



## Reiki 1

### Introduction

By signing up for this class, you have said to the Universe that you want to be of service at a higher level. You have committed to clear your body, mind, and spirit at an even deeper level to be of service to the larger collective. Reiki is a privilege given to those who are willing to commit to it. The more you give to it, the more it gives back to you. The more I study and use Reiki, the more I am convinced that everyone on the planet needs it and needs to be using it. It is the perfect universal healing tool. It is the only spiritual tool I know of that is highly powerful and absolutely safe. It never has and never will be used for harm in any form. It's built in. And it will take you as deeply as you want to go into the core of your being to clear and cleanse anything unlike what you came here to be.

### 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.

The symbols for Reiki come from Japanese kanji. Kanji are ideograms used in the written language of Japan. The word Reiki is represented by two kanji, Rei and Ki. Rei is the upper character and Ki is the lower character.



## **Rei – Spiritual Wisdom**

The general meaning of Rei is universal and this is the definition many have used. However, Japanese ideograms have many levels of meaning. They vary from the mundane to the esoteric. So, while it is true that Rei can be interpreted as universal, meaning that it is present everywhere, there is a deeper understanding of this kanji, which for our use, is more meaningful in describing the healing art of Reiki.

The upper section of this kanji has to do with the heavens and spiritual realms, and thus, those higher areas of consciousness that are beyond ego. This area goes by various names such as spiritual consciousness, the Universal mind, God, the supreme Being, the third heaven and so forth. It is out of these realms that creativity, genius, miraculous experiences, and spiritual healing originate. The lower section of Rei represents the earth and portrays layers of soil and stone. The middle section represents the 3 aspects of the human being—body, mind, and spirit. More specifically, this section represents the healer, who is located between heaven and earth and acts like a bridge to bring the wisdom, guidance, and healing of heaven down to the people and living things of the earth.

Ki is life energy. It is also known as the vital life force or the universal life energy. This is the non-physical energy that animates all living things. As long as something is alive, it has life energy circulating through it and surrounding it; when it dies, the life energy departs. If your life energy is low, or if there is a restriction in its flow, you will be more vulnerable to illness. When it is high and flowing freely, you are less likely to get sick. Life energy plays an important role in everything we do. It animates the body and has higher levels of expression. Ki is also the primary energy of our emotions, thoughts, and spiritual life.

Ki is influenced by the mind. If you have positive healthy thoughts, your Ki becomes stronger (genki). If you have unhealthy, negative thoughts, your Ki is weakened or becomes unhealthy (byoki).

## **Spiritually Guided Life Energy**

Reiki is a special kind of Ki. It is Ki 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.

### **Do all Healers use Reiki?**

There are many kinds of healing energy. All healing energy has Ki or life energy as one of its important parts. All healers use life energy or Ki, but not all use Reiki. Reiki is a special kind of healing energy that can only be channeled by someone who has been attuned to it. While it is possible that some people are born with Reiki or have gotten in some other way, most people need to receive a Reiki attunement to be able to use Reiki. Therefore, most healers who have not received the Reiki attunement from a Reiki Master are not using Reiki but another kind of healing energy. It is my opinion that ALL healers can benefit from Reiki Attunements.

### **Attunements**

A Reiki attunement is a sacred spiritual initiation that connects the initiate with higher levels of consciousness and an unlimited source of healing energy. It heals and conditions the crown, heart, and palm chakras for their use in channeling Reiki and makes other adjustments in the student's energy system necessary on an individual basis.

Reiki is not taught in the way other healings techniques are taught. The ability to channel Reiki energy is transferred to the student by the Reiki Master during the attunement process, or in our case directly from the Reiki Guardians through the Crystalline Grid. During the attunement, the Reiki or spiritual consciousness makes adjustments in the student's chakras and energy pathways and also in deeper parts of one's consciousness to accommodate the ability to channel Reiki energy; it then links the student to the Reiki source. These changes are unique for each person. The Reiki Master does not direct the process and is simply a channel for the attunement energy flowing from spiritual consciousness.

