

Quantum Visions

# Original Seven Degree Reiki



**Master Manual**

**By**

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## HISTORY

The Radiance Technique, as it was most commonly called, was devised by Dr Barbara Ray. Ray was a favourite student of Takata in the early years of Reiki being taught in the United States. Takata made 22 Masters, all in the three years before her death in 1980. It was thought that Ray was going to be the natural successor to Takata.

A not so commonly told story is that Takata gave Ray a task to prove her commitment, and this was to write Takata's biography. Takata gave Ray her notes and also a number of Reiki symbols imparted to her by Hayashi. At a later stage there would have appeared to have been a split between the two women during a workshop and this was never resolved. Consequently the biography was never written and Takata demanded her notes back. After some effort, which may, or may not, have involved the Georgia State Police, they were returned. Takata then promoted the idea of Phyllis Furumoto as Lineage Bearer and successor to Takata.

As a result of this Barbara Ray produced the Radiance Technique. She departed from the traditional Usui method of teaching claiming that it's teaching had become polluted. It is not known if this was directed at Takata as it is known that Takata changed some of the symbols in the system. It is certain that the Master Symbol has had a few variations during the course of Takata's teachings.

Ray developed a system of 7 Degrees, corresponding to the 7 Chakras. She has claimed that it is she, not Furumoto, who holds the full Usui system. All of Ray's literature states that the Radiance Technique is the only authentic system of Reiki taught. This may be because it is believed that Takata was given 12 sacred symbols and these may have been transmitted to Ray with Takata's notes. Furumoto maintains that she is only in possession of 4 symbols from Takata. This is odd because reports suggest that Furumoto does indeed share further symbols with other Masters during intensives. If it is the case that Takata's symbols were not passed to Furumoto, Ray may be correct with her claims.

The symbols used in Radiance technique are the same in Usui Reiki. However the sacred names are not given, nor do students see the Distant symbol in it's entirety. The symbols are called the I Pattern Cosmic symbol (Power Symbol), the 4 Pattern Cosmic symbol (Mental/Emotional Symbol), and the 22 Pattern Cosmic Symbol (Distant Symbol).

At Master level, which is split in to Reiki 3a and 3b, the names are given, along with accompanying mantras. The attunement process is different from what is normally taught, and breathwork is also taught. It is thought that these techniques are extra, and come from Ray's experience within Complimentary Medicine.

In Radiance Mastership the 3rd Degree can teach Reiki I and II. The 4<sup>th</sup> Degree can confer 3rd and so on. Ray has made it so that only she and one other can confer the system in it's entirety. There is evidence to suggest that due to student pressure for teaching the full system, new degrees in the form of 'Solar Reiki' have been offered. Ray is, at present the only person able to confer these new degrees.

