

# Reiki III

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## INTRODUCTION

Welcome to the last level of Usui Reiki! In level III you learn the master symbols, the attunement process for each level of Usui Reiki, a Spirit Liberation symbol and attunement unique to this lineage, the process for distance attunements, how to teach Reiki, and a few advanced techniques for yourself and others.

In this lineage, once you receive your Reiki III attunement and teach/attune your first student, you become a Reiki Master/Mistress/Teacher depending on your preference for your title.

As with Reiki I and Reiki II attunements, 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.

## STEPPING INTO YOUR POWER

Congratulations! Reiki III marks a major benchmark in your life as you step more into your beauty, grace, and empowerment. You will feel more unconditional love and joy in your life and see the perfection in all the choices your Spirit has made for you creating every moment of your life up to this moment. And you will gain more strength in the creation of the rest of your life.

As you integrate your attunement, it may be helpful to recreate your vision of your life. The way I see it, the stories we consciously and unconsciously tell ourselves form the lens through which we see our life, and also, I believe, co-create and perhaps even entirely create our life. So it is time to start being conscious of the stories and thoughts we run through our mind; we are under a constant state of self hypnosis.

### **Good Background Stories for Your Life: Unconditional Love, Joy, and Abundance**

It is time for you to be more conscious in choosing the stories by which you see your life. I once read that a shaman knows that everything is a dream. The power of the shaman lays in being aware that he/she can choose the dream to work the best in a given situation. By having a few good paradigms or meta-stories to live your life by, you will find greater empowerment.

I suggest creating a book—a code by which you choose to live. In this journal, record your background stories, affirmations, and intentions. Read this journal daily. Modify it as you wish. Some good background stories are unconditional love, joy, fun, abundance, and empowerment. Seeing life like Reiki is useful too. I also like Miguel Ruiz' Four Agreements.

Unconditional love means choosing to vibrate in the vibration of love that is all around us. It means choosing to receive and transmit that vibration without condition. It means blessing and honoring everyone and everything as a Divine part of creation. Spirit/God/Goddess has created everything. Certainly, we can honor our passions and feelings for they form the path of our movement through life. Some people I love, I choose to pass by because my heart calls me onward. Others, I choose to chat with for a few moments. Others, I choose to spend significant parts of my life with. Ideally, whomever I am with, I fully honor and bless with full presence and honor. The president, the beggar, the doctor, the Christian, the Hindu, the Aborigine, the thief, the banker, the murderer, etc... all share the human experiences of birth, mothers, fathers, eating, sleeping, crying, laughing, peeing, shitting, pleasure, pain... honoring our commonality and sharing the present moment is unconditional love. To sit down with the President and share your present feelings... and receive his... whether about the morning meal, the morning news, or the morning shit - that is presence and unconditional love. A useful practice is to

think “I love you” and to think “I love myself” as often as possible. This helps us see the unique divinity in everyone. Another good practice is to ask yourself to receive love from your surroundings; there is love in every building, tree, mountain, etc. You can beam back love as well. One of my students, after feeling the Reiki energy pervading everything, said, “How can I be upset or angry at anyone... they are just part of me?!”

Unconditional joy means choosing to vibrate in the vibration of joy that is all around us without condition. Most moments of our lives are easy if we let them be easy. At midnight on a weekend in the middle of the month, there is little reason to stress about paying your rent at the end of the month. Unless you have something you can do to manifest rent money in that moment, you might as well have a good sleep, or go dancing. Rather than thinking about the future or past, consider how wonderful the present moment is!

Fun means following your passions. I don’t believe we incarnated on this earth to and suffer. Part of Christ’s message was to let go of martyrdom. Since we can choose any story about what life is about and what we are here to do, we might as well choose that it be fun. I have just added this story into my life because I find myself being too serious always trying to heal things!

Unconditional abundance means I choose to believe that the Universe supports me abundantly without conditions. Some people believe they must work hard, or behave a certain way, and so they see and create their reality that way. I choose to follow my passions, my heart, and trust that the Universe will provide. Once I found myself short \$200 for my rent, the day before it was due. I checked in with my pendulum: “My intuition says to call my parents for help? Call regular clients to generate some business? Advertise a Reiki class?” To each of these questions, the pendulum said “no”. What I felt in my heart, and what the pendulum said “yes” to, was taking a walk. So I walked through the Mission District of San Francisco. As I walked down Valencia Street, about to head back to my home, I heard a bicyclist yelling at a car. I thought it was my friend Jeremy, but it turned out to be another friend and client of mine. We chatted. He inquired when I might be teaching Reiki II. I told him I didn’t have a class scheduled, but could teach him privately anytime. He said, “I tell you what. I am ready for Reiki II sooner rather than later. Why don’t I give you the money now, and schedule a training with you next week?” I gladly accepted and between his payment and a check from a distance client that I received in the mail, I was able to pay my rent. I realized that had I taken any of the other actions, I would have created a different reality. Had I called my parents, I would have learned that I better get my life in order. Had I called clients, or advertised a class, I would have learned that I must work harder and advertise more.

Empowerment means seeing you have a conscious choice in each moment in how to create the next moment. On a broader scale, it means seeing everything in your life as a choice made by your Spirit and/or your conscious/unconscious self. This allows you the potential to un-choose patterns that you don’t care for. When you see dis-empowerment in life, when you blame others, then you give away your power. People who believe that they have power over others live in fear that others have power over them. Empowerment gives you potential. You can always ask for what you would like in the next moment. Then trust your Spirit to provide perfection.

In one of Carlos Castaneda’s books, the Toltec shaman Don Juan says that to be a sorcerer is to take full responsibility for every moment... every choice in your life. To realize that choosing to go left or right as you walk down the street is just as important as deciding whether or not to have surgery for cancer. To take responsibility for each choice. The people who chose not to go to work at the World Trade Center on 9/11 certainly learned this. By seeing things through the lens of empowerment, we can see the perfection in our life.

