

# The Healing Light of Reiki

By Thomas Lee Jacobs

## Teacher Manual

This manual is dedicated to  
all students of Reiki  
on our healing journey to wholeness

*Each time we teach Reiki  
Love moves through us  
to create a miracle of healing*

### Note:

I wrote this manual years ago when I used to teach a more traditional version of Reiki using the Reiki symbols and attunement procedures that were adopted by teachers down stream from Mrs. Hawayo Takata. The actual Reiki symbols are not shown. They are identified by their specific mantra and a step by step attunement procedure is shown for each respective Reiki level. In the attunement procedures discussed below the "Cho Ku Rei" (CKR) is patterned counter-clockwise. As a point of reference, the clockwise CKR used by many Reiki practitioners today is not from the teachings of Mrs. Takata nor from Mikao Usui who is the founder of Reiki. All circumambulations used during the attunements are performed in a counter-clockwise direction as well.



*I freely share this manual for the benefit of all.*

### Introduction

Level three Reiki is the last level taught in the traditional Usui system of Reiki

that was passed to the West via Hawayo Takata. The student is given the one required attunement for this level and is taught the teacher symbol. He or she is given instructions on how to give attunements to others for each specific Reiki level.

Bringing students up to level one Reiki and beyond is giving empowerment. We are guiding them through a wondrous transformational experience that will continue for the rest of their lives. The students need not return after receiving level one Reiki. They are set free to discover their own creativity and bliss. Reiki healing or making whole is a life-long process and works on all levels of our being. The more we use Reiki on a daily basis the more personal healing that occurs as our bodies gradually accept ever increasing levels of this subtle energy. Our spiritual gifts will naturally unfold as they are needed to support a higher state of consciousness.

The most important thing the Reiki teacher can do is give encouragement. Tell your students your personal Reiki stories. It may take more than a month for beginning Reiki students to become aware of Universal Life Force Energy. Encourage them to continue doing the Reiki hand positions each day. The best teachers are those that teach from the heart. Don't get in the way of the Reiki miracle. Let it unfold as it will. Each student will heal in his or her own way and time. Do not expect instant results. You may be surprised when hearing about their personal breakthroughs months later. Reiki always works. Have fun. Teaching Reiki is a joyous experience.

## **Level Three Reiki**

Level three Reiki is called the teacher or the master level. The Reiki practitioner is given the one required attunement for this level and is taught the Reiki teacher symbol. He or she is instructed on how to give attunements for all three levels of the traditional Usui system of Reiki that we are using.

## **Reiki Attunement**

*Note: Intention is key to the attunement.*

Teacher / Master Symbol (Dai Ko Myo)

Note: There is new information on this symbol that has surfaced from Japan in recent years.

The teacher symbol is referred to by its mantra Dai Ko Myo . The symbol is patterned in seventeen movements. Dai Ko Meo , which phonetically sounds like Dye Ko Me Oh , translates as Great Shining Everlasting Light . It can be divided into four parts, man/woman, enlightened man/woman, illusion of a closed universe, and doorway to limitless universe.

## **Use the Symbols Together**

The Dai Ko Myo is now used in the full Reiki sandwich with the other three symbols taught in level two Reiki. This will keep them fresh in your memory and activates them all for your maximum benefit. As a Reiki teacher you must use all the symbols together in order to give Reiki attunements. A full Reiki sandwich is now Cho Ku Rei , Dai Ko Myo , Sei He Ki , Hon Sha Ze Sho Nen , Cho Ku Rei .

Note: It has been found that symbols are really not necessary to pass an attunement but are very helpful for beginning Reiki teachers. Reiki symbols are the basis of this attunement method.

## **Reiki Demonstrations**

Free demonstrations are by far the best way to interest people in Reiki. Giving a person hands-on Reiki cuts through the fear and mental objections one may have and gives him or her the direct experience of Universal Life Force Energy. The nice thing is that everyone will leave the demonstration with Reiki awareness. They may seek out Reiki some time in the future. Keep your lecture on Reiki down to the minimum time necessary. I usually give a brief overview and try to get going with the hands-on portion as soon as possible. It is ok to talk while giving Reiki. Spend approximately fifteen minutes per person by doing the head, neck and shoulders. Position your guests in chairs for easy access. Do not get trapped into any debates on healing or defending Reiki. The demonstration is a screening process in order to offer Reiki training to those people that have a positive experience. The Reiki experience is unique to each individual. Do not make any promises or guarantees.

