

Reiki Master Training Manual Reiki Plain and Simple

A comprehensive Guide to Usui Shiki Ryoho

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Reiki Master Training Manual

SECTION ONE - Introduction

For your Reference: A Quick Reference Reiki Glossary is available which explains Reiki Terms, Practices and Concepts.

In traditional Usui Shiki Ryoho there are three levels. These are Level I, Level II and Level III. In level I, the emphasis is on self healing.

You are given an empowerment to help you remember that you are and always have been reiki. You are taught the five principles (For today only, anger not worry not. Be grateful and humble. Do your work with appreciation. Be kind to all.) to assist you in keeping mindfulness and setting the intent. You are taught hand positions so that you can treat self and others. In the level II, you are taught the reiki symbols, emotional healing, distance healing and you receive another attunement. In the third degree, you are taught the reiki master symbol (Dai Ko Mio), what it means, given a third empowerment, and taught to attune others. Some see level III as the completion of their reiki training. In reality there is nothing to complete, nothing to attain, and this gives you nothing you did not already have. It is not an end but a new beginning. It is a return to simplicity that we had when we learned Reiki I and had no symbols and just the energy. It is the greatest gift to be able to share Reiki with others and it is a joyful thing to do and share in attunements.

The symbol of third degree Reiki is the Dai Ko Mio which means the "great shining light". The goal of level three Reiki is to learn to live always in the light, to *be* the light.

Teacher curriculum for this manual includes the traditional Usui symbols, attunements and the knowledge to pass them. For those wishing to also study the Usui/Tibetan Symbols and system visit the Usui/Tibetan Page. The Reiki Master or Level III consists of learning the master symbol, receiving the attunement, and learning the attunement process. For those wishing to learn the "Tibetan" symbols Fire Serpent, Dumo, and Raku, visit the Usui/Tibetan Level IIIb Section of this manual.

SECTION TWO -

Learning and Using the Reiki Master Symbol

Dai Ko Mio The Usui Master Symbol

The Usui Master Symbol has several meanings. The most common is "The Great Shining Light". Another translation might be "Great Being of the Universe Shine on Me." In Zen practice, I have seen it stated as "Treasure House of the great beaming Light," and is symbolic of one's "Buddha Nature" and of states of enlightenment.

Usui developed reiki from his experience on Mt. Kurama. He had a satori, a moment of oneness, an awakening, to his true nature. In that oneness, his previous training came together for him in a way such that he developed reiki.

The definition of Reiki can be read as "Universal Life Energy". This is the most common definition used in the Western World today. The Kanji can also be read to mean the Universal life energy/spirit coming together with us. In this meaning it represents our oneness with all. This is reiki.

In reiki level III, we learn the Dai Ko Mio symbol. We are one with the great shining light, the universal life energy merged with our own. This does not come about by attunement, nor by a certificate paper, but through realization. There is nothing to attain, there is no goal to reach.

The DKM is said to represent the Amida Sanzon, a triune of love, light and harmony. These three together represented the ultimate source in the same way that the Father, Son and Holy Ghost do. The DKM is the "Great Shining light". This is the source. Once you know the Dai Ko Mio, you can use it for any Reiki use, even in place of the other symbols. This is both because as a triune symbol it contains the others, and because it is the first step in moving from symbol reliance to just using the energy. Use it everywhere and anytime you might want to use the others. Use the name of it as a mantra to meditate concentrating on the Ultimate source of all, the great shining light and let it illumine you. Perhaps then you will realize that you are it.

The Dai Ko Mio is a return to simplicity. The three other symbols together in one. Level one was the simplicity of Reiki, trusting in the source, and simply doing it. Level II is learning the ways the source manifests and expands our conception of what the source can do. Level III, with the Dai Ko Mio brings us back to the simplicity and the oneness. Reiki is in the doing and BEing. The realization is that there is no past and no future. With open hands, open minds and open hearts, our total focus and attention

on the now. In this awareness, loving kindness and compassion *is* the expression of our awareness. We heal. The realization is that we are the great shining light, NOW, in this moment, in every breath, radiating to all. Healing is.

Some might think this a bit esoteric, or philosophical, or mystical. It is actually very simple, but it cannot be reasoned to, it cannot be sought after, it cannot be found. It simply is. Reiki is. In awareness there is only now. It is simple, be reiki. On every breath, in awareness, now. You have all felt it. In attunements, in that moment, you know it, you are it. Be it. On every breath.

SECTION THREE - Living Reiki, Being Reiki

It is almost a universal experience that we feel reiki as spiritual. Many have come to reiki as part of their "spirituality". Some believe it will give them enlightenment. Many of us define ourselves as "seekers". We "seek", we chase this elusive whirlwind thinking that some "thing", some teaching, some messiah, some teacher is going to give us that missing piece that will finally grant us, or let us "attain" enlightenment.

Many of us seekers are experience junkies, we seek experiences, we seek one spiritual "high" after another. We talk of our "path", we seek enlightenment. This is a trap, for all these searches take us away from ourselves, or put the responsibility for the realization of our true selves in the hands of others, or outside of ourselves. In seeking outside yourself you can never find. Enlightenment is where you are, where else could it be? You search for what you already are.

Your focus determines your reality. Where your awareness is, there you will be. Reiki level III is living reiki, being reiki. We are reiki. If you see reiki as separate, something outside of yourself, you are seeing illusion. If your awareness is reiki, then you will *be* reiki. Be intimate with this moment, be reiki, simply be.

You will not find this in concepts, memories, fantasies, images, searching, and projections. You will not find it in more symbols, more systems, trademarks, businesses, arguments over whose system is "better", "stronger", "heals faster", or is taught by the "best" teacher. If you are looking for reiki as a business, spirit guides, more symbols, faster healing, secret symbols, hidden teachings, energy exchanges, crystals, arguments over who is "right" and whose way is "better", you will not find them here. These are conditioning, duality, things.

Reiki is one of many, many ways of seeing the truth, and that is healing. This is reiki. This is why it works. But don't expect reiki to do the work of removing the conditionings that veil awakening. Attunements do not equal enlightenment. Keep in mind that reiki is in the DOing and BEing. If what you are doing is not in oneness with reiki, but rather

focusing your conditionings, attachments to outcome, desires and ego then might I suggest you refocus on simply being with reiki and letting it be as it is.

There are many paths people take. Do not take the path, be the path. You are reiki. In this moment Realize it, and then express it. Whatever you do, do it as an expression of this. When you work, when you play, when you sit, and stand, you are awareness, you are reiki, you are healing. In this your loving, peaceful and true nature will emerge. You heal. Do not do these for any goal, but simply for the sheer joy of it. Be reiki because you love to be reiki. Be reiki as an expression of your being, your awareness.

This is reiki in my practice, in my being. It is living reiki, being reiki. It is unlikely that you will see what is written above taught anywhere else in level III reiki. Others have different experiences, different practices. If you are a seeker, stop looking, be mindful and *be* where you are. In the search you look for what you think you know about and because of this you do not see what *is*, what is right in front of your nose, what you always were. Make everything you do an expression of reiki, of compassion, of your awareness in every moment, moment to moment. Do this not because there is anything to gain, anything to seek, anything to know, but for the love of it, for the sheer joy of it, as an expression of the oneness, awareness, awakening in your being. Reiki on every breath.

(For those that are interested in this kind of being, I would suggest you visit light-mission.org There is material regarding meditation, mindfulness, Daily Readings sent via e-mail, private teachings, and a very kind and helpful discussion list.)

SECTION FOUR THREE - About Attunements

Being able to teach reiki, and do the attunements are a large section of level III as it is taught here in the west. In this section we will discuss attunements, and then go over the process of doing them. The instructions are listed in a step by step, cook book manner.

There are many attunement sets that exist. The Usui attunements have been modified by many people who have intentionally or through the limits of memory added symbols, taken away parts, added parts and all sorts of other things. The dirty little secret of reiki is that any attunement will work.

There are crown to crown variants, short forms, long forms, traditional forms, singular master attunements and many many others. All are reiki and all work. All reawaken in us that which we have forgotten.

I have seen some people into the bells and whistles attunement experience. They burn incense, have music, special lighting, candles, perform ceremonies to the goddess, catholic rituals, kaballah…… All of that is nice, and may provide the recipient with grand ceremony, but remember they

are not necessary. My preference is SIMPLICITY. I do not play music. I do not burn incense. In my opinion, the more simple the better, anything else detracts from the experience of the attunement and the connection to the Reiki Energy. As in all things, you decide how you wish to do them. The only real important parts of the attunement are mindfulness and intent. Keeping mindfulness means staying focused on simply doing the attunement. It means keeping the intent clear, free of attachment to outcome, free of expectations, worry, need, separateness. It is just BEing Reiki, sharing it, and in that oneness the illusion of separateness is no more. It has been said that the attunement can be done by intent alone, if the intent is clear.

SECTION FIVE - A Reiki Attunement Method

There are many attunement methods. Some changes have come about in people remembering the process differently. Other changes have come about as people changed or modified the ritual of the attunement to suit their or their student's needs. I personally have in my possession over a dozen "Usui" attunements, at least three "traditional" attunements (all different), Usui/Tibetan attunements, Tibetan/Usui attunements, Short forms, and others.

What follows is an attunement set that I developed. This attunement is an amalgam of the various attunements that I know. This method seemed to develop naturally for me, and intuitively seemed to be easy to perform and simple to do. It uses a standard form for all three levels. This is offered here for your review. As in all things, use the attunement that resonates best with you. If you are interested in different attunements, or wish to learn other attunements, my e-book *The Reiki Attunement Guide* is available for download at MightyWords.com. Use the link below to the *AngelReiki Bookstore* at MightyWords.com. Understand that this e-book is merely a supplement to this manual. All the information you need to do Reiki is included in the free, "Reiki Plain and Simple" e-book you are presently reading.

When learning to do attunements it is important to practice. There are a number of possibilities for this. One is to have a person to practice on.

If you have a friend who has reiki they would be a good candidate. You can do them to the level they are for practice. You can also do self attunements. You can use a proxy for these, such as a teddy bear, or you can simply perform them visualizing yourself receiving them. Take your time and learn the steps. Some find having the attunement process on notes before them comforting when they do the attunement.

Usui Reiki Attunement

This is an attunement process that I developed. It is in the Usui

Tradition. This attunement is used for all three levels with the modifications for the second and third level in parenthesis. This attunement is a synthesis of elements from many different attunement sets that I had done and evolved over a time from my practices. It is easy to do, flows well, and easy to learn and remember.

The first level attunement is repeated 4 times with a minimum of an hour between attunements. Attunements may be repeated as often as the person likes. They are always pleasant to receive. Reiki Shares and other gatherings of practitioners are a good place for the beginning reiki teacher to practice.

Beginning

Begin by saying the principles. "For today only, anger not, worry not.

Be Grateful and Be Humble. Do your work with appreciation. Be kind to all. Place the hands in Gassho, bow and connect to the reiki source. BE reiki. You are the great shining light, BE it, resonate it. Be mindful and keep your intent on being and sharing reiki with this person.

Some find that drawing the Power Symbol on their palms, Crown and Heart Chakras, intending them to open to the Reiki Source and Light helps them connect to reiki. Cleanse the room by drawing the four Usui Reiki symbols in the air in front of you. This not only can cleanse the room but also helps you focus, and sets the tone for the beginning as a sacred event.

Part One

On the back, draw the Cho Ku Rei from slightly above the top of the head and down the back of the student, ending at the base of the spine. Place both hands on top of the head to get an energetic rapport with the student.

Breathe in visualize the Dai Ko Mio. Exhale the Breath into the Crown Chakra blowing the Dai Ko Mio in gold into the Crown Chakra, and move it through the middle of the student's head, and into the base of the brain.

You can guide it with your hand.

Above the head, draw the Usui Master Symbol and repeat "Dai Ko Mio" three times. Again visualize the symbol moving into the into the Crown Chakra, through the head and into the base of the brain, guiding it with your hand. Do the same with the Sei Hei Ki, the Hon Sha Ze Sho Nen, and the Cho Ku Rei.

Signal the student to raise their hands held in prayer position to the top of their head. Draw the Power Symbol in the air over the hands. Then picture the Symbol moving into the hands, down into the Crown Chakra, through the head, and into in the base of the brain saying the name of the power symbol three times and guiding the Symbol with your hand. (Repeat this with the Sei Hei Ki and Hon Sha Ze Sho Nen for level II, and with the Dai Ko Mio for level III.)

Part Two

Move to the front and place the students prayer held hands in front of the

heart. Draw the Power Symbol in the air in front of the middle of forehead (brow or third eye chakra). Then picture the Symbol moving into the brow chakra. Guide it in with the hand if you want. Say the name of the power symbol three times. (For Level II do the same with the Mental/Emotional Symbol and the Distant Symbol. For the Master Level, use all four symbols, remembering to repeat the name of each symbol three times).

Draw the Power Symbol in the air in front of the heart chakra. Then picture the Symbol moving into the heart chakra. Say the name of the power symbol three times. (For Level II do the same with the Mental/Emotional Symbol and the Distant Symbol. For the Master Level, use all four symbols).

Next open the student's hands like the cover of a book so they are next to each other palms up facing the ceiling. Place your left hand under their hands and with your right hand draw out the Power Symbol on the hands on the Palm. Say the name of the power symbol three times. Then place your hands on theirs and let the energy flow. (Only the Power symbol is placed in the hands in level I, the Distant symbol and mental /emotional symbol are placed in the hands in level II, and all four of the symbols are placed in the palms in the Master level.)

Bring the student's hands together in prayer position, and move them back in front of the student's Heart. Blow over the hands, down to the Solar Plexus, then up to the Third Eye and Crown, and back over the hands.

Part Three

Move behind the student. Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student. (Some examples might be: "You are a perfectly attuned", "you are a competent Reiki Healer", or "you are filled with Divine Love and Wisdom", or any other affirmation that is significant to you or the student. You can say them out loud if you prefer.

Place your hands together with the index fingers touching and the thumbs together. Both your hands will be open, palms down, fingers pointing toward the front of the recipient. Let the reiki flow and flow. Be Reiki. Do this for a minute or so, experiencing the moment with them. Move your hands to the student's neck, and then place the right hand on top of the head and the left at the base of the skull. Visualize a door and then draw the power symbol on it and see the door being closed. Say to yourself, "I seal this Attunement with Divine Love and Wisdom". Intend that the Process is sealed and complete and the student is now forever connected directly to the Reiki Source. You can say, "you forever connected to the Reiki source."

You can say, "We have both been blessed by this attunement".

Part Four

Move back to the front of the student. Hold your palms toward them. Visualize a white mist surrounding you. Breathe in and be filled with this white light mist of reiki. Blow the mist at the student allowing the

final energy of the attunement to bless the student.

Say, "the attunement is complete".

Some suggest that afterwards wash the hands to ensure that the energetic connection with the student is broken.

SECTION SIX - Performing Distant Attunements

Distant Attunements

Occasionally, there are times when we as Reiki Masters would like to share Reiki with someone (a friend, family member, loved one) and the limits of distance prevent us from being there with them. Distant Attunements are one way to bridge this gap and to allow us to be able to share this great gift with others. Understand fully that Distant Attunements are not part of Usui's, Hayashi's or Takata's teachings. Distant attunements are a non-traditional technique that is a logical extension of Distant healing and the distant symbol.

Distant Attunements are also possible and appropriate and just as perfect as their hands-on counterparts. It is done by using the distant symbol and visualization and intent. The Master/Teacher visualizes the symbols entering the Crown Chakra of the recipient and move through the aura. He or she can visualize each of the attunement steps, and see and feel them taking place. You can use a picture of the person or a teddy bear or other representation to assist when doing them.

Distant Attunements are easy to perform if you are familiar with a "hands-on" attunement procedure. There is no special procedure to perform, just some slight modifications to the regular attunement set you are familiar and comfortable with. The modifications will be described below.

Some people have difficulty with the concept of distant attunements, and have some issues with the process. These are discussed in my article on this web site on Distant Attunements.

Distant Attunement Procedures

1. Use your regular attunement set that you are familiar and comfortable with.
2. This practice is best done by either arranging a set time with the person for them to receive, or to be on the telephone or on-line with them.
3. Have them meditate, pray or other activity to clear the mind and prepare for about 20 minutes prior to the start time of the attunement.
4. You must both state clearly that the intent for the attunement to be done.
5. Begin the attunement as usual. State clearly that you intend to attune the person. Draw the Hon Sha Ze Sho Nen in the air and state that you intend this to be fully empower the person.
6. Some people use a teddy bear, photo or other proxy to gain an

energetic rapport with the person to be attuned. This can be helpful. You can also just "feel" the sense of them and do it. These are nice ways to "feel" the connection, but simply intend and will the attunement to be done, and perform it. Trust the divine source and the reiki attunement will be done.

7. Perform the attunement. Visualize doing it. See the symbols and draw them as usual.

Following these easy steps will fully allow someone via distance to be attuned to reiki.

SECTION SEVEN - Attunement Issues and Concerns

Here are some notes about attunements in no particular order. These are practices that you can do during attunements that you may be led to do, or issues regarding the process.

1. Do the principles before starting. Say them several times. Have the person say them with you. They remind us, to "not worry", to do our work with appreciation, to be grateful and humble. It is a wonderful way to begin.
2. All attunements are unique. They are individual. Sometimes you will have feelings to do something or another that might not be in the "script". Trust your intuition and do them.
3. It is the energy that you share. The symbols set the intent and mindfulness.
4. Some teach that if you feel blockages or the hands not heating up, you can place the person's finger tips against your palm and send the energy up to the heart, or blow up from palm to heart to open the channel.
5. Some like to use the Raku Symbol after attunements to "disconnect" from the other person, or make sure to "mentally" disconnect from the other person by intent.
6. Remember that Intent is the key for a "perfect attunement". You are just a channel, sharing the oneness of reiki with the recipient. You cannot mess up! Forgetting a step or action is not going to matter. The reiki source will make sure that it is right and trust that it will.
7. When you finish giving an attunement, it is likely that you will feel exhilarated. You should not feel drained. Make sure you separate yourself from all expectations. Do the attunement with the intent that the person be perfectly attuned to Reiki. Let the Reiki do the work. Do not strain, or try to put your own energy into the process. Do not use your energy, let the Reiki do the work. It has been my experience that when people first do attunements, that they tend to be concerned that they will do it "right" or that it won't work. Some may feel the need to prove it works when they first attune others. My suggestion to keep your intent clear.

