

*It's time to experience...*

*Reiki*

# *Welcome to New Earth Reiki 2*

What you will learn and receive...

- A mini-review of the human energy system.
- An in-depth look at the symbols and why they are used.
- The first 3 Reiki Symbols
- Reiki 2 Attunement
- Hand positions and how to use Reiki on others
- What to do after class...resources.

## What is Reiki?

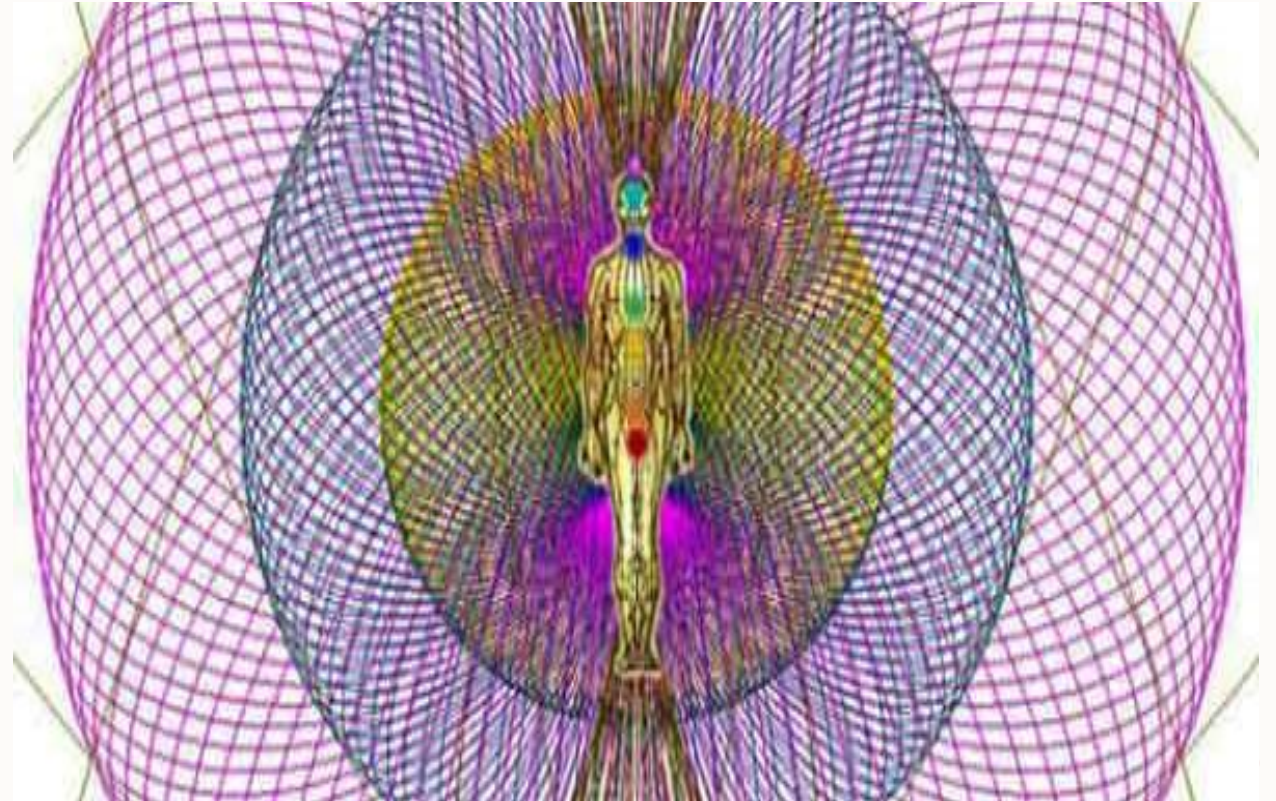
Reiki (pronounced ray-key) is a Japanese technique for stress reduction and relaxation that also promotes healing. It was discovered by Mikao Usui in March 1922. Reiki is administered by “laying on hands” (or now through the Crystalline Grid) and techniques such as this have been practiced for thousands of years. Reiki is a very simple yet powerful technique that can be easily learned by anyone.

Reiki is a special kind of Chi (energy). It is Chi that is guided by spiritual consciousness and is defined as spiritually guided life energy. This is a meaningful interpretation of the word Reiki. It more closely describes the experience most people have of it: Reiki guiding itself with its own wisdom, rather than requiring the direction of the practitioner.



# Anatomy of the Energy Field

- The Electromagnetic Field extends 2-5 feet around you
- Operates as Earth's atmosphere in protection
- When it's not whole, ripped or torn, creates problems for the other systems of the body
- As our Earth is stressed so is our EM Field
- Reiki is a valuable tool to alleviate this stress and repair this field. The beauty of Reiki is that you don't need to know where any of that is. It has its own intelligence and repairs it automatically.

