



Sekhem-Seichim-Reiki

Reiki

◉◉◉ **MASTERS MANUAL** ◉◉◉



USUI Shiki Ryoho REIKI Masters Manual

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Preface

You are now on your road to Reiki Mastery, Remember life's strange tapestry – The old saying goes “You'll be led too and given what you need at the right time on your journey without knowing it” and how so true....

The **sole purpose** of this document is to remove some of the so-called secrecy around the different levels of the Reiki initiations. Energy is naturally emitted from the physical body of all beings. Learning and Mastering Reiki enables you to be **aware** of these energy flows and essentially enables you to direct this Reiki energy at will.

Always remember Reiki is a **gift** of the *universe*, throughout the tapestry of time this magical healing art has been freely available to those who can tap into the source of this energy, unfortunately humanity over time had lost or forgotten this loving energy. However the “key” to the energies was discovered by a Japanese monk named Dr Mikao Usui and has now been passed down the lineage usually being referred to as “Usui Reiki”(the full name is “*Usui Shiki Ryoho Reiki*” or sometimes called Traditional Reiki).

The secret “keys”/symbols which are used to initiate a student at each Reiki initiation, are a series of certain patterns that one performs around oneself or somebody else to permanently “open the door” to the energies.

Reiki is a simple, natural, and safe method of spiritually guided healing that can be of use and benefit to everyone.

The secret keys are meant for the **whole** of humanity not just a select few.

Introduction

This manual has been designed to allow any individual from any country with no previous or little Reiki experience to completely Master Reiki and attune others into the healing art of Reiki - up to Master level and beyond and using the *original* REIKI Usui Shiki Ryoho method.

Usui Traditional Reiki, also called **Usui Reiki Ryoho**, is probably the closest to what Hawayo Takata originally brought back from Japan. It teaches Reiki in three degrees.

This document will help you equip yourself and others with these marvellous Reiki healing energies.

Reiki (pronounced Rei-Ki) is one of the most ancient healing arts known to mankind. It originated in Tibet and was recently discovered by Dr. Mikao Usui in the early nineteenth century and the “secret keys” to this universal energy have been passed down ever since. Reiki is a healing system that works with both the energy and chakra systems within the body, plus all the associated energy auras.

The actual meaning of Rei-Ki is split into two parts where “**Rei**” (universal, cosmic life force) and “**Ki**” (the flowing life-force that binds everything and some know this as Chi, Prana or simply bio-energy etc...) Whatever the names, it does not matter - you can still tune into it at any time and receive the benefits associated with Reiki.

Reiki is for everyone regardless of whatever faith you may have. Reiki comes from the Divine source of “all that is”.

Reiki is about working with the powerful energies that have always been prevalent and is as old as the Universe itself.

By being attuned you agree to become a channel for Pure Universal Energy. Reiki will indeed have an extraordinary effect on your life for the *better*.

More importantly *you* can now also attune others (even animals) through the different Reiki initiations (right up through Master level and beyond and including the Egyptian healing art of Seichim). It is entirely up to you whether you charge clients a small fee for each Reiki initiation. But remember people don't usually value **anything** they get for free.

I am always asked to explain the main differences between Reiki and other “energy” healing methods. Given that all are working with Universal healing energies I shall clarify by using a simple scenario.

An Energy Worker, Physic Healer or Basic Channeller is receiving Energy waves similar to how a television receives pictures using an Ariel. Reiki is like being connected to digital/satellite television receiving system. The quality/clarity of the waves received are crystal clear. Reiki has far more applications and functions than other “energy” healing methods.

Also an interesting fact is that the body and its organs have bio magnetic fields surrounding them. The hands of a Reiki healer would appear have a much stronger magnetic field around them than those of a non-healer. During a recent scientific study the Reiki healers’ hands emitted a field of *0.002 gauss*, 1000 times stronger than any other field emitted from the body, so Reiki can be measured.

Through a process of initiation, the dormant and unseen aspects of Reiki energy become accessible. It is then possible to understand the energy and to use it to heal.

In summary, Reiki is a technique for total healing, stress reduction and relaxation. Using Reiki energy it is possible to tap into the unlimited supply of "universal life force energy" in order to improve health and enhance the quality of life.

Reiki – Which one?

There are several Reiki styles/techniques being taught through the world such as (Usui Reiki, Reiki, Tibetan, Reiki, Shamballa, Reiki, Sacred Path Reiki, Ascension Reiki, Tera Mai Reiki, Seichem, Karuna Reiki, Karuna Ki, Seichim 7 Facet, Extended Seichim Reiki, Isis Seichim, Traditional Japanese Reiki, Raku Kei Reiki, Atlantis Healing System etc..).

Each one of these uses a different method to focus and attract the "Reiki" healing energy. Each style of Reiki has slightly different techniques and symbols.

The problem is, many of the Reiki styles are now different/distorted from the original developed by (Usui Shiki Ryoho). I have stayed with the Original teachings (Usui) and attune people to these.

I feel the different styles of Reiki are alterations made by individuals and therefore I prefer to stay with the Original (Usui Shiki Ryoho).

Reiki Protection – Is it required?

You may have heard about other Energy healing methods that require protective meditation or preparation before working with energy on the client.

Some NON-Reiki healers have mentioned they themselves initially take on the ailments of the clients (headaches, aches and pain, feeling tired etc...) and cannot then give healings until they feel better again. There is a **Reason** for this!

With Reiki, the above **never** occurs as Reiki energy heals every time. You have been attuned and connected to The Divine Universal and the energy is always properly earthed/released without “any” participation from you.

The Clients ailments are not deemed a result of Negative energy – rather energy released as a headache, back pain or similar. It’s the end result of **issues/blockages** within their own energy/chakra system (*the cause of all ailments - see the appendices for more info*). Reiki uses “you” as a facilitator to transfer healing energies to the Client. It “knows” how to earth any energies that may be hindering the Client (this is the essence of Reiki). **NON-Reiki** healers “manually” earth themselves before/after each healing and in doing so take on the ailments of the Client.

When you are giving a Reiki healing, you are also receiving healing as the Reiki energy passes through you.

However, if you feel the “**need**” for some type of Earthing/Protection then the Appendix lists some techniques that will help. It is entirely up to you what you feel comfortable doing before a session commences.

Frequently Asked Questions (FAQ)

What actually are the Reiki attunements?

Reiki attunements are received from a Reiki Master. The Reiki Master is channelling/passing Reiki frequencies/energy into the initiates aura/spiritual body so they can directly benefit from Reiki themselves at whatever level the Master Reiki teacher has attuned them too. The Reiki Master has attuned their frequencies to permanently receive the Reiki energy.

How did I receive my initial attunements up to Reiki Master level and how does distant healing work?

Everything in the universe is made up from energy particles, these are not just randomly floating around but form the omniscient, all-knowing blueprint for creation.

This vital living energy force (some call it God, Buddha, Love or similar) comes in different manifestations - one of those being the frequencies in which Reiki was *born*.

Living or dead everything generates a frequency. The Reiki Master teacher “attunes“ the recipient into the Reiki healing frequencies (*Its like finely tuning into your favourite radio station*). The Reiki Master can then lock these frequencies into your “aura” by means of using the Secret Reiki symbols, *re-discovered* by Dr Mikao Usui back in March 1922. It is these symbols which have been closely guarded with some teachers still charging up to **\$10,000** dollars (*the usual price to train to be a Master until around 10 years ago*).

For all this to work the initiate/client does not need to be physically in the presence of the Reiki Master. Attunements can be given *easily* via Distant Transmission. *I fully explain this later on.*

How do I know I’ve been attuned?

You may feel more energised. You are in receipt of the Reiki Secrets, plus have been attuned to the Reiki Healing frequencies - both can be used for the benefit of yourself and others.

Importantly, you will usually feel energy as you pass Reiki Initiations onto others.

How can I attune somebody else?

Follow the diagrams contained within each chapter, these detail exactly the symbols for each Initiation level/stage.

Sign the Special Secret Symbols around the person at different points of the Initiates body (they can be present or done remotely – *with their permission*).

NOTE: All throughout the Initiation texts below - **Where it mentions the Name that means the name of the “Initiate/client”.**

What are Reiki Symbols?

The Reiki Symbols are tools to help direct energy.

Can I attune myself again, if so what happens?

You can always re-attune yourself at any level or go through all the Initiations again. It is suggested to look at yourself in mirror as you do each Initiation as this seems to enhance the effect.

Re-attunement is **connecting** back to the divine intelligence and asking for the frequencies to be re-attuned onto yourself. It **adds** to and improves your connection to the Reiki energies.

You don't need to re-attune your self to any levels as you are already a Master of Reiki and Seichim but it is OK to say re-attune your self to Reiki Level I again to experience/Master the Initiation stages as you may want to “practise” before training others into Reiki.

Again all it does is enhance and clarify the Reiki energies you receive, you don't lose your Master level initiations, regardless of what re-attunements you are doing, as they are there for Life!

Can I pass all the attunements onto someone in one session?

Some Reiki teachers state that the different initiations Reiki I, II and Master level should be given over a period of time, I have never felt this the case. You have received all your Initiations in one session.

Awareness of attunement is **not** required, *permission is though*.

The teacher allows your aura to receive the Reiki frequencies at whatever level he/she is attuning you to.

As regards Initiation, different Reiki handbooks (see the appendices) give a variety of views. If the Client is present, it is suggested to separate each initiation by one week so that he/she can look forward to each sitting. However, as stated, you can initiate in one session. Importantly, don't rush any initiation. Also, the experience can be enhanced by asking the initiate/client - once seated and with their eyes closed, to place their feet on a small "warm" sand sack.

A feeling of deep warmth/cold may occur in your hands as you are attuning other initiates/clients - this is completely safe and each person reacts slightly differently to the attunement into the healing frequency.

Are there any pre-requisites?

Only a willingness to use the healing abilities sincerely and for the good of all others. A clear and open mind is also of benefit.

I've heard you mention Seichim energy, what's this?

You have also been attuned into the Seichim energy frequencies. Seichim is similar to Reiki and its origins can be traced back to Egypt.

Do you ever get tired or run down from giving Reiki treatments?

Reiki is a channelled healing. The Reiki practitioner's energies are not depleted. The practitioner's energy is not being used. The practitioner is channelling "Universal Life Force Energy" - the energy that surrounds us all and sustains life! The energy is from the "God Source" - the "Higher Power".

Note: as the Reiki practitioner channels healing energy, he/she receives the benefits as well! Giving a Reiki treatment boosts the practitioner's energy level and opens the door to feelings of love and contentment!

Do you need to concentrate in order to channel the reiki energy?

This is one of the more interesting observations of Reiki. When a Reiki practitioner's hands are placed physically on or near any living organism, the Reiki flow activates automatically.

There is no conscious effort needed on the part of the practitioner. If you

have been initiated to Reiki, you can place your hands on or near the body of yourself or others and the Reiki energy flows.

Does Reiki have anything to do with religion?

Reiki is not a religion. It holds no doctrines, creeds or contradictions to the Universal Laws of Consciousness and Love. Reiki is very spiritual in nature, but there is no belief required in order to learn and use Reiki. In fact, Reiki will work whether believed in or not!

When you are giving someone a treatment, what are you feeling? How do you know the energy is flowing?

Within a few seconds of placing hands on yourself or another, the palms may start to pulse and will become potentially hot/cold or start to tingle. These sensations may continue for the whole treatment.

On certain parts of a client's body, the hands can be extremely hot! However, it is important to note that the sensations can vary from treatment to treatment - the energy felt by the practitioner can be very different in nature to that felt by the Client. For example, the practitioner experiences his hands cold and the Client feels intense heat. After a period of time on one body position, the Reiki switches off. It switches on again when the hands are moved elsewhere. When one area is 'fixed', you move on to the next.

Can the flow of Reiki energy alter strength?

The flow of Reiki seems to vary according to the degree of disharmony in the person/animal. When patients are seriously ill or very emotionally upset, the flow of energy is stronger. Reiki energy flow is directly connected to the degree of disharmony in a person's body/mind.

Can Reiki be used with other therapies?

