

Usui Reiki

**Master/Teacher
Manual**

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By Stephen Lovering

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USUI REIKI MASTER/TEACHER LEVEL

Each Teacher is responsible for their own actions and methods. No Teacher is responsible for the actions of any other Teacher they have attuned. We are each our own Master, we are not the Master of anyone else!

It is understood that Reiki can and will enhance any other system of healing and each Teacher is responsible for maintaining the integrity of Reiki above all other systems. It is with this understanding that we continue in truth and light.

REIKI MASTER ATTUNEMENT

Once you reach Master Level your journey has only just begun, and you will go down roads and make decisions that you never thought possible. Your life will be changed forever.

During the Reiki Master attunement, the Master, Power, Mental/Emotional and Distance Symbols are placed into the hands whilst they are in prayer position. They are also placed in the palms. Once complete you will be able to activate the Master Symbol. There is only one attunement at Master Level.

After receiving the attunement you are able to give Reiki I, II and Master Level attunements.

What Happens After a Master Level Attunement

- Your Healing Energy will flow stronger and vibrate at a higher, more intense level. It will continue to expand at your own pace.
- Your personal and spiritual growth will expand to higher levels.
- You will have a Master Symbol that will intensify your other Reiki Symbols
- You will become more at one with yourself and the universe.
- Your awareness of the intensity of the power of Reiki will expand.
- You may become more intuitive and psychic.

- The attunement and symbol will help you in your own life when needed.
- You will have a greater feeling of wholeness, fulfillment and completion.
- All the qualities of Reiki are enhanced by the use of the Master symbol.
- Further changes unique to you, will manifest themselves.

PROFESSIONAL CONDUCT:

Reiki practitioners conduct themselves in a professional and ethical manner, perform only those services for which they are qualified, and represent their education, certification, professional affiliations and other qualifications honestly. They do not in any way profess to practice medicine or psychotherapy, unless licensed by their province or country to do so.

HEALTH HISTORY AND REFERRALS:

Reiki practitioners keep accurate client records, including profiles of the body mind health history. They discuss any problem areas that may contraindicate use of Reiki, and refer clients to appropriate medical or psychological professionals when indicated. *(I do not actually know of any conditions that contraindicate use of Reiki)(not all practitioners do keep detailed health type records those who follow a clinical practice model do, others who practice in a less formal way may not keep detailed records or any records at all)*

PROFESSIONAL APPEARANCE:

Reiki practitioners pay close attention to cleanliness and professional appearance of self and clothing, of linens and equipment, and of the office environment in general. They endeavor to provide a relaxing atmosphere, giving attention to reasonable scheduling and clarity about fees.

COMMUNICATION AND CONFIDENTIALITY:

Reiki practitioners maintain clear and honest communications with their clients, and keep all client information, whether medical or personal, strictly confidential. They clearly disclose techniques used, appropriately identifying each in the scope of their professional practice.

INTENTION AND TRUST:

Reiki practitioners are encouraged to clarify their intention to facilitate therapeutic change of a holistic nature, and to develop the ability to focus mindfully on the Body mind Self. To establish and maintain trust in the client relationship, they are encouraged to ask caring questions about the client's well-being, and to establish clear boundaries and an atmosphere of safety.

RESPECT OF CLIENTS:

Reiki practitioners respect the client's physical/emotional state, and do not abuse clients through actions, words or silence, nor take advantage of the therapeutic relationship. They in no way participate in sexual activity with a

client. They consider the client's comfort zone for touch and for degree of pressure, and honor the client's requests as much as possible within personal, professional and ethical limits. They acknowledge the inherent worth and individuality of each person and therefore do not unjustly discriminate against clients or colleagues.

PROFESSIONAL INTEGRITY:

Reiki practitioners present Reiki in a professional and compassionate manner, representing themselves and their practice accurately and ethically. They conduct their business honestly, and do not give fraudulent information, nor misrepresent themselves to students or clients, nor act in a manner derogatory to the nature and positive intention of Reiki.

AWARENESS:

Reiki practitioners refrain from abuse of alcohol and drugs. These substances should not be used at all during professional activities.

PROFESSIONAL EXCELLENCE:

Reiki practitioners strive for professional excellence through regular assessment of personal and professional strengths and weaknesses, and by continued education and training.

EQUALITY:

All Reiki practitioners of the same level should be treated as equals without regard to their initiating master or their belief system. All Reiki Teacher/Masters should be treated as equals without regard to their initiating Master or their membership (or lack of membership) of any body or association.