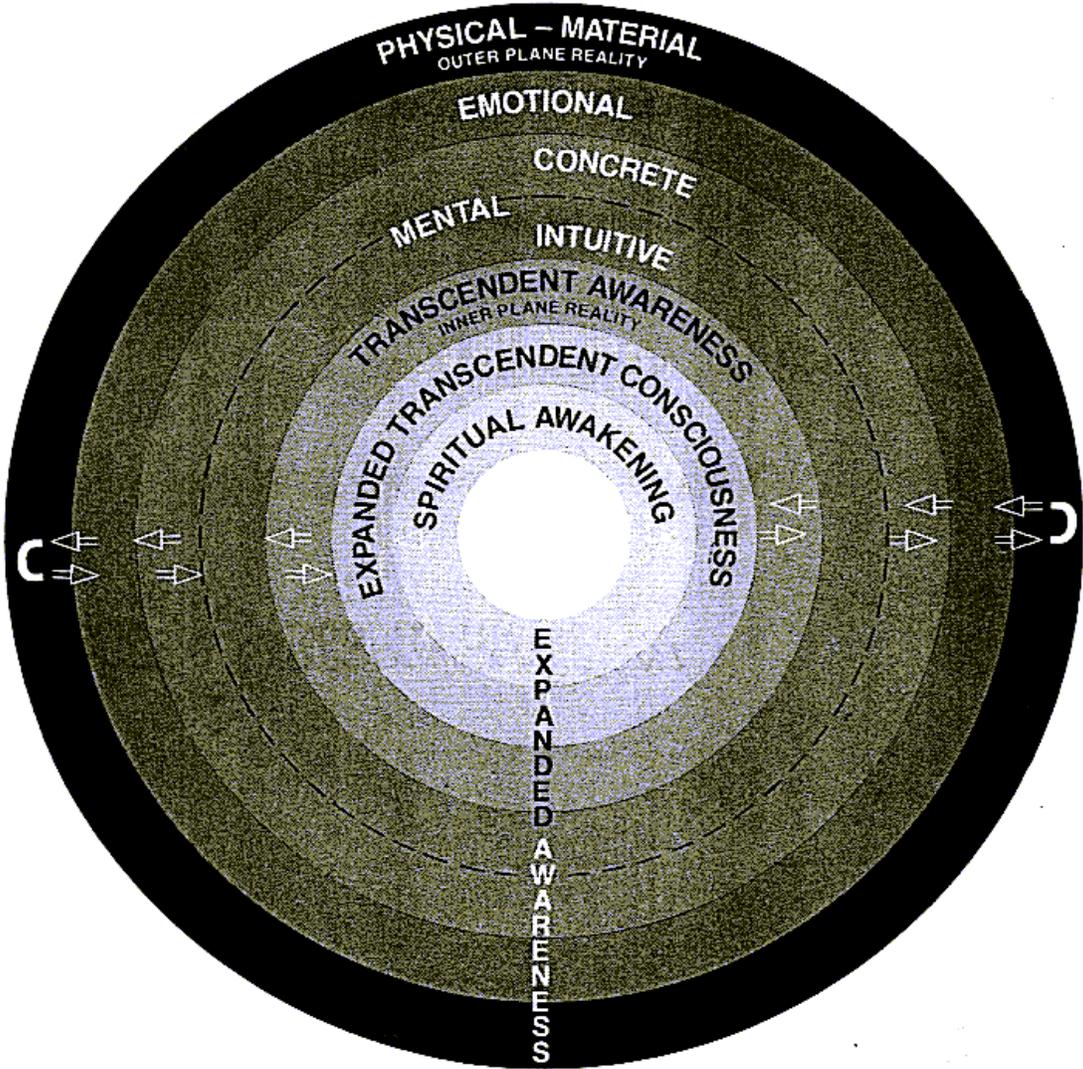
Radiance Technique enjoys a greater popularity in the US than anywhere else. Indeed it is difficult to find outside of the US. Gary Samer studied up to the 4<sup>th</sup> Degree with Ray then continued his training with European Masters. Although what is offered on this course is referred to as Radiance, this is true up to the 4<sup>th</sup> Degree. The 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> Degrees are different from those taught by Ray. Samer and those within the lineage teach the extra Degrees as taught in Europe.

The Gateway symbol is a powerful Reiki symbol which is universally taught in other disciplines. The system as taught has a great deal of value, and augments the Reiki students may already have.

# ENERGY MODEL

Vibrational Planes of Energy      Spectrum of  
Consciousness

Transforming - Wholing Process



INNER TO OUTER  
DENSITY TO ENLIGHTENMENT

## Energy Model Notes

The Energy Model over page is used by Ray to describe the planes of awareness as experienced by the Soul, on it's way towards Enlightenment. The relative density of the rings allude to the relative heightening of vibration necessary to pass through towards Enlightenment.

Rei-Ki, being literally the Universal Go-inspired non-visible Life-Force Energy, is a way of transcending physical reality and bringing awareness to the student. Einstein proved with his accepted theory of relativity that Energy and Matter are interchangeable in his  $M=mc^2$  equation. To this end the Universe itself is a unified field, with everything in it having an effect on everything else.

