

Reiki II Manual

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TABLE OF CONTENTS:

INTRODUCTION.....	2
IMPORTANCE OF INTENTION.....	2
SYMBOLS.....	4
Cho Ku Rei (The Power Symbol).....	5
Sei He Ki (The Emotional/Mental Symbol).....	6
Hon Sha Ze Sho Nen (The Distance Symbol).....	7
Using the symbols.....	7
DISTANCE HEALING.....	8
Healing the Past.....	8
Healing or Manifesting the Future.....	8
Distance Reiki Sessions.....	8
The Surrogate Method for Distance Sessions.....	9
Other Distance Methods.....	9
CONFIDENTIALITY.....	10
TOOLS FOR FORMAL TREATMENTS	
1) The 12 Chakra System.....	10
2) Visualization of Symbols.....	11
3) Many Hands make Light Work (puns intended).....	11
4) Cellular Trauma Release.....	11
5) Breath Moves Energy.....	11
6) Scanning.....	12
7) Beaming.....	12
8) Chakra Balancing	12
9) <i>Gassho</i>	12
10) <i>Reiji Ho</i>	13
11) A Suggested Treatment Protocol.....	13
TOOLS FOR YOURSELF	
12) Programming Objects	14
13) Sending Reiki Through Time	14
14) Grounding Yourself.....	14
15) A Powerful Meditation.....	14
16) The Receiving Unconditional Love Meditation.....	14
17) The Sun Meditation.....	14
POSTSCRIPT.....	15
YOUR REIKI LINEAGE.....	15
REFERENCES.....	16

INTRODUCTION

In Reiki II you will learn the sacred symbols of Reiki, how to send Reiki through time and space for yourself and others, and more powerful ways to use Reiki within sessions. You will receive an attunement, which will strengthen your ability to channel Reiki, and allow you to use the Reiki symbols, and allow you to send Reiki energies through time and space. The attunement also catalyzes and enhances your own personal transformation and growth.

I see Reiki II as the “professional degree” for people interested in developing a Reiki practice and serving others. Of course, you are free to offer professional services after your Reiki I attunement, but level II provides you a lot more tools. Reiki II can also be used very powerfully in your personal life, whether just helping yourself, or helping friends, relatives, plants, and/or animals on a casual basis.

Level II is very powerful in it’s own right. In Level III Reiki you learn a few more symbols, how to pass attunements, and also make another major step in your personal transformation. As far as progressing to Level III Reiki, you will know when it is the right time for you. It may be tomorrow, next week, in years, or never. Whatever you feel will be perfect.

As with your Reiki I attunement, please take care of yourself after your attunement by drinking plenty of water, nurturing yourself, and doing Reiki on yourself and/or others for 21 days. The attunement catalyzes powerful transformations as you continue on your path of empowerment. Occasionally this stimulates cleansing that may create physical and emotional detox symptoms, so watch yourself and Reiki any changes into peaceful new ways of being.

IMPORTANCE OF INTENTION

Even though Reiki always works towards highest good, I find it important to set intentions because our consciousness affects reality. Our stories about life and intentions form the lens of awareness through which we see life. For instance, as a Reiki practitioner I set the intention for anyone who receives Reiki from me to feel tangible and amazing results. If, for instance, I doubted the effectiveness of Reiki, I might see myself as manifesting clients that felt little or nothing. Furthermore, I always try to counsel my clients about their intention and help them choose the most pleasant and joyful outcome. I always hold space for instantaneous healing, even of chronic conditions. In contrast, I have read some Reiki books that suggest that clients with chronic conditions need repeated Reiki treatments, or that a first-time Reiki client should have a series of Reiki treatments for the first three days. Since we can send Reiki through time, I started intending that all my clients receive Reiki for a minimum of three days from their in-person treatment.

I like to have client’s set intentions to see their empowerment. One of the reasons I love Reiki is that I figure it’s empowering in it’s simplicity. If a client goes to a doctor with stomach pain, they will likely receive some complicated story based on scientific stories that take years of study to understand, and then through some complicated technology, whether medicine or operation, hopefully the stomach pain will heal. The complicated scientific story puts the power in the hands of the trained scientist. In contrast, if a client comes to me with stomach pain, and I essentially do nothing besides wave my hand over them or lay my hands on them for a few moments, and the pain goes away, I feel like it’s one big step closer to the client realizing all they have to do is ask their body to feel better. They could even learn Reiki and Reiki themselves. I try to always tell my clients that I merely hold space for them to heal themselves...the real power is within them and their intention to feel better.

With regard to intentions, I see four stages of empowerment. The first stage is un-empowerment, where the client is stuck with an unpleasant condition. The second stage is asking to release the negative pattern. The third stage is becoming the desired pattern. And the fourth stage is being the desired pattern. For example, the four stages of empowerment regarding cold symptoms are: “I have a cold.”; “I release the pattern creating the cold.”; “I am breathing more easily, feeling more clear

headed, and more to the ideal body temperature.”; and “I am breathing easily, clear headed, and my body temperature is normal.”¹

By holding “big” intentions, I can more easily trust in challenging conditions. One thing I always do is ask the client how they feel after I think I am done a session. I ask if they have any tension, pain, or unbalanced energy, and I ask them if they felt a shift towards their desired intention. Then, if needed, I do another “round” of Reiki on them. This is very powerful.