It is also my experience that when people try to make sure it works, they tend to push and thus push their own energy. Stay in the moment, attention on the attunement. The symbols help you keep mindfulness.

8. The easiest way to perform the attunement is for the student to sit on a chair with their feet on the floor. Have the students hold their hands with palms together at chest height (namaste or Gassho position), and tell and show them where you will touch and what you will do with their hands.

9. You can do the Attunements without symbols. Only attempt this if you have sufficient experience with the energy and with doing attunements. The empowerment that Usui used was called Reiju and was a symbol-less attunement. The level one attunement of the Alliance that I was taught is done without symbols. Usui's reiju is done without symbols.

10. Do not use your own energy. We do this when we are attached to outcome. When we worry if we are doing it "right", when we fret and worry that it won't work, that people will be disappointed in the result, we are attached to the outcome. People who want to ensure that the attunement "takes" or "works" are likely to push. This push is not reiki, it is your own energy. You can deplete yourself doing this. Detaching from outcome means, intending to pass the attunement, and then keeping right mindfulness while doing it. Stay focused totally on what you are doing, moment by moment.

For those wishing more information about attunements or learning different Attunement Rituals, my e-book *The Reiki Attunement Guide* is now available at MightyWords.com. Understand that this e-book is merely a supplement to this manual. All the information you need to do Reiki is included in the free, "Reiki Plain and Simple" book you are presently reading. If you would like to purchase the attunement guide, Use the link here to the [AngelReiki Bookstore](#). The *Reiki Attunement Guide* is at the top left. It is available as "e-matter" so you can download your copy today in less than 5 minutes!

Visit the [AngelReiki Bookstore](#)
for books on Reiki, Buddhism, and Training

CLOSING

This concludes the Reiki On-Line Manual. It is my hope that it helps people understand Reiki, as well as leads people to study reiki. If you are new to reiki, I encourage you to find good training and practice once you receive the attunements.

May this be of benefit.

Be Well, Be Mindful.

Vinny Amador

Usui / Tibetan Reiki Level IIIa

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Usui Tibetan Reiki Level IIIa Manual

The Usui Tibetan Level IIIa was added in a few years back. It was conceived of and is called a level of "Personal Mastery". It is often taught as "advanced reiki" but in reality is neither advanced nor technically is it reiki. It is rather a number of new age add-on techniques (ala Alice Bailey, Hermetic Magick, Wicca, Shamanism, Crystal use and/or magick, and various channeled materials. These techniques and other methods taught here are not Tibetan and not from any Japanese reiki lineage. These were all developed by Western Reiki Teachers since 1980. Many people loosely group these together as "non-traditional" reiki. The most common of these are a reiki Symbol Meditation, a Goal Manifestation Technique, a Reiki Crystal Grid, a Technique to meet your "Reiki Guides", a Healing Attunement, a Psychic Surgery Technique, and the Antahkarana symbol and Meditation. There is also a revisionist history that reiki comes from "Tibet".

Most of this material comes from one of three sources. The first would be from Arthur Robertson and his Raku Kei Reiki. Mr. Robertson was a student of Iris Ishikuro who was one of Takata's masters. Mr. Robertson was the first to change from Mrs. Takata's teachings and add in the so-called "Tibetan" material. William Rand was the second to significantly deviate from Mrs. Takata's teachings and incorporate this "Tibetan" material. Diane Stein is the other main source of this material in her book "Essential Reiki".

I have often seen those teaching level IIIa claim that the level IIIa class "deepens the connection with the Reiki Source", or "people who take level IIIa are better healers", or "most people do not want to teach and so this level of 'personal mastery' enables them to practice more fully as reiki practitioners". Reiki *is*. It is the nature of reiki to always

do what is needed, to do what must be done rather than what our ego desires it to do.

For those reading through my many meanderings, understand that I do not teach any of the "Tibetan" material, and it is provided here for your reference only. BEing Reiki is being reiki, in the moment, now, in every breath. It is without control, expectation, attachment to outcome, just doing and being what is, as you are, now, in this moment. In that light, using crystals to "strengthen" reiki, or as talismans leads to a focus on the external and control. Extra symbols are merely other "things" to focus on that do not enhance but distract and give the illusion that if you have more you have better. Reiki "guides" again lead us to look outside ourselves, to wonder what the "guides" want, to wonder and worry about what the "guides" are trying to tell us. We anthropomorphize our intuition, needs and wants and then look to that to tell us our answers. Special healing "techniques" lead us to believe that we are controlling what cannot be controlled.

Reiki Advanced Techniques (R.A.T.)

OR

Techniques of Advanced Reiki (T.A.R)

Reiki "Advanced" Techniques (R.A.T) or Techniques of Advanced Reiki (T.A.R.) are techniques added to traditional Usui reiki from a number of sources, as previously discussed. These techniques are neither advanced, necessary or technically reiki. During the time that Mrs. Takata was teaching, the practice of Usui Shiki Ryoho Reiki in America, was consistent and fairly standardized. Mrs. Takata died in 1980. After Mrs. Takata's death, people began to question pricing and various practices in Reiki. The first major influence, as previously stated was from Arthur Robertson. It was he that changed the attunement structure, added in the "Tibetan" symbols, the macrocosmic orbit (i.e., hui yin), the Breath of the Fire Dragon (also known as the Golden Breath of Violet Breath) and the Kidney breaths. Others added additional material.

Many people that practice Reiki, have in their searching experienced other systems on their journey. These might include Wicca, Hermetic Magic, Kaballah, Crystals, Meditation, Tibetan Buddhist Practices, and everything in between. Some Reiki Masters began experimenting with this simple art of Reiki, and adding everything under the sun into it. New symbols were added. People began speculating then stating Reiki came from Tibet, Egypt, Atlantis, and whole new arts were built onto the framework of what was Reiki.

New styles emerged. Styles such as Usui/Tibetan Reiki, Vajra Reiki (was Johre Reiki), Blue Star Reiki, Karuna ReikiÔ , Tera Mai ReikiÔ , Seichim Reiki, Lightarian ReikiÔ, Siddheartha ReikiÔ , and more on and on and on. Some added new symbols, others modified the attunement process, still others changed the focus from a healing art to a tool for ascension work

or self-development, or for "Galactic Healing". Some of these arts claim to be "higher frequency energy", or "more powerful", or even enlightenment producing!

Understand that none of these techniques are necessary to practice reiki effectively, and none of them were used in Japan. Some Reiki Masters question the validity of these practices, or the inclusion of them under the descriptor "Reiki". I will list some of the more common modifications and Reiki Advanced Practices (RAT) here, as well as some other Techniques of Advanced Reiki (T.A.R.). Try them if you choose. If you find them useful, add them to your practices. Here you will find some of what are commonly referred to as "advanced" techniques.

Reiki Symbol Meditation

Reiki Symbol Meditation is meditation using the Reiki Symbols. It is a hybrid of meditation and visualization that is half attunement and half meditation. It is designed to increase the connection to the reiki source by meditating on the symbols. Knowing this is the process, those of you who are familiar with meditation could easily fashion your own meditation on the symbols, visualizing the symbols and meditating on the connection to the reiki source. Experiment and explore. These practices are not written in stone, and were developed by other people, just like you. Their ways are no better (or no worse?!!) than yours.

To do this meditation, use guidelines that anyone doing meditation of any sort might follow. Get yourself into a comfortable position. Sitting in a comfortable chair that allows your spine to be erect is good. Placing your hands on your lap and having your feet comfortably touch the floor generally works well. Relaxing the body using some deep breathing, or muscular relaxation can sometimes help.

As with all meditation, if your mind wanders while meditating, allow the thoughts to slip away, paying them no mind, and gently refocus. Having done that, breathe slow and deep, shut your eyes and focus on the feeling of Reiki. Sometimes it helps to allow that sensation to begin in your palms. Allow the reiki to pour into you and intend that it do so. Let your mind stay on this sensation and feeling. Now allow the loving feel of the Reiki Source to be with you as the reiki energy flows into you. Stay with this feeling for a time and then when you are ready, you can begin to meditate on the symbols.

The first symbol we will use is the Master symbol. Either draw it in front of you or visualize it in your mind. Say the name of the symbol (either out loud or in your head). Visualize the symbol as golden, intensely bright and empowered with the loving energy of the reiki source. Allow it to flow into you, and for any message it might have for you to manifest. Stay focused on the symbol and the reiki flow and the source. The Master symbol is the symbol of empowerment, and of the Great Shining Light. Allow

the symbol and energy to show you what that means. Stay with this as long as you feel comfortable.

When you are ready, do the same with the Power Symbol, the Mental/Emotional Symbol, and the Distance Symbol. You can do the meditation with all four symbols in one setting, or my personal preference is to only work with one symbol per session and increase the time meditating on that symbol. The connection feels more personal that way. When you are finished, draw all four symbols in front of you saying their names. That the reiki source for sharing this with you. At this point, you are likely to be filled with energy and this would be a good time to work on doing self-treatments, treating others, doing distant healing, manifesting goals, charging your reiki crystals, or watching reruns of "Green Acres". (no really!!!, Arnold the pig helps ground people. Ok, so that was a bad joke. However, grounding yourself is important! If you are not grounded, you might find yourself light headed and dizzy after this meditation. Find something that is grounding and do it. You can place your palms on the earth, go for a walk, visualize roots running to the center of the earth and connecting, drink water or whatever works for you. You can also put your tongue on the soft palate (just behind the teeth), draw the power symbol on the feet, that hara (just below the naval) and the palms. Place your palms on the hara and concentrate on that area for a few minutes. This tends to bring the excess energy from the upper chakras and into the hara. Any method of grounding works and keeps the dizzies from happening!

There are an infinite number of possibilities of Reiki Meditations available. You can do it focusing only on the connection to the reiki source. You can add other meditative practices such as light body meditations, or Mer-Ka-Ba. Experiment and know that your modifications are just as good and valid as anyone else's, they just cost less!

Manifesting Goals

Goal Manifestation is another new age technique that is also common in Magick and Wicca. It is an active utilization that focuses on the desires of ego to get what one wants or bring about some desired outcome. Because these represent attachment in Buddhist thought, they would seem to be incongruous with the gentle art of reiki, where one does by not doing. No attachment to the outcome is a maxim in reiki. This technique would seem to not be in concurrence with this.

For those that wish to know this material, the teaching of Manifestation grids is as follows.

There are several methods available to help use reiki and the reiki symbols to manifest goals. Advocates of these techniques feel that they can help manifest changes in your life. Manifestation practices can be done alone, or after doing a Reiki Meditation like the one described above. No matter what method you use to manifest goals, always be ethical

in what you ask for.

Sit and relax, breathing gently and deeply. Either out loud or to yourself, say your goal. State it in such a way that their can only be one interpretation and cannot be misinterpreted. Connect to the Reiki energy. Draw the symbols on your palms. In your mind, create a mental movie, or mental image of this goal being accomplished. Draw the reiki symbols on the mental picture starting with the power symbol and ending with the power symbol. Repeat this same procedure for each goal you wish to accomplish. When you are finished, say (out loud or in your mind) "If this be possible within Divine love and wisdom, then let it be so." Finish by drawing all the reiki symbols again on the visualization and sealing it with a power symbol. Believe totally that this process is done and that this goal is already being manifested.

Another Manifestation technique is a Manifestation Triangle. This technique is a better choice for those who are not as good with visualization techniques. Also, because it involves writing, it is more concrete and can help focus you on what you truly want. The first step is to draw a triangle. At the bottom left hand corner write the person's name that this manifestation is to be for (yourself or someone else). Next, at the top of the triangle, write what you want to happen. This should be the best possible solution to the situation. The situation and person's name should be specific. You can say "This will manifest for the highest good of (person's name)". Next, at the bottom right hand corner, write the situation. After setting up your triangle, and writing out the name, solution and situation, draw a power key symbol over each corner. Draw a power symbol over the whole triangle. Place your hands on the triangle picture and do reiki on it, intending it to manifest.

Reiki Crystal Grid

The advocates of this procedure believe that a crystal grid can be created and charged with Reiki energy. These practices seem to come from new age crystal practices, and from spell work and magick. It is thought that it will continue to send Reiki energy for healing, protection, or to assist with goal manifestation for several days or longer. The idea of using charged objects to bring about a desired outcome for the user or wearer is nothing new. Talismans have been used throughout recorded history. These techniques are generally from magical traditions. Psychologists believe that there is a self-fulfilling prophecy regarding the wearing of such objects as well as a placebo effect.

This technique was developed to set up a continuous flow of reiki energy for healing or protection by using crystals and the reiki energy. This technique did not exist in Reiki Ryoho in Japan, and was not part of the Hayashi-Takata Usui Shiki Ryoho, but like most of the add-on's was developed after the death of Mrs. Takata. It is not my belief that you can empower a grid to continuously send Reiki. It is also my opinion that

reiki is a loving connection between the harmony of the universe, the sender and the receiver. Rocks would seem to lack that connection. I do not teach this practice. It is included here for your reference.

To make the Reiki Grid you need eight crystals. (There are many books on crystal selection with rather lengthy guidelines about how to select the "perfect" crystal for you.) For our purposes, the easiest method of crystal selection is to pick the crystals up and just see how they feel to you. Try not to so much "think" about this as "feel" it. Send some reiki into the crystal and see how that feels as well, allowing your intuition to guide you. Most new age shops and many science or hobby shops sell crystals. Regular Rose Quartz, or White Quartz tumbled smooth stones are sufficient for the purpose of making this grid and are inexpensive. You will also need a picture of the person that the grid will send to or protect.

After you have the stones, they will need to be cleansed. Some crystal experts believe you should cleanse them in clear water and then leave them in the sun and moon light for a period of three days. Other experts believe it is best to place them in rock or sea salt or salt water for 24 hours. Say a prayer over them after you have put them in the salt or salt water, asking that they be purified for your highest spiritual good.

Choose a place for the Reiki Grid. The best location is one where others do not go so that the grid is not disturbed. Take the eight crystals that you have cleansed, and choose the one that seems the strongest. This will be the Master Charging Crystal. For your central (Master) crystal, you may want to choose a double terminated crystal, a cluster, a pyramid or a crystal ball. (Some practitioners conceptualize this in terms of yin and yang. You are looking for the crystal that is the most yang or having the strongest male energy.) Next, place six of the crystals at equal points around a circle about 10 to 12 inches in diameter. This creates a hexagon or six sided figure. Place the last crystal in the center. This makes seven stones in the design in total. The eighth will be used as the Master crystal. Play with the arrangement until it feels right.

This arrangement uses a six sided figure. It is possible to construct them in any geometric shape. Various Magick traditions such as Wicca and Hermetic Magick attribute different meanings to the various shapes.

Choose one that best represents what you are trying to accomplish.

Take a picture of yourself or the person that you want to send reiki to.

Draw the four Reiki Symbols on the back, the person's name, and an affirmation to help empower and set the intent of the process. Be creative. You can use a piece of paper with a goal, intent or need on it instead of a picture. Draw out the four Reiki Symbols on the paper and then Reiki it between your hands and place it within the crystal Grid. The belief is that the Grid will continuously send Reiki to heal the person or bring about the goal.

At this point you have the purified crystals and your prepared picture.

The next step is to charge the crystals with the reiki energy. This is very simple to do. Take each crystal into your hands and send Reiki into

it for about 10 minutes or so. Do this with each crystal, one at a time until all of them are done. You can also say prayers, or ask your Reiki or spiritual guides to assist you while you are charging them. Another way to charge them is to do a Reiki Attunement on each crystal or do an attunement on the grid once it is completed.

Once the crystals are charged put each back in its place on the grid. Put the Master Crystal in last. It is suggested that you not move the crystals after they are in place as it will weaken the energy connections.

The Master Crystal is used to keep your Reiki Grid charged. This stone can be recharged when needed by holding it in the hand during a reiki meditation, beaming reiki into it, or re-attuning it. To finish the grid hold the Master crystal in your right hand. Starting at the top, begin to connect the dots that are formed by the crystals on the grid. You will be starting at the top and making six triangles as you connect the imaginary lines between the stones on the outside and the center stone. Move around the Grid in a counterclockwise direction. You can also say an affirmation or mantra as you do this. Some masters meditate with they Master Crystal frequently to keep their Reiki Grid charged up.

Reiki Guide Meditation

This technique is commonly taught in the Level IIIa classes of the Usui/Tibetan School and has been popularized by authors such as William Rand and Diane Stein. Reiki Guides were not part of Traditional Reiki as taught by Usui. Like most of the "add-on" material, Reiki Guides and the belief in them were added on by other masters in the west after the death of Mrs. Takata and were never used by Usui. This material seems to have been taken from various native American Shaman traditions and like most of these "advanced" techniques, tries to teach one part of a greater system and fit it into reiki.

Understand that Reiki works without "guides" and that guides are not necessary to practicing reiki, or doing attunements. Many people use reiki their entire lives without ever having a guide. There are some authors believe that reiki "guides" are really the ones that do reiki, and are the presence doing the attunements and will correct errors made by the Reiki Master during an attunement.

You are reiki. You are and always have been. How can things like guides, that arise and fall away as objects of mind "give" you reiki? It might seem that Reiki "guides" again lead us to look outside ourselves rather than looking in.

When you have guides, you might be prone to wonder what the "guides" want, to wonder and worry about what the "guides" are trying to tell us. We anthropomorphize our intuition, needs and wants and then look to that to tell us our answers and move away from BEing reiki, to surrendering our

conditioned self to more conditioning.

I do not use guides in my practice, nor do I teach them or this procedure.

It is included here for your reference only.

What follows is one practice of a "connect to your guide" meditation.

Like all meditation practices, find a time alone and a place without distractions. Sit comfortably in a straight backed chair with your hands on your thighs. As you breath in, see the breath as white light filling every part of your body. As the white light goes through your body with your breath, it collects this tension and is blown out of you with the release of the breath.