Within this unified field unconditional love exists at every level. It is this simple form of energy that brings all aspects of the Universe, irrespective of vibration, into balance and harmony. This harmony is the natural state of the Universe and provides the clue that where we find unconditional love, we find God, whatever our perception of God may be. Quid Pro Quo, if we are able to find within ourselves the unconditional love to extend to others, we are actually recognising the Divinity within ourselves. It is this factor that creates Enlightenment.

Reiki, being the Universal Life-Force Energy, acts as a direct tunnel through the planes of existence, to heightened awareness. Many students experience a transcended feeling during the attunement process, or afterwards, during treatments.

The Distant symbol also gives us a clue to the completion of the Energy Model. It is a shame that this is not taught in ray's Radiance Technique. The final stroke of the Distant Symbol brings the meaning of the whole symbol to 'Wholeness, Completion and Enlightenment Now!' This is important as wholeness is of course derived from 'Holiness' and it is this, coupled with Enlightenment that provides the 'Completion' of the Soul's journey. That's Spiritual Awakening.

# 1<sup>st</sup> Degree Notes

## The 12 standard Reiki hand positions

### 4 Head Positions

- Over the face covering the eyes.
- The sides of the head.
- Cradling the back of the head.
- Both hands on the throat.

### 4 Front Positions

- Hands on upper chest, fingers pointing downwards.
- Hands on lower chest.
- Hands over each other covering the Solar Plexus.
- Hands covering the hip bones to the navel.

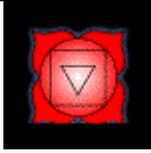
### 4 Back Positions

- Hands over shoulders.
- Hands on the middle of the back.
- Hands over the Kidney area.
- Both hands covering the Lumbar area.

Moving from position to position ensure that a point of contact is always on the client.

## Guidelines for giving Reiki Treatments

1. Always ensure that you and the client are comfortable before starting the treatment, i.e. adjust the pillow, make sure the client is warm, or adjust the music if necessary.
2. Wash your hands before and after sessions.
3. Ensure that the lighting in the room is appropriate.
4. Always take off your watch when you are giving Reiki as it has been known to stop watches due to its electromagnetic field.
5. To begin, firmly place your hands on the client's body, or if necessary place them a few inches above the body.
6. The average time for each position on the upper part of the body is 5 minutes.
7. Generally you would not carry on a conversation during a treatment.
8. A full treatment would last approximately one hour and fifteen minutes.
9. Don't get stuck on do's and don'ts. Use your Intuition as every client will be different.
10. To end you should seal off the Reiki treatment by placing your hand on the top of the Crown Chakra and the other hand on the Base Chakra.
11. The client may need to sit down for a while before driving. If necessary place your hands on their feet to ground them.



## 1st Degree Attunement

1. Face the person, bow with hands in prayer position.
2. Walk anticlockwise to the back of the person.
3. Stand at the back, place your hands on their shoulders and silently state an invocation (ask for the Creator to make you a channel for the Divine Love to come through and protect all concerned during the process). Inhale deeply.
4. Raise your left hand in the air, to connect to the Source, and with the right hand draw over the student's head, the Master symbol and Power symbol.
5. Place your right hand lightly on the top of the student's head and visualize the Distant symbol and the Emotional symbol.
6. Move to the front of the person anti-clockwise (central position).
7. With the left hand support the student's hands, while putting your right hand's fingertips on the top of the student's fingertips.
8. Visualize the Master symbol, the Distant symbol, the Emotional symbol and the Power symbol.
9. Keep the left hand as it is, and with your right hand cup the student's fingertips.
10. Visualize the Master symbol, the Distant symbol, the Emotional symbol and the Power symbol.
11. Hold the student's hands together, connecting the thumbs and forefingers together, forming a triangle, draw the Power symbol with your tongue behind your front teeth.
12. Inhale and move the student's hands in front of his third eye, blow through the triangular hole, then continue moving the hands and blowing through them over the Heart Chakra, then to the Crown Chakra.
13. Place the hands down in the student's lap.
14. Stand off to the side.

## 2<sup>nd</sup> Degree Notes

This attunement creates everything that the 1st Degree did, but makes it more, powerful and increases the power.

