version of Reiki Psychic Surgery. And as part of this technique, you will be guided towards working with each of the Reiki symbols in order to help you remove & extract a variety of energetic impurities.

And the purpose of this final symbol meditation is to spend some additional time here to treat your 'problem area'. For a quick reminder of the Reiki Psychic Surgery healing process, we will be including the steps here below however for a more detailed commentary about these steps, we kindly refer you back to pages 46 & 47 where we have discussed this process more deeply.

- **Step 1:** Bring your awareness to the problem area.
- **Step 2:** Draw out and tap in the Reiki symbols into the problem area.
- **Step 3:** Imagine light surrounding the problem area and helping to release the impurities.
- **Step 4:** Perform Reiki Psychic Surgery by pulling out impurities slowly but deliberately.
- **Step 5:** Fill the space with love (either with hands, symbols or through a light visualisation).



4.5 FINISHING WITH GRATITUDE:

As you finish your Reiki Psychic Surgery procedures, you are now ready to finish your self healing practice with love & gratitude. For example, you may wish to say something like:



"With love & gratitude, I thank all of the energies & Great Beings for helping me in this Reiki self healing meditation. Please continue to shower us all in love, light & peace so that we may all move towards more light, purity and truth in our life. May we all continue to grow and evolve so that this world may live in peace, harmony and love. Thank you, thank you, thank you."

And as you can see from this statement of intention, we are giving thanks for the energies that have been received during our practice but we are also taking this opportunity to pray for love & peace for all beings. This is often a wonderful opportunity to speak from your heart and ask for what you wish for in your life. And as you do this, you can then extrapolate this wish or desire outwards so that all beings are able to fulfil all of their wishes also!

For example, if you were asking about being cured of a heart condition = may all beings be cured from this particular heart condition. If you want to be happy = may all beings be happy. If you are hoping to become financially secure = may all beings be financially secure. And so on.

And when you speak of 'all beings' - please know that this always includes you as well. And in this way, by incorporating this new style of thinking into your practice, you are not only asking for what you want but you are also asking on behalf of all beings. And again, by asking for 'all beings', you will also be actually helping yourself to receive all of these things even more quickly in what is a truly win-win situation for the 'all' to benefit from!

As we start to bring these intentions into our practice more and more, we can understand more deeply the inter-relationship between our own happiness and the happiness of others - and the idea that we are indeed all inter-connected with one another.

'May you enjoy setting a wonderful range of benevolent & altruistic intentions in your practice and may this help to bring immeasurable benefit to the collective consciousness throughout all time and space!'



5. DOING HEALING WORK FOR OTHERS (LEVEL 3A):

So far on your Usui Reiki journey, you have learnt a wide variety of healing & meditation techniques that can now be applied into your own practice as you feel guided to. You have received a total of six Reiki symbols which can all be used in a variety of different ways to help you achieve a number of different healing objectives. You have learnt how to give hands on healing sessions, both in person and by distance, and you have also learnt how to use the symbols to send Reiki healing to many different aspects of your life.

During this final Usui Reiki Master Healer level, you have now been introduced to a number of new healing & meditation techniques that can now help to broaden your perspectives of Reiki and which can help you to administer the Reiki energies in a variety of different ways.

From a healing others perspective then, the Usui Reiki Master Healer level has now introduced you to the all important Reiki Master symbols which will now help to magnify and intensify the Reiki healing energies quite significantly. And in addition to this, you have also learnt a number of new healing techniques which can help to broaden your perspectives about sharing the Reiki healing energies with others.

So within this section, we simply wish to bring some additional clarification to the possibilities and options you have available to you here as an Usui Reiki Master Healer and we hope that these additional insights will help you to more easily incorporate these new energies & techniques into your existing Reiki practice.



Using the two Dai-Ko-Myo symbols

One of the most important aspects about any Usui Reiki Master Healer training is that you are now able to access the Dai-Ko-Myo energies. And we have discussed how you can approach your symbol sequencing more specifically during sections 2.2 and 2.3.



For some of you, you may feel drawn to using either (or both) of the Dai-Ko-Myo symbols for charging yourself with Reiki prior to commencing your session or you may like to try sealing your healing sessions with these symbols. Perhaps you would like to use either (or both) of these symbols in conjunction with the Cho-Ku-Rei energies for these practices and see how this feels for you?

Having now understood that each of these three symbols are particularly good for cleansing and purification, you are now able to use your own intuition about how to best use these symbols in your practices. And of course, there is no right or wrong answer here but rather what feels right or works for you. As always, you will be guided towards new understandings about how to work with the symbols and again - please always do what feels right for you in any given moment!

Using Raku

We have already discussed the uses & benefits of Raku during the theoretical foundations section and with this, we simply wish to reinforce the idea that at a minimum, the Raku symbol will be a wonderful additional tool for you at the beginning & end of a Reiki session. It can also be used during your session to help you ground any excessive negative energies that may be arising and as such, it can be a wonderfully valuable healing tool when used correctly.

Having said this, we also encourage & invite you to now meditate with this symbol to explore the vibrational depth of the lightening bolt to discover new ways of working with this symbol for you. Whilst grounding is the most commonly taught technique for using Raku, there are also other Reiki practitioners who use Raku in slightly different ways so again, please use your divine intuition when opening up to these energetic frequencies in your practices.



Calling on new techniques

During this course, there have been a number of new healing techniques that you may wish to start incorporating into your healing sessions format and other techniques that may be more appropriate in every day life. As with all Reiki practices, we would suggest here that you incorporate these techniques into your life as you feel guided to, noting that it is often through a dedicated set of self healing work that can help you to understand and feel what works best for you.

For example, the 'becoming one' technique can be a truly wonderful practice that can first be experimented with in your own personal meditation practice and as you feel more progressed, you can then start to introduce this same type of thinking and symbol technique in your healing sessions.

The Tanden Chiryo Ho (Hara Cleansing) technique is another really nice example of this. Once you have completed this practice a few times in your own personal practice, you are then better able to administer this style of healing to others i.e. as you have now felt what it is like to have your impurities drained from within. The Reiki Psychic Surgery techniques are another great example of this and again, we would encourage you to open up to these practices through your own self healing journey as a great prelude to working with these techniques with others.

As part of any learning, it will be important for you here to practice some of these techniques on yourself as you learn and understand the deeper meanings and feelings that come from each technique. And whilst we understand that your 21 days of self healing practices will help you to do this for some of these techniques, there have also been many practices introduced here that have not been included in these self healing practices. We would therefore like to encourage you to open up and try the other healing techniques & practices as you feel guided to, as you adapt & tailor these practices to your own personal preferences. As always, you will be guided towards more understanding, purification and growth by the Reiki energies themselves and with more practice.



Once you feel ready to progress further on your Reiki journey, as an Usui Reiki Master Healer you are now able to move into the Advanced Usui Reiki energies. However we would humbly recommend that you take whatever time you need to digest & assimilate this new information into your consciousness prior to moving forwards into these higher levels.

