

Reiki



Reiki Secrets : Master Level

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Preface

Congratulations, 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” 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.

It is **not** designed to give you all the specific healing positions and where or how to lay your hands etc. as that can easily be gained from the **standard** Reiki material available on the Internet or at your local bookstore, No... what you will receive are the Reiki secrets (please refer to the Appendices for book referrals..)

The Reiki Secrets will simply explain what and how the “secret” initiations are passed down to the initiate during a typical attunement being carried out, these being the Reiki first, second or Master degree courses.

The main thing is

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 these boundless source of energy, unfortunately humanity over time had lost or forgotten this loving energy that was available until the “key” to the energies was discovered by a Japanese monk named Dr Mikao Usui. This has been passed down the lineage usually being referred to as “Usui Reiki”.

These secret “keys” 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 these energies.

These keys are meant for the **whole** of humanity not just the select few.

Introduction

This e-book has been designed to allow any individual from any country with no previous or little Reiki experience to attune themselves and others into the healing art of Reiki right up to Master level and beyond.

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. Mikau Usui in the early nineteenth century and the “secret keys” to this universal energy has been passed down ever since.

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, some know this as Chi, Prana or simply bio-energy etc.. What ever you call it really doesn't matter you can still tune into it and receive the benefits associated with Reiki.

If you are the person who **originally** purchased this e-book then you have been already attuned up through the stages to a **Reiki Master** and **Seichim Master** (personally be myself) with no doubt. (I'll explain later how this was achieved – see the following **FAQ** chapter).

More importantly **you** can now also attune others up through the different Reiki initiations right up through Master level and beyond (beyond being also attuning them into the Egyptian healing art of Seichim). Its entirely up to you whether you charge them a small fee for each Reiki initiation – remember people don't usually value **anything** they get for free, remember this wisely.

Frequently Asked Questions (FAQ)

What actually are the Reiki attunements?

The Reiki attunements are what one receives 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. Simply put he has tuned in your frequencies to receive the Reiki frequencies etc.

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

Good point, well lets see if from a different angle, everything in the universe is made up from energy particulars 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, Budha, Love or something similar) comes in different manifestations of energy and some one of those being the frequencies in which Reiki was born.

By the way every thing generates a frequency (living or dead!! – Please refer to Hilda Clarks work on frequency experiment's) and thus all the Reiki Master teacher does is “ attune “ the recipient/client into these healing frequencies (in simple terms – Its like finely tuning into your favourite radio station, this is obviously just a very simple comparison). The Reiki Master can then lock these frequencies into your “aura” by means of using the Secret Reiki symbols which were *re-discovered* by Dr Mikao Usui back in the early nineteenth century. These are what are

very closely guarded from you and some teachers will still charge you up to **\$10,000** dollars (the usual price to train to be a Master until around 10 years ago) and **you** get them “**all**” in this e-book plus Mastery of the Egyptian Seichim healing modality!!.

For all this to work the initiate/client does not need to be physically in the presence of the Reiki Master thus these attunements can be given just as easily via Distant Healing just as yours were!!.

How do I know I've been attuned ?

Trust me you have, Simply put the “whole point” of me allowing for these Reiki secrets to be passed onto people from all over the world whatever walks of Life - is the ability that they will be able to channel these marvellous Reiki healing frequencies to benefit oneself and humanity as a whole. It's a win win situation for everyone and I'm honestly glad to part of it.

More importantly, you will also find out you also get energised as you pass on Reiki initiations onto others so its quite enjoyable.....

How can I attune somebody else ?

Easy just simple follow the below chapters and you'll see little diagrams I have produced detailing exactly what you have to do at each Initiation level/stage.

There are simply and clear to use, you are simply signing these Special secret Symbols around the person at different points etc.

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

Can I attune myself again, if so what happens ?

Yes of course you can attune yourself again to any level of even go through them all again. I found that works is to simply look at your self in mirror as you'll doing each initiation and it seems to enhance the effect.