The Reiki attunement is a powerful spiritual experience and is the most important part of a Reiki class. The process is guided by Reiki or spiritual consciousness, which fine tunes the experience for each student depending on what is needed. Some report having mystical experiences involving personal message, healing, visions, and past-life experiences. The attunement can also increase psychic sensitivity. Students often report an opening of the third eye, increased intuitive awareness, or other psychic experiences after receiving a Reiki attunement. However, not everyone has these experiences, but that in no way diminishes the attunement, itself. The meaningful experiences usually take place when the attunement energy works quickly and creates a rapid change in consciousness. However, for some students it's more appropriate for the attunement energy to work slowly over a long period of time which can sometimes extend even beyond the time when the attunement is being given by the teacher. Often when this happens, the experience isn't as dramatic and all that the student is aware of is a feeling of relaxation, even though the student is receiving all the benefits of the attunement. Because of this, it's important to remember that what one experiences during the attunement isn't the main focus. Rather, it's the purpose of the attunement that is more important which is the new ability to channel Reiki energy. And this becomes apparent when the student begins to practice using Reiki on others. Remember also that to understand the value of one's Reiki energy, one must not only be aware of what is felt by the practitioner while giving a session, but more importantly what the client experiences.

Once you have received a Reiki attunement, you will have Reiki for the remainder of your life; you can never lose it. When one attunement per level is all that is necessary to activate the ability to channel Reiki, additional attunements to levels already received have proven beneficial. (And yes, you can listen to the recording of the Attunement again and again and receive it's benefit.) These benefits include refinement of the Reiki energy one is channeling, increased strength of the energy, healing of personal problems, mental clarity, increased psychic sensitivity, and an expanded level of consciousness.

### **The Cleansing Process**

The Reiki attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful. You could experience a headache, stomachache, weakness, or aches and pains. One student of mine gets cold and flu-like symptoms every time she gets an attunement, and these usually come on before class! These are the effects of toxin being released from areas where they had been stored and is part of the process of releasing them from the body. Changes can also take place in the quality of your emotions and in your consciousness that indicate the release of emotional toxins. These experiences are actually a sign that healing is taking place. This does not always happen for everyone after a Reiki attunement, but when it does, it is important to understand what is happening so you can support its completion.

Whenever change takes place, even if it is good, a period of adjustment is necessary so that the body and various parts of your life can get used to the healthy new conditions. You may need more rest, and it can also be helpful to drink more water and to spend more time quietly contemplating your life and any changes you might need to make to support a healthier lifestyle. Many have found that a process of purification prior to and after the attunement improves the benefit one received.

### **Giving Reiki**

After the attunement, all that is necessary to use Reiki is to place their hands on themselves 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 suggested that after Reiki 1, the practitioner only use Reiki on themselves and use the time of at least 30 days to tone their own energy body to the energy of Reiki.

It is not necessary to direct the Reiki energy. It has it's own awareness and intelligence and by connecting with your own or the clients 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.

### **Reiki Can Never Cause Harm**

Because Reiki is guided by spiritual consciousness, it can never and WILL NEVER cause harm. It can never be used inappropriately. It will always turn itself off if someone tries to use it inappropriately. It always knows what a person needs and will adjust itself to create an effect that is appropriate. One never needs to worry about whether to give Reiki or not. It is always helpful and always safe. In addition, because the practitioner does not direct the healing and does not decide what to work on, or what to heal, the practitioner is not in danger of taking on the karma of the client. Because the practitioner is not doing the healing, it is also much

easier for the ego to stay out of the way and allow the loving presence of spiritual consciousness to clearly shine through.

### **Reiki Never Depletes Your Energy**

Because it is a channeled healing, the Reiki practitioner's energies are not part of the session and are never depleted. In fact, the Reiki consciousness considers both practitioner and client to be in need of healing, healing so both receive benefit. Because of this, giving a session always increases one's energy and leaves one surrounded with loving feelings of well-being.

### **Anyone Can Learn Reiki**

The ability to learn Reiki is not dependent on intellectual understanding, nor does one have to be able to meditate. It does not take years of practice. It is simply passed on through the teacher to the student during the attunement process. As soon as this happens, one has Reiki and can use it. Because of this, it is easily learned by anyone. Reiki is a pure form of healing not dependent on individual talent or efforts by the individual to acquire it. Because of this, the personality of the practitioner is less likely to cloud the significance of the experience. The feeling of being connected directly to God/Goddess's healing love and protection is clearly apparent.

### **Self-Treatment**

In addition to using Reiki on others, you can also treat yourself and are encouraged to do so, especially right after receiving your Attunements. This is one of the wonderful advantages of Reiki. It works just as well on you as it does on others.

### **How Does Reiki Heal?**

We are alive because life energy or Ki is flowing through us. Ki flows within the physical body through pathways called chakras, meridians, and nadis and can also be present and pass directly through the organs and tissues of the body. It also flows around us in a field of energy called the aura. The free and balanced flow of healthy Ki is the cause of well-being. It is Ki that animates the physical organs and tissues as it flows through them. Ki nourishes the organs and cells of the body, supporting them in their vital functions. When the flow of healthy Ki is disrupted, it causes diminished functioning within one or more of the organs and tissues of the physical body. Therefore, it is the disruption in the flow of healthy Ki that is the main cause of illness.