One of my clients reported several years later about her first experience with me. Due to an error with the receptionist, she ended up with an appointment with me rather than with a massage therapist. She decided to see what I might do for her pschiatica. I explained what I had to offer and she gave it a try though she was a bit skeptical. Her skepticism waned when she felt vibrations spread throughout her body from the crystal I placed on her third chakra. I provided about 10 minutes of energy work and felt I was finished. When I checked in with her, she still felt pain from her pschiatic nerve. I had her sit up, and told her that sometimes such patterns release better from a sitting position. I did another couple minutes of energy work on her, and she said the pain went away. When I ran into her a couple years later, she said the pain had never come back. I feel that if I had not set the intention to always have tangible, amazing results, I might have stopped after the first round of Reiki during her session, and thereby created a different reality.

Once after I had just started offering Reiki at a new clinic for sex workers, the receptionist sent in a first time client for me. A streetwise transsexual woman sat down and said, “I’m here for the massage!” A bit nervous and wondering if this woman was really meant to see me, I said, “I don’t do massage. What I offer is Reiki and energy work that sees your body as a pattern of energy reflecting Einstein’s discovery that physical matter is just a pattern of energy...” She cut me off, saying, “Well, you know what you’re doing, right?” I said I did. I prayed to myself, remembering my intention for Divine union with my clients and that if they got to me for a session they would feel results. Her challenge was to release some back pain. I did a few minutes of Reiki on her in the chair in the small cubicle I was provided for my workspace. After I thought I finished, I checked in with her. “How are you feeling?” I asked. “Huh,” she said, “you’re hands aren’t on my head any more?” she continued with a dazed look on her face. I smiled to myself, realizing she must have gotten her results.² Following up, I asked, “How’s your back feel?” She dazedly replied, “What back?” She felt fine.

Another time, a Reiki Master came in for a session. I explained that I always like to have my clients set an intention to see their empowerment in their healing. Her challenge was a chronic neck and shoulder pain that had plagued her for years. So I suggested the intention for her to release the pattern creating the pain, and take on the pattern of complete comfort, flexibility, strength, and mobility in her neck and shoulder. She laughed and said she had been doing Reiki for years and knew better than to expect instant results. “Reiki takes time and may never heal such things,” she said. I smiled and said, “Humor me then; and we can at least ask!” These sessions were done in a clinic where I only had about 30 minutes to work on each client. So by the time we finished her counseling, I only had a few minutes to do Reiki on her in a chair. I did a few minutes of energy work on her and felt finished. I asked her how she felt, and she said, “The pain is gone!” With a big grin, I replied, “I thought it might!” I ran into her a couple of weeks later, and she said, “You know, the pain never came back!”

¹ I feel it is also important to note the stories we tell our self about life. Our background stories and paradigms about life keep us under constant hypnosis. The story of “I am catching a cold” implies that we will be sick for four or five days. So a better story about nasal congestion is “my body is cleansing itself”; then we can speed up the cleansing process and not limit our self to the story of a cold. An even better story is “I am just a pattern of energy that I can change through my will”; then we can ask to change the pattern from that of congestion to that of breathing easily.

² I often start with my hands on my client’s head, and it’s common for them to feel the energy there even after I remove my hands.

My most “challenging” case in regards to my confidence in having clients feel Reiki was at the same clinic. We offered sex workers non-judgmental care with a wide variety of services: western medicine, counseling, massage, food, std/hiv testing and counseling, clothing, etc. Two medical professionals came on board our staff to offer services. Having never experienced Reiki or energy work, they eagerly accepted a demonstration. I started off by showing them muscle testing (kinesiology)³. When I demonstrated muscle testing to them, the woman said she thought I was pushing harder on her arm. The man believed me. I went on to ask him if he had something he wanted to change. He had neck pain. Besides doing Reiki, I was also doing Intuitive Energy Medicine. In Intuitive Energy Medicine, energy is moved not by laying of hands like in Reiki, but rather by saying different numeric harmonics to change the cellular vibration. I felt called to used Intuitive Energy Medicine upon him, and started in saying, “Stress Release 687-955-898-998...” The lady burst out laughing, with some apology, saying how ridiculous this seemed. I was a bit flustered, but realized it would look a bit silly. And had I not experienced results from such “strange” methods, I would be skeptical too. I managed to regain my composure, remembering that because of my intention to always have tangible results, they would hopefully feel something. I finished the couple of minute session with the man. He said his neck did indeed feel better, and he clearly respected me. I pushed aside my nervousness and asked the woman if she would like to try receiving some energy work. She said she’d give it a try and set the intention to release anxiety and take on the pattern of relaxation. I gave her a couple minutes of Reiki while she sat in the chair. I felt great surges of energy pulse through my hands. I thought to myself, “That’s a good sign that she will feel something, but don’t expect too much. Sometimes I feel a lot of energy moving while others don’t. It’s in the hands of her highest Spirit.” After a couple of minutes, I checked in with her and asked, “How do you feel?” She had this dazed look on her face and said, “Oh my God. I feel so relaxed... Did you move my head?” I replied that I didn’t know if I moved her head. The man said, “I was watching. I saw your head move and he wasn’t touching it then.” Apparently, as her energy shifted so did the structural alignment of her head and neck.

You may or may not always see the biggest results. Never take the results personally. You are merely a channel. But by holding the most amazing possibilities in your intention, you will know that you have not restricted the results through your consciousness.