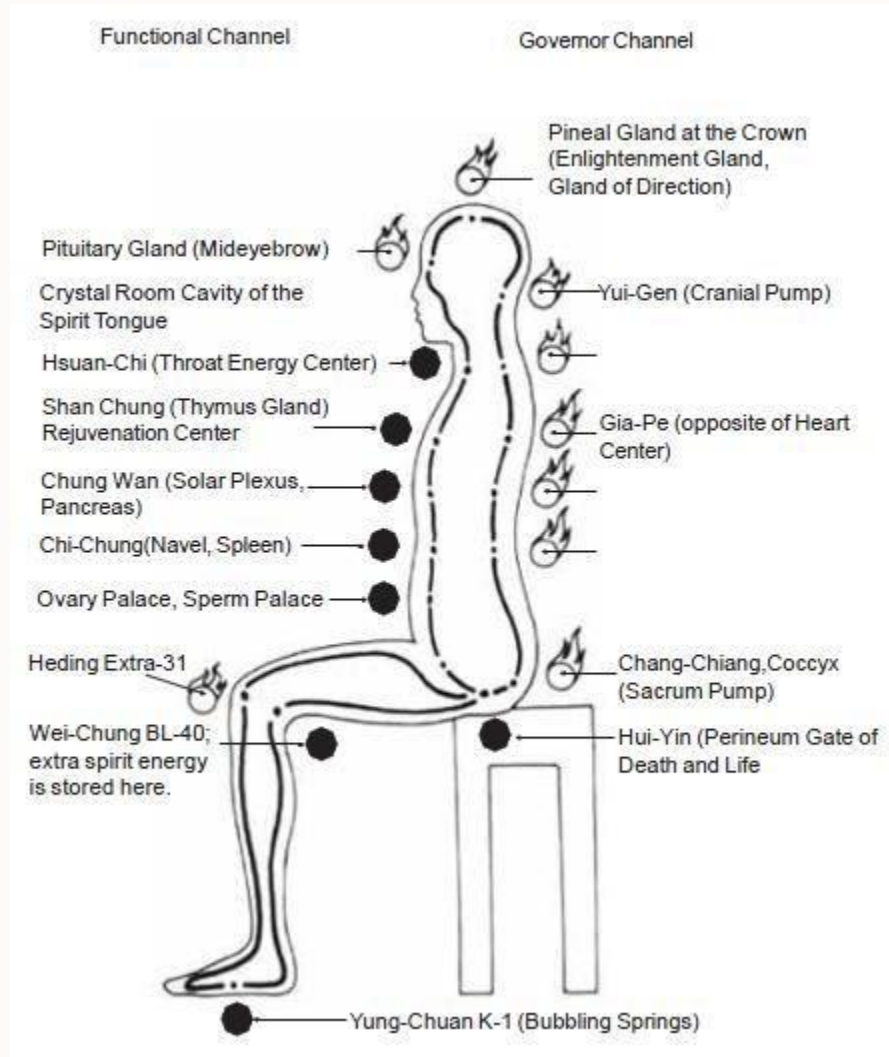




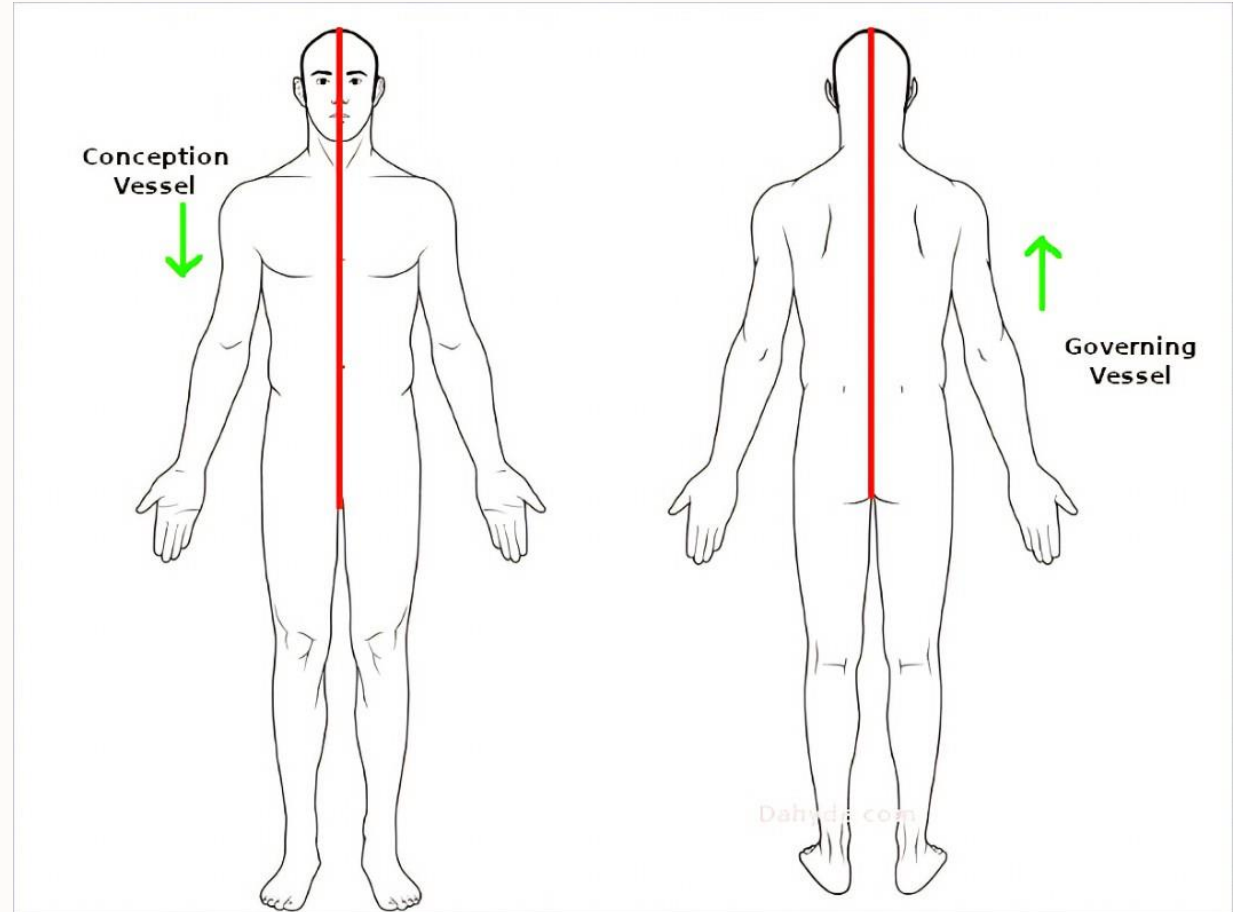
## The Chakras

The seven main chakras are represented by the different colored circles on the figure to the left. The chakras are actually transformers of subtle energy. They take the Ki that is always around us and transform it into the various frequencies our subtle energy system needs to keep us healthy. The lowest or root chakra brings in the lower frequencies that are needed for physical survival and each higher chakra brings in higher energies such as those for healthy physical pleasure, expressing your will in the world, love of self and others, communication and creativity, with the highest or crown chakra bringing in the spiritual levels of energy. Each chakra corresponds with a layer of the aura. Negative feelings or thoughts can become lodged in the chakras reducing the amount of subtle energy they are able to provide and adversely affecting one's health.

# The Hara Line and the Microcosmic Orbit



**Microcosmic Orbit**



**Hara Line**

## The Reiki Symbols

*Reiki Symbols are sacred.* It is part of the Reiki tradition that they be kept confidential. They are only revealed to those who have taken Second Degree Reiki or higher and received the attunement that empowers them. The reason for the secrecy is two-fold. First there is a personal issue. By keeping the symbols secret, you demonstrate your respect for them. If others reveal the symbols or display them in print, as several authors have chosen to do, this cannot affect your own personal relationship with the symbols. As long as you keep them secret, you yourself are demonstrating respect.

The second reason for keeping the symbols secret prior to the attunement is consideration for others. Since the power of the symbols comes from the attunement, showing them to those who have not received the attunement will not help them and could cause confusion. However, their nature and purpose can be discussed without violating this trust.



