

REIKI 2 – AFTERWARD...

What Now?

- Do a healing session on yourself everyday for 21 days.
- Do the Embodied Reiki Meditation whenever you feel you need an extra boost. (Found below and in the After Reiki 2 handout)
- ***Practice drawing the symbols.*** Learn them. Drawing them is a very meditative practice. Try drawing them and putting them around your home. Use Sei-he-ki to find lost items.
- Use Reiki on anything in your own environment...pets, appliances, vehicles, anything. Experiment.
- Begin working on others when you feel ready. Practice, Practice, Practice!

Embodied Reiki Symbol Meditation

Use this meditation to embody and activate your own conscious and energetic connections with the symbols. After this meditation you'll have a more innate sense about when and where to use the symbols. Essentially, they'll begin to create with you as they speak through your consciousness. After each level, return to this meditation and embody the new symbols with it. Typically, once is enough when doing this meditation, but if you found yourself forgetting the symbols, do it several times.

1. Invoke Cho Ku Rei (say it three times and draw it in the air). Picture it above the crown of your head. With your intent, see, perceive or imagine the symbol coming into the crown, slowly moving down through your head, throat, chest, stomach and then into the small intestines. Here you will embody this symbol. Observe what shifts and changes for you. When the energy completes shifting, move to the next step.
2. Do this with the other two symbols, one at a time. Sei-He-Ki and Hon-Sha-Ze-Sho-Nen
3. State the Reiki Principles with both hands on your chest. Invite them to become embodied within you.

Reiki Principles

Just for today I will give thanks for my many blessings.
Just for today I will not worry.
Just for today I will not be angry.
Just for today I will do my work with integrity.
Just for today I will be kind to myself and every living thing.

Self-Healing Session

To do a self-healing session with the traditional chakras you'll start from the top and move down. Invoke Cho Ku Rei in your hands then hold the hand position and wait for an indicator signal such as a sigh or shift in your body or awareness before moving on. You can also muscle test, if you're not sure of the timing. **Note: Working on yourself is one of the toughest things to do because we are taught to care for others but not for ourselves. Make it part of your yoga, before bed, meditation or bath routine so it becomes second nature.** After each attunement, do self-healing daily for 3 weeks.

- Crown Chakra: Place the palms of your hands on either side of your head above the ears. Let the fingers be open at the midline of the top of your head. Don't cover the crown chakra.
- Third Eye Chakra: Place one hand on your forehead and one on the back of the skull at the base (just above the neck).
- Throat Chakra: Place one hand on the front of your neck and one hand on the back.
- Heart Chakra: Place both hands on your chest with fingers overlapping at the midline. An excellent position for falling asleep.
- Solar Plexus Chakra: Place both hands across your stomach, above the belly button.
- Sexual Creative Chakra: Place both hands above the pubic bone, but below the belly button.
- Base Chakra: Place both hands on the top of your thighs.