Visualize a fountain of white Light descending down over you. This light flows over you and down to the ground. As it touches your energy it collects the negative energy and everything that is not for your highest good. The Reiki Light transmutes the negative energy into light. Allow the light to form a protective bubble around you. You are completely surrounded by this bubble of light and you feel safe and protected.

Do some form of systematic muscular relaxation. One that I use is:

Allow the relaxation to come into the soles of both of your feet at the same time. Feel your feet relax. Let the relaxing sensation move up the legs into the ankles, letting the muscles and bones relax. The relaxing energy moves up the legs into the calves, relaxing them, and then up through the knees into the thighs. Allow the legs to totally relax, and then let the energy move up into the hips, relaxing the hips. And your legs and hips are totally relaxed. Now let the relaxing power move up the spine, and a warm feeling of energy moves up the spine as it relaxes the muscles of the back. The energy moves into the shoulders, and you allow your shoulders to relax. The energy now moves down the arms, and into the hands, relaxing your upper arms, fore arms, and hands. Now the energy moves up the neck, relaxing the muscles in the neck and up the head, into the scalp and the head and scalp are relaxed. The energy moves down over the forehead, and into the jaw, and you are totally relaxed and now ready to start the meditation to meet your guide. At this point, concentrate on the breathing and let go of all thought.

As you sit in your chair, see a beautiful column of Pure White Light, or a column of Golden Divine Light. Allow the divine light to come in your presence and then to envelop you, and be with you. As you gaze at this Light, you see a figure emerging from out of the Light and coming towards you. As they approach, you start to see more of what they looks like.

You may wish to ask them some questions to help them communicate with you.

As you ask these questions and receive the answers, know that you will remember them clearly upon awakening. You will both intuit, feel, hear or otherwise receive the answers. Ask and or notice their gender, size, appearance, shape, smell, form, clothing, etc.

See them come towards you and give you a hand. Note how it feels to meet this being? Are the familiar and do you recognize them from having met them before? What does their energy feel like to you?

See them sit in front of you. Ask them their name, why they are here for you at this moment in time, what role they are to play in your life, and if they have a specific message for you at this time. Listen carefully for the answers.

When you feel comfortable with your guide and the answers have come to you, be with your guide for a time and allow the connection and communication between you to deepen. Some people have a good sense of when it is time to leave and others do not. You may wish Ask them how you can recognize their presence the next time and how to ask them for assistance when you need it in the future. You should not share this information to anyone. Then, thank your Reiki Guide for making their presence known to you.

Know that your guide will be with you from this time forward, guiding you, protecting you, and assisting you. In the future, all you need do is acknowledge their presence and ask for their help when you need it. Start bringing yourself back to the room where you are physically. When you open your eyes, you will awaken, refreshed, alert, and completely aware. You have now met your guide. Talk to them in meditations. Call on them when you need. This can be as simple as calling their name in your mind. Also, by remember the feeling you had of them (energy signature) you can connect with them.

(Author's Note: Be careful what spirits you ask into your life. Make your own decisions. Never surrender your will to another human or spirit. Above all else, be careful.)

Reiki Psychic Surgery Technique

This technique was developed by William Rand. It is a pseudo hypnosis/visualization psychodrama technique that tries to focus a person on solving an area that they are "stuck" in and breaking up blockages. The use of "reiki fingers" and other techniques in this procedure would seem to be Shaman techniques. A Shaman in training would study for many years prior to attempting this, which is commonly taught as an hour section of a weekend class. This technique also reminds me of some neuro-linguistic programming techniques I was once taught minus the reiki. Shamanism, Hypnosis and Neuro-linguistic programming are separate areas of extensive study which cannot be taught as part of a weekend "advanced reiki" class. I do not teach this material in any of my classes. You may click the link here to review the procedure for your reference.

Reiki Psychic Surgery

The Reiki Healing Attunement

Background

A Reiki Healing Attunement is a non-initiatory attunement that is given for healing purposes only. It was not a part of traditional Usui Reiki and as such is not necessary in the least to practice Reiki. This Attunement was conceptualized to be non-initiatory which means that it is not supposed to initiate the person receiving it into Reiki. It was thought that it would bring higher frequency energies and more powerful levels of energies into the person than a traditional hands on treatment. (Okay, for those diligent readers who have plowed through all this ranting and raving of mine, here is your test - How am I going to respond to these "claims"?)

The prime directive of reiki is that we do not control the energy, reiki does the healing not us, and reiki always works for the highest good of the recipient. So using that as a guideline I would have to say that the healing attunement would not work any better at healing than any regular hands on treatment. Indeed, how could it? Reiki does the healing not us, and Reiki decides what is in the highest good of the person, not us, so we cannot control the energy by doing extra special healing attunements.

Please Note: This Attunement as conceptualized is not supposed to initiate the client into Reiki. The inventors of this procedure believe that it is not an Attunement Process for conferring the status of Reiki practitioner, therefore the Reiki Master can utilize this particular process in his or her healing work. It is thought that the reason the Healing Attunement does not initiate the client into Reiki is that the Symbols are not placed into the hands, but instead are placed in the recipient's Heart Chakra. My experience tells me that any attunement confers the status of a reiki practitioner on a person. (This occurred a number of times after doing the Healing Attunement and having people contact you days later telling you that their hands are very hot, and that when ever they touch themselves or others they become hot and it feels relaxing and pleasant to the receiver. Upon examination and having them try this on me, it appeared that they had received an attunement.) Understand full well when giving this that you are initiating someone into reiki. If you do this and the person experiences post attunement effects, you are ethically bound to instruct them in reiki so they understand the gift given them.

It was told to me that the effect of this attunement does not last more than 30 days. That also has not been borne out by my experience. With a willing volunteer, it was found that the effect was still active after several years (and counting) and so please heed the cautionary statement above.

This Reiki Healing Attunement was thought to be a way for a client to be able to remove blockages and is used with a pseudo-therapeutic technique to help the person focus on the "blockage" and why it might be occurring. As with any attunement, it can remove negative energies from the client's physical body, aura and chakras. It can also help release blocks. It needs to be said that this is what any regular hands on reiki session or

attunement does.

To Utilize the "blockage releasing" potential of the Healing Attunement explain to the person that they must be willing to let go of the block as well as any other effected areas in their life related to the block. In order for it to be most effective they must be willing to let go and heal and make the necessary changes related to the block. The client's intent in the attunement should be focused on the issues relating to the block and letting go of it and healing.

This "Healing Attunement" is also conceptualized to help "empower goals". (For more information about Goal Empowerment and Manifestation of Goals. To do this, discuss with the person what goals they have had trouble achieving, and what might need to be released and healed so it can be achieved. Realize that there are often unconscious fears and feelings that prevent the person from achieving the goal. Also, there can be fears that if the goals is accomplished the person may have to make changes in their life which may be uncomfortable or frightening and so they avoid completing that goal. These blocks and fears can be focused on and released during the healing attunement.

Procedure

Like all attunements, the client should sit in a chair, back erect, with their feet on the floor. The developers of this technique believe that the recipient's eyes should be closed for the duration of the healing attunement. This is because they need to focus "inwardly" on achieving their primary purpose. It is also done so they cannot see the attunement process.

Prior to starting the Healing Attunement move behind the person and say a silent prayer and state your intent. You can also ask for the help of your spiritual Guides, Reiki Guides, angels, etc. Draw the Power symbol on your palm, Crown, and heart Chakras and intend that they be opened to the Light. Draw all six Reiki Symbols in the air in front of you, then you are ready. .

Part One - Move behind the Person

From behind the client make the sign of the Fire Serpent. This starts from above the head, down the back and spirals at the base of the spine. Place your hands on their shoulders, or on top of their head for a few moments to develop an energetic rapport with the person.

Contract and hold the Hui Yin, and hold it throughout the entire attunement. Do the Violet Breath. (To see the Hui Yin and violet breath, see the instructions in the Reiki Level III Section of this manual.

Open your hands and exhale into the Crown Chakra, picturing the Tibetan Master Symbol moving from the middle of your head, out with your breath, into their crown chakra. Move the symbol down through their head, guiding it with your hand, into their heart chakra while saying the name of the Dumo (Tibetan Master Symbol) three times. (Moving the symbol into the heart chakra is how this differs from a traditional attunement where the symbols go into the base of the brain. The developers of this technique

believe that means the person will not be Initiated into Reiki. I believe this to be incorrect. Read the warnings regarding this which are part of this section.)

Do the same technique with the Usui Master Symbol, this time saying the name of the Usui master symbol three times as you move it from the crown chakra to the heart. Repeat this with the Power Symbol, the Mental/Emotional Symbol and the Distance Healing Symbol

Part Two - Move to the Front

Draw the Tibetan Symbol over the crown chakra. Say the name of the Dumo three times as you move it from the crown chakra to the third eye chakra. the heart and then into the solar plexus. Gently tap the top of the head three times with the finger tips. Repeat this with the Usui Master Symbol, the Power symbol, the Mental/Emotional symbol, and the Distance Healing Symbol.

Blow toward the Solar Plexus, and gently blow from the Heart, the Third Eye and Crown Chakras. Blow back down to the Solar Plexus, then back up to the Crown. This is one slow even breath. You are opening the channels when you do this so you can use your hands to help guide the energy. You can also keep a strong intention to remove and sweep out all negative energy by sweeping out this energy as you blow by making a sweeping motion with the hands. Sweep it from the aura to the light.

Part Three - Move behind the Person

Look down the head through the crown chakra, and visualize and imagine that you can see the heart. Look for a soft green, white or pink ball of light. Place a positive affirmation into the person's heart by repeating it to yourself three times. Intend it to enter the heart and to be accepted by the subconscious mind. Some examples might be "You are completely healed by Divine Love", or "You are empowered by Divine Love and Wisdom"

Place one hand on the back of the person's heart Chakra and your other hand on their shoulder. Say aloud, "I now perfectly seal this healing process with Divine Love and Wisdom" Picture a door with the Power symbol on it being closed and locked over the Heart Chakra. While you do this, intend, will and feel that the healing process is sealed and complete.

Place your hands on the person's shoulders knowing that you have both been blessed by this process.

Part Four - Move to the Front

Hold your hands at waist level, palms out facing the person, make sure the hui yin is contracted and breath a final breath at the person intending that the energy act as a blessing for the person. Some masters "program" this attunement to last a specified time for the person to be able to work on the issue.

Antahkarana -Ancient Symbol of Healing

(Author's note - The Antahkarana exists in several styles of Reiki

including the Usui/Tibetan, Tibetan and Raku Kai. To the best of my knowledge, it did not exist in Usui Reiki. Although it is claimed to be a "Tibetan" symbol that is most ancient (some even trace it to "Lemuria" 100, 000 years ago!) I can find no record of its existence as a symbol used for healing in Tibet or anywhere else. I showed it to a Tibetan monk I met, who said that he has never seen or heard of it before. This does not mean that it is not a symbol of antiquity, or that the procedure is ineffective. It does mean that I cannot substantiate the claims made regarding it. The only background I can find on this symbol is that it appears to have been the work of artist M.C. Escher who drew three dimensional works that folded back on themselves and other innovative and interesting designs. There has recently been a crop circle noted to be made with this pattern.)

The Antahkarana is reputed to cure everything (although I have repeatedly tried and my beautiful golden mane of hair has not returned and still I have this receding hairline. Lucky my wife thinks Captain Piccard and his bald head from Star Trek:TNG is sexy, so perhaps this is not necessarily a bad thing.....) Most descriptions I have seen of the Antahkarana describe it as bring in the "spiritual anatomy" of all living things. It is the connection between your brain and your higher self. It is thought that if you are to ever grow spiritually, you must develop and heal this connection. The symbol itself is thought to represent that connection and is thought by its mere presence (i.e., seeing it) to facilitate that connection. Indeed, just having the thing in sight is supposed to have a beneficial and uplifting effect on the chakras and auras. It will also increase the efficacy of all healing techniques. It is thought to complete the Microcosmic orbit by meditating on it, which facilitates a flow of energy to all the chakras. I have heard of it being used to clear and cleanse crystals of negative energy.

The Antahkarana symbol is a cube shaped symbol. It has on its surface three "sevens". These are thought to correspond to the 7 chakras, seven colors, seven tones on the musical scale. In the apocryphal book of Revelations there are the three sevens of the seven trumpets, the seven candlesticks and the seven seals. Its energy moves through all dimensions, leading us to our higher self. It probably corresponded also to the "seven" planets.

The Meditation practice included here is attributed to Tibetan practices. From the information I was taught, it was said that the monks would use a room lit with seven candles. An earthen vessel would be in the room. Its shape was oval. It contained water. The oval shaped vessel represented the "cosmic egg" of the universe. There was a stool that the monk would sit upon, which contained the Antahkarana symbol made out of a silver metal (This might be a "master frequency plate" or "master frequency generator", that Ralf Jensen developed. They are for sale at the American Reiki Masters Association(tm).) Purportedly the monks would sit on the stool and meditate on the reiki symbols which were on a copper mirror on the other side of the room which would merge the heavenly reiki energies

and the Antahkarana would focus the earth energy blending them in the chakras.

(Author's note - It is highly unlikely that Tibetan Lama Monks would be meditating on "Reiki" symbols, especially the HSZSN and the DKM, which are Japanese Kanji, and Usui himself in his manual, the Usui Reiki Hikkei, states that his Reiki was an original creation. I know that the Diane Stein fans out there are reminding themselves at this moment that Diane writes that there are 300+ symbols in a monastery in Tibet waiting to be re-revealed to the world. However, there is no evidence that Reiki was ever practiced in Tibet. There is even less evidence that there are multitudes of symbols waiting to be discovered anywhere as there were only four symbols ever practices in Usui's Reiki. In my opinion, this is what happens when people pass on information to others who pass it on and pretty soon, everyone "knows" it, and all accept it to be true. They even begin quoting each other as sources! For more information try my Article on "What is and is not Reiki" , or my article "Reiki History and Commentary". These articles address this subject in more detail.)

The Antahkarana Symbol

The Antahkarana is reported to be quite a panacea. It is said to have its own consciousness, to work on the aura, the chakras, the organs, and various other aspects of the energy body. It is said to connect you to the higher self. It is like that shampoo that adjusts to what your hair needs; in that it adjusts itself to what you need at the time. I was taught that it cannot be used for harm, much in the same way Reiki cannot be used for harm. I was taught you can place it on things, under them, and all sorts of places to assist in healing.

It is primarily used for Meditation, and there are a number of methods for doing that. The simplest is to gaze on the form on a paper or to make a cube with the image on it and stare at it and meditate. Some people report that the image will fade in and out of consciousness or that they will see visions.

The size of the image is supposedly related to the masculine and feminine aspects of the image. It was taught me that a large single image feminine and the smaller symbol was masculine in energy.

A Meditation using the Antahkarana Symbol

This meditation, as it was taught me appears to be like the Reiki Meditation (see above) Section of this manual, along with some basic Chi Gung Macrocosmic Orbit work. This process was thought to cleanse the system of negativity, negative energy, and to cleanse the chakras as you circulate the energy. (Author's note: Any good meditation or chi Gung practice will do this.)

This meditation is purported to improve your healing skills, open the third eye, increase your clairvoyance, and any other number of wonders. The process begins with Using the Reiki Master Symbol (Author's note: has anyone but me noticed that most of these additional techniques need the Reiki Symbols/energy to power or empower them?)

First place the Antahkarana Symbol under your feet. Next do a complete Reiki Healing Attunement on yourself. Place your hands on your thighs and relax. Feel the Reiki flow. Now draw the Usui Master symbol in the air before you. (Some visualize white light coming from their hand as they draw the symbol. As you draw the symbol, say the name of the Usui Master symbol three times. Keep the image in your mind and meditate on it. Now Focus your gaze on the Antahkarana Symbol. Say the name of the symbol three times, and then hold the symbol in your mind's eye and meditate on the symbol. When you feel done, focus on the symbols and move them up, into the light, or a field of intense white light. When this is done, do the Hui Yin, then visualize the Usui Power symbol at the Hara, and then at each chakra all around the channel until you reach the hara again. This is to clear each chakra. See the light and Reiki energy at each chakra as you do this.

Well, there you have it. Level IIIa. Use this if you like, but understand that these are all American Inventions that came about following the passing of Mrs. Takata in 1980. None of these have any basis in Usui's, Hayashi's or Takata's reiki. They are not necessary to do Reiki, or do it effectively.

Usui Tibetan Level IIIa (Master Practitioner Level)

Usui Tibetan Level IIIb (Master Teacher Level)

Usui Tibetan Reiki

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Usui Tibetan Reiki Manual

For your Reference: A Quick Reference Reiki Glossary is available which explains Reiki Terms, Practices and Concepts.

Level IIIb

Level IIIb generally consists of two parts. The first teaches the Usui Shiki Ryoho Level III Master material including the Usui Master symbol and its uses. Second, the "Tibetan" material and symbols was taught. Click this link to view the Usui Shiki Ryoho Level III Master Manual on this site. This material should be learned before proceeding.

The Usui/Tibetan Level IIIb teaches the "Tibetan" symbols, and a procedure for attuning others.

Learning and Using The Usui / Tibetan Symbols

The Usui/Tibetan symbols consist of the Fire Serpent, Dumo, and Raku.

DUMO

or

"Tibetan Master Symbol"

The Usui/Tibetan styles refer to the Dumo as a "Dai Ko Mio", or the "Tibetan DaiKoMio", although calling the Dumo a "Dai Ko Mio" is a misnomer since they have completely different meanings and the intent of each is different.

In her book Essential Reiki, Diane Stein stated "that many modern teachers feel that the Traditional Dai Ko Myo Symbol is more in tune with the older time, whereas the nontraditional Symbol flows more closely to the vibrations of today's world and teaching needs." I believe this to be a misunderstanding of the intent of Usui's system and the reason that the Dai Ko Mio was selected as the empowerment symbol for his system. Again for clarity, the symbol Diane Stein and the Usui/Tibetan folks call the "non-traditional Dai Ko Mio" or the "Tibetan Dai Ko Mio is actually the Tibetan Medicine Buddha Symbol called "Dumo". It has a much different meaning than the Dai Ko Mio that Usui intended for his system.

