

Usui Reiki Level Two In Level 2 you will learn how to use 3 symbols, Cho-Ku-Rei the power symbol, Sei-He-Ki the Mental-Emotional symbol, and Hon-Sha-Ze-Sho-Nen for distant healing and attunements.

Cho-Ku-Rei: (cho-koo-ray) will increase the power of Reiki. It is used at the beginning of every session. Cho-Ku-Rei has several translations some are "Direct Spirit" or "Let the power be here". Cho-Ku-Rei is sometimes called the light switch. It can be used anytime while giving a healing: in the beginning of the healing session to increase the power flow or at the end of the healing session to seal the treatment. Cho-Ku-Rei can be used to clear a room of negative energy and to seal it in light making it a sacred place. Cho-Ku-Rei can also be used for protection: use it to protect yourself, your car, your children, your home, anything that you feel needs to be protected. Cho-Ku-Rei provides protection on all levels including physical harm, verbal, and emotional confrontations, and also from psychic attack. Remember this so that you can utilize this symbol in magic as well as reiki.

Sei-He-Ki: (say-hay-kee) is the symbol use for mental and emotional healing. It provides purification and cleansing. Sei-He-Ki means purification by the fire of wisdom. Sei-He-Ki Balances the right and left sides of the brain. It is very good for healing relationship problems and can be used with any mental and emotional distress such as nervousness,

fear, depression, anger and sadness. Sei-He-Ki can be used to treat addictions, problems with weight loss and smoking. Sei-He-Ki can help improve memory.

Unwanted Habits: Weight Loss, Cigarettes, Alcohol, and Drugs On a piece of paper write your name, unwanted habit and the Sei-He-Ki symbol then hold the paper between your hands treating it with Reiki. This will send Reiki to the parts of your mind that relate to unwanted habits and you will begin to heal. Do this for 20 minutes each day. Carry the paper with you if you feel the compulsion during the day; take out the paper and Reiki it. .

Hon-Sha-Ze-Sho-Nen(hon-sha-zee-show-nen)

Hon-Sha-Ze-Sho-Nen is the Distant Healing symbol. Hon-Sha-Ze-Sho-Nen means No past, no present, no future. It allows you to heal delusion, limitation and Karma. It can be used in every healing session for past and future aspects of the situation being healed. Hon-Sha-Ze-Sho-Nen is used to send Reiki to others at a distance. You can send healing and Attunements (Master Level) across the room or across the world. With Hon-Sha-Ze-Sho-Nen you can send to any place in the world or any time zone. It is a good idea to use a picture when sending to a distance to help you center in on the person that you are sending to.

Using Hon-Sha-Ze-Sho-Nen: Establish a connection using Hon-Sha-Ze-Sho-Nen and the persons Picture (best) or Name and description.

Use a stuffed animal or doll etc. as a stand for the person you are sending healing to. Draw Hon-Sha-Ze-Sho-Nen in the air above the stuffed animal state your intent, wait for the energy flow to connect and then do a standard healing. **Intent** is very important for the sender and receiver.

Sending In Time: Hon-Sha-Ze-Sho-Nen helps you understand that time is just an illusion. You can time your healings or attunements by stating the time you intend the healing/attunement to be received. When sending in time, make sure to specify exactly when the person should receive the energy. I use this when I give most attunements and it works great be sure you are very specific. **Example: I intend to send healing to Joan Doe on January 23, 2002 at 3:00 p.m. central time (or "her time "works well).** Be careful with using this method or you could send to the incorrect day or time or even year.

Group Distant Healing: Distant healing can be sent by a group of Reiki 2 and Master practitioners with powerful results. To start everyone in the group draws the Hon-Sha-Ze-Sho-Nen symbol then chants its name 3 times and chants the name of the person to receive healing 3 times. Then everyone in the group sends healing. Here are two ways to sit in the group. Spiral (clockwise spiral) each person sits facing the back of the person in front of them and sends Reiki to them with their hands a few inches from the person's back. The outer end person sends the group Reiki to the person in need. The circle method is similar to the spiral method except the person who is to receive the

healing is imagined to be in the center of the circle. Everyone in the group sends to the center of the circle. .