### **Forgiving Your Past by Re-writing Your Story**

Reflect on your life and say to yourself, “everything thus far in my life has been perfect.” See what your experiences have taught you that you might not have learned any other way. One time, I abruptly

lost my way of life and most of my belongings and found myself relocated from the rural countryside to a city 3000 miles away. I was a bit traumatized, but within a few years I saw what a gift the experience was. It taught me that I can find friends and create “family” anywhere. It taught me that material things mean nothing other than attachments to dreams we have in our life, and that happiness depends not on our belongings. Reflecting on the experiences that traumatize you and hold you back in life, then rewriting them in terms of empowerment and perfection, is an excellent path to forgiveness and presence.

Forgiveness is allowing yourself and others and the Universe to be how you would like it to BE in the present regardless of the past. I once heard the parable that our life is like boating down a river. Our past is reflected in the wake of the boat. But the wake does not control the boat’s future. We are at the rudder and have choice. Throw in a little chaos theory and we can even jump to a different river. When you find yourself saying, “I would like to \_\_\_\_, but [some past experience] holds me back.”, it is time to quit limiting yourself. Similarly, we can hold space for others to change as well.

### **Applying the Story of Reiki Throughout Your Life**

The story of Reiki is an excellent story to apply to the broader course of our lives. If we see our choices and course through life as following the energy like our hands follow the energy in a Reiki treatment, and then trust in Divine goodness, we have a nice way to look at our life. Let the energy be our passions and heart. In Erotic Reiki, I found it helpful to re-write the story of sex and lovers in this model. So, why not apply it to all aspects of our life? Let your money, belongings, friendships, travels, etc... all flow like Reiki. A great meditation, that I read in William Rand’s *Reiki News*, is to run Reiki on yourself and say, “I surrender completely to the Reiki energy and the source from which it comes.” Since you are the Divine source of your life, you are merely tapping into your own Divine Spirit.

### **Four Agreements**

One other simple code I like is Ruiz’ Four Agreements. In The Four Agreements, Miguel Ruiz shares four Toltec principles of life: 1. take nothing personally; 2. assume nothing; 3. always do your best; and 4. be impeccable with your words. I find these principles a nice code to strive towards.

By taking nothing personally, we focus on our heart in the present moment and what we would like to create in the next moment. When we take things personally, we often limit ourselves by thinking negative stories about why something is happening. Similarly we may create co-dependence when we think other’s joy depends on what we do. Ideally, we might all focus on our passions and joy and so create the same for others.

Similarly, we sometimes allow our assumptions to limit the creation of the next moment. Better to communicate our desires and find out what others are thinking and strive for our highest potential.

If we always do our best, then we can have no regrets. We can forgive ourselves. And more importantly we will always strive for our highest potential.

By being impeccable with our words, we provide clarity about our hearts and more easily see our powers of manifesting the next moment. The truth energetically encapsulates us all. Others feel the truth even if we do not speak it. When we align our words with our feelings, clarity and power grow.

### **Intentions**

In your book of life, it is also good to write your intentions... your visions manifesting the next moment(s) of your life. You might group these intentions in levels. Your intention to have an ice cream cone might easily be superceded by your intention for a lover. As one of my student’s says, “Sometimes our intentions quarrel with each other.” If you have your intentions written down, you might more easily work your way through the “quarrels”. For instance, you might intend to have an ice cream

cone, yet on the way to the ice cream store, perhaps your run into a potential client. You might then choose to spend some time with the potential client and work on your intention of building your Reiki practice. You might also convince them to come get ice cream and satisfy both intentions! Another way I like to think of working with intentions, is the idea of always relaxing your view up to the next level. Ultimately I want to feel unconditional love and joy, so if, try as I might, I can't manifest an ice cream cone, I can still choose to tap into the love and joy vibrations. I see life as one big bunch of relationships with the Universe. In a relationship each party asks for what they want, then they either get it or they don't.

I feel intention is very important. I have often said life is like rock-climbing. When you get stuck climbing a cliff, you want to focus on your intention to safely get to the top. You keep looking for a way up. If all else fails and you can't go up, you focus on a safe way down, giving up on the intention of going up. Ultimately you keep looking for a way to survive. I've been using this example for several years. Last winter I got to experience it in real life when I was hiking on Mauna Loa at 13,200 feet elevation. I felt my Spirit call me to take a short cut across the caldera on top of the mountain. Supposedly there was a trail up a landslide to climb a 500 foot cliff. When I got there, I found a steep ridge of boulders that had fallen. The boulders formed a narrow spine like a dinosaur's tail. I climbed my way up the spine, testing each boulder for stability. I reached a snowfield that led up the remaining 100 feet to the top of the cliff. The snowfield gradually increased in slope to vertical. I grabbed a stone to use as an ice axe to carve footholds in the snow. I soon discovered the snow to be a bit softer than I might have liked. By this time, it was nearly vertical. I looked at my options. Returning down seemed risky - scaling the pile of boulders wouldn't be the safest thing, not to mention an additional three hours hike. If I continued up, the cabin was only 10 minutes walk. And so I found myself looking for possibilities. I soon found the snow to be harder on one side of the 3 foot wide vertical trail. I climbed another few feet up. Then I felt stuck again on vertical snow pack with questionable footholds. I remembered my intentions to live past 90 years old, to safely arrive at the cabin, and to continue up this cliff. I finally discovered I could punch a hole through the 18 inches of snow and put my entire arm in the hole for a secure hold. I gained another few feet. Two large rocks stuck out through the snow above me. I tested them. One was loose, the other stable. I climbed up another few feet and rested on this rock. Then I excavated the snow above the rock. I was within 10 feet of the top. A boulder was above me and, after finding that it was stable, I heaved my belly onto it, my legs dangling over the side. "God, I wish someone would show up to help!", I thought. But I knew I was alone on the mountain. I knew I merely had to maintain my balance and swing a leg up on this boulder. I forced myself to do this, and in a minute I was on the top looking down. I laughed, realizing that Spirit had given me a firsthand experience in trust and intention.

