

Usui Reiki

Level 2

Love Inspiration & Maitri Foundation



Advanced Healing Practices:
Dr. Mikao Usui and
Hawayo Takata Lineages

USUI REIKI
LEVEL 2 - ADVANCED HEALING PRACTICES



Love Inspiration

Learn • Heal • Awaken

FOR THE INFINITE BENEFIT OF ALL

May all beings be liberated from suffering.



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Prerequisites For This Ebook

Please ensure that before you begin this Usui Reiki Level 2 course you:

- 1) Have completed Usui Reiki Level One as a prerequisite.
- 2) Have allowed yourself 21 days from your Level One attunement before commencing Level Two (this is the 21 days of self healing practice if you have chosen to complete it or alternatively a 21 day [rest period](#)).
- 3) Have allowed yourself a minimum of 21 days from the completion of:
 - any [Ascension Pathway](#) attunement and/or
 - any Love Inspiration [ebook](#) (eg. Divine Light, Kundalini Reiki etc)

(Note that here in this point, the completion of an ebook means you have completed the whole ebook including all attunements, waiting times and compulsory daily / self healing practices, whereas the completion of an attunement means you have completed the attunement and not necessarily any waiting times or associated practices.)
- 4) Have activated (unlocked) the Usui Reiki Level Two energies and attunement using the activation code & instructions on the next page.

*Once you have unlocked the energies, you are ready to begin.
With love, we wish you well on your Usui Reiki Level 2 journey!*

Helpful Resources For This Ebook

[Sign up for free monthly Ascension Healing \(sent on the 11th of the month\)](#)
[Join the Love Inspiration Community Facebook Group](#)
[Download the Love Inspiration Handbook as an accompaniment to this ebook](#)
[Start on the Ascension Pathway alongside this ebook](#)
[Visit our Free Music & Relaxation webpage](#)
[Sign up for an Ascension Healing Booster](#)
[Find out how you can help](#)
[Read our Disclaimer](#) and [Copyright Information](#)

Additional Note: Because the Advanced Usui Reiki levels (Level 4 onwards) require [Ascension Pathway](#) prerequisites taking approximately 12-18 months to complete, if you have not already started an Ascension Pathway it is recommended to start as soon as possible. *(The required prerequisites for Level 4 can be found on Page III of the Advanced Usui Reiki Levels 4,5 & 6 ebook).*

ACTIVATING (UNLOCKING) THE USUI REIKI LEVEL TWO ENERGIES:

Before opening up to these beautiful Usui Reiki Level 2 energies, it is very important that you firstly activate or 'unlock' the energies and attunement in this ebook. Once this is completed, you will then be ready to begin!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



■ **1) Preparation:**

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ **2) Invocation:**

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the
energies and attunement for Usui Reiki Level Two.
With the unique activation code 443541 may this be so.
May this activation benefit all beings.
Thankyou, thankyou, thankyou."**

■ **3) Receiving:**

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

■ **4) Understanding:**

Once you have completed your activation, we ask that you now read through - ["Activation Codes and Prescribed Timeframes"](#). This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Usui Reiki Level Two energies! May you enjoy these with much love & light and with an intention to benefit all beings.



USUI REIKI

LEVEL 2 - ADVANCED HEALING PRACTICES

FOREWORD:

It is with much love & light that we welcome you to this Usui Reiki - Level 2 course. For those of you who are re-joining us from the Level 1 training, we wish to lovingly re-welcome you here to the next step of your Reiki journey with us.

For those of you who are new to Love Inspiration and to these online Usui Reiki courses - we wish to welcome you here with our hearts open and filled with love. We hope that you will enjoy these beautiful Level 2 Reiki teachings and may they help you to find much love, joy and happiness in your life!

The Level 2 Reiki training is truly one of our favourite courses to teach and it is therefore with a sense of excitement and joy that we are honoured to introduce these wonderfully enriching & truly divine energies to you here through this free course.

As with all of our energy based healing courses, our e-course will cover everything that you would normally learn through an Usui Reiki - Level 2 'in person' workshop. This includes all of the theoretical teachings, the attunement and all of the practical aspects of the Level 2 Reiki training.

As part of this, we will be discussing many different techniques and healing practices and where necessary, we will also be referring to an additional set of video tutorials and guided meditations where necessary. We have done this in order to try and recreate the 'hands on' teaching style which comes from teaching Reiki in person.

As Usui Reiki Master Teachers themselves, Marty and Gerry have taught this Level 2 Reiki course many times through the 'in person' format and as such, they have very carefully designed this ebook to ensure that all the information can be easily understood & digested so that you can very quickly start bringing these new healing practices into your life.

The Level 2 course typically provides for a wonderful expansion of the concept of Reiki as you are introduced to some new perspectives about how to work with the Reiki energies. As part of this, you will be strengthening your connection to the Reiki energies here quite significantly as you open up to a very special and unique set of 'healing symbols'.

These new divine healing tools will now help you to bring Reiki into many different areas of your life as you open up to learning a range of new 'advanced healing techniques'. And as you start practicing and connecting with these new symbols & healing practices, you will quickly realise the depth, flexibility and magnification of Reiki that is being gained here through these Level 2 teachings.

We will of course be introducing the Reiki symbols in much more detail as we progress through this course but for now, please know that the three Level 2 Reiki symbols will indeed be helping you move towards more love, light & bliss in your life.



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As part of this Level 2 course, we would also like to emphasise here that we will be continuing on from where we left off during the Level 1 training. However, as part of any learning, we do feel that it is important to gently reinforce some of the more important fundamental concepts.

As such, as part of our Level 2 courses, we will be doing our best to gently highlight some of the more important concepts & principles of the Level 1 training as we introduce and move into the more advanced techniques & healing practices of Reiki Level 2.

For anyone who feels that they would benefit from having a quick read through our Reiki Level 1 ebook, perhaps to take a quick refresher course, you are welcome to [download your free copy here](#).

In addition to this, for those of you who may be interested to move into the Advanced Usui Reiki levels, we wish to remind you here that the prerequisites for these courses can be started after you complete your Level 2 training.

We will come back to this concept a little further down but for now, please know that after completing your Level 2 training, we will be guiding you into another wonderful series of Ascension energies that will be helping to enhance and widen your healing channel even more as you walk towards a state of love, light and purity.

As always, it is our intention here to share all of these energies, teachings & attunements with much love & light. It is our great desire to share the Usui Reiki teachings with those who are most in need and may these beautiful Reiki energies help to bring love, health and purity to all parts of the world.

We hope that you will enjoy this Usui Reiki - Level 2 course and may these teachings help to strengthen your connection to Reiki so that you can find more peace, joy and love in your life!



GET THE MOST CURRENT VERSION OF THE USUI REIKI LEVEL 2 EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout this ebook if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on the website will always be the most current.

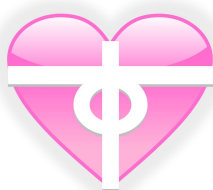
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AN OVERVIEW OF USUI REIKI:

For each of our energy based healing systems, we like to give a brief overview of the healing system being offered at the start of each course. We feel that this helps to give you a 'big picture' viewpoint before moving into the specifics of healing practices & techniques being learnt at each level.

For the Love Inspiration Usui Reiki courses, we therefore like to include some additional information about the Advanced Usui Reiki levels and the Usui Reiki Gold levels (as these new levels help to offer an extension to the current Usui Reiki system).



As it was explained to us, the higher levels of Usui Reiki offer a genuine and authentic extension of the current Usui Reiki healing system and as such, they can help to bring a very significant amount of energetic expansion and transformation into your energy field after completing the first three levels of Usui Reiki.

To receive these higher levels of Usui Reiki, it is important that each recipient be walking on one of our [Ascension Pathways](#), as the Ascension energies help to complement, expand and enhance the flow of healing frequencies at these levels. As such, we kindly ask that you read through the diagrams & tables on the next few pages carefully to fully understand the pathway that lies ahead.

If you would like to know more information about any of the Usui Reiki levels, Advanced Usui Reiki levels or the Usui Reiki Gold levels, we introduce each of these briefly on our [Usui Reiki Webpage](#). From this webpage, you can also download each ebook (practitioner manual) for these different levels and read more detailed information as you wish.

In addition to this, we have also provided some additional information about the Advanced Usui Reiki levels through a series of FAQs (also on the [Usui Reiki Webpage](#)) which help to clarify some of the more common questions we get about these new teachings. We hope this helps you to more deeply understand why they have been brought through to this earth during this time and what we are hoping to achieve by offering these freely and with love.

For now, we hope you enjoy the below information which helps to introduce the Love Inspiration Usui Reiki Healing System in more detail.

May these beautiful healing energies help to bring love, light & purity to all beings!

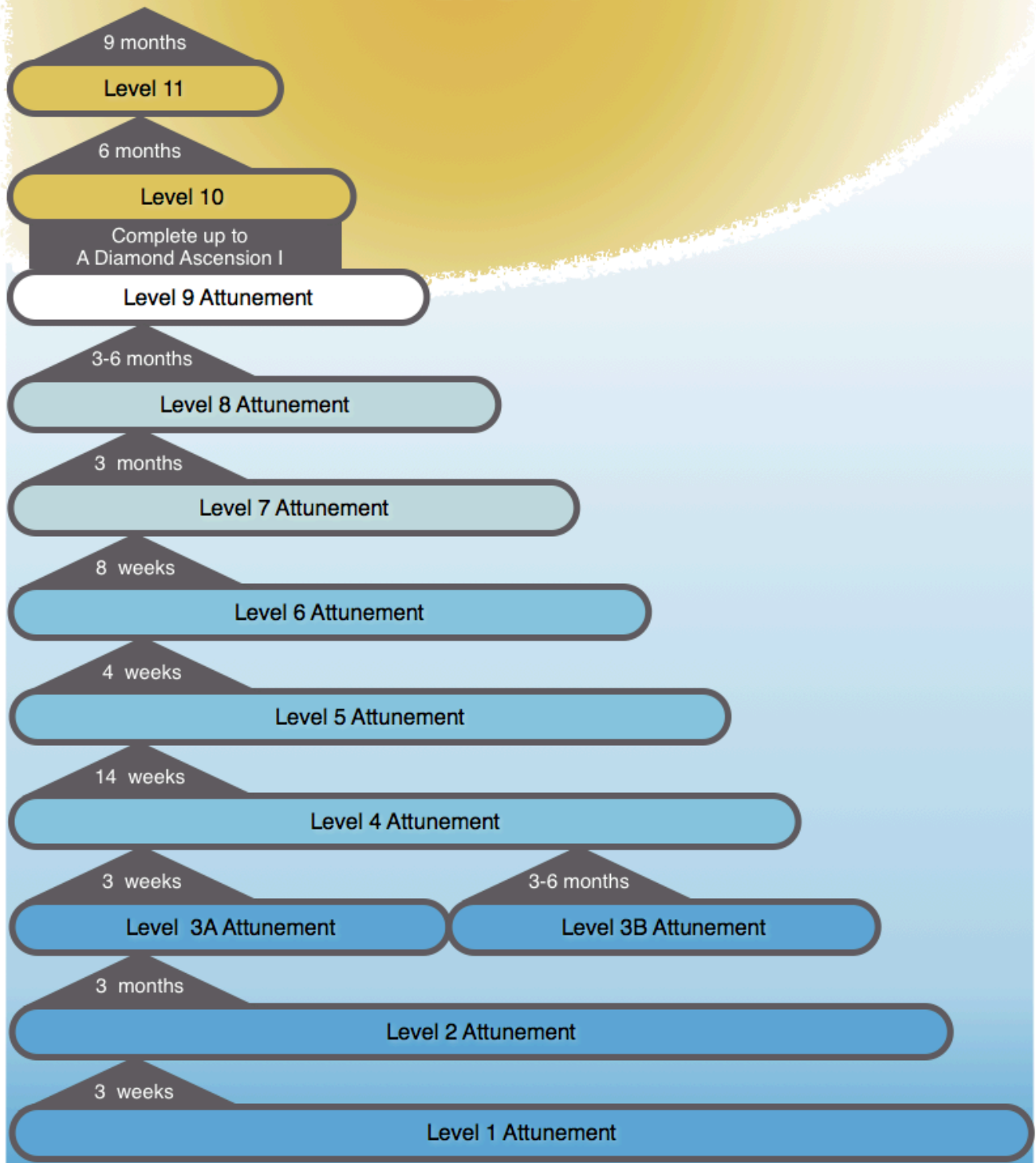
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Please find below a tabled outline of Usui Reiki, Advanced Usui Reiki and Usui Reiki Gold:

The Love Inspiration Usui Reiki Healing System			
Ebook	Level	Information	Completion Timeframe
Usui Reiki	Level 1	Hands on Healing Practices	21 days * minimum practice 21 days
	Level 2	Advanced Healing	3 months * minimum practice 21 days
	Level 3a	Master Healer	21 days * minimum practice 21 days
N/A	Level	Master Teacher	Not offered by Love Inspiration
Advanced Usui Reiki	Level 4	<u>Ishyo</u> : Consolidation & Expansion of Usui Reiki Energies	14 weeks * minimum practice 21 days
	Level 5	<u>Kotoko</u> : Energies To Help Ease 'The Healing Crisis'	4 weeks * minimum practice 14 days
	Level 6	<u>Rokaito</u> : An Influx Of New Light & Healing	8 weeks * minimum practice 3 days
Advanced Usui Reiki Master	Level 7	<u>Usui Blue Thunder</u> : Significant Expansion in Consciousness	3 months * minimum practice 3 - 5 days
	Level 8	<u>Usui Golden Dome</u> : The Flowering Of Pure Consciousness	3 - 6 months * minimum practice 3 days
Advanced Usui Reiki Master Teacher	Level 9	<u>Kohito</u> : Expansion & Consolidation Of All Reiki Practices (Including How To Give Attunements)	1 - 3 months * minimum practice 30 days
Usui Reiki Gold	Level 10	<u>Diamond Reiki Gold</u> : The Diamond Layer Of Usui Reiki	15 months
	Level 11	<u>Diamond Reiki Gold Infinity</u> : The Ascended Diamond Layer Of Usui Reiki	6 months
	Level 12	<u>Usui Reiki Gold Master+</u> : The Master Plus Level Of Usui Reiki Gold	11 months