This symbol, DUMO, is pronounced "do moe". It represents the swirling fiery heat of the Kundalini. Dumo or Dumo Fire is the heat which ascends up and over the spine as a result of the Kundalini awakening. It is said that the unification of mind and body produce the emanation of heat. Dumo is thought to be the igniter of the Sacred Flame or Kundalini fire. It is said that Dumo unifies the mind and body and works with the fire in the

base chakra. Those who use the Dumo claim that it pulls negative energy and disease out of a body, room, or situation and releases it. Those that practice with crystals report that it can be used on crystals so that they self-clear. In these Usui/Tibetan systems, it is used in the attunement process with the Violet Breath where it is visualized in gold. Although some have claimed that it is the "goddess spiral" its tradition is drawn from Tibetan Medicine Buddha practices and not from Wiccan based faiths. In Usui's Reiki he choose the Dai Ko Mio as the empowerment symbol. The Dai Ko Mio represents the great shining light. The dkm is used at the Kurama temple (where Usui did his 21 day Lotus Repentance Meditation and had Satori and discovered reiki). The DKM as used in the Kurama temple is to represent "Sonten". Sonten is the "Living or Supreme Soul of the universe"; Sonten is "Glorious Light"; or Great Shining Light this is what

the DKM represents. At this level, (as one of the meanings of Hon Sha Ze Sho Nen indicate - "God and man are one") one realizes, as a wave is water and the water manifests as wave, that they *are* reiki, they *are* the great shining light and always were and have been. There are some sects in Japan that believe that all the buddhas have emerged in/as/of Sonten. While the form of the symbol really matters little, the intent of Usui Sensei's system was based on the understanding of DKM, not on the Tibetan Dumo that others added into the system.

Some see the Dumo as the Goddess Spiral. Coincidentally enough, many of these are people involved with Wicca and other Goddess Religions. The intent of Dumo is not a Wiccan based goddess spiral. (Although Diane Stein draws hers that way.) The Dumo is though to unify the body and mind. It is reported to work with fire in the base chakra by igniting the Sacred flame (i.e., the Kundalini energy). It is believed to pull negative energy and disease from the body and mind.

Fire Dragon,
Fire Serpent
or
Nin Giz Zida

The Fire Serpent is thought to open the Chakra system. This allows the Reiki Healing energy to flow into the person receiving the attunement or healing. Typically, it would be drawn down the back of the person receiving at the beginning of an attunement of a healing session.

Raku

Raku is used in passing attunements, but generally not in individual healings. I have seen some authors state that Raku "helps to lift negative Karma, and brings the student to higher levels of consciousness during an attunement. It is used at the end of an attunement to separate the auras and energies of the master and the student.

The Hui Yin and the Violet Breath

The Hui Yin and Violet Breath are generally not considered Traditional Techniques. You can pass attunements either using them or not. Some people feel the attunements feel more powerful when using these techniques. This is most likely because the Hui Yin is a chi kung technique called the Microcosmic Orbit. When using this, your chi becomes part of the mix while doing an attunement. It is my experience that the attunements "feel" stronger when doing them this way.

The Hui Yin

The Hui Yin point is located between the anus and the genitals. To do the technique, the point is contracted, and the tongue is placed against the soft palate (behind the upper teeth. I have seen some Masters speculate that when using the Hui Yin and Violet Breath when passing Attunements, a special type of high frequency Chi enters the system and passes through the Hui Yin point, making this a more powerful process.. Some masters go so far as to speculate that this point must be held for the entire time you are doing the Attunements to prevent the Ki from escaping from this point. As with all speculation of this type, no one really knows what the veracity of such claims are. All I can offer is the Usui did not use this process. If you are going to use the Hui Yin, you must practice to develop the muscular control to hold the point for lengthy periods.

To develop this muscle, practice contracting the muscles in this area.

Pull gently!!!!!! Do not strain and hurt yourself!!! You can also practice contracting these muscles continuously as you go about your daily activities. As you continue practicing, it will become easier and you will be able to hold them for longer periods of time.

The Violet Breath

Visualize a White Mist surrounding you. Next, contract the Hui Yin point and place your tongue behind the upper teeth. Breath in and imagine a white Light coming down through the crown Chakra, through the tongue, down the front of the body (Functional channel), through the Hui Yin point and up the spine (Governing channel), to the center of the head. Imagine the white mist filling the head. (This is commonly referred to as the Microcosmic orbit). Now, visualize the white Mist turn blue, then indigo blue and begin rotating clockwise. As the Mist rotates see it turn to Violet. In the Violet Light/Mist visualize the Dumbo (see it as golden).

During the attunement, blow the Dumo Symbol and Violet breath into the student's crown Chakra and imagine the Symbol moving into the base of the brain as you say the name of the symbol in your mind.

The Attunement

There are many attunement methods. I personally have in my possession over a dozen "Usui" attunements, at least four "traditional" attunements (all different), Usui/Tibetan attunements, Tibetan/Usui attunements, Short forms, and others.

What follows is an attunement set from the Tibetan tradition using the four Usui Symbols and the Dumo, Fire Serpent and Raku. It uses a standard form for all three levels. This is offered here for your review. As in all things, use the attunement that resonates best with you.

Reiki Tibetan/Usui Attunement

Beginning

Begin by saying a "prayer" of intent, either silent or out loud. Ask for the help of the Reiki Source to do a perfect attunement for this person. If you have spirit guides, "reiki" guides, Angels, Ascended Masters, etc., you can ask them to assist that this be a perfect attunement for this person's highest good.

Draw the Power Symbol on your palms, Crown and Heart Chakras, intending them to open to the Reiki Source and Light. Cleanse the room by drawing all six Reiki Symbols in the air in front of you (four Usui Symbols along with the Dumo and Fire Serpent). This not only can cleanse the room but sets the tone for the beginning as a sacred event. Contract the Hui Yin and hold it throughout the attunement. (Do not fret if you cannot, it will still work!)

Part One

On the back, draw the Fire Serpent from slightly above the top of the head and down the back of the student, ending at the base of the spine. Place both hands on top of the head to get an energetic rapport with the student.

Bring your tongue to behind the teeth, (remember to keep the Hui Yin Held) and do the Violet Breath. Exhale the Violet Breath into the Crown Chakra blowing the Dumo symbol in gold into the Crown Chakra, and move it through the middle of the student's head, and into the base of the brain. Repeat Dai Ko Mio three times as it is moving into the brain. You can guide it with your hand.

Above the head, draw the Usui Master Symbol and again repeat Dai Ko Mio three times. Again visualize the symbol moving into the Crown Chakra, through the head and into the base of the brain, guiding it with

your hand. Do the same with the Sei Hei Ki and the Hon Sha Ze Sho Nen. Signal the student to raise their hands held in prayer position to the top of their head. Draw the Power Symbol in the air over the hands. Then picture the Symbol moving into the hands, down into the Crown Chakra, through the head, and into in the base of the brain saying the name of the power symbol three times and guiding the Symbol with your hand. (The Sei Hei Ki and the Hon Sha Ze Sho Nen are added for Level II, and the Symbols are added in level III.)

Part Two

Move to the front and place the students prayer-held hands in front of the heart. Draw the Power Symbol in the air in front of the middle of forehead (brow or third eye chakra). Then picture the Symbol moving into the brow chakra. Guide it in with the hand if you want. Say the name of the power symbol three times. (For Level II do the same with the Mental/Emotional Symbol and the Distant Symbol. For the Master Level, use all six symbols, remembering to repeat the name of each symbol three times).

Draw the Power Symbol in the air in front of the heart chakra. Then picture the Symbol moving into the heart chakra. Say the name of the power symbol three times. (For Level II do the same with the Mental/Emotional Symbol and the Distant Symbol. For the Master Level, use all six symbols).

Next open the student's hands like the cover of a book so they are next to each other palms up facing the ceiling. Place you left hand under their hands and with your right hand draw out the Power Symbol on the hands on the Palm. Say the name of the power symbol three times. Then lightly slap the hands three times. (Only the Power symbol is placed in the hands in level I, the Distant symbol and mental /emotional symbol are placed in the hands in level II, and all the symbols are placed in the palms in the Master level.)

Bring the student's hands together in prayer position, and move them back in front of the student's Heart. Blow over the hands, down to the Solar Plexus, then up to the Third Eye and Crown, and back over the hands.

Part Three

Move behind the student. Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student. (Some examples might be: "You are a perfectly attuned", "you are a competent Reiki Healer", or "you are filled with Divine Love and Wisdom", or any other affirmation that is significant to you or the student. You can say them out loud if you prefer.

Open your hands and look down through the Crown Chakra, visualizing through to the root chakra. Intend that the beautiful great shining light of the Reiki Source send a ball of light into the heart and fill all the chakras.

Move your hands to the student's neck, and then place the right hand on top of the head and the left at the base of the skull. Visualize a door and then draw the power symbol on it and see the door being closed. Say to yourself, "I seal this Attunement with Divine Love and Wisdom". Intend that the Process is sealed and complete and the student is now forever connected directly to the Reiki Source. Say, "you forever connected to the Reiki source."

Place your hands on the student's shoulders briefly experiencing the moment with them. Say, "We have both been blessed by this attunement".

Part Four

Move back to the front of the student. Hold your palms toward them. Visualize a white mist surrounding you. Breathe in and imagine a white Light coming down through the crown Chakra, through the tongue, down the front of the body through the Hui Yin point and up the spine, to the center of the head. Imagine the white mist filling the head. Exhale the white mist while releasing the Hui Yin point and tongue, allowing the final energy of the attunement to bless the student.

Draw the Raku in the air in front of the student. Say, "the attunement is complete".

CLOSING

This concludes the Usui / Tibetan Methods. These are practices that some masters find a useful addition to the Traditional Western practices in Usui Shiki Ryoho. These are not necessary to do Reiki, but can be a useful addition to those that this resonates with. I wish you well in your exploration of Reiki.

Be Well, Be Blessed.

Karuna Ki - System

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The Karuna Ki System -

The Meaning of Karuna Ki, Karuna Ki Practices

The Meaning of Karuna Ki

Karuna Ki means Compassionate energy or as it is more appropriately "The Way of Compassionate Energy". It is healing and spreading the Compassion of the Creator to all, and all creation. It is "being" the compassion of God, as St. Paul calls us to be, or as Kuan Yin personifies.

Karuna Ki is a heart centered healing. It is a loving, heart centered compassionate healing art. It works best with the focus on the loving compassion of all creation flowing through you. "Compassionate Heart Reiki" is the term I use to best describe it. Whether you conceptualize this in St. Paul's words where we are called to be the "Compassion of God", or the "Compassionate Heart of Jesus", or in the Buddhist practices of Kuan Yin, goddess of compassion the net result is the same. The attunements are performed with the Intent of connecting to and becoming this "Compassion of God". They are truly loving and a blessing to do and to receive. In this, I think Karuna Ki is very specific in its understanding of what this compassion is. And it is not just compassion in healing others, but in spreading it throughout the world and universe in all that we do. The meditations of Karuna Ki are to foster this compassion and to spread it throughout the universe.

It needs to be stated here very clearly that this is not a religion. This is a healing art and meditative practice designed to cultivate compassion.

Spreading love and compassion is always a worthwhile and wondrous endeavor in its own right.

The practice of contemplating, developing and spreading compassion is found in many religious faiths throughout the world. Christian mystics, such as St. Ignatius Loyola used meditation (contemplation) and Imagery to connect to the sacred heart of Jesus and the compassion of God, as did St. Francis. This was part of their intimate connection to God. In Tibetan Buddhist practices there are many practices designed to cultivate compassion. Three of the most notable are the Tonglen, the chant "Om Mani Pedme Hum", and the Bodhicitta. In the Tonglen, one meditates to fill and warm their heart with compassion and then spread it to all the world. The Om Mani Pedme Hum is a mantra of love and compassion. The Bodhicitta is a cultivation of compassion based on the idea that since there are a limited number of souls reincarnating, we have all be mother to another many times. Therefore since there is no greater love on earth than a mother's love for her child, we should strive to reflect and share that love to all at all times.

In pure love we are healed, and all are one in the love of God.

Similarities and Differences to other Karuna Arts and Systems

Karuna Ki evolved from other Karuna arts. Similarities include that it shares the Symbols Zonar, Halu, Harth, Rama, Gnosa, Kriya, Shanty, Iava, Om, Fire Serpent, and the Tibetan Master Symbol.

Karuna Reiki uses a process of 4 attunements. In reality there are only 2 attunements. There is a Karuna I and a Karuna II attunement. When learning Karuna Practitioner Level I, you receive the first of the two attunements. When you learn Karuna Practitioner Level II, you receive the second attunement. When you learn the two master levels, you receive the same attunements again with the intent that they be master attunements this time. In Tera Mai Reiki, there are three attunements. These are Level I, Level II, and Master Level. There is also a Water ceremony and a Yod initiation.

Karuna Ki is very different. It has a two faceted attunement system. For those who are already Reiki or Seichim Masters, there is a Singular Karuna Ki Master Attunement that attunes you to all the symbols to the Master level in one attunement. For those with less than master energy work, there is a three leveled attunement system. The theoretical underpinnings of this are discussed in more depth in the attunement section of this manual.

It should be noted that nothing supernatural or mystic is claimed in this development of the Karuna Ki system or these attunement processes. They do not come from Ascendant Masters, Channeled beings, "from God" or anything else. The system is based on Reiki, and uses the Reiki energy in a different way. These practices developed naturally out of working

with the Reiki energy and Karuna symbols. These days, there are many claims by some systems being "higher frequency", "faster healing" and "better than Usui Reiki". It must be noted that this Karuna Ki System makes none of these claims. Karuna Ki is offered as a healing art and spiritual practice. No other claims are made than that. It is a truism that meditation and practice of any energy system or art has the effect of increasing your capacity to handle energy as well as your own personal vibration. That includes consistent practice with Usui Reiki or personal meditation.

This version of Karuna Ki was redesigned and incorporated new developments in a manner that resonates better for with the Way of Compassionate Energy. It has new meditations, new uses for the symbols, and new attunements. Karuna Ki is a unique creation that is separate and different from the Tera Mai Reiki, Sai Baba Reiki and Karuna Reiki .

Karuna Ki Practices

Karuna Ki is the hands on healing art of loving compassion, and a way to connect to this compassion and share it with all creation. There are several aspects of Karuna Ki which include Healing, Meditation (Karuna Ki Do), and Chanting (or Toning).

Karuna Ki healing uses this connection to the Way of Compassion to bring compassionate life energy into a person to heal and balance. As said by Christ and Kuan Yin, it is only in perfect love and compassion that we are truly healed. This healing love of God is truly a gift and is wondrous to share.

Karuna Ki Do Meditation is the embodiment of Compassionate Energy. It is focusing on the connection to the loving compassion energy of the source and the sending it out everywhere, to all that need and to all creation so that all are in the process of healing.

Karuna Ki also uses the practice of chanting or "toning". The simplest of these practices is In-toning or chanting the name of the symbol as you use it during meditation or healing. It is thought that the power and energy of the symbol passes with the breath into the client, intensifying the effect of the healing. More complex practices can include focusing on the symbol and allowing the unique personal expression of the symbol to be express through you as a tone. (Some possible chants might be Om-Shanty-Om, or Om-shanty-shanty-Om, or Om-Iava-Om. Many patterns are possible using the symbols names and the intent of the symbol as the guide to what you are trying to accomplish.) For more information on Toning and Chanting visit the Symbols Section of this Manual, and the Karuna Ki Do Meditation page.

An important part of the Karuna Ki experience is to practice the energy use consistently so that the true nature of the loving compassionate heart of Karuna develops.

Some people using Karuna Ki will find or experience "guides" It is my

opinion that the guides we connect to most likely will be directly related to our personal beliefs. People who are Christian are likely to see Jesus, Mary, or angels. People with more new age beliefs might see ascended masters or St. Germaine. You may experience Spiritual guides such as these, or none at all.

The Karuna Ki System- Trademarks, Registrations and Controls
The Karuna Ki System respects the traditional sanctity of the Teacher and Student Relationship, which has stood the test of time for centuries. It is my belief that the healing and teaching relationship should be an individual relationship free of outside controls, conflicting loyalties, and other requirements. This is the case with the vast majority of the Independent Usui Reiki Masters. As such, the Karuna Ki system is offered as an alternative. The Karuna Ki system is free of trademarks, registrations, conflicting loyalties and external controls. It is a system, like Usui Reiki, that is for everyone. Teachers of this system are free to add material as they see fit to address the needs of their individual students.

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Karuna Ki Teachers are always free to use their own materials, develop their own materials, establish whatever requirements for certification that they wish for their individual students and teach however they choose. Those who are Karuna Masters from other Karuna traditions finding themselves disinfranchised due to registration issues are welcome to practice Karuna Ki, and free to use the name for their practice. It is not trademarked and open to all. The manual is a resource for all to use. It will be updated regularly.

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The Karuna Ki Site

<http://angelreiki.nu/karunaki>

Karuna Ki - Symbols

Karuna Ki

Symbols

Zonar

Halu

Harth

Rama

Gnosa

Kriya

Iava

Shanti

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Karuna Ki Symbols

You can use the Karuna Ki symbols just like using the Usui Reiki symbols. They can be drawn at the beginning of a session to gain rapport with the Karuna, they can be drawn on the palms prior to healing, or they can be drawn on the person receiving healing. The names of the symbols can be chanted or in-toned (as previously described).

The following descriptions of these symbols are compiled from various sources including Light and Adonea's Karuna Manual, Kathleen Milner's Books, and from various Karuna Websites on the Web.

Treatments and Healing Using the Symbols

Karuna Ki Treatments

In Karuna Ki, there are no specific hand positions as in Usui Reiki. When using Karuna Ki for healing, a more intuitive approach is used.

Techniques such as scanning (sensing for changes in the recipient's energy field) are used. Additionally, the practitioner of Karuna Ki is encouraged to use their own intuition by placing their hands where they are guided. In a typical treatment using Karuna Ki, I generally do the first four Usui Head positions. Next, I will perform scanning to sense for any changes in the energy field and treat those. Lastly, I will allow myself to place my hands where they are guided to anyplace that might be in need of treatment. In contrast, you can use the standard Usui Reiki hand positions and this will work nicely as well.