Reiki can be successfully combined with other therapies - it is completely safe and activates natural healing energy within us. It will enhance the effects of other complementary healing arts such as massage, acupuncture, shiatsu, reflexology, aromatherapy, chiropractic, colour therapy, homeopathy and many others. Many practitioners of other healing methods have reported positive developments in their work since learning Reiki.

Are the Reiki flows the same in both hands?

Unlike some other therapies - with Reiki there is no 'giving' or 'receiving' hand (the energy flows are the same in both hands and actually the *eyes* as well).

Is the Reiki flow affected by the health of the practitioner?

A very sick/weak person correctly initiated into Reiki can still give treatments as strong and as effective as a Reiki Practitioner in good health. Reiki energy does not come from the physical energy of the practitioner.

Can you treat yourself with Reiki?

Because Reiki operates independently of the practitioner's body, practitioners can lay their hands on their own bodies and enjoy all the benefits of Reiki.

Is Reiki open to everyone?

Any person can have the Reiki activated in his or her hands. It is even possible to initiate people in comas. Provided you receive all four of the Initiations you will have the Reiki in your hands for life.

Are there any harmful side effects from Reiki?

There have been no reported cases of negative effects from Reiki. However, some people have observed initial discomfort - this is due to the body undergoing a healing process. People with a great deal of accumulated stress or emotional blocks may at first experience everything "coming up" as the Reiki treatments take effect.

Can you use Reiki on animals and plants?

Animals tend to respond faster to Reiki than humans. Is really great to be able to give your pets' reiki since domestic animals tend to take on the stress and emotional traits of their owners. Plants also respond to Reiki because they are living energy fields that can be out of balance and will respond to the harmonizing effects of Reiki.

What's next now I'm attuned?

For **complete Mastery**, it is important to become familiar with the Reiki Initiation procedures and all the symbols.

Also, to practice and use your new found healing gifts.

Your Reiki & Seichim Linage

Dr. Mikao Usui

Hyashi

Tagata

Phyllis Furimoto

Claudia Hoffman

Mary Shaw

Christine Henderson

Bruce Way

Neal Lyster

John Pickering

Martin Lee

_____ (You)

REIKI Principles

The Original Japanese Principles/Affirmations

*The Secret Method of Inviting Blessings
The Spiritual Medicine of Many Illnesses*

*For today only, do not anger, do not worry.
Do your work (meditation) with appreciation.
Be kind to all people.*

*In the morning and at night, with hands held in
prayer, think this in your mind, chant this with
your mouth.*

*The Usui Reiki method is to change your mind and body for
the better*

The Western style versions of the Principles/Affirmations have adopted the following format.

The affirmations have been "Westernised" to be better understood in a very different culture, but still have tremendous value.

*Just for today, I will not anger.
Just for today, I will let go of worry.
Just for today, I will do my work honestly.
Just for today, I will give thanks for my many blessings.
Just for today, I will be kind to my neighbour and every living
thing.
Just for today, I will honour my teachers.*

Using REIKI

Even though, whilst healing a client, you yourself receive Reiki energies, it is also suggested to perform Self-healing on a regular basis - preferably daily (*see the Appendix for multiple healing / balancing techniques and tools*).

Self-healing will re-balance and centre your mind-body-spirit connection, and more importantly, will free up the energy pathways allowing you to channel a stronger flow of Reiki energy when healing others.

It's also important to remember that while Reiki is spiritual in its nature, it's not a religion of any sort. There's nothing you have to believe in to make it work or to use it. It will work regardless of whether you believe in it or not, *that's the beauty of Reiki*.

Remember, you simply cannot do anything wrong with Reiki because it's a completely natural source energy from the divine and can never be used for harm in any way.

Reiki & Seichim Symbols Explained

In both the second and Master level of Reiki you will have access to the Special sacred Reiki symbols and words that are handed down from Master to Master.

These are used for attuning other initiates into your Reiki Linage and more importantly can be used in a multitude of ways for healing and protection.

Using the different Reiki symbols will boost up the Reiki energy, it gains strength.

Experiment with the symbols and see what works for you. There are no set rules regarding which symbols you should/should not use in a treatment, each client you heal will be different.

Methods for symbols activation

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

- By drawing them with your palm's center (with open hand)
- By drawing them with your finger
- By visualizing the symbol
- By drawing them with the third eye
- By spelling the symbol's (or **Alias** name) name **three** times.

*Use whatever of the above methods you feel comfortable with, usually drawing **any** symbols clockwise, don't get too "hung up" on the direction as it's the **Intent** that counts)*

Where to apply the symbols during a healing?

It is suggested to initially place the symbol(s) on your own hands/palms and then redraw or visualise the same symbols on any of the following:

- The clients Crown chakra
- The area to be treated (*if known*)
- The clients hands/palms

Most Reiki teachers will use the “Alias” of the symbol. For example, the alias of “Hon Sha Ze Sho Nen” is “Distance symbol”.

In the following pages, the name of each symbol is followed by an approximation of its pronunciation, then the “Alias” for the symbol (if applicable).

Note: if you cannot recall a Reiki symbol, use the “**Alias**” - the powers of Reiki will do the rest. Both the symbol and the “**Alias**” have the *same* energies.

It is **beneficial** to learn., within the first month, all the Japanese symbol names - this will allow for **familiarity** as regards other Reiki material/texts.

The Reiki symbols are a means of focusing your attention in order to connect with “specific” healing frequencies. They are not energy in there own right but merely a “focus” for the source of energy.

After a short period of time - and with practise - the symbols will become less relevant and the focus will change to the “intent” of the specific energies required.

Some Masters adhere strictly to the symbols but it is a personal choice and whatever suits the individual is best.

The Symbols

Hon Sha Ze Sho Nen

Sounds like – “hone (as in phone) sha zay show nen”

Alias "*The **Distance** Symbol*"

Summary – Universal connection properties, bridge between heaven and earth, transcends time and space for healings

Hon Sha Ze Sho Nen is used to send Reiki. You can send Reiki to anyone and anything. It is used to send Reiki over distance and time (such as when using Reiki to heal a past trauma or sending Reiki to a point in the future when you or someone might need it). It is also drawn before sending a distant attunement.

Cho Ku Rei

Sounds like – “cho (as in blow) koo ray”

Alias “The **Power** Symbol

Summary – Used for energizing (even objects), spiritual protection, cleansing negative energies, aid in manifestation, Empowers all the other Reiki symbols, clears rooms and crystals, after the treatment for sealing energies...

Cho Ku Rei is the all-purpose symbol. It generally increases the flow of Reiki or draws Reiki to a particular area. It may be used before any treatment by drawing it over the body of the client (as can “any” of the symbols) or it can be drawn over areas in particular need. It can be drawn over food to charge it with Reiki, over medicines, herbs, etc. to increase their effectiveness and decrease side effects, in areas (houses, apartments, cars, etc) to clear away negative energies and as a general protective symbol. This is the symbol that ***I use the most***. It is also an aid to stop excess bleeding, lessens pain and removes blockages/resistance to healing.

This is the symbol used to connect with the energy at the beginning of a session, and to increase power/energy where needed **during** a session - the client may have an in-balance and require more energy.

It also useful at the end of a session as its known to seal in the healing properties of the energies used throughout the session.

Sei He Ki

Sounds like – “say hay key ”

Alias “The **Mental/Emotional** Symbol”

Summary – Key to the universe, physic protection, alignment between body-soul-consciousness, cleansing, Can be used in meditations to activate the Kundalini, balancing the right/left brain, emotional or mental healing, aid for removing addiction habits, can calm down your client if placed on their Brow chakra/third eye...

Sei He Ki tends to focus on those parts of the energy bodies relating to emotions and mental states. It is very good for healing past traumas (used with Cho Ku Rei and Hon Sha Ze Sho Nen) and works well with positive affirmations. I use it in almost every healing session, I believe that most disease has an emotional base that must be addressed before a complete healing can occur. The symbol clears emotional blockages and aligns the upper chakras.

Sei He Ki restores emotional balance and harmony and is also useful against bad vibrations or negative energies. A good symbol for inner calmness and the release of blockages

TAM-A-RA-SHA

Sounds like “tam ara sha”

Alias – “The **Balancing** Factor”

Summary - Grounds and balances the energy. Helps un-block the energy chakras centers allowing the energy to flow.

The Tam-A-Ra-Sha is a Balancing/Unblocking symbol. To completely unblock yourself sign it over or around your feet. Signing this symbol over pain helps reduce the pain or dissipate it altogether.

Reiki Masters Symbol

Dai Ko Myo

Sounds like “dye ko me o”

Alias “The Master Symbol”

Summary - It is generally regarded as the ***most powerful symbol*** in the Reiki group and can *only* be used by Reiki Masters.

The Dai-Ko-Myo is used to heal the soul. This symbol is often signed over the heart during a healing. When a hurt is so deep that it is deeper than the mind or heart, the pain is at soul level.

Because the Dai-Ko-Myo deals with the soul and our spiritual self it heals diseases and illness from the ***original source*** in the aura / energy fields. Healing with this powerful symbol brings profound life changes.

I strongly advise you to use this symbol in “all” your sessions as your healings will get an extra boost.

This symbol is key one to transmit the reiki initiations.

SEICHIM - Specific Symbols

Seichim also shares some of the Reiki symbols “Cho Ku Rei”, “Hon Sha Ze Sho Nen” and the Mastery symbol “Dai Ko Myo”.

There are *many* variations and versions of each symbol, all seem to work as it's the *Intent* that counts.

The following are some of the Seichim symbols.

*It is best to use **only** the symbols you feel comfortable with and that work for you. The same is true for both Reiki and Seichim.*

INFINITY

As it Sounds.

Alias – “Flowing of Creation”

Summary – Aligns oneself to God, nature and the inner self, Activates the flow of Seichim energy

The INFINITY symbol empowers and enforces the true flowing of creation through the divine Ying and Yang, which has no end! This can be used at the Start of a Seichim-Reiki healing session. Sign/draw the Infinity symbol in your palms to active the Seichim energy. It is not a must to activate Seichim before the Reiki - you can mix and match the symbols as you wish.

MAI-YUR-MA

Sounds like “may yer ma”

Alias – “The **Heart**”

Summary – Good for healing relationship issues and opens up the heart center.

The MAI-YUR-MA symbol heals the heart. It opens up the heart and clears away emotional trauma. It can also bring in trust and understanding and promotes a very positive reaction from the client.

CHO-KU-REI

Sounds like ““cho (as in blow) koo ray”

Alias – “The Magnifier”

Summary – Very similar to the Reiki symbol but it’s drawn in a slightly different way (see below)

The **Seichim** CHO-KU-REI is different from the Reiki one as it empowers and magnifies “all” other symbols. It also activates the properties of making things whole.

LIGHTNING BOLT

As it Sounds.

Alias – “The **Lightning** Bolt”

Summary – Excellent for aiding in the removal of energy blockages

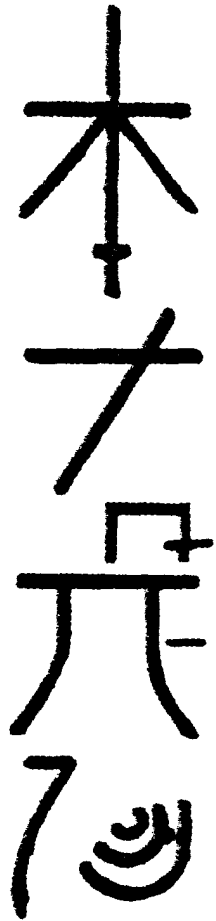
The LIGHTNING BOLT symbol is an excellent and very powerful method of dispelling “doldrums” and unwanted past belief systems. You can use this symbol to remove/release an energy blockage. Draw it over areas of energy blockage and/or pain.

HON-SHA-ZE-SHO-NEN symbol

- For Distant or absent healing

.....