### **Presence**

Each moment gives us a chance to create the next moment. Our thoughts, prayers, and intentions anchor our reality and how we create the next moment. So be aware of your thoughts and transmute them to reflect your story of life and your intentions. By writing your book of life and reflecting upon it daily, you will find greater empowerment and more clearly see your manifestations.

The next step is to let your thoughts and intentions go and BE present. Let your life be a constant meditation. Let yourself feel Reiki flowing through you as much of the day as possible. If you have a thought, come back to your background stories and intentions to transmute the thought as needed, take any action needed, and let it go.

### **SYMBOLS**

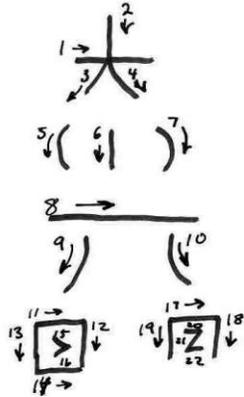
In our lineage, you receive three new symbols to use in your Reiki practice: Dia Ko Myo, Raku, and Spirit Liberation. Dia Ko Myo and Raku are common in other lineages. The Spirit Liberation symbol and Spirit Liberation Attunement are unique to our lineage stemming back several generation to Jackson Bowman who channeled them from Christ. He also channeled a new version of Dia Ko Myo via Christ for our lineage. The traditional symbol is attuned to you as well and you have your choice of whether to

use the traditional or the new symbol, or both within your sessions. Often I find that students come to me because of an unconscious need for the alternate symbols or Spirit Liberation symbol. Always teach both sets of symbols. When you attune students, both the traditional and non-traditional symbols automatically go into their aura and the student may choose to use any version of each symbol (appropriate to their level of Reiki training) at any time.

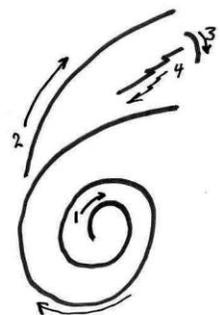
### Dai Ko Myo The Master Symbol

Dai Ko Myo (pronounced die-ko-mee'o) connects the recipient to their highest Spirit. Their highest Spirit knows how to heal or change any pattern in their life. I have often used the symbol to move some energy block that otherwise seems unmovable. The traditional version is a Japanese kanji and the newer symbol is a spiral, with an additional open receptor, partially closed with a capped lightning bolt. The cap on the lightning bolt is a regulator that adjusts the flow of spirit and energy so that we never get overwhelmed. The newer version resonates more with me and I use it exclusively. You are free to use either or both versions in your healings.

Traditional Version



Non-Traditional Version



### Raku The Attunement Finale Symbol

Raku (pronounced ra-koo) is a symbol that I was taught to use only during the attunement process. Also called "Banking the Fire" or "Lightening Bolt", it's purpose is to bank and seal in the Reiki energy along the Kundalini circuit at the end of the attunement. It also marks independence between Reiki Master and student so that there is no codependence... setting the student free on their path... letting go of ego. The symbol is basically a lightening bolt. As far as I know it is fairly common throughout lineages. Although I was taught to use the Raku only during attunements, I sometimes find myself called to use it during sessions. Usually it is to help a client break codependence and/or attachment with others.

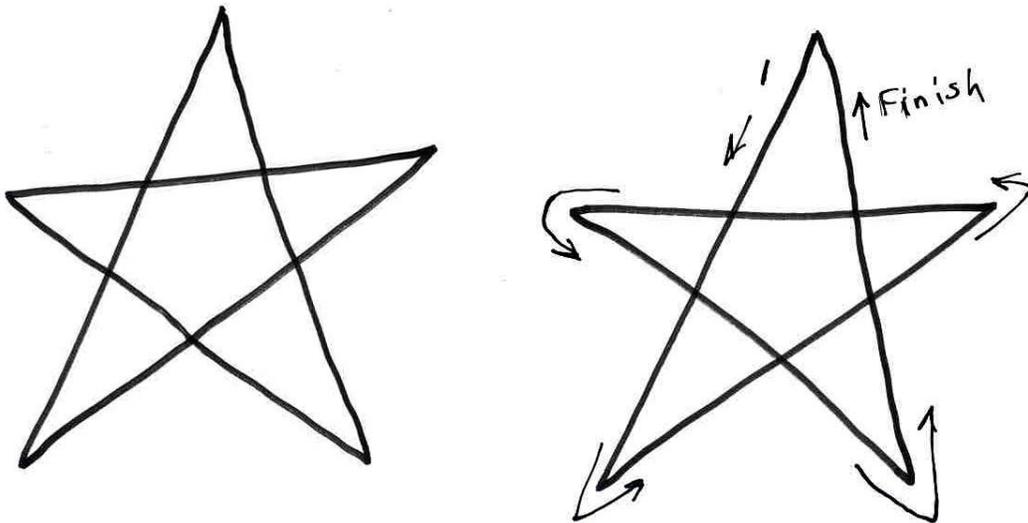


## Spirit Liberation

In our lineage we have an extra symbol and attunement for Spirit Liberation. This was channeled by Jackson Bowman via Christ. The purpose of the symbol is to liberate spirits that have attached themselves to us—kind of a Reiki exorcism! I find the idea of spirits attaching themselves to us to be a rather victimizing story. So my view of the Spirit Liberation symbol and attunement is that it helps us choose to be more fully our own divine Spirit and release any choices we may have made previously to take on the patterns of others whether these patterns are spirits or family/social/cultural stories we may have adopted. I see it more as liberating ourselves to be more fully ourselves.