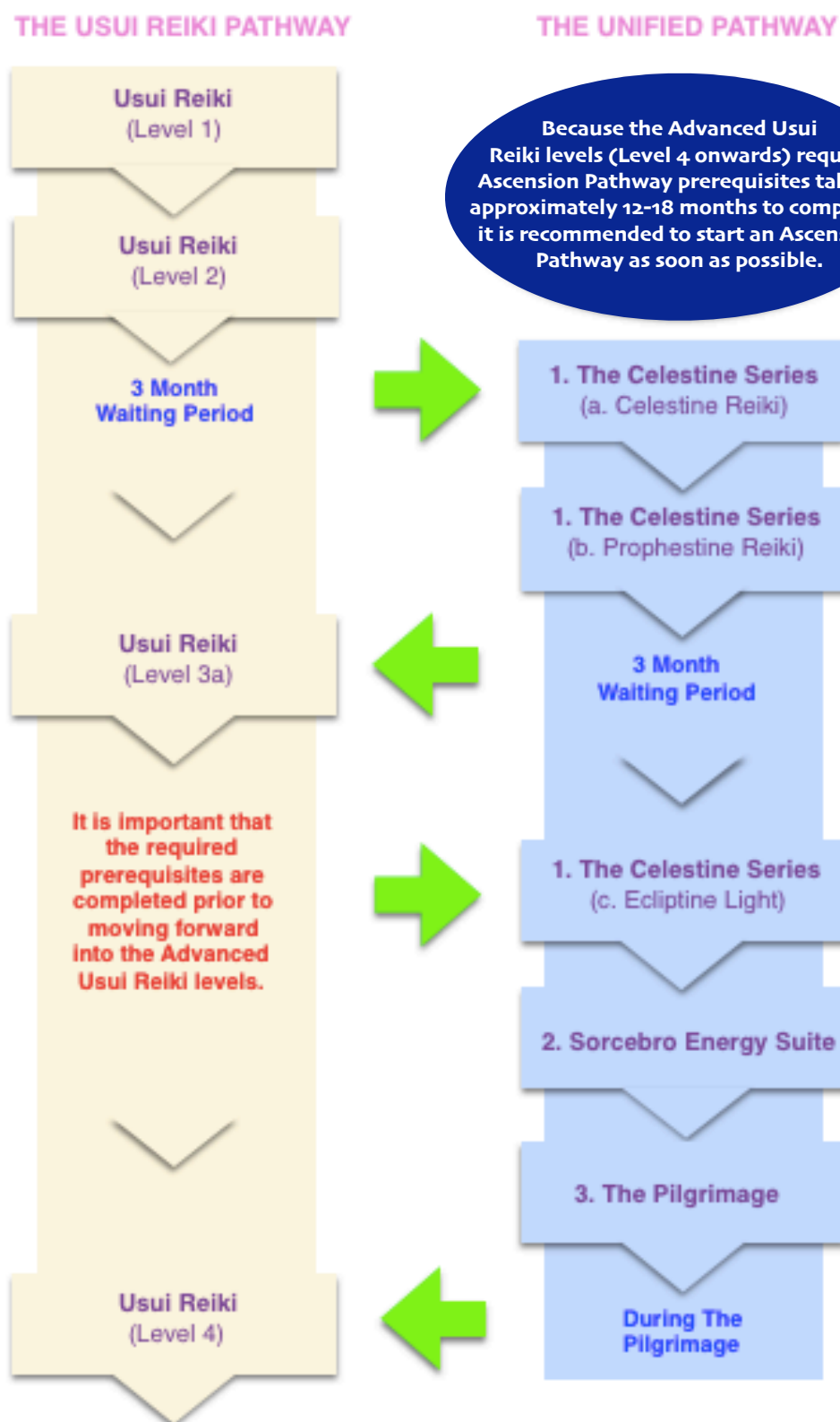
Minimum Timeframes Between Levels 1 - 12 For The Love Inspiration Usui Reiki Healing System

Level 12



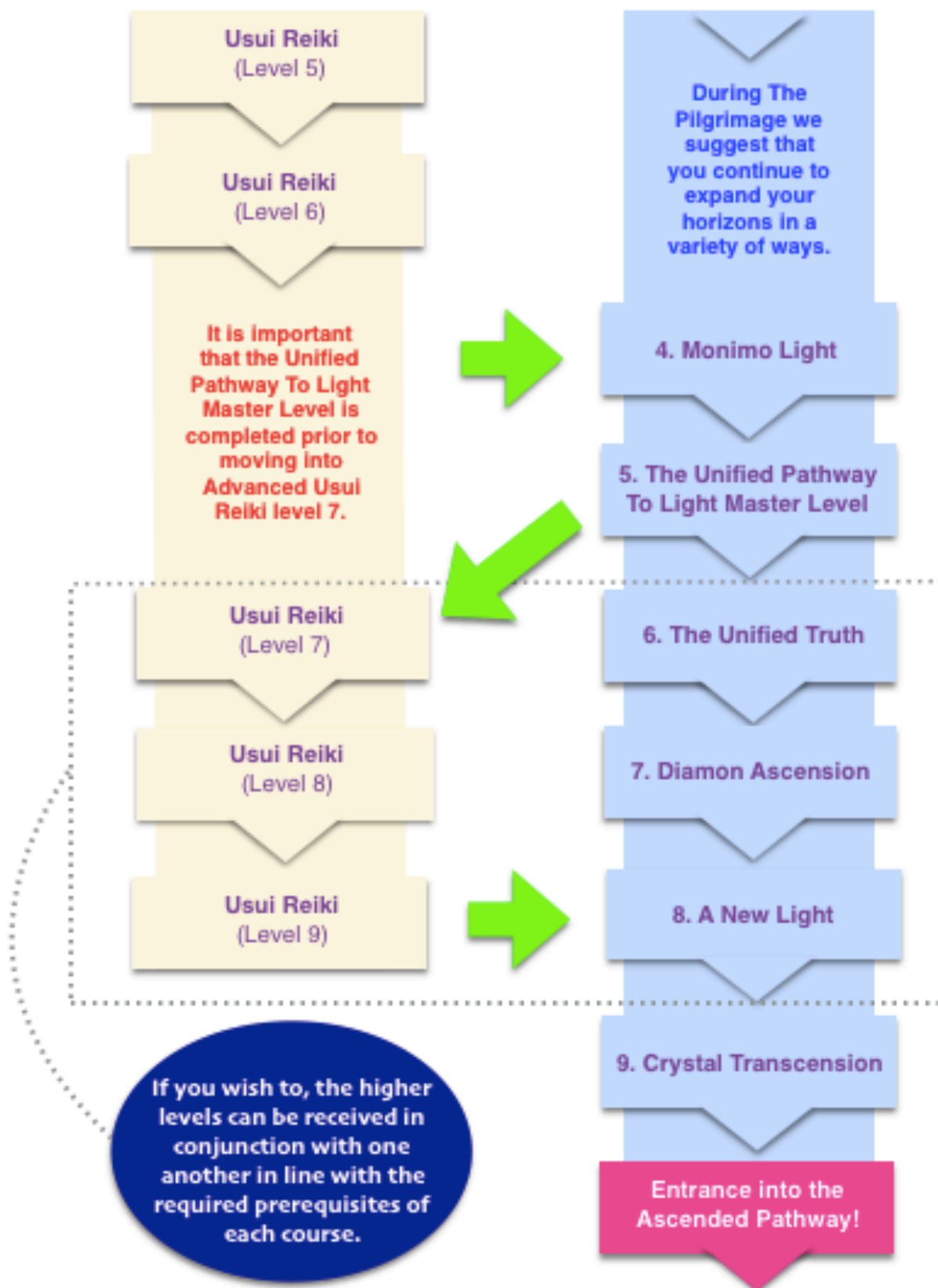
THE QUICKEST USUI REIKI LEARNING PATHWAY

This diagram shows the 'quickest' way to move through the Usui Reiki energies which is by choosing [The Unified Pathway To Light](#) Ascension Pathway. Please note that this is not the ONLY way; it is merely the quickest. It is possible to complete the Usui Reiki energies with the [Pathway To Light](#) Ascension Pathway, it just takes a little longer (and is not shown in this diagram).



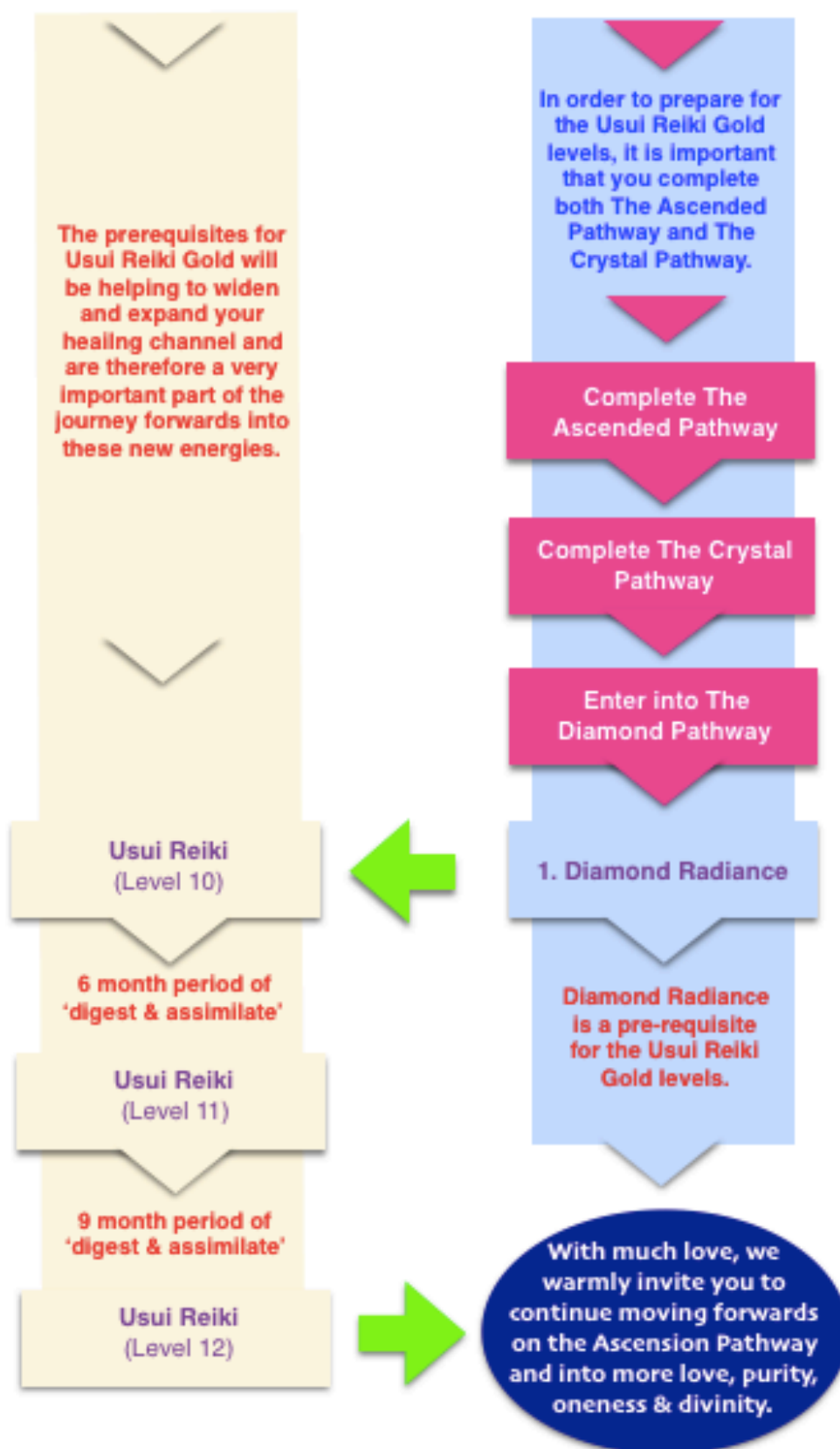
THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)



THE QUICKEST USUI REIKI LEARNING PATHWAY

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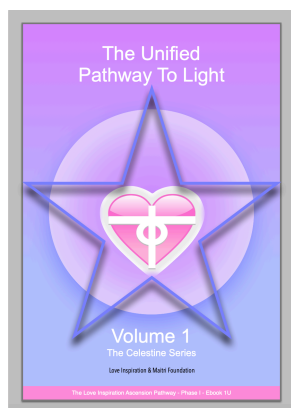
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We understand that this is a lot of information to take in at the start of a course and we would suggest that you just take a few moments here to reflect on the information that you have just read through. For example, you will have seen from the minimum timeframes diagram, that you will need to wait a minimum of 3 months before moving into the Level 3a attunement and ebook.

In addition to this, you have now just seen (from the three previous pages) that this 3 month break can also be used to open up to one of the Ascension Pathways. In this case, we have chosen to show you the quickest pathway here in our diagram (being The Unified Pathway) however equally so, you may wish to use this 3 months to start moving through the Pathway To Light energies and practices.

And with all this being said, we would now like to take a few moments here to explain why the higher levels of the Love Inspiration Usui Reiki Healing System have prerequisites and why you may wish to consider moving through one of our Ascension Pathways as part of your Usui Reiki journey.



To start with then, the [Ascension Pathways](#) are our quickest and most effective way to raise our energetic vibration closer to love, light and purity. These Ascension Pathways offer you the chance to receive a very special set of ascension attunements, healing practices and divinely guided energies as you are guided through a series of sophisticated energy upgrades and changes in your consciousness over a period of many months & years.

What this effectively means for you then, from an Usui Reiki perspective, is that your healing channel (for self healing and for healing others) will become wider, more expansive and you will be able to call on higher dimensional frequencies of love & light in all aspects of your healing work.

In other words, the Ascension Pathways will help you to move towards very significant states of love, light, peace and harmony within yourself as you open up to feeling the Reiki energies at a new vibration. And it is here that you can also experience the world through very different eyes, as the Guides explain:

"Raising the love vibration allows our consciousness to shift, enabling us to see the true concept of ourselves and our world. By raising the vibration, we reduce the filters, the haze or the glare through which we see our perceived reality."



"The shift in consciousness is the awakening of our mind through our hearts, to see our true selves, to hold the true essence of love. The transformation of our love is the key to finding our pathway to higher consciousnesses."

As you open up to learning the basic levels of Usui Reiki, this can also be a wonderful time to start opening up to the Ascension Pathway energies as well. We are therefore very happy to offer you this additional pathway freely and with love and with the hope that you will find much joy, happiness and love in your life. Above all, we recommend that you always follow your heart when moving into new energies and please do what feels right for you in any given moment.

Learn Level Two In Five Easy Steps!



Step 1

Download and start reading your Level 2 ebook

Step 2

Activate / unlock the Usui Reiki Level Two energies
(See Page IV)

Step 3

Receive your Level 2 attunement
(See Chapter 2 'Receiving Your Attunement' - Page 17)

Step 4

Learn Self Healing with Symbols
& then complete 21 days of self healing practice
(See Chapter 3 'The Self Healing Practices For Level 2' - Page 38)

Step 5

Learn Advanced Healing Techniques (symbols &
distance healing) and begin healing others!
(See Chapter 3 'The Reiki Practices' - Page 24)

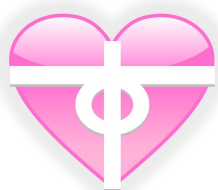


Welcome to
Usui Reiki Level 2



Chapter 1:
Theoretical
Foundations

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Chapter 1: Theoretical Foundations

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WELCOME TO USUI REIKI - LEVEL 2:

With love & light we again wish to welcome you to this second level of Usui Reiki. Here you will be learning a wide range of 'Advanced Healing Techniques' which can be used to bring Reiki into many different areas and aspects of your life. By opening up to the Level 2 Reiki energies, your healing abilities will now become more fortified, intensified & magnified as you open up to the three very special healing symbols.

Through the Level 1 teachings, you have already learnt about how to do hands on healing. You learnt that it was necessary to use a series of hand positions in order to send Reiki to each area of the body by allowing the energy to flow through you as a healing channel.

As part of the Level 1 training with Love Inspiration, we also encouraged you to complete a 21 day self healing practice as part of our online course and we have also encouraged you to give a few Reiki sessions to others in order to help you gain some confidence about giving Reiki sessions to others.

During this Level 2 Reiki course then, we will now be introducing a wide variety of new healing techniques which can be used in both a 'self healing' and 'healing others' capacity. All of this will be helping you to strengthen your connection to Reiki and will help you to become a more proficient healing channel.



One very significant difference here in these Level 2 teachings is that idea that you can now access the Reiki energies very easily through meditation and without the need to use hand positions in your self healing practices. Again, this is all made possible through your connection with the Reiki symbols.

Another key part of the learning for Level 2 is the idea that you will now be learning how to give Reiki healing sessions through a 'by distance' format. And as we explore this area of healing, you will soon realise that the Reiki symbols can indeed help you to unlock many different healing opportunities (both for yourself and others).

And as you open up to these new techniques (and the Reiki symbols), you will also be quite naturally learning more about how you can use Reiki in a much broader context than before. For example, as you finish this course, you will be able to send Reiki to goals, situations, events, past traumas, future situations, food, houses and much more!

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Typically, as we evolve and progress on our Reiki journey, it becomes clearer that the possibilities of Reiki are truly limitless! There are so many different ways that Reiki can be brought into your life and it is here in this second level that you can start to unlock some of the truly amazing opportunities of Reiki.

As you read through these pages, you will soon realise that there are indeed a great many different healing techniques & practices being introduced to you here as part of this course. And as part of any learning, we will always suggest that you move through these at your own pace.