SYMBOLS

In Reiki there are a set of sacred symbols that allow you a greater awareness and finer nuances in using Reiki energy. The symbols are considered sacred. Traditionally, the symbols were never recorded; students were required to memorize them and burn any written images. Reiki Masters demanded that students never reveal the symbols to those not attuned to Reiki out of fear that the symbols might be misused, and/or devalued. Some lineages and Reiki teachers still adhere to this rule. In more recent history, Reiki teachers have broken the old tradition and written and even published the Reiki symbols. Although not the first to publish the symbols, Diane Stein produced one of the first books including Reiki symbols and was the subject of some controversy over the matter. In Essential Reiki, she summarizes many variations of the symbols. As one might expect, not all Reiki masters teach the exact same symbols. Just as a story passed round a circle from person to person changes, human error likely creates some of the variation. Other variation arises when Reiki masters develop new versions of the symbols.⁴

³ Kinesiology, or muscle testing, is a method of tapping into the wisdom of the body for assessment and diagnosis. Basically, the practitioner pushes down on the client’s outstretched arm and tests the strength of resistance while asking different questions. The way I start is by having the client think of a happy thought; their arm stays strong. Then I have them think of a sad or unhappy thought; their arm weakens. This basically demonstrates how hypnosis works and the importance of choosing good thoughts. You demonstrate this for yourself when you are lifting weights or exercising. See how you feel when you think to yourself, “I am so weak and out of shape.” Then do the same exercise, thinking “I am so strong and fit.”

⁴ In Reiki: A Practical Guide, Bill Waites tells how his Reiki Master Naharo passed down one symbol the same for all his students, then chose three different symbols for each student. (These likely

Personally, I am reasonably liberal about the symbols. Since Reiki channels only what is for the highest good, I don't see how the symbols could be misused. Furthermore, anyone not attuned to Reiki can't channel Reiki or use the symbols. So I neither hide nor flaunt the symbols. When I had a room, I made colorful drawings of the symbols and hung them on the wall to charge the room and send healing energy to whoever entered my room. Many people never noticed them. Others would ask what the symbols were, and I would explain that they were Reiki symbols and trust that the inquisitive visitor had a divine reason for noticing the symbols.

In Reiki II, most lineages teach three symbols: Cho Ku Rei, the power symbol; Sei He Ki, the emotional/mental symbol; and Hon Sha Ze Sho Nen, the distance symbol. In our lineage, we are given two sets of symbols: the "traditional" versions⁵, and new versions that were channeled by Jackson Bowman from Christ several "Reiki generations" ago in our lineage. Both versions of the symbols are put into your aura during the attunement and you are taught both versions as well. You can mix and match the symbols in any fashion. Some people claim that different versions of the symbols carry different energies and/or strength. Personally, I found that by the time I memorized the traditional symbols, I was already using the newer versions regularly. The newer versions seem cleaner and more in resonance with the present times, and also easier for me to visualize in three dimensions. But that's just me and my opinion. Play around with them. See what resonates with you. Realize that mainly the symbols are tools to help us believe in our intentions and create rituals for us to believe in them.

Cho Ku Rei - The Power Symbol

Cho Ku Rei raises the energy, vibration, and overall flow. You might think of it as boosting the power. You can use it to empower a room or the space around you as you walk down the street. Like all symbols, use it intuitively during a session.

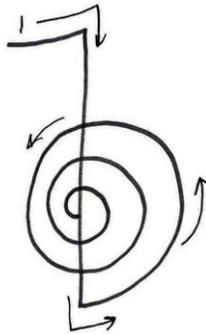
The traditional version is counter-clockwise. The new version in our lineage is clockwise. Diane Stein writes that she tested both versions and found the clockwise version always outperformed the counter-clockwise version. Being Wiccan, her belief system is based on the concept that clockwise builds energy and counter-clockwise reduces energy. She claims that she only used the traditional counter-clockwise version once and it was to remove excess energy. Personally, I don't get too hung up on rules about clockwise movement because the movement depends on your perspective. If you are looking up rather than down, clockwise becomes counterclockwise. I intuitively use both versions of the symbols perhaps even using both version in the same session at different times. Again, play with them and see what works for you.

When I use Cho Ku Rei, I often visualize it spiraling into the cells of the body.

corresponded to the usual three level two symbols and the one master symbol common in many lineages.) These symbols were actually pictographs of different power animals—quite different from the more usual kanji we see in many Reiki lineages.

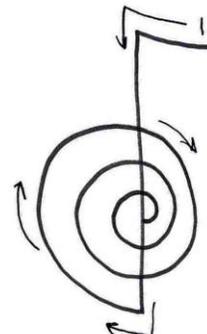
⁵ I say "traditional versions" because I acknowledge the possibility for variation in the symbols as they are handed down over the generations. Since Usui died many years ago, and no one is still alive that learned from him, I don't feel we can really be sure exactly how Usui drew the symbols. The important thing is to use Reiki. And since Reiki can only be used for highest good, there's no way to misuse the symbols.

Traditional



Cho Ku Rei

Non-Traditional



Sei He Ki - The Emotional Symbol

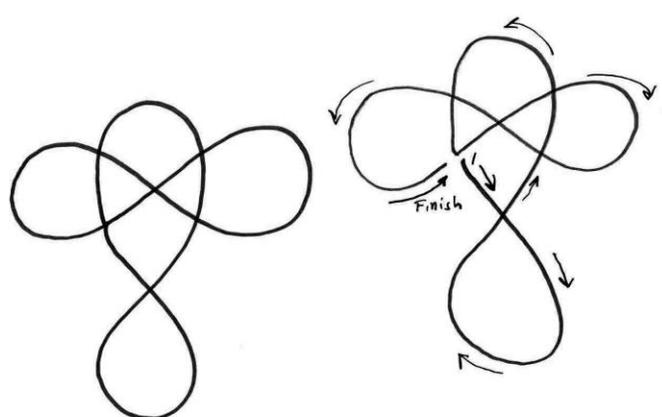
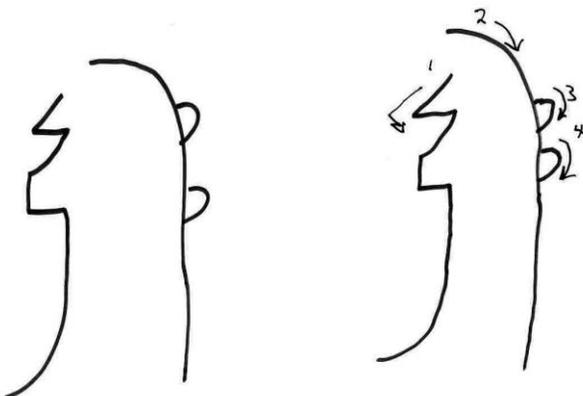
Sei He Ki (pronounced say-hay-key) is the symbol for clearing negative emotions. I think of it as an energetic version of sage; just as sage can be burned to clear emotional space and unwanted energies, we can use Sei He Ki. A textbook example of its effects would be when you are working on a client and it appears they are about to cry. You use Sei He Ki. After the session, the client tells you that they felt they were about to cry massive tears clearing some past trauma, and then all of the sudden the emotions cleared and they didn't have to. Another typical way to use Sei He Ki would be to visualize it over an accident scene to clear the traumatic energy.