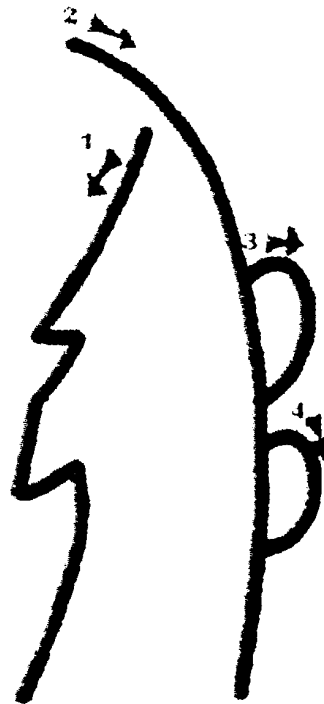
Past, Present, Future



SEI-HE-KI symbol

- The Protector

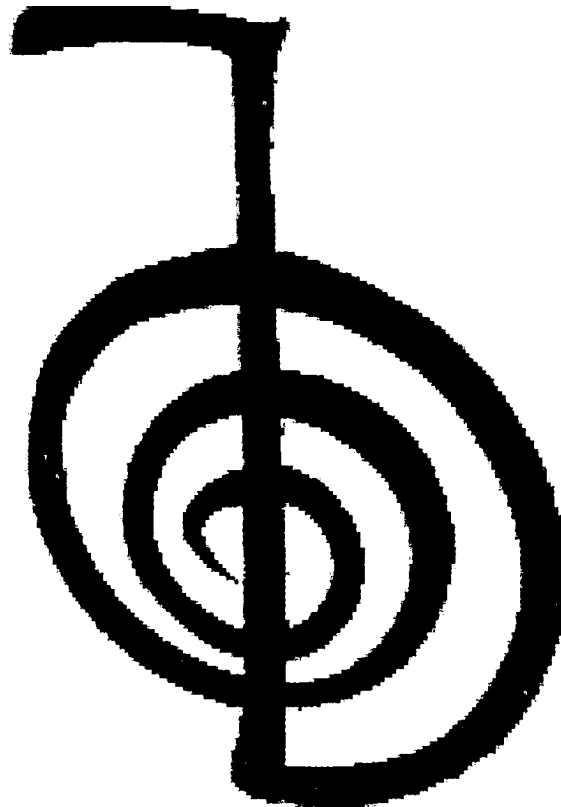
The guiding light to the subconscious,
this symbol is used for emotional healing;
purification; protection; clearing.
It also represents the God/Goddess
with in



CHO-KU-REI symbol

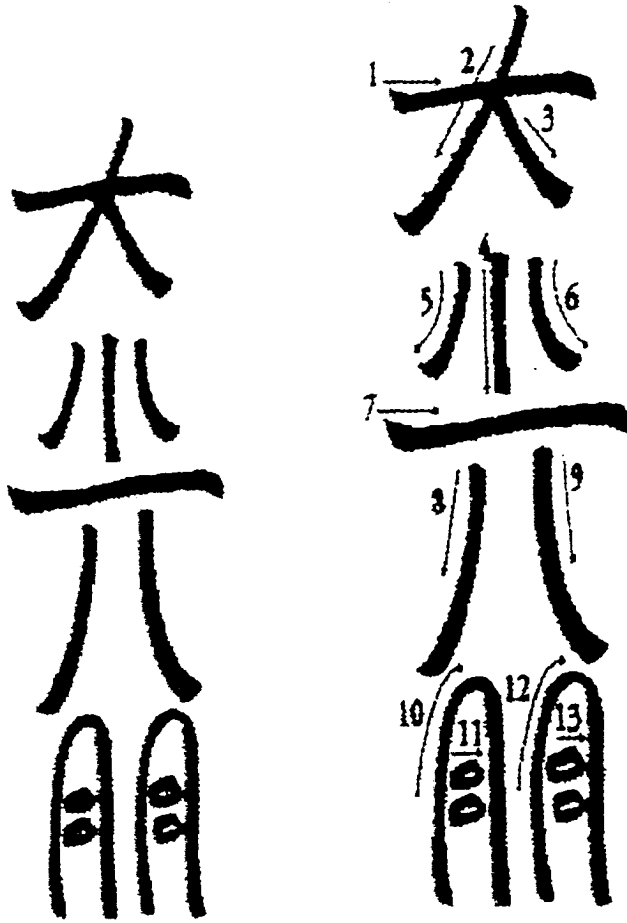
- The Power Symbol

.. is said to increase your ability to
access the Reiki Energy



DAI-KO-MY0 symbol

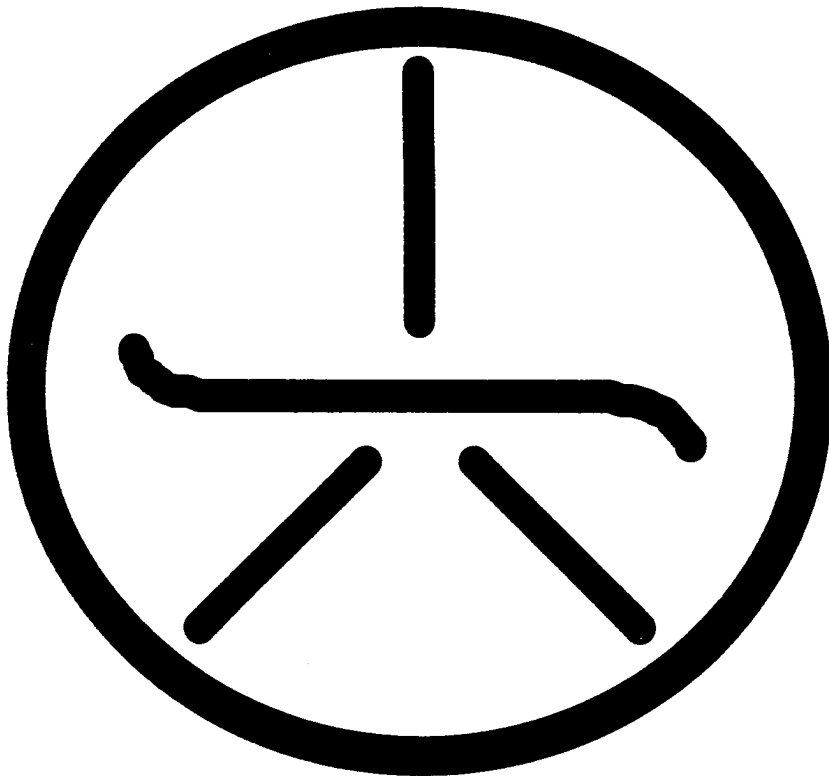
- The Master Symbol



TAM-A-RA-SHA symbol

- The Balancing Factor

Brings unity of Physical; Emotional;
Intellectual; and Spiritual aspects.



Seichim INFINITY Symbol

INFINITY

- The no 8 positioned horizontally

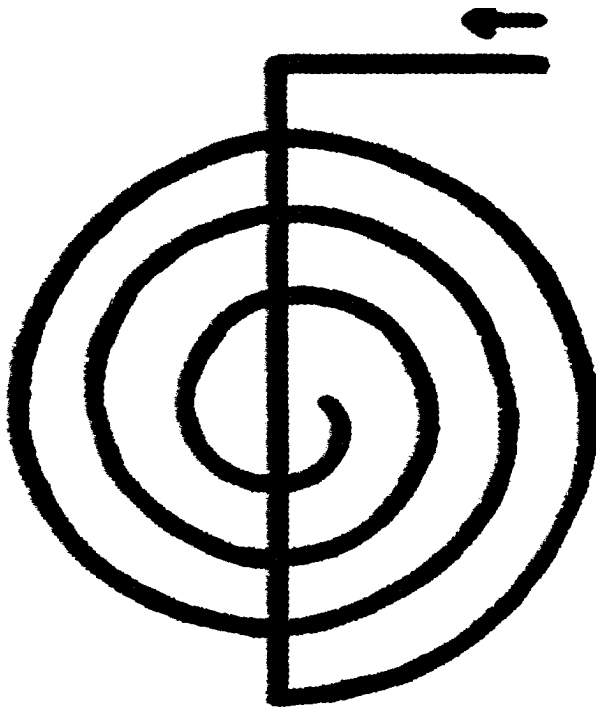
Empowers and enforces the true flowing of creation through the divine Ying and Yang which has no end!



Seichim CHO-KU-REI Symbol (similar to Reiki symbol CHO-HU-REI)

CHO-KU-REI
- The Magnifier

Empowers and magnifies all other Symbols. Activates the properties of making things whole. Can also be magnified to the power of 3, 7, or 9.



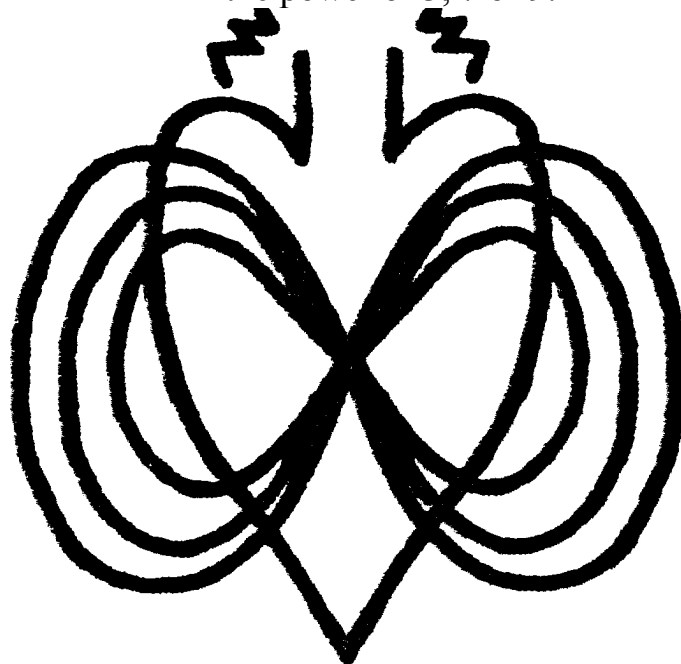
Seichim MAI-YUR-MA Symbol

MAI-YUR-MA

- The Gateway to the Soul

Enhances, expands, magnifies the
physical emotional and spiritual
aspects of love.

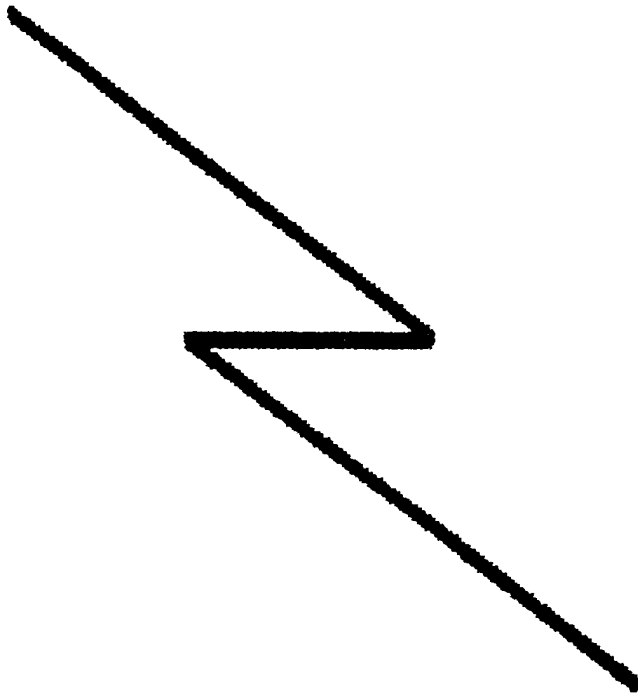
You can use this symbol any time you
feel you want to and can magnify it to
the power of 3, 7 or 9.



Seichim LIGHTNING BOLT Symbol

The LIGHTNING BOLT

- Used in attunements
- Good for dispelling doldrums and unwanted past belief systems



Reiki – The Initiation/Attunement process (read first)

The Reiki initiations/attunement process enables the recipient to permanently open and connect to the Universal Reiki healing energies on all levels (*mental, physical, emotional and psychically*) and also clears and balances many important energy channels within the body

Reiki has three formal levels of initiation - training and practice of each enhances growth and mastery of Reiki. Attunements are given by a Reiki Master.

The Reiki attunements are always a special spiritual experience for the receiver and can cause similar feelings for the Master.

Time between attunements ?

I'll mention this here again as there is controversy within the Reiki community as to the length of time between Reiki initiations.