This attunement should only be given to an individual who has already been attuned to Reiki I or a higher degree of Reiki. This attunement takes the energy from the Crown Chakra to the Base Chakra and through the Base Chakra to the Third Eye. From there to the Sacral Chakra and then onto the Solar Plexus.

From the Solar Plexus to the Throat Chakra and then the circle is completed at the Heart Chakra.

The Heart Chakra connects the top three Spiritual Chakras with the three lower Physical Chakras.

### **Giving a Reiki Treatment using Symbols**

1. Place one hand on the Crown Chakra, and the other on the Third Eye, visualizing the Power Symbol.
2. Then, place one hand on the Throat Chakra, the other on the Heart Chakra and visualize the Emotional Symbol.
3. Continue to place both hands over each other on the Solar Plexus, visualizing the Distant Symbol.
4. Finally, place one hand on the Sacral Chakra, the other on the genitals and visualize all three symbols.

Your hands should be kept on the above positions for approximately 5 minutes each.

### **Distant Healing**

When activating Distant Healing, draw the Distant, Emotional and Power Symbols and visualize directing this energy flow to the 12 Reiki Hand Positions. Objects such as photographs, pillows and teddy bears can be used as a focus to direct this healing.

When conducting Distant Healing you can protect yourself using Sandalwood Oil at the base of the neck and the base of the spine.

Reiki can also be directed to connect the practitioner to spirit guides, persons that have passed over and situations both passed and present. It is also possible to send Reiki to produce a positive outcome with business events or meetings. Positive affirmations can be empowered by writing them on a piece of paper, drawing the symbols over it and then directing the energy to the situation.



## 2<sup>nd</sup> Degree Attunement

1. Face the person, bow with hands in prayer position.
2. Walk anticlockwise to the back of the person.
3. Stand at the back, place your hands on their shoulders and silently state an invocation (ask for the Creator to make you a channel for the Divine Love to come through and protect all concerned during the process). Inhale deeply.
4. Raise your left hand in the air, to connect to the Source, and with the right hand draw over the student's head, the Master symbol and Power symbol.
5. Place your right hand lightly on the top of the student's head and visualize the Distant symbol and the Emotional symbol.
6. Move to the front of the person anti-clockwise (central position).
7. With the left hand support the student's hands, while putting your right hand's fingertips on the top of the student's fingertips.
8. Visualize the Master symbol, the Distant symbol, the Emotional symbol and the Power symbol.
9. Keep the left hand as it is, and with your right hand cup the student's fingertips.
10. Visualize the Master symbol, the Distant symbol, the Emotional symbol and the Power symbol.
11. Hold the student's hands together, connecting the thumbs and forefingers together, forming a triangle, draw the Power symbol with your tongue behind your front teeth.
12. Inhale and blow through the student's hands to the Crown Chakra, to the Base Chakra, back to the Third Eye and down to the Sacral Chakra. Continue through the Solar Plexus to the Throat finishing a circle of energy at the Heart Chakra.
13. Place the hands down in the student's lap.
14. Stand off to the side.

## 3<sup>rd</sup> Degree Notes

The Third Degree Level allows You to Perform attunements at 1st and 2<sup>nd</sup> Degree. The attunement process elevates your entire vibrational field and expands the pathways linking the Chakras.

The attunement takes the Life Force energy and imprints it into the Aura through the major Chakras and the minor Chakras in the palms.

Third Degree attunements works extensively on the Solar Plexus Chakra which of course controls our Ego, Will, Fear and Anger. It also works on our inner-self giving clarity of Intuition and allows a greater light to emerge raising the person's spirituality.

The meaning of the Master Symbol is as follows:

- ◆ Dai - Great, Huge, All pervading.
- ◆ Koo - Light radiating in all directions.
- ◆ Myo - Too clear to doubt, Clairvoyance. "The Moon shining through the window", (Divine light of Reiki coming through the darkness).

In Buddhism it signifies the Great Light.

The Master Symbol has a connection with the Emotional Symbol and works as an overtone to that symbol. Whenever the Emotional Symbol is used the

Master Symbol can also be used in front of it, concluding with the Power Symbol.