The traditional symbol is a somewhat traditional style Japanese kanji. In our lineage, Jackson Bowman channeled a double infinity symbol. I tend to prefer the newer version because it is clean and simple, and I can visualize it in three dimensions.

One of the ways I have enjoyed using the newer version of Sei He Ki is what I call an emotional roto-rooter. I visualize it as a two-dimensional swirling object and take the visual and push it through the body of the client one breath at a time. I see it cleansing emotional trauma from all the cells of the body's cross-section. I usually work from head to toe.

Traditional

Non-Traditional



Hon Sha Ze Sho Nen

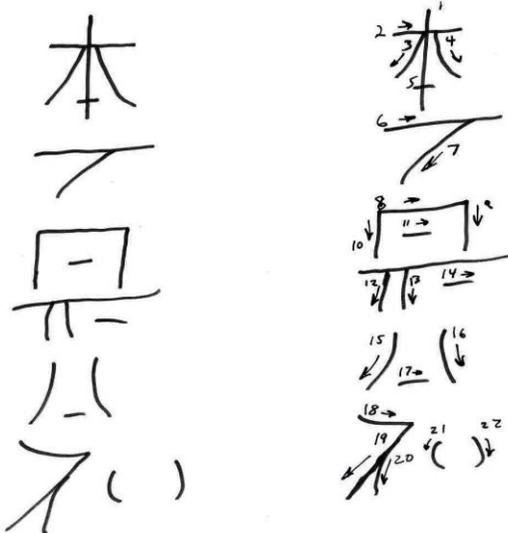
(aka God's Foundation of Perfect Love or Be Here Now or No Past No Present No Future)
- The Distance Symbol

Hon Sha Ze Sho Nen (pronounced hon shaw tsay show nen) is the symbol that allows us to do distance healing through both time and space. The traditional symbol is a Japanese kanji. In our lineage, we also have the use of the symbol channeled by Jackson Bowman via Christ. Jackson called it God's Foundation of Perfect Love. I found I prefer a three-syllable name and like to call it Be Here Now; that way it matches Sei He Ki and Cho Ku Rei. The newer symbols looks like an old fashioned kite in two dimensions. I sometimes visualize it in three dimensions as a gyroscope or sometimes like a diamond.

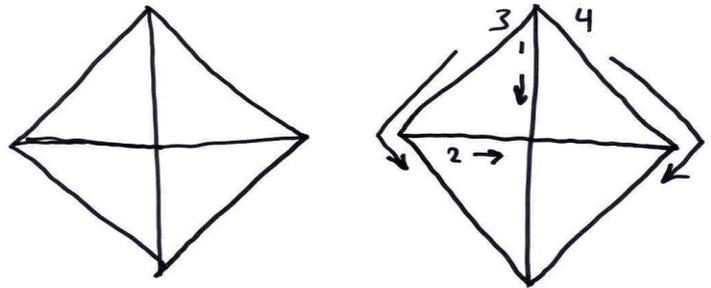
The symbol is used for "karmic healing" if you believe in karma and past lives. It can also be used to clear issues from the past in this lifetime. Another way to look at it is that it can clear and remold agreements made by our soul when it incarnates in this lifetime. It can also be used to send energy to the future to help manifest. It can also be used to send a Reiki treatment through time and space. You could send Reiki to a client around the world and not even have to synchronize your watches. Many people get hung up on synchronizing times to send a distance treatment... but since it goes through time as well as space, there is no necessity for synchronization. You can even send a treatment back in time after the client has received it!

There are several ways to send a distance treatment. I will discuss that later in a separate section.

Traditional



Non-Traditional



Using the Symbols

There are many ways to use the symbols, and really no right or wrong way... that's the beauty of the Reiki story -- that the Reiki energy is Divine and only goes to highest good.

If you visualize or draw a symbol "incorrectly" when you are using it, either the "incorrect" way is exactly what the client needs, or your Spirit Guides will correct it.

As far as using the symbols, you simply visualize them or "draw" them with your finger or hand in the air. You can also say, think, or chant the name of a symbol.

DISTANCE HEALING THROUGH TIME AND SPACE

Once you are attuned to Reiki II, you can officially start sending Reiki through time and space. Like with anything, you basically set the intention to do so, and then create a ritual for doing it. Hon Sha Ze Sho Nen, or Be Here Now is the symbol that technically allows you to do this.

Healing the Past

One way to use the distance symbol is to help heal the past to clear the impact of the past on the present moment. The past you are healing might be a past life, karma, and/or a traumatic event from this lifetime. You could consciously use the distance symbol to connect to the past event, and then send the other symbols. You could visualize the event or client as their younger self. Or, you could just use the symbol intuitively at some point during a session without even consciously seeing what you are healing. You can use the distance symbol on yourself as well.