All you are doing is connecting back to the divine intelligence with asking for these frequencies to be re-attuned onto yourself all it will do is supplement and improve what you are ready have been tuned into already.

Can I give all the attunements onto somebody else all at once ?

Some Reiki teachers state that the different initiations Reiki I, II AND Master level should be given over a period of time, I've never felt that to be the case or anyone else I have trained up...By the way, You actually received all your Initiations during one session. You don't have to be aware of what's going on (but obviously it helps) as the teacher is just allowing your aura to receive these Reiki frequencies at what ever level he is attuning you too.

This is entirely up to You but as you'll read the different Reiki handbooks (see the appendices) you'll obtain different view, If you are manually giving these to a client them separate each initiation by one week so at least they can look forward to each sitting...Again though you can do it all in one go – The important thing is don't rush and I've found asking the initiate/client to close their eyes and sit down while placing their feet on a small sand sack (those that you can microwave) enhances there experience but again you could Attune them up also remotely.

You'll also probably feel deep warmth/cold in your hands as you are attuning other initiates/clients; this is completely safe each person reacts slightly differently to the attuning into this wondrous healing frequency.

Are there any pre-requisites?

Simply put NO, just a willingness to be able too sincerely use these powerful healing abilities and out them to good use.

A clear and open mind is also a bonus.

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

By the way you were also initially attuned into these frequencies. Simply put Seichim is very similar to Reiki, and it's origins can be traced back to Egypt.

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

Because it is a channelled healing, the Reiki practitioner's energies are not depleted. It is not the practitioner's energy being used!

The practitioner is channelling "Universal Life Force Energy, "the energy that surrounds us all and sustains life! It is the energy from the "God Source" or, the "Higher Power!"

Because the Reiki practitioner is channelling this healing energy, he/she receives the benefits as well!

Whenever I finish giving a Reiki treatment my energy level is up and I feel surrounded with 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 the Reiki phenomena. When a Reiki practitioner's hands are placed on or near any living organism the Reiki 'turns on' automatically. There is no conscious effort needed on the part of the practitioner. If a Reiki practitioner is asleep and his or her hands are placed on another person's injury or wound the Reiki starts flowing even though the practitioner is asleep. You do not have to learn how to give Reiki. If you have been initiated to Reiki, you simply have to place your hands on or near the body.

Does Reiki have anything to do with religion?

Reiki is not a religion. It beholds no doctrines, creeds or contradictions to the Universal Laws of Consciousness and Love. Reiki is very spiritual in nature, but there is nothing you are required to believe in before you can learn and use Reiki. In fact, Reiki will work whether someone believes in it or not!

When you are giving someone a treatment, what are you feeling?

How do you know the energy is flowing?

Once one places a hand on someone, within a few seconds the palms will start to pulse and the hands will become hot. Other sensations are tingling, pins and needles, cold, or electrical feelings. This will continue for the whole treatment. Over different parts of a client's body the hands are extremely hot! It is important to note that the sensation can vary from treatment to treatment, and the sensation in the hands felt by the patient can be

very different to that felt by the practitioner. Sometimes the practitioner experiences his hands as being cold and the person being treated has felt them radiating intense heat. The Reiki switches off after a period of time on one position on the body. It switches on again when the hands are moved to another position. When one area is `fixed', you move on to the next area.

Does Reiki have anything to do with religion?

The flow of the Reiki seem to vary according to the degree of disharmony in the person/animal. When the patients who are seriously ill or very upset emotionally, the Reiki flows more strongly. It therefore flows on demand according to the degree of disharmony in the persons body/mind.

Can Reiki be used with other therapies?

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

The Reiki flow are the same in both hands?.

There is no `giving' or `receiving' hand to worry about when using Reiki. There are some systems which need to observe different rules For example, keeping both hands on the patient; not crossing the hands; treating on the correct side of the body, etc. This is unnecessary when using Reiki.