A number of practitioners believe that there should be a significant period of time between levels. Some suggest Reiki I and Reiki II, twenty-one days apart - and a year between Reiki II and Reiki III ("master/teacher"). Other teachers allow students to take Reiki I & II & III within a few days and some combine all three Reiki levels in one attunement, claiming that by connecting a person totally to Reiki allows them to grow at their own pace.

I fully agree with the latter – that's the reason why, I started the reikisecrets.com website. I feel some Reiki masters use the concept of long periods of waiting to warrant charging *high* fees at each Initiation level, *obviously that's just my opinion!*

I personally initiate all my students within one morning performing a "Gassho" meditation **in-between** each level.

Brief “summary” of Reiki Levels

Reiki I:

At this level the initiate is attuned and connected to the Reiki source of healing energy. You are capable of performing healing on yourself and others who are present.

There are four attunements at this level. *This level deals primarily with the physical realm.*

Reiki II:

At this level the initiate is again attuned in order to establish a better connection with energies that heal mental and emotional issues and that can travel across any distance and time period (deemed Distant healing). You will also receive and learn about three Reiki symbols (“The Power Symbol”, “The Mental Symbol” and “The Distance Symbol”).

These symbols can then be used to help focus energy for specific purposes. There is only one attunement at this level. *You must have previously been attuned to Reiki I before receiving this stage.*

Reiki III/Master:

When the initiate is attuned into this level all the Reiki energy is unlocked and complete Mastery can be achieved. The initiate learns about two more symbols (“Master symbol” and “Balancing symbol”) will be able to perform Reiki attunements for others. There is only one attunement at this level. *You must have previously been attuned to Reiki I & II before receiving this stage.*

The Reiki Master attunement strengthens and increases your healing and psychic abilities.

Reiki – 1st Degree Initiation – (*Shoden*)

Overview

In Western society, many students/initiates are taught to separate out - by a period of time (days/weeks or months) - the initiations into the different Reiki levels.

However, this need not be the case. Reiki is a Divine, universal energy that builds upon previous initiations and cements them together, making them stronger.

Students can be initiated within one day. Only small time gaps are required between each attunement. No harm is caused by a “one day” initiation. Reiki is non-intrusive, it is a way of opening up energy channels. Time taken is *not* a factor.

In “one day” an initiate can witness/experience extreme feelings of oneness as the Reiki energy opens “magic doorways” for them. Reiki is an amazing energy that re-aligns oneself with the universal source of “all that there is”.

The first degree is split into four stages where each stage/attunement as will adjust the student to be inline with the higher Reiki energies in order that these can easily flow through the body.

After the attunements you will probably feel more balanced and start feeling warmth throughout the body - this is a by product of lining up with the Reiki frequencies.

The more frequently you use/channel Reiki, the greater the flow will be. One good re-charger is to lie on your back, place your hands on your stomach, verbally say the word Reiki a few times and then relax. A good energy booster in today’s busy world.

Remember Reiki is not a substitute for any treatment from a doctor etc, but Reiki will complement the healing process and you will absorb only the amounts of energy you need at any one point in time.

It is not uncommon for the receiver and/or the Reiki practitioner to experience slightly different sensations. For example the receiver may experience cold at the position of the practitioner's hands whilst the practitioner may feel intense heat.

Sometimes the receiver may experience nothing physically and may think that Reiki is not working. Reiki energy often works at a very subtle level and may have profound results, which become apparent in the following days or weeks. The energy will travel to wherever it is needed the most and works at all levels – physical, mental/emotional and spiritual.

Be aware of the sensations of energy you can feel. These sensations can be very subtle but with practice you will find that they are undeniable.

Always remember that the practitioner is just a channel for the Reiki energy. The receiver is drawing the Reiki through the practitioner. Only the energy required is drawn and because Reiki energy has its own intelligence, the receiver can never “over-dose” (i.e. draw too much energy).

The Reiki 1st Degree initiation (the secret process...)

The following pages are what **actually** occur during your four initiations. Usually, the student would have their eyes closed, if they were present.

The pages have been laid out to easily illustrate for you the procedures at each stage of initiation.

Please initially take time to review the purpose of each initiation sequence.

Within each initiation sequence there will be a series of Reiki symbols. You must “**sign**” (visually draw with one hand) the Reiki symbols or repeat the symbol name.

The sequences together form the “**secret keys**” that align the student with the Reiki energy at each level.

The process/sequence usually refers to you giving the initiations to someone else. But, you can give yourself the re-attunements (stand in front of a mirror and perform the same actions to yourself, *this would usually be to “Master the Initiation sequence”s before Initiating others...This would apply to **all** Reiki and Seichim Initiation levels*).

When you feel comfortable, perform the sequence(s) numbered 1 -> 15 and laid out in the following pages.

After the fourth Initiation the student has been successfully attuned into the First Degree of Reiki!

Reiki Level 1 - first attunement

1. Stand behind initiate & put your **hands on their shoulders**

2. Sign tam-a-ra-sha three times



3. Sign cho-ku-rei once & say mentally three times



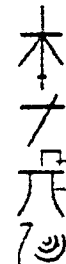
4. Sign dai-ko-mio once



5. Sign cho-ku-rei once & say mentally three times



6. Sign hon-sha ze-sho-nen once



7. Sign cho-ku-rei once & say mentally three times



8. Put your **hands on top of initiates head &**

9. Walk to front of initiate, gently tap on their shoulder

10. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



11. Take initiates hands & pump energy into theirs visualising a tam-a-ra-sha in both of their palms



12. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



13. Blow a puff of breath to crown, heart, and throat

14. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



15. Advise initiate that attunement is complete

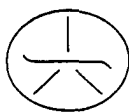
16

Note Point (8): Should also Say "feel energy pour in".

Reiki Level 1 - second attunement

1. Stand behind initiate & put your **hands on their forehead**

2. Sign tam-a-ra-sha three times



3. Sign cho-ku-rei once & say mentally three times



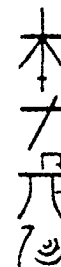
4. Sign dai-ko-mio once



5. Sign cho-ku-rei once & say mentally three times



6. Sign hon-sha ze-sho-nen once



7. Sign cho-ku-rei once & say mentally three times



8. Put your **thumbs at base of initiates neck** & feel energy pour in.

9. Walk to front of initiate, gently tap on their shoulder

10. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



11. Take initiates hands & pump energy into theirs visualising a tam-a-ra-sha in both of their palms



12. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



13. Blow a puff of breath to crown, heart, and throat

14. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



15. Advise initiate that attunement is complete

Reiki Level 1 - third attunement

1. Stand behind initiate & put your **hands on their shoulders & see tam-ar-a-sha**

2. Sign tam-a-ra-sha three times

3. Sign cho-ku-rei once & say mentally three times

4. Sign dai-ko-mio once

5. Sign cho-ku-rei once & say mentally three times

6. Sign hon-sha ze-sho-nen once

7. Sign cho-ku-rei once & say mentally three times

8. Put your **hands at base of initiates neck & feel energy pour in.**

9. Walk to front of initiate, gently tap on their shoulder

10. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign

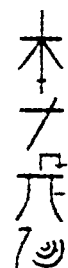
11. Take initiates hands & pump energy into theirs visualising a tam-a-ra-sha in both of their palms

12. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign

13. Blow a puff of breath to crown, heart, and throat

14. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign

15. Advise initiate that attunement is complete



Reiki Level 1 - fourth attunement

1. Stand behind initiate & put your **hands on their head**

2. Sign tam-a-ra-sha three times

3. Sign cho-ku-rei once & say mentally three times

4. Sign dai-ko-mio once

5. Sign cho-ku-rei once & say mentally three times

6. Sign hon-sha ze-sho-nen once

7. Sign cho-ku-rei once & say mentally three times

8. Slide your left hand on back of initiates neck, & right hand on their crown .

9. Walk to front of initiate, gently tap on their shoulder

10. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign

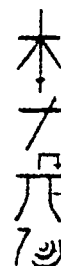
11. Take initiates hands & pump energy into theirs visualising a tam-a-ra-sha in both of their palms

12. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign

13. Blow a puff of breath to crown, heart, and throat

14. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign

15. Advise initiate that they are attuned to Reiki - First Degree



Reiki – 2nd Degree Initiation - (Okuden)

Overview

The second degree of Reiki will allow your healing ability and intuition be greatly expanded.

It will also allow you to perform distant healing - plus gives access to more powerful Reiki healing symbols.

The vibrational energy received at this level is several times greater than that experienced from the first degree.

Usually, an initiate would be given the second degree after time spent practising Reiki at the first degree. But again, as previously detailed, the time factor is not important.

After the attunements you will probably feel more balanced and start feeling warmth throughout the body. This is a “by product” of lining up with the Reiki frequencies.

You can practice sending Distant healing energies to your friends/relatives - even animals. At this level you also receive the symbols SEI-HE-KI, CHO-KU-REI and HON-SHA-ZE-SHO-NEN (see the supplementary pages after the Second degree initiation).

Reiki is not a substitute for treatment prescribed by a doctor. Reiki complements the healing process and you will absorb only the amounts of energy you need at any one point in time.

The Reiki 2nd Degree initiation (the secret process...)

The following pages are what actually occur during your second initiation, as usually the student would have their eyes closed.

The pages have been laid out to illustrate for you the procedures at each stage of initiation.

Please initially take time to review the purpose of each sequence.

You will be asked to “**sign**” (visually draw with one hand) a Reiki symbol or repeat the symbol name.

The sequences put together form the “**secret keys**” that align the student with the Reiki energy at this level.

When you feel comfortable perform the sequence(s) numbered 1 -> 15 laid out in the following pages.

After this Initiation the initiate has been successfully attuned into the Second Degree of Reiki!

Reiki Level 2 Attunement

1. Stand behind initiate
& put your **hands on
their shoulders**

2. Sign tam-a-ra-sha
three times



3. Sign cho-ku-rei once
& say mentally three
times



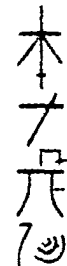
4. Sign dai-ko-mio once



5. Sign cho-ku-rei once
& say mentally three
times



6. Sign hon-sha ze-sho-
nen once



7. Sign cho-ku-rei once
& say mentally three
times



8. Slide your left hand
on to the back of initi-
ates neck & right hand
on their crown

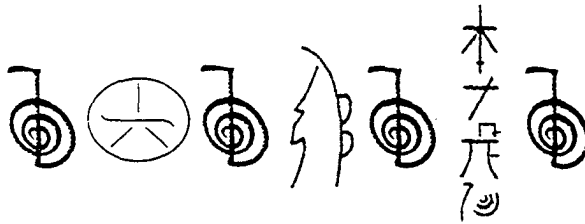
Reiki Level 2 Attunement

9. Walk to front of initiate, gently tap on their shoulder

10. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



11. Take initiates hands & pump energy into theirs visualising these symbols in both of their palms



12. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



13. Blow a puff of breath to crown, heart, and throat

14. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



15. Advise initiate that they are attuned to Reiki - Second Degree

Notes:

1. In second degree the initiate is shown and told about the SEI-HE-KI, CHO-KU-REI, and HON-SHA-ZE-SHO-NEN.

2. They are not told of any attunements and are not given the DAI-KO-MIO or TAM-A-RA-SHA.

Reiki – Master Degree Initiation - (*Shinpiden*)

Overview

The Master degree of Reiki will again greatly enhance your healing ability.

At the Master level you will experience a higher energy vibrations when healing oneself or others.

Usually you would be given the Master degree after time spent practising Reiki at the second degree. But again, as previously detailed, the time factor is not important.

After the attunements you will probably feel more balanced and start feeling warmth throughout the body. This is a “by product” of lining up with the Reiki Master frequencies.

More importantly, you can now train other students up through the Initiation sequences and charge if you so wish. At this level you also receive the Master symbols (DAI-KO-MIO & TAM-A-RA-SHA).

You should practice and “**master**” all the Reiki healing symbols - these are your tools. Enjoy and live life to the full.

Again, Reiki is not a substitute for treatment prescribed by a doctor. Reiki complements the healing process and you will absorb only the amounts of energy you need at any one point in time.

The Reiki Master Degree initiation (the secret process...)