As we are introducing these different techniques to you, we will also be emphasising the importance of your **intention** as a very important cornerstone of your practice. As a result of this, you will often see that you are being presented with a few different options for doing these Level 2 Reiki practices. With this, we are always hoping to encourage a very flexible, fluid and creative Reiki practice so that you can find something that resonates with you for your onward journey.

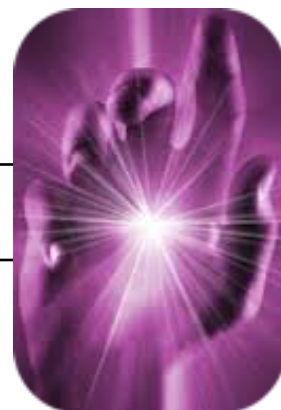
As with all of our Reiki courses, we wish to provide you with a good range of different Reiki practices and techniques so that you can find something that works for you. Wherever possible, we have tried our best to explain why we are introducing each technique and how you can then adapt this technique in your own healing practices and in your life.

This has all been done very deliberately so that you can gain a wide range of teachings, ideas and understandings about the many different ways that Reiki can be practiced. And again, so that you can find something that works for you.

As part of this second level, we also like to reinforce the idea that

This level is all about the Reiki symbols!

By connecting with the Reiki symbols with love, gratitude and with a feeling of respect, you will be able to build a beautiful and blissful relationship with each of these truly divine healing frequencies. As such, you will walk forwards into this new Reiki light with much happiness, joy, healing & purification.



To help you achieve this very simply & easily, our Level 2 course includes a set of daily self healing practices. These practices are to be completed for 21 consecutive days and will help you to gain a good vibrational understanding of the new energies & symbols being introduced.



These self healing practices will help to assimilate these new energies into your consciousness and will help you to feel the 'warmth' and love that comes from these beautiful Reiki symbols. In many cases, the feelings aspect of Reiki will often build and grow as you become more familiar & acquainted with the Reiki symbols and practices during this 21 day period.

And finally, please know that the vibrational uplift being experienced here through the Level 2 attunement and healing practices is indeed significant. And with this, we sincerely hope that you will enjoy this mini-awakening and flowering and may your beautiful love light radiate outwards for the benefit of all beings!

1. AN INTRODUCTION TO 'HEALING SYMBOLS':

For most people, the idea of using 'symbols' to call on a series of divinely guided healing energies can be quite new and un-familiar. However this is now something that will start to become more 'real' for you as you start to open up to the information & practices being introduced here in this second level.

In the interests of providing you with a good theoretical foundation about the concept of healing symbols and the role they can play in healing & meditation, we would firstly like to talk about this concept in more general terms before getting into the specifics and healing practices.

From a more general perspective, we can see that healing symbols are used in a wide range of different religions, energy based healing systems and other forms of Reiki.

One example of this is with Karuna Reiki. This is a system which has been brought through to this world by the International Centre For Reiki Training & William Lee Rand and has been divinely guided towards bringing more healing & purification into one's life. This entire healing system is based on healing symbols.

And there are many other energy based healing systems using symbols. Take for example the idea of our [Ascension Pathways](#), many of the healing practices provided in these courses rely on very special and ascension based healing symbols and 'Higher Consciousness' frequencies. In almost all of these levels and attunements, the healing symbols are helping us to heal, purify and uplift our energetic vibration closer towards love, light & purity.

Moving away from energy based healing now as we broaden our context, we can also see a great number of religions, spiritual traditions or new age healing systems working with a range of different symbols & images. In many cases, these can also help us to accelerate healing or purification work. As you can see from the below images, some of these symbols hold a great significance. For example, the Om (Aum) symbol is said to describe the sound of all creation!



OM



STAR OF DAVID



YIN YANG

Moving back to the Usui Reiki healing system now and it is also very clear that the Reiki healing energies are magnified or intensified by the use of symbols. And as such, the Usui Reiki healing system also relies quite heavily on symbols. These symbols, which we will now refer to as the Reiki symbols, will also help you to more rapidly and effectively purify yourself of energetic impurities, darkness and other imperfections from within.

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In many of the Reiki lineages, it is commonly taught that Dr Mikao Usui actually saw the Reiki symbols appear to him during his 21 day meditation on Mt Kurama however through other lineages, it is said that the symbols were introduced at some later point in time i.e. to help students focus their awareness and access the Reiki energies more effectively.

However you wish to view the introduction of the Reiki symbols into this healing system, it is most certainly true that the Reiki symbols play a vital role in the Usui Reiki teachings & healing practices today. To even receive your attunement for Reiki (for any level) - the symbols play a key role in helping the Reiki Master transmit or send you these attuning energies.



As you yourself open up to these Reiki Level 2 practices, you will no doubt realise that the Reiki symbols are a wonderful way for helping to magnify & intensify the Reiki experience!

And as you move into the Advanced Usui Reiki levels, you will again see that there are a great many new & 'higher frequency' Reiki symbols just waiting for you to open up to as you learn about using symbols with an entirely new perspective.

So there are definitely a number of very beautiful advantages to using symbols in healing & meditation. And as you can see from this short commentary here, the Reiki symbols do have a very important role in this energy based healing system. Actually, we would probably go as far as saying that the Reiki symbols are an absolutely indispensable part of this healing system!

During the Level 2 training, there are three Reiki symbols being introduced to you and these will be helping you to heal more effectively on a physical, mental / emotional, and spiritual level.

During the Level 3a training, you will also be receiving a range of Reiki **Master** symbols and then from there, the Advanced Usui Reiki levels also introduce a range of new 'higher frequency' symbols for each level of learning.

At each of these levels (and for all symbols), we should point out here that all of these beautiful symbols contain their own individual consciousness or 'higher awareness'. This means that they will always respond very directly to any healing intention you set and will always help you to heal at a root cause level.

The Reiki symbols are being brought through from a very pure state of 'higher consciousness' and as such, they will always help you to bring about the best possible healing result (in line with your healing intention and your karmic circumstances).

As a result of this 'living relationship' with the symbols, there are many different ways that you can work with these higher consciousness energies in your healing & meditation practices. There are many different ways that you can use the Reiki symbols in your various healing practices and many different ways that you can bring these beautiful energies into almost every part of your life!

2. USING SYMBOLS FOR HEALING & MEDITATION:

As we've just mentioned above, there are a great many ways that you can work with the Reiki symbols in your healing and meditation work. Generally speaking though, these can very broadly be categorised under three main headings:

- 🌿 Using Symbols For Self Healing
- 🌿 Using Symbols For Healing Others
- 🌿 Using Symbols To 'Bring Reiki Into Your Life'



Let us now look at each of these individually to help us clarify the different ways that we can work with symbols in our various healing & meditation practices.

2.1 USING SYMBOLS FOR SELF-HEALING:

During the Level 2 training, you will be learning about how to use symbols in your self healing practices. And should you wish to, this means that you will be able to give yourself Reiki without necessarily needing to do hands on healing.

This more meditative approach to healing can be a wonderfully exciting step forwards on your Reiki journey. It is something that can help you to more easily open up and merge with the beautiful energies coming through your connection with each of the symbols. This new connection will also help to empower your practice as you gain more flexibility and intensity when working with the Reiki energies.

As we've already mentioned, as part of this course we will be prescribing you with a set of self healing practices which will help you to become more familiar with the Reiki symbols & the vibrational frequencies being introduced here.

By completing this 21 days of self healing, you will also be able to receive a very significant amount of healing & purification. And whilst Level 1 can be very physically detoxifying, Level 2 is said to bring about a wonderful range of mental or emotional healing from within you to help you sustain your higher vibration.



To help you access these new energies most effectively, our self healing practices will be focusing on merging with each of the Reiki symbols and bringing these higher frequencies into each of your seven major chakras.

In addition to this, we will be encouraging you to open up and expand your Third Eye Chakra with the Reiki symbols and we will also be showing you how to treat a number of different 'problem areas' with the Reiki symbols as well.

2.2 USING SYMBOLS FOR HEALING OTHERS:

Whilst the Level 2 self healing practices are quite different from the Level 1 self healing practices, the 'healing others' practices will remain largely the same. For example, you will continue to give hands on healing sessions and you will continue to use a specific set of hand positions as you go about your healing work however now, you will be able to introduce the Reiki symbols for more healing intensity.

As part of this course, you will be learning about how to use the Reiki symbols in your healing sessions in a way that is very simple and easy and we will also be talking a little more about how to 'charge yourself' with Reiki prior to giving your healing sessions and how you can now seal your healing sessions with the symbols.

And finally, under this category of 'healing others', we will also be outlining and explaining more about how you can give distance healing with Reiki as we explore this most wondrously exciting aspect of Reiki. As you will see, distance healing can be an extremely beneficial practice for both ourselves and others as we learn about how to send the Reiki energies through both time and space.



2.3 USING SYMBOLS TO BRING REIKI INTO YOUR LIFE:

As a flow-on from the idea of giving distance healing, your connection to the Reiki symbols will also enable you to bring the Reiki healing frequencies into many different areas of your life. For example, by working with the Reiki symbols, you will be able to very effectively send Reiki to personal goals, situations, events or any other aspect of reality you wish!

And quite often, it is during this learning that many of us start to grasp the truly endless healing possibilities of Reiki. And for us as Reiki Teachers, we always like to add here that:



*You are only ever limited
by your own mind!*

Do you need healing for an inner child issue? Perhaps you would like to send Reiki to a future event to help create a more positive outcome? Do you feel drawn towards sending Reiki to help purify or heal the Earth or certain location or decade? Or perhaps you wish to send Reiki to an idea or a vision you wish to manifest? All of this now becomes possible through your loving and wondrous connection to the Reiki symbols!

3. INTRODUCING THE REIKI SYMBOLS (LEVEL 2):

During these Level 2 Reiki teachings, there are three different Reiki symbols being introduced, with each symbol containing a very unique & uplifting series of 'Higher Consciousness' healing energies. As you open up to receiving each of these Reiki symbols, your energetic vibration is being raised higher or closer towards that of the symbol; thus you are able to heal, purify and evolve closer towards love & light.

In this section then, we will now be introducing you to the three Level 2 Reiki symbols in the hope that they will help to strengthen your connection to the Reiki energies and help to bring you more love, light & happiness. Here are the three Reiki symbols for Level 2:



♥ Cho-Ku-Rei - *Physical healing*

♥ Sei-Hei-Ki - *Mental & emotional healing*

♥ Hon-Sha-Ze-Sho-Nen - *Spiritual healing & distance healing*

As you can see here, each of these symbols have a range of very distinct qualities and can therefore be used in a wide variety of different ways. As such, we will be looking at each symbol individually in the below sections. But before we do this, let us quickly point out here that it is very important to be shown ***how to draw each of the symbols***.

This is something that is stressed as a very important aspect of any Level 2 Reiki teaching (throughout all lineages) and typically, your Reiki Teacher will emphasise the importance of correctly drawing each symbol as they are teaching you. *To make it easier to learn the Level 2 symbols, there is a Level 2 Reiki Symbols 'Summary' Sheet in [Appendix 4](#) of this ebook which contains all three symbols and how to draw them. You may wish to print it out now and use it as required.*

After you have learnt how to draw the Reiki symbols, you will normally be guided towards some practise as you draw each of the symbols a few times to learn how this is done. And with time, this will likely become like second nature to you. But again, let us re-iterate here that it is ***very important*** that you draw the Reiki symbols correctly and in accordance with the instructions & images below.

And finally, before we get to the individual symbols, please also be aware that the symbols being shown to you here in this course will be the symbols that will 'work' for you. In Usui Reiki, there are a few different variations for each of the Reiki symbols in what is often likened to different people having a different style of hand writing.

In the same way, there are many Reiki Teachers who will offer you these same symbols and frequencies but the symbols are drawn in slightly different ways. The symbols that we are presenting to you here have been passed on to us by our own Reiki Master Teacher through the Usui Shiki Ryoho lineage (Takata Lineage) and we are therefore passing on these to you under this lineage.

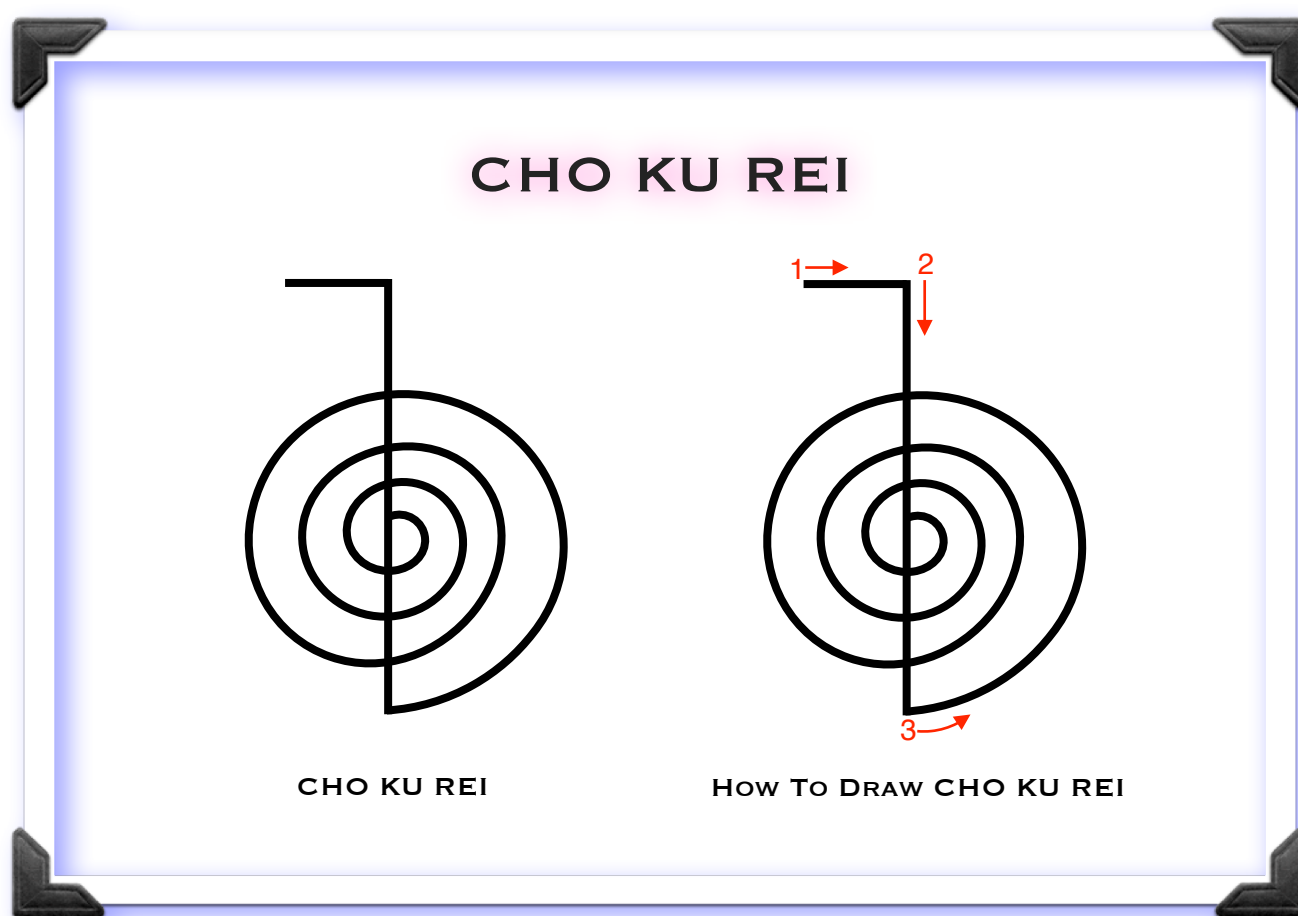
Although we will always encourage you to try other variations a little further down the track, please be sure to practice with these ***exact*** symbols during the first 21 days of your self healing practices. This will help you to become 'friends' with each of the symbols and their beautiful healing frequencies. From here, we invite you to try other variations to see what works best for you.