The Spirit Liberation symbol is the pentagram or five-pointed star.

Technically, I was taught to use the Spirit Liberation symbol only in the Spirit Liberation Attunement process described below. In practice, I have found that I use it intuitively during sessions just like I use the other symbols.



matter. You want it to be a nice experience for both you and the student(s). But you can be flexible to meet the constraints of the moment. I like to have the student set aside the day as a special day like a birthday, since they are basically having a rebirth! Their new ability to channel Reiki with the first Reiki attunement, or their strengthened abilities with their second or third attunement, will change their life. The attunements also give them a personal healing and transformation in their life as they embrace the vibration of unconditional love that the Reiki energy carries. So it is good if they have the remainder of the day to themselves in a quiet setting to integrate.

As you might guess, your intentions and consciousness may affect the results of your teachings and attunements. Since my hands always felt the Reiki energy strongly, I never doubt that my students will feel Reiki flowing through their hands. I was shocked to read of a Reiki practitioner who took several years or practice before he began feeling the energy. In my years of practice, I have only had one student who didn't feel the energy immediately after his attunement. In contrast, one of my friends just taught his first Reiki class and one of his students couldn't feel the energy in her hands. My friend had taken several days after his first attunement before he felt the energy. In talking with him,

between the first and second day of his class, we realized that it was his consciousness that contained some doubt that everyone might feel the energy. The second day of his class, he held the intention that his student would feel the energy and by the end of the day she was.

### **A Note About Intentions**

I encourage you to hold some basic intentions for your classes:

- 1) Fun, ease, effective, profitable.
- 2) Students and you will leave happy and content.
- 3) Students will feel the energy strongly.
- 4) Students will have instant, easy, cleansing and integration.
- 5) You and your students are the perfect match.
- 6) You will channel and say the perfect things for the particular class, and end in perfect time.

### **A Note About Traditional and Non-Traditional Symbols**

In our lineage, whenever you attune a student, they will receive both versions of each symbol into their aura and chakras regardless of which symbol you choose to use during the attunement process. For instance, if you prefer to use the non-traditional Sei He Ki during the attunement, the student will automatically have the traditional Sei He Ki placed in their aura, and you needn't worry about using the traditional version explicitly during the attunement. In the lecture part of the class, you will naturally teach both versions of the symbols so the student can make their own choice.

### **Setting**

1. Create a comfortable and special/sacred setting. (gentle background music, incense, altar)
2. Have the student(s) sit comfortably either in chairs or lotus position. If there are multiple students, I prefer a circular arrangement if possible. Initially, they can leave their hands in a comfortable position. Make sure they've had a chance to pee or stretch if you've been teaching a long class.

### **Grounding Meditation**

3. I invoke a brief grounding meditation connecting the student to the Earth and Her unconditional love and support, asking all the cells of the body to relax into that Love and Support. Then I ask the student to connect to their highest Spirit from where they might see Why and How they have created everything in their life and also see What their Divine purpose is in experiencing Love and Joy in the physical form.
4. I then ask them to remember in their heart and third eye what their intentions are: to honor themselves as healers of themselves, others, and the universe by receiving the Reiki attunement, and also any personal intentions they have for their own transformation that they might like the attunement to catalyze.
5. I ask them to put their hands in prayer position in front of their heart, noting that there is a way to do this that lets each arm and hand relax into the other one. And I ask them to ask to receive the Reiki attunement.

### **Divine Connection**

6. I visualize a giant Dai Ko Myo in violet light over the student(s) and myself twice to establish Divine connection.
7. I establish connection with the student by placing a hand on their shoulder so as not to move too quickly into their crown chakra.

### **Putting the Symbols in the Crown**

8. When I feel the student feels safe, I place my non-dominant hand flat on their crown then open the crown chakra by twisting my hand to a vertical position. Next I put the symbols (Dai Ko Myo, The distance symbol, Sei He Ki, and Cho Ku Rei) into their crown by either: drawing each symbol three times and tapping it in gently, visualizing each symbol three times and blowing it in, or chanting each symbol and blowing it in. You only need to draw/visualize one version (traditional or non-traditional) of each symbol. The other version automatically goes to them.

### **Putting the Symbols in the Hands and Chakras**

9. I move counter-clockwise to the front of the student. I put the symbols in their hands using one of the three methods described above for the crown chakra. Grasp the students hands and lower them towards you. For a level I attunement, you take both of the student's hands keeping them together as you put the symbols in. For a level II attunement, you open the students hands and put the symbols in each of their palms. For a level III attunement, you re-attune the hands as in level II, and also put the symbols in the third eye later with a similar procedure to that of putting the symbols in the crown and hands. I usually lightly press my fingers to the third eye for each symbol, rather than tapping or blowing.
10. If the student's hands are open, you close them together again. You hold their hands in front of their third chakra, and then you blow with one breath from their first chakra to their heart chakra with the intention of the symbols flowing down their arms and then going into each chakra from the first to the fourth chakra. Then you raise their clasped hands up to their face, blocking the mouth and nose, and you blow one breath from their heart chakra to their crown chakra. Your intention is to put the symbols in the fourth through seventh chakras. Then you return their hands to prayer position in front of their heart chakra. And you bless them by placing your palm on their forehead for a moment. This makes a nice flowing movement, and by having their hands blocking their face, you will not be blowing directly on their mouth and nose. It is good to have brushed your teeth recently!

### **Spirit Liberation (if necessary)**

11. If this is the first time you have attuned the student to this lineage, do the Spirit Liberation Attunement (described below).