The following pages are exactly the Master initiation - normally, the Reiki student would have their eyes closed.

The pages have been laid out to easily illustrate for you the procedures at each stage of initiation.

Please initially take time to review the purpose of each sequence.

You are asked to “**sign**” (visually draw with one hand) the Reiki symbols or repeat the symbol names.

The sequences together form the “**secret keys**” that align the student with the Reiki energy at this level.

When you feel comfortable, perform the sequence(s) numbered 1 -> 15 laid out in the following pages.

After this Initiation the student has been successfully attuned into the Third Degree of Reiki – they are now a **Reiki Master!**

Reiki Master Attunement

1. Stand behind initiate
& put your **hands on
their head**

2. Sign tam-a-ra-sha
three times



3. Sign cho-ku-rei once
& say mentally three
times



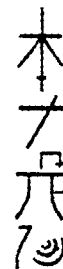
4. Sign dai-ko-mio once



5. Sign cho-ku-rei once
& say mentally three
times



6. Sign hon-sha ze-sho-
nen once



7. Sign cho-ku-rei once
& say mentally three
times



8. Slide your left hand
on to the **back of initi-
ates neck & right hand
on their crown**

Reiki Master Attunement

9. Walk to front of initiate, gently tap on their shoulder

10. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



11. Take initiates hands & pump energy into theirs visualising these symbols in both of their palms



12. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



13. Blow a puff of breath to crown, heart, and throat

14. Sign cho-ku-rei once each to crown, heart, & throat, say name mentally three times to each sign



15. Advise initiate that they are attuned to Reiki Master status

Notes:

1. In the Master Attunement the initiate is shown and told about the DAI-KO-MIO & TAM-A-RA-SHA.

2. They are told the attunement sequences for Reiki 1, Reiki 2, and Master Level

Seichim – Master Degree Initiation

Overview

The Seichim Master degree complements Reiki and comes from the Egyptian word “Sekhem” (also know as *SKHM, Seichim and Seichem*).

Reiki master Patrick Zeigler discovered Seichim. Patrick had a vision of a divine energy thought to be QuanYin. QuanYin gave Patrick the addition symbols.

Seichim is channelled Living Light Energy from the Source. It is actually just another aspect /vibration of the One source, just like Reiki is.

The symbols for this powerful energy are actually found carved/etched on the sides of the Great Egyptian pyramids and also within some of the tombs. There are many references made to SEKHEM in numerous scrolls found in the pyramids and ancient ruins of the temples.

The actual word SEKHEM means "Power" or "Might" and it also has a close connection to the Goddess “Sekmet”.

Seichim is a beautiful way of accessing the energy of the Great Mother earth and a path to deeper self-realisation/empowerment. It balances and re-aligns the yin-female aspect of our beings on all levels (physical, emotional, mental and spiritual).

Seichim is a healing system not unlike Reiki. It is energy, drawn from the limitless source of the universe.

Seichim and Reiki work together as a unification of sacred healing energies to completely balance and harmonize a person's physical, emotional, mental and spiritual bodies. This expands the individual's capacity to carry more light and love and anchors and grounds the essential life force within his or her energy system.

You may feel a different energy while channelling Seichim rather than Reiki. Where Reiki is the “Great White Divine Light”, Seichem then is the Rainbow - both from the same place, but a very different in experience.

As with Reiki, there are many *variations* on Seichim.

You can use Seichim with Reiki. Draw the infinity symbol on the palms and say the word "Seichim" three times. You should then feel more connection with Mother earth - allow the Seichim energy to flow through you. Place your hands on the person, either using reiki hand positions or intuitively where you feel the hands should go.

You can then use any combination of Reiki and Seichim symbols you deem beneficial for the client. You can **adopt** additional Seichim processes into the Reiki Healing sessions listed in the Appendices.

The main point - Seichim can be *easily* used in conjunction Reiki. **Both energies compliment** each other and will work **concurrently** on the client at different levels.

Both help to address any deep energy blocks. These are released, bringing the opportunity for improved health and higher levels of energy and vitality for the recipient.

Seichim and Reiki can be used in conjunction with other healing methods, but are not a substitute for treatment prescribed by a doctor. Both complement the healing process and you will absorb only the amounts of energy you need at any one point in time.

Please visit Patrick's own site www.skhm.org for the full History on Seichim and more information.

The Seichim Level 1 and Master Degree initiation (the secret process...)

The following pages detail exactly the Seichim Level 1 and Master initiations.

These attunements are *usually* only transferred to existing Reiki Masters. Training in Seichim should only be given for those who have already attained Reiki Master level.

The pages have been laid out to easily illustrate for you the procedures at each stage of initiation.

Please initially take time to review the purpose of each sequences.

You will be asked to “**sign**” (visually draw with one hand) a Seichim/Reiki symbol or repeat the symbol name.

The sequences together form the “**secret keys**” that align the student with the Seichim energy at this level.

When you feel comfortable perform the sequence(s) for the Seichim level 1 and Master level attunements.

After this Initiation the initiate has been successfully attuned into the Master Degree of **Seichim**.

Seichim Level 1 Attunement

1. Stand behind initiate & put your hands on their shoulders

2. Sign **Seichim cho-ku-rei** to the power of 9



3. Sign **Reiki cho-ku-rei** once & say mentally three times



4. Sign tam-a ra-sha once



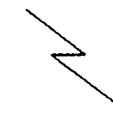
5. Sign dai-ko-mio once



6. Sign **Seichim cho-ku-rei** to the power of 9



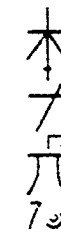
7. Sign Lightning Bolt once & if any other symbols come to mind use them also



8. Sign **Seichim cho-ku-rei** to the power of 9



9. Sign hon-sha-ze-sho-nen once



10. Sign **Seichim cho-ku-rei** to the power of 9



11. Place your hands on initiates head until you feel the need to finish. If symbols appear, use them

12. Put your hands on back of neck then:

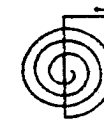
a. left hand on back of neck - right over throat

b. left hand on back of neck - right over heart

c. left hand on back of neck - right over 3rd eye

13. Pause & visualise throat, crown, 3rd eye.

14. Sign **Seichim cho-ku-rei** to the power of 9



15. Move to front & cover initiates hands with yours & visualise the mai-yur-ma to the power of 9 and any other symbols that come to you

16. Sign **Seichim cho-ku-rei** to the power of 9 to crown, heart, throat.



17. Blow to crown, heart, & throat.

18. Advise initiate that they are attuned to Seichim Level 1

Seichim Master Attunement

1. Stand behind initiate & put your hands on their shoulders

2. Sign tam-a-ra-sha three times



3. Sign **Reiki cho-ku-rei** once



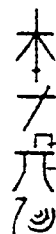
4. Sign dai-ko-mio once



5. Sign **Reiki cho-ku-rei** once



6. Sign hon-sha-ze-sho-nen once



7. Place your thumbs on the base of neck and pump energy in using Lightning Bolt.



8. Move to side & sign a **Reiki cho-ku-rei** to crown, heart, & throat



9. Move to front & take initiates hands and pump in energy using Lightning Bolt.



10. Visualise tam-a-ra-sha in both their hands



11. Sign **Reiki cho-ku-rei** to crown, heart & throat.



12. Blow to crown, heart & throat.

13. Advise the initiate that they are attuned to Seichim Master Status.

Appendix A – Reiki Hand Positions – A typical session

Reiki Session

A typical Reiki session may last between 30-60 minutes. All Clients should be treated fully clothed either sitting up or lying down, depending which is most comfortable for them.

Most clients will usually experience either a slight pleasant tingling, warmth or coldness in the area being healed - and usually feel very relaxed after 5-10 minutes. The mind slows and all the associated muscles in the body relax. It is not uncommon for the client to fall asleep.

There is no manipulation of the skin or muscle tissue during any session.

During a typical session, Reiki will heal on all levels. The energy gets directed to all “major organs & glands”, “body joints” and “chakras” for a fully body energy workout!

How often should the Client receive Reiki?

The body only absorbs the healing energy it needs. You cannot receive too much Reiki energy. There actually is no limit to the number of Reiki sessions required or the duration of each one.

This is left to the discretion of the Master - based on findings during the initial healing session. *Usually a “general” fortnightly healing session will suffice.*

Reiki and the basic Intent

Reiki is amazingly simply to give to anyone. Once a person is attuned to the Reiki energy, all that is then required for the flow is the “*intent*”.

The Reiki healer places his/her hands on themselves or the client and says the word REIKI with the Intent of performing a Reiki Healing– the symbols are not a necessity.

The symbols are used to enhance/strengthen treatments - each symbol has its own properties and can be used in various ways. The mastery of the symbols is easily obtained with practise.

Reiki client not present/Distant Healing

Reiki symbols reminder (see above for the diagrams.)

- The Power symbol – CHO KU REI
- The Mental/Emotional symbol – SEI HE KI
- The Distance symbol – HON SHA ZA SHO NEN

Distant healing can be done in a variety of ways. As with hands on Reiki, intent is very important. The practitioner can use a proxy, visualization or a projection of Reiki energy (also known as beaming) or a combination of the three.

You can (if it helps) visualize the person you are sending Reiki energy to, shrunk to a miniature size and situated between your hands.

Then start by drawing the Dai Ko Myo, Hon Sha Ze Sho Nen and Sei He Ki and Cho Ku Rei symbols (3 times for each symbol) around whichever technique you have used (miniature person, visualization, third eye etc.)

Sending Reiki is as effortless as anything else you do with Reiki. After a while you probably won't need to imagine the person between your hands. Sit quietly and think of the name of the person you are sending Reiki to - do this for 10-20 minutes. **Focus** on the intent of sending Reiki to that person. *(It's more in-line with the*

ethics of Reiki to first obtain the permission of the person you are sending the energy to).

I have found that Reiki can be beneficial for relationships between people. I would again use remote/distant healing techniques, visualising in the palm of my hand, **all** the relevant parties involved. Then I would focus and send healing energy to all the recipients. Focusing on what needs to be healed also *helps* when distantly transmitting Reiki.

You can also send distant healings to a List of recipients, I would usually write down all the details of the people on one piece of paper with the attached photos (if possible), plus the ailments that require healing. Next I would simply focus and send Reiki energy to the paper object with the Intent of every person on the list receives a full healing. I would usually stay with this intent for around 15-30 minutes. The main thing to remember is Reiki knows no boundaries in Time or space and everyone would receive a “full” healing as if they were in front of you. This is extremely helpful for any foreign clients you may have. I receive numerous remarkable healing thank-you letters using this technique alone.

Here’s an extract from one that incidentally helped heal a pet.

“Yes, I have been practicing. In fact, I have just finished with amazing results a treatment on my dog a friend of mine, who suffers severe migraines. The poor thing slept like an angel during the treatment, and continued to sleep for 6 hours after I finished, with no headache at all! It is very amazing.”

Recall that scientists are coming to realize that all things around us are made of pure energy. Remember that Reiki is about *channelling* energy and thus it stands to reason that Reiki can be applied to anything made of energy, i.e. anything in existence, past, future or present – *Its limitless*.

*Remember you now have the **tools** so experiment and see what works best for you!*

Again, how this works is a mystery, but excellent results can be accomplished.

Reiki client present/Self Healing

The Reiki practitioner would initially ask the client for his blessings/permission before the commencement of the Reiki session, as Reiki will not override a person's free will.

With the simple act of placing the hands on oneself or on another person the Reiki energy automatically flows

The Reiki treatment is a very simple, non-intrusive process. The Reiki treatment encourages physical, mental and emotional healing and spiritual growth.

The Reiki "hands-on" treatment session is usually done with your client (or yourself) comfortably lying down, on your treatment couch (you can also have your client sitting on a chair if they so wish as long as they feel comfortable...).

You would usually start with drawing the Dai Ko Myo, Hon Sha Ze Sho Nen and Sei He Ki and Cho Ku Rei symbols over the client (3 times for each symbol).

The practitioner would then channel the Reiki energy through the hands to the recipient's head, front of the body, back, knees and feet. This enables the energy to flow right to the source of the problem and not just the manifesting symptoms.