3.1 CHO-KU-REI (PHYSICAL HEALING):

Often referred to as the 'Power Symbol,' this is the Reiki symbol that helps us to heal at the physical level. As a deeply purifying symbol, the energies of Cho-Ku-Rei (pronounced Cho - Koo - Ray) can also be used as a great way of removing a wide range of different karmic obstacles in your life.

These energies are very purifying and will help you to "put all of the energy of the universe right here". Some Reiki Teachers will often tell you that the Cho-Ku-Rei symbol is very much like turning on the Reiki light switch and will always help to open up a very strong and powerful healing light.

It is also commonly taught that Cho-Ku-Rei is to always be used first, prior to calling on the Sei-Hei-Ki or Hon-Sha-Ze-Sho-Nen energies. The analogy given here is that it is always better to turn on the light switch first before you can cover it with a variety of different coloured shadings.



When drawing the Cho-Ku-Rei symbol, you will see that the symbol itself almost looks like a musical note of some sort. The spiral is drawn anticlockwise and touches the vertical line at 7 different points. This is often said to represent the seven major chakras of the body.

There are many different uses for the Cho-Ku-Rei symbol however it's primary and most common function is to help us with healing at a *physical* level. It is therefore a wonderful symbol for help with many kinds of physical ailments such as back pain, broken bones, sore throat, open wounds, knee stiffness, other muscle/skeletal issues and many other physical conditions or diseases.

Cho-Ku-Rei also contains a great many purification energies and as such, it can also help to purify a wide range of negative karma from within us. It is also a very cleansing symbol which can be used to clear away many kinds of negative energies from within ourselves and from within others.

Like all symbols, it has a variety of different uses and although we will be covering some of these in more detail a little further down, here is a good summary about some of the ways that you can use Cho-Ku-Rei in your Reiki practice:

Use Cho-Ku-Rei...

- ♥ In any meditation or healing session for physical healing, purification or cleansing.
- ♥ To charge yourself prior to meditation or giving a Reiki healing session.
- ♥ To protect yourself from any negativity during a healing session (or in any aspect of your life).
- ♥ To ground yourself by drawing it over your feet and feel the connection with the earth.
- ♥ To bless, cleanse & charge your food with Reiki.
- ♥ To clear and cleanse locations such as rooms, houses, buildings or spaces.
- ♥ At the end of your healing session to help seal the energies.
- ♥ At the end of each hand position to clear away any impurities that have arisen.
- ♥ To give a blessing to others including friends, family, pets etc.
- ♥ To help empower or manifest goals, visions or abundance.
- ♥ To empower, cleanse, purify & charge your drinking water (including lakes, rivers etc).
- ♥ To help charge car batteries or other electrical items as you feel necessary.
- ♥ In any other way that you feel can help purify, cleanse, charge or provide energetic blessings or empowerment to anything you wish at any stage of your life!



3.2 SEI-HEI-KI (MENTAL & EMOTIONAL HEALING):

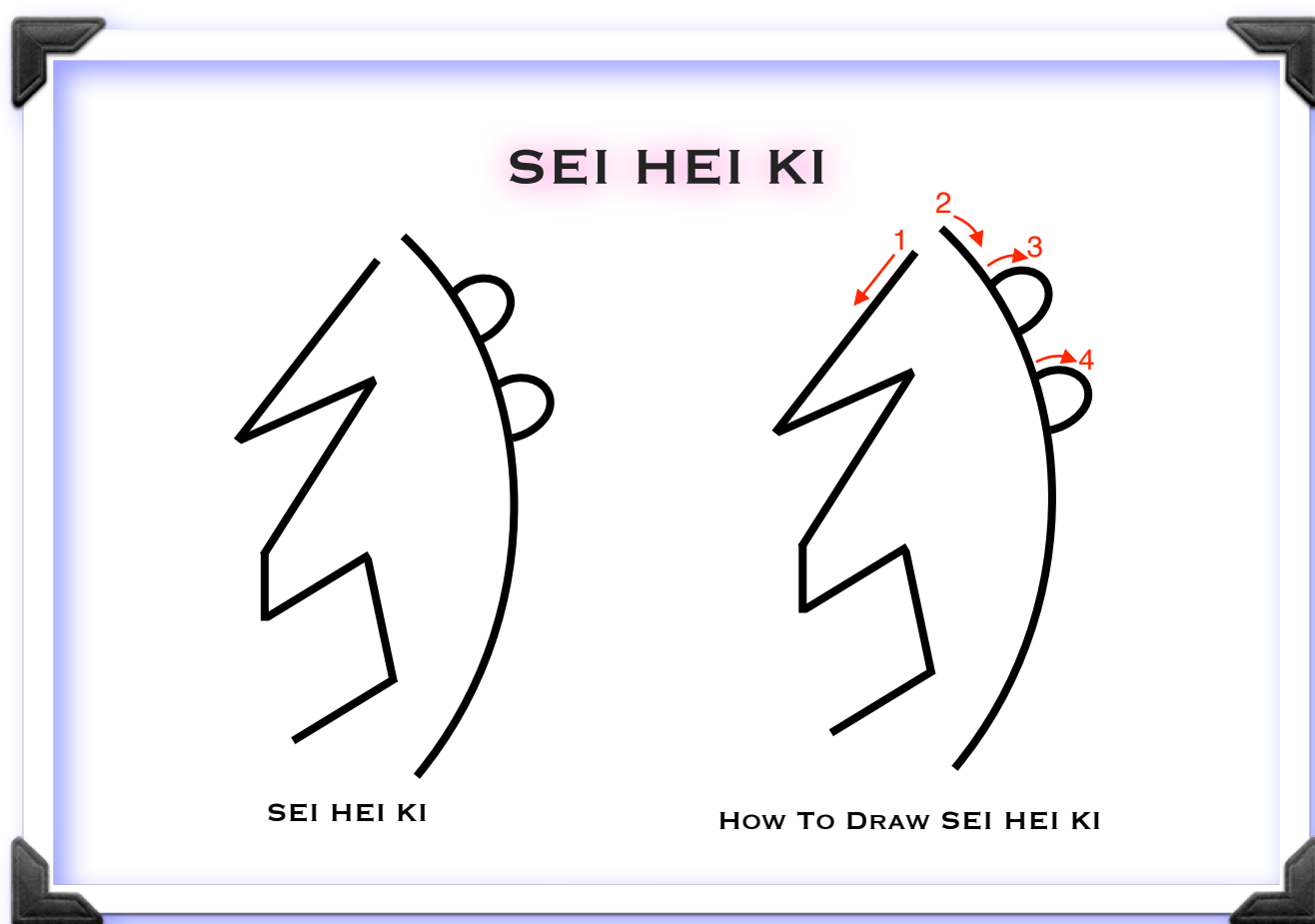
Whilst Cho-Ku-Rei is a very dynamic and 'white light' purification symbol which can be used for physical healing, Sei-Hei-Ki (pronounced Say - Hay - Key) is a more subtle, soft and gentle set of energies that are best used for mental and emotional healing.

In some ways, it can be easier for us to think of Cho-Ku-Rei as being the brilliantly shining white light whereas the Sei-Hei-Ki symbol is felt like more of a soft orange film which is now placed under the bright white light to add another layer to our healing work. And it is for this reason that it is normally taught to use Cho-Ku-Rei first in our healing and / or meditation work, prior to using the Sei-Hei-Ki symbol.

And whilst the Sei-Hei-Ki energies are often felt as being more gentle, soothing and soft, please do not think that these energies are by any means less important in your healing & purification work!

The Sei-Hei-Ki energies are extremely helpful in treating a wide range of mental & emotional ailments such as depression, anxiety, forgetfulness, excessive anger, stress, insomnia or any other psychologically or emotionally driven issues.

In addition to this, please remember that almost all physical ailments, diseases and physical conditions manifesting within us are a result of some form of ***negative thought pattern or emotion***. So with this in mind, please do not underestimate the power of mental & emotional healing and the Sei-Hei-Ki symbol.



Some Reiki Masters have said that the drawing of this symbol represents the left and right hemispheres of the brain coming together. As you can see from the left hand side of the symbol, the sharp lines are said to represent the more linear or logical left hand side of the brain whilst the right hand side curves are said to represent the more flowing or creative aspects of our brain. To bring balance to our brain's hemispheres is to bring balance within ourselves and it is the beautiful balancing energies of Sei-Hei-Ki that can often help us to find balance and harmony in our mental & emotional life.

In addition to calling on a wonderful suite of mental & emotional healing energies, the Sei-Hei-Ki symbol can also be used in a variety of different ways. Again, you are only ever limited by your own mind & imagination. Here is a good summary of how you can start using the Sei-Hei-Ki symbol in your practice:

Use Sei-Hei-Ki...

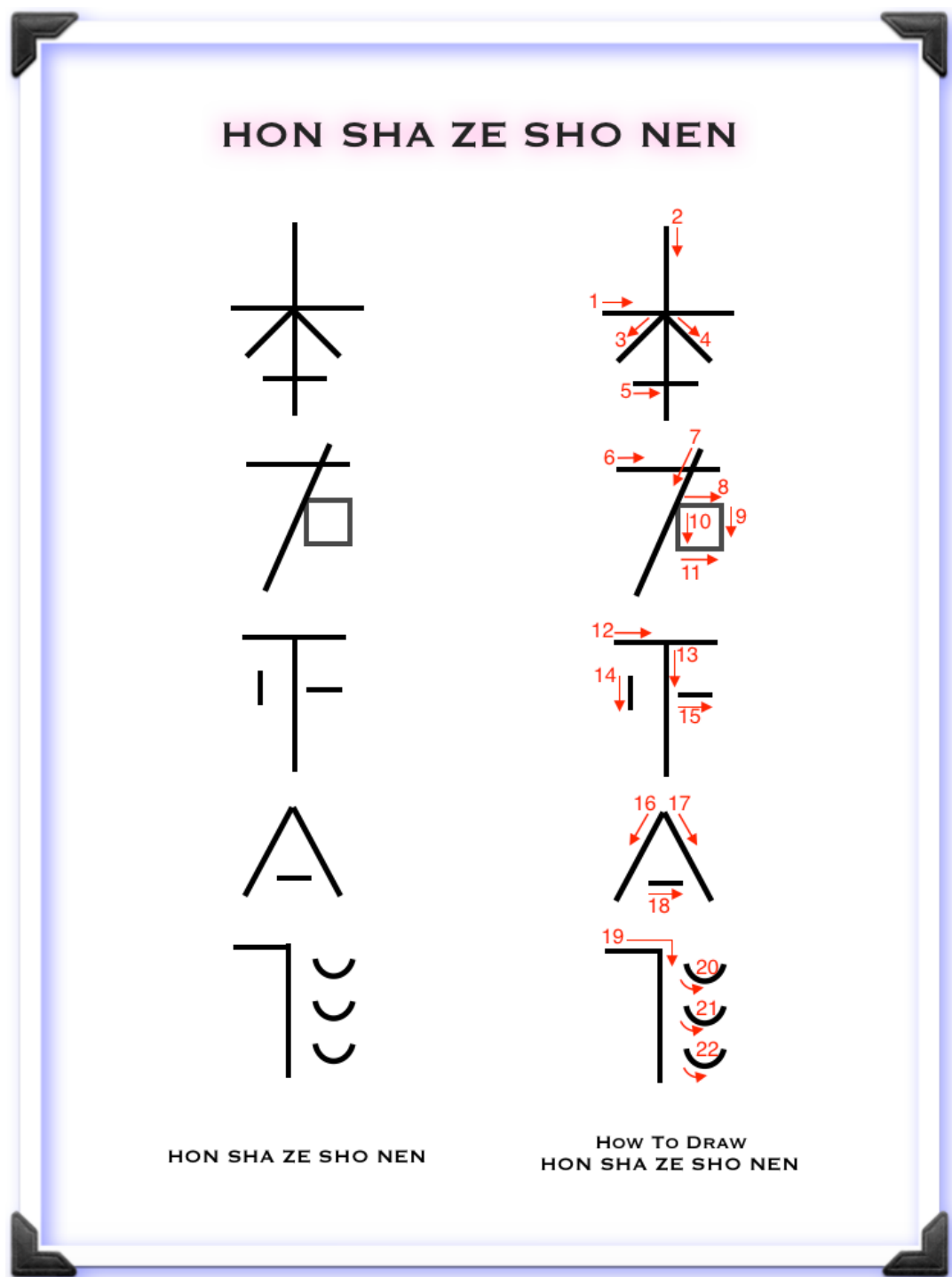
- ♥ To give mental & emotional healing in your meditation and healing sessions.
- ♥ To re-balance yourself after a hard day.
- ♥ To cure yourself of a headache.
- ♥ To rid yourself of 'bad vibes' i.e. from other people projecting their negative thoughts.
- ♥ For psychic protection (can also be used in conjunction with Cho-Ku-Rei).
- ♥ To calm arguments or other tension from any situation.
- ♥ To enhance your memory.
- ♥ To enhance any kind of learning.
- ♥ To calm any examination nerves or any other pressure environment.
- ♥ For added concentration in times of need.
- ♥ To bring harmony to any relationship which is in need.
- ♥ To empower affirmations or other mental aids.
- ♥ To help with emotional eating issues or other emotionally driven habits.
- ♥ To clear away any mental or emotional attachments that are unhealthy



3.3 HON-SHA-ZE-SHO-NEN (SPIRITUAL HEALING & DISTANCE HEALING):

Having now introduced the dynamic & deeply purifying energies of Cho-Ku-Rei as well as the soft, gentle and emotionally soothing energies of Sei-Hei-Ki, it is now time to introduce the wonderfully transcending energies of Hon-Sha-Ze-Sho-Nen (pronounced Hon - Sha - Zay - Sho - Nen).

This symbol is sometimes referred to as the spiritual healing symbol but more commonly, it is known as the '*distance healing*' symbol. The healing energies of Hon-Sha-Ze-Sho-Nen are said to promote the qualities of enlightenment and are also able to transcend time and space, hence the 'distance healing' reference.



As you can see from the image above, the Hon-Sha-Ze-Sho-Nen symbol is also the most difficult to draw. However, with time and practice this will again become like second nature to you. These energies will help you to open up to many different kinds of distance healing and can therefore help you to unlock many different ways of using the Reiki energies in your life.

The Hon-Sha-Ze-Sho-Nen symbol also has a myriad of different uses and we will be expanding on some of these during the practical section of this course. However for now, please enjoy this short summary of how you can use the Hon-Sha-Ze-Sho-Nen symbol in your healing practices:

Use Hon-Sha-Ze-Sho-Nen...

- ♥ To give deep spiritual healing.
- ♥ To send distance healing.
- ♥ To send Reiki into past situations or events.
- ♥ To send Reiki into an event or situation in the future.
- ♥ To do inner child work.
- ♥ To work with releasing the shadow self.
- ♥ To help create and manifest a future circumstance.
- ♥ To more easily connect with spirit guides or other 'Higher Consciousness' entities.
- ♥ To send Reiki to loved ones who have 'crossed over'.
- ♥ In conjunction with the other Reiki symbols to help strengthen any of the above.



USUI REIKI

LEVEL 2 - ADVANCED HEALING PRACTICES

As a final note here, let us again reiterate that where you are using all three Reiki symbols (either in meditation or your healing others practices), please use them in the following order:



1. **Use Cho-Ku-Rei for physical healing**
2. **Use Sei-Hei-Ki for mental / emotional healing**
3. **Use Hon-Sha-Ze-Sho-Nen for deep spiritual healing**

Of course, it will not always be necessary to use all of the symbols i.e. for every single hand position, and there will likely be a variety of different situations where you may only feel that one or two of the symbols are necessary, rather than all of them.