### **Raku and Blessing**

12. Continuing counter-clockwise around the student, connect with your non-dominant hand on their shoulder, then draw the Raku three times in the air towards their spine with the intention of activating their full connection to the Reiki energy, blessing them unconditionally on their path and transformation, and honoring your relationship with them with non-attachment.
13. Continuing counter-clockwise, go to the front of the student and kneel down such that you are at their height or lower, touch their knees and feet each for a moment to ground them, and say "[their name], you can open your eyes, congratulations you are attuned to Reiki [I, II, or III]!"
14. Give them a moment or two to come to full awareness. Ask if anything feels uncomfortable or blocked anywhere in their body, and if so, do some quick Reiki on them. Give them some water. Remind them to take care of themselves as if this was a special Birthday and to nurture themselves and have fun...and to practice Reiki.

### **Spirit Liberation Attunements**

The Spirit Liberation Attunement is given once to each student. I sometimes feel that this is a reason a particular student has sought me out. Once a student has received the Spirit Liberation Attunement

during one of their Reiki trainings with you, you need not do it again. If someone takes all three levels of Reiki training with you, you only need to do the Spirit Liberation Attunement with their Reiki I attunement. If someone comes to you for Reiki II training and they have gotten their Level I training elsewhere, you will want to be sure to give them the Spirit Liberation Attunement. It doesn't hurt anything to repeat it, and if you are teaching in a class setting, you do not need to keep track of who has had it before... just attune everyone.

The formal way I was taught to do the Spirit Liberation Attunement was to do it within a standard Reiki attunement after you have put the symbols in the hands and before you do the Raku.

1. Establish connection with your non-dominant hand on the student's shoulder. Then open the crown as in a regular attunement. Put the Spirit Liberation symbol in the crown three times in violet light, then do the same with the Sei He Ki. The Sei He Ki disperses any emotional attachments associated with the Spirit Liberation.
2. Walk counter-clockwise around the student and open the hands and put the Spirit Liberation and Sei He Ki symbols in the each palm Seal the energy in by placing the student's hands flat against their upper chest near their shoulders, the arms criss crossed over each other, right over left.
3. Step back beyond the student's aura, or as far back as possible, and beam the Spirit Liberation Symbol into their aura by drawing it with your whole arm and visualizing golden light filling their aura.
4. Continue counter-clockwise to the back of the student and continue with step #9 (the Raku) described above in the standard attunement process.

This is the formal way I was taught. I have modified the process at times for flow and/or expediency. For instance, I often just put the Spirit Liberation Symbol in with the other symbols while I am doing the standard attunement and do everything in one step. You could also do the Spirit Liberation Attunement on it's own without a standard attunement for someone already attuned to Reiki. Just do steps 1 through 7 of the standard attunement, perform the four steps of the Spirit Liberation Attunement described above, then continue with step 12 of the standard attunement.

Like with everything, it's the intention that's important...the ritual can be anything that seems appropriate. Not long after my Reiki III attunement, I was at a gathering and a man fell out of a hammock. We were concerned about spinal injuries. We formed a circle and transmitted distance Reiki to him while we awaited the ambulance. When the ambulance came, the injured man's lover was about to go to the hospital in the ambulance with him. I offered his lover an attunement and told him he would receive it as he got in the ambulance. The next day I talked to him and he told how his hands had been vibrating with Reiki all night. His lover turned out to have only mild injuries.

### **Distance Attunements**

Just as you can send a Reiki treatment by distance, you can also send attunements by distance. Usually, I mail or email the student a manual and discuss any questions or concerns by phone or email. When the student feels they are ready, we pick a time for them to receive the attunement. They need to have a quiet place where they can sit and meditate without being disturbed for at least 30 minutes.

You can send the attunement by any ritual that feels appropriate to you. You could use a surrogate person, imaginary person, or stuffed animal and go through the motions of an in-person attunement. You could visualize the whole process. You can set the intention and grab your crystal like I do! Since the attunement goes through time and space, you can send the attunement at any time that suits you. You can also send it out into "space" for the student to pick up when they are ready!

I had given a few distance attunements to friends and acquaintances when a man contacted me by internet and requested a training and attunement by distance. It's funny how being paid for something can make you more nervous! I mailed him the manual and we picked a time for his attunement. I began

to worry: what if he doesn't feel anything, what if he's not ready, what if he thinks I'm a fake! I tried to remember that the Reiki only goes according to the Divine, and to trust that it would all work out. I must have had some degree of trust, because instead of sending his attunement at the exact time he was to receive it, I decided to try sending it a few days early to be sure I didn't forget. As you might expect, he emailed me with glowing results. He had sat on a beach to receive and had glowing hours of meditative bliss.

### **Group Attunements**

During group attunements it becomes more expedient to do the attunement in parts. I like to have the students sitting in a circle with enough space around each of them that I can access both their backs so I can put the symbols in their crowns and their fronts so I can put the symbols in their hands. I usually just sit while I recite the grounding meditation/stating of intentions. Then I go around the circle of students four times. I usually incorporate the Spirit Liberation Attunement with the traditional attunement. The first round, I establish contact with each student by placing my hands on their shoulders, then I put the symbols in each student's crown. The second round, I put the symbols in each student's hands and blow the symbols into the chakras from the front of the body. After the second round, I step back and do the beaming part of the Spirit Liberation attunement for the whole group simultaneously. The third round I do the Raku three times for each student... one hand on their shoulder or crown, and the other hand drawing the symbol. The fourth round, I usually kneel down in front of each student to signify my humble respect, touch each student's feet to bring them "forward" (I say forward rather than "back" to signify their new way of being...they are no longer their old self) into their body, place my hands in prayer position to honor the student, say "[student's name], you can open your eyes, congratulations, you are now Reiki \_\_\_.", and I then bow to the student. This process is relatively fast and for groups of up to 25 this process is pretty expedient. If I had a larger group, or were short on time, I might just sit and do the whole process by distance. I am always flexible and adjust the ritual to meet the group's desires, and meet time constraints. It is easy to lengthen or shorten the ritual. And, once again, the intention is the most important part...the ritual is merely a way to believe in and honor the intention.