Once I was working on a 70 year old man to help him heal concerns about his prostate. After the session, he reported seeing a vision of himself as a three year old at his father's funeral. He had to pee badly and tried to pee in the street, but was yelled at. He had apparently carried this tension and shame about taking care of himself in his prostate for 67 years.

I have also used the distance symbol to send energy for something I forgot to do during a session. The other day I was doing a group healing and forgot to seal in the Reiki energies at the end of the session, so I just sent that intention backwards in time.

Healing or Manifesting the Future

Just as you can send Reiki back in time to heal the past, you can send Reiki forward in time to help manifest or heal the future. Use can create any ritual that works for you to send the energy to the future. In Reiki Fire, Petter suggests visualizing the desired reality and sandwiching it between two Cho Ku Re's. I just grab my crystal and take a breath. Once I was nervous about a upcoming session with a client with whom I'd been emailing for several days discussing her rather big expectations for results from a session with me. When I noticed myself worrying and doubting my abilities, I grabbed my crystal and set the intention for the session to be "Fun, effective, easy, and profitable." The client arrived and ended up having a three hour session. We finished and I realized I had never discussed an hourly rate with her. We had talked of an individual class, or several possible treatment packages, but not about an hourly session rate. She pulled out her checkbook and began writing a check. I decided to trust what fate provided me, accepting responsibility for not having talked about all the possibilities for treatment and costs. She finished writing the check and said, "I can't afford to tip you like this all the time." She handed me a one-thousand dollar check!

You can also help a client manifest their future as well. I once had a regular client who was very receptive to Reiki. One time he came in with symptoms of a cold and 30 minutes later left after his Reiki session without those symptoms. So one day he came in worried about immigration papers of some sort. He had been waiting weeks for them and was quite stressed out. So we set the intention for the desired papers to come soon. As always with him, the session felt very powerful. He came in the next week for another session and reported that the immigration papers had come and that they were dated the day of the previous session! Another time, I gave a friend an impromptu session with the intention of manifesting an ideal apartment for him. Within a couple of days, he emailed me to say he had found the perfect apartment.

Distance Reiki Sessions

As well as using the distance symbol within a session to heal the past or manifest the future, you can provide complete Reiki sessions to clients through time and space. I have offered professional sessions

throughout the world. While living in San Francisco, I had a regular client in Florida. I usually set up the session by phone and/or email, discussing the client's intention and picking a time for them to receive the session. I ask them to create a quiet place where they can lie down or sit in meditation for an hour without being disturbed (that means turning off the cell phone and not answering the door, etc.). It can be nice to talk to them by phone before and after the session. Checking in by email also works. It's really up to you.

There are several ways to send the distance session. Note that unless you are talking by phone, or emailing the recipient immediately before and after the session, there is no need to send the Reiki at the exact same time they are receiving the session. You can send the session before or after the time they receive the session because Reiki goes through time as well as space. For that matter you can even send the session out "into space" and let them receive it when they are ready. I have often done this with fine results.

Some Reiki practitioners say you need a full name and picture of the person to receive the Reiki by distance. I have always found that since the Reiki energy is Divine, it knows where to go. I can send it with the intention of getting to my friend's sick cousin and it will get there. If Reiki is Divine, it can easily figure out where to go, name or no name, picture, or no picture. Another issue that Reiki literature often mentions is "asking permission" when you send Reiki to someone who hasn't specifically requested a session. The reason behind this is that sometimes we attempt to impose our will on those we feel attached to, and some people feel that through Reiki we might send our impositions energetically to others. The idea is to either directly ask permission by phone or email, or to indirectly ask by visualizing the person and asking their spirit if they would like you to send Reiki. I feel that asking permission is not necessary except to save you from wasting time. Since Reiki only goes where it is wanted and only works for highest good, unwanted or un-used Reiki merely returns to the cosmos for general use. Note that there is a difference between sending Reiki energy to someone and sending thoughts for a specific outcome. Thinking "I wish Tommy would do..." is different from praying for Tommy's health, comfort, empowerment and sending Reiki to him.

The Surrogate Method for Distance Sessions

There are numerous ways to "send" the distance Reiki session. You could have a person be a surrogate and give this surrogate and in-person treatment intending the distance client to receive the session. The surrogate is merely a channel and as such you need not worry about them picking up the client's symptoms or energies. You could use a teddy bear or doll as a surrogate and give the doll a treatment. You could use your upper leg as a surrogate, imagining the knee as the client's head and the upper thigh as the client's feet. You could simply imagine the client in front of you. Whatever method of surrogate you choose, you then simply do a full Reiki session on the surrogate with the intention that your distance client receives it. Like with all Reiki they will receive whatever their highest Spirit allows.

Other Distance Methods

Other possibilities for sending distance Reiki treatments are to just send the symbols, first bridging the time and space continuum with the distance symbol, then send the Cho Ku Re and the Sei He Ki. Many times I have also just grabbed my quartz crystal and imagined my hand surrounding the recipient with Reiki. And other times, I have merely set the intention for the client to receive the Reiki treatment and done nothing more.

What I found with professional clients is that the hour of time they are paying for is often spent on the phone or email, and I don't feel reciprocated in spending another hour of time sending the distance energy (Remember the "exchange" in doing Reiki sessions is about you feeling honored and compensated for your time.) So I just have the intention for them to receive the treatment, and do no further ritual. And they certainly have received full treatments! They always report back to me amazing results.