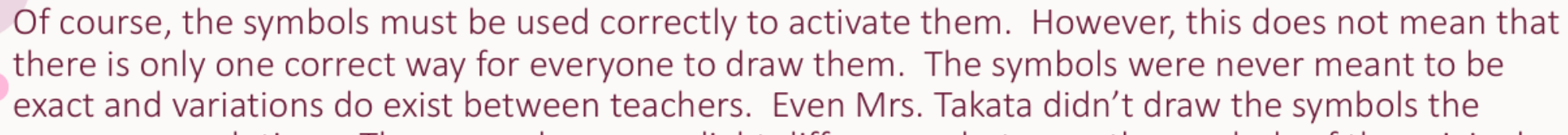
The attunement actually empowers the symbols so that they will fulfill their intended purpose; without the attunement, the symbols do not seem to do much.

This has been verified many times. Students are given the symbols to memorize before the attunement process takes place. Many are psychic and some are healers who are able to see and feel the Reiki energies. All report similar effects. Before the attunement the symbols don't seem to have an influence on the Reiki energies. After the attunement, the effect is definitely there.

**Reiki symbols are transcendental.** Rather than affecting only the subconscious mind as most symbols do, the *Reiki symbols connect directly to the God-Consciousness*. Whenever a Reiki symbol is used by someone who has Second Degree Reiki, the Reiki or God-Consciousness responds by changing the way the Reiki energy functions. This process operates under a divine covenant or sacred agreement between God and those who have Second Degree Reiki. A person does not have to be in an altered state for the symbols to work. *They work automatically, every time they are used.*

Reiki symbols are like keys that open doors to higher levels of awareness/manifestation. They can also be thought of as buttons; whenever you "push" one, you automatically get specific results.





Of course, the symbols must be used correctly to activate them. However, this does not mean that there is only one correct way for everyone to draw them. The symbols were never meant to be exact and variations do exist between teachers. Even Mrs. Takata didn't draw the symbols the same way each time. There are also some slight differences between the symbols of the original twenty-two Masters she taught. Apparently she was guided to make minor variations in the symbols for each student depending on the vibration of the moment and what each student needed.