### **CLASSES**

Since you will likely soon become a Reiki Master/Mistress/Teacher, you likely want to give some thought about how to teach. You can teach individually or in class settings. You will want to consider the basics of what you will include in your teachings, how long your teachings will take, who you would like to teach, and how much you will charge for your classes.

It's a good idea to practice the attunement process a few times on someone already attuned to Reiki, and then maybe teach and attune a couple of friends before teaching a formal class. This allows you to gain confidence and get feedback. You might also sit in on a few of your Reiki Master's classes. About two weeks after my Reiki III attunement, I taught a class of 14 students at a gathering. I had been reading many books about Reiki and using Reiki daily all summer. I had also done a couple of practice attunements on friends. So I felt quite ready. I taught the class for free as well, knowing that I was doing it for the experience. This helped me relax a bit knowing that people are more forgiving when they aren't paying for something.

### **Class Format**

Thus far I have generally taught each level (the way I learned) in about two hours feeling that Reiki is so simple that the basics can easily be taught and the attunements given in just a short time. This method is great for self-starters. When I learned, after each level I read every book I could find on Reiki and I practiced daily on myself and others. I also immediately started giving sessions to friends and started offering Reiki professionally within a month of my first attunement. I am just experimenting now with expanding the length of classes to provide more supervised practice with students and to ensure that they start working with Reiki immediately.

For a 2-3 hour class in each level, briefly go over the material presented in each of my manuals, answer questions, provide the attunement, and brief practices as follows:

For Reiki I, have students circle and lay a hand on the back of the person in front of them. Have them try it with the hand an inch or two off the back. Make sure they can feel the energy.

For Reiki II, first have each student practice drawing and reciting the purpose of each symbol. Then demonstrate and have students practice using the symbols, aura scanning, chakra balancing, and beaming on each other. Also, have each student experience sending and receiving distance Reiki from the next room.

In Level III, have students draw and recite the purpose of each of the Level III symbols. Then have them practice the attunement process on you and/or each other.

For longer classes, provide a Reiki session for each student from you (you can use a group healing format if necessary), practice on each other, and the *Gassho/Reiji-ho* meditations. You can give them more supervised experience and time to check in and ask questions after each exercise. Some Reiki Masters include apprenticeship programs, especially for Level III students, so that the student can witness their Teacher's day to day life and practices with students and clients.

### **Class Fees**

I usually charge money or barter for the attunements. I try to listen to each potential student's request and see if I feel called to teach them. Sometimes I waive the fees or allow sliding scale. If someone can't afford to pay the full rate, I try to encourage them into a class in which I have paying students so that I feel honored for my time. Several times a year I attend gatherings where I offer free/donation based classes. My rates (individual training/class rate) the last few years have been Reiki I (\$150/\$100), Reiki II (\$250/\$200), Reiki III (\$300/\$250) with sliding scale rates available for the class setting and this is based on two to three hours for each level. This is just enough time to go over the basics and do the attunements and allow for a few questions. The individual sessions are usually a bit shorter than the group classes.

The longer format classes which I am just starting to experiment with will include Reiki sessions for each student to receive from me, meditations, time to practice on each other, and time to discuss what comes up during the practice sessions.

### **Discerning a Student's Readiness**

In the past I have sometimes given free attunements spontaneously... a person "taking" an attunement produces a unique feeling of energy moving in your aura above your crown chakra. Actually, the first attunement I gave was a spontaneous distance attunement to both my acupuncturist and her girlfriend. It was just after my Reiki III attunement and I was walking down Market Street in San Francisco. I felt this energy moving in my aura above my crown and I realized it was Penny and Kath's attunements going to them; they were on vacation in Mexico. They had been waiting for level III and I knew this. By the time they were back in San Francisco, I was on the East Coast. I called them to set up a formal time to do a distance treatment; I was hesitant to tell them that I had already felt them take an attunement through me the week before. After we set up the time for the formal distance attunement, which I did with imaginary surrogates sitting in a chair, I told Penny of the sensation I'd had of them receiving an attunement while they were in Mexico. Penny exclaimed, "That's why our hands got 'hotter' in Mexico!"

After that I would sometimes feel a client "take" an attunement through me as I gave them a Reiki treatment. I would tell them they'd gotten attuned and give them a certificate and a manual to read.

What I discovered was that usually they never followed up on their attunement and usually didn't start practicing Reiki. So now, if I have the sensation of someone receiving a spontaneous attunement through me, I suggest they might want to look into a Reiki Class. Often people need to put some desire and intention into learning and practicing Reiki. I've also had friends who give free attunements without training and found that often their students come to me later and pay for a class.

I have had similar experiences meeting people who have gotten multiple levels of Reiki training at one time. Usually, it seems that they are barely practicing Reiki I, much less able to teach and attune students. For that reason, I like to spread out the classes, and give as much formal training as possible. I still occasionally give a free spontaneous attunement, but I realize most of the time students need a bit more intention and time to integrate. When I offer free Reiki training at gatherings, I usually schedule the classes backwards: Reiki III, Reiki II, then Reiki I. That ensures that students actually integrate one level and master it before taking the next, and prevents people from compulsively taking more than they are really ready for. Of course, Reiki goes according to Divine Will, so it will never be wrong. I just like to see people get the most they can out of an experience.

I am always open to requests. Some people are ready for more! In fact, just recently I had a student request to learn in one week all three levels of Usui Reiki and all three levels of the Erotic Reiki that I teach. My first thought was to say "No"... maybe just one level of each. But then I thought who am I to judge. Let me pray that he is ready to integrate all those levels. And then I emailed him and explained what the mastery of each level would mean and asked if he sincerely thought he was ready. I suggested he meditate on it. He replied that he felt ready. I checked in from my end and felt he was ready too. So I provided him all six trainings in one week. It seemed right. Currently, I am attuning a 17 year old to all three levels of Usui Reiki. He is one of the best channels of Reiki I have ever met, and definitely the fastest learner. He's asked me more challenging questions about how Reiki and healing work, than anyone else.