Ki is responsive to thoughts and feelings. When we have positive optimistic thoughts, we increase our flow of Ki and this causes us to feel better. However, when we have negative thoughts, our Ki is disrupted and diminished, and we do not feel as good. When negative thoughts become lodged in the subconscious mind, they create a permanent disruption in the flow of healthy Ki. This happens when we either consciously or unconsciously accept negative thoughts or feelings about ourselves. These negative thoughts and feelings influence Ki and cause it to become byoki or unhealthy Ki. The byoki then attaches itself to the organs and tissues of the body and also disrupts the flow of healthy Ki. The organs and tissues of the body can be affected depending on the location of the blockage. This diminishes the vital functions of those organs and cells of the physical body and unless the blockage is released, a person could eventually become ill. When a person receives a Reiki session the Reiki or spiritually conscious part of the energy assesses where the person has byoki and then directs the healing energy, usually to the byoki that is nearest the hands. However, sometimes it will

go to the byoki that is most in need of healing even if it is far from the hands. The Reiki energy then works with the negative thoughts and feelings that have created the byoki and are blocking one's flow of healthy Ki and replaces them with healthy thoughts and feelings thus releasing the byoki. This can happen in a number of ways. By flowing through the affected parts of the energy field and charging them with positive energy, Reiki raises the vibratory level in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens, and heals the energy pathways, thus allowing healthy Ki to flow in a natural way. Sometimes the entire field of blocking energy is lifted up to a higher level of consciousness where it is processed. Other times, it is melted away or burned up. When a block is released, sometimes a person will feel a cold sensation and when it is melted or burned up, a hot sensation. Once healthy Ki is flowing naturally, the physical organs and tissues are able to complete their healing process.

### **What can be Treated?**

Reiki is both powerful and gentle. In its long history of use it has aided in helping to heal virtually every known illness and injury including life threatening problems like multiple sclerosis, heart disease, and cancer as well as skin problems, cuts, bruises, broken bones, headaches, colds, flu, sore throat, sunburn, fatigue, insomnia, and impotence. It is always beneficial and works to improve the effectiveness of all other types of therapy. A session feels like a wonderful, glowing radiance and has many benefits for both client and practitioner, including positive states of consciousness and spiritual experiences.



### **The Aura**

The Aura, sometimes referred to as the electromagnetic field, is a beautiful field of ever-changing energy pattern that completely surrounds all living things. The oval shape surrounding human figures in pictures symbolizes the aura. However, the aura is actually composed of many layers that begin close to or inside the body and extend outward 3 to 5 feet from the body. Each layer represents a different part of the person's consciousness with the inner layer connected to the physical body followed by higher layers associated with the emotional, mental, and spiritual levels of consciousness.

The aura is created by all of your thoughts and feelings, both conscious and unconscious as well as the energies flowing through the physical body. Your state of health is reflected in the aura as well as affected by the condition of the aur and, in fact, many feel that the original cause of both illness and health is the aura. Giving Reiki to a person tones the aura and promotes healing on all levels.

### **The Chakras**

The seven main chakras are represented by the different colored circles on the figure above. 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.

# Reiki Level 1 Exercise 1 – Reiki Self Treatment





# Reiki 2

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 Rei 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 not 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.

## 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.

### The Power Symbol – Cho-Ku-Rei



*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.

### 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



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.

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.

The distance symbol can also be used for exorcism and spiritual release work. This is a simple process that is very powerful. It is not based on a contest between you and the spirit, therefore it does not drain your energy or place you in harm's way. Just use the distance symbol to send Reiki to the spirit, then call on the Ascended Masters and ask them to take the spirit up into the light. Continue sending Reiki for several more minutes or until you feel the process is complete. The Ascended Masters will do all the work and deal with the spirit in exactly the right way to create a healing for both the person and the spirit.

### **Using the Distance Healing Symbol**

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.

While it is best to send distance Reiki only to those who have requested it, as they will be the most receptive, there may be times when you will want to help someone who is not aware that you could help them for whom requesting help may be difficult. People in comas can't request help, but still might want it if they knew about the possibility. Also, you may want to send Reiki to heal the earth or to a crisis situation. In these cases, just say a prayer asking for permission to send Reiki. You may get permission, or you may not, but it is important to follow your inner guidance. Remember, Reiki can do no harm. Also, Reiki respects a person's free will. If you send Reiki to someone who does not want it, the Reiki will not affect them.

### **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.

### **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



## **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!