Reiki works goes to where ever the recipient needs it most and Reiki can relieve pain and acute symptoms quite while more chronic problems may require more extensive treatment.

The main thing to remember is try not to force where the energy is going but to simply lay your hands there and let the Reiki energy flow through you to your client.

A typical session from my experience would be to place your hands on the different locations of the body for 3-5 minutes at each location.

Reiki “advanced treatment” using Harmonics

There is a web site on the Internet that is taking the healing community by storm, by using simple techniques they are claiming to remove many energy blockages from the healee, which are the root cause of diseases.

The actual “Harmonic” techniques are quick and easily mastered and can completely complement your Reiki healing session for your clients.

The Harmonic’s website URL address is www.immuners.org

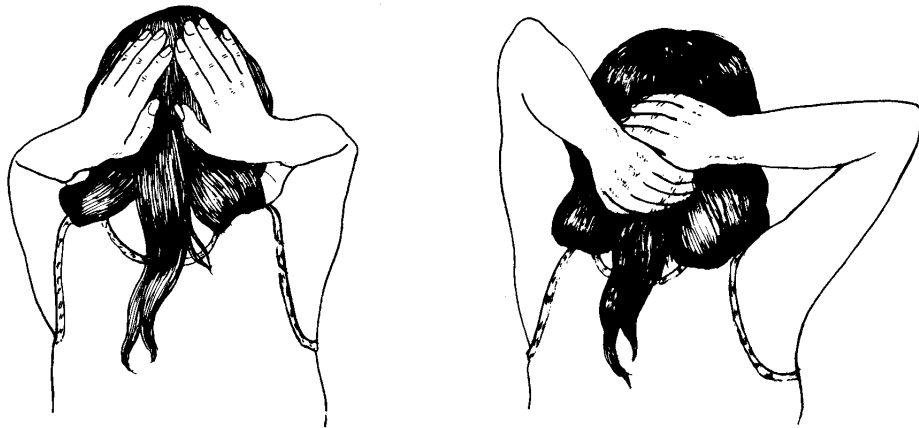
Once you know the basics, you could with the Clients permission, perform an **initial** couple of minutes of *Harmonics* on them, before a Reiki healing.

These two healing sessions combined would greatly enhance the overall healing your client would receive.

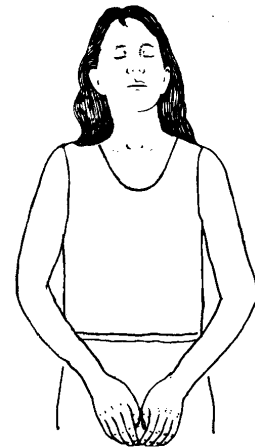
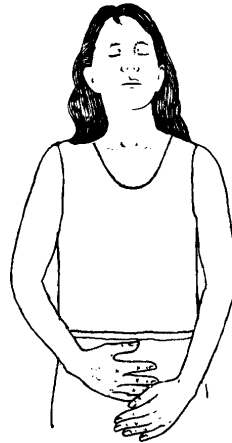
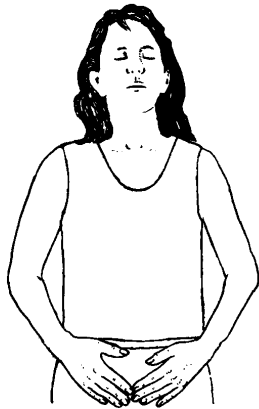
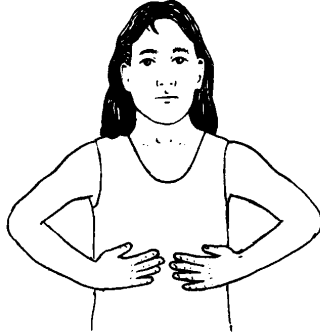
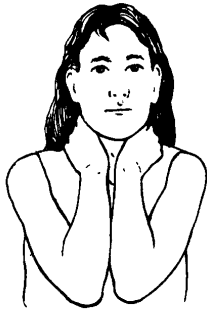
Front of the Head



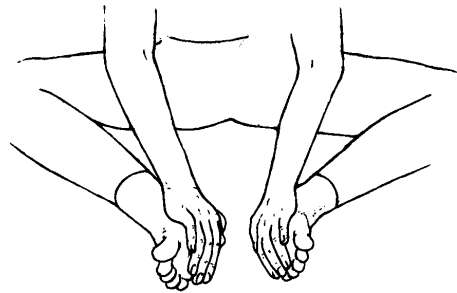
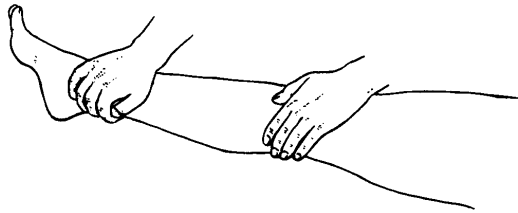
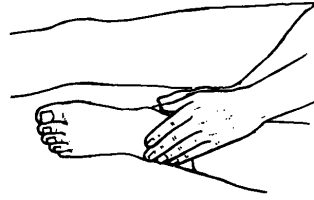
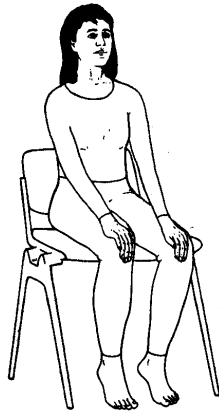
Back of the Head



Neck, Chest and Torso



Knees, ankles and feet



Appendix B - Additional Seichim Symbols

As with Reiki there are many other symbols that have evolved and the following are some more symbols that can be used with your Seichim or Reiki/Seichim session. I rarely use any of these as the main ones (explained above) seem to be fine for me but I thought I would include some more Seichim symbols here. The main thing is to Master the relevant symbols you need otherwise you may get too overwhelmed by them all!

Anyway I'll mention some others that I have come across in my research.

Angel Wings

Summary – Self-realization of your potential - "to give it wings". This symbol brings in energy to help the person/situation reach its highest possible potential. This can be used in every treatment as it connects you with the universe.



Cho Ku Ret

Sounds like – “cho (as in blow) koo ret”

Alias “Zara” ”

Summary – This symbols empowers the world around you – it will awaken the things/objects/people around – awaken the consciousness within and around. This can be used everywhere you go, just experiment.

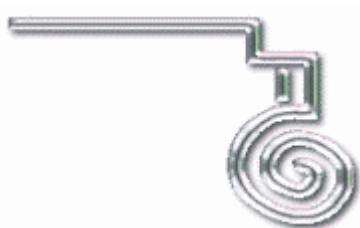


Eeef Tchay

Sounds like – “if ter cha”

Alias “Endless Inner Wisdom”

Summary – This symbols is commonly used to open the Brow chakra/Third Eye. It’s an aid to achieving Inner Sight. It’s said it allows one to see through the different veils of illusion to see things as how they really are.



Male/Female balance

Summary – This symbols helps to remove the duality that prevails in all things. It helps to find balance in ourselves. Some of us are too “yin” and others are too “yang” (i.e. *Too much one thing*) so in essence this symbol addresses that and re-aligns/balances the energy. This can be useful in healing emotional issues for yourself or your client.



HIGH – LOW GOD SYMBOL

Summary – This symbols helps to align the Higher, Lower and God aspects of someone so they all work together for the highest good of the individual. This can be used balancing, gaining clarity over an issue or just prior to a healing session.



Appendix C - Reiki Chakra healing Balls

Another I have found to work really well at the beginning of a session for my client is to initially balance the Clients chakras before I start my healing.

- 1) Rub your hands/palms together to get some energy movement
- 2) Using your hands, ensure the palms are facing each other
- 3) Start to feel the Reiki energy coming out of the palms and create a ball of the energy with your hands. Now actually start to move you hands as if you were using this energy to actually make a spherical ball of energy.
- 4) When you feel the ball has all the necessary Reiki charge then place this ball of energy into the clients root chakra and actually sense it's placement and see the clients chakra (in your minds eye) glowing the relevant colour.
- 5) Now channel some Reiki into that Chakra for say just one minute.
- 6) Move onto the next chakra and repeat stages 1-5 until you have balanced the Crown chakra.

After that carry on with your normal Reiki session etc.

This can also be used in distant healing imaging the person is sat/laying in front of you.

Appendix D Tanden Chiryō (Tanden treatment)

Purpose : Tanden Chiryō is used to power-up or recharge the Tanden with Ki. The Tanden is the seat or center of where your Ki is stored. It is located two to three fingers below your navel. I think this actually relates to the second chakra (others think it's a mini chakra in its own right.) It's the "source" of the persons "Ki" energy.

How to find your Tanden

This may take a little practise...

- Do all these steps slowly
- Stand up with your feet shoulder width apart
- Now take some slow "deep" breaths – slowly releasing all the Tension in your body.
- Let your mouth open slightly, Rest the "tip" of your tongue as you inhale through your "nose" and as you exhale through your mouth place you tongue on the bottom of your mouth.

Now:

- Focus your intention on your lower abdomen, *if can slightly crouch your legs a little.*
- *With a little practise you will become aware of the tanden point two or three fingers below your navel with each "slow" breath*
- *Continue to Breath as above, once you do feel the point then you have accessed the Tanden energy point of your body.*

To do Tanden Chiryō **simply** place one hand on your Tanden and the other hand on the back of the body behind the Tanden. Keep your hands in position until they lift off by themselves.

Appendix E – Reiji-Ho – The Reiki Prayer

Purpose : Reiji-Ho “can” be used as a pre-cursor to a healing session

Reiji means "indication of the Reiki power" and *Ho* means "method" Reiji-Ho consists of three short rituals that are carried out before each treatment:

- a) Stand or sit in a comfortable position, close your eyes and fold your arms in front of your chest (like praying position) and ask the Reiki energy to flow through you freely.
- b) Ask (pray) for the well being and healing of your client, in every aspect of their life.
- c) Bring you're folded hands up to the third eye and ask Reiki to guide your hands to wherever they are needed.

You could now begin your Reiki Session on your client, you may be immediately guided to a certain area on there body that you probably may not of focused your Intent on, the technique teaches one to **follow** our instincts.

Try this a couple of times and see what results you get...

Appendix F - Joshin Kokyu Ho – Breathing/Cleansing style

Purpose : Joshin Kokyu Ho is a technique of breathing to reinforce our energy, to gather energy in our abdomen (tanden) and to learn how to let energy run out by our hands.

This technique is a good exercise for for Reiki ‘newbies’ as it teaches them to tangably feel this new energy and watch/feel as the energy passe through them, aslo its a great energy lifter.

The breathing will also reinforce your energy, to gather energy in your abdomen (tanden) and to learn how to feel energy pour out of our hands.

Here is the exercise:

- Do all these steps slowly
- Stand up with your feet shoulder width apart
- Perform the Tanden breathing style – **see the above Tanden section**
- Also as you breath in visualise that the white light coming in from your crown chakra is filling up your whole body and on the out breath expand this energy out of your body through your skin into infinity in all every direction, especially the hands.

OR

Also as you breath in visualise that the white light coming in from your crown chakra is being pulled into your tanden and hold it there for a few seconds. Then on the out breath expand this energy out of your body through your skin into infinity in all every direction, especially the hands.

Repeat this process for a few minutes.

Note: Not to be used with anyone who has High Blood pressure or during pregnancy. Also if you start to feel light headed (with all this energy) then please stop immediately.

Appendix G – Gassho Meditation

Purpose : Gassho Meditation means “two hands coming together” (similar to the usual prayer position of your hands) in front of your chest, so your out breath touches the “tips” of your fingers. Primarily used to clear ones mind before a healing session.

Primarily this is used to teach you a breathing method using the Reiki energy and to focus the mind. When doing this activity the hands are held in the gassho or prayer position in front of the heart. This activity alone helps you to still the mind.

This technique is a good all round exercise that re-aligns your mind into a calm collective experience prior to a healing session. The more you practise this technique you body will eventually get accustomed to getting into this deep meditative state, as soon as your practis Gassho (*putting your hands in front of your chest etc in a praying style*).

With practise of the “Gassho Meditation”, you will bring yourself into a meditative state of oneness with everything in the universe.

Also this does not require any prior knowledge of meditation.