Karuna Ki Scanning

In Karuna Ki Scanning can be done using the basic scanning techniques or an advanced process using the mudra "Kai" as part of the process. Both are effective. Using the Kai Mudra consistently helps develop the ability to sense problem areas more readily. To read and learn about using the Kai Mudra in Scanning, click the link to take you to the Karuna Ki Mudras Page.

Using the Symbols in Treatments

Described here is one possible use of the symbols in healing. There are as many different uses as you can create. Necessity and intuition are wonderful teachers. First use Zonar. Zonar is a deep healing symbol that connects to the infinite. It it cleansing. It also can help resolve issues left undone from relationships, activities, situations (and/or lives?). Halu (like Sei Hei Ki) helps release and break up negative patterns and emotional difficulties and beliefs that keep us from seeing reality as it truly is. Harth is the principle symbol of the Karuna Ki system and is the symbol of loving compassion. Use is and let the compassion that is this energy flow. Loving compassion is healing, restoring balance to energy and emotions. Rama grounds and connects us from the source through to the earth. It is both grounding and clearing.

Use Shanty next, to help release the past, and to focus on living harmoniously in the moment, and to release the futures we create for ourselves. Finally use Om to bring in wholeness into the life of the client, and to clean, stabilize and seal the aura.

This is one possible sequence. Another possibility is to simply focus on the Karuna Ki energy and let it flow and allow the energy to direct the session. This is the highest level of practice. We simply "be" and allow the energy to flow with intuition as our guide.

Toning the Symbols in Treatments

The symbol names can be chanted or toned when performing a healing. Visualize the symbol in your mind and write it on your palms. See it clearly in gold. Then say the name of the symbol. This is partly an intuitive process where you just "let it out". It is thought that the sound helps intensify the effect of the healing energy and drive it to "deeper level". One small word of advise..... Healing sessions are often times of great relaxation for people, and times when people entered altered states. Make sure what you are doing is not a distraction that interferes with the healing session.

There are times when you want to Tone, but doing so might be distracting or inappropriate to the situation. In these cases, focus on the third eye. Say the symbol name (mantra) in your mind. Think of saying it with such resonance and power that it travels to the end of the universe and

beyond towards infinity. Resonate the sound in your mind, through your hands, and into the person you are treating.

Karuna Ki - Attunements

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Reiki Plain and Simple Ó A Comprehensive Guide to Usui Shiki Ryoho. An E-Book and Comprehensive Manual and Articles on Reiki and Usui/Tibetan Reiki by Vincent Amador

Reiki Ryoho Plain and Simple Ó

A Guide to Reiki Ryoho. An E-Book by Vincent Amador

Reiki Do - The Way of Being Reiki. Reiki-do is "BEing Reiki". It is the direct experience of "what is" reiki. Reiki-do is walking the path, being the path.

The ReikiXtrasÓ A Guide to using Reiki that is not Usui Reiki. An e-book by Vincent Amador.

Reiki and Angels - Using Reiki and Seichim with angels, The AngelReiki System and Attunements, AngelSeichim, AngelicLight. The Great Big List of Angels for all Occasions

Karuna Ki - A comprehensive manual of the history, practices, symbols and attunements of the art of Karuna Ki The Attunement Process

These are the Karuna Ki Attunements that were developed for this style of Karuna Ki by Vinny Amador. These consist of the Singular Karuna Ki Master Attunement for Reiki and Seichim Masters, and a Three Level Karuna Ki Attunement. The Karuna Ki Singular attunement is a Singular Master Empowerment that empowers the student fully to all the Karuna Symbols. The attuning Master must make the determination of which attunement set is best for their students. These attunements also include the attuning of the heart chakra which is the Karuna Ki. This is a special compassionate heart connection as part of the Attunement process. The Intent of these attunements is to join with the total peace, love and compassion that is the divine source of all.

Also included for your reference, are links to other web sites that have the Original Sai Baba Reiki Attunements, the Standard Karuna Attunements. Understand fully that all of these attunements work and will attune you to the Karuna Symbols.

These attunements can be done in person or via distance. For a discussion on Distant Attunements please read Vinny Amador's article on this website on Distant Attunements. William Rand, the developer of Karuna ReikiÓ, also has an article with an opposing view addressing this distance attunement issue on his site.

For any of these attunement processes, you will need to know the Violet breath technique and the Breath of the Fire Dragon technique. They are included here for your reference.

VIOLET BREATH TECHNIQUE (Also called Blue Kidney Breath)

1. Contract Hui Yin point, place tongue to roof of your mouth.
2. Draw in a breath imagining it as white light coming down through the crown chakra, through the tongue, down the front of the body through the Hui Yin point and up the spine filling the center of the head.

3. Visualize the white light turning blue and rotating clockwise, then turning violet.
4. Within the violet light, picture a golden Tibetan Master Symbol (or other attunement symbol).
5. Exhale gently into initiate's crown or hands, imagine the symbol on your breath entering the initiates head or hands and lodging in the base of the brain. Say name of initiatory symbol three times.

BREATH OF THE FIRE DRAGON

1. Contract the Hui Yin (perineum) and place the tip of the tongue to the roof of the mouth (hold throughout).
2. Take 3 (or more) kidney breaths (Sapphire blue in, white out).
3. Breathe in white mist to your root chakra. Hold breath. The white mist comes up through the nerve bundles in the center of your spine. Your brain turns white, sapphire blue, purple and gold.

Doing the Attunements

The attunements can be done using the Singular or Three level Karuna Ki attunements listed here. Alternatively, you can use the Attunements from other Karuna or Tera Mai Styles if they are more familiar to you. No matter what attunement style you use, start the attunement guiding the student in the Karuna Ki Do Meditation Number One. This meditation helps the student to focus inwardly and connect to the Karuna Ki compassionate energy. When you start the attunement, have the student move their hands from the Sha hand mudra to the Gassho (prayer hand position) position in front of the heart. Then proceed with the attunement.

The Complete Karuna Ki Singular Attunement

This is a Singular Attunement that was developed to attune a person to all the Karuna Symbols and energy at once. Once you receive the Usui Master Attunements you have received the total connection to the energy. Additional symbols such as in Karuna do not represent different energies, but different manifestations or properties of the energies. Because of this you do not need additional attunements to use them. However, some people find the additional attunement helps them "lock" on to that particular usage. It was in this spirit that this Karuna Ki Singular Attunement was created. Rather than go through the entire 4 attunement series that is practiced in other types of Karuna energy systems, only one empowerment is needed to connect fully to these symbols in the Karuna Ki System.

In Karuna Ki the symbols are used in a very specific order. The order for

this is Om, Tibetan Master Symbol, Usui Dai Ko Mio, Usui Master Symbol, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanty. To view the significance of the order of the symbols, [Click here](#).

To Begin the Process

Prepare the student by guiding them in the Karuna Ki Number One Meditation - Meditating with Sha Mudra. When you are ready to begin have them place their hands in Gassho (prayer clasped position). Whatever process you use in a regular Usui Attunement to set the tone and call to the sacred can be used here.

1. Draw the Om symbol in the air before you, and then draw the Tibetan Master Symbol in the middle of the room. Draw the 4 Usui symbols in the air with the intent they fill the room and clear the space. If you have any guides or angels that you work with it is appropriate to ask them to join you at this time. State that this is to be a Full Karuna Ki Empowerment to the Master Level.
2. Connect to the Karuna energy by focusing on the loving compassionate source, or draw the Zonar, Halu, Harth, Rama, Gnosa, Kriya, Shanty, Iava and Om on your palms to help facilitate the connection. Draw the Usui Power symbol on each of your chakras, and ask that the loving compassionate heart that is Karuna fill you in total compassion to perform this attunement.

Move Behind the Student

3. Draw the Fire Symbol down the back of the student, starting with the cross at the level of the crown and going down to the base of the spine. Next draw the Usui Power Symbols at base of spine. Finally retrace the Fire Serpent from the base back up to the head.
4. Contract the Hui Yin hold it throughout the attunement. Remember to keep the tongue pressed to the soft palate behind the upper teeth. Using the Violet Breath technique, blow in Tibetan Master Symbol on the exhalation into the top of the student's head (crown chakra). Visualizing the symbol being moved by the Breath through the head, into the base of the brain. Repeat the name of the symbol three times. Repeat this with the Om symbol and with the Usui Dai Ko Mio.
5. Bring the recipient's hands above their head in prayer position, having both knuckles of the thumbs (their hands are in the gassho or namaste position) touching the third eye chakra. On the fingertips, draw the Om, Tibetan Master Symbol, Usui Dai Ko Mio, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanty. Tap lightly on the fingertips and say the name of each symbol 3 times. Envision the symbol moving down through the hands into the head and into the brain.
6. Move the student's hands back to their original position in front.

Move to the front of the student:

7. Open recipient's hands with palms up and draw on the palms the Om,

Tibetan Master Symbol, Usui Dai Ko Mio, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanty. Tap lightly on the palms and say the name of each symbol 3 times.

8. Close their hands and raise them to the third eye chakra with Thumbs Pointing and pressing on 3rd eye. Open the hands and draw draw the Om, Tibetan Master Symbol, Usui Dai Ko Mio, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanty. Tap lightly on the fingertips and say the name of each symbol 3 times. Envision the symbol moving down through the hands into the head and into third eye.

9. Rest recipient's hands on their lap with palms up.

10. On the heart chakra, draw the Om, Tibetan Master Symbol, Usui Master Symbol, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanty. Say the name of each symbol 3 times as you envision the symbol moving into the heart chakra. Now place your open palms of both hands over the heart, and concentrate on passing the oneness and total loving beauty and peace that is the Loving Compassion of God (or of Kuan Yin). Stay with this for a while, at least 30 seconds. It is a sharing of true peace and love. This is the most important section of this attunement and is the Karuna Ki Do, the way of Compassionate Energy. It is the foundation of Karuna Ki Attunement and system, and is the Compassionate Heart Opening. (Use your judgement on touch issues while doing attunements. This is not an invitation to touch private areas. In the case where this may be an issue, place your hands a few inches about the heart area.)

11. Facing the student, draw the Om, Tibetan Master Symbol, Usui Master Symbol, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanty symbols again on the crown Chakra.

Move Behind the Student

12. Place both your hands on the student's shoulders and feel the connection. Visualize their heart and their tail bone having the color pinkish reddish. Allow the loving compassion of Karuna to be shared between you.

13. Make affirmations according to the recipient's needs (i.e. with this attunement they may be healed completely, emotionally, physically, mentally and spiritually; and to make them happy and serene and healthy, full of joy and laughter; empower them and make them good healers etc.....)

14. Place both of your thumbs on back of recipient's neck, chanting the OM. Visualize the attunement sealed and complete, and will that it be complete and sealed. Inform the recipient that they are a Karuna Master for now and eternity and thank them.

15. Thank your guides, God, etc, for their assistance and guidance and bless all that is with love and compassion.

16. Last, walk behind the recipient and trace the Raku down the back of the spine to disconnect their aura from yours.

Karuna Ki Three Level Attunements

This is the Karuna Ki Attunement set for those who would be more comfortable learning the system slowly in levels. This may be beneficial to some people. It is not necessary for those who are already reiki masters. For them, the singular empowerment is a more appropriate option.

This set uses three attunements instead of the traditional four used in other Karuna Systems. This set flows very smoothly and fully empowers the students. The Attuning Master must determine the appropriate length of time between attunements. For some people only a short time is necessary between attunements, and for others much greater time is needed to adjust.

Attunement for Karuna Ki Level One

Prepare the student by guiding them in the Karuna Ki Number One Meditation - Meditating with Sha Mudra. When you are ready to begin have them place their hands in Gassho (prayer clasped position).

You can call upon your masters, angels, spirits and guides. The student may wish to do as well. This helps to assure a perfect attunement.

Remember that the essence of the Karuna Ki system is the loving compassion of God. That should be the intent of these attunements. Some people feel comfortable asking Kuan Yin to be with them in the attunement process.

1. Draw the Om symbol in the air before you, and then draw the Tibetan Master Symbol in the middle of the room. Draw the 4 Usui symbols in the air with the intent they fill the room and clear the space. If you have any guides or angels that you work with it is appropriate to ask them to join you at this time. State that this is to be a Level I Karuna Ki Empowerment.

2. Connect to the Karuna energy by focusing on the loving compassionate source or draw the Zonar, Halu, Harth, Rama, Gnosa, Kriya, Shanty, Iava and OM on your palms to help facilitate the connection. Draw the Usui Power symbol on each of your chakras, and ask that the loving compassionate heart that is Karuna fill you in total compassion to perform this attunement.

Move Behind the Student

3. Begin to raise up the student's energy from the earth. Do this by having both of your hands open with palms up and use a splashing or wave motion (Like scooping up earth energy and lifting it) to move the energy from the earth to the tail bone and up the back to the head (This also helps ground them). Say the Fire Serpent name three times.

4. Draw the Fire Symbol down the back of the student, starting with the cross at the level of the crown and going down to the base of the spine. Next draw the Usui Power Symbols at base of spine. Finally retrace the Fire Serpent from the base back up to the head.

5. Again elevate the energy from the tailbone three 3 times. Do this by having both of your hands open with palms up and use a splashing or wave motion to move the energy from the earth to the tail bone and up the back to the head (This also helps ground them).
6. Contract the Hui Yin hold it throughout the attunement. Remember to keep the tongue pressed to the soft palate behind the upper teeth. Using the Violet Breath technique, blow in Tibetan Master Symbol on the exhalation into the top of the student's head (crown chakra). Visualizing the symbol being moved by the Breath through the head, into the base of the brain. Repeat the name of the symbol three times. Repeat this with the Om symbol and with the Usui Dai Ko Mio. Tap and say the name of the symbols three times while drawing.
7. Reach forward over the recipient' shoulders and guide their hands over the crown. Have both knuckles of their prayer clasped hands touching the third eye. On their fingertips draw the symbols Zonar, Harth, Halu, and Rama. (For Level II draw Gnosa, Kriya, Iava and Shanti) Tap and say the names of the symbols three times while drawing.

Move to the Front of the Student

8. Walk counter-clockwise, (i.e., to your right) to the front so that you are facing the student.
9. Open recipient's hands with palms up and draw the symbols Om, Dumo, Fire Serpent, Zonar, Harth, Halu, and Rama. Tap and say the names of the symbols three times while drawing. (For Level II draw Gnosa, Kriya, Iava and Shanti)
10. Close their hands and raise them to their third eye chakra, with their thumbs pointing and pressing on the third eye. Open hands and draw the symbols Om, Dumo, Fire Serpent, Zonar, Harth, Halu, and Rama. Tap and say the names of the symbols three times while drawing. (For Level II draw Gnosa, Kriya, Iava and Shanti)
11. Rest recipient's hands on their lap with palms up. Over the heart chakra, draw the symbols Om, Dumo, Fire Serpent, Zonar, Harth, Halu, and Rama. (For Level II draw Gnosa, Kriya, Iava and Shanti) Say the names of the symbols three times while drawing. Now place your open palms of both hands over the heart, and concentrate on passing the oneness and total loving beauty and peace that is the Loving Compassion of God (or of Kuan Yin). Stay with this for a while, at least 30 seconds. It is a sharing of true peace and love. This is the most important section of this attunement and is the Karuna Ki Do, the way of Compassionate Energy. It is the foundation of Karuna Ki Attunement and system, and is the Compassionate Heart Opening. (Use your judgement on touch issues while doing attunements. This is not an invitation to touch private areas. In the case where this may be an issue, place your hands a few inches about the heart area.)
12. Face the student. Again on the crown chakra draw the symbols Om, Dumo, Fire Serpent, Zonar, Harth, Halu, and Rama. (For Level II draw Gnosa, Kriya, Iava and Shanti). Tap and say the names of the symbols three times

while drawing.

Move Behind the Student

13. Place both your hands on the student's shoulders and visualize their heart and their tail bone having the color pinkish to reddish.
14. Then make any affirmations that the student might need (this can be discussed prior to the attunement, or from intuitive guidance). Examples might be, " with this attunement you may be healed completely, emotionally, physically, mentally and spiritually", or "You are the embodiment of love and compassion".
15. Place both of your thumbs on back of students neck, and chant the Om sound. Visualize the om symbol over the student's whole being and say, "I now seal this process with love compassion and divine wisdom. Tell the student that they now have Karuna One for now and eternity. Thank them for allowing you to share this blessing with them.
16. Face the student again and throw your hands up in V and thank God, the Source, the Guides etc for their assistance and guidance and bless the Universe.
17. Finally, walk around the student. Stand behind them and trace the Raku down the back of their spine to disconnect their aura from yours.

Attunement for Karuna Ki Level Two

The Karuna Level II Attunement is exactly the same procedure as Level One, except you draw the symbols of the second level (Gnoza; Kriya; Iava; Shanti). (The steps for level II are in parenthesis in the level one instructions.)

Attunement for Karuna Ki Level Three / Master Level

The Level III / Master Level Attunement can be substituted for by using the singular attunement if you desire.

Prepare the student by guiding them in the Karuna Ki Number One Meditation - Meditating with Sha Mudra. When you are ready to begin have them place their hands in Gassho (prayer clasped position).

You can call upon your masters, angels, spirits and guides. The student may wish to do as well. This helps to assure a perfect attunement.

Remember that the essence of the Karuna Ki system is the loving compassion of God. That should be the intent of these attunements. Some people feel comfortable asking Kuan Yin to be with them in the attunement process.

1. Draw the Om symbol in the air before you, and then draw the Tibetan Master Symbol in the middle of the room. Draw the 4 Usui symbols in the air with the intent they fill the room and clear the space. If you have any guides or angels that you work with it is appropriate to ask them to join you at this time. State that this is to be a Full Karuna Ki

Empowerment to the Master Level.

2. Connect to the Karuna energy by focusing on the loving compassionate source, or draw the Zonar, Halu, Harth, Rama, Gnosa, Kriya, Shanty, and Iava on your palms to help facilitate the connection. Draw the Usui Power symbol on each of your chakras, and ask that the loving compassionate heart that is Karuna fill you in total compassion to perform this attunement.