6. LEARNING ADVANCED USUI REIKI:

As an Usui Reiki Master Healer, it is now our great honour and pleasure to introduce you to the Advanced Usui Reiki healing system where if you wish to, you can now move into a beautiful range of higher dimensional Reiki frequencies as your Reiki practices expand to an entirely new level.

As you may already know, the Advanced Usui Reiki healing system is offered over three main levels (as shown below) with each level requiring that certain pre-requisites be met prior to commencing:

Course	Level	Pre-Requisites
Advanced Usui Reiki Practitioner Level	4, 5 & 6	The Unified Pathway To Light (Volume 3) OR Pathway To Light (Volume 2)
Advanced Usui Reiki Master Level	7 & 8	The Unified Pathway To Light (Master) OR Pathway To Light (Volume 4)
Advanced Usui Reiki Master Teacher Level	9	The Unified Pathway To Transcending The Light (Volume 2) OR Pathway To Light (Volume 6)

The pre-requisites for these Advanced Usui Reiki levels have been included here to help facilitate a vast expansion in the energetic frequency of each recipient. This of course is extremely advantageous for anyone practising with the Usui Reiki energies and it is vital for those working through into the Advanced Usui Reiki levels.



Each level of Advanced Usui Reiki will introduce a new series of higher frequency energies that can then be assimilated into your energy field through a variety of self healing practices. In this way, the format here in the advanced levels is really quite similar to the Usui Reiki healing system in that you will be learning a new set of healing practices and then be assimilating a variety of new energies into your energy field at each level of learning.

From a bigger picture perspective, we are delighted to share here that the vibrational uplift of the Advanced Usui Reiki healing system (and especially when this is combined with the Ascension Pathways) will be helping you to feel and experience a very dramatic and significant shift in your consciousness in the months that lie ahead.

As you receive these new energies, you will be able to receive and call upon on a vast range of very pure and love filled frequencies. As this process continues, you will also be guided towards letting go of and releasing many kinds of impurities, imperfections and darkness from within as you ascend into the vibration of unconditional love, peace and unity.

As you continue further forwards, reaching the Advanced Usui Reiki Master Teacher level, you will already be resonating at a very high vibrational frequency (thanks to all of the healing work being done in the previous levels). And it is here at this final level that all of the Usui Reiki & Advanced Usui Reiki energies will be consolidated into one very simple practice.

At this final level, you will be able to send a full healing session, using all of the Usui Reiki & Advanced Usui Reiki energies in around 5 - 10 minutes. Also, you will be able to activate all of the attunements (for all levels) in one very simple 5 - 10 minute sitting. Such is the beauty and vibration of the Advanced Usui Reiki Master Teacher level!

In each of the overview sections presented so far, we have tried our best to include a good snapshot of the entire Advanced Usui Reiki healing system as well as offering you the chance to start opening up to the beautiful Ascension Pathways. So here in this final section, let us now quickly share some of the information which was channeled to us directly (in the form of question and answers) from 'Higher Consciousness' during the time that the Advanced Usui Reiki energies were brought through:

Why is it advantageous to continue on to level 4 (and above)?

"At this time, the universal consciousness is in desperate need of continued healing, growth and expansion for the absolute benefit of all. By completing levels 1 - 3, you have gained a great depth of ability and understanding and we simply wish to offer you further advancement for the benefit of all beings.



The time and consciousness is right currently to bring through these new energies so with divine love and blessings we offer these higher levels for all. May your Usui Reiki light continue to expand for the collective benefit of all."



Why has Dr Mikao Usui himself not brought through these new levels?

"As you are aware, Dr Mikao Usui no longer resides in your Earth realm. He has however, through our dimension, been involved in the process of developing these new levels.

Although it may sometimes seem incomprehensible from the Earth plane; the consciousness of all dimensions is eternally connected and in this way, many high energy beings have come together to manifest these higher levels.

Dr Mikao Usui and Hawaya Takata have offered their blessings and endorsement of these new energies and are still very much so connected with them. In this way, you may still feel their connections when using the new symbols. Do not live in doubt, simply surrender and all will be unveiled."

Why did Dr Mikao Usui only bring through levels 1, 2 & 3?

"At the time, this was simply all the energies that were available to him. As the need for consciousness growth develops and as higher energies become available, more and more frequencies are becoming available to 'download' to your Earth realm. This was in no part a short coming of Dr Mikao Usui; but merely a factual limitation of the energies at this time.

It should be noted also of course, that at the time of receival, levels 1,2 & 3 were significant energetic frequencies for that time. We offer a great amount of respect to Dr Mikao Usui for his efforts to bring through those foundational levels, for they have served the Earth consciousness intensely for many of your earthly years."



As you can see from the above information, Love Inspiration has received the necessary blessings & endorsements to be able to offer you this Advanced Usui Reiki healing system with love & light. We have also been asked to offer the Advanced Usui Reiki levels freely and with love so that we can reach as many beings as possible throughout the world.



As Marty and Gerry themselves moved through these levels, it became very clear that the Advanced Usui Reiki energies do indeed vibrate at a very significant frequency. It seems that these new energies have been brought through at this time in order to help raise the energetic vibration of this planet (and all of its inhabitants) closer to that of The New Consciousness. This is also why the pre-requisites have been set so high, in order to help and guide all beings into this new vibration of love, light and infinite purity.

Marty and Gerry are delighted to have received these blessings from such a distinguished and well respected Sensei as Dr Mikao Usui. They feel very honoured and humbled to be able to play their small part in this ascension process and are delighted to be walking alongside you on your own pathway to light.

To access your free courses for the Advanced Usui Reiki healing system, simply [visit our Usui Reiki webpage](#) where you can freely download your first Advanced Usui Reiki ebook. Again, we kindly ask that you firstly complete the necessary pre-requisites prior to moving forwards into these levels.



7. FINAL COMMENTS:

It is with much love & light that we wish to again congratulate you on this wonderful achievement of becoming an Usui Reiki Master Healer! You are now able to take some time here to digest these energies as you open up to your self healing practices and enjoy these new energies & healing techniques for the benefit of all.

We are delighted to know that there is now another Reiki Master in this world and it is with much love in our hearts that we warmly and humbly bow down to your wonderful achievement. If you would like a certificate for completing Usui Reiki Level 3a, please click on the link to be taken to our website where you can [download a certificate](#) for this course in PDF format. Simply print it out and fill it in as you wish. Congratulations!

As you feel ready to, we now invite you to move into the energies of The Unified Pathway (or the Pathway To Light if you would prefer this option) so that you can complete your pre-requisites for the Advanced Usui Reiki Practitioner level.