This can be used for:

- ◆ Protection.
- ◆ Before attunements.
- ◆ Before coming into contact with negative people.

At the attunement process other energies can be invoked in accordance with the Master's work, beliefs, and wishes.

The Master Symbol can be used in the 'Bliss bomb' position (one hand at the back of the head and one on the Third Eye). This is followed by the Emotional and Power Symbols. This position is good for dispelling fear or ignorance within a person.

When an attunement is given, the energy is share with that person. It has three major functions:

1. It temporarily aligns the person to the Divinity inside of them. This can last a week.
2. It attunes the Heart Center and connects the Heart to the Crown Chakra.
3. It removes blockages from the Soul's Light.
4. It greatly expands the power of the practitioner by raising their vibration.

### **Exercise to increase the Third Eye Intuition**

There is a special relationship with the Heart, Throat, Third Eye and Crown Chakras. As this basically elevates mankind from the last of the Earthly Chakras (the Heart) upwards to the experience of the Samadhi at the Crown Chakra.

To perform the exercise:

1. Place both hands on the Crown Chakra and visualize the Master Symbol for 5 minutes.
2. Place one hand on the Crown Chakra and the other one on the Third Eye and again visualize the Master Symbol for 5 minutes.
3. Place one hand on the Third Eye, the other hand on the Throat Chakra and visualize the Master Symbol again for 5 minutes.



## 3rd Degree Booster Attunement

1. Bow in front of the student who has placed their hands in prayer position.
2. Proceed behind the student, moving anti-clockwise.
3. Center yourself and make a positive affirmation, placing your hands on the student's shoulders.
4. Draw with your right hand (or dominant hand) over the student's head, the Master and Power Symbols, while holding your left hand upwards.
5. Keeping your right hand on top of the student's head, visualize the Distant Symbol and the Emotional Symbol.
6. From the left to the right ear draw the Master, Distant and Emotional Symbols to connect up the 'Inner Ears'.
7. Move to the front of the student and place your fingertips to their fingertips and visualize the four symbols: Master, Distant, Emotional and Power.
8. Separate the palms and while holding them in your left hand, with your right hand draw the Power Symbol over both of the student's palms.
9. Place their hands together again into prayer position, and cup the fingertips with your right hand, while holding the hands together with your left hand and visualize again the four symbols; Master, Distant, Emotional and Power.
10. Place the student's hands on their lap, and draw the Power Symbol on their Third Eye.
11. Holding the student's hands in yours, slightly separate them and draw the Power Symbol with your tongue behind the upper teeth. Blow the Symbol through the student's hands into his 3rd Eye, into the Heart Chakra and over their fingertips to the Crown Chakra.

**A Booster Attunement is a vibrational level at a certain frequency.**

## 4th Degree Notes

The essence of this degree is in activating the Heart Chakra to which the 4h Degree symbol Shi-Ka-Sai-Ki has a direct relationship. The meaning of the Symbol's name is 'Light and Love come direct from the Heart'. It is commonly called the Unconditional Love Symbol. Activation of this symbol is similar to that found in the Karuna system of Reiki where extending the 'Compassionate action' that is the essence and meaning of Karuna, is the next logical step from experiencing unconditional love.

The symbol can be used directly over the Heart during a Reiki session, followed by the Power Symbol. This will have the effect of opening the Heart Chakra and remove any blockages to emotional growth. The benefits for persons needing to find self-worth, or opening up to others are obvious.

The symbol can be used for decision making. In this manner concentrate on the Unconditional Love Symbol, followed by the Power Symbol. Focus on the Heart Chakra and ask the question. If it feels good do it! It will be for the highest and the best.

The Symbol can also be applied to bring Love-Wisdom, or Spiritual Counselling in the following way:

1. Look into the left eye of the person for 5 seconds.
2. Place your right hand on their heart and get them to place their right hand in similar fashion on yours. Place the left hand on there right hand and get them to mirror the movement.
3. Begin the counselling, keeping eye contact.

The symbol can also be used as a focus for meditation to bring emotions into alignment.