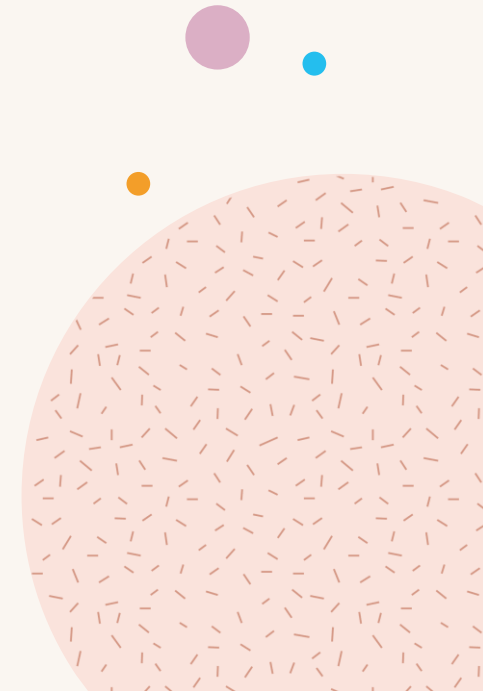
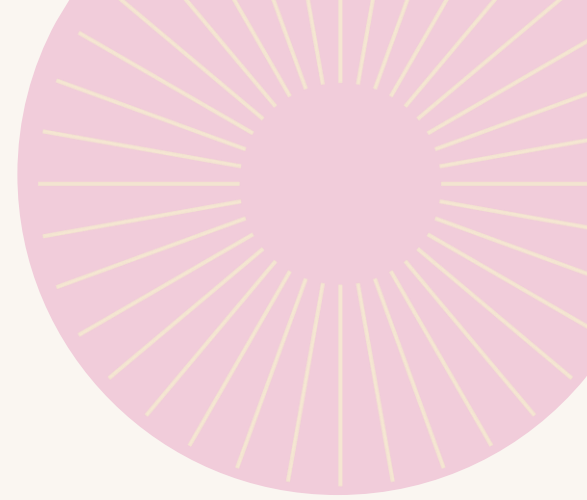
**When a Reiki Master shows the Reiki symbols to a student and gives the attunement for them, an imprinting takes place that links the image the student has been shown to the metaphysical energies the symbol represents.** This is based on the stimulus/response mechanism in the brain. Because the energies of the Reiki attunement are of a transcendental nature, this process is speeded up so the person need to be exposed to the symbols only briefly. During the attunement, the energy the symbol represents comes down and links itself to the symbol. Then, whenever the student thinks of the symbol, the energy the symbol represents automatically begins to flow.

Because Mrs. Takata did not allow her students to make copies of the symbols, **they had to memorize them.** Many did not have perfect memories and when the symbols were passed on from teacher to student over and over again, with no one being allowed to write them down, many variations developed. We now find that the symbols used by some Reiki teachers look nothing like the original symbols used by Dr. Usui, yet they work just the same. Therefore, the correct way for students to draw the symbols is the way they were shown by their Reiki Master at the time they received the attunement for them. In spite of any outward differences in appearance, each student's symbols still work.



The power of the symbols is not in their outward appearance but in the attunement energies that become attached to them. Even so, many students still want to know what Dr. Usui's symbols really looked like. The symbols you are given in this training are the closest we have to what we believe Dr. Usui's symbols looked like.

Next we will explain a number of proven uses for the symbols. However, Reiki symbols have their own energy or consciousness, and it is possible to meditate on them and be shown how to use them directly from the God-Consciousness that is inherent in the symbols themselves. Practice the following, but also feel free to experiment with the symbols and you will discover many more uses.

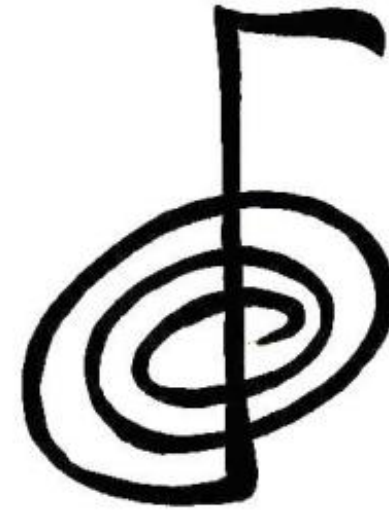


# The Symbols ~ Level 1 Symbol: Cho-Ku-Rei

This Reiki symbol is used to bring you into the energy field of Reiki, opening energetic channels in the body to the flow of Reiki. During your first attunement, you received this symbol in your field whether you knew it or not. But if you have been using Reiki, this is what you have been working with. Called **Cho Ku Rei (choe koo ray)**, this symbol “turns on” the flow of Reiki when you begin to work, essentially acting like an amplifier. The physical body particularly likes this symbol.

## **Cho Ku Rei: The Connector Element: Earth**

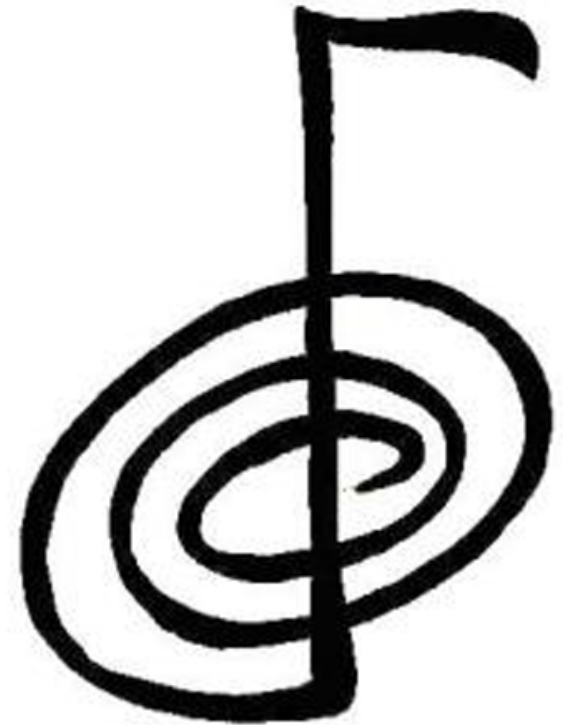
This is a beautiful symbol that can be used to consciously connect you to the Reiki energy at the beginning of each session. It has a warm, vital, loving feel to it. It says “Remember who you are.” Traditionally it is considered the symbol for physical body healing. It helps to remove energetic blocks in the body so that all energies flow through the body more evenly. It also brings into the conscious mind the unconscious attitudes, feelings or beliefs that are affecting us in a subtle way.