For example, you may wish to use Cho-Ku-Rei to give a blessing to your food or perhaps you wish to use Sei-Hei-Ki to help you remember someone's name. You might use the Hon-Sha-Ze-Sho-Nen to help you connect with a spiritual guide.

Alternatively, as you are moving through your Reiki healing sessions, you might feel that you are needing only one or two of the symbols for a particular hand position. Or you might even find that you are not needing to call on any Reiki symbols.



*Please always work with
your intuition and be guided!*



We wish to also point out here that for distance healing, there will be a slightly different ordering process when calling on the symbols (as we will be relying more heavily of the distance healing symbol). However as a general rule of thumb, when calling on the Reiki symbols in your healing or meditation work, please do so in the same order we have taught them above.

As we move through this course, we will be providing you with more information about exactly how to use the symbols for each of the healing practices so for now, we just wanted to introduce you to the different *purposes* of each Reiki symbol as well as some of their potential uses in healing & meditation. With this understanding, you are now ready to open up and receive your Level 2 Reiki attunement!



Welcome to
Usui Reiki Level 2



Chapter 2:
Receiving Your
Attunement



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USUI REIKI
LEVEL TWO - ADVANCED HEALING

Chapter 2: Receiving Your Attunement

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1. INTRODUCTION TO THE ATTUNEMENT PROCESS:

Having now covered some of the introductory concepts of the Reiki symbols, we now invite you to receive your attunement so that you can open up to receiving these Level 2 Reiki symbols & energies into your consciousness.

As you receive your attunement for the second level, the three Level 2 Reiki symbols will be placed into your energy field and as such, they will now become available to you as you open up the Reiki practices covered in the next section.

- ✳ For those of you who received your Level 1 Reiki attunement with us, you will already be familiar with the way in which we are sharing these Usui Reiki attunements i.e. through the 'by distance' attunement format.

You will understand that as Advanced Usui Reiki Master Teachers, Love Inspiration has now been given the necessary blessings from Dr Mikao Usui and Mrs Hawayo Takata to share the Usui Reiki teachings and attunements by distance.

You may also remember that our by distance attunements format was designed by 'Higher Consciousness' as part of the Advanced Usui Reiki Master Teacher level and we are therefore very happy to share these Usui Reiki energies with you here through this beautifully simple technique.

- ✳ For those of you who are new to this style of attuning, we most lovingly welcome you here to this new style of attunements. We invite you to read through the next few pages so that you can better familiarise yourself with this style of attunement and so that you can feel comfortable that you will indeed be receiving a very genuine and authentic set of Reiki energies through this style of attuning.

For more information about [why we have chosen to offer 'by distance' attunements](#) for these Usui Reiki levels, we kindly refer you to our Usui Reiki website page where the information that we received from 'Higher Consciousness' whilst bringing through the Advanced Usui Reiki Levels is listed in question and answer format.



Alternatively, you are also welcome to have a read through the attunement section (Chapter 2) of our Level 1 manual where we provide some additional background into the 'by distance' attunement format and how this ties into the Advanced Usui Reiki levels.

In simple terms though, Love Inspiration has now been given the necessary blessings from Higher Consciousness to offer all of the Usui Reiki & Advanced Usui Reiki attunements by distance. And in line with the information that we received during the Advanced Usui Reiki Master Teacher level, all that is required for you to receive these attainments is to follow along with the simple set of instructions in the next section.

USUI REIKI

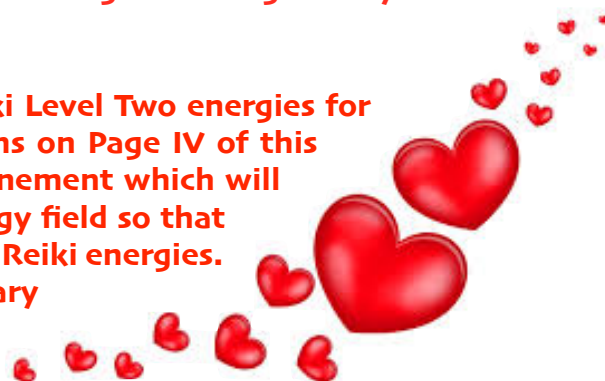
LEVEL 2 - ADVANCED HEALING PRACTICES

By receiving your attunement in this way, you will be able to open up & receive your Usui Reiki Level 2 attunement and you will therefore be able to move into 21 days of self healing practices and into the other practical aspects of these teachings as you feel ready.

Before you receive your attunement, please ensure that you have activated (unlocked) the Usui Reiki Level Two energies and attunement prior to commencing this attunement.

The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Usui Reiki Level Two energies and your Usui Reiki Level Two attunement have been activated specifically for you. You are therefore then ready to continue your Usui Reiki journey by working through this ebook, at your own pace and receiving the energies as you feel guided.

If you have not yet activated / unlocked the Usui Reiki Level Two energies for yourself, you may do this by following the instructions on Page IV of this ebook. The Level Two attunement is a wonderful attunement which will help to place each of the Reiki symbols into your energy field so that you can strengthen or intensify your connection to the Reiki energies. This attunement will also provide you with the necessary access to each of the Reiki symbols so that you can become a more effective Reiki healing channel.



As you open up to your 21 days of self healing practices, you will likely start to feel more and more as you become more familiar with the symbols. And this will be a similar type idea to what you will have likely experienced through the Level 1 Reiki training.

It is always through a regular practice that we are able to gain more familiarity with these energies and as a result, we are therefore able to feel more 'warmth' and healing from our various practices. For now though, we hope that you have a beautiful and uplifting attunement and that you have a nice experience with these new energies.

2. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

We are delighted to offer you these Usui Reiki attunements by distance and we hope that this new format will help you to connect with these beautifully uplifting and truly divine healing energies in a way that is simple and easy to follow along with.

There are many different reasons why we have chosen to offer these attunements 'by distance' but above all, we are simply following along with the divinely guided instructions that we have received from 'Higher Consciousness'. We are truly delighted that you have found your way to these free Usui Reiki attunements and may we again wish you all the best for your Level 2 Usui Reiki attunement.

Again, Before starting this attunement, please ensure that you have activated (unlocked) the Usui Reiki Level Two energies and attunement prior to commencing.

The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Usui Reiki Level Two energies and your Usui Reiki Level Two attunement have been activated specifically for you. You are therefore then ready to start receiving your Level 2 attunement!

If you have not yet activated / unlocked the Usui Reiki Level Two energies for yourself, you may do this by following the instructions on Page IV of this ebook.



Once your attunement has been activated for you, we now invite you to have a read through the following section and receive your attunement as you feel guided. Please be sure to relax, open up and receive these beautiful attuning energies with love.

2.1 RECEIVING YOUR ATTUNEMENT IN VIDEO FORMAT:

In the below section (Section 2.2), we will be providing you with a full set of written instructions for receiving your attunement however for some people, we also understand that it may be easier to be guided through the attunement process i.e. just as you would from an 'in person' attunement.

We are therefore delighted to offer you the below video so that you can just relax, open up and follow along with this guided attunement for Usui Reiki - Level 2. We hope that this helps you to experience these energies in a more 'user friendly' way and that you have a wonderful attunement!



[Guided Usui Reiki Attunement - Level 2](#)

2.2 WRITTEN INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

The guided attunement video included above will guide you through the same processes as we will now be describing below. For some of you, we understand that you might like to be guided through your Reiki attunement, and as such, the guided video attunement section above might be more appropriate for you.

However for others, you may prefer to receive your attunement in your own way. Therefore, by following along with the very simple and easy instructions below, you will be able to receive your attunement in your own time, in your own space and as you feel guided to.

Whichever way you choose to receive your attunement, we hope that you will enjoy your connection with these new energies and that they help to bring more healing, love & joy into your life! Here is the process for receiving your attunement:

■ 1. Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 25 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2. Setting the intention

Stating the intention here will activate the attunement to begin.
Please say the following:



"With love and gratitude I open up to receiving the attunement for Usui Reiki Level 2. May these energies help me grow and expand with love & healing so that I can help others. Thankyou, thankyou, thankyou."



■ 3. Receiving Your Attunement

Now your attunement will commence and will take around 10 - 15 minutes to receive. However we would humbly suggest here to sit for around 15 - 20 minutes to ensure that all energies are received into your energy field.

During this time, you may wish to say an affirmation to keep your mind focused or perhaps use a visualisation with the main focus being on **opening up to receive love & gratitude**. Please receive these energies as you feel guided to. If you wish to use affirmations to help you during this 15 - 20 minutes, there are some more examples on the next page that you may wish to choose from.

Affirmation examples:

"I open myself up to love and light"
"I open up to receive"
"I open up to universal love"
"I open up to receive the Usui Reiki Level Two attunement"
"I open up to divine love & light"
Or you may simply simply repeat your intention over and over.

However you decide to receive your attunement, we hope that you enjoy this 15 - 20 minutes as you are showered in divinely guided healing light. May these attuning energies help you to bring more love, light & happiness into your world!

If it is easier for you, you can time yourself for the 15 - 20 minutes or simply wait until you feel the energy drop off a little bit. And again, throughout this time, you may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing happen.

Whatever you do or do not feel during your attunement, after this 15 - 20 minute period, you will have now received your second level attunement for Usui Reiki and with this, you will be able to practice the Level 2 techniques which we will now be describing in the next section.

Congratulations!

You have now been attuned to Usui Reiki Level Two!



Welcome to
Usui Reiki Level 2



Chapter 3:
The Reiki Practices
(Level 2)



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USUI REIKI LEVEL TWO - ADVANCED HEALING

Chapter 3: The Reiki Practices (Level 2)

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1. A PRACTICAL GUIDE TO WORKING WITH SYMBOLS:

As we've mentioned during the theoretical foundations part of this course, working with the Reiki symbols in both healing and meditation can provide you with a wonderful array of divine healing opportunities. By working with the symbols, you will very easily be able to open up and receive these Reiki energies through meditation and a range of other healing practices.

Essentially, the Reiki symbols will be helping you to call on a wide range of 'higher healing vibrations' in your practice and in this way, the symbols can be thought of as being like very good friends. When we treat the symbols with love & respect and connect with them on a regular basis, they will be very happy with us. In return, they will offer us much love, light & healing.

As you will now also know, the energetic frequencies that are being accessed through these Reiki symbols are of a significantly higher vibration than we ourselves are vibrating at. As you melt and merge with these healing frequencies, you will therefore be able to move closer towards their beautiful and peaceful vibration - thus you are able to heal, learn, grow and awaken to a more divine perspective of yourself.

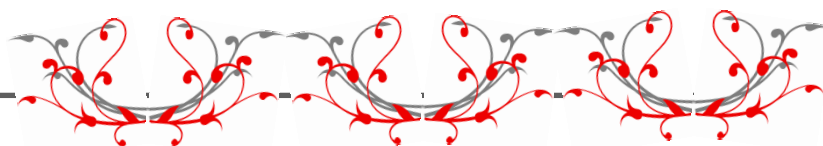
With this section then, let us now focus on the more practical aspects of how to work with the Reiki symbols in your healing & meditation practices so that you can now start bringing these wonderful & love filled frequencies into your consciousness.

And to start with, let us firstly point out that it is always your intention that is so important when working with any kind of healing symbols. By simply intending to call on these energies and by visualising the symbol whilst repeating the sacred name, you will be able to receive these beautiful frequencies.



As we've mentioned previously, there are so many different ways that you can choose to work with the Reiki symbols in your practice and for the purposes of our course, we will be covering here the more commonly taught techniques for working with the Reiki symbols.

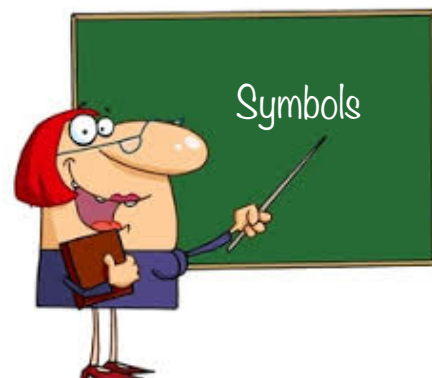
From these basic techniques, you can then decide which of these work best for you as you progress on your Reiki journey.



1.1 WORKING WITH SYMBOLS - A BASIC TECHNIQUE:

One of the most common techniques for working with the Reiki symbols is the 'Drawing and Tapping' technique. This is a very simple technique which requires that you simply draw out the symbol above the area you are working and then tap the symbol into this area three times, whilst saying the sacred name (silently to yourself) three times as you tap it in.

And when we say 'draw out the symbol' here, you can choose whether you wish to do this physically i.e. with the index or middle finger of the dominant hand, or mentally i.e. through visualising or drawing the symbol out mentally / through visualisation.



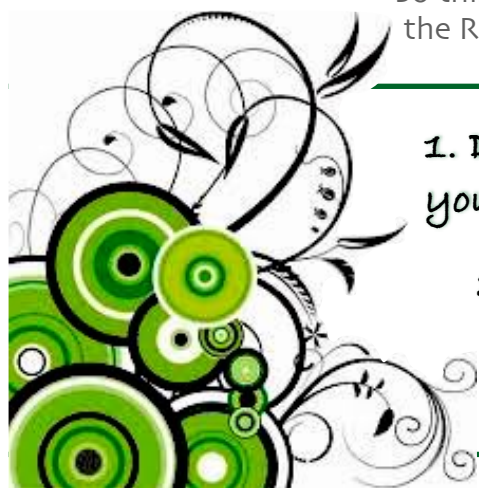
By way of example then, for those wanting to *physically* draw the symbols, let's say that you wanted to place the Cho-Ku-Rei symbol into your Crown Chakra. You would start by firstly drawing out the Cho-Ku-Rei around 10 - 20 cm above your Crown Chakra (using either your index or middle finger on your dominant hand) and now 'tap' this into your energy field (3 times) whilst saying the name each time you 'tap' it in. The tapping motion is a gentle tap and just helps you to further crystallise your intention to place the symbol into your Crown Chakra.

For those of you who would prefer to use the visualisation method of drawing and tapping, you have two options here. You can either draw out the symbol mentally with your mind's eye and then mentally tap in the symbol three times (whilst saying the sacred name three times). Or alternatively, you may simply wish to visualise the symbol above your head (rather than mentally drawing it out) and then mentally tap in the symbol three times (whilst saying the sacred name three times).

Again the drawing AND tapping processes can either be done physically or mentally as you feel guided. We humbly suggest that you try out both techniques for yourself as part of your self-healing practices and see which one resonates with you more, or perhaps you like both!

We often find that for people who are starting out with symbols, the physical drawing technique can be most beneficial as it helps them learn how to draw each of the symbols. As they feel ready, they will quite naturally progress to a more mental or visualisation approach if this suits them.

So this is the first and most commonly taught technique for working with the Reiki symbols:

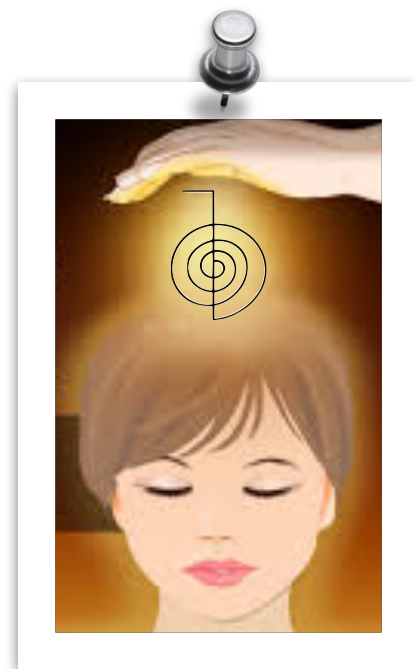


1. Draw out the symbol over chakra / area of body you are working with (physically or mentally).
2. Tap the symbol into the chakra / area of body 3 times whilst saying the sacred name 3 times (physically or mentally).

When you are tapping the symbols into your energy field, you can think of the symbol melting into your consciousness just like butter melts into toast. Where you are using the symbols in a Reiki healing session i.e. drawing and tapping the symbol into another person's energy field, the technique being used is exactly the same.