## **Charging money for Reiki**

The concept of charging money for Reiki is definitely a Western addition to the system. Each Reiki teacher must consider the implications of charging money to those in the most need of help. Donations or other simpler forms of exchange would perhaps be easier. Reiki was not intended to be a commodity for sale. The benefits you give to others will come back to you in the most unexpected and timely manner.

## **Waiting Time Between Reiki Levels**

I generally wait one month or more after giving a student level one Reiki before moving on to Level two Reiki. Each person is different and will have his or her own unique experience. In no way should money be a limiting factor when proceeding on the Reiki path. It should be the student's joy in working in this system that propels them forward.

## **The Reiki Connection**

The primary benefit of teaching Reiki and sharing it with others is the heart centered connection. Reiki is a slow and gentle process that gradually clears our subtle energy pathways. The Reiki attunements can be thought of as a great clearing or awakening that over time can lead to more creative insights. Not everyone that you teach Reiki to will stay with the system or discern its benefits. Inertia plays a big factor in all of our lives. Encouragement goes a long way in giving your students confidence and permission to experience Reiki.

## **Preparation for Giving an Attunement**

Find a quiet place to give your attunements. Play some relaxing music. It is not necessary to perform the attunements away from your other students unless you feel uncomfortable. You can have your students participate by placing their hands over their hearts and being in a meditative state.

Before starting an attunement, instruct your student to have his or her eyes closed and breathe easily. Show the student how to position the hands in the prayer position when you tap the student's knees during the attunement. Tell the student that at the end of the attunement, you will cross the student's hands and place

them on his or her chest. When this happens the student knows that he or she can take several minutes to meditate before returning to the group.

## **Giving the Attunement**

Remember to breathe when giving the attunement. Take your time and relax. If you forget a position in the attunement process, stop where you are and move in a counter- clockwise direction back to the position that you missed. Start again from that point. You do not have to start the attunement all over again from the beginning. If you become disoriented while giving an attunement at a position, stop where you are and center yourself. Begin the symbol sequence where you last left off or start the complete symbol sequence again. Do not be reluctant to look at you instructor s guide during the attunement.

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## **Level One Attunement**

The level one attunement sequence is performed four times. As a rule, space fifteen to thirty minutes between each attunement. The Reiki attunement is very powerful. Pace yourself until you become used to working with this divine energy. It is very common for a new Reiki teacher to become over loaded when giving multiple attunements and may have to take a time out in order to become centered. You are always safe when working with Reiki energy.

Four attunements are given to the student in order to ensure that his or her thirty day healing period will be less intense. It also ensures that all the changes necessary in the energy alignment for the student occur. The attunement is very profound. The student may have emotional releases. The teacher must create a nurturing atmosphere and safe area for his or her students.

### **Steps:**

#### **Standing behind the student**

Hold your left hand up into the air above your head (palm up) and your right hand on the crown of the student s head (palm down). This calls in the light and opens the crown chakra. Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Place your left hand on the student s left shoulder (palm up) and your right hand on the right shoulder of the student (palm facing forward). Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Place both of your hands on the student s crown (palms down) forming a triangle with your fingers and two thumbs touching. Project the folowing symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Place your left hand on the student s left shoulder and your right hand on the student s right shoulder (palms down). Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

## **Moving to the Front Position**

Move counter clockwise around the student to the front position. Tap the knees of the student which is the signal for the student to raise his/her hands into the prayer position above the forehead. Adjust as necessary. Hold your hands in the cross position (flat of palms facing forward with fingers together) so that your hands block out the top part of the student's torso including the head. Project the following symbol sequence through your palms:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Take his/her hands down from the prayer position and hold them between your hands in front of you. Cover as much of the student's hands as possible including the tips of the fingers. Project the following symbol sequence through your palms into the student's hands.

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

With one hand, raise both of the student's hands above his/her head. Using your breath, pattern Cho Ku Rei's while exhaling. Start from the student's crown chakra and move down to the root chakra. Blow three Cho Ku Rei's at each chakra as you move down to the root chakra. Place the student's hands on his/her lap when finished.