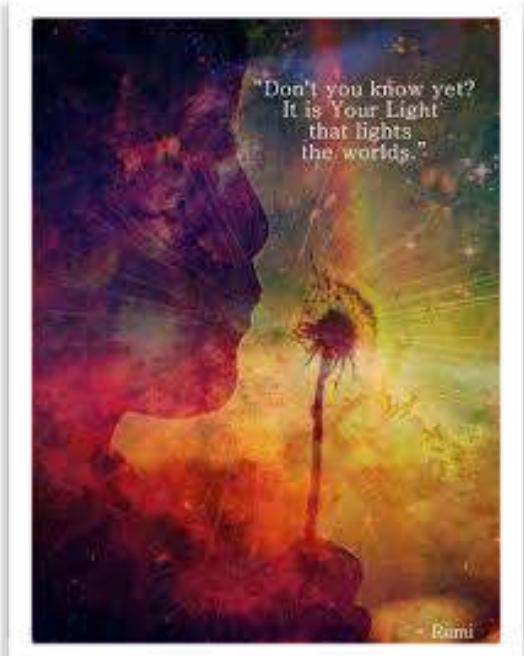
For those of you who have already completed your Celestine and Prophesitne Reiki levels (in The Unified Pathway), we ask that you *please take care to ensure that you have waited a full 3 months from the date of your final Prophesitne Reiki attunement before commencing into the Ecliptine Light.*

For those of you who have not yet started your Ascension journey yet, this is totally fine. You are always being divinely guided perfectly and with love! Simply [visit our Ascension Pathway page](#), choose the appropriate pathway and then start moving through these energies at your own pace and as you feel guided.

For those walking on The Unified Pathway, you will reach a point known as The Pilgrimage (Unified Pathway To Light - Volume 3) and this is a wonderful time to start opening up to the Advanced Usui Reiki Practitioner Levels of 4, 5 & 6. For those who are walking on the Pathway To Light, we kindly ask that you complete The Silver Line attunements (Pathway To Light - Volume 2) prior to starting the Advanced Usui Reiki Practitioner levels.

For all of you, we wish you well on your continuing journey towards the light and we truly hope that you have enjoyed this Usui Reiki Master Healer training with us. We hope that you will continue to enjoy your next steps forwards into Higher Consciousness and may this wonderful healing work help to bring much happiness, joy and love to the infinite all!

With Love Inspired Blessings,
MARTY & GERRY DONNELLY
LOVE INSPIRATION



Welcome to
Usui Reiki
Level 3A



Chapter 4:
Appendices



Love Inspiration

Learn • Heal • Awaken

USUI REIKI
LEVEL 3A - MASTER HEALING

Chapter 4: Appendices

CONTENTS:

Content	Page
Appendix 1: Understanding One-ness	98
Appendix 2: Joshin Kokyu Ho	109
Appendix 3: Post Healing Information Sheet	115



Love Inspiration
Learn • Heal • Awaken

APPENDIX 1

UNDERSTANDING ONE-NESS

INTRODUCING ONE-NESS:

For ages past, we have seen scientists, philosophers, religions and ascetics all trying to define our reality; they all shared a great desire to understand the deepest mysteries of our physical and energetic existence.

For example, in the last 3000 years we have seen many religious figures such as Jesus Christ, the Buddha, Mohammed and many other Guru's within the eastern traditions who have reached a level of understanding and who have attempted to pass these understandings down to us.

In more modern times, we can now see that science is making incredible breakthroughs and with the newly emerging science of quantum physics, we are now becoming more aware and more conscious of the reality which surrounds us.

And this is what this appendix will draw on. To help us understand the idea of inter-connectedness. We will be calling on the knowledge base of modern science in addition to a variety of spiritual and religious teachings to explore the idea of interconnected-ness in a way that works with the logical parts of the brain.

Ultimately, as we begin to understand the true nature of inter-connectedness or one-ness, it provides us with a deeper understanding of who we truly are. It helps us to promote vibrational states of health and wellbeing from within ourselves as we realise that we are so much more than just a physical body.

It is the idea that we are actually not totally separate from each other as we may think; that within each of us lies an untapped, infinite potential that is beyond comprehension.

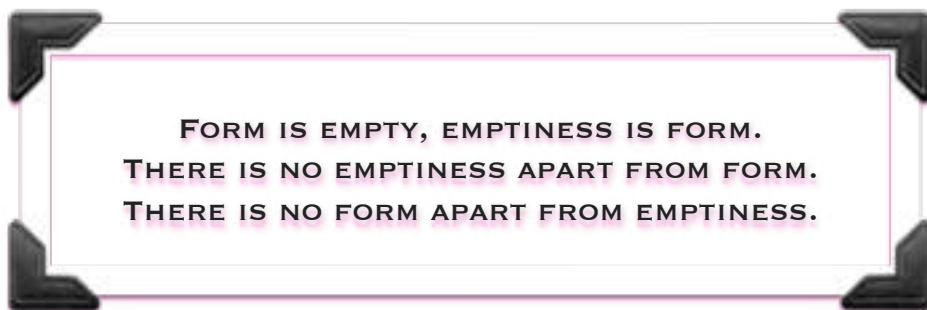
And as we start to contemplate, reflect and perhaps start to accept these concepts, it can then allow us to more deeply feel the energies of love, compassion & wisdom from within our consciousness.

If we are all truly one - then how can we not want to help others? If we are all inter-connected - then isn't helping others the same as helping ourselves? And wouldn't we always want to help ourselves?



A DEEPER UNDERSTANDING OF ONE-NESS:

Let us firstly look to the spiritual teachings found through the Buddhist tradition. This is a very famous passage in the Heart Sutra (Prajna Paramita Sutra) and is thought to be a very precious and immensely valuable teaching spoken from the Buddha himself about the empty nature of our reality:



This teaching is deeply profound and something which will need to be reflected on. It seems to suggest that even though something may exist physically, it is at the same time empty of any existence. So let's look a little deeper into this which takes us to a teaching known as the two truths.

Put simply, the reality in which we live can be seen to exist on two separate levels of truth or two levels of understanding. The first level of truth exists on the surface level or the physical level in which we live out our daily life. Here, at this level, we can see things exist in some sort of physical form. Whether it's the television we watch, the table we sit at for dinner, the pots & pans that we cook with etc. All these things *exist* in our physical reality.

This level of truth is fairly easy to comprehend so let's move on to the second level of truth, that of the ultimate or absolute level of truth. This level of truth or understanding is normally not seen by the naked eye, it is something which is far deeper & more subtle.

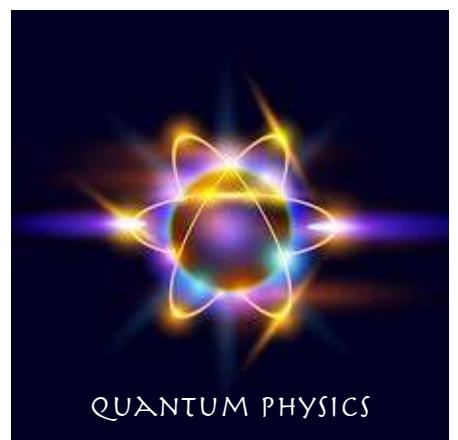
So let us look back to our examples above, say the table we sit at or the television we watch, whilst these definitely exist in physical form, the ultimate or absolute truth tells us that at the very same time, these things do not exist. In other words, they are *empty* of any real tangible substance.