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

Even a very sick, weak person who is correctly initiated to Reiki can give treatments that are just as strong and effective as a Reiki Practitioner who is in good health. The Reiki energy is not coming from the physical energy from the body 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.

Can anybody be initiated to Reiki?

Anybody can have the Reiki activated in his or her hands. It is even possible to initiate people in comas, sick people or children. 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. Some people have observed what at first appears to be negative effects. When the body is undergoing a healing process, there can be short term effects which cause some discomfort.

People with a great deal of accumulated stress or emotional blocks can feel everything coming up at first with treatments as their body starts to process the effects of the Reiki.

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.

Attuning others....?

The Reiki Master teachers(i.e. You now..) can pass on Reiki attunement's onto other students and bring them up the level of a Reiki Master as well.

What's next now I'm attuned ?

I would re-attune yourself to all the different Reiki levels(see below) to get familiar with the Initiation procedures.

Next I would refer to the Appendices and checkout one of the many good Reiki reference books, and purchase one to learn the basics of where I should lay my hands during healing sessions on yourself or others plus lots more "basic" Reiki information.

Also I would encourage Loads of practice and use you new found healing gifts.....

Your Reiki & Seichim Linage

Dr. Mikao Usui

Hyashi

Tagata

Phyllis Furimoto

Claudia Hoffman

Mary Shaw

(Introduced Seichim to the lineage)

Christine Henderson

Bruce Way

Neal Lyster

John Pickering

Martin Lee

_____ (You)

Reiki – 1st Degree Initiation

Overview

The first degree is split into four stages where each stage (or attunement as it's referred to) will adjust the student to be inline with the higher Reiki energies so these can easily flow through the body.

Usually you would be given these four attunements over a couple of days but they can all be given at once if you so desire (don't worry you won't frazzle as Reiki works in harmony with you....).

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

The more frequent you use/channel Reiki the greater the flow will be and one good re-charger I find is to simply lay on your back with your hands placed on your stomach and verbally say the word Reiki a few times and relax, I find this a great 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 and they will draw through only that which they require and because Reiki energy has its own intelligence they can never "over-dose" or take too much.

Using REIKI

Self healing is a very important aspect of Reiki. I strongly recommended that you perform self healing regularly, preferable daily. In addition to improving your health, it will also re-balance and centre your mind-body-spirit connection, and more importantly also freeing up the energy pathways that will allow the flow of Reiki energy to come through more stronger during typical healing sessions on others.

Please refer to the **Appendix** for Healing positions and where to place your hands etc.

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

The following pages are what **actually** occurs during your four initiations as usually the student would have their eyes closed.

The pages have been laid out so to easily show you what to do at each stage of each initiation.

First please take time to review what each of the sequences are doing...

They will either be asking you to “**sign**” (visually draw with one hand) a Reiki symbol or repeat the symbol name etc..

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

The process/Sequence usually mentions or refers to you giving these initiations onto someone else **BUT** this can easily be performed by you to give to yourself again, just simply stand in front of a mirror and perform the same actions to yourself. Its been laid out like this as hopefully when you get to the Master level(if you feel Reiki is right for you) you can simply follow each sequence of the initiations which will enable you to pass on the initiations onto your friends and family and so on and so on....

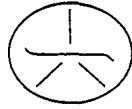
Finally when you feel comfortable simply follow the sequence(s) numbered 1 -> 15 performing each action it requires.

After the fourth Initiation you are now successfully tuned 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



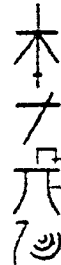
4. Sign dai-ko-mio once



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



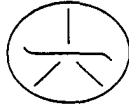
15. Advise initiate that attunement is complete

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



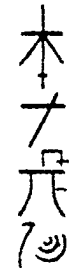
4. Sign dai-ko-mio once



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

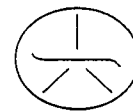
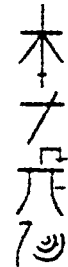
11. Take initiates hands & pump energy into theirs visualising a tam-a-ra-sha in both of their palms

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

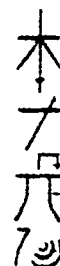
11. Take initiates hands & pump energy into theirs visualising a tam-a-ra-sha in both of their palms

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

Overview

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

This second degree allows will also allow you to perform distant healing and will have access to some more powerful Reiki healing symbols.