Scanning: The attunement opens chakras so that Reiki can flow. The attunements also increase intuition and sensitivity to psychic energy. Using the chakras in the palms of your hands, it is possible to sense where Reiki is needed. With your dominant hand 1 to 4 inches over the body, start at the head and slowly move down the body. Be aware of how the energy on the palm of your hand feels. If you feel a distortion in the energy field, you have found a place that needs Reiki. You may also feel this as tingling, pressure, numbness, cold, and little electric shocks. Your hand may be guided to the correct spot.

When you find a distortion: Bring both hands together at this spot and let the Reiki flow there. Reiki will heal the distortion in the aura and work on the areas in the physical body connected to it. As you interact with the client's energy fields you will become connected to them. You may also be given insight into how the problems were created. If you are an empath you may feel their pain, be sure you disconnect after the healing or you could keep having their pain. You may see colors like dark red for anger, yellow-green for infection etc. Some people will see what happened to the client (in their mind it will be just like watching a movie). If you are one of those people you can train yourself not to do that. The memories that you see become like you own. It is ok to feel the clients pain it

shows you where to send Reiki to, follow your guides. You can also self- scan.

Beaming: You can use the Hon-Sha-Ze-Sho-Nen symbol to beam Reiki across the room or across the world. Beaming is used in distance healing also. Some ways to do distance healing is imagine the person in front of you and do the session like they were really there. I use a stuffed animal as a stand in, for the person I am sending the healing or attunement to. You can also use the Hon-Sha-Ze-Sho-Nen symbol to send healing and attunements to the past or present. Focus your mind only on Reiki by doing this you will enter a state that allows the Reiki to flow more easily. You don't have to use a symbol to beam reiki. All that is required is intent and aiming your palms as a sort of guide for the reiki to flow in that direction, such as into a stuffed animal/person/etc.

Reiki 2 Crystal Grids: You can use your reiki 2 symbols to help power up your crystal grids. What you will do is set up your crystal grid, then draw each symbol over the grid as a whole ending with Cho-Ku-Rei to seal the energy into your grid. If your grid is particularly for emotional healing use the SHK symbol, and seal it with CKR. If your grid is for healing from a past influence/situation first use CKR, then HSZSN, then SHK, then CKR to finish it. After you are done drawing the symbols, send reiki to your grid crystals as normal. In Reiki 3 you will learn how to

attune a "master crystal" and seal the grids to be permanent fixtures in your life, full of healing forever.

Chakras for Reiki 2: Look back upon your info in Reiki 1 about the chakras. Think about which issues you've discovered (hopefully) about your own issues involving your chakras. Which symbol is best for your own personal healing? Once you figure this out, the rest is easy. You can draw the symbol over your body in the area that chakra lies and send reiki, you don't always have to do a complete healing, you can "spot treat" anytime. You can also charge a crystal necklace related to your chakra issues, draw the symbol necessary over the pendant and then wear it to have the healing energy next to you constantly. While doing a treatment for another, you may scan first and find out that this person for instance has emotional stress, make sure and use SHK over each of the emotional chakras before you begin your treatment. If this person, or yourself, has "power issues" such as empowerment, self-esteem in the face of others or society, survival weaknesses, financial woes, anything that needs a big "boost", use CKR at the beginning of the session and at the end and across any chakra areas that represent power issues *lower three chakras*. If this person has issues with their past or with their future and where it's going, or if they have deep issues with karmic ties or with karma itself use HSZSN at the beginning, across the chakras related to this such as the heart, throat, brow,

and crown, and then seal it with HSZSN when you finish. Most people have many issues, you may have to use the symbols a lot, this is normal and perfectly okay.

Notes from your teacher* Congrats on progressing this far. Reiki 2 is very deep compared to your basics in Reiki 1. Use these symbols and this knowledge to delve into yourself and to help others as well. It is a wonderful gift. As you progress into Reiki further you may want to charge more for your services, but this is up to you. It is like paying an entry level employee versus a college graduate. I don't charge at all, seeing Reiki as a gift given to me. I ask for barter of energy and have been supremely satisfied by the gifts others have given me from their hearts. Remember too, that the more you use reiki the better acquainted you will become with its energies, and with your own energy system. Don't be afraid to explore opening up your own chakras to heal your own wounds, that's what this is all about: self-exploration and healing, and it's a gift from the Universe. In Reiki 3, the Master Level, you will learn about the "new" chakras and what they are all about, you will also be given the unique responsibility and gift of giving reiki to others by attunement.