One of my most exciting times with distance sessions occurred when I was chatting on the internet. One night I was chatting with a friend and he complained of not feeling well. I spontaneously asked if he would like to try Reiki by distance. He had never had Reiki but agreed to try. So I asked him to sit back in his chair, close his eyes, take some deep breaths, and ask to receive Reiki and feel better. I just beamed Reiki to him for a minute or so. A few minutes later, his message appeared in the chat window that he indeed felt better. Later that evening I was chatting from California with a new buddy in Canada. He complained of some leg pain. So I offered him some instant distance Reiki. Again, I merely asked him to sit back from the computer, close his eyes, take some deep breaths, and set his intentions. I beamed him some energy and a few minutes later he checked in, saying he had felt the energy and that he realized what he really wanted was to feel joy in his life, but he knew he had a lot of inner work to do before he could feel joy. I confronted him on his story, and said that the vibration of joy is all around us—we merely have to choose to feel and receive the joy, and asked if he would like to feel an instantaneous explosion of joy? He started making excuses: “It’s getting too late... Umm, I don’t know...” I kept replying, “It only takes a minute, all you have to do is sit back and receive...” Back and forth we went for five or ten minutes. It was 3am and I was getting a bit frustrated. I could feel his spirit tapping into my aura and knew this Divine union between us was meant for him to receive instantaneous joy. Yet his conscious self was bickering and wasting time. Finally, he observed himself and said, “Wow, that’s funny, I’m just making excuses and keeping myself from feeling joy!” And I once again, implored him to just sit back and receive. Finally, he agreed. I sent him the energy not expecting to feel much other than a charge of energy go through the crystal I held. Instead, I fell back over the fit ball on which I sat, and landed on the floor in hysterical laughter. I knew this was merely to let me know he was getting it! I composed myself and got back to the computer and checked in with him. He said he had a big smile on his face!

Once again, it’s the intention that is most important... the ritual is whatever you and they need to feel like the intention has been answered!

CONFIDENTIALITY

It is important to be aware of confidentiality. Any personal matter brought up by clients should not be shared with others in any way that might link the story with the client. Occasionally, clients write or say nice things about their sessions with you. If you gain their permission, you may then use these as testimonies for your files, website, and/or brochures.

TOOLS FOR FORMAL TREATMENTS

I found Reiki II to be much more powerful than Reiki I. Through my experience with many clients, reading of Reiki literature, and intuition, I discovered several useful techniques and protocols. I wish to share some of these tools with you to help you improve your own life and that of others. View these as suggestions, as places to start, as ideas to build upon, and let your own creativity and intuition lead you. Reiki is a tool of empowerment, healing, and joy. There’s no way you can make a mistake with Reiki, because the energy is omnipotent. Other than being aware of boundaries on a personality level, feel free to experiment and find your own gifts. Enjoy!

1) The 12 Chakra System

There are actually many chakra systems in use. A chakra is simply an energy center in the body/energyfield. So there are many major and minor chakras.

I like to work in the 12 chakra system presented by Richard Gordon in Quantum Touch. It basically acknowledges several chakras of higher consciousness. I think the additional chakras represent our spiritual growth in accordance with changing times and human evolution. My experience is that working

with these additional chakras is effective and important, especially in younger people. (Perhaps it has something to do with the Indigo Children.)

In the 12 chakra system, the traditional 7 chakras are centered on the body: 1) root chakra at the groin/perineum, 2) sacral/sexual chakra below the navel, 3) solar plexus chakra between the navel and rib cage, 4) the heart chakra, 5) the throat chakra, 6) the third eye, 7) the crown chakra. The eighth is 8) just below the feet and represents the connection to the astral plane. The ninth through twelfth 9) through 12) are incrementally spaced out above the 7th chakra. They represent higher spiritual and light body levels.

2) Visualization of Symbols

There are many creative ways to use the symbols. You can visualize each symbol cleansing its way through each chakra. You can visualize a big version of each symbol branding the client's whole being. One of my favorite techniques is to visualize one of the symbols on each apex of a "geoball" and imagine the ball contracting, expanding and spinning such that the symbol goes through each "cell" of the aura and body.

3) Many Hands make Light Work (puns intended)

One of my favorite visualization techniques is many Reiki/Spirit Guides' hands covering the client's entire body.

4) Cellular Trauma Release

Sei He Ki helps release trapped emotions. Emotions often become trapped at the cellular level because we don't release them as they occur. Gay Hendrick's ([Conscious Breathing](#)) reminds us of the natural flight/fright response. Upon danger, the natural instinct is to freeze our position, hold our breath, and observe. After assessment of the danger, we ideally breathe deeply and change our body position. What we tend to do is forget to breathe and move. Thus, at the end of the week, we still harbor stress from our boss yelling at us at the beginning of the week. Hendrick's suggests that if we would breathe deeply three times and change our body position we could release a stressful moment and reclaim our power. Other techniques are useful too. We need to remember our power and look at what we can do: we can take action and change a situation, and/or we can change our attitudes towards it. For instance, in the case of the yelling boss, we can engage in discussion with her to clarify our position; and/or we can decide that we are not going to let her anger ruin our week.

In terms of practicing Reiki, we can use Sei He Ki to cleanse traumas at the cellular level. One way of doing this is to visualize a swirling Sei He Ki in one plane moving through the recipient's aura and body from head to toe such that it cleanses all the molecules, one molecular cross-section at a time. To do this breathe and visualize and push the symbol through the body. I find I breathe in, then as I breathe out I push the swirling Sei He Ki through a bit of the field. At some points it will move faster than others. You will intuitively sense the critical points. Take your time and visualize the clearing process. It helps to clear the old emotions, so the body can receive healing. So I tend to use Sei He Ki before boosting the power with Cho Ku Rei.