Here is the exercise:

- Do all these steps slowly
- Stand or Sit but the main thing is feel comfortable
- Close your eyes and place your hands in front of your chest, in a prayer position.
- Focus your whole attention at the point where the two middle fingers meet and forget the rest.

If you begin to have thoughts in your mind, that’s OK, just witness them and let them pass away and simply return to the point where your middle fingers meet.

The more you practise this style of meditation the easier it gets, the main thing to remember with any mediation is don’t “beat yourself up” if you can’t quieten the mind during your meditations, just simply notice the thought patterns and return back to the concentration point, for “Gassho” that’s the point where your fingers meet in the prayer position

Appendix H – Byosen Scanning Technique

Purpose : “Byo” means “sick” and “sen” means “line”.

In essence the intention is that the Reiki healer “initially” slowly scans the client looking for the “source” of the diseases emanating from their body/auric layer(s). *It is an exploration technique.*

When you are scanning your client you may feel 'something' transmitted from a specific area or region. What you actually may feel depends upon the circumstances but usually you could have sensations of something moving, pulsating, intense heat, intense cold, pain, numbness, itching, tingling – something that feels “out of the unusual” – This is called a “**HIBIKI**”

Here is the exercise:

- Do all these steps slowly
- Sit or stand comfortably next to your client.
- Initially start with the “Gassho technique” to get centred.
- Place your hands slightly above the body and move them around and notice. *Again what you are looking for are any specific areas where you feel something “different” from the overall general sensations etc.*
- When you sense a “Hibiki” anywhere on your client. Simply hold your hands over that area. The Hibiki sensation will increase and then decrease as Reiki passes through the blockage (this is deemed as “one” cycle). Keep your hands over the Hibiki area for at least one cycle, *the more the better.*
- Continue scanning the next parts of the body until done.

The key to this important exercise is to not rush and take your time, noticing any sensations that you may come across.

Appendix I - Jacki-Kiri Joka-ho (Transforming negative energy)

Purpose : “Jacki” means negative energy and "Kiri" means to cut. ”Joka-Ho” is a purification technique; it teaches how to cut-off negative energy from any object.

Important note: *It has always been taught that this technique should never to be used on a living being (human, animal, etc.) You should use other purification techniques such as joshin kokyuu-ho or hanshin koketsu-ho etc.*

Some objects you come across like jewellery, crystals etc can sometimes contain Negative energy and this technique can help rectify this.

Here is the exercise:

- Do all these steps slowly
- Perform the Tanden breathing style – **see the above Tanden section**
- Place the object to be purified, in your non-dominant hand (if your right handed then place it in the left etc.).
- Start to **hold** your breath in your tanden.
- Now with your dominant hand about 2 - 4 inches above the object start make a horizontal cutting/chopping motion over the object for **THREE** times only.
- Stop the chopping motion abruptly *after* the Third time then **Release** your breath.
- Finally after this purification send Reiki to the object for a few minutes to complete the process.

Obviously if the Object is too large etc simply place it in front of you or if its still too large (Office, Car etc) then use Distant Healing with the above procedures.

Appendix J - Koki-ho (Healing with the breath)

Purpose: “Koki-hoi” is usually a second degree technique, It was reported from Dr. Usui that if one feels “heat” in your chest, mouth or nose when you give Reiki, then you can give Reiki with your breath.

Breathe in though your nose then breathe out softly, onto the area where you want to give Reiki to. This technique is useful especially when you want to give Reiki to where you cannot touch, as in a burned area of your client.

Here is the exercise:

- Do all these steps slowly
- Perform the Tanden breathing style – **see the above Tanden section**
- Hold your breath for a second and draw the “Power symbol” on the roof of your mouth with your tongue. Then exhale and breath the Power symbol onto the area of the body being treated, it helps to visualize the Power symbol entering the client's body as you breathe out.

With Koki-ho you can also work on the physical body, aura or distant healing.

Appendix K - Gyoshi-ho (Healing with the eyes)

Purpose : “Gyoshi” means “staring” and again as Dr. Usui said that one can also send Reiki with their eyes.

Your eyes during a typical healing session can also give out Reiki. You simply just look at the area to be healed and feel that the area be cleansed and healed. You should not try hard to focus or glare but just be in a relaxed state.

Here is the exercise:

- Do all these steps slowly
- Focus on the area of the body to be treated with your eyes for a few minutes.
- Next allow your eyes to relax and de-focus, being gently aware of the body area.
- Finally imagine Reiki flowing from your eyes onto the body area being treated.

This can be a very nourishing experience for both the healer and the healee.

Appendix L - Gedoku-ho (Detoxification technique)

Purpose : “Doku” means “poison or toxin” and “Ge” means to “bring down”. Its prime focus is to be able to detoxify the client or incidentally yourself.

Its also been used to aid the digestion after eating and also reducing the secondary effect of medicines or treatments.

Here is the exercise:

- Do all these steps slowly
- Place one hand on their front tanden and the other hand on the back of the tanden(i.e. One hand in front of them below the navel and the other hand on there lower back etc).
- Now let Reiki flow and imagine the toxins leaving the body, do this for at ***least thirteen*** minutes.
- I simply imagine the toxins leaving the body through the feet back to Mother earth.

It would probably also benefit the client if they too were also imaging the Toxins exiting the body through the feet back to Mother earth.

Appendix M - Reiki Undo (Reiki Exercise)

Purpose : “Undo” means “exercise” and it simply implies letting the body “freely” move. This is also used as part of “Qi Gong” training. Here is the exercise:

- Do all these steps slowly
- Find a safe place to practise this.
- Start by doing the “*gassho*” and then say in your mind, "**Reiki exercise start**".
- Inhale deeply into your “Tanden” and then as you exhale just let go *completely, repeat this a few times.*
- Let your body start to move by itself spontaneously. The main thing is don't force anything so don't be dismayed if nothing “initially” happens – Keep trying, that's the key to Mastery.

The Reiki Undo can be done on your own or in groups if you so wish.

Appendix N - Opening the Reiki Spiritual Chakras

Purpose : To open up the “spiritual” chakra’s and to get into an awareness state of Samadhi.

This can be a very cleansing technique and is nice to do when you need a surge of energy.

Here is the exercise:

- Do all these steps slowly
- Place both your hands on your “Crown Chakra” and visualise the Reiki Masters symbol there for a few minutes.
- Next leave your left hand on the Crown Chakra and place the right hand on to the Brow Chakra/Third Eye and again visualise the Master Symbol there for a few minutes.
- Finally place your left hand on the Brow chakra/Third Eye and place the right hand on the Throat Chakra and again visualise the Master Symbol there for a few minutes.

Appendix O – Powerful Healing Mantras

Practical Mantras For Daily Living

OM GUM GANAPATAYEI NAMARA

Mantra to Ganesha to remove obstacles standing in your way of progress

OM EIM SARASWATYEI NAMAHA

This mantra will increase the reciter's ability to learn both educational and artistic, thus activating the light of the mind.

OM NAMA SHWAYA

Activation of the first 5 Chakras, a mantra that gives a powerful boost to the day's energy. Clears old negative patterns. (Violet Fire)

NAM-MO-EE ROO GWAN YIN

This mantra to Kwan Yin will help overcome WAR. The warring of our inner selves and outer WARS of the world.

OM DUM DURGAYEI NAMARA

This mantra to Durga invokes a forcefield of divine protection.

OM NAMO NARAYANAYA

Activates the light of the Heart to bring joy to the reciter.

OM HA KSA INIA LA VA RA VUM SWAHA

This mantra activates the Chakra centres in a flowing motion, which energises the body and mind.

OM AH HUM VAJA GURU PADMA SIDDHII

Mantra to bestow on the reciter the wisdom mind of the great Guru Padmasambhava.

AUM BRUR BHUVA S~

TAT SAVITUR VARENAYAM

BRARGO DEVASYA DHIMAH1

DHIYO YO NAH PRACHODAYAT

The Mother of all Mantras, the Gayatri Mantra bestows upon the reciter, the wisdom mind of God. It gives one the ability to see through illusion.

OM MANI PADMI HUM

To bring into our Hearts the energy of compassion and mercy for our selves and all life.

OM SRI MARA LAKSHMIVEI SWARA

The energy to manifest abundance in all aspects of our lives.

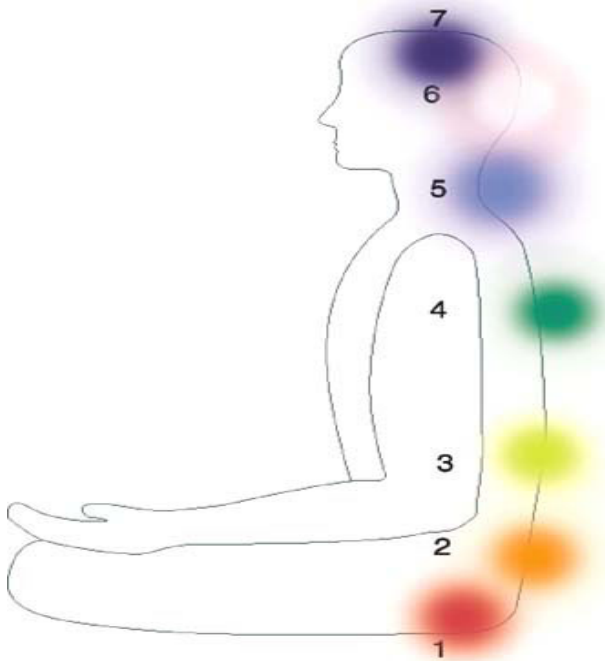
Appendix P - POWERFUL CHAKRA Healing & REIKI

What is the Chakra System?

Chakra is the Sanskrit meaning for "wheel" - Chakra's are described as being shaped like multicoloured lotus petals or spoked wheels which whirl at various speeds as they process energy. They are described in Hindu and Buddhist yogic literature. Both systems describe them differently, and their descriptions vary in Western literature as well.

Different groups mention the spinning of the wheels being clockwise or anti-clock wise for each Chakra depending upon whether you are male for female. For myself (and many others) they just envisage the associated Chakra as a spinning wheel/ball of colour spinning clockwise (looking from any direction – otherwise it really gets too confusing – as remember its always the “INTENT” that counts not too much *the very specific details!!*).

Some clairvoyants actually state that health disturbances often manifest in the aura, and thus in the chakra's, months and sometimes years before they appear in the physical body – *I fully agree with this, as if the Chakras are balanced so will the physical body!*



Below is a breakdown of their associated attributes ...

There are the basic seven major energy Chakra points throughout the body.

Chakra	Colour	Crystal	Purpose
1. Root	RED	Garnet, Ruby	This is located at the base of the spine and is the seat of the Kundalini. It is primarily concerned with self-preservation, one's animal nature, taste, and smell. It is the least complex of all of the chakras
2. Sacral	ORANGE	Coral, Carnelian	This is located near the genitals and governs sexuality and reproduction. It influences general health, and particularly governs digestion and the functions of the liver, pancreas, and spleen.
3. Solar Plexus	YELLOW	Tiger's Eye, Citrine	This is located just above the navel. It is associated with emotions and is the point where astral energy enters the etheric field. This chakra affects the adrenals, pancreas, liver, and stomach. Most mediums work through the solar plexus.
4. Heart	GREEN	Rose quartz, Jade	This is located midway between the shoulder blades, in the middle of the chest. It governs the thymus gland and influences immunity to disease. It is linked to higher consciousness and unconditional love.
5.	BLUE	Sodalite, Malachite	This is located in the center

Throat			of the throat It governs communication and personal magnetism. It is the chakra that most influences intercommunication.
6. Brow	INDIGO	Lapis, Amethyst	This is located in the center of forehead above the eyes. Sometimes called the third eye because of its influence over psychic sense and spiritual enlightenment. The chakra is associated with pituitary gland, the pineal gland, intelligence, intuition, and psychic powers called siddhis in Hindu yoga.
7. Crown	VIOLET	Amethyst / Clear Quartz	This is located at the top of the head. It is said to reveal the person's conscious evolution. The crown when balanced can bring supreme enlightenment and cosmic consciousness.

What is Aura?