With time and practice, you will also quite literally start to 'feel' the symbol as it is being tapped into the energy field you are treating. Also, you will very likely start to feel the subtle differences in vibrational frequencies between each of the Reiki symbols you are working with.

Please also know that this basic technique will work equally well regardless of whether you choose to ***physically draw and tap*** or ***mentally draw and tap***. As always, we suggest that you simply choose the method which helps you to reach a more peaceful and connected state of being.



For a brief 45 second instruction on physically drawing and tapping symbols into yourself, please see the below video link. (This is the same physical method for using the 'Drawing and Tapping' technique for others also, except you are tapping the symbol into the recipient rather than yourself).

[The Draw & Tap Method \(Video\)](#)



And finally, let us point out here that the 'Drawing and Tapping' technique is by far the most widely taught practice throughout all of the Reiki lineages. As part of most Level 2 Reiki courses, this is often the only technique which will be taught about how to work with symbols.

For us, we would also like to include a few variations and additional symbol techniques for you here so that you can grow and evolve as a Reiki practitioner over the months and years ahead. Whilst the basic 'draw and tap' technique is a very good starting point for your 21 days of self healing practices, you may also wish to incorporate some of these more advanced symbol techniques into your practices as you feel ready.



1.2 WORKING WITH SYMBOLS - ADDITIONAL TECHNIQUES:

Now that we have introduced a very basic symbol technique, let us discuss here some of the ways that you can start to expand on this as you progress in your Reiki practices and as your meditative concentration improves.

These additional techniques outlined below can help to bring some variety into your healing & meditation practices and can also help you to understand that there are actually many different ways that you can work with symbols as you connect to Reiki. As an important starting point for all of these new techniques, let us lay the foundations for these symbol practices by again stating that:

Everything comes from your intention!



And with this very important point, let us again suggest to you here that you always work with symbol techniques and practices that help to bring you to higher and more blissful states of vibration. Whenever you can arrive at a very deep feeling of inner peace, stillness and love in your meditation, there is almost certainly some very deep healing being done - and this is always good!

Therefore, please do whatever you feel is necessary for you to reach a deeper state of love, bliss, peace and light in your practice.

that you can choose to work with symbols in your practice so please use your imagination & creativity and be sure to shine your light for all!



✳ **Additional Technique 1 - The 'Continual Tapping' Technique:**

As our first additional symbol technique, let us expand on the concept of 'tapping' the energies in. Rather than just tapping a symbol in three times, perhaps you can try tapping a symbol in 7 times, 11 times or even continually as you wish to.

The number 3 is often held as sacred and it is thought to bring the abundance of these energies into physical manifestation. The number 7 is also a very sacred and spiritual number that you can work with and the number 11 is often said to be a very magical number through physics and other traditions.

So to start off with, you may like to choose any or all of these numbers (or any multiple thereof) however equally so, you may also wish to simply continually tap in the symbol as you feel necessary. And this is a very nice way to introduce one of our favourite techniques - continual tapping.

The continual tapping technique may be particularly good for you if you have an over-active or fast mind or for those of you who would like to bring a very significant amount of healing into your consciousness.



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By continually tapping a symbol into your energy field, you are also able to work *with* your fast, creative or active mind to bring more love, light & healing into your world. To do this, simply continue to tap in the symbol into an area of your body whilst continuing to repeat the sacred name of that symbol, much like you would with a mantra. For example, let us explain here a situation where this technique might be relevant to you through the lens of meditation.



Let us assume that you are in meditation and you are using the basic 'drawing and tapping' technique to put the Reiki symbols into your Crown Chakra. You would be drawing out Cho-Ku-Rei and tapping it in 3 times, then drawing out Sei-Hei-Ki and tapping it in 3 times and finally, you draw out Hon-Sha-Ze-Sho-Nen and tap it in 3 times.

You then allow yourself to feel these beautiful vibrations and you may also be working with some other complementary techniques as well, such as an additional white light visualisation here to help complement the healing work.

After a few minutes, you are feeling that many different thoughts are coming and your mind becomes quite busy. Perhaps as a result of this, you start to lose track of the healing vibrations being drawn into your energy field as you get lost in amongst your inner world & thoughts. This would now be a perfect time to connect with a continual tapping technique!

To do this, draw out Cho-Ku-Rei above your head and now just continually tap this symbol into your Crown Chakra whilst being sure to repeat the sacred name as you do this. Feel free to continue this process for as long as you wish.

As you feel ready, perhaps after feeling the beautiful depth of energies which comes from the Cho-Ku-Rei symbol, you may now decide that it is time to start working with Sei-Hei-Ki. You draw this out above your head and again, you start to continually tap in the Sei-Hei-Ki symbol whilst repeating the sacred name each time you tap the symbol in.

For this technique, you may choose to physically be drawing the symbols or mentally drawing them out in your mind, as you wish. However for the continual tapping process, we would strongly suggest that the tapping be done totally through the mind (i.e. you are mentally tapping the symbol in over and over again whilst repeating the sacred name to help strengthen the connection with the symbol).

Again, as you feel ready, you can now move onto the Hon-Sha-Ze-Sho-Nen symbol for deep spiritual healing. And as you finish with Hon-Sha-Ze-Sho-Nen, you can either choose to just sit in this space of love, light & bliss or perhaps repeat the cycle once more - as you feel guided.

Let's assume here that you wish to continue with the continual tapping technique for another cycle. As you delve deeper into your continual tapping technique, your tapping starts to feel like you are quite literally tapping the symbol into your whole body.

And this is a truly wonderful way to do any kind of full body healing, either through the Crown Chakra or through the Third Eye Chakra. By continually tapping in these Reiki energies, these symbols will always work with your intention so please be sure to set your intention clearly for your best possible healing result.

And of course this is just one example of the continual tapping technique. As we've just said here, you can substitute the Crown Chakra for the Third Eye Chakra for the same 'overall body healing' type treatment or should you wish to, you can also choose to do continual tapping into a variety of different problem areas or chakras, should you feel that this is required.

For us, the continual tapping technique has allowed us to reach some very deep states of connection to the Reiki symbols and healing energies that they bring. We hope that by sharing this simple but effective technique with you here, you too will be able to gain some wonderful realisations and healing experiences from this simple technique.

Let us again point out here that the continual tapping technique can be done for overall body healing or for healing on a particular issue. You are also able to access this technique through your healing work for others. For us, we have found that the continual tapping method is more effective when used in meditation however as always, please see how you feel in your healing work for others and please do what feels right for you.



✿ **Additional Technique 2 - The 'Tiny Symbols' Technique:**

Another very nice symbol technique, and something which will flow on beautifully from the continual tapping technique described above, is what we refer to as the 'Tiny Symbols' technique. The tiny symbols technique in some ways is actually an extension of the continual tapping technique however it can also be used as a stand alone symbol technique. To access this practice, simply imagine that there are lots and lots of little Reiki symbols entering your body (or any part of your body) as you feel guided.



Continuing on from the above example then, after finishing your continual tapping work you will likely be feeling a nice state of relaxation, peace & love in your meditation. You are feeling quite connected to the Reiki symbols and this is now a perfect time to use the 'Tiny Symbols' technique.

To do this, draw out the Cho-Ku-Rei symbol above your Crown Chakra and tap it in continually however as you do this, please now allow yourself to visualise or imagine that your body is now being filled up with lots of tiny Cho-Ku-Rei symbols. These symbols are flowing downward into your entire body and filling you up with the Cho-Ku-Rei healing vibration. You have now become a fully open & divine healing channel for all of these tiny little symbols to flow through your entire body.

Again, it is always the intention that is so important here so by imagining, thinking, feeling or 'intending' that these tiny little symbols are flowing throughout your entire body - so it will be.

And as you open up to this new meditative technique, you can continue to repeat the sacred name of the symbol as these symbols continue to flow throughout your entire body. You are imagining that lots of tiny symbols are flooding into your bloodstream, moving through your nervous system and even flowing through your entire muscular skeletal system!

Most importantly, these tiny symbols are enveloping your entire energy field & providing you with all the necessary healing energies for your body to become completely healed of all impurities, blockages or disruptions from within. As you finish the Cho-Ku-Rei symbol, you can then move onto working with the Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen energies in the same way as you wish.

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Please note here that you can use this technique in a number of different ways through both meditation and healing work for others. We have chosen to give you some idea about how to do a full body healing meditation practice here but equally so, you may choose to work with this technique to treat a problem area or another area of your body.

For example, when treating a liver ailment, you may wish to imagine that there are tiny symbols flowing all around the liver. The symbols are helping to raise the vibration throughout this area and healing this organ of all of its impurities.

Alternatively, you may wish to try and free up the energies in an area of a persons body where there is an ailment. For example - someones arm perhaps, by imagining that there are lots of little symbols flowing up and down the recipients arm. As you do this, you will be intending that the energy channels are being freed up so this person can be free of the particular ailment which is causing a disturbance.



From this, you can see here that this technique can work equally well for you in either a healing session or in a meditative format. Again, please feel free to use your imagination and create a range of different circumstances to help you heal what you are presented with.

It will always be your intention that is so important with these techniques so please be sure to have lots of fun creating new and exciting intentions, visualisations & affirmations for the benefit of yourself and others!



✿ **Additional Technique 3 - The 'No Tapping' Technique:**

As we've already mentioned, there are many different ways that you can work with the symbols in your healing practices. By now, you understand that it is always your intention that is the driving force behind any and all healing that you do and that you can choose to create whatever imaginary situations you wish to for a better healing result.

As an additional option then, let us now look at another symbol technique which is perhaps not as commonly taught as some of the others and we refer to this symbol technique as the 'No Tapping' technique.

This technique is again very simple and easy to work with and essentially, what you are doing here is working with a slightly different form of visualisation with the symbol to allow yourself to open up and receive its divine healing frequencies (without any need for tapping) .

Following on from the same example from above, let us now assume that you have treated yourself with the 'Drawing and Tapping' technique, then the 'Continual Tapping' technique and also the 'Tiny Symbols' technique. You are now very likely feeling a deep connection to the Reiki energies and it is in this state that you would now open up to this 'No Tapping' technique.

(You can of course open up to any of these techniques in whatever order you wish to however we should point out here that the 'Tiny Symbols' technique and this 'No Tapping' will probably require that you are in a well-connected state of Reiki).

To call on the 'No Tapping' technique, you can simply imagine that the Cho-Ku-Rei symbol is floating around 10 - 20 cm above the area you wish to treat (in this case we will continue to treat our Crown Chakra). You simply imagine that Cho-Ku-Rei symbol is floating above your Crown Chakra, and showering you in its divine healing frequencies.



Rather than drawing out and tapping in the symbol, you just allow yourself to visualise the symbol above you. Perhaps it is made up of white light, shining beautifully, powerfully and very brightly, and it is shining down magnificently upon you. You can now just bathe, breathe and bask in all of its beautiful & divine healing qualities!

You can think or feel that the energies from Cho-Ku-Rei are filling up your entire body with its healing light and that you are being healed of all impurities, negative energies and other physical ailments.

And as you continue with this practice, you are just allowing your meditative concentration to remain focused on the image of the symbol and if you wish to, you can repeat the sacred name of the symbol if you feel that this helps you to strengthen your connection.

As you feel ready to, you can now repeat this process with both Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen as you complete another cycle of your own personal symbols meditation.

By focusing your mind on opening up and surrendering to the symbol, you will be able to receive the love, light & healing that the symbol is offering. And as such, this technique is a wonderful way of learning the art of surrendering; said to be a great antidote of our egoic mind!



Whether or not you wish to repeat the symbol's sacred name or not will depend on you. For some, this will help you to strengthen your connection with the energies and may also be helpful for maintaining your meditative concentration. However for others, this may feel totally unnecessary and you may wish to simply open up and receive these energies in peace. As always, we suggest that you always do what feels right for you.

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As another *variation* of this same technique, you can simply just visualise or intend that the symbol is being brought or pulled inside your body (i.e. rather than just receiving the energies from a floating symbol above your body).

The symbol shines, radiates and glows and then enters a part of your body. And with this, you can now imagine that the symbol glows, radiates and heals you from within.



As a continuation of this example then, let's assume now that you have finished a cycle of all the symbols floating above your Crown Chakra in the 'No Tapping' technique, and during this time you have started to feel some energetic blockages in your Throat Chakra. Quite naturally, you would now like to spend some time treating this area with the Reiki symbols.

So with this, you understand that you have lots of options available to you. For example, you could use the 'Drawing and Tapping' technique, the 'Continual Tapping' technique or the 'Tiny Symbols' technique to treat your Throat Chakra. However for this example, you choose to open up to a new technique here with this 'No Tapping' technique variation.

You imagine now that the Cho-Ku-Rei symbol (that was shining above your head) begins to float downward into your Crown Chakra as it starts to melt into your head area. You continue to imagine that the symbol flows down through your head area, down to your jaw area, your chin as it starts to move into your Throat Chakra.

You continue visualising or intending that the symbol is shining beautifully in your Throat Chakra as it now radiates and glows brightly; shining its divinely guided energies outward. The Cho-Ku-Rei symbol is shining magnificently from deep inside your Throat Chakra and as you connect with these energies for a few minutes, you can start to feel this merging and melting of 'Higher Consciousness' as the vibration of your Throat Chakra is uplifted towards more love & light.

You visualise that the Cho-Ku-Rei symbol is shining a bright white light and your throat now starts to glow with this healing light. All of your impurities are being healed with the Reiki light.

As you feel ready, you can now change the visualisation or intention so that you imagine the Sei-Hei-Ki symbol glowing from within your Throat Chakra. There is no need to bring this down through your Crown Chakra like you did with Cho-Ku-Rei; simply imagine or intend that the Sei-Hei-Ki symbol is floating within your Throat Chakra and so it will be.

As you continue with this style of meditation, and as you feel ready, you can then introduce the Hon-Sha-Ze-Sho-Nen symbol so that you can experience a deeper level of spiritual healing in this area. You have now brought in a wonderful range of physical, mental & emotional and spiritual healing into your Throat Chakra!

Of course, this is not the only variation of this technique so you may wish to create your own as you feel guided!

✿ **Additional Technique 3 - The 'Big Symbol' Technique:**

One last technique that we would like to share with you here is the 'Big Symbol' technique. And as the name suggests, the idea here is to imagine a very large symbol encompassing your entire body (or the body of the person you are treating).

This technique is very similar to the last variation of the 'No Tapping' technique however this time, we will be imagining that the Reiki symbol is so large, that it now encompasses our entire body / energy field.

Again, let us now follow on from the above example. After finishing with the 'No Tapping' technique and after treating your Throat Chakra you now feel ready to start to bring your meditation session to an end. However before you do this, you would like to just finish off your healing session by experimenting with the 'Big Symbol' technique.

To do this, simply imagine that there is a very large Cho-Ku-Rei symbol, vibrating with all of it's magical healing energies, enveloping your entire body. The Cho-Ku-Rei symbol shines out it's magnificence and purification energies for the benefit of all.

Please now just let yourself enjoy and connect with this beautiful large healing symbol as you intend that the healing goes to wherever it is needed with your body. And as you feel ready, you may wish to call on the other Reiki symbols (or alternatively you may just wish to finish your meditation here).

If you do choose to work with the other two symbols through the 'Big Symbol' technique, please be sure to again use Cho-Ku-Rei prior to finishing your meditation so that you clear away any final impurities. The Cho-Ku-Rei symbol will also be a great way to seal your meditation (as we'll be covering a little further down) before giving thanks and then finishing your meditation session.

From a meditative standpoint, the 'Big Symbol' technique is truly a wonderful practice that can help you to imagine and visualise the deeply infinite nature and healing power of each symbol. You can imagine that these energies are shining throughout your entire body as well as outward for the benefit of all.

As part of this, you may again wish to continue repeating the sacred name to help you strengthen your connection with the healing energies or alternatively just focus on the visualisation (as you feel guided). Most importantly, please know that the symbol will be doing all the magical healing work for you.