5) Breath Moves Energy

Breath moves energy. So it is important that you be conscious of your breath during the treatment. You can use various breathing techniques to move energy more quickly. Richard Gordon ([Quantum Touch](#)) actually describes four or five specific techniques. I suggest just being aware of your breathing and intuitively choosing how you breathe. Sometimes synchronizing your breath with the clients can give you empathy as well as a chance to lead their breathing into deeper levels. Other times, your breath will not synchronize as you employ higher vibrations to move stuck energy. Just be aware of the differences, encourage your client to breathe deeply, and follow your intuition. Breath can be a

powerful ritual to move energy, but Reiki also will flow regardless of how you breathe. Once, after a four day ritual, I sat exhausted on a couch. A friend asked for some Reiki. I told him it would be “lazy” Reiki and merely lay my hand on the crown of his head while I sat in an exhausted stupor. A few minutes later, he said “Thanks that was awesome!” So Reiki indeed will flow according to it’s Divine wisdom with nothing more than intention!

6) Scanning

I gleaned the idea of scanning from William Lee Rand’s Reiki: the Healing Touch. Scanning is a process of going through the aura step by step and healing it. You start by placing one hand at the recipient’s crown chakra. You take your other hand and hold it over their 6th chakra, and move vertically in and out from the body. Your intention is to sense the greatest blockage or distortion in their field. This will appear as an increased sense of heat or vibration in your hand. When you find the greatest point of distortion in the 6th chakra, you “clear it” by running Reiki there. You might just run Reiki, or you might feel called to use a symbol, or several symbols. You might clear out several blocks in the 6th chakra, or one, or none. You then progress with this same procedure through each lower chakra (5,4,3,2,1). If you are using symbols, you will likely use Sei He Ki first to clear out the imbalanced energy, then follow with Be Here Now to bring them to The Present, and finally boost their power with Cho Ku Rei. But follow your intuition (their higher self will tell you exactly what to do).

I usually work through the traditional seven chakras. Additionally there are other minor” energy centers (chakras) that I often scan. There is the navel that seems to represent incarnation, birth, mother, and karmic issues. Often, I work with the aura above the knees, ankles, and feet as well. Sometimes, the nose and mouth seem important to work over.

If you are lazy like I am, you will set the intention of “as above, so below” to simultaneously work on the back of the body/aura as you work on the front. For that matter, it makes sense to set the intention to work in all directions simultaneously; the aura is at least three dimensions!

7) Beaming

Beaming (also from Rand’s Reiki: the Healing Touch) refers to sending Reiki to the recipients whole being, aura and body, simultaneously. You simply stand outside their energy field and hold your hands out palms towards them, sending Reiki and Unconditional Love. I usually visualize golden light raining down on them. One of the first times I tried this my client happened to open her eyes and was surprised to find me standing across the room, because she thought my hands were on her belly! If you happen to be in a small room and can’t actually stand outside their aura, just set your intention to beam.

8) Chakra Balancing

This technique is also from Rand’s Reiki: the Healing Touch. I balance the chakras towards the end of a treatment by assuming a position similar to that of scanning: one hand at, or aimed towards the crown, the other hand moves from, or moves its aim from chakra to chakra. Starting at the first chakra, aim your “other” hand at the root from any distance. Hold it there until you feel a strong vibration. Note that now your intention is to feel and boost the power of the person’s chakra and not to sense the imbalances. By differing your intention, you’ve changed the sensory capacity of your hand. Once you feel a strong vibration, aim your hand at the second chakra, and hold it there until you feel the same degree of vibration. Repeat through all the chakras, one through twelve.

9) *Gassho*

Gassho refers to a specific Reiki meditation described by Usui (Usui and Petter, 1999). Hold your hands together in prayer position in front of your heart chakra with your eyes closed. Simply concentrate on

the point where the two middle fingers meet. Let go of any other thoughts that come into your head. It is meant to be practiced morning and evening for 20-30 minutes.

10) Reiji Ho

Reiji Ho (from Usui and Petter, 1999) consists of three rituals to be done before each treatment: 1) get into *Gassho* position and, three times, ask the Reiki power to flow through you; 2) ask for the “healing” of the client on all levels for their highest good, and 3) hold your “prayer hands” in front of your third eye and ask the Reiki power to guide you.

11) A Suggested Treatment Protocol (a nice setting: quiet, uncluttered, gentle background music)

- a) Intake: I like to determine the client’s intention for a treatment. I feel Reiki is so powerful, that if they are clear mentally about their vision of healing, they can be healed of anything!
- b) Explanation: I explain to the client the basic procedure of the treatment so they know what to expect in touch, sound (sometimes I shake a rattle), and sensations. I warn them to expect heat, tingling, or even electrical sensations from my hands. I tell them that my breathing may be loud and erratic and that it’s just how I move energy. I tell them it’s ok if they fall asleep and that they may have visions of things they are letting go of, or of what their next step is.
- c) Format: I have the client lie down, face up on my massage table. I offer a pillow for under the knees to alleviate lower back tightness. I offer a neck roll or pillow. I offer a blanket and encourage them to let me know if there is anything I can do to make them more comfortable.
- d) *Reiji Ho: gassho*, ask for “healing” of client for their highest possible good, and invoke guidance with prayer hands at your third eye.
- e) Five Principles as a Mantra: I lay my hands on their head. Then, outloud, I state each of the 5 principles, following each with a loud inhale, exhale. *Just for today, let go of worry, let go of fear, live fully, be kind, and be thankful!*
- f) Silent intentions/invocations: I set the intention to use the client as a surrogate for distance treatments for myself and whoever else comes to mind. I set the intention that this energy flow for X days to the past and X days to the present. I set the intention that as I work on the front of the body, the back of the body receives a treatment as well. I invoke Spirit Guides and other healing energies such as Athabasca (Roselight).
- g) Scanning: I scan and clear the aura as described above.
- h) Physical Reiki I treatment: I do the hands-on treatment for front of body as described in Reiki I.
- i) Beaming: I beam Reiki energy to the whole being as described above.
- j) Chakra Balancing: I balance the chakras as described above.
- k) Sealing in/blessing/thanks: I seal in the energy, blessing the client on their path of highest good. I thank them for including me in their path. I thank the Spirit Guides.
- l) Checking in for closure: I lay a hand on the client’s heart or hand, and gently ask them how they are doing, if they feel any blocks still (I work on more if needed), and let them know to ask for assistance sitting up, when they are ready, but to take their time.
- m) Grounding: I usually put my hands on their ankles or feet to help them get more fully present, while I wait for them to get up.