*Cho-Ku-Rei*

## The Power Symbol – Cho-Ku-Rei

The Japanese name of the **power symbol** means “by imperial decree.” The word refers to the Emperor of Japan who is considered to be divine. Therefore, this indicates that the use of the power symbols calls on the higher power to heal. The power symbol is used to increase the power of Reiki or focus Reiki on a specific location. Anytime you want to increase the strength of the Reiki treatment you are giving, just think of the name or visualize the symbol and your Reiki will get stronger! You can also say it silently to yourself 3 times to get this effect. It can also be used to seal the space around the client and prevent the healing energies from leaking away. This can be seen psychically and appears at times as a box of white light or at other times as a sphere of golden light surrounding the client. The power symbol can be used anytime while giving a treatment but is especially effective if used at the beginning to increase the power and at the end to seal in the healing energies. The power symbol can be used to clear a room of negative psychic energy and seal it in light, making it a sacred space. It can be used to protect yourself, your loved ones, your car, your home, or anything you value. Because Reiki works on all levels, the protection it provides is also on all levels and includes protection from physical harm, as well as protection from verbal and emotional confrontations, and from psychic attack. You can also use the power symbol to bless others; just think of its name as you shake hands or hug someone you want to bless. Experiment and you will find many other uses.



Cho-Ku-Rei



## Other uses for Cho-Ku-Rei

- Yourself and others
- Prenatal babies
- Accident patients/situations
- Emergency situations
- Animals, birds, insects, fish
- Plants, Trees, Seeds and Your Garden
- Crystals
- Food (During preparation and before you eat)
- Drinks
- Your work or Career
- Contracts or Contract Negotiations
- Projects
- Letters and important Documents
- Your car, Motorbike or Cycle
- For protection in general or when you are traveling
- Your Home or Office
- Drinking Water
- Bath or Shower Water



## The Mental/Emotional Symbol – Sei-He-Ki

The Japanese name of this symbol means “to create a new habit.” This symbol is used in emotional and mental healing. It balances the right and left sides of the brain, bringing harmony and peace. It is especially useful for healing relationship problems. It can also be used with any sort of mental/emotional distress such as nervousness, fear, depression, anger, sadness, etc. Psychically, the energy of this symbol sometimes takes the form of a bubble coming out of the heart chakra of the practitioner for emotional healing or out of the solar plexus chakra for mental healing. Sometimes these two energies work together and mix in front of the practitioner before surrounding and/or entering the client. This symbol can be used to heal addictions as well as problems with weight loss or smoking. It can be used to improve memory and is especially useful at those odd moments when one loses the car keys or forgets a person’s name. It can be used to enhance the use of affirmations, causing them to enter more deeply into the subconscious mind. It is also wonderful for studying learning or taking tests.





## Healing Unwanted Habits: Weight Loss, Cigarettes, Alcohol, Drugs, etc.

The mental/emotional symbol can be used to change or eliminate unwanted habits. Write your name on a piece of paper along with the unwanted habit and the mental/emotional healing symbol. Then hold the paper between your hands treating it with Reiki. This will send Reiki to the parts of your mind and emotions that relate to the unwanted habit and will begin healing them. Do this for twenty minutes or longer each day. Carry the paper with you. If you feel the unwanted compulsion come up during the day, take out the paper and Reiki it.

**Example:** If you want to lose weight, write your name on the paper, the word “food” and the mental/emotional healing symbol. Reiki the paper each day and before each meal. You will find it much easier to eat less, and to eat only healthy foods. You could also use the words “healthy weight loss” on the paper or create another appropriate phrase yourself.



## Other Uses for Sei-He-Ki

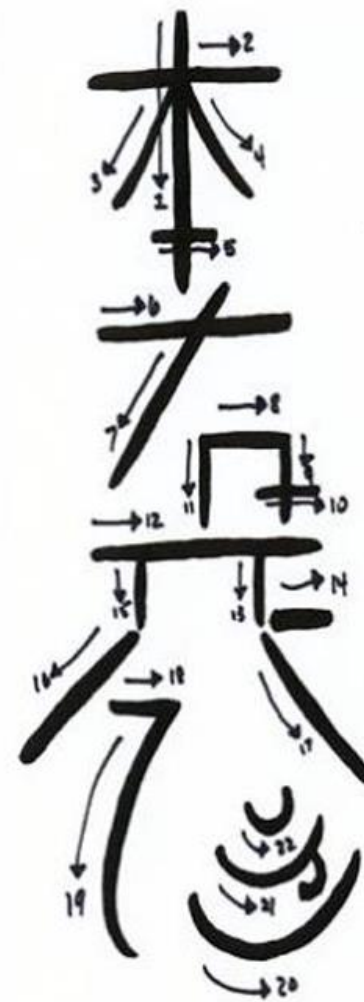
- Blockages and resistance in the body
- Long-standing problems
- Drink, drugs and smoking addictions
- Anorexia nervosa and bulimia
- Relationship problems
- Nervousness, fear, phobias
- Anger, sadness and other emotions
- Grief from bereavement
- Improving memory
- Enhancing affirmations
- Improving intuition and inspiration
- Calming negative atmospheres
- Balancing energies in your home, work, crystals
- Calming arguments
- Improving poor communication
- Protection on every level
- Protection from losing personal belongings
- Protection while traveling
- Finding lost articles
- Improving creativity
- Coma patients and head injuries