Move Behind the Student

3. Begin to raise up the student's energy from the earth. Do this by having both of your hands open with palms up and use a splashing or wave motion (as if scooping up the earth energy and lifting it up) to move the energy from the earth to the tail bone and up the back to the head (This also helps ground them). Say the Fire Serpent name three times.

4. Draw the Fire Symbol down the back of the student, starting with the cross at the level of the crown and going down to the base of the spine. Next draw the Usui Power Symbols at base of spine. Finally retrace the Fire Serpent from the base back up to the head.

5. Then on the left side of the back (heart front) -draw, name and tap 3 times: Om; Dumo; Daikomio.

6. Again elevate the energy from the tailbone three 3 times. Do this by having both of your hands open with palms up and use a splashing or wave motion to move the energy from the earth to the tail bone and up the back to the head (This also helps ground them).

7. Contract the Hui Yin hold it throughout the attunement. Remember to keep the tongue pressed to the soft palate behind the upper teeth. Using the Violet Breath technique, blow in Tibetan Master Symbol on the exhalation into the top of the student's head (crown chakra). Visualizing the symbol being moved by the Breath through the head, into the base of the brain. Repeat the name of the symbol three times. Repeat this with the Om symbol and with the Usui Dai Ko Mio. Tap and say the name of the symbols three times while drawing.

8. On the crown - Draw; tap and say the names 3 times the symbols: Daikomio; Daikomio Tibetan; Om; Cho Ku Rei.

9. Reach forward over the recipient's shoulders and take their hands raising them over crown having both knuckles and thumbs touching the third eye chakra. On their fingertips: draw; name and tap 3 times: Dumo; Om; Daikomio.

Move to the Front of the Student

10. Walk to the recipient on your right, facing them.

11. Open recipient's hands with palms up and draw the symbols Om, Dumo, and Dai Ko Mio. Tap and say the names of the symbols three times while drawing.

12. Close their hands and raise them to their third eye chakra, with their thumbs pointing and pressing on the third eye. Open hands and draw the symbols Om, Dumo, and Dai Ko Mio. Tap and say the names of the symbols three times while drawing.

13. Rest recipient's hands on their lap with palms up. Over the heart

chakra, draw the symbols Om, Dumo, and Dai Ko Mio. Say the names of the symbols three times while drawing. Now place your open palms of both hands over the heart, and concentrate on passing the oneness and total loving beauty and peace that is the Loving Compassion of God (or of Kuan Yin). Stay with this for a while, at least 30 seconds. It is a sharing of true peace and love. This is the most important section of this attunement and is the Karuna Ki Do, the way of Compassionate Energy. It is the foundation of Karuna Ki Attunement and system, and is the Compassionate Heart Opening. (Use your judgement on touch issues while doing attunements. This is not an invitation to touch private areas. In the case where this may be an issue, place your hands a few inches about the heart area.)

14. Face the student. Again on the crown chakra draw the symbols Om, Dumo, and Dai Ko Mio. Tap and say the names of the symbols three times while drawing.

Move Behind the Student

15. Place both your hands on recipient's shoulders and visualize their heart and their tail bone having the color pinkish reddish.

16. Then make any affirmations that the student might need (this can be discussed prior to the attunement, or from intuitive guidance). Examples might be, "with this attunement you may be healed completely, emotionally, physically, mentally and spiritually", or "You are the embodiment of love and compassion".

17. Place both of your thumbs on back of student's neck, and chant the Om sound. Visualize the om symbol over the student's whole being and say, "I now seal this process with love compassion and divine wisdom. Tell the student that they are now Karuna Masters now and for eternity. Thank them for allowing you to share this blessing with them.

18. Face the student again and throw your hands up in V and thank God, the Source, the Guides etc for their assistance and guidance and bless the Universe.

19. Finally, walk around the student. Stand behind them and trace the Raku down the back of their spine to disconnect their aura from yours.

Levels and Symbols:

If the student is learning the system in the three level format, the following list shows the symbols given at each level.

* Karuna One = Zonar; Halu; Harth, and Rama

* Karuna Two = Gnoza, Shanti, Iava, and Kriya

* Karuna Master = Om, Fire Serpent, Usui Dai Ko Mio, Dumo (Tibetan Dai Ko Mio)

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shared with students, provided that it is given in its entirety. You may re-format and redistribute this work for use on computers and computer network, provided that you charge no fees for its distribution or use. Otherwise all rights reserved.

Other Karuna Attunements

Below are links to other websites that I found in web travels that have the attunements listed. These sites are not sponsored or part of the Reiki Plain and Simple / AngelReiki website (the companion site of this at <http://angelreiki.nu>, but can provide additional information that may be of value to some people. The Karuna Ki System presented here is complete and these other attunements are not necessary or needed. They are linked to here in order to give the student a historical perspective on what preceded the development of Karuna Ki.

Original Karuna Attunements - The "Sai Baba" Attunements

For those wishing to see the Original Sai Baba Attunement process so that they can evaluate the differences between the original attunements and what developed later, please click the link below. This is a website that I discovered that has the attunements listed.

These are included for informational purposes only. You will notice the similarity of these to the Attunements that were developed later. "Sai Baba" Reiki is no longer practiced or called Sai Baba Reiki due to legal matters involving using the Sai Baba Name.

Link to the "Sai Baba" Reiki Attunements

Discussion of the Karuna Reiki Four Attunements

William Rand, developer of Karuna Reiki feels that Karuna Reiki should only be taught to Usui Reiki Masters. (This is in contrast to Karuna Ki, which can be taught to those with no energy experience by using the three leveled system.) Karuna Reiki is usually taught in 4 levels. There are two practitioner levels and two master levels. There are only two attunements, used for both the practitioner and master levels. The Karuna I attunement is done teaching the first 4 symbols (Zonar, Halu, Harth, and Rama). The Intent is that the attunement be a level I practitioner attunement.

In Karuna Level II, the attunement is given using the second four symbols (Gnosa, Kriya, Shanty, Iava). The Intent is that it be a Karuna II

practitioner attunement.

Karuna Masters Level I (Level III) you redo the Karuna Level I attunement with the Intent that it be a Karuna Masters Attunement. The Level I attunement is taught to the student, and they are taught to perform the Level I practitioner attunement.

In level four the Karuna II attunement is given (repeated) with the intention that it will be a Master attunement. The Master Initiate is shown how to do the attunements for all Karuna Levels. Practice doing the attunements is done. If you are interested in learning more information on Karuna Reiki, it can be found at William Rand's International Center for Reiki Studies at www.reiki.org

| [Home](#) | [Reiki Plain and Simple](#) | [Reiki Ryoho Plain and Simple](#) | [Reiki Do](#) |
| [The ReikiXtras](#) | [Karuna Ki](#) | [Reiki and Angels](#) | [Site Index](#) |

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The Karuna Ki Site

<http://angelreiki.nu/karunaki>

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Karuna Ki
Site Search

Karuna Ki Do Meditations

In Karuna Ki Do Meditations, there are four types of meditations. Of primary importance in the Karuna Ki System is the meditation to strengthen and develop the Channel. There are also meditations to expand the oneness of the loving heart centered compassion and to share it with all the universe; meditations with the symbols; and Toning in meditation.

The first type of Karuna Ki Meditation, is an activity that uses a mudra (hand position) and specific breathing to focus on strengthening the healing channel, increasing the personal chi, and healing the self. In conjunction with the attunements, it forms the basis of the system and transmission of the energy. Consistent practice clears and focuses the mind and helps one to cultivate compassion toward all beings.

The second type is to meditate on the Compassionate energy that is Karuna Ki and to use that to expand your awareness. The meditation also allows you to expand your compassionate awareness to all the universe.

The third type of Karuna Ki Do Meditation is with the symbols. Meditation with the Karuna Symbols can help to develop the connection with the symbols and thus the connection to the Compassionate Heart that is the basis of this system. There are many ways to meditate on the symbols.

The simplest is to use a meditation that you already use and to draw the symbols before you, concentrate on the connection to the energy and contemplate the individual meaning of the symbol.

The fourth practice in Karuna Ki Do Meditation, is using Toning. This practice can be used in either of the first type of Karuna Ki Do Meditation, to change or enhance the effects.

Specific exercises are listed below. These are my practices. Trust in yourself and your intuition. Experiment and see if these work for you. Consistent practice is the key.

To do these Karuna Ki Do Meditations, use guidelines that anyone doing meditation of any sort might follow. Get yourself into a comfortable position. Sitting in a comfortable chair that allows your spine to be erect is good. Placing your hands on your lap and having your feet comfortably touch the floor generally works well. Relaxing the body using some deep breathing, or muscular relaxation can sometimes help.

As with all meditation, if your mind wanders while meditating, allow the thoughts to slip away, paying them no mind, and gently refocus. Having done that, breathe slow and deep, shut your eyes and focus on the feeling of love and compassion. Sometimes it helps to allow that sensation to begin in your palms. Allow the Karuna Ki Do to pour into you and intend that it do so. Remember that the feeling of this system is one of total compassion and love in the oneness of all creation. Let your mind stay on this sensation and feeling. Now allow the loving and compassionate feel of the Source to be with you as the energy flows into you. Stay with this feeling for a time and then when you are ready, you can begin to meditate on the symbols.

The Symbols and their Meanings

This list is a summary. For more specific aspects of the symbols refer to the Karuna Ki Symbols Page.

Zonar - Zonar helps us to work through and release karma and pain. Work at this by sending this loving compassion of Karuna throughout yourself at a cellular level during the meditation.

Halu - Clears the mind of delusion and denial. It can clear and open a channel to higher consciousness. It can also be used to dispel psychic and/or psychological attack.

Harth - Symbol for the heart from which healing and love flow. This helps one develop the highest compassion and is the base symbol of Karuna Ki. Use it to heal the the heart and issues of the heart.

Rama - Connect with the abiding joy that is the Compassion of Ram or God.

Also use it to ground to the six directions, connect with the earth energy, and to open, connect and balance the lower chakras to the earth.

Gnosa - Helps link you with mystical and spiritual knowledge acquired through feeling and prophecies from God. It can link you more fully with the higher self

Kriya - The Law of Kriya is that of creation and of action, and raises awareness; transforms thoughts into action and manifestation.

Iava - It is used to send the Karuna (loving compassion) through the universe. Can be used for planetary healing. Will help to heal the Earth (situations, places, disasters, disease, etc)

Shanty - Heals our holding onto the past; helps to focus on living harmoniously in the moment, and to release the futures we create for ourselves.

Om - Represents the Universe functioning as a whole. It brings in wholeness into our lives. Also, use to clean, stabilize and seal the aura. It brings in light, purifies, protects and connects with God.

Fire Serpent - Connects and opens all chakras, and opens central channel allowing the flow of kundalini fire. Used specifically here to balance.

Usui Dai Ko Mio - The Great Shining Light. It is a pure connection to the source and the Karuna (loving compassion of God for all creation).

Tibetan Dai Ko Mio - revitalizes and energizes the center of each chakra, and the unification of the body and mind.

Karuna Ki Do Meditation Number One

Developing the Channel

Karuna Ki Do Meditation #1 is done using the Sha Mudra and focuses on strengthening the healing channel, increasing the personal chi, and healing the self. This is also described on the Karuna Ki Mudra Page. This is a meditation using the Sha Mudra to help develop and strengthen the Karuna Ki Channel. This practice is one of the most basic skills in Karuna Ki and is fundamental in cultivating both mental clarity, health and compassion. This is taught to all Karuna Ki Students and they are strongly encouraged to practice this daily. Consistent practice clears and focuses the mind and helps one to cultivate compassion toward all beings.

This Mudra is called Sha in Japanese. It is also used in Taoism, some Tibetan arts, and in Ninjutsu. Sha is used for Healing of Self and Others, and to develop and strengthen the inner channel-. It was said that those that mastered the Inner connections using Sha would develop an inner power and would no longer succumb to viruses and other afflictions. In this mudra the index fingers and thumbs are extended while the other fingers are interlocked. Using Sha is an excellent mudra to use when meditating. When doing any of the Karuna Ki Meditations you can use the Sha Mudra as you meditate. Additionally, it can be used when doing healings. Before you actually begin doing the healing, place the hands in Sha, connect to the Karuna Ki energy, focus on the compassion of the source and let the energy flow into the hands. Then separate the palms and begin healing. Sha is used for healing self and others. Using this Mudra in the meditation below helps to increase within us health, vitality and healing

strength. The following exercise can help to fully develop the use of Sha. To do this, first place your hands in the Sha Mudra. This activity helps link the pathways within the body. By forming the Sha Mudra with the hands the appropriate pathways of energy are linked within the body. This brings health and knowing. The activity helps increase your inner strength, expands your channel, expand the mind and the ability to sense self and others and to remove fear.

Breathe in through the nose and out of the nose. Empty your mind by focusing only on the breathing. If that is difficult, count slowly to seven on the inhalation and to seven on the exhalation. If other thoughts arise, pay them no mind and let them slip away. Focus within and on the flow of energy within the body and on the spirit.

Deep within us burns a Fire, behind the hara and it is the area of Personal Chi. This meditation replenishes our personal chi with the compassionate loving energy of Karuna Ki (or Reiki, etc.) and strengthens us, reduces stress and anxiety, and increases our ability to channel the energy.

Focus on the Hara, or slightly behind it. Some people see or visualize this as see it as a ball of light, fire or heat. Visualize the ball of fire deep within you, behind the Hara. Connect to Karuna Ki or Reiki energy. This activity is to focus on the fire and to make it burn brighter and warmer and to increase its radiance throughout the body.

As you breathe in the breath, the loving light energy (Use Reiki or Karuna Ki) comes in energy comes in through the crown (top of head). See the energy move down to behind the Hara area and see if fill the area making the light there grow, and brighten. You will feel energized. When you feel energized and filled, allow the energy to expand outwards and through your body spreading ever outward further and further to the top of the head, the tips of the toes and the tips of the fingers. See it spread through all the organs. Focus on the Mudra, and hold it between the sternum and the hara. Breath in through the hands and into the hara, and on the exhale from the hara out through the hands. Do this for 10 minutes or so.

When done, focus the mind back on the Hara. Allow your consciousness to return to normal. Stand, and shake the hands three times, and then the feet three times.

Once you master this breathing technique, you can do this activity any time by using the mudra and just concentrating on breathing and increasing the light. Done regularly it strengthens the body and mind, and increases the vitality of the body. Like with Karuna Ki or Reiki, you will notice that the hands will be very hot when doing this and after. This can be done with any of the other Kuji-in hand positions.

Karuna Ki Compassion Meditation

In this meditation we will use all the symbols and connect to the Loving Compassionate Heart of the Universe. We will center this in our hearts and then send it out to all the universe.

Begin by breathing in deep breaths through the nose and out through the mouth. Visualize the symbols and draw them in your mind (it is ok to have a picture of them if you have not memorized them yet!) Draw the Zonar, Halu, Harth, Rama, Gnosa, Kriya, Iava, Shanty, Usui Dai Ko Mio, Tibetan Dai Ko Mio, and finally the Om. Feel the peaceful energy of the compassion that is Karuna Ki flow all around you.

Now, focus on the energy of the universe, all the stars, the planets, everything. Focus on breathing in all the energy in the universe, pulling it into you, energizing you, filling you completely. Let yourself be filled with the peaceful, loving, compassionate energy of the universe. Breathe in pure loving compassionate energy and breathe out all the toxins and negative things not in your highest good. Stay with this feeling as long as you wish. It is in this loving compassion that we experience the oneness of all things (whether that be "we are all one in Christ's love", or "in the love of compassion for all souls to reach enlightenment", that is Kuan Yin).

Now, think of the feeling of loving compassion, and concentrate on breathing in that. This is the Karuna Ki Do. When breathing out send that out to every part of the universe. Do this for a time and then when you are ready, allow yourself to fill every part of you with this energy. Begin at the toes and let your body and energy field fill totally until you brin with this wonderous feeling loving energy. When finished, slowly allow yourself to reorient to your surroundings and then go out and be this compassion to all.

Karuna Ki Do Meditation Number Three

Karuna Ki Symbol Meditation

Choose a symbol to work with. Either draw it in front of you or visualize it in your mind. Say the name of the symbol (either out loud or in your head). Visualize the symbol as golden, intensely bright and empowered with the loving energy of the Source. Allow it to flow into you, and for any message it might have for you to manifest. Stay focused on the symbol and the Compassionate Karuna Ki energy flow and the source. Allow the symbol and energy to show you what that means. Stay with this as long as you feel comfortable. Focus on your breathing. Breathe in the compassion and love of all the universe, and then on the exhale radiate out that love to all living beings. When done with the symbol, feel the connection to the source and see the symbol fully activate and experience the oneness of the source.

When you are finished, draw all the Karuna Ki Do symbols in front of you saying their names. Thank the Source for sharing this with you. At this

point, you are likely to be filled with energy and this would be a good time to work on doing self-treatments, treating others, doing distant healing, manifesting goals, charging your reiki crystals. Grounding yourself is important! If you are not grounded, you might find yourself light headed and dizzy after this meditation. Find something that is grounding and do it. You can place your palms on the earth, go for a walk, visualize roots running to the center of the earth and connecting, drink water or whatever works for you. You can also put your tongue on the soft palate (just behind the teeth), draw the power symbol on the feet, that hara (just below the naval) and the palms. Place your palms on the hara and concentrate on that area for a few minutes. This tends to bring the excess energy from the upper chakras and into the hara. Any method of grounding works and keeps the dizzies from happening!

There are many symbols in Karuna and thus the symbol you choose to do the meditation on depends on the particular aspect of the energy you wish to explore more fully. Ideally all of them should be done over time, with a minimum of a week spent on each one.

There are an infinite number of possibilities of Karuna Ki Do Symbol Meditations possible. You can do it focusing only on the connection to the Karuna Ki source. You can add other meditative practices such as light body meditations, or Mer-Ka-Ba. Experiment and know that just as the human creators of the Karuna Systems used their intuition and guides to develop their practices, you can develop your own as well!

Karuna Ki Do Meditation Number Four Toning Meditation

This fourth practice of Karuna Ki Do Meditation is to add the toning and chanting aspects of Karuna Ki healing into the meditative practice.