As you can see, there are no hard and fast rules. Listen to your Spirit. Listen to the Spirit of your potential student(s) and see what works for you. You will occasionally find students repeatedly try to schedule a training with you, and then don't show up. Don't take it personally; it merely means they weren't ready. You may also find occasionally someone makes it through a class and then announces they have no way to pay you. Again, don't take it personally. Sometimes Spirit knows this is the only way to get them to your teachings. I don't have a particular method for determining if a student is ready for their next level of Reiki. When they inquire about training, I sometimes ask about their experience with previous levels. I tend to trust their desire, and I've set the intention that if someone makes it to a class and attunement, then they are ready. I feel that most everyone ought to have Reiki I and II. I tend not to give out Reiki III so readily, feeling that it is mainly for those dedicated to teaching. But even then, I feel that there are other powerful ways to use Reiki III besides teaching.

Also remember, each Reiki Teacher has unique gifts. Sometimes student's will repeat a level of Reiki they learned somewhere else, just to get your teaching and gifts. And vice versa, sometimes a student of yours will go on to someone else for their next level.

### **Setting**

I like to conduct the class in a setting with nice energy and quiet surroundings. Indoors or outdoors is great. Comfort for yourself and your student(s) is key. It's nice to have an altar just to signify a special occasion. And I always try to have drinking water on hand. Be sure to allow for stretch and bathroom breaks every hour to hour and a half. And snack breaks every few hours as well. You want everyone to be comfortable.

### **Manuals**

I like to provide manuals to my students, preferably at the start of each class. This allows them the freedom to listen instead of take notes. And it allows you the freedom to forget something and know

they will read it later. You are welcome to copy and distribute the manuals that I provide you. At some point, you may want to write your own manual.

### **Circle**

I like to seat students in a circle if at all possible. This creates a community feeling and makes everyone a peer, including myself. I just happen to be facilitating as a teacher because of my experience.

While students are taking their seats, I pass out manuals. This encourages them to be present and listen rather than taking notes. I try to make sure the manual includes the details they might want to write. I pass around a paper for them to print their name as they would like it printed on their certificate, and also for their contact information. Make sure that you can read their writing. Different people have different preferences for how they want their name on their certificate. Their contact information gives you a client base to send class announcements and information. Your clients will be your best form of advertising. Obtain whatever mode of contact works best for you: email, phone, and/or mailing address. It's also nice to ask their permission to send them information.

I then explain the basic schedule so everyone knows what to expect: a round of introduction and intention, a period of lecture explaining the theory, then the attunement. I encourage students to make themselves comfortable and ask if they need anything to help with coolness or warmth. I try to have a glass of water for each student. And I encourage them to ask questions at any time. I also encourage them to give me feedback...if they already know what I am talking about, maybe I can omit certain things. Sometimes if you are teaching an individual the time can be spent with specific questions and they can read the manual at home. In a group setting, you have to balance all the student's needs. You are also responsible for adhering to the time schedule. In groups, I usually find it best to make sure I adhere to the manual and cover the basics.

I like to start each class with each person stating their name, their intention in taking the class, their experience in short, and something we couldn't tell by looking at them. By each person giving their name, they can become friends and community. By each person sharing their experience, you will get an idea of at what level you are teaching, what you might omit, and what you must include. By each person sharing their intention, you will get an idea of any customized material to include. And by each person saying something about themselves you couldn't tell by looking at them, you have an ice breaker and create some lightheartedness. Class ought to be fun! I always start with myself in answering the questions to show that I am a peer, and also to give others a chance to think for a moment.

### **Lecture**

I generally try to cover all the basics of each level verbally, summarizing what is in the manuals I provide and addressing student's questions and throwing in a few stories. My best classes are when I set the intention just before the class to speak the perfect channel, provide a fun and easy class, finish on time, and have happy, satisfied students. This usually provides a nice balance of covering the usual basics and well as a custom experience for the class. You may find yourself telling some strange obscure story and you will know that for some reason they need to hear it. I have had a couple classes get "sidetracked" by questions and discussion and then not had time to go over the basics. If you set the above intention, you will achieve a good balance.

### **Attunement**

After I describe the Reiki theory, I provide the attunement as described earlier. I always offer a break for students to stretch and use the bathroom. You want them to be comfortable for the attunement process, which generally takes 20-30 minutes. I like to have water on hand to get them drinking and

lubricating their body for the energetic changes that occur during the attunement process. During the break, I can often fill out their certificates.

### **Practice**

After the attunements are finished for the class, time permitting, I create a way for student's to at least feel the energy, if not give each other a session. For a short Reiki I class, it sometimes is as simple as sitting in a circle and asking each person to place their hand on the back of the person in front of them. I have them hold this position for a few moments then have them hold their hands an inch or two off the back. Then I ask if each person has felt the energy. I think all of my student's but perhaps one have felt the energy after the attunement. If anyone didn't feel the energy, I would do a quick re-attunement, probably just blowing into their hands with the intention that they are attuned and feel the energy. For a longer class, I would have the students pair up and give each other a treatment. This gives them practice and confidence to actually give someone a full treatment. It also gives them the experience of feeling the Reiki both giving and receiving. I usually watch and offer suggestions, and also check in after each round to see if they have questions or comments.

In Reiki II, I have each student practice drawing the symbols and recite the brief purpose of each symbol. You want to make sure that there is some continuity in the way the symbols are drawn, mainly for teaching purposes. After a Reiki II attunement, I generally take up the available time by having each student practice using the symbols to clear the aura of each other. And then practice giving distance Reiki on each other from the next room.