Your job here as a Reiki practitioner is to have faith in the idea that the symbol is truly an infinite and divine energy source of energy. As you work with this 'Big Symbol' technique, you may find that the energetic vibrations being experienced do tend to deepen with time & practice.

*As your relationship deepens with each of the Reiki symbols,
so too do the practices also blossom.*



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One final note about these symbol techniques:

Most commonly, it is with the feelings of surrender, opening up, letting go, gratitude, love, compassion and the altruistic intention which will help you to feel the healing benefits in any kind of symbol & Reiki based practice.



In addition to this, you will often find that visualisation, affirmations, concentration and a loving intention will also help you move forwards towards more love & light in your Reiki healing work. For those of you who would like to watch a small video tutorial about visualisations, affirmations & intentions - we invite you to click on the link below.

[Video Tutorial About Affirmations, Visualisations & Intentions](#)



This video tutorial has been included as part of our '[Beginners Meditation Course](#)' but can be equally beneficial here as part of this Reiki training should you wish to open up to these concepts a little more.

Again, we wish to highlight that there are many different ways that you can work with symbols in your healing and meditation work. Having now been given a few different techniques to work with, we truly hope that these techniques will help to bring move love, light & healing into your life.

In the next few sections, we will now be covering some more techniques about how to work with the symbols in your healing practices so that you can now start to use these for doing meditation, healing sessions and other kinds of Reiki healing in your life.



2. THE SELF-HEALING PRACTICES FOR LEVEL 2:

Having now received your Level 2 Reiki attunement and having understood some of the different ways that you can work with the Reiki symbols, you are now ready to complete your 21 consecutive days of *self healing practices*. And again, we wish to reiterate here just how important this next 21 days will be for helping you to assimilate these new energies into your consciousness!

We have mentioned previously that the symbols can be thought of as being like 'friends' and as such, it is always through a regular practice (with love, surrender, devotion, faith & gratitude) that you will feel a stronger connection to these beautiful and divinely guided healing energies.

As part of these self healing practices, you will be learning how to draw each of the symbols whilst ensuring that you are receiving much healing & purification into each of your energy centres and throughout your entire body.

As part of any live Usui Reiki 'in person' training, you will often be guided through your self healing practices by your Reiki teacher after receiving your attunement. And for us, this is one of our favourite parts of teaching in person! So to help us retain this 'hands on' feeling here for the online course, we are delighted to offer you a guided meditation here in video / audio format. Please therefore feel free to click on the link below and open up to these beautiful Level 2 self healing practices with love & light.



[Level 2 Reiki Self Healing Mediation \(Video Format\)](#)

Once you feel more comfortable with these practices, you can then complete the practices for the remainder of your 21 days. ***The total time to complete the self healing practices will be around 30 - 40 minutes per day for 21 consecutive days.*** The following FAQ's may be of additional assistance:

- ["Do I need to complete the full 21 consecutive days of self healing practices \(for Usui Reiki Level 1, 2 or 3\)?"](#)
- ["Can I give healing sessions to others during my 21 days of self healing practices \(for Usui Reiki Level 1,2 or 3\)?"](#)

This guided self healing meditation provides you with a very easy way of opening up to the self healing practices for Level 2. In addition however, to help you more deeply understand each of the steps for this self healing practice, we have also provided detailed written instructions below in Sections 2.1 - 2.5.

We truly hope that you have a wonderful set of healing experiences during this next 21 days and may these new energies help to bring much love, light & purification into your life!



2.1 PREPARING FOR YOUR PRACTICE:

For your Level 1 training, you will no doubt already understand the importance of preparing for your practice. For example, making sure that you will be undisturbed, comfortable and in a place which is conducive to healing & relaxation is always a good idea.

As part of this, you may wish to have some [healing or relaxing music](#) playing in the background..... Perhaps you want to burn some incense or some scented candles? Maybe you would like to display a number of spiritual images as part of your healing & meditation space? Whatever the case may be for you, just make sure that you feel comfortable in your meditation space and that you are able to relax and unwind.



When you have now set up your space, you will likely want to just sit or lie down in a way that is comfortable for you and take a few moments to do some internal preparation. It has been our experience that everyone prefers to do a slightly different internal preparation for Reiki however generally speaking, it is always a good idea to simply take a few moments prior to starting your practice to ensure that you are centred, relaxed & peaceful.

So here, please just take a few moments to relax and take a few deep breaths. Allowing yourself to find your centre and to allow your mind to rest and relax. Just allowing yourself to calm down and prepare for this inner experience.

As part of these Level 2 self healing practices, we will be including a very simple and soothing breathing meditation however before we do this, let us start by inviting in the energy and setting our intention for this self healing meditation today.



2.2 INVITING ENERGY & SETTING YOUR INTENTION:

One of the most important parts of any self healing meditation is the process of inviting many different sources of 'Higher Consciousness' into your session. It is here that you will also be able to set your healing intention for your session.

We wish to point out here that this invitation & setting of your intention by itself can be a very nice and stilling preparation for your Level 2 Reiki practices. And this is now your opportunity to ask & invite any and all energies so that you can feel happier, healthier, more at ease or more joyful. For example, you may wish to say something like:



"May all Universal Energy, all Reiki energy, all Guru's, all my Spiritual Guides and any Awakened or Enlightened Beings who can hear this call for love & light; please come and help me in my Level 2 Reiki self-healing practice. Please help me to be healthy and happy and please continue to guide me so that I can move closer towards love & light for the benefit of all beings. Thankyou, thankyou, thankyou."

You will notice here that we like to invite many different kinds of energies into our meditative & healing practices. We believe that all of these sources of light and energy work together with one another, and in conjunction with the Reiki energies, for our highest possible healing result.

However this is our own personal preference. We feel that it can be very beneficial to open yourself up to receiving many different types of blessings from a wide variety of 'Higher Consciousness'. The more light energies that are helping us in healing & meditation the better!

If you wish to also, you are able to set any number of different healing intentions here at this stage of your self-healing session. Perhaps you wish to add in some additional comments about more specific types of healing that you require help with during your self-healing session?

Setting your healing intention here as part of your invitation of energy can help to make the healing work more effective so please choose your words wisely! However please know also that you can always change or re-intend anything you wish as you go on your healing practices!

Quite often, you will uncover and learn more about your own impurities as you go deeper into your meditative state so again, please know that you can always re-set your intention at any stage of your practice as you feel necessary.



2.3 JOSHIN KOKYU HO MEDITATION (ADAPTED VERSION):

For those of you who received your Level 1 Reiki training with Love Inspiration, the Joshin Kokyu Ho meditation has already been explained to you - both from a traditional sense and with our own additional insights added.

For those of you who are just joining us at Level 2, we will be re-covering the basics of this technique here, however for more detail, we invite you to read through '[Appendix 1 - Joshin Kokyu Ho](#)' (at the end of this ebook) where we cover the practical aspects of this technique in more detail.

As an adapted version of this practice, we won't be going into any detail here about the more traditional teachings of Joshin Kokyu Ho as again, all of this information has been included in Appendix 1 for you to have a read should you wish to.

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Our adapted version of Joshin Kokyu Ho (which we cover as 'Variation 2' in Appendix 1) will be guiding you towards breathing the Reiki energies into your Crown Chakra; whilst being sure to breathe the energies right down into your Heart Chakra. As you breathe out, you breathe the Reiki energies outwards from your Heart Chakra as your heart expands with love & light.

By continuing with this simple formula, this form of Reiki breathing can help you to strengthen your connection to the Reiki energies as you receive these energies into your heart and breathe them outwards from your heart.

This practice can also be very helpful in clearing away many of your internal walls, barriers and blockades that have been built around your Heart Chakra (usually to help prevent you from being hurt). And this is just one of the many reasons why we have chosen to include this adapted version of the Joshin Kokyu Ho meditation here.

In order for you to work with this meditation more clearly, here is a very simple and easy overview of the steps required for this Joshin Kokyu Ho meditation:



- *Step 1: Imagine that the Source / Reiki energies are accessible to you in the form of a brilliant & beautifully shining white light which sits around 1 - 2 metres above your Crown Chakra.*
- *Step 2: Breathe in the Reiki energies from the Source energies and intend that these energies move downward into your Crown Chakra, Third Eye Chakra, Throat Chakra and finally - your Heart Chakra.*
- *Step 3: As you breathe out, imagine that the Reiki energies are radiating outward from your Heart Chakra for the benefit of all beings. All beings are benefiting from the immense love & light of Reiki.*
- *Step 4: Now repeat steps 2 & 3 for around 3 - 5 minutes (or more) as you feel guided.*

The breathing being done here as part of this practice is quite deep. With each breath, you are allowing the oxygen to be brought right down into your abdomen area as you imagine that the Reiki light is being 'drawn into' your Heart Chakra. With each exhalation, you can also feel the very gentle state of letting go completely as you relax more and more with each and every breath.



With each cycle of breathing, you can also imagine and see the Reiki light glowing brighter and brighter as your heart starts to really glow & radiate outwards for all to benefit from. And as you gain some more experiences with these practices, you may start to feel that there is indeed much healing & purification being done here from just this meditation!

2.4 REIKI SYMBOLS MEDITATION:

Now that your Heart Chakra has been 'warmed up' by the Joshin Kokyu Ho meditation, you are now ready to move into the Reiki symbols meditation. And if you are just starting out with these practices, might we suggest that you have an image of each of the symbols nearby (i.e. to help you draw these out just in case your forget).

In this Reiki symbols meditation we will be drawing out and tapping in each of the three Reiki symbols into each of our seven major chakras. By doing this, there are many different benefits being gained and this will also help to prepare us for the next step of this symbols meditation.

If you wish to, whilst we would recommend the basic 'Drawing and Tapping' technique, you are also welcome to work with the 'Continual Tapping' technique during this part of the meditation should you wish. As always, please do whatever you feel will help you to connect with these energies on a deeper and more peaceful level.



The Reiki Symbols Meditation is outlined below, being written in three sections:

a) Placing The Symbols Into The Chakras b) Receiving Reiki Healing c) Treating The Problem Area



a) Placing The Symbols Into The Chakras

Working downwards through the body, let us start this meditation at the Crown Chakra. For this meditation, we will be working with one symbol at a time and placing this symbol into each of our seven major chakras.

For example, you will start here by drawing out the Cho-Ku-Rei symbol and tapping this into your Crown Chakra three times. Moving downwards now, you will then be drawing out and tapping in the Cho-Ku-Rei symbol into your Third Eye Chakra, Throat Chakra, Heart Chakra, Solar Plexus Chakra, Sacral Chakra & Root Chakra.

Once you finish this cycle, you are now ready to complete this same process for the Sei-Hei-Ki symbol. Drawing out and tapping in Sei-Hei-Ki into your Crown Chakra, Third Eye Chakra, Throat Chakra, Heart Chakra, Solar Plexus Chakra, Sacral Chakra & Root Chakra. When you are finished, you are now ready to repeat this process with the Hon-Sha-Ze-Sho-Nen symbol.

By bringing in these new energies into your seven major chakras, you are allowing each of these energy centres to be gently raised and purified so that they vibrate in alignment with the Higher Consciousness Reiki energies.

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You will also find that by placing these energies directly into your energy centres, it will also be helping to bring healing into your entire body (i.e. in the idea that your energy centres are directly aligned to many of your endocrine glands). As such, this will help to distribute the Reiki energies into the vital areas of your body.

In addition to this, by placing these symbols into your seven major chakras, you are allowing your overall energy system to better assimilate these new energies into your consciousness. And after the 21 days of consecutive practice, your energy field will have assimilated many of these new energies and you will now be ready to share these healing energies with others more effectively. This however doesn't mean that your Reiki Level 2 practices are finished!

Reiki is a way of healing & purifying ourselves and is an ongoing, evolving and constant transformation process. By continually connecting with these Reiki symbols and the Reiki energies, you will always be bringing in more healing, love, light, purification, peace, compassion and other virtuous qualities into your life!



We would always suggest that you continually move upwards on your pathway towards light through a regular connection with the symbols. We would also humbly suggest that you continue moving through into the higher levels of Usui Reiki & Advanced Usui Reiki so that you can continue to uplift and raise your energetic vibration closer towards unconditional love, light & purity.



b) Receiving Reiki Healing

Having now placed each of the Reiki symbols into your seven major energy centres, your energy system is now able to feel the benefits of these divine healing energies. And this is now the perfect time to start giving yourself an 'all purpose' Reiki treatment with the symbols.

And like all Reiki practices, there are a number of different ways that you can do this. For these Level 2 Reiki self healing practices, we will be encouraging you to receive this 'all purpose' Reiki treatment through the Third Eye Chakra. And again, there are a few different reasons why we have chosen to do this.

To start with, your intuitive centre (the Third Eye Chakra) is very important in all healing work that you do. The Third Eye Chakra is also a very important part of your overall energy system and it therefore can be very beneficial to do a range of practices that can help to develop or open up this intuitive centre of your being.

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Your Third Eye Chakra is also said to be a beautiful and eternal gateway to the infinite nature of all things and as such, by opening up this chakra, you will be better able to receive information, love & healing from our beloved universe.

The Third Eye Chakra is also quite important for giving distance healing and can again be a wonderful tool for helping us to see, feel, hear or receive other 'divine' messages directly from Higher Consciousness. For all of these reasons (and more), we are suggesting here that you now receive Reiki healing through your Third Eye Chakra by following along with the below instructions.

*** Step 1: Draw out and tap in (three times) each of the Reiki symbols into your Third Eye Chakra: Cho-Ku-Rei, Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen**

*** Step 2: Imagine now that you are receiving the beautiful 'Source' Reiki energies inwards through your Third Eye Chakra. As these energies flow inward through your Third Eye Chakra, please open up to the idea that they are being received through your entire body for 10 minutes.**

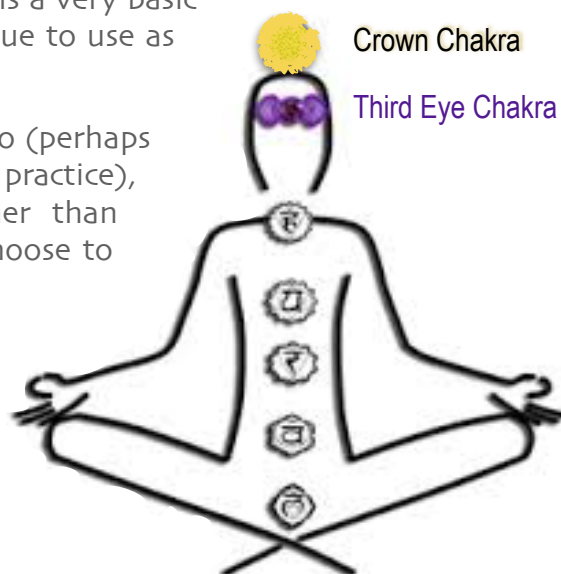
*** At any stage during this 10 minutes, we invite you to draw out and tap in the symbols again should you feel that this will help you to strengthen your connection to the Reiki energies. In addition to this, we also invite you here to try out the 'Continual Tapping' technique and see how it feels for you.*

** Whilst receiving these energies, it can also help to think that you are being showered in a beautiful & divine light from above as you open up and surrender to these energies with love & gratitude.*

This is a meditation format that can serve you well for many years to come as you open up to receive Reiki healing on many different levels. The idea of placing the symbols into your chakras and then doing an 'all purpose' healing session is a very basic format for meditation but is something that you can continue to use as you start to accumulate more symbols!

We would also like to point out here that should you wish to (perhaps for those of you who would like to 'feel' more from their practice), you can also use this same technique except that rather than working through your Third Eye Chakra, you can instead choose to work through your Crown Chakra.

It will be very beneficial for you to open your Third Eye Chakra as part of these practices however by working with the Crown Chakra, this is also a wonderful way of receiving an 'all purpose' healing session. Your Crown Chakra has no doubt been opened up quite significantly during your Level 1 healing practices so again, this can be a great way of bringing much Reiki healing into your body.