STUDENT RIGHTS:

Reiki Teachers respect each student's right to choose their own healing path and their initiating master.

THE REIKI MASTER SYMBOL

DAI KO MYO

Pronounced Dye Ko Meoh (like Meow but oh!)

Meaning:

I align myself with the Creator
Dai means great, Ko means Bright and Myo means Light
Great shining light
The treasure tower of light
Great Beings of the Universe shine on me!
The temple of the Great Ray of Light
Great Light of the Universe that guides me
The last source of Love

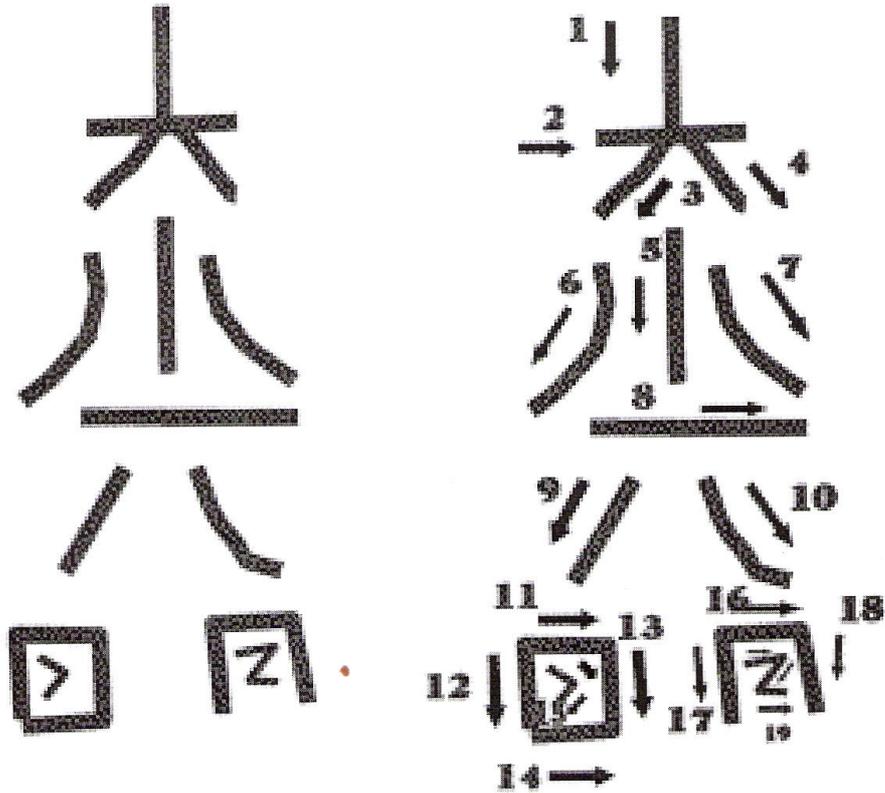
Action:

Self-empowerment
Energy amplifier
Energizing
Protection
Harmonizing
Cellular and genetic healing
Works mainly on the superior chakras (throat chakra, third eye chakra and crown chakra)
Re-balances the energy circulation from crown chakra to root chakra
Purification
Increase intuition and creativity

Use:

Empowerment
Increase intuition and creativity
Spiritual connection
Meditation
In case of tiredness it is applied above the patient's head
Mental healing
Increases the patient's immunity
Attunements

HOW TO DRAW THE MASTER SYMBOL



MASTER SYMBOL USES

The master Symbol can be used for a number of things! Including:-

ENERGISING CRYSTALS

Get a crystal, hold it in one hand and using the other hand draw the following symbol sequence:-

DKM + CKR + SHK + HSZSN + DKM

STIMULATION OF LEARNING AND MENTAL CLARITY

Apply DKM + CKR + DKM above persons head

DISTANT HEALING WITH USUI MASTER SYMBOL

Can be done using one of the following variants:

. DKM is applied, its name is spelled for three times, the person that shall receive treatment and his/her location are indicated, and then let the energy flow as much as necessary.

. DKM + CKR are applied, their names are spelled for three times, the person that shall receive treatment and his/her location are indicated, then let the energy flow as much as necessary.

. DKM + HSZSN + SHK + CKR are applied, their names are spelled for three times, the person that shall receive treatment and his/her location are indicated, then let the energy flow as much as necessary.

. DKM + CKR + SHK + HSZSN are applied, their names are spelled for three times, the person that shall receive treatment and his/her location are indicated, then let the energy flow as much as necessary.