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

Usually you would be given the next degree after sometime practising Reiki at the first degree but again this can be given sooner if you so desire (again don't worry you won't frazzle as Reiki works in harmony with you....).

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

You can practice sending Distant healing energies to your friends or relatives or even animals etc. 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).

Obviously 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.

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

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

The pages have been laid out so to easily show you what to do at each stage of each initiation.

First please take time to review what each of the sequences are doing...

They will either be asking you to “**sign**” (visually draw with one hand) a Reiki symbol or repeat the symbol name etc..

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

The process/Sequence usually mentions or refers to you giving these initiations onto someone else **BUT** this can easily be performed by you to give to yourself again, just simply stand in front of a mirror and perform the same actions to yourself. Its been laid out like this as hopefully when you get to the Master level(if you feel Reiki is right for you) you can simply follow each sequence of the initiations which will enable you to pass on the initiations onto your friends and family and so on and so on....

Finally when you feel comfortable simply follow the sequence(s) numbered 1 -> 15 performing each action it requires.

After this Initiation you are now successfully tuned 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



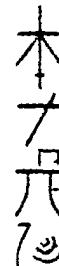
4. Sign dai-ko-mio once



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

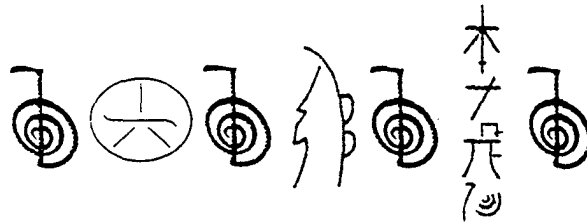
Reiki Level 2 Attunement

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 Symbols Explained

Methods for symbols activation

In general, you would use Reiki symbols by either of the following means (use *whatever method you feel comfortable with, usually drawing **any** symbols clockwise*)

- 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.

Symbols can be drawn over specific areas or over a client before a treatment commences.

Most Reiki teachers will use the symbols alias such-as "the distance symbol" or "the power symbol". I include these for ease of reference and because "the distance symbol" can be easier to say than Hon Sha Ze Sho Nen. The name of each symbol is followed by an approximation of how it is pronounced. Important if you **forget** recalling the Reiki symbol exactly then use the "Alias" of the symbol and let the powers of Reiki do they rest – they both have the same energies.

The first **three** symbols are Second degree symbols.

Hon Sha Ze Sho Nen

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

Alias "*The Distance Symbol*"

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”

Cho Ku Rei is the all-purpose symbol. It generally increases the flow of Reiki or draws lots of Reiki to a particular area. It may be used before any treatment drawn 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. The Cho Ku Rei is the symbol that I use the most. It also helps stop excess bleeding, lessens pain and removes blockages and resistances to healing in the body.

Sei He Ki

Sounds like – “say hay key ”

Alias “The Mental/Emotional Symbol”

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 most every healing session, for I believe that most disease has an emotional base that must also be healed if complete healing is to occur. The symbol clears emotional blockages and aligns the upper charkas.

All the rest you come across are third degree/Master Reiki symbols.

Dai Ko Myo

Sounds like “dye koo me oh”

Alias “The Master Symbol”

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 auric field. Healing with the Dai-Ko-Myo brings life changes.