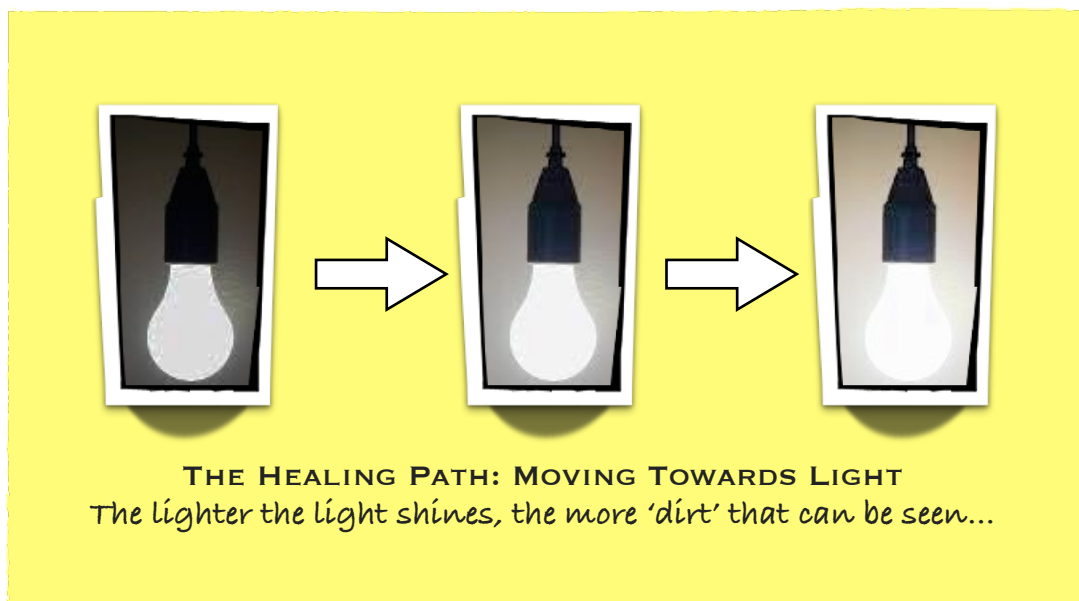
c) Treating The Problem Area

Having now received Reiki into your chakras and into your entire body, you are now ready to treat the 'problem area'. Maybe you have an area of your body that is physically burdened with pain (either physical or mental) or perhaps you have felt some internal dirt in some area of your body as you opened up to your 'all purpose' Reiki healing?



Normally, as we open up to more light, we can start to feel more of our own impurities stirring from within. So please know that as you open up to these new energies, you may also start to become more aware of your own inner darkness or imperfections.

A really good analogy for this is to think of yourself as being like an unclean apartment. When the light bulb in the apartment is quite dim, you won't be able to see much of the small flecks of dirt around the apartment. But what happens when you now increase the frequency of lightbulb? Of course, you are now able to see that the apartment is not as clean as you first thought it was!



This is what is happening within you as you start to open up to a higher frequency of energy or light. You can start to feel or see more of your own impurities and darkness as you open up to these new frequencies of Reiki. Therefore, as you feel these arising from within you during your healing session, these impurities may become part of a 'problem area' that you might wish to treat.



Instructions For Treating The Problem Area:



- * **Step 1: Draw out and tap in each of the Reiki symbols (three times) into a 'problem area'**
- * **Step 2: Now imagine that you are receiving the beautiful 'Source' Reiki energies into your problem area for about 10 minutes. During this time, you can think, intend or imagine that the Reiki energies are helping you to clear away all of your impurities as your problem area is slowly being healed and uplifted closer towards love & light.**

*** Please also note here that this is a great chance for you to open up to some additional symbol techniques as you feel guided. By calling on these additional techniques, you may be able to bring more love, light & healing into this area so that it is more easily able to be healed and purified.*

As you finish treating the problem area with the Reiki symbols, if you wish to, you may also spend an additional 10 minutes or so treating another problem area. Perhaps you might also like to extend your meditation again by connecting with another symbol technique or perhaps receiving another 'all purpose' healing session?

As always, we would like to encourage you here to connect with these symbols and energies in a way that is enjoyable, fun and creative for you. We hope that you will enjoy your Reiki practices and may they help you to reach higher states of bliss, inner peace and happiness!

2.5 FINISHING WITH GRATITUDE:

With our symbols meditation now complete, you are now ready to close your meditation with the feelings of gratitude. To do this, you might wish to say something like:



"With love & gratitude, I thank all of the energies for their divinely guided help during this self-healing meditation. Please continue to shine down love and light for me as I continue to learn and grow on my healing & meditation pathway. Please help me to bring more love and light into my life so that I am better able to help others. May we all be happy and free from suffering. Thankyou, thankyou, thankyou."

There can be no greater way to show our love & respect for that which has been received than through gratitude. And by finishing your self-healing practices in this way, it will also be helping you to strengthen your connection to the Reiki energies & Reiki symbols for future sessions.



3. GIVING REIKI HEALING SESSIONS FOR OTHERS - IN PERSON:

During the Level 1 Reiki training, you learnt how to give hands on healing sessions for others and you were taught how to use a basic set of hand positions which helped to distribute the Reiki energies around the body.

At this stage of your journey, you have now most likely had some experiences with sharing these beautiful Reiki energies with others and you are now ready to take the next step as you start to introduce the Reiki symbols into your healing session format.

But before we start talking about how to use the symbols in your healing sessions, let us quickly recap on the learning done through the Level 1 training, as much of this will still remain very relevant here for the Level 2 training. For example, our Level 1 training provided you with information about how to give healing sessions with Reiki under the following headings:



Pre-organising & preparation

Welcome & Introduction

Session Introduction

Giving Hands On Healing

Closing The Session

Sharing The Experience



We also provided some additional information about what we would consider to be the important principles of giving Reiki healing. For example, we discussed things like using your divine intuition, understanding divine guidance, being a healing channel, the importance of intention, doing touch healing versus non touch healing, understanding different hand sensations and the importance of giving a full body treatment to name a few.

For those of you who feel that you would benefit from a quick refresher about some of these preliminary Reiki teachings, we invite you to have a look through the [Usui Reiki Level 1 Ebook](#) (Chapter Three, Section 3) to help bring some of this information freshly back into your memory!

Alternatively, if you would like to get a very quick snapshot of these processes, you can also have a look through our healing checklist which has been included as part of [Appendix 4](#) in the back of this ebook. Our healing checklist for Level 2 not only provides a simple outline of the Level 1 process, but it also includes a good summary about the additional steps that are required for using the Reiki symbols in your healing sessions.

And finally, we would like to point out here that in [Appendix 2](#), we have also included a number of additional healing techniques which may also be useful for giving healing sessions for others. These were also covered during the Level 1 training and we feel that these are equally relevant here in these Level 2 teachings. These additional techniques are as follows:



Reiji Ho - For intuitive development

Byosen Scanning - For identifying areas of energetic blockage

Aura Cleaning - To clean and clear the aura

Kenkyoku Ho - Purification technique



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So with all this being said, let us now return our focus to the Reiki symbols and to the Level 2 teachings. And as you will have now seen, it is important to understand here that these Level 2 practices will always build upon the foundations established through Level 1 (thus the need for a quick recap).

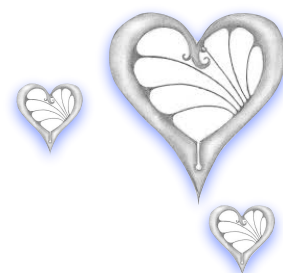
You will also notice here that the processes for giving healing sessions remains largely the same i.e. in the idea that you will continue to give hands on healing sessions.



The only real difference then between the Level 1 and Level 2 teachings for giving healing sessions is that you you will now be calling on the symbols to help magnify and intensify the Reiki healing energies.

So with all this in mind and especially given that the healing sessions format will remain largely the same from Level 1, we do not feel that it is necessary to repeat the same teachings about how to do Pre-organising & Preparation, how to do your Welcome & Introduction or how you will approach the Sharing The Experience categories.

- ☐ Pre-organising & preparation
- ☐ Welcome & Introduction
- ☒ Session Introduction
- ☒ Giving Hands On Healing
- ☒ Closing The Session
- ☐ Sharing The Experience



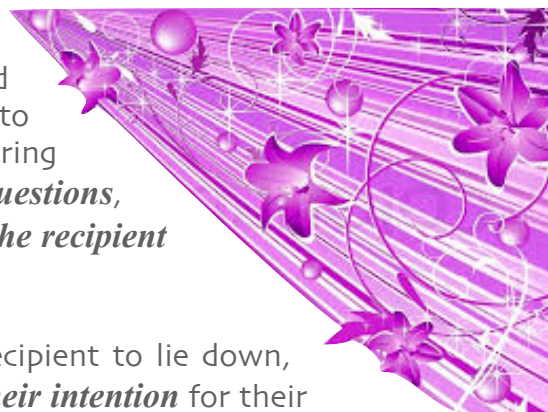
Instead, we will be focusing here on the changes that now will be required to your healing sessions format as a result of introducing these new Reiki symbols into your healing sessions. And to start with, let us now summarise these changes for you here in the below table:

<i>Part of Session</i>	<i>Changes from Level 1 to Level 2 format</i>
Pre-organising & Preparation	Nil
Welcome & Introduction	Nil
Session Introduction	Use the Reiki symbols to charge yourself with Reiki before giving hands on healing
Giving Hands On Healing	Work with the three Reiki symbols to bring a greater intensity healing power to your Reiki healing session
Closing The Session	Use the Cho-Ku-Rei symbol to seal your session
Sharing The Experience	Nil

Let us now look at each of these three categories individually to provide you with more detail about how you can start opening up to these practices in your healing sessions for others.

3.1 SESSION INTRODUCTION:

Having done all of the necessary 'Pre-organising and Preparation' steps, you have now welcomed your recipient to their Reiki session with a warm welcoming introduction. During this welcome chat, you have asked some *reflective questions*, *introduced your healing session format and have listened to the recipient as they explained why they are here today.*



As you finish all of this, you are now ready to invite the recipient to lie down, facing upwards and ask them to take a few moments to **set their intention** for their healing session. As they do this, you can now gently let them know that you will also be taking a few moments here to prepare yourself for giving this Reiki healing session.

And with this, you are now ready to do your own personal preparations for giving Reiki healing (inviting energy and invoking the Reiki energies). However now, as you are working with the symbols, your 'preparation' will take on a slightly different format.

With this in mind, we now wish to provide you with a simple and easy process which will help you to very easily 'charge yourself' with Reiki prior to giving a hands on healing session. Please note here that as part of this, we have been sure to include the entire process for preparing yourself for your Reiki session as a Level 2 practitioner:

Step 1: Invite energy & set your intention (in Gassho position)

Step 2: Charge yourself with Reiki

Step 3: Protecting Yourself (optional but recommended)

Step 4: Invoke Reiki energies

★ **Step 1: Invite energy & set your intention**

At this stage of your Reiki journey, you will no doubt feel comfortable with this first step as there is nothing new being introduced here. The setting of the intention and the invitation of energy is an important step in order to call on the Reiki energies (and other energies) and to help to set the scene for what is to be addressed in the healing session today. For example, you may wish to say something like either of the following:



"With love and gratitude, I invite all Universal Energy, Reiki energy, spiritual guides, Enlightened Beings & divine assistants into this healing session today. Please help us to release all the necessary energies so that [name of recipient] can be healed of all impurities, imbalances and imperfections. Please help [name of recipient] to be healthy and happy so that he/she may be free from all suffering. Thankyou, thankyou, thankyou."



**"Mother Father Universe, Blessed Gods and Guides,
thankyou for the gift of Reiki healing. Please surround
[name of recipient] in white light and protection and allow
all healing to be for her/his own highest good so that they
may walk forwards to benefiting all.
Thankyou, thankyou, thankyou."**

★ **Step 2: Charge yourself with Reiki**

By charging yourself with Reiki, you are able to very quickly feel a connection to the universal life force energy and as such, you are in a better vibration to start your healing session. And one of the quickest, easiest and most effective ways to charge yourself with Reiki prior to giving a healing session is to use the Reiki symbols. And given that there are many different techniques available for charging ourselves with Reiki - how you wish to do this will depend on a few different factors.

- Firstly, how much time would you like to spend charging yourself with Reiki whilst the recipient is waiting? Perhaps 1 minute? 3 minutes? 5 minutes? The answer to these questions will often depend on your own personal preferences.
- Secondly, how much 'charging' do YOU feel comfortable with prior to giving a healing session. Would you like to feel slightly connected, well connected or deeply connected prior to starting your healing session.? Again, this will depend on your own personal preferences.

Keeping both of these factors in mind, we often feel that it is a nice balance of these which often presents the best solution. And to help you find your own balance in these charging practices, let us now introduce you to a few different ways that you can charge yourself with Reiki prior to giving a healing session.

Technique 1: A quick charging process (using Cho-Ku-Rei)

- ♥ Step 1: Draw out and tap in Cho-Ku-Rei into the Crown Chakra (3 times)
- ♥ Step 2: Draw out and tap in Cho-Ku-Rei into the Palm Chakras (3 times)

Technique 2: An extended charging process (using Cho-Ku-Rei)

- ♥ Step 1: Draw out and tap in Cho-Ku-Rei into the Crown Chakra (3 times)
- ♥ Step 2: Draw out and tap in Cho-Ku-Rei into the Third Eye Chakra (3 times)
- ♥ Step 3: Draw out and tap in Cho-Ku-Rei into the Heart Chakra (3 times)
- ♥ Step 4: Draw out and tap in Cho-Ku-Rei into the Palm Chakras (3 times)



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It is often taught that using Cho-Ku-Rei for charging yourself is enough. As you may recall, when you use Cho-Ku-Rei you are effectively turning on the Reiki light switch and 'putting all of the energy of the universe here'. With these two charging techniques, this is often enough for giving a healing session.

These approaches are also very quick, easy and efficient and will help you to charge yourself with Reiki in less than a minute. In some cases though, perhaps where you are feeling that you would like a more comprehensive connection to the Reiki energies prior to giving a healing session, you might also wish to call on **ALL** of the Reiki symbols to charge yourself.

This is another very genuine and valid method of charging yourself with Reiki and should you feel drawn to this technique, we most lovingly invite you to try any of the two following techniques for charging prior to starting your Reiki healing session:



Technique 1: A quick charging process (using all symbols)

♥ **Step 1:** Draw out and tap in Cho-Ku-Rei / Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen into the Crown Chakra (3 times)

♥ **Step 2:** Draw out and tap in Cho-Ku-Rei / Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen into the Palm Chakras (3 times)



Technique 2: An extended charging process (using all symbols)

♥ **Step 1:** Draw out and tap in Cho-Ku-Rei / Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen into the Crown Chakra (3 times)

♥ **Step 2:** Draw out and tap in Cho-Ku-Rei / Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen into the Third Eye Chakra (3 times)

♥ **Step 3:** Draw out and tap in Cho-Ku-Rei / Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen into the Heart Chakra (3 times)

♥ **Step 4:** Draw out and tap in Cho-Ku-Rei / Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen into the Palm Chakras (3 times)

You will see from these techniques that the format remains the same as the previous techniques however this time, you will be calling on all of the Reiki symbols rather than just using Cho-Ku-Rei to charge yourself.

And as you consider which option suits you best here, we suggest that you always keep your recipient in mind. As part of these preparations, you will also be needing to invite energy, set your intention, protect yourself (optional) and invoke the Reiki energies so again, the type of charging practice you wish to work with will often reflect your own personal preferences.

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For those of you who would prefer to take your time and prepare more deeply for your healing sessions, might we suggest that you also give the recipient a small preparatory meditation to keep them mentally occupied whilst you do a deeper level of preparation.

For example, as your recipient lies down and closes their eyes, you may start by