### **Moving to the Student's Left Side**

Move counter clockwise to the student's left side. Place the left palm of your hand on the student's forehead and your right palm on the back of the student's neck where the head and neck join. Project the following symbol sequence in the crown.

- a. Cho Ku Rei

- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

## **Moving Behind the Student**

Move counter clockwise and position yourself directly behind the student. Using both hands sweep the student's aura from the crown down to the base of the spine. Sweep down and to the left. Sweep down the middle of the back. Sweep down and to the right. As you complete each sweep flick your fingers away from the student. This sends negative energy that is being picked up away from the student. Repeat as necessary.

Using your breath pattern Cho Ku Rei's while exhaling. Start at the crown and move down to the base of the spine. Repeat this sequence three times.

While kneeling place your left hand on the floor outside of the student's left side. Place your right hand on the floor outside of the student's right side. Visualize that you are bringing white light up from the earth as you raise your hands, stand up, and bring your hands together over the student's crown. This encloses the aura and seals it.

## **Moving in Front of the Student**

Move counter clockwise and position yourself in front of the student. Take the student's hands and place them on your upper chest just below the neck. Place your hands over the student's hands. This is called the heart meld. Stay in this position for a couple of minutes.

*Note: The heart meld is an add-on but very helpful and healing.*

Cross the student's hands and place them over his/her chest. Move away and meditate until the student opens his/her eyes. There may be an emotional release during the heart meld and at the end of the attunement. Be attentive and nurturing.

## **Level One Requires Four Attunements**

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## Level Two Attunement

The Level Two Reiki attunement is performed twice. It is essentially the same procedure as described in the level one attunement, except for an added symbol sequence with the students hands open right after projecting the symbol sequence using the cross position.

### Standing Behind the Student

Hold your left hand up into the air above your head (palm up) and your right hand on the crown of the student s head (palm down). This calls in the light and opens the crown chakra. Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Place your left hand on the student s left shoulder (palm up) and your right hand on the right shoulder of the student (palm facing forward). Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Place both of your hands on the student s crown (palms down) forming a triangle with your fingers and two thumbs touching. Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen

## e. Cho Ku Rei

Place your left hand on the student's left shoulder and your right hand on the student's right shoulder (palms down). Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

## Moving to the Front Position

Move counter clockwise around the student to the front position. Tap the knees of the student which is the signal for the student to raise his/her hands into the prayer position above the forehead. Adjust as necessary. Hold your hands in the cross position (flat of palms facing forward with fingers together) so that your hands block out the top part of the student's torso including the head. Project the following symbol sequence through your palms:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

## Added Sequence

Take his/her hands down from the prayer position and hold them both in your left hand (if you are right handed) with the palms open and facing up. With your right index finger, pattern in the air just above the right palm the following sequence as shown below and touch the palm each time you finish a complete symbol. Repeat the procedure for the student's left hand.

- a. Cho Ku Rei
- b. Sei He Ki

- c. Hon Sha Ze Sho Nen
- d. Cho Ku Rei

Note: Do not insert the Dai Ko Myo into the above symbol sequence for the step shown above. This is Reiki level two. The Dai Ko Myo will be inserted in the step above for Reiki level three (teacher level).

Take his/her hands, put them together and hold them between your hands in front of you. Cover as much of the student's hands as possible including the tips of the fingers. Project the following symbol sequence through your palms into the student's hands.

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

With one hand, raise both of the student's hands above his/her head. Using your breath, pattern Cho Ku Rei's while exhaling. Start from the student's crown chakra and move down to the root chakra. Blow three Cho Ku Rei's at each chakra as you move down to the root chakra. Place the student's hands on his/her lap when finished.

### **Moving to the Student's Left Side**

Move counter clockwise to the student's left side. Place the left palm of your hand on the student's forehead (sixth chakra) and your right palm on the back of the student's neck where the head and neck join. Project the following symbol sequence in the crown.

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

## **Moving Behind the Student**

Move counter clockwise and position yourself directly behind the student. Using both hands sweep the student's aura from the crown down to the base of the spine. Sweep down and to the left. Sweep down the middle of the back. Sweep down and to the right. As you complete each sweep flick your fingers away from the student. This sends negative energy that is being picked up away from the student. Repeat as necessary.

Using your breath pattern Cho Ku Rei's while exhaling. Start at the crown and move down to the base of the spine. Repeat this sequence three times.