So how can this be?

Well it is through science that we will find our answers, specifically the science of quantum physics or quantum mechanics.

For those of you who have never heard of quantum physics or quantum mechanics, these are areas within science which attempt to describe the reality in which we live by dissecting and examining the individual atom to see what exists within it. As the entire physical universe is simply made up of atoms, if you can see what exists within each of these atoms, you can describe the ultimate level of truth.

So what have they found?



Well, at the subatomic level, scientists have proven over & over & over again that:



**ALL PHYSICAL MATTER, WITHOUT EXCEPTION,
IS MADE UP BY SOME FORM OF INDESCRIBABLE ENERGY SOURCE.**

They have seen that inside the atom, at the subatomic level lies a symphony of vibration (and a whole lot of empty space). Scientists have now discovered that at the basis of our existence, the very foundations of it, lies a unified field of intelligent, life force energy which many of us simply refer to as *consciousness*.

There are quite literally thousands of experiments which now support this from as far back as the early 1900's with perhaps the most famous experiment being the double slit experiment. With the power of the internet, you can now watch a quick, easy 5 minute explanation of this experiment on you tube:

[Click Here to see the Dr Quantum Double Slit Experiment](#)

The content of this video leaves no doubt; that:

**BENEATH ALL PHYSICAL MATTER (I.E. PHYSICAL THINGS)
LIES AN INTELLIGENT & VIBRATING ENERGY SOURCE**

As Albert Einstein himself has said in response to a question from an atheist:

**"TRY AND PENETRATE WITH OUR LIMITED MEANS THE SECRETS OF NATURE AND YOU WILL FIND THAT, BEHIND ALL THE DISCERNIBLE CONCATENATIONS, THERE REMAINS SOMETHING SUBTLE, INTANGIBLE AND INEXPLICABLE.
VENERATION FOR THIS FORCE BEYOND ANYTHING THAT WE CAN COMPREHEND IS MY RELIGION. TO THAT EXTENT I AM, IN POINT OF FACT, RELIGIOUS."**

--- ALBERT EINSTEIN, RESPONSE TO ATHEIST, ALFRED KERR (1927)

Another experiment, conducted in the early 1900's which helps us to further digest this concept was specifically designed to determine whether there was an energy source contained within 'empty space'. In order to test this theory in a laboratory, it was necessary to create a vacuum (or Faraday cage) whereby an area was kept completely free of air and shielded from any electromagnetic radiation fields.

The airless vacuum space was then cooled to a temperature of -273 degrees Celsius which is the temperature where all matter should stop vibrating and thus produce no heat. The thinking was that there would be literally nothing inside this vacuum; an empty void.

So what was the result?

Instead of being an absence of energy in the vacuum, they actually found a tremendous amount of it. The energy existing within this empty space was then labelled ***zero point energy (ZPE)*** and you can read a lot of things about ZPE on the internet if you wish to.

Interestingly enough, physicists John Wheeler and Richard Feynman have calculated that the amount of energy in the volume of vacuum space contained within a single light bulb would be enough to bring all the world's oceans to boiling point! This is just astonishing to digest.

From these (and many other) scientific experiments, we can perhaps more clearly see that the foundations of our physical reality are based on some form of intelligent life force energy. It is only through contemplation, reflection and perhaps meditative practice that we can begin to have an *experiential* understanding of this intelligence and love in full swing.

So, with this understanding of energy being the foundations of our physical reality, let us now consider the idea that all things are inter-connected. This is crucial in understanding why it is that your healing work is so important - as your vibration is being raised, so is the inter-connected consciousness.

Through a deep and experiential understanding of inter-connectedness, it also helps us to move closer towards our true self, the big 'I AM' which exists at our core; the infinite potential which we spoke of earlier. As an analogy, we can think of the entire universe or the entire cosmos being like an ocean, and in this vast, expansive ocean is a small plastic bottle. The plastic bottle contains the same water as the ocean.

This is an analogy for describing the state of one-ness in which we all live out our daily lives. We are all just water floating in the vast ocean of love consciousness!

The plastic which keeps our water separate from the water in the ocean is often thought to depict our ego or more correctly, our ego clinging. Through our mental conditioning, we see ourselves existing at the ultimate level of truth and therefore find it very difficult to believe that truly we are like an ocean.



Once we start to break the shackles of our own egoic mind, we can really start to feel more and more the expansiveness which is the almighty ocean. As we surrender, we lose our ego in bits and pieces moving towards where it is that we need to be heading, remembering that we are always in the hands of divine guidance & unconditional love.

As we continue on this pathway towards the new consciousness, little by little we are slowly starting to open our eyes to our new reality, one which involves us stepping into our *real* shoes; that of becoming one with the vastness of consciousness.

Another way to think about our inherently divine nature is through the analogy of a sun shining brightly in the sky. When we have a cloudy, miserable day, it can be difficult to even imagine that the sun is still up there somewhere shining down on us, but of course it always is.

It is the same with our own true divine nature; it is like the sun, always shining. It is our negative or darker energies or to be more specific, our old thought patterns from many lifetimes, acting like the clouds. They obscure and obstruct the sun from shining that brilliant love & light through.



As we have only lived with cloudy days so far in this life, we have simply *forgotten* that the sun is still there in the background.....but *it is* still there and it does shine oh so brightly. It just hasn't had its chance to shine its way through the clouds just yet.

As we start to clear away the clouds through our practice, as we clear away our negative energies and our old thought patterns, we can slowly but surely begin to see more & more of who we *truly* are. We begin to see the love, compassion & infinite light which is our own true divine self; the all-knowing self, interconnected to all things which is far beyond anything we can imagine.

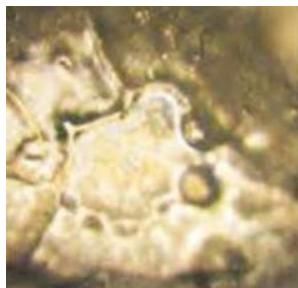
*This is the entire point of inter-connectedness;
to understand that we are all one.*

Within each of us lies an untapped potential which is simply beyond words.

With this rather lofty introduction to one-ness or inter-connectedness, let us now look at some scientific data which may help us to more easily digest the idea of inter-connectedness and the one-ness of all things. It is with this type of information that we hope to help those of us who like to satisfy our more logical, left sided parts of our brain.

Ok, so perhaps a good place to start with understanding something about inter-connectedness from a scientific viewpoint is to look at the work of Dr Masaru Emoto.

Dr Emoto found a way to successfully photograph the molecular structure of water and wanted to test whether water, being the most receptive of elements, would respond to some sort of applied *mental stimuli*. The experiments that he did were conducted over a number of years but for our purposes here we will paraphrase & summarise his results for ease of readability.