. DKM + CKR + SHK + HSZSN + DKM are applied, their names are spelled for three times, the person that shall receive treatment and his/her location are indicated, then let the energy flow as much as necessary.

THE KARMIC TREATMENT

Hold your hands in front of you like a cup, visualize DKM symbol between them its name is spelled for three times, the person that shall receive treatment and the fact that you work on his karma are mentioned, then let the energy flow as much as necessary. This method can be used when you work on a group of persons or on an event.

The symbols cannot cause harm or give you control over another person.

Preparing for a Reiki Attunement

A Reiki Attunement is a process of empowerment, which opens your crown, heart and palm chakras, and connects you to the unlimited source of Reiki energy. During the attunement, and for a time after, changes will be made by the energy to open your system, enabling you to channel Reiki. These changes take place in the chakras, aura and physical body. As part of the healing, an emotional, as well as toxic release can take place.

A process of purification is recommended to allow the attunement energies to work more efficiently and create greater benefits for you.

Before receiving a Reiki attunement avoid alcohol the night before and eat just a light meal avoiding red meat if possible.

In the days approaching your attunement, try to drink as much still water as possible to cleanse your system.

A Reiki attunement is an initiation into a sacred, metaphysical order, which has been present on earth for thousands of years. By receiving an attunement, you will become part of a group of people who are using Reiki to heal themselves and each other, and who are working together to heal the Earth. By becoming part of this group, you will also be receiving help from the Reiki guides and other spiritual beings, who are also working toward these goals.

USUI REIKI ATTUNEMENTS

The following attunements are the traditional Usui Attunements. This information is sacred.

Mikao Usui presented the world with the a system that enables all peoples regardless of their traditional methods of study to gain a much needed connection with the Divine source, a connection which enables them to develop at their own pace in the areas of Mind, Body and Spirit.

FIRST DEGREE ATTUNEMENT

FIRST ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

The four attunements should be spread out over the course – if you teach level one over 2 days then the first two attunements can be given on the first day (morning and afternoon) and the remaining two on the second day. If you teach level one in a day then space the 4 attunements out over the day

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.
2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion.
Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.
3. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.
4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.
5. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.
6. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are lefthanded, hold them in your right.
2. Draw the Power Symbol in front of the student's third eye; chant the secret name of the Power Symbol three times as you envision it moving into the head through the third eye.
3. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant to yourself the secret name of the Power Symbol three times. Slap the hands three times.
4. Bring the student's hands together. Move them in front of the student's heart.
Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.
2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.
3. Place your palms on the student's shoulders and repeat the affirmation; "We are both blessed by this process", or hold this feeling for several seconds.
4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

SECOND ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.
2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.
3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.
4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.
5. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.
6. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are lefthanded, hold them in your right.
2. Draw the Power Symbol in front of the student's Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head through the third eye.
3. Draw the Distant symbol in front of the student's Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it moving into the head through the Third Eye.
4. With your right hand, draw the Power Symbol in the air above the hands.

Picture the symbol moving into the hands as you chant to yourself the secret name of the Power Symbol three times. Slap the hands three times.

5. Bring the student's hands together. Move them in front of the student's heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation; "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

THIRD ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion.

Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.
4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.
5. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.
6. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are lefthanded, hold them in your right.
2. Draw the Power Symbol in front of the student's Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head through the third eye.
3. Draw the Distant symbol in front of the student's Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it moving into the head through the Third Eye.
4. With your right hand, draw the Power Symbol in the air above the hands. Visualize the symbol moving into the hands as you chant the secret name of the Power Symbol three times. Slap the hands three times.
5. Bring the student's hands together and move them in front of the heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.
2. Bring your hands together, placing your thumbs at the base of the skull.

Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

FOURTH ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.
2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.
3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.
4. Draw the Mental/Emotional Symbol over the head, while repeating the secret name of the symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.
5. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.
6. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.

7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.
8. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are lefthanded, hold them in your right.
2. Draw the Power Symbol in front of the student's Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head through the Third Eye.
3. Draw the Distant symbol in front of the student's Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it moving into the head through the Third Eye.
4. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Power Symbol three times. Slap the hands three times.
5. With your right hand, draw the Power Symbol in the air above the hands. Visualize the symbol moving into the hands as you chant the secret name of the Power Symbol three times. Slap the hands three times.
6. Bring the student's hands together and move them in front of the heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.
2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.
3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

SECOND DEGREE ATTUNEMENT

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.
2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.
3. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.
4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.
5. Draw the Mental/Emotional Symbol over the head. Picture the symbol, guiding it your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.
6. Draw the Distant Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the symbol to yourself three times as you place the symbol into the Hands and Brain.
7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.
8. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are lefthanded, hold them in your right.