## The Distance Healing Symbol – Hon-Sha-Ze-Sho-Nen

The Japanese name of this symbol means “May the Buddha in me connect with the Buddha in you to promote harmony and peace.” This is similar to the term, “Namaste” which is used as a blessing. It is based on the reality that the same divine consciousness or “Buddha nature” is in all of us. This symbol is used to send Reiki to others at a distance. You can send Reiki to people across the room, across town, or even in other parts of the country or the world. Distance is no barrier when using this symbol. Sometimes a picture of the client is used in conjunction with the symbol.

You can send Reiki to clients while they are on their way to an appointment. Doing this helps them always arrive calm and relaxed. You can also use it for past-life regression, hypnosis and guided meditation. By using the distance healing symbol with the mental/emotional healing symbol, you can send Reiki to them during the session from across the room to help facilitate the healing process.



Hon-Sha-Ze-Sho-Nen



***The distance symbol can also be used to bridge time.*** You can use it to send Reiki into the future. If you know you will be involved in an important activity in the future, and you know the date and time of the event, you can send Reiki to the event so that it will be there to help you when the time comes. When it is used in this way, the Reiki energy stores up like a battery. When the time comes, its healing energy descends to surround you and help you. People have used this technique to help them with job interviews, tests, trips to the dentist, surgery or other important events.

***This symbol can also be used to send Reiki into the past.*** If you had a traumatic experience in the past and you know the approximate date, you can use the distant symbol to send Reiki back to heal the trauma. It often helps if you have a picture of yourself close to the time the trauma occurred. If you don't know the date and don't have a picture, it will still work simply by naming the problem and asking that Reiki go to the cause and heal it. This technique can also be used to heal problems that stem from past lives.

***The distance symbol can be used like a homing device.*** If you don't know the area of the body to treat for a particular condition, or where the cause of a problem is, just use the distance symbol, asking it to send the Reiki energy to the cause of the problem, and Reiki will go there without you needing to know where or what the cause is.

## Other uses for Hon-Sha-Ze-Sho-Nen

- Deep seated diseases
- Long standing problems
- Channeling Reiki to someone in another country
- Channeling Reiki to someone in the hospital
- Large groups or large organizations
- Towns, cities and countries
- Channel Reiki to disaster or crisis situations
- Channel Reiki to world leaders
- Driving tests and examinations
- Interviews and meetings
- Karmic Past Life issues
- Children while they are sleeping or resting
- Patients with burns who cannot be touched or where there is a risk of infection through touch
- Healing the inner child
- Healing the past present, and future
- World peace

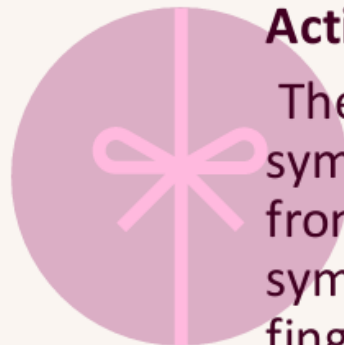
## **Your Reiki 2 Attunement will be like a guided meditation but much deeper.**

- In the beginning I will open a circle and call in all the Reiki Guides and **the Reiki Guardians. These Light Beings of great power can be found at the further most edges of your light body and are responsible for bringing Reiki to the Planet. They are also responsible for the evolution of Reiki as the planet's energy continues to increase.** At the beginning of the Attunement meditation, you will be asked to connect with them. They are not to be confused with your Reiki Guides who are closer to our physical reality. Reiki Guides can be people you knew who have transitioned or who were with you if you used Reiki in other lifetimes. Reiki guides can also be pets who have transitioned and continue to participate with you in your healing work. Your Personal Spirit Guides may also show up as the meditation progresses.

After you have connected with the Reiki Guardians who will be conducting much of the attunement, you will be asked to connect to the Microcosmic Orbit and your Hara Line. You don't have to do anything but open to receive. There will be pauses between each command to allow the energy to move through your body.

Reiki is brought into your body at 2 points: Center Above and Center Below. These 2 chakras are located about 12 inches above the Crown Chakra and below the feet. The Reiki Guardians will anchor the Reiki Symbols into the hands, third eye and Hara Line. Also, during this attunement process, the Reiki Principles are anchored into your heart. These five principals are part of the Reiki Tradition that all practitioners and Masters aspire to live by. To have them anchored into your heart is pure magic.

## **Reiki 2 Attunement**



## Activating the Symbols

There are many ways to activate Reiki symbols. You can draw them in the air in front of you or on or near the client. The symbols can be drawn using your fire finger which is the one next to the index finger, or you can imagine a beam of light coming out of the palm chakra and draw them by moving the flattened hand in the air, or on your other hand. You can also activate the symbol by thinking of its name, or by saying it out loud if not one is around to hear you or saying it silently to yourself. It is customary to say it 3 times to invoke its energy. You can also visualize the symbol or imagine yourself drawing it. Any of these ways will activate Reiki symbols. The important thing is your intention: intend to activate the symbol and it will activate. The above methods are simply ways of expressing your intention.