ORIGINAL WATER SAMPLE

Essentially, his experiments compared a number of water samples, the majority of which were taken from a nearby dam (Fujiwara Dam). The water samples in his experiments were always compared from the same original water source and therefore contained the same molecular properties. The photo to the left shows the original molecular structure of the original water samples:

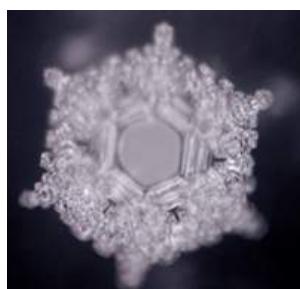


LOVE FOR HUMANITY



**YOU MAKE ME SICK,
I WILL KILL YOU**

Both samples were then put into containers which were sterilised and sealed at which point, he wrote 'love for humanity' on one container and 'you make me sick, I will kill you' on another. After some days, he would photograph the molecular structure of the water to record any changes which took place.



LOVE AND THANKS



AFTER BLESSING

In some of his other experiments, he worked with the mental stimuli directly whereby he would send loving and kind thoughts towards the water or would simply give the water a blessing. Similar results were achieved. When speaking of his results, Dr Emoto always talks of the intention being the driving force behind the changes.

Remembering that our bodies are over 70% water:



If thoughts can do this to water, imagine what they can do to us!

He also worked with the vibrational frequencies of music with interesting results. You can find many things on the internet about his work, for example he has also worked with musical frequencies. There are some who have said that his results weren't completed with a high standard of scientific accuracy however with so many different kinds of photos and recorded evidence to be reviewed here, you are able to make up your own mind.

So how is it that a supposedly non-living material is able to respond to a thought or an intention? For us this is a good signal of firstly intelligence and secondly inter-connectedness. Let us continue now to look at another study following a similar genre; lets look at the work done by Dr Clive Backster. Again, these results are being paraphrased somewhat for ease of digestibility.

Dr Clive Backster was one of the top polygraph experts for the CIA, however after many years, he decided that he would turn his focus towards plants i.e. he would hook up the lie detector to plants to gauge the stress results under various conditions.

Now when a lie detector test is conducted on humans, it helps to measure a person's 'Galvanic Skin Response' ('GSR') which measures how well the skin conducts electricity. When a person is stressed internally for example, when they are lying, there can be some dramatic changes in the GSR. Therefore in much the same way, Dr Backster was able to equally test or gauge the amount of stress contained within the plant by measuring its electrochemical signals.

So what did Backster find?



Firstly, the plant reacted strongly i.e. became stressed, when one of its leaves was severed. Also, the plant reacted most strongly when one of its leaves was burnt. Interestingly, what Backster identified through his experiments was that if he pretended to burn the leaf, say by moving a match towards it but *without the actual intention to do so*, the plant did not react. It was not until he formed a clear intention to burn the leaf that in fact the polygraph spiked!

As part of the same experiments, he also discovered that the plants responded to the death or suffering of other creatures in the same area. This experiment randomly dumped brine shrimp into a tub of boiling water nearby

in the same room and the polygraph gauged the plants reaction. The plant immediately responded to the death of the shrimp!

He also discovered that by pouring boiling water down the sink, the plants would show a similar reaction to that of the shrimp in the previous experiment. Puzzled as to why, he eventually sampled the sink only to find that there was a huge colony of bacteria in there! It turns out that the sink had not been regularly washed.

It was acknowledged by Backster that this discovery was made by accident as the polygraph was always 'hooked up' to the plant and his kitchen was simply located nearby.

From this, he decided to diversify and start testing other living things. Since he had experienced similar results with bacteria, why not try the polygraph on yoghurt; after all yoghurt is just a colony of living bacteria right?

What he found was that the yoghurt behaved in precisely the same ways as the plant did!



For example, one of his experiments was designed to determine whether the bacteria would respond to a person eating yoghurt nearby. The reaction received on the polygraph mirrored the amount of time that it would take for the digestive juices in the stomach to start breaking it down! It was like the yoghurt was stressed that other yoghurt bacteria were dying in their nearby environment. The yoghurt bacteria also responded to any damages made to a nearby plant amongst other things.

These are just some of Dr Backster's truly astounding results!

It is worth mentioning here that the father of early DNA discoveries & extremely well respected scientist Dr Francis Crick, concluded from years of work in this area that 99.9% of all galactic dust shares the same spectrographic (light wave) signature as freeze dried bacteria. When we combine these two discoveries, well, it's really quite fascinating.

Ok so returning back to the subject of interconnected-ness – how does this all tie in?

Well, it seems pretty obvious so far that there must be some sort of intelligence existing within the water, the plants, & the bacteria.

We saw that the entire structure of water was able to be altered through applying mental stimuli noting that it was the *intention* of the person which was the key.

We also saw that plants and living bacteria could somehow respond to their surrounding environment, showing signs of what we would call 'stress' when there was death or suffering to another living thing nearby.

Ok, let's look now at another scientific experiment, but this time let's focus in a little more detail on something which gives us direct insight into inter-connectedness. So far, although being very interesting to read, we haven't really presented what we would feel to be enough 'left brained' evidence yet.

So, this next set of experiments took place in the early 1990's and can really help to provide some more tangible proof of the true power of our meditative intent and inter-connectedness at work. To start with, let us look at one of the experiments which took place in Washington DC in 1993.

In this, the murder capital of the world, during summer 1993, four thousand volunteers came from over one hundred countries to collectively meditate with a view to have a tangible effect on the surrounding area. It was predicted in advance that with such a large group meditating, there would be an exact 25% reduction in violent crime as per the FBI's statistics.

The chief of police in Washington at the time said that it would take 2 feet of snow for a 25% crime reduction to actually happen but as these experiments continued, slowly but surely the police force became more interested in the experiment until by the end of the summer, they actually became a collaborator and author of the study!

The official results showed a drop of 25% in violent crime in Washington DC over the summer.

The reason why there could be such an accurate prediction made for this Washington experiment was that there had been over 40 previous experiments conducted of this kind across a range of different locations, all being done on a much smaller scale. It is the results from these series of experiments that have been labelled ***The Maharishi Effect***.

Wikipedia on the Maharishi Effect: “The Maharishi Effect is a hypothetical societal benefit resulting from a "significant proportion of the population" practicing the Transcendental Meditation Technique. In the 1960's the Maharishi postulated that the quality of life, the growth of harmony and order in society, would be noticeably improved if ten percent of the population practiced the Transcendental Meditation technique. This requirement was later changed to one percent in 1960 and became known as the 'Maharishi Effect'.”

So that sounds pretty cool! Now we have some experimental data which suggests that there is a noticeable or even significant difference in the vibration of an entire city just through the power of sending out love through meditative intent.

This experiment can now give us some added confidence in what we are doing in our self-healing. It helps us to think or believe that our self-healing practice is important, not only for ourselves, but for our surrounding environment as well.