The aura is the energy field that surrounds all people and objects. Each colour represents a different aspect of that person or object (at that specific point in time).

The process of actually reading someone's aura can be useful in determining their current emotional state or physical state in regards to potential blockages they may have in one of their aura layers.

With Auras we simply have not been shown/taught how to see them but with a little practice many people can successfully see and read them.

There are many ways how this can be done but a simple one I have used is to do the following:

- 1) Place a chair looking at a solid wall with objects in front of it, say this could be a fireplace in your house etc.
- 2) Sit comfortably on a chair with your hands on your legs
- 3) *Staying still and relaxing - close your eyes concentrating on your breath. This is too* simply quietening your mind to move into a state of consciousness known as the "Alpha" state (this is where spiritual work, healings and manifestations work from).
- 4) After a couple of minutes then simply open your eyes and focus on any object in front of you. At this stage you are NOT staring intensely but more of a lazy/relaxed stare – after one or two minutes you may start to see that the object starts to emanate/display colour characteristics around its borders, this is the aura.
- 5) This "aura" seeing can usually be done in one sitting don't try and force yourself to see the aura you have to be relaxed. After more repetitions of the above over a few weeks you can master seeing auras and then you may be able to tap into seeing auras in normal states (ie. The Beta state - normal state of daily activities).

Appendix Q - Reiki and the Chakra/Aura layers

This Mastery can really complement your Reiki Healings as you may be able to see the imbalance of your clients Chakra/aura layers that are potentially the reason why they have visited you in the first place, also after your session you can see whether the Chakra/aura layers have changed.

The Aura layers are the current states of the different Chakras, as blockages and negative energy can be stored here which then potentially manifest in the physical body as a disease. So one could say if you had a certain ailment then look at the “nearest” associated Chakra point on the body and this could mean this is out-of-balance.

If you do find some in-balance in your client using the above techniques (once mastered) then **simply** Channel focused Reiki into that specific area. For emotional type blockages the release can be very fast indeed, again with Reiki it’s all about channeling energy to remove blockages and ensure the smooth and unrestricted flow of “Ki Force” throughout the body.

Appendix R - Reiki Master meditation

Purpose : *This meditations purpose is to open and clear the chakras the Reiki way (other Chakra balancing techniques is mentioned further on). It will align higher frequency energies and also purify/release any stored negative energy from your body/aura.*

Here is the exercise:

- Do all these steps slowly
- Perform the Tanden breathing style – **see the above Tanden section**
- Now start at your Root Chakra and sense/picture/draw/visualise the Power symbol and hold your intention there for 30 seconds.
- Next move up the chakra's doing the same with the Power symbol until you reach the crown chakra.
- At the Crown chakra visualise a white light coming down through your crown chakra directly into your root chakra and start the meditation chakra clearing sequence off again.
- Repeat the above for 15 – 30 minutes.

You should feel energised and very centred after this technique. I sometimes use a combination of this Reiki one and the one below visualising the Chakra colours – again with “any” meditation technique you can freely adapt them to what works with you!

Appendix S - General Chakra Balancing Self-Meditation

Purpose : *This meditations purpose is to open and clear the chakras the Reiki way (another Chakra balancing techniques is mentioned further on). It will align higher frequency energies and also purify/release any stored negative energy from your body/aura.*

Here is the exercise:

- Sit comfortably on a chair with your hands on your legs (I've found with the palms facing upwards more beneficial)
- Whilst sitting close your eyes and concentrate on your breath, nice deep slow breathing
- Put you attention on the base Root chakra - visualize the chakra as a bright **RED** ball spinning clockwise - as you focus on the base chakra - breathe in red - breathe out red. Repeat for 2 - 3 minutes
NOTE: Ensure you see the red ball's energy is spinning at the Root chakra and also flowing down through your legs into Mother earth like a tree spouting its roots and connecting with the centre of the earth (This is grounding you.)
- Put you attention on the next Sacral chakra - visualize the chakra as a bright **ORANGE** ball spinning clockwise - as you focus on the Sacral chakra - breathe in orange - breathe out orange. Repeat for 2 - 3 minutes
- Put you attention on the next Solar Plexus chakra - visualize the chakra as a bright **YELLOW** ball spinning clockwise - as you focus on the Sacral chakra - breathe in yellow - breathe out yellow. Repeat for 2 - 3 minutes
- Put you attention on the next Heart chakra - visualize the chakra as a bright **GREEN** ball spinning clockwise - as you focus on the Sacrial chakra - breathe in green - breathe out green. Repeat for 2 - 3 minutes

- Put your attention on the next Throat chakra - visualize the chakra as a bright **BLUE** ball spinning clockwise - as you focus on the Sacral chakra - breathe in blue - breathe out blue. Repeat for 2 - 3 minutes

NOTE: Ensure you see the blue ball's energy is spinning at the Throat chakra and also flowing down through your each of your arms and out through your hands meeting five feet in front connecting both blue energies together; flowing. Remember "what you ask for you will get" well this is turning what you say more easily into physical manifestation

- Put your attention on the next Brow chakra - visualize the chakra as a bright **INDIGO** ball spinning clockwise - as you focus on the Brow chakra - breathe in indigo - breathe out indigo. Repeat for 2 - 3 minutes

NOTE: Ensure you see the Indigo ball's energy is spinning at the Brow chakra and also **envisage** yourself sitting in a chair in a Indigo room in your mind's eye, looking out of a Window to the stars (i.e. Looking out of your Third eye)

- Put your attention on the next Crown chakra - visualize the chakra as a bright **VIOLET** ball spinning clockwise - as you focus on the Crown chakra - breathe in violet - breathe out violet. Repeat for 2 - 3 minutes

NOTE: Ensure you see the violet ball's energy is spinning at the Crown chakra and also envisage the opening of a Violet lotus flower on the top of your Crown – make this as large and as magnificent as you can.

- Finally See White light flowing down from the Heavens through your Crown chakra all the way through all the other chakras and finally into Mother earth. You should envisage your self as a glowing white being with all the Chakras within that spinning brightly (for their chosen colour). **Hold this for about for 2 - 3 minutes**

You should feel exhilarated!

Appendix T - ENERGY BALANCING Affirmations

Purpose: The below affirmations are good all round energy balancing statements that relate to specific chakras.

The purposes of saying a sentence is very powerful, remember everything is energy/vibration and used in the correct manner can release emotions/tensions etc within your own body. For example if you say something negative about someone for 5 minutes and then stop – how do you feel now? It's probably changed your whole physiology and feelings but conversely say something positive/simply praise someone for 5 minutes and then stop – how do you feel now. See my point.

The key to really getting these powerful affirmations (or any come to that) is getting initially into a relaxed state (the “Alpha” state), this is where powerful transformation starts.

Here is the exercise:

- Do all these steps slowly
- Stand or sit but the main thing is being comfortably.
- If standing leave your eyes open otherwise close your eyes and concentrate on your breath nice deep slow breathing
- **ROOT CHAKRA**
I trust my Higher Self fulfils all my needs. My life is full of prosperity.
- **SACRAL CHAKRA**
I accept and acknowledge my sexuality. My physical health is strong and pure.
- **SOLAR PLEXUS**
In a smooth and healthy way, I release all unresolved emotions. I claim my personal power.

- **HEART CHAKRA**
I freely and easily give and receive love. Totally forgive others and myself for all past errors and judgments.
- **THROAT CHAKRA**
I easily and gracefully express my deepest feelings and emotions.
- **BROW/THIRD EYE CHAKRA**
My inner vision is clear and strong. I trust my intuition and inner vision.
- **CROWN CHAKRA**
I accept and acknowledge my spirituality.

Appendix U - Manifesting your reality – The Techniques!

Brain Wave formats

Mind State	Brain Wave Cycles	Description
Beta	13.0 – 40.0 hz	Associated with the fully conscious waking state
Alpha	7.0 – 13.0 hz	In Alpha, we are awake, but relaxed. Sometimes described as the “day dream” state.
Theta	35 – 7.0 hz	Deeply relaxed state of consciousness, this range is associated with Hypnosis and Lucid dreams etc.
Delta	below 3.5 hz	This range is associated with deep sleep.

Many people who have used the Silva mind control courses have reported the ability to be able to have “remote sensing abilities” when their alpha was achieved. Since the 70’s there has been lots of investigation in mind control and use the use of ESP and Remote viewing each reporting remarkable results. I feel this is an area only just been tapped as remember the scientists don’t really know what the other 95% of brain is used for.

The main thing to remember is getting into an *Alpha state first* and then the potential is limitless.

During my Worldwide travels over the past decade, I have come into contact and acquired some great spiritual knowledge directly relating to “prayer” and “manifestation” which I am going to pass onto yourselves.

I will actually list all the three formats in which I have found most useful...

Note: Where I say “xxxx” it actually means replace with what resonates with you so replace “xxxx” with either “God”, “Jesus”, “Buddha”, “Allah”, “Al-Wali” or “Maheshvara” etc etc.

Sound Manifestation (This “really” works see Wayne Dyers Work!)

- 1) With this technique simply sit comfortably in a chair and close your eyes.
- 2) Start saying the letter “R” out loud, so something like “RRRRRRrrrrrrrrrrrrr”.
- 3) Now repeat this for 3 – 5 minutes and then slow down the “Rrrr” sound/vibration until you are saying/humming this in your mind only for a further minute.
- 4) Now state you ever you want BUT phrase it though you already have it otherwise you’ll get the exact experience of “wanting”.
Format : “Thankyou xxxx for granting me the gift of “.....your desire”. Thank you. Repeat this at “least” three times.
- 5) Finally carry on with the “Rrr” saying/humming in your mind for a further minute then open your eyes.

The “key” to this secret of manifestation is the “Intent” and it’s important that it’s repeated twice daily (morning, evening) for exactly 15 days (*Don’t ask me why 15 it’s a key number I have been told by numerous people.*).

Secret Prayer Manifestation

I was told that some of the mystics used a special word before each prayer, which had the correct Vibrations to get the prayer, noticed and answered, here goes.

- 1) With this technique simply sit comfortably in a chair and close your eyes.
- 2) Say slowly the word “ABBA” **only** ONCE.
- 3) “I thank you xxxx for hearing my prayer”.
- 4) State what you need in detail (*remember a pray is really just a dialogue with your connection to xxxx*)
- 5 “I thank you xxxx for hearing my prayer”.

I know the above word sounds like the “pop group” as that’s what I thought the first tome I saw this format but many people swear to this format as long as its done sincerely and not just on a whim...For some reason they say the First word makes a divine connection and the rest of the prayer just follows...

Candle Manifestation

I have there are many formats of this technique but they all have the common theme of a candle, whilst in a meditate type of state.

- 1) Place an ordinary White candle on a surface in front of you, preferably at your eyes level.
- 2) Light your Candle and sit back down in a relaxed posture.
- 3) Perform some basic slow deep breathing for 1 –2 minutes to quieten your mind.
- 4) Slowly stare at the flickering Candle, after a few moments you may feel the urge to close your eyes, that's fine too but keep the image of your burning candle in your minds eye).
- 5) State your wish in detail. Repeat this at “least” three times.
- 6) Open your eyes and blow out the candle.

Many people don't seem to get their own requests/prayers answered that because some say they are not asking them in the correct way as the persons Brain waves are probably still at BETA (see below chart).

Again to succeed with these manifestation techniques the “key” is to get into an “**APLHA**” state of mind, by what ever means and **slowly** but **clearly** state your intention *etc (all the above techniques are asking for the request at the **Alpha level**, that's where you are after a slight meditation etc)*

Appendix V – Useful reading

Recommendations: Useful Books on Reiki

Title	Author
Reiki: The Healing Touch	William Lee Rand
Reiki a way of life	Patricia Rose Upczak
Original Reiki	Mikao Usui
Modern Reiki method Healing	Hiroshi Doi
Reiki Universal life energy	Bodo Baginski
Abundance through Reiki	Paula Hora

As soon as you start practicing with Reiki will may quickly notice/feel a more oneness with everything around you, when this happens “all the time” then congratulations...as you have reached your full human potential and are experiencing enlightenment/Samadhi, well hopefully this is one of your stepping stones on that path!

Reiki is a gift that bears fruit and the possibilities are limitless!