## 4th Degree Booster Attunement

1. Bow in front of the student who has placed their hands in prayer position.
2. Proceed behind the student, moving anti-clockwise.
3. Center yourself and make a positive affirmation, placing your hands on the student's shoulders.
4. Draw with your right hand (or dominant hand) over the student's head, the Master and Power Symbols, while holding your left hand upwards.
5. Keeping your right hand on top of the student's head, visualize the Distant Symbol and the Emotional Symbol.
6. Move to the front of the student and place your fingertips to their fingertips and visualize the four symbols; Master, Distant, Emotional and Power.
7. Separate the palms and while holding them in your left hand, with your right hand draw the Power Symbol over both of the student's palms .
8. Place their hands together again into prayer position, and cup the fingertips with your right hand, while holding the hands together with your left hand and visualize again the four symbols; Master, Distant, Emotional and Power.
9. Draw the Unconditional Love Symbol over the Heart Chakra followed by the Power Symbol.
10. Holding the student's hands in yours, slightly separate them and draw the Power Symbol with your tongue behind the upper teeth. Blow the Symbol through the student's hands into his 3d Eye, into the Heart Chakra and over their fingertips to the Crown Chakra.

***This Attunement greatly amplifies the Energy.***



## 5th Degree Booster Attunement

1. Bow in front of the student who has placed their hands in prayer position.
2. Proceed behind the student, moving anti-clockwise.
3. Center yourself and make a positive affirmation, placing your hands on the student's shoulders.
4. Draw with your right hand (or dominant hand) over the student's head, the Master and Power Symbols, while holding your left hand upwards.
5. Keeping your right hand on top of the student's head, visualize the Distant Symbol and the Emotional Symbol.
6. Draw the Fire Serpent Symbol down the spine, (from the Crown to the Base Chakra). Then draw a large Power Symbol, again, covering from the Crown to the Base Chakra, finishing the symbol at the back of the throat.
7. Stand to the student's right side. With your right hand on the front of their Throat Chakra and the left hand on the back of it, visualize the four symbols; Master, Distant, Emotional and Power.
8. Move to the front of the student and place your fingertips to their fingertips and visualize the four symbols; Master, Distant, Emotional and Power.
9. Separate the palms and while holding them in your left hand, with your right hand draw the Power Symbol over both of the student's palms.
10. Place their hands together again into prayer position, and cup the fingertips with your right hand, while holding the hands together with your left hand and visualize again the four symbols; Master, Distant, Emotional and Power.
11. Holding the student's hands in yours, slightly separate them and draw the Power Symbol with your tongue behind the upper teeth. Blow the Symbol through the student's hands into his 3dEye, into the Heart Chakra and over their fingertips to the Crown Chakra.



## 6<sup>th</sup> Degree Booster Attunement

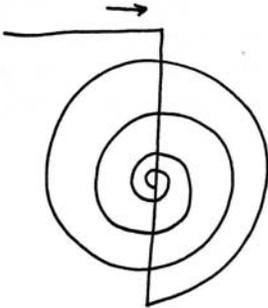
1. Bow in front of the student who has placed their hands in prayer position.
2. Proceed behind the student, moving anti-clockwise.
3. Center yourself and make a positive affirmation, placing your hands on the student's shoulders.
4. Draw with your right hand (or dominant hand) over the student's head, the Master and Power Symbols, while holding your left hand upwards.
5. With your left hand at the Gateway Chakra and your right hand at the Transpersonal point (18 inches above the head); visualize the Distant, Emotional and Power Symbols.
6. Stand to the student's right side. With your left hand in the middle of the back of your head and your right hand across the middle of their forehead, visualize the four symbols; Master, Distant, Emotional and Power.
7. Move to the front of the student and place your fingertips to their fingertips and visualize the four symbols: Master, Distant, Emotional and Power.
8. Separate the palms and while holding them in your left hand, with your right hand draw the Power Symbol over both of the student's palms.
9. Place their hands together again into prayer position, and cup the fingertips with your right hand, while holding the hands together with your left hand and visualize again the four symbols; Master, Distant, Emotional and Power.
10. Holding the student's hands in yours, slightly separate them and draw the Power Symbol with your tongue behind the upper teeth. Blow the Symbol through the student's hands into his 3<sup>rd</sup> Eye, into the Heart Chakra and over their fingertips to the Crown Chakra.