And as we continue to move more deeply into our practice, we can begin to get more & more understanding of this sense of one-ness or as its referred to in Buddhism, 'emptiness'. As this continues, we may start to see or feel a glimpse of our own true divine potential, and as we continue to clear away more and more energetic impurities, we can move through our clouds; we move closer towards our sun which is always shining our brilliant divine light for all to benefit.

If we are able to assist you & your mind in more easily grasping the concept of oneness from this discussion, then this makes us truly very happy! Normally, it can be a good idea to satisfy our logical, left brained part of the mind so that when we gain some experiential understanding through healing and meditation, we are better able to work with the blissful oneness vibrations being experienced for all to benefit from.

Ultimately, it is a combination of both types of understanding which can start to have a rather dramatic effect on our overall realisation as we move forward on our healing & meditative path.

We simply urge you to never underestimate the power of these divinely guided energies and above all, never underestimate your own truly divine potential to shine for all!

Ok moving on then, let's look at one last thing; something which pulls all of this together through both mathematics & scientific proof. It is here that we refer you to renowned quantum physicist Dr John Hagelin who claims that science has now discovered the formula or paradigm which explains the ultimate level of truth.

He says that at the most basic level, science has now discovered that the very foundation of our universe, is indeed a non-physical energy source known as:

CONSCIOUSNESS:

An indescribable, intelligent, energy force which underpins all the laws of nature and by which all things are derived.

What we see in our daily lives are simply ripples which emerge from this *unified field* in one form or another - but all things emerge from this state of incomprehensible one-ness. He also speaks of his colleagues winning the noble prize thirteen or so years ago with a discovery which has continually evolved into this most amazing discovery of the unified field.

For more information, as always, there are many great videos on 'you tube' to be seen if you are interested about the unified field theory or Dr John Hagelin in general. Actually, there are so many videos out there about scientific theory, quantum physics & the science of consciousness. You really could spend many, many hours here if you are so inclined; the internet really can be a beautiful thing.

The logical conclusion for us here, after highlighting some of these little snippets of scientific information, is that:

We are all one



Within each of us, when we are able to clear away our ego clinging, lies the infinite potential of one-ness, the unified field.

Once we are able to clear away our imperfections, our negative energies and once we are able to embrace the idea of full & complete surrender, we are then able to experience that which we already are and always have been – *Divine Love.*

The below teaching comes from the beautiful 'Law of One' Series, a very detailed set of channelled teachings brought through during the 1980's by the Love / Light Research Group in America, and we feel that this is a truly wonderful way to conclude our discussions on inter-connectedness. Please enjoy these beautiful & profound words with love & light:

The Law of One, although beyond all words,
may be approximated by saying that all things are one;
there is no polarity, no right or wrong, no disharmony,
but only one identity.

All is one; and that one is love light, light love; the Infinite Creator.

In each infinitesimal part of yourself
resides the Infinite Creator in all of its power.

You are everything, every being, every emotion, every situation.

You are unity.
You are infinity.
You are light love.
You are love light.
YOU ARE

May we all live with the knowledge that we are divinely unique and infinite beyond imagination. May we all share our love and light with each other as we move closer towards more harmonious states of being.

With Love Inspired Blessings,

MARTY & GERRY DONNELLY
LOVE INSPIRATION





Love Inspiration
Learn • Heal • Awaken

APPENDIX TWO
JOSHIN KOKYU HO

Joshin Kokyu Ho Meditation

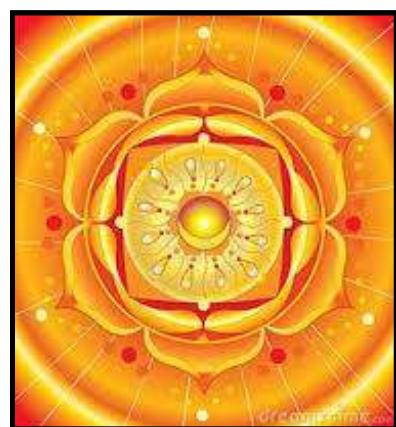
The 'Joshin Kokyu Ho' technique was taught by Dr Usui to his students as a way of strengthening their connection to the Reiki energies and to their 'Hara' (a.k.a Seika Tanden). The word 'Hara' is a very popular term used in many Asian traditions that refers to the Naval or Sacral chakra, with the word 'Seika Tanden' simply meaning 'below the navel'.

So with this, we can see that all of these terms (Hara, Seika Tanden, Naval chakra & Sacral chakra) are all interchangeable terms which refer to our second chakra.

This second chakra is commonly taught throughout many different traditions as being the 'centre' for our entire energy system and this is especially true for most of the Asian cultures and religious traditions. It is therefore quite likely that these techniques and teachings have been included here in the Reiki healing system as a result of Dr Usui's own spiritual background as a Japanese Buddhist monk.

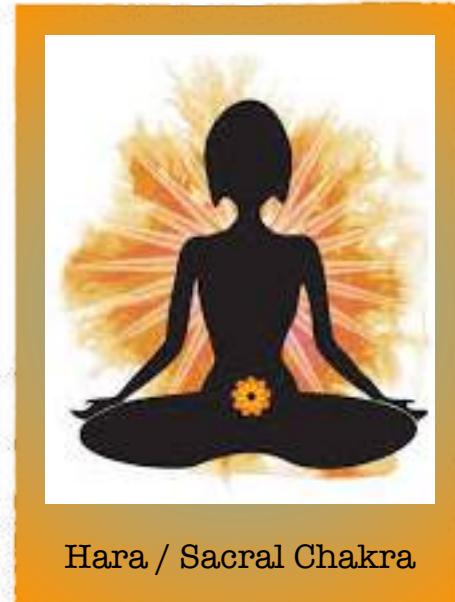
In any case, the 'Joshin Kokyu Ho' Reiki practice is truly a pleasure to work with and can be a wonderful compliment to any self-healing or mediation practice. It can be completed either in conjunction with other self-healing techniques or as a stand alone meditation in itself.

There are also a great many variations that can be created from the basic Joshin Kokyu Ho practice, however to start with here, let us now describe how the practice is taught through the traditional Reiki teachings and then we will add some of our own additional insights into how you can tailor this practice to your own needs, should you wish to do so.



Under the more traditional teachings, Dr Usui taught this technique to his students whilst encouraging them to sit upright with their spine straight. By having the spine straight, it is said to allow the Reiki energies to flow more freely throughout our central channel and beyond. You may choose to sit on a chair or on the ground, as you wish.

Resting your hands in your lap (or as you feel comfortable), please now take a few moments to bring your awareness to your Hara centre (Sacral chakra). This chakra is located approximately 2 - 3 inches below your belly button, inside your body i.e. in between your navel and the top of your pubic bone.



Hara / Sacral Chakra



Just allowing yourself some time here to rest as you become aware of the natural rhythm of your own breathing. Inwards and outwards inwards and outwards.....

As you feel this rhythm and connect with it, you can now imagine that for each inward breath, you are receiving a wonderfully brilliant light inward through your Crown chakra. The light flows down on you effortlessly as you inhale, and flows all the way down through your body and into your Sacral chakra with each inward breath.