Meditation techniques such as Transcendental Meditation, Praying the Rosary, the Tibetan "Om Mani Padme Hum" to for Kuan Yin's assistance are all examples of chanting from many faiths. To use this Karuna Ki Do technique, simply decide on what symbols, or what aspect of the energy you are trying to manifest. Then use those symbols names as mantras when performing Karuna Ki Do Meditation One or Two. Some possible combinations might be Om-Shanty-Om, or Om-shanty-shanty-Om, Om-Gnosa-Om, or Om-Iava-Om. Many patterns are possible using the symbols names and the intent of the symbol as the guide to what you are trying to accomplish.

Karuna Ki Mudras

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Karuna Ki Mudras

There are two mudras that I have incorporated into the Karuna Ki practiced in this style. Kai is used for developing intuition in treating. Sha is used to develop and strengthen the Karuna Ki Channel and bring about health, clarity of mind and purpose, and the cultivation of compassion.

Karuna Ki Meditation to develop and strengthen the Channel using the Sha Mudra

Sha Mudra and Healing Meditation

This is a meditation using the Sha Mudra to help develop and strengthen the Karuna Ki Channel. This is taught to all Karuna Ki Students and they are strongly encouraged to practice this daily. Consistent practice clears and focuses the mind and helps one to cultivate compassion toward all beings.

This Mudra is called Sha in Japanese. It is also used in Taoism, some Tibetan arts, and in Ninjutsu. Sha is used for Healing of Self and Others, and to develop and strengthen the inner channel-. It was said that those that mastered the Inner connections using Sha would develop an inner power and would no longer succumb to viruses and other afflictions. In this mudra the index fingers and thumbs are extended while the other fingers are interlocked. Using Sha is an excellent mudra to use when meditating. When doing any of the Karuna Ki Meditations you can use the Sha Mudra as you meditate. Additionally, it can be used when doing healings. Before you actually begin doing the healing, place the hands in Sha, connect to the Karuna Ki energy, focus on the compassion of the source and let the energy flow into the hands. Then separate the palms and begin healing. Sha is used for healing self and others. Using this Mudra in the meditation below helps to increase within us health, vitality and healing strength. The following exercise can help to fully develop the use of Sha. To do this, first place your hands in the Sha Mudra. This activity helps link the pathways within the body. By forming the Sha Mudra with the hands the appropriate pathways of energy are linked within the body. This brings health and knowing. The activity helps increase your inner strength, expands your channel, expand the mind and the ability to sense self and others and to remove fear.

Breathe in through the nose and out of the nose. Empty your mind by focusing only on the breathing. If that is difficult, count slowly to seven on the inhalation and to seven on the exhalation. If other thoughts arise, pay them no mind and let them slip away. Focus within and on the flow of energy within the body and on the spirit.

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or so.

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Once you master this breathing technique, you can do this activity any time by using the mudra and just concentrating on breathing and increasing the light. Done regularly it strengthens the body and mind, and increases the vitality of the body. Like with Karuna Ki or Reiki, you will notice that the hands will be very hot when doing this and after. This can be done with any of the other Kuji-in hand positions.

Scanning and Mudras

Karuna Ki uses two different scanning methods to determine areas needing treatment, hand scanning and the Karuna Ki Scanning Method.

Hand Scanning - This is the traditional Scanning technique taught in Karuna, and other Systems. Scanning is placing your hands into the energy or auric field of another to try to discern differences in their energy field. You are essentially looking for anything different. Try to feel for hot spots, cold spots, tingling sensations, obstructions. Start at the head and work to the feet and then back up.

Begin with the hands about 2 inches (4.5 centimeters) above the person's body. After the first pass, increase the distance to about 6 inches (14 centimeters). Scanning is something that requires a great deal of practice to become proficient at. (Remember, you do not diagnose since that is illegal to do in most places without a medical license!) This is a tool to aid in treating. Make a mental note of the areas that feel different. Ask your client if there is any specific illness associated with the area.

This process is done to find areas that need additional treatment. This also is done to guide hand placement which is more intuitive in Karuna Ki.

Karuna Ki Scanning Method - This is the scanning method developed by Vinny Amador for Karuna Ki. It incorporates a hand position or Mudra and uses the third eye to help develop the intuition to find areas that need treating.

The above Mudra is called Kai in Japanese. It is also used in some Tibetan arts, Taoist practices and in Ninjutsu. Kai is used for breaking the bonds of passions and desires, the premonition of danger, sensing energy around

you, and inner knowing. It was said that the Taoist master that achieved Kai would "know what can not be known". It is only when our minds are clear and we have stilled our thoughts that we can sense clearly all around us. Kai is an activation of the psychic sense which allows us to see beyond sight. In this mudra the fingers are all interlocked.

To use Kai in scanning first place your hands into the Kai mudra, close your eyes, relax for a moment and take several deep breaths. Focus on the Ultimate Source of Compassion that is Karuna Ki. Breath in the energy into hands and then into the Hara. Let the expand through the body. Next, direct the energy into the hands. Do this by breathing in the energy into the Hara and then exhale the energy out through the hands, radiating the compassionate energy outward around you. When the hands are filled with the energy, bring the connected hands up to the level of the third eye and place the knuckles of the thumb against the third eye. Focus the energy on the third eye. Continue to breath through the hands. Visualize the Zonar, then the Gnosa symbol, and then any other of the Karuna Ki Symbols that you may intuit. Allow any sensations to be "seen" or "felt". You will feel the sensation of the third eye active. It will feel like a tingling in the center of the forehead or a pressure behind the forehead. When you are ready, begin separate the hands and begin scanning with the palms as described above in the "hand scanning" section. Continue to focus on the third eye area. Impressions are "seen" but not so much seen with the eyes as they are felt or experienced. This method also helps develop the third eye area and intuition in all areas of your life, as well as to focus on the compassionate source of the Karuna Ki energy. This helps us stay focused in compassion toward all.

Distant Scanning Method - This method incorporates both Hand Scanning, Karuna Ki Scanning, and Distant Work. Focus on the person to be scanned by distance. If you have a picture, letter, or other thing from them that might help you facilitate the energetic connection then that can be used. Do the Karuna Ki Scanning hand technique and third eye connection described above. Then place your palms outward as if toward the person. Allow your hands to "sense" the person and their energy field. This seems odd, but the sense of it will generally be felt. Move your hands, or visualize seeing the field and then note how it feels to you. Use distant sending/healing techniques to treat those areas. This technique can also be done on a person across the room.

Reiki Xtras Book

Reiki Xtras
Additional Practices in Using Reiki
or

"Using Reiki that is not Usui Reiki"

An e-Book By

Vincent P. Amador

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Introduction

Reiki is a wonderful spiritual practice that in its original form was an enlightenment producing system that allowed a person to heal and to heal others. In its journey westward, Usui's Reiki Ryoho was taught to Chujiro Hayashi. He modified the system to have a greater healing emphasis and a greater emphasis on symbols and attunements rather than spiritual practices and empowerments. The system moved from a slow developing steady journey to something that could be learned very quickly. This was passed to Mrs. Takata and many of Mrs. Takata's practices, stories, and lessons became dogmatic.

In the west there have been many additions to Reiki System. These vary from the inclusion of Tibetan materials in the Usui/Tibetan Reiki's, to many new age practices of Dolphin Breathing, Chakras, Crystals, Crystal Grids and other practices. It is possible that people felt it necessary to supplement the system with the spiritual practices gone. Others found that some of the practices they were doing personally helped them more fully integrate Reiki into their lives.

This book is a compendium of some of the modifications that I have found using the Reiki Energy and symbols. Some of these were a logical transfer

from my many years of Internal Martial Arts training and Chi Kung. Others evolved from using the energy and were things that simply "suggested" themselves or were "intuitively obvious".

In my Reiki practices I am always emphatic in letting people know what was in the Reiki system and what are add-ons. I do this because I believe people should know what was original and what was added on so that they have a choice. These days so many people have added practices that sometimes it is not at all clear to second and third generation students that what they were taught and assume to be "Usui Reiki" is actually someone's add-on. The common fallacy that "Reiki is from Tibet" and "Rediscovered by Usui" are two such examples. This book is a group of add-on practices that I have found helpful and that I wanted to share with others. I do however clearly point out that they were add-ons and ask that if you like these and share them with your students that you point this out.

There have been many attempts to define what Reiki is and how it works. In the "Usui Reiki Hikkei", Usui's manual, even Usui himself states that he as the founder has trouble defining it. Many authors try to define it. They struggle to explain it, they hypothesize all sorts of other theories about it. They speculate in terms of chi kung techniques, governor channels, higher frequency chi and everything else. It is said in Taoism, "the Tao that can be named is not the real Tao". A fitting description of Reiki as well. Reiki is more in the "letting go and letting Reiki", or an "in the moment" experience.

Those that seek this answer will not find it in Tibetan mysticism, or in the sutras, or in the endless adding of techniques, such as all the new age practices. The answer to this question is there as Usui knew but could not describe. It cannot be reasoned to, it can not be explained, and it cannot be known in any words. It exists in the one pure moment of experience. The reiki starts, it flows, and in the moment when there is no distinction between you and the loving feeling of the flow, then you know what Reiki is. There is nothing else to know, to explain or to do. Just *be* totally in that moment. Let your ego go, let go of expectations, hopes, dreams, fears and simply be.

I cannot tell you more than that, because honestly there are not words to explain it. It just *is*. Generally when you tell people this, they will look at you oddly and then proceed to try to again grasp it with words, concepts and ideas. Remember what you are asking can only be experienced, it cannot be grasped.

In that light, these practices and activities have developed from my work with Reiki. Try them and if you find them useful then use them. Above all else, Reiki is in the "doing" and "being". By doing nothing, everything is done.

Reiki Energy Field Cleansing

There are times when you feel like the energy around you is "clouded" or negative. There are many techniques to clear this energy. Because I love working with Reiki, I wanted to find a way to clear this negativity in the energy field with Reiki. This is a technique that I developed to help reenergize and clean and clear the energy around the body. The technique involves moving Reiki around you in a counter clockwise pattern and letting the energy remove that which is negative or not in your highest good.

1. Hold the hands at the stomach level, arms at the sides, hands in front with the palms facing upwards.
2. Visualize the Dai Ko Mio (use Cho Ku Rei if Level I or Level II). "See" or visualize the Reiki energy come down over your whole body head to toe. See it as a white light.
3. Now visualize around you the Cho Ku Rei Symbol in three dimensions. The top of the symbol is above the head. The energy begins to spiral around you in a clockwise direction moving downward. As it spins see then Reiki energy removing blockages, strengthening the aura and all the energy around you.

Cho Ku Rei as a spiral in three dimensions

4. Do this nine times.
5. Visualize the Dai Ko Mio symbol stating above the crown and going down to below the feet. See the Reiki energy as a white mist and breathe in the Reiki energy. On the exhale, breathe out light to all the universe.
6. Do this for a while and then when you are finished, Gassho and bow.

Reiki Energizing

There are times when you perceive you own personal energy is low. This technique is a way to increase your personal energy and to fill yourself with Reiki. It is a great way to revitalize when you are feeling like you need an energy pick me up. It is also a great way to increase sensitivity with the Reiki energy as well as to develop your Reiki channel. This technique consists of two parts.

First, perform the Reiki Energy Field Cleansing as detailed above. This cleanses the energy field and cleanse and transmutes negativity and strengthens the aura and etheric fields. Second, perform the following:

1. Hold your hands at the stomach level, arms at the sides, hands in front with the palms facing upwards.
2. Visualize the Dai Ko Mio (use Cho Ku Rei if Level I or Level II). "See"

or visualize the Reiki energy come down over your whole body head to toe. See it as a white light.

3. See the Reiki come into the crown and begin to move downward while filling every molecule of your body. Let it fill the head, the neck, shoulders, down to the hands. Let it move down the spine filling the back, chest, heart, all the organs. Let it move into the hips, sexual organs, thighs, knees, shins, calves, and feet.

4. While it is moving, see it transmute all that is negative and not in your highest good into light. As it presses downward, see all that is not in your highest good moved out through the soles of the feet and then the Reiki changes it into light and disperses it.

5. Visualize the bottom of the feet dealing closed.

6. Let the energy begin to fill you from the bottom up. Fill the toes, up the legs to the hips, up the trunk, into the neck, down the arms to the hands, and finally into the head.

7. Hold this for a while until you feel filled with the Reiki energy.

8. Move hands into the Gassho position and breathe naturally and then let the energy radiate out into all levels of your energy field.

When you are done, bow and thank the Reiki source for this loving energy. You can say the Reiki Principles as well.

Reiki Chakra Energizing

Reiki Chakra energizing is a modification of the Reiki Energizing technique above. In this specific practice, the chakras are filled with the Reiki energy and energized. The effect is delightful and helps strengthen our Reiki channel. This technique consists of two parts. First, perform the Reiki Energy Field Cleansing as detailed above. This cleanses the energy field and cleanse and transmutes negativity and strengthens the aura and etheric fields. Second, perform the following:

1. Hold your hands at the stomach level, arms at the sides, hands in front with the palms facing upwards.

2. Visualize the Dai Ko Mio (use Cho Ku Rei if Level I or Level II). "See" or visualize the Reiki energy come down over your whole body head to toe. See it as a white light.

3. See the Reiki come into the crown and begin to move downward toward the root chakra. Focus in on the root chakra and see a rich color red. Let the Reiki energy pour into it and strengthen it.

4. See the Reiki come into the sacral chakra. See or visualize a vivid red-orange. Let the Reiki strengthen it and pour into it.

5. See the Reiki come into the hara (solar plexus) chakra. See or visualize a vivid translucent yellow. Let the Reiki strengthen it and pour into it.

6. See the Reiki move into heart chakra and see a rich green or pink color. Let the Reiki energy pour into it and strengthen it.

7. See the Reiki move into throat chakra and see a vibrant blue color. Let

the Reiki energy pour into it and strengthen it.

8. Visualize the Reiki move into the third eye chakra. See the translucent color indigo. Let the Reiki energy pour into it and strengthen it.

9. Finally, visualize the Reiki move into the crown chakra. See the colors of intense white and gold. Let the Reiki energy pour into it and strengthen it.

10. Let the Reiki energy run through the crown into the root and slowly fill again all the chakras. Finally let the energy run from crown to feet and into the earth. This grounds you and fills you with Reiki energy.

11. Place the hands in the Gassho position and breath normally for a few minutes.

Reiki Chakra Energizing with Sounds

Chakra Mantra Musical Note Meditation

This activity is designed to be used in conjunction with the Reiki Chakra Energizing Technique described previously. To incorporate the sounds into this practice, simply make the appropriate tone for each chakra as the Reiki energy is filling and clearing them.

The chakras each have a musical tone associated with them. Using these tones in meditation has a decided calming and centering effect. The effect can also energize.

This activity is a great one to do during a stressful day or any time you feel tired. It is also great to do this prior to doing a lot of treatments as it energizes and helps compose yourself.

To do the meditation, you use Do - Re - Mi - Fa - So - La -Ti - Do. This is the regular scale of notes. The sounds of the chakras starting at the root are: Lam, Vam, Ram, Tam, Ham, Om, Soham, Do. Alternatively you can simply tone the note with no word or mantra associated.

ChakraToneScale EquivalentVisualization Color

RootLam DoRed

SacralVamReOrange to Orange/Red

Solar PlexusRamMiYellow

HeartYamFaHunter Green (pink)

ThroatHamSoBlue

Brow OmLaIndigo Blue

CrownSohamTiWhite/Violet/Gold

Transpersonal

(above the head)Do DoWhite/Gold

Chakra and Mantra Musical Notes

The sounds and vibrations of the notes are directed into the area of the chakras while they are being sung. Visualize the color while doing this.

Reiki Tennis

Reiki Tennis is a game that two or more can play to help develop sensitivity to the Reiki Energy. It is a variation of a traditional Reiki Circle, but done using distance. It is an excellent way to increase sensitivity.

To play start with your partner as in a Reiki Circle. Place your left hand palm up and your right hand palm down. Have your partner sit or stand across from you and place their palms on yours.

1. Both partners connect to the Reiki energy by visualizing the symbols one at a time, until both strongly feel the energy. Visualize forming roots into the earth and being grounded. (Remember to stay grounded or you will get dizzy!)
2. One person begin the game by sending a pulse of energy from their right hand into the left hand of the other person. The person receiving should focus on passing the energy of the pulse through their arm, up across the shoulders, and down the other arm into the hand. The receiving person should try to use the Reiki energy they are connected with to increase the size and strength of the pulse. This is done by visualization and intention.
3. With each pass through you continue to increase the size and strength of the pulse. You continue this process volleying it back and forth.
4. When the pulse is feeling strong, separate you palms from your partners by several inches. Do NOT stop the pulses. Continue volleying the energy back and forth.
5. Continue to move the hands farther and farther apart. When moving more than a few inches, turn the palms to face your partner's palms. Continue moving apart until you are sending from across the room.
6. For another variation, try this exercise with someone far away using the telephone, or a chat program on the internet. Start the process as usual, except add the Usui Distant Symbol just prior to sending the pulses.
7. When finished you can send the energy to someone who needs healing, send it into the earth to ground it off for healing or use it on yourself for healing.

Reiki Protection Sphere

This is a I developed for a friend who was concerned about protection and to keep negative energies out. It uses the Reiki symbols and makes a sphere of energy around you. The technique is easy to do and tends to work well. Other uses are to set the sphere and meditate inside it, or to do the sphere prior to doing treatments. This is not a Traditional Reiki Technique, but one that I developed and find useful.

To set the sphere: Connect to the Reiki Energy. Draw the Cho Ku Rei to the six directions around your body (north, south, east, west, up and down. Next Draw a large Dai Ko Mio the length of your body. Draw the Hon Sha Ze Sho Nen above your head to place the sphere in all times and places, and finally draw the Sei Hei Ki on the third eye and the heart to free you from fear. Finish by stating your intent for the sphere (that it protect, and remove fears) and let the reiki flow into the sphere into the three circles connecting the Cho Ku Rei's.

One of my favorite uses of the sphere is to use it to send loving energy to those who are ask for distant healing. Construct the sphere and then meditate in the sphere. Use whatever distant healing technique that you feel comfortable with and send loving energy. Using this sphere can also be a wonderful way to release your own negative emotions and stress.