## Giving Reiki

After the attunement, all that is necessary to use Reiki is to place your hands on yourself or another with the intention of healing. The Reiki energies will begin flowing automatically. You may notice that your Reiki will turn on by itself. You may notice this by the heating up of your hands.

It is not necessary to direct the Reiki energy. It has its own awareness and intelligence and by connecting with your own or the client's energy field will know how to work and what to do. The best results are achieved by simply remaining calm and relaxed and enjoying the soothing energies that are flowing through you.

Note that while Reiki often goes to areas other than where one's hands are placed, it doesn't always do this. This is why it's important to use all the hand positions in a session and to follow the guidance you receive while you are doing a session.



## Working on Others...Right Energetic Attitude

- Check your assumptions at the door about what is possible or what needs to happen.
- Always honor a person's innate wisdom about their time of healing.
- Be careful of your language, which can unnecessarily limit another. Preface intuitive insights with "in my perception..." If a person asks for advice, make statements like, "If it were my problem or situation, I would..."
- Have the intention of connecting core essence to core essence.
- Let Reiki do the work. Check your ego at the door. Don't worry about "if you did a good job" or not. You are not doing anything. Reiki is.
- The psychic energy of the mind is an open, receptive state and becomes the observer. **Do not send it into the client's body.** Reinforce this by connecting with the Reiki Symbols and your Reiki Guides.
- Set up the room before the client arrives by drawing the Reiki Symbols around the room, the floor and ceiling and the table.
- You may have a unique signature in the way you get intuition. The challenge isn't to perceive the way someone else does but to understand how you perceive. Begin to observe when you self-edit your perceptions. Develop your intuition about when to speak and when not to speak about your insights. When in doubt, ask the client if they want your insight.
- Observe how a person looks, feels, or sounds before and after working with them. If they aren't noticing any changes in themselves, bring it to their attention.

## Table Tips

- Use a massage table, if possible!
- Make sure your table is at the right height for you before your friend or family member arrives.
- Always bolster under the knees with a pillow and under the head or neck slightly with a towel or a soft pillow. If your massage table is hard, add a foam pad to it.
- Cover the person with a silk cover or warm blanket.
- Make sure your hands are clean and don't smell strongly of perfume or other smells.
- Watch your own body as you work. If you are tense or uncomfortable, you will transmit it to the recipient. If you get tired standing, try sitting down. If your arms are tired, find ways to prop them on the table (not on the receiver's body!).



## Touch and Moving to a New Position

- Gently lift hands off the body. Don't drag or pull them through the energy field.
- Pay attention to how the body responds to your touch. Some bodies like firm touch, some like soft, some like none. Some are different in one part versus another.
- Drop your awareness into your hands and keep your hands relaxed. You may want to cup them slightly.
- The indicator signal tells you when to move to the next hand position. Sometimes it comes from the person on the table. More often it comes from yourself. Some people sigh. Some feel a change in the hands. When you get it right, the receiver might feel your hands are still in the same position even though you've moved. Don't be afraid to go back to a hand position, if you feel you moved too soon. You can also muscle test to determine if it's time to move.



## Hand Positions

To do a session on someone in person, get them comfortable on the massage table. Invoke each of the symbols by drawing them in your hand and tapping the palms three times or clapping softly. Place your hands on the following hand positions and again invoke the symbols in your mind visually and saying its name three times. A traditional Reiki session works primarily with the chakras. Don't feel limited by this. If you would like to place your hands somewhere else that needs Reiki, such as the knees, elbows or hands, by all means do so. The hand positions are: head; neck; chest; solar plexus; low belly or sacrum area; and tops of the thighs or feet for the root chakra. The following photos show the positions from the front of the body. You can reach the back of the body in a couple of ways.

- Have someone turn over and work directly on their back.
- Send Reiki down the back when your hands are cradling the back of the head.
- Sandwich the torso by sliding one hand under the body with the other hand above. You can do this at the neck, heart, solar plexus and low belly.





Hand Position #1: Place hands lightly along sides of head.



Hand Position #2: Place hands lightly alongside the jaws.



Hand Position #3: Place hands underneath back of head and lightly on forehead.



Hand Position # 4: Cradle back of head. Fingertips are down on the neck. Send Reiki energy down the back if you wish.



**Hand Position #5: Neck.** From the head of the table place one hand under the neck and one above. Check that the receiver feels comfortable and not feeling choked. Alternate position: Both hands above the neck, one on either side.



**Hand Position #6. T position on chest.** Alternatively place one hand underneath and one hand on top sandwiching the heart chakra. Ask permission to place hands directly on the chest area, in the front. If not sure, keep hands slightly off the body



**Hand Position #7. Solar plexus.** Alternatively place one hand underneath the body while the other stays on top sandwiching the solar plexus.



**Hand Position # 8: Second Chakra.** Alternatively place one hand underneath the low back and the other above the pubic bone toward the head. Get permission from your receiver to place hand directly on the body. Otherwise leave the hand slightly off the body.