In Reiki III, make sure the student can draw the symbols and recite briefly what each symbol is for. After a Reiki III attunement, it is good to have students practice giving an attunement to you or each other. Note that they are not officially a Reiki Master until they have trained and attuned a student. Practicing attunements on each other doesn't quite count. Usually, students are a bit nervous about doing an attunement so I find it really important for them to practice on you or each other before they leave. Allow for mistakes. It is a long process to memorize. I try to have the attunement protocol standardized so that it is taught the same. In practice, of course, the attunement process is going to reflect the uniqueness of each situation. There is really no way to do it wrong. Yet by teaching a fairly standard method, you can ensure some degree of flow, comfort, and sacredness.

### **Certificates**

I provide certificates to each student once they have completed the class and attunement. That gives them a legal certificate if needed for practice in their locality. Some Reiki Teachers may ask to see the student's certificate before training them in the next level. And some students like to frame and display their certificates. Personally, I never have asked to see my student's certificates to prove they are trained in the previous level. I work from a place of trust. I have had several clinics ask to see my certificate before I was permitted to offer Reiki at the clinic.

My certificates basically say "Usui Reiki Ryoho ... This certifies that \_\_\_\_\_ is attuned to Reiki \_\_ ... Signed \_\_\_\_ .... Date\_\_\_\_\_." Some Teachers have a seal saying Usui Reiki Ryoho that they use to emboss each certificate. Instead, I have hand drawn an icon on the original. I have an original for each level of Reiki. I copy this onto nice looking paper or cardstock and then fill out the student's name, my signature, and the date, with a calligraphy pen. For smaller classes I can usually fill out the certificates during class break so that I can send my student's home with their certificates at the end of the class.

### **RESOURCES**

There are many excellent books and websites to refer your students to. William Lee Rand's [www.reiki.org](http://www.reiki.org) is one of the best. I also enjoy [www.cedarseed.com/air/reiki.html](http://www.cedarseed.com/air/reiki.html). I have links and booklists on my website: [www.dhamiboo.com](http://www.dhamiboo.com).

## **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.

It is important to create a safe space of confidentiality when you offer classes. The reason for this is for participants to feel safe in expressing themselves. On one level, when we are totally empowered, there is nothing we ought be ashamed of, and yet there are sometimes things people don't want spread around. Class members ought to know that it is not appropriate to share personal information of other students outside of circle. You might state this at the beginning of a class. I've never had any problems with classes in this matter. Usually people will not share something in front of others if they have concerns. Just be aware of this.

## **CREATIVE ENDEAVORS**

### **REIKI SHARE CIRCLES**

I like to offer a regular Reiki Share Circle for my students to have a way to practice their newly learned skills as well to receive Reiki. A Reiki Share Circle is basically having a group of people trained in Reiki come together for an hour or two and share in giving and receiving a group treatment. Two hours usually works well as it takes 15-20 minutes to get started, and it usually takes 5-10 minutes for people to leave at the end. I usually start with a very brief circle for everyone to share their names and any intentions. I like to offer quick reattunements to everyone...I usually just pass around a crystal charged with re-attuning, or sometimes just blow the symbols into each persons hands. Then, one person lays down, and the others give them a group Reiki treatment. I usually encourage the people giving Reiki to move around and follow their intuition. But you can also have each person give Reiki in one position for a period of time and then rotate every few minutes, or rotate fixed positions with each recipient. I divide up the available time for the circle by the number of people present, so that each person receives a short treatment. If there are more than six people, I have one person lay on the massage table, and one person lay under the table. The person on the table gets a hands-on treatment and the person under the table receives a distance treatment. You could also divide everyone into two groups and have two Reiki circles.

You can also recruit a "patient" in need as the recipient of the group treatment to demonstrate how to interact professionally with clients. I did this once for a client who was dealing with cancer. Be sure to explain to the client that they will be worked on by a group and also discuss confidentiality with the client and practitioners.

I usually offer the Reiki Share Circle for free or a small donation to honor my time and any costs (the donation is always no one turned away for lack of funds). It's a great way to keep contact with your students, build community, and also attract new clients/students.

### **DISTANCE HEALING GRIDS**

Another fun thing to do is to establish a distance Reiki grid where you transmit Reiki to a group of people who wish to receive Reiki. I have maintained a distance Reiki grid on Sunday mornings at 8:30 am for years. I set my grid up such that anyone wishing to receive, merely has to set the intention to receive and meditate/lay down. Since Reiki goes through time and space, you can send the energy at any time. My intention was for the energy to go to whoever wanted to receive it when they wanted to receive it. So technically they don't even have to tune in at 8:30 am. Other Reiki practitioners are more formal and ask people to send in their names and intentions every week.

## ATTUNING OBJECTS

Just as you can attune people, you can attune animals and objects to any level of Reiki. You can attune crystals, dogs, cows, trees...anything. Not long after my Reiki III attunement, I felt a dog sitting in front of a grocery store take an attunement through me! And a few months ago, I gave a student a private Reiki II training. At the last moment, a friend had oddly dropped off his girlfriend's dog at my student's apartment to be taken care of for the day. The entire time I explained Reiki II to my student the dog sat by my side. We half-jokingly said, "Must be the dog wants an attunement!" When I went to attune my student, the dog sat right in front of her and looked me straight in the eye as I passed the attunement, and I knew the dog was indeed getting the attunement. In fact somehow the dog's spirit had arranged to be dropped off at my student's house for the day just for the occasion.

When I had a room to work out of, I put the symbols in the walls and charged my room as a channel of Reiki and all healing energies. Occasionally, clients would come in and sit to await their appointment while I went to the bathroom, and they would say, "Gee, I feel better just sitting here!"

### 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.

One of your Reiki elders, 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

\_\_\_\_\_ -- \_\_\_\_\_ [to be filled in by your teacher if DhamiBoo is not your teacher]

\_\_\_\_\_ -- \_\_\_\_\_ [to be filled in by your teacher if DhamiBoo is not your teacher]

\*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.

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