As you exhale, the light now radiates beautifully outwards from your Sacral chakra throughout every pore of your body. And with each exhale, you can let go of all tension, worry & stress. Anything that no longer serves you on your pathway forwards, you can release through each exhalation.

If you wish to also, you may like to feel or imagine that your Hara centre is glowing more brightly, your body is glowing brighter and brighter with each and every exhale as the energies are radiating outward from your entire body.



The Joshin Kokyu Ho practice now simply repeats this basic formula. Breathing in the Reiki light whilst feeling it move down into the Hara region. And breathing out - the energy is flowing outward from your Hara centre through every part of your body.

You can repeat this for as long or as little as you wish noting that the feelings of this practice tend to build with time and practice. To start with, we suggest that around 5 minutes or so should be enough but as always - see how you feel.

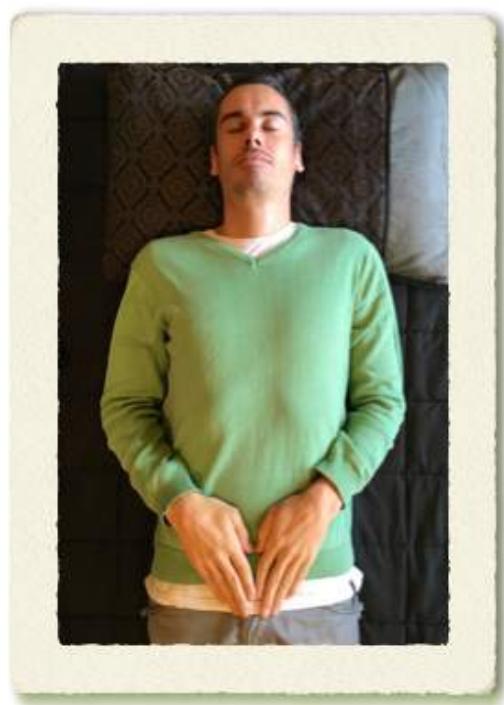
This will also be a wonderful prelude to any other form of meditation or healing!

The Joshin Kokyu Ho technique can help us to feel more balanced, peaceful & relaxed in a very short period of time. It can also help us to feel more in tune with our own energetic based nature as we work with our intention and visual creativity to create a wonderful 'light' perspective of ourselves.

This is a more traditional teaching for Joshin Kokyu Ho (with a few extra visualisation techniques to promote additional connection) however in addition to this basic formula, there are also a great many other variations that you can now open up to as part of your Reiki level 1 practices:

★ Variation 1 - Lying down with palms over Sacral Chakra

For those starting out, it may be difficult for you to immediately connect with your Sacral chakra or Hara region. Therefore, we like to encourage people to try a variation of the Joshin Kokyu Ho practice through lying down with palms facing downward over the Sacral chakra region.



We feel that this position can help bring more added awareness and warmth to this area (through your palms) and also helps to create a reference point for your breathing and energy expansion i.e. from your Hara centre.

We would also like to add here that at the start of your Joshin Kokyu Ho practice, you can also allow yourself a few moments to open up to the flow of Reiki energy into your Hara prior to your breathing. And in this way, you can feel more warmth, relaxation and connection to Reiki before working with your breathing.

Now you can go ahead and complete the practices in the same way as outlined by Dr Usui, whilst being sure to really bring your focus and imagination to the crisp, white healing light which is the Reiki energy.

As you breathe in, you are breathing the Reiki energy deeply into this warm abdomen area. When you exhale, you can imagine that you are glowing magnificently and radiating Reiki for all to benefit from!

Repeating this process keeping your focus on the Sacral chakra area. With each exhale, you can quite literally feel that you are exhaling from your Sacral chakra outwards as these energies are dispersed beautifully through your body.

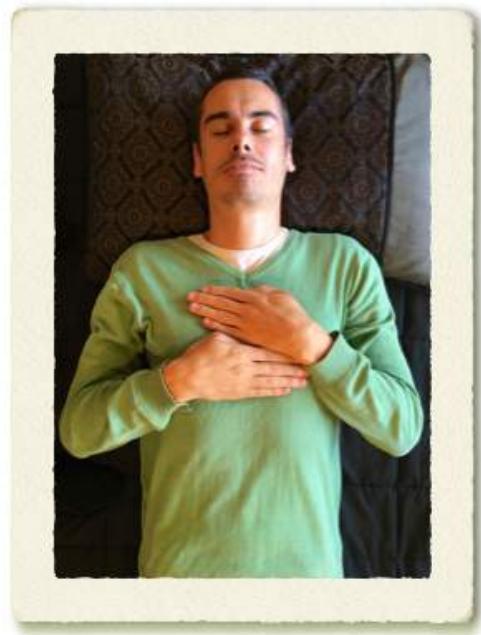


★ Variation 2 - Lying down with palms over your Heart Chakra

We understand that the original purpose of the Joshin Kokyu Ho technique was to help centre oneself in the Hara centre and to help find energetic balance and harmony within the overall energy system.

Having said this, we also believe that working with this technique and connecting with these Reiki energies through your Heart chakra can also be very beneficial. So with this, we feel it important to highlight another variation of the Joshin Kokyu Ho technique.

To start with then, please lie down and place your hands, palms downwards, over your Heart chakra. (Please note here that you can also practice this meditation sitting up if you wish and with or without your hands being placed over your Heart chakra). For our purposes here though, lets take the example of lying down with your hands being placed over the Heart chakra (to help promote the energetic flow as described in variation 1).



Please now take a few moments here to connect with your sacred heart space. And just like we did in the first variation, you may also wish to take a few minutes to just allow the Reiki energies to flow gently and lovingly in your Heart chakra prior to working with your breathing.

As you feel ready, bringing your awareness now to the breathing aspects of your practice as you follow along with the original technique. As you breathe in the magnificent Reiki light, it flows downward through your Crown chakra and into your Heart chakra.



As you breathe out, you again breathe out light through your entire body however this time, the centre of your energy system is your heart. You are shining out love light in every direction for the benefit of all beings throughout all time & space.

Repeating this process now for 5 - 10 minutes and allowing yourself some time to feel the warmth and energetic healing benefits of this practice. Keep in mind also that this practice will also likely bring many kinds of healing issues and imperfections to the surface!

For some of you, it may even feel rather unpleasant at first because of the many different 'walls and fences' that are built up around your heart (to prevent you from being hurt). So again, if you are feeling like there is a lot of dirty, yucky stuff being stirred from this practice - this is a wonderful sign that your meditation is producing amazing results!

These feelings of 'dirt' may be particularly evident as you try to breathe out your light from your heart. You may also find that it is getting stuck and blocked by all your inner walls of protection.

As with all practices though, it is always by feeling your own inner darkness that you are now better able to release these energies from within. This is an awesome sign of your energetic growth! Your light is shining brightly and strongly so please continue to let it shine for all beings to benefit from!