TAM-A-RA-SHA

Sounds like “tam a ra sha”

Alias – “The Balancing Factor”

The Tam-A-Ra-Sha is a grounding symbol. To ground yourself sign it over your feet when you feel ungrounded. Signing this symbol over pain helps reduce the pain or dissipate it altogether

HON-SHA-ZE-SHO-NEN symbol

- For Distant or Absent healing

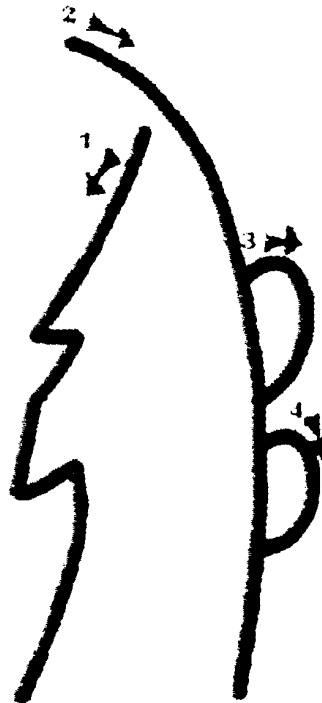
..... Past, Present, Future



SEI-HE-KI symbol

- The Protector

The guiding light to the subconscious,
this symbol is used for emotional heal
ing; 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



Reiki – Master Degree Initiation

Overview

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

At the Master level you will experience a higher energy vibration through healing oneself or others.

Usually you would be given the next degree after sometime practising Reiki at the second degree but again this can be given sooner if you so desire (again don't worry you won't frazzle as Reiki works in harmony with you....).

After the attunements you will probably feel more balanced and start feeling warmth throughout the body as this is just simply a by product of lining up with the Reiki 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 ...see the supplementary pages after the Second degree initiation).

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

Obviously 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.

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

The following pages are what actually occurs during your Master initiation as usually the Reiki student would have their eyes closed.

The pages have been laid out so to easily show you what to do at each stage of each initiation.

First please take time to review what each of the sequences are doing...

They will either be asking you to “**sign**” (visually draw with one hand) a Reiki symbol or repeat the symbol name etc..

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

The process/Sequence usually mentions or refers to you giving these initiations onto someone else **BUT** this can easily be performed by you to give to yourself again, just simply stand in front of a mirror and perform the same actions to yourself. Its been laid out like this as hopefully when you get to the Master level(if you feel Reiki is right for you) you can simply follow each sequence of the initiations which will enable you to pass on the initiations onto your friends and family and so on and so on....

Finally when you feel comfortable simply follow the sequence(s) numbered 1 -> 15 performing each action it requires.

**After this Initiation you are now successfully tuned into the Master Degree of Reiki,
CONGRATULATIONS!!!**

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



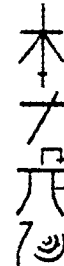
4. Sign dai-ko-mio once



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

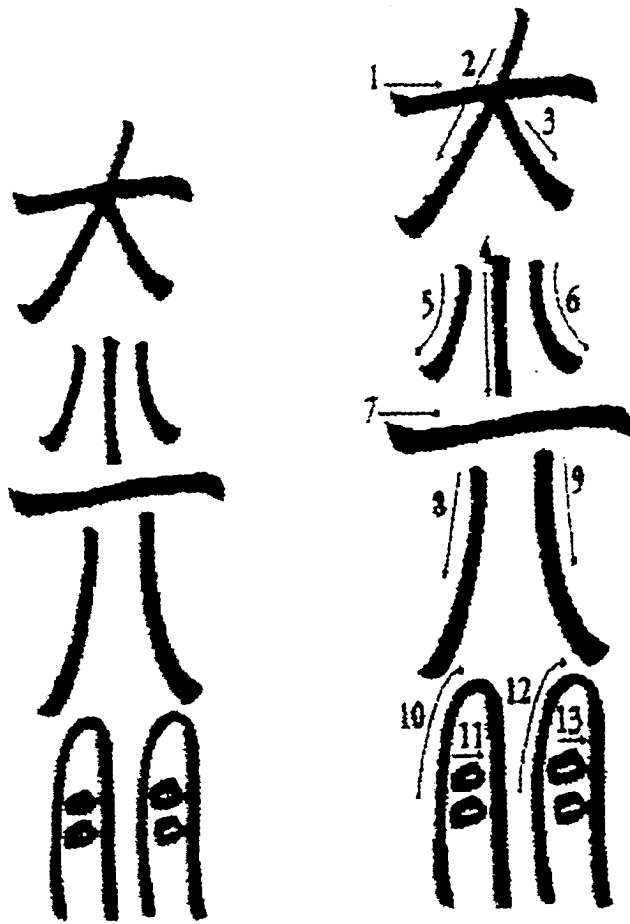
Notes:

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

DAI-KO-MI0 symbol

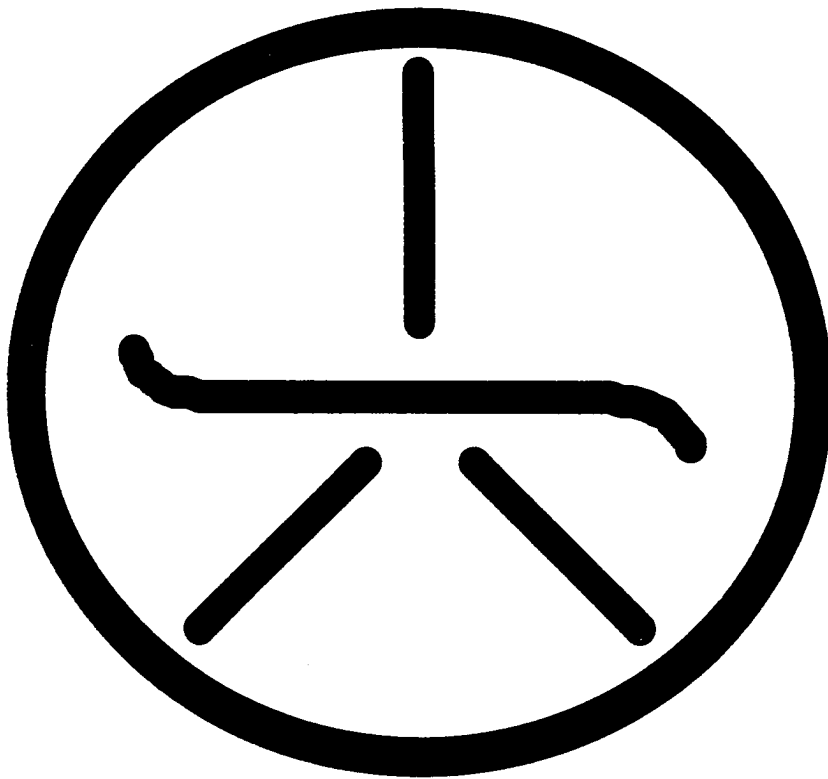
- The Master Symbol



TAM-A-RA-SHA symbol

- The Balancing Factor

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



Seichim – Master Degree Initiation

Overview

The Seichim Master degree complements Reiki and comes from Egyptian word “Sekhem”.

Seichim was discovered by Reiki master Patrick Zeigler.

Patrick had a vision of a divine energy thought to be QuanYin.

QuanYin gave Patrick the addition symbols.

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

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

The following pages are what actually occurs during your Seichim Level 1 and Master initiation, this is *usually* only transferred to existing Reiki Masters, and you should be if you have followed all the previous attunement stages.

The pages have been laid out so to easily show you what to do at each stage of each initiation.

First please take time to review what each of the sequences are doing...

They will either be asking you to “**sign**” (visually draw with one hand) a Seichim/Reiki symbol or repeat the symbol name etc. These sequences all put together form the “**secret keys**” that align the student with the Seichim energy at this level.

The process/Sequence usually mentions or refers to you giving these initiations onto someone else **BUT** this can easily be performed by you to give to yourself again, just simply stand in front of a mirror and perform the same actions to yourself. Its been laid out like this as hopefully when you get to the Master level (if you feel Reiki is right for you) you can simply follow each sequence of the initiations which will enable you to pass on the initiations onto your friends and family and so on and so on....