**Hand Position #9:** Either top or bottom of the feet for root chakra. You can also place your hands on the tops of the thighs just below the hip crease, as well as the feet.

## Using the Distance Healing Symbol – HEALING FROM A DISTANCE

Sending distance Reiki is a two-step process. First, establish the connection by using the distance symbol with the person's name or picture. Then send Reiki. Reiki will begin going to the person and continue as long as you intend to send Reiki. Here are several ways to send distance Reiki:

- Use a picture of the person. Place the picture in front of you and draw the distance symbol in the air, imagining you are drawing it over the picture. Then beam Reiki toward the picture and it will go to that person.
- Do the above, only hold the picture between your hands and request Reiki to flow to the person.
- Write the person's name on a piece of paper, draw the distance healing symbol and hold the paper between your hands.
- Simply hold your hands up in the direction which you imagine the person to be, draw the distance healing symbol and beam Reiki to them.
- Use a teddy bear as a stand-in or surrogate for the person. Say the person's name three times, then draw the distance healing symbol down the front of the teddy bear's body. Then do a standard treatment using all the hand positions on the teddy bear intending the treatment to go to the person. It is also possible to do scanning and beaming with the teddy bear. If you do not have a teddy bear, you may use a pillow instead.
- While driving, intend that the steering wheel represents the person you want to send Reiki to. Think of the distant symbol or say its name, then say the name of the person you want to send Reiki to. Reiki will flow to the person while you are driving and have both hands on the wheel.
- Experiment sending Reiki to Jesus, Buddha, God, the full moon, the earth, pagan gods, your spirit guides, angels, etc. People who have done this type of distance healing report receiving tremendous healing back from these high spiritual beings. Doing this also creates a strong connection that your prayers to them are empowered.
- Use the distance healing symbol to send Reiki to people you knew in the past or to people on TV or in the newspapers, especially those who are injured or otherwise in need of help.
- Send Reiki to national or world crisis situations using one of the above techniques.

## Group Distance Healing

Distance healing can be sent by a group of Reiki II practitioners with powerful results. Just sit in a circle and place the name or picture of the person in the middle. Have everyone draw the distance symbol and say its name three times, then say the person's name three times, then beam Reiki to the picture or name in the center. Remember, Reiki works by intention. Just use your imagination to think of other ways to send distance Reiki.

## Empowering Goals

If you have been blocked in the achievement of a particular goal, it usually means there is something that needs to heal before you will be able to achieve that goal. In addition, the achievement of any goal will be easier if all its aspects are surrounded with the loving, harmony-producing energy of Reiki.

Write your name on a piece of paper or a 3X5 Card. Write down a name for your goal, or just a description of it. If dates are involved, write them down too. Then draw all three symbols on the paper or card. Reiki it for twenty minutes or more each day. Carry the card or paper with you wherever you go. Give it Reiki whenever you have a spare moment. Continue to actively work to achieve your goal. You will find everything working much better. If the goal is in harmony with your higher good, you will achieve it!

Reiki is a powerful healing energy that has many possibilities for the innovative practitioner. It is exciting that something as valuable as Reiki is now widely available.

If we are to solve the personal and global problems that face us, it is important to make effective use of the healing resources available to us and to be thankful for the techniques that are now surfacing from ancient knowledge. These are the most interesting of times, filled with the possibility of important discoveries, the development of higher consciousness and the transformation of society. Let us take charge of our lives and create an exciting adventure out of the challenges we face!

# 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.

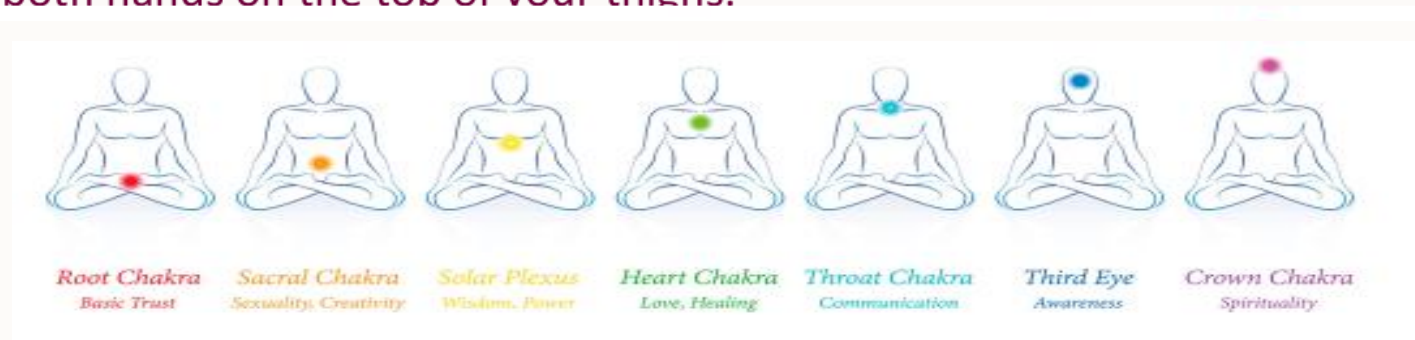
Just for today I will be kind to myself and every living thing.

## Self-Healing Session

To do a self-healing session with the traditional chakras you'll start from top and move down. Invoke **ALL REIKI SYMBOLS** 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, 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.



# *The 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.