n) Closure: I ask them how they feel, if they had any insights, etc. I offer them water to drink.

TOOLS FOR YOURSELF

12) Programming Objects

One of the most important parts of Reiki is empowering you to heal yourself. One way to do this is to put the symbols in trees (or anything) as you walk down the street and intend that they beam Reiki down on you as you walk towards them. I usually aim the energy for my particular “trouble spot” of the day—my throat, if it is sore, etc. I also usually have the intention that this Reiki falls on everyone who passes by.

Similarly you can put the symbols in rocks and crystals.

13) Sending Reiki Through Time

Sending Reiki energies through time is very powerful. To cleanse traumatic experiences, send it to the time of the incident. Also, you can send it to the future to empower you for a job interview, date, etc. This is very powerful and effective! I’ve used it for public speaking, challenging clients, and composure on the phone.

14) Grounding Yourself

You can use the Cho Ku Rei to ground yourself (Petter, Reiki Fire). Visualize the Cho Ku Rei on the souls of your feet. Once you feel it there, visualize it at your Tanden (just below the navel). And, once you feel it there, visualize it on your palms. This is a powerful technique to use any time by yourself, or if you feel funny while giving a treatment.

18) A Powerful Meditation

William Lee Rand suggested this powerful technique several years ago in *The Reiki News*. You simply run Reiki on yourself in any position and say to yourself “I surrender to the Reiki energy and the Source from which it comes”. I found this technique in conjunction with listening to Rand’s taped meditations *The Healing Center Within* and *Spiritual Protection* to be extremely powerful! Try it!

19) The Receiving Unconditional Love Meditation

An extremely powerful meditation is to focus on receiving the love that is all around you. I especially like to do this while walking through the city. You simply focus on receiving the Unconditional Love and Life force that is in every building, tree, rock, person, hill, etc. You realize all the love in the world: the love that each person had from their mother, the love that the architect and stone mason put into the building, the love that is in every tree and blade of grass, etc. And you focus on feeling and receiving that love, channeling it, and you find yourself beaming it back out to the universe!

20) The Sun Meditation

Ever notice how cloudy, foggy days can get you down a little bit? Here’s a technique I discovered to give myself a boost. Simply realize the Sun is still up there above the fog and clouds, and focus on feeling it’s energy on the crown of your head. You will find it’s still there and feels as good as a sunny day.

YOUR REIKI LINEAGE

Your lineage traces back to Usui like most lineages of Reiki and all lineages of Usui Reiki Ryoho. Because of the alternate symbols, I provide your exact lineage. Some people squabble over the differences between lineages. I feel that the spirit of Reiki is to use it. We all have our different ways of using it. Since Reiki can only be used for highest good, there is no need to focus on the differences other than realizing different practitioners like different ways and different clients like different ways.

Barbara tenWolde said this regarding the lineage:

I really don't emphasize our Reiki lineage so much as when we do Reiki. I rarely feel the presence of those listed below but rather more the ancient Masters. But for some this is a VERY important question... As are questions about doing "proper" hand positions, etc. I find that Reiki is really fluid, and very much molds to the person that seriously applies it into their lives.

1870s -- Dr. Mikao Usui

1900s -- Dr. Chijiro Hayashi

1939 -- Mrs. Hayao Takata

1970 -- Iris Ishakura (her longtime companion/secretary/assistant.*

1982 -- Arthur Robertson

1989 -- Dan Buffo

1992 -- Alima Pat Hamilton

1992 -- Dirk and Barbara tenWolde**

199? -- Mari Coniglione (formerly Coop)

1999 -- DhamiBoo (Rob Turnbull)

*Iris is in both Alima's and Jackson's line. She never anticipated attuning others into Reiki. But after Takata died, there was such an incredible (Lower Self) political skirmish that broke out (and in some circles continues until today) among the official Reiki Masters, plus a great deal of greed. Iris was afraid the spirit of Reiki was going to get lost, and began to teach it herself. She also changed the "official" (created by Takata, who felt Americans only valued what they paid dearly for) \$10,000 fee for Reiki III to \$600, believing that it should be available to all.

**Barbara tenWolde was also attuned to Reiki III by Jackson Bowman. She does not know Jackson's lineage, so she presents this one.

POSTSCRIPT

Reiki is a wonderful gift. It's beauty is it's simplicity. There are no ways to make mistakes, other than violating personal boundaries. The Reiki goes where it is needed, to the extent needed by the recipient. This gives you great flexibility in trusting your intuition and in empowering yourself as a healer of yourself and others. The tools I've outlined in these pages are just that, tools; not dogma. Use them as a starting place. Practice using Reiki and you will develop your own gifts and talents. Constantly strive to find your place of empowerment in each moment. Reiki is Unconditional Love and Life Force. It will connect you to God/Goddess/Universe within and outside of you. You are God/Goddess/Universe. Trust it, know it, love it!

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