Reiki Spirit Energizer and Golden Egg Meditation

This is a modification of a Taoist breathing technique I learned about 20 years ago. It involves using focusing on the energy, and then allowing it to form an "egg" around us for protection and energizing the spirit. This practice was very easy to adapt to using with Reiki and it is a wonderful practice that will leave you feeling charged with energy, love and protection.

1. Sit in a comfortable chair with your back straight. Place the hands in the Gassho position.
2. Connect to the Reiki Energy. Do this by focusing on the energy, or drawing the Dai Ko Mio Symbol into your energy field. You may want to perform the Reiki Energy Field Cleansing above as well.
3. Begin by breathing in deep breaths through the nose and out through the mouth. Visualize the Reiki Energy as a White Mist or White Light, and breathe in pure energy and breathing out all the toxins and all things negative. See the breath going out as slightly black and cloudy. (This energy is transmuted in the Reiki light and is changed back to light.)
4. Let your awareness expand. First within you, then outside you and then

to the entire universe. Focus on the energy of the universe, all the stars, the planets, and everything. Now as you breathe in the Reiki energy, focus on breathing in the energy in the universe, pulling it into you, energizing you, filling you completely. Let yourself be filled with the peaceful loving energy of the universe. (Take as much time as you need here.)

5. Now as you breathe in the Reiki energy, slowly change the image to breathing in peace. Think of the feeling of peace, and concentrate on breathing in that peaceful feeling. Let this fill you completely. When you breathe out send that out to every part of the universe.

6. Now see the color of the Reiki Energy turn Golden. See or visualize breathing in this pure golden light. See it entering into your lungs, and then spreading out throughout your whole body. Do this for 9 breaths.

7. Begin normally, in and out through the nose. Now, see this golden light pool at the base of the spine and see a golden thread from the base of your spine to the crown of your head. See this golden thread the thickness of a wire. Breathe for 9 breaths. Mentally begin to expand the thickness of the golden wire to about the thickness of a pencil. Feel the golden light from the tip of the spine to the crown of your head.

8. Now again expand the thickness of the golden light to the thickness of a finger running from the crown of your head to the base of the spine.

9. Now, see the light expand to a column of light running from the base of the spine to the top of the head.

10. Let the column of beautiful golden light and slowly expand it in size until it completely surrounds you. Sit peacefully surrounded by the beautiful golden light.

11. Slowly shape the golden light into an oval. Make it into a golden egg that surrounds you completely. The golden egg surrounds you and protects you, but it strengthens you also. The inside of the egg shimmers with energy, and fills you, and strengthens your aura, energizing you.

12. Sit in the egg as long as you like, and when you are finished, begin retracting the golden egg. First back into a golden column, and then slowly shrink the column back to the base of the spine to the crown of the head. Then make the column the thickness of a finger. And then shrink it to the thickness of a pencil, and finally to the thickness of a single strand of golden wire.

13. Now draw the energy of the golden strand of wire up the spine over the crown of the head and focus it at a point where the third eye is (between the eyebrows). Hold it there for 9 breaths and then draw the golden dot through the head, into the mouth and down through the stomach and into the lower abdomen, letting it slowly dissolve.

14. You can draw up the egg whenever you need it for energy or for protection.

There are some people that have reported that there may be the possibility that Usui Sensei may have used Reiki charged crystals places on key points on the body to help facilitate healing. Although this material has not been verified, and no specific techniques have been found, I decided to research the possibilities of this on my own. The following represents one technique that I use with crystals during the healing session.

This technique has a very pleasing effect on the person receiving it. It is often described as "tingling". It is thought that the crystals being attuned to Reiki help focus the energy.

For this activity you will need 10 quartz stones, preferably Rose quartz. The stones I used were approximately 1 1/2 inches in diameter which were bought in a "Science" store for children in my local shopping mall. The stones cost me one dollar (US) each. Stones that are flat rather than round work better for this application. Some people find that they like the stone color to correspond to the color of the chakras they are placing the stone on.

Cleansing the Stones

Take your 9 stones and cleanse them. There are many methods for doing this. My personal favorite is to allow nature to do this for me. In direct sunlight, pour clear cool water over them. (Yes, you can run them under water from a hose or faucet). Take the stones and place them somewhere where they will receive sunlight for at least an hour. Some people like to let them be in the moonlight as well. After the stones have been washed and allowed to recharge in the sun (and/or moon) dry and polish them with a soft cloth and store them somewhere in the light.

Attuning Your Crystals

Take the stones and place them on a soft cloth. Perform a Reiki Attunement on the stones. Use whatever Attunement that you prefer with the following modifications.

1. Since there is no "crown", no "third eye", etc., simply draw the symbols on the stone. Say the name of the symbol three times as you draw it.
2. At the end of the attunement say "I now seal these stones with the healing power of Reiki from the divine source".
3. After you conclude the attunement, place your hands over the stones and sending Reiki into them for at least 15 minutes.

Using the Stones in Treatment

The Reiki stones are used during a regular treatment. The nine stones are to be placed in the 7 chakras, and the hand and feet chakras. Place the stones on the chakras, placing one stone on each of the major chakras. If you cannot get the stone to lay on the chakra exactly, place it as close as possible. Be sensitive to private areas on the person and do not place stones in areas that might be uncomfortable to someone. Place one stone in

each palm. This covers the palm chakras in the hands. Finally place one stone in between the feet.

Perform a Reiki Treatment as usual, starting with the head, working your way down. Treat the hands as well, and the feet. This technique often helps the person who has very low energy, and helps energize the person.

Giving Charged Healing Stones as Gifts

You can give charged Reiki stones as gifts to friends and loved ones to help them receive Reiki when you are not around. Charge the stone as above. During the Attunement, make sure you say that you Intend that the stone be a pure and perfect channel to pass Reiki healing for the person that will use it. Give the person place the stone directly on areas that hurt or need healing.

Gassho Breathing

"Prayer" Breathing was a technique that I was taught in Hapkido in 1982. It involved holding the hands in a prayer position in front of the heart and breathing in the Heavenly Chi through the crown and into the hara on the inhalation and forcing the energy out through the hands on the exhalation. The technique was to get the Chi into the hands. During this practice the hands become very hot. After taking Reiki it occurred to me that it would be easy to incorporate Reiki into this practice. What is now ironic is that I have found that this practice was part of Usui's original Reiki Ryoho as practiced in Japan. Usui knew Ki Ko (Japanese Chi Kung) and incorporated many of those practices into his Usui Reiki Ryoho. Hapkido contains many Chi Kung techniques so there are some commonalities. This activity is 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 also helps you to still the mind.

Another purpose of this activity is to raise the level of your personal chi with Universal Reiki. It was common to most Ki Ko (Japanese Chi Kung systems) that the personal chi was stored in the body behind the hara (or dan tien). Some people describe it as a fire or light. When you do this activity you are bringing in the Universal Chi or Reiki and strengthening your personal chi. Many people also visualize the ball of fire that is their personal chi growing or increasing as they do this breathing technique.

To do the Gassho breathing you can either sit or stand. Breath naturally, but if you are breathing in a fast shallow manner concentrate on slowing the breath. Hold the hands in the gassho position. Raise you hands above the head, palms up and let the Reiki energy fill the body. Place the hands back in the gassho position in front of the chest. On the inhalation, visualize that the reiki enters the crown and flows down to behind the

hara. On the exhalation, visualize and feel the energy move from the hara up to the palms and out. Do this for as long as you wish, but at least five minutes. When you are done, shake the hands nine times.

Reiki Self Attunements

Self Attunements are a wonderful way to focus on the Source energy. They can be powerful techniques and can be a wonderful spiritual practice. In my own practices, I like to do this weekly. Generally I will alternate what symbols I use. For example, One week I might use the Seichim symbols, another week Karuna Ki symbols and another week Tibetan Reiki. In this way I feel always connected to these symbols.

The practice of self attunements is one that also strengthens your reiki channel. I liken this process to that of the Hatsurei ho that was used in the original Reiki Ryoho. It is something that allows you to constantly focus on the source of Reiki and is a spiritual blessing.

It is my belief that when you are attuned to the Reiki Master level that you are already totally connected to the source. Additional symbols are not additional energies but rather different ways of focusing in on different aspects of the energy. Because of this you can use the symbols from Seichim or Karuna without having been specifically attuned to them. Remember that no one attuned those that developed or discovered or channeled new symbols. For those that feel they need an attunement to work with these symbols the process of self-attunement might meet your needs.

There are three methods you can use when doing a self attunement. These are the Chi Ball Method, the Proxy Method, and the Visualization Method. The Chi Ball Method is one where you construct a "Chi Ball" and then send the attunement to yourself using the HSZSN symbol. All three of these will be addressed.

Self Attunement Using the Chi Ball

1. Hold the hands up high, palms up and see the Reiki source come down and surround you. Breathe in the Reiki energy and let it come into the palms and fill you.
2. Bring the hands down in front of your chest, palms facing toward each other and about one inch apart.
3. While continuing to focus on the Reiki Source slowly move the hands apart. Visualize, intend and will that a ball of Reiki form. Continue to move the hands further apart until they are about the size of a basketball.
4. Now perform any Master attunement you wish on the ball. You can use one of the Non-traditional Short Attunements or any attunement set that you feel comfortable with. You may add any new or extra symbols that you wish.

5. Before you "seal" the attunement or simply before you conclude the attunement, draw a Hon Sha Ze Sho Nen on the ball from top to bottom.
6. Now state, will, and intent that the attunement be sent to yourself.
7. Allow yourself to accept the attunement from the Chi Ball.
8. Intend that the attunement be sealed, or use whatever process you normally use to seal and end the attunement.
9. Hold the hands in the gassho position for a few minutes letting the Reiki Source continue to fill you with Reiki energy.

Self Attunement using the Proxy Method

The proxy method is using one object to represent you. This object can be as simple as using the right knee to represent the back of the head and the right thigh to represent the back, and the left knee to represent the front of the head and the left knee to represent the front of the body. You can also use pictures, pillows, teddy bears or other objects to represent yourself. The essential idea is that the object is a representation of you and you are going to perform the attunement on the object.

Here is a sample attunement using the knee and thigh as a proxy. I prefer this method to a teddy bear or other object because I am actually performing it on myself though touch. It is not any more powerful or "better" to do it this way, simply my preference.

Preparations; Meditations and call upon your masters, angels to be present and to assist you to ensure a perfect attunement.

1. Place both hands on the right knee and intend that you are having the hands on the back of the head. This helps you connect to the Reiki source.
- 2) Starting at the knee and drawing down the thigh, draw the Cho Ku Rei symbol saying the name of the symbol. Intend that this is going from the back of the head down to the base of the spine.
- 3) On the right thigh draw the Dai Ko Mio intending it be drawn on the back.
- 4) Breathe in the Reiki energy and visualize a Dai Ko Mio (DKM) and blow this over the right knee intending that the symbol enter the crown chakra and enter the brain. Repeat with the Cho Ku Rei (CKR), Sei Hei Ki (SHK) and Hon Sha Ze Sho Nen (HSZSN). Add any other symbols you wish.
- 5) On the right knee, representing the crown. Draw and say the names of the DKM, CKR, SHK, HSZSN and any other symbols you wish to add.
- 6) Place your hands in front of your heart in the gassho position and breath in the reiki source filling yourself completely with the energy.
- 7) Move the hands to the left knee and thigh and intend and will that you will be attuning the front of the body.

- 8) Just below the left knee, draw the four Usui Symbols and any other symbols you wish to add intending them to attune the third eye. You can place both palms on the area and let the energy flow intending that it fill the third eye.
- 9) About mid left thigh, draw the four Usui symbols intending them to attune the heart. You can place both palms over or on the area and let the energy pour in intending that it fill the heart.
- 10) Using the left hand, draw all four Usui symbols on the right palm and intend that the palm is attuned. Add any other symbols you wish to use. Repeat with the other hand.
- 11) Move the hands back to the right knee and place both palms on the knee letting the energy flow intending it fill the crown.
- 12) Make any affirmations according to what you might want to reinforce or need. Let the energy pour in and draw the SHK to reinforce the affirmations.
- 13) Seal the attunement by saying "I now seal this process with love and blessings" and draw the DKM.
- 14) Put your hands in the gassho position in front of your heart and breathe in the reiki energy for a few minutes.

Self Attunement using the Visualization Method

This process is similar to using either of the two methods above. The key here is to be able to visualize yourself and the process as if you are doing it. To do this, visualize yourself. You should be able to see yourself front and back, and be able to hold in your mind the image and place you are attuning. Then perform whatever attunement set you choose and add whatever symbols you need. Visualize yourself performing each step on yourself as you do them. When I use this method, I hold my hands in the Gassho position and breathe in the reiki energy. Do not draw the symbols with your hand, but seem them created and placed in the appropriate spot in your mind. I like to start this method by saying the principles before starting. This method can be difficult if you are not very visual or cannot hold the image for very long.

Moving Past the Need for Symbols

In Usui Shiki Ryoho in the Takata lineage, the Reiki Symbols are an integral, primary part of the system. It is now clear that the symbols were developed by Usui later in the development of the system. This was done to aid those with little energy work who had trouble connecting to

the energy directly. The original empowerment used by Usui was "Reiju" and used no symbols. Chujiro Hayashi increased use and emphasis on the symbols and their importance in the system became greater. They were now a primary part of the system. This was done because the movement was from daily Hasurei ho and frequent Reiju, to a system that could be learned quickly.

The symbols also now became part of the empowerment system and the process was changed from empowerment to attunement.

Symbols work in a traditional stimulus-response fashion. The act of drawing, visualizing or saying the name of the symbol (Stimulus) gives us the response of connecting to the energy. The goal for those that learned the symbols in Usui's Reiki Ryoho was to use them to become intimately acquainted with the energy and then to move part reliance on them. One analogy I have seen used, is that they are like training wheels on a bicycle, you use them while needed and then take them off. This is very different in application and philosophy from the western Hayashi-Takata lineage of Usui Shiki Ryoho where symbols are revered and a major part of the system.

These days there are many different attitudes and beliefs regarding the symbols. Some masters believe them to be "sacred", while others consider them "secret", some believe them secret and sacred, while still others consider them neither secret nor sacred. There is a group of masters that believe the symbols have their own power, and on and on. For the record here, I will state that I consider the symbols neither secret nor sacred.

They are an important part of a system that helps train the mind to work with the energy. Use them to help you focus. Meditate with them in your daily Hasurei ho or other meditation. There is a symmetry and wisdom to them. But always remember, in a Buddhist sense, the symbols represent an attachment and as much as they can help you grow with the system and energy, they will also eventually limit you.

The question many students ask is "how do I move past the need to use the symbols. This is not as hard as it might first seem. The following are some suggestions and exercises to help you accomplish this. It should be stated that for most people it is not suggested to do this until you have practiced Reiki for at least a year or more past the master level. This ensures that you have been using Reiki consistently over a period of time sufficient to for you to have developed the skills necessary to do this.

Some people always will use the symbols, while others quickly move past them. Both are correct and appropriate, and you must make the decision regarding this. Here are some activities that you can try.

Exercise #1 - Making a Reiki Chi Ball

Hold the hands in front of the chest, palms facing each other and in front of the chest. Focus or intend that you are connected to the Reiki. Your hands will get warm. Think of the Reiki flowing into the hands, and then continue to let them come farther apart until they are about a 12 inches (26cm) apart. Hold this and let it fill with the Reiki energy. When done move the hands to the outside of the ball and pull it into yourself

letting it fill you with the energy.

Exercise #2 Using the Reiki Chi Ball to send distant healing
Perform the Reiki Chi Ball exercise above. When you are done, rather than pull the ball into you, will and intend that it be sent to someone for distant healing. Focus on the person, and let the energy beam out the palms to them.

Exercise #3 - Connecting to the Reiki Energy Prior to a healing Session
Many people use a ritual of drawing the symbols prior to doing healing on others. Next time you are doing a healing, try the following: (this practice is sometimes called the Reiki Shower)

Stand in a comfortable position. Close your eyes or keep them in the Zen practice of being half-open. Breathe through the nose normally. Place the hands in the gassho position and breathe normally. Raise the hands into the air, palms upward and visualize that the Reiki energy is coming down over you and you are being bathed in a shower of Reiki energy from the reiki source. Focus on the sensation. Move your raised hands down over the front of the body from head to toe with palms facing the body. Continue to focus in the Reiki energy flowing over you as well as the Reiki pouring through your hands cleansing the energy field around you, and let the excess energy run into the earth. Do this three or more times. Finally, put your hands in the gassho position in front of the heart and breathe for a few minutes. When you are finished shake your hands nine times. Then proceed to do the healing.

Reiki Emotional Programming

This technique is similar to Nentatsu ho, which was taught at the master level (Shinpiden) in Japan. This technique was to plant a healing affirmation or thought in your mind or the mind of someone you are performing healing on. There are a few guidelines for this process. First always use positive affirmations. For example if the person wishes to quit smoking do not say, "you do not smoke any longer", but rather use the positive "You live a satisfied smoke free life". Second, make sure that you are using ethical considerations in using this technique. Using this to try to have someone "love" you would be grossly unethical. Third, this is a gentle process. Don't force or push or strain. Fourth, the person should be in a relaxed or meditative state. A good time

to do this is at the end of a treatment, or to have them meditate or do a relaxation exercise.

To perform Reiki Emotional Programming on yourself or others:

1. You can be standing or sitting. Have the person (or yourself) close the eyes, and place the hands in the Gassho position.
- 2) Connect to the reiki energy. The connection can be done by focusing on the energy or drawing the symbols.
- 3) Place the left palm on the person's forehead and the right palm on the back of their head. Now say your affirmation in your mind and intend it be planted into the person's subconscious.
- 4) Move the hand on the person's forehead to the back of their head and place it on top of the hand that is already there. Allow the energy to flow into them for a few minutes. You can visualize the Sei Hei Ki if you wish to help make sure the affirmation is accepted.

Afterword

These practices are some of the many ways that you can experiment with Reiki and apply it in different applications. Again, for the sake of clarity, I freely acknowledge that these are not Usui Reiki practices and are not offered as such. I hope that these have been of some help in your reiki journey.

Be Well; Be Blessed

Vinny Amador

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