2. Draw the Usui Master Symbol in front of the student's Third Eye chanting the secret name of the Symbol, three times, as you visualize it moving into the head through, the Third Eye.
3. Draw the Power Symbol in front of the student's Third Eye, chanting the secret name of the Symbol to yourself, three times, as you visualize it moving into the head through, the Third Eye.
3. Draw the Distant Symbol in front of the third Eye, chanting the Secret name of the symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.
4. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Symbol to yourself, three times, while visualizing it moving into the Head through the Third Eye.
5. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands three times.
6. With your right hand, draw the Distant Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands three times.
7. With your right hand, draw the Mental/Emotional Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands three times.
8. Bring the student's hands together and move them in front of the Heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands. Return to back of your student.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.
2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

THE USUI REIKI MASTER ATTUNEMENT

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.
2. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.
3. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.
4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.
5. Draw the Mental/Emotional Symbol over the head. Picture the symbol, guiding it your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.
6. Draw the Distant Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the symbol to yourself three times as you place the symbol into the Hands and Brain.
7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.
8. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are lefthanded, hold them in your right.
2. Draw the Usui Master Symbol in front of the student's Third Eye chanting the secret name of the Symbol, three times, as you visualize it moving into the head through, the Third Eye.
3. Draw the Power Symbol in front of the student's Third Eye, chanting the secret name of the Symbol to yourself, three times, as you visualize it moving into the head through, the Third Eye.
4. Draw the Distant Symbol in front of the third Eye, chanting the Secret name of the symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.
5. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Symbol to yourself, three times, while visualizing it moving into the Head through the Third Eye.
6. With your right hand draw the Usui Master Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the name to yourself three times. Slap the hands three times.
7. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands three times.
8. With your right hand, draw the Distant Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands three times.
9. With your right hand, draw the Mental/Emotional Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands three times.
10. Bring the student's hands together and move them in front of the Heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands. Return to back of your student.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.
2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.
3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.
4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

This is the attunement process as given to me by my Reiki Masters. It is by no means the only version that is being used today. I have not seen any difference in empowerments regardless of which attunement process has been used to empower an individual in the Reiki System of Natural Healing.

DISTANT ATTUNEMENTS

There are many ways to pass Reiki Attunements distantly. This is the method I use and I find it very effective.

Prepare the room prior to the allocated time in the normal way, candles, incense, music etc.

At the allotted time state either silently or outloud "I now wish to attune PERSON'S NAME and LOCATION, to Usui Reiki Level 1, 2 or Master Level"

Then visualise the student is sitting in the chair and perform the attunement as if they were there. It doesn't matter if you do not know what the person looks like as stating your intent and their name is all that is needed.

As Level I has four attunements you can either send the four parts at different times during the day but I perform the four attunements to Level I one after the other. It obviously takes longer but saves the student having to go through the process four times.

WHAT TO TEACH IN REIKI CLASSES

As soon as you are a Reiki Master/Teacher you will be able to teach your own Reiki classes to students as soon as you feel confident to pass attunements.

The following is a guide to what I teach in my classes, you of course will be guided to structure your own courses.

REIKI I

The Reiki story and what Reiki is
What is a Reiki attunement
Cleansing process after an attunement
The Principles of Reiki
How to conduct a Reiki treatment
Reiki hand positions for treating others and self
Importance of an energy exchange for services
Preparation for a Reiki attunement
List of some Reiki books and a Reiki I manual or handout
Best to wait one month or more between Reiki I & Reiki II attunements

REIKI II

Nature and purpose of Reiki Symbols
Distance Healing and how to use Reiki symbols
Reiki II symbols and practice
Preparation for a Reiki attunement
Reiki I and II manual or handout

REIKI III

Reiki Master Symbol and how to use it.
Process of passing Attunements
How and what to teach in Reiki I, II & III classes
Importance of an energy exchange for treatments and classes/attunements
Preparation for a Reiki attunement
Reiki I, II and III manual or handout

The Importance of an Energy Exchange

After his experience in the Beggar's Quarter of Kyoto, Dr. Usui learned first hand about the importance of an exchange of energy for the healer's time. When he first became empowered to perform the miracle healings that he had sought for so long, his initial thought was to move to the Beggar's Quarters and serve the poor. His intention was to help heal them so they could become responsible citizens, and enable them to hold a job to support themselves. What he discovered over time was that many returned after having experienced a taste of life on the outside, and decided they didn't want the responsibility of caring for themselves. By just giving away healings, he had further impressed the beggar pattern in many of them. People need to give back for what they receive, in order to fully appreciate what has been given.