## 7th Degree Booster Attunement

1. Bow in front of the student who has placed their hands in prayer position.
2. Proceed behind the student, moving anti-clockwise.
3. Center yourself and make a positive affirmation, placing your hands on the student's shoulders.
4. Draw with your right hand (or dominant hand) over the student's head, the Master and Power Symbols, while holding your left hand upwards.
5. With your right hand over the student's Crown Chakra, visualize the Distant and the Emotional Symbols.
6. Stand to the student's right side. With your left hand on their Gateway Chakra and the right hand on the Third Eye, visualize three times the Gateway Symbol and the Power Symbol.
7. Move to the front of the student and place your fingertips to their fingertips and visualize the four symbols; Master, Distant, Emotional and Power.
8. Separate the palms and while holding them in your left hand, with your right hand draw the Power Symbol over both of the student's palms.
9. Place their hands together again into prayer position, and cup the fingertips with your right hand, while holding the hands together with your left hand and visualize again the four symbols; Master, Distant, Emotional and Power.
10. Holding the student's hands in yours, slightly separate them and draw the Power Symbol with your tongue behind the upper teeth. Blow the Symbol through the student's hands into his 3rd Eye, into the Heart Chakra and over their fingertips to the Crown Chakra.

**SYMBOLS USED**

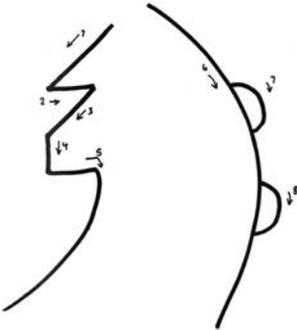


**POWER SYMBOL**

*CHO-KU-REI*

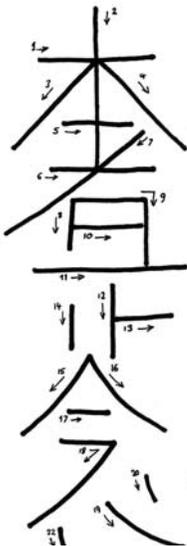
**EMOTIONAL SYMBOL**

*SEI-HEI-KI*



**DISTANT SYMBOL**

*HON-SHA-ZE-SHO-NEN*



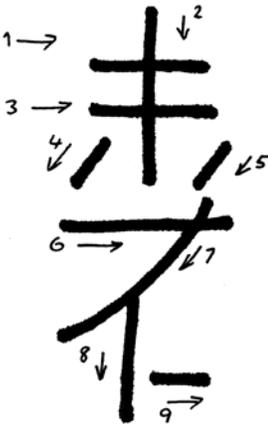
**MASTER SYMBOL**

*DAI-KOO-MYO*



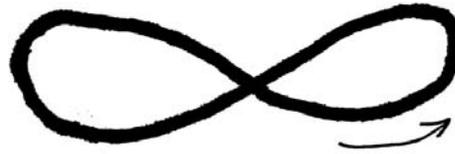
**FIRE SERPENT SYMBOL**

*FIRE SERPENT*



**GATEWAY SYMBOL**

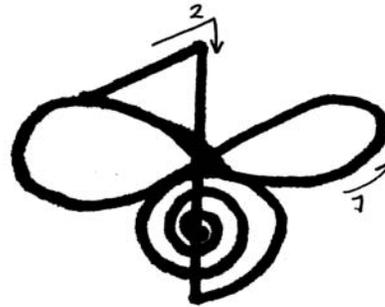
*GATEWAY*



**GATEWAY SYMBOL CONNECTED**

**WITH POWER SYMBOL**

*GATEWAY CHO-KU-REI*



**UNCONDITIONAL LOVE SYMBOL**

*SHI-KA-SAI-KI*