While kneeling place your left hand on the floor outside of the student's left side. Place your right hand on the floor outside of the student's right side. Visualize that you are bringing white light up from the earth as you raise your hands, stand up, and bring your hands together over the student's crown. This encloses the aura and seals it.

## **Moving in Front of the Student**

Move counter clockwise and position yourself in front of the student. Take the student's hands and place them on your upper chest just below the neck. Place your hands over the student's hands. This is called the heart meld. Stay in this position for a couple of minutes.

Cross the student's hands and place them over his/her chest. Move away and meditate until the student opens his/her eyes. There may be an emotional release during the heart meld and at the end of the attunement. Be attentive and nurturing.

## **Reiki Level Two Requires Two Attunements.**

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## **Reiki Level Three Attunement (Teacher)**

The Reiki level three attunement is the last attunement process in this Reiki system that you are teaching.

## **Standing Behind the Student**

Hold your left hand up into the air above your head (palm up) and your right hand on the crown of the student s head (palm down). This calls in the light and opens the crown chakra. Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Place your left hand on the student s left shoulder (palm up) and your right hand on the right shoulder of the student (palm facing forward). Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Place both of your hands on the student s crown (palms down) forming a triangle with your fingers and two thumbs touching. Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Place your left hand on the student s left shoulder and your right hand on the student s right shoulder (palms down). Project the following symbol sequence into the crown:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen

## e. Cho Ku Rei

### **Moving to the Front Position**

Move counter clockwise around the student to the front position. Tap the knees of the student which is the signal for the student to raise his/her hands into the prayer position above the forehead. Adjust as necessary. Hold your hands in the cross position (flat of palms facing forward with fingers together) so that your hands block out the top part of the student's torso including the head. Project the following symbol sequence through your palms:

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

### **Added Sequence**

Take his/her hands down from the prayer position and hold them both in your left hand (if you are right handed) with the palms open and facing up. With your right index finger, pattern in the air just above the right palm the following sequence as shown below and touch the palm each time you finish a complete symbol. Repeat the procedure for the student's left hand.

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

Note: The Dai Ko Myo is now used here at this step to bring the student to Level three Reiki.

Take his/her hands, put them together and hold them between your hands in front of you. Cover as much of the student's hands as possible including the tips of the fingers. Project the following symbol sequence through your palms into the

student s hands.

- a. Cho Ku Rei
- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

With one hand, raise both of the student s hands above his/her head. Using your breath, pattern Cho Ku Rei s while exhaling. Start from the student s crown chakra and move down to the root chakra. Blow three Cho Ku Rei s at each chakra as you move down to the root chakra. Place the student s hands on his/her lap when finished.

### **Moving to the Student s Left Side**

Move counter clockwise to the students left side. Place the left palm of your hand on the student s forehead (sixth chakra) and your right palm on the back of the student s neck where the head and neck join. Project the following symbol sequence in the crown.

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- b. Dai Ko Myo
- c. Sei He Ki
- d. Hon Sha Ze Sho Nen
- e. Cho Ku Rei

### **Moving Behind the Student**

Move counter clockwise and position yourself directly behind the student. Using both hands sweep the student s aura from the crown down to the base of the spine. Sweep down and to the left. Sweep down the middle of the back. Sweep down and to the right. As you complete each sweep flick your fingers away from the student. This sends negative energy that is being picked up away from the student. Repeat as necessary.

Using your breath pattern Cho Ku Rei s while exhaling. Start at the crown and

move down to the base of the spine. Repeat this sequence three times.

While kneeling place your left hand on the floor outside of the student s left side. Place your right hand on the floor outside of the student s right side. Visualize that you are bringing white light up from the earth as you raise your hands, stand up, and bring your hands together over the student s crown. This encloses the aura and seals it.

## **Moving in Front of the Student**

Move counter clockwise and position yourself in front of the student. Take the student s hands and place them on your upper chest just below the neck. Place your hands over the student s hands. This is called the heart meld. Stay in this position for a couple of minutes.

Cross the student s hands and place them over his/her chest. Move away and meditate until the student opens his/her eyes. There may be an emotional release during the heart meld and at the end of the attunement. Be attentive and nurturing.

**Reiki Level three requires one attunement.**

*May you attain total enlightenment in your life time for the benefit of all sentient beings.*

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