Variation 3 - Use Your Imagination!

After reading the above examples, we now invite you to start working with the idea of breathing Reiki in and out of the areas in your body that you wish to. For example, for any of you who like to practice yoga or some form of basic stretching exercises, you can also use this Reiki breathing / energy breathing technique as part of your yoga practices.

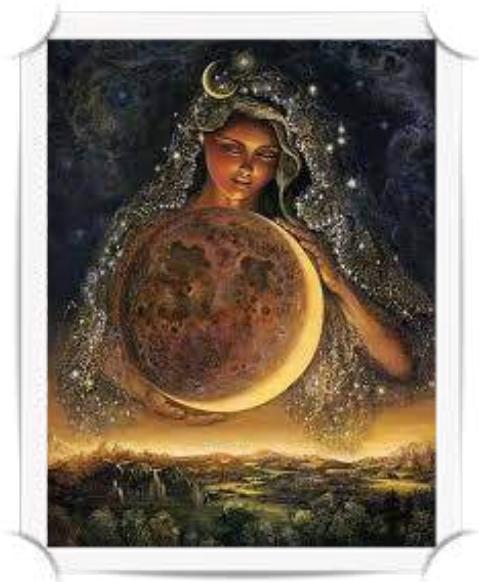
Alternatively, you may wish to start your Joshin Kokyu Ho practice by breathing into your Hara and then out through your hip & pelvic area. See how it feels for you! As another idea, why not try breathing in the Reiki energy up through your feet. For example, you may like to try breathing Reiki:

-  up through your feet, up to your knees and back down and out through your feet (1 min)
-  up through your feet, into your root chakra and out through your feet (1 min)
-  up through your feet, into your Sacral chakra and out through your feet (1 min)
-  continuing upwards until you reach your heart (3 mins)

If you wish to, you may even wish to imagine that you are breathing in the wonderful cleansing energies of our Earth Mother. Whatever you decide to create, we hope that this will bring you much peace, relaxation and cleansing into your life!

Please remember also that by doing this kind of deep abdominal breathing, you are helping to bring in more oxygen into your body. This in itself is a wonderful form of healing!

As a prelude to meditation, deep breathing will also be helping to improve your mental focus and will also be helping you to activate your parasympathetic nervous system or your 'rest and digest' state. this is always good for healing or meditation work!



A Guided Joshin Kokyu Ho Meditation

As part of this course, in order to help encourage a deep connection to this wonderful practice, we have included here a simple guided practice for Joshin Kokyu Ho using a combination of these variations:



[Joshin Kokyu Ho Guided Meditation \(Video / Audio\)](#)

We understand that for some of you, you will prefer to connect with these techniques in your own way and this is great! However we also understand that as you are starting out with your practice, it can sometimes be quite nice to have the option of opening up to a practice for the first few times with someone else guiding you - so with this in mind, we offer you this guided meditation with much love & light!



Love Inspiration
Learn • Heal • Awaken

APPENDIX THREE

POST HEALING INFORMATION SHEET

The post healing information sheet is a very valuable resource for giving recipients after they have received a healing session. It is a nice touch when doing Reiki and helps to communicate all of the necessary information to the recipient after their healing session. It also gives them something to refer back to in the days ahead, should a healing crisis unfold.

We are very happy to share this with you here in the hope that it will help you with your healing sessions.

Please kindly refer to the next few pages where the post healing information sheet is presented and feel free to use it in your own Reiki practice and with your own healing recipients if you wish. (Or alternatively, you can [download a copy from our website](#)).



POST-HEALING INFORMATION (IN-PERSON HEALING SESSIONS)

Thank you for receiving a **healing session**. We hope your session was relaxing and beneficial for you and that you continue to receive lasting benefits from the energetic changes that have taken place within your energy field. As your body has now received a range of uplifting and healing energies, it is important to note the following post-healing information:

1. **Water:** It is very important that you drink plenty of water in the 24 hours immediately after your session. This is so that your body can flush out any toxins or wastes that have been purged out of your body during and after the session. For best results, try to keep the water intake up for another consecutive two days if possible.



2. **Changes:** As old or unwanted energies shift from within, you may experience any of the following over the next few days:

- Nothing at all (and that's perfectly fine and normal!)
- Tiredness, sometimes feeling like you've 'been hit by a bus'. (This is a temporary phase, usually lasting at most one day, as your body purges out old energy. Give your body lots of rest and anything else it needs.)
- An abundance of energy. (Although you may feel energetic, take things very easily as this is just a temporary phase as your energy adjusts and balances. If you feel like exercising, then do so in moderation and be gentle on yourself).

• Spontaneous feelings and emotions; crying, sadness, happiness etc. (Often after healing, your body will continue to clear energy blockages by releasing emotions. This is very healthy and normal). 

• Tingling sensations over your body. (This is simply the energy moving and balancing out within your body after the healing work).

• A change in bowel / urine motions.

• For women, menstrual cycles may be slightly affected.

• A change in diet, either eating less or more – or wanting different foods.

• Changes in thought patterns & perspectives. (When healing takes place it can sometimes shift old 'filters' in our minds, changing our outlook on life, sometimes changing old habits & patterns, generating 'light bulb' moments and an increased quest for spiritual knowledge).



3. **Grounding:** Sometimes after a healing session (immediately, or in days to come) you may experience what is called being 'ungrounded'. This simply means that your energy is not earthed and you may experience sensations such as feeling 'floaty' or 'airy-fairy', being clumsy (dropping your toast, tripping over etc.) or just generally feeling like you are not quite 'with it'.

There are some simple remedies for this including:

- ♥ walking barefoot on the earth/grass,
 - ♥ digging in the garden with a spade
 - ♥ hugging a tree (yes it really works!)
 - ♥ or the following grounding exercise:



Stand with both feet flat on the floor and imagine yourself as a tree. Visualise big, strong tree roots growing out of your feet and deep into the earth. Imagine them growing downwards and outwards as far as possible, to ensure you are firmly 'rooted' in the earth. Feel your energy change as you draw up the earth's energy through your roots and allow it to fill your body. You can do this exercise anywhere, at any time you feel you need it.



Healing Occurs In Layers, Similar To Peeling An Onion One Layer At A Time

Overall it is important to note that these sensations are temporary and are very normal after a healing session. Your body is simply purging out what it needs to in order to make space for new wonderful energy to take its place. So please be patient and let your body do what it needs to do. If you feel tired, then rest. If you feel hungry, then eat. If you feel like crying, then cry.

As healing occurs in layers, it is important to understand that although one session certainly begins the healing process, you may wish to continue healing deeper layers by attending more sessions should you feel that this is necessary.

If you would like more information about [The Healing Crisis](#), please click on the link.

We thank you again for sharing this healing experience with us and we look forward to seeing you again with love & light!



Thank you for receiving a healing session!

USUI REIKI - LEVEL 3A
MASTER HEALING PRACTICES

FOR THE INFINITE BENEFIT OF ALL

May all beings be liberated from suffering.