Finally when you feel comfortable simply follow the sequence(s) for the Seichim level 1 and Master level attunements.

After this Initiation you are now successfully tuned into the Master Degree of Seichim

Seichim Level 1 Attunement

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

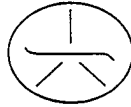
2. Sign **Seichim cho-ku-rei** to the power of 9



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



4. Sign tam-a ra-sha once



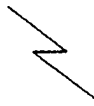
5. Sign dai-ko-mio once



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



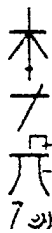
7. Sign Lightning Bolt once & if any other symbols come to mind use them also



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



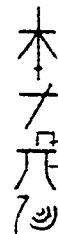
4. Sign dai-ko-mio once



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 – 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

I hope you have gained something positive from this document and hopefully this will be another string to your bow.

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 ..!

Finally I would just like to wish you well in your future endeavours.

Appendix B – Reiki Hand Positions–A typical session

Reiki client not present

Distant healing can be done in a variety of ways. Like 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) imagine the person you are sending Reiki energy too, is shrunk to a miniature size and situated between your hands.

Then you would usually start with 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 which ever technique you have used(miniature person, visualization, third eye etc..)

Sending Reiki is a effortless as anything else you do with Reiki. After a while you probably won't need to imagine the person between your hands. I usually will just sit quietly and think of the name off the person I'm sending Reiki to and do this for 10-20 minutes. Simply **focus** the intent of sending Reiki to that person. *(Its more in-line with the ethics of Reiki to get permission of the person your sending the energy too first).*

Again, how this works is a mystery, but excellent results can be accomplished. The same basic techniques can also be applied for sending distant energies onto situations, relationships, etc.

Reiki client present

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.

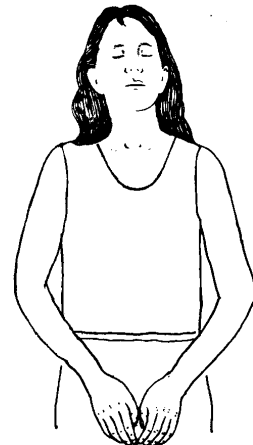
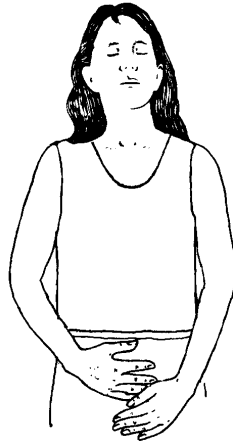
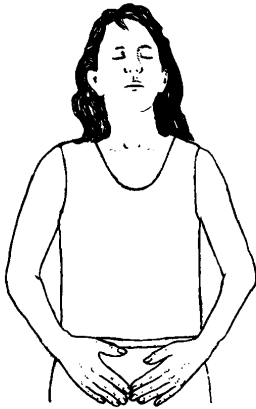
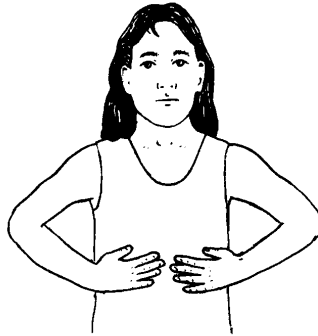
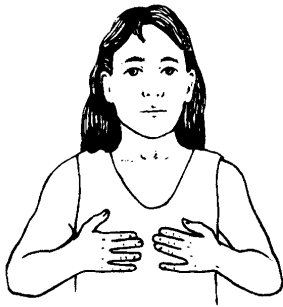
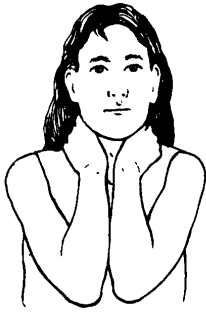
Front of the Head



Back of the Head



Neck, Chest and Torso



Knees, ankles and feet