Usui thus discovered two very important factors. One, that a person should ask for a healing. (It is not the job of any healer to try and help where healing is not wanted.) Two, that there should be an exchange of energy for the healer's time. (It is not right to keep someone feeling indebted for services rendered, thus the receiver, by sharing energy in a variety of forms, frees himself of obligation and has an investment in the end result.)

The exchange of energy does not necessarily have to be in the form of money. It can be a trade of some sort. If the person is a family member, there is normally an exchange of energy taking place all of the time and so there need not be a request for specific reimbursement.

There should also be an exchange of energy for Reiki classes. One should not waste precious time and energy sharing information or energy with those who are not interested or prepared to receive.

Another aspect of exchange of energy has to do with the concept of tithing. Tithing is a sharing of what we have with others --a giving back and thanking to the Universe for what we have received. Tithing must be done out of a deep sense of Love and not out of obligation, otherwise it will not have as profound an effect. Treatments can be sent to war or disaster areas of the earth, helping to create a more positive and loving energy which can eventually engulf the entire planet.

LINEAGE

Each student should have a lineage which is a list of teachers tracing back to Mikao Usui.

The lineage for this course is as follows and you simply add your name after mine to make your lineage. Once you have added your name this will be the lineage that you pass to your students.

Dr Mikao Usui, Dr Chujiro Hyashi, Mrs Hawayo Takata, Phyllis Lei Furumoto, Claudia Hoffman, Mary Shaw, Christine Henderson, Bruce Way, Neal Lyster, John Pickering, Martin Lee, Gary Steadman, Stephen Lovering

CONCLUSION

Once you reach Master/Teacher level you will find that your journey truly begins – I personally feel that no-one ever Masters the system of Reiki and that entering Master level is just the beginning of your own personal relationship with this beautiful healing art.

The more you incorporate the practice of Reiki into your daily life the easier you will progress and open up to your true potential.

Bring the goodness that is Reiki to as many people as you can..

I hope that I have managed to answer all of your questions in the writing of this manual.

You are welcome to share this manual with your own students but please leave the copyright and credit to me as author intact.

Kind regards

Stephen Lovering

Reiki Consultation Form

Client Name		Practitioner Name	
Address		Home Number	
		Mobile Number	
Date of Birth		Occupation	
Reason for visit/expectations			
Current Health : Excellent/Good/Average/Poor			
Details of any major illnesses/operations in last 5 years :			
Current Medication :			
Treatment from another practitioner? YES/NO			
Details of other any other treatments being received :			

LIFESTYLE	
Energy Levels :	Excellent/Normal/Below Average/Poor
Ability to relax :	Excellent/Normal/Below Average/Poor
Smoker	Yes/No - How many per day?
Drink alcohol	Yes/No - Number of units per week?
Allergies	Yes/No – Details
Exercise	Daily/Weekly/Occasional/None - What types?
Diet	Excellent/Good/Average/Below Average/Poor
Sleep pattern	Excellent/Good/Average/Below Average/Poor Number of hours sleep per night on average

Treatment plan and advice given :
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Details of the treatment being offered have been fully explained. I consent to treatment and I agree to inform the practitioner if there are any changes to my health or medication whilst receiving treatment.

Client Signature _____ Date : _____

Practitioner Signature _____ Date: _____

REIKI TREATMENT RECORD

Client Name :	Practitioner Name :
Date :	Treatment Number:

SUMMARY OF REIKI TREATMENT GIVEN :

OBSERVATIONS DURING TREATMENT :

CLIENT FEEDBACK :

ADVICE GIVEN TO CLIENT :

Follow up appointment ?	YES	NO	Date of next appointment :
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Amount charged		Payment method
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DISCLAIMER

As with all complimentary and alternative therapies, none of the treatments listed on my website or in the training manuals are meant to be a substitute for proper medical diagnosis, treatment or care from your GP.

I do not diagnose conditions, prescribe medication or interfere with a GP's treatment.

If you are currently taking medication prescribed by your GP, do not stop taking it without his/her's advice.

If you have any concerns regarding your medical condition please speak with your GP first.

I do not accept responsibility if you choose to treat yourself using any information from my website or training manuals.

I accept no responsibility for any loss or damages caused as a direct or indirect result of the use or misuse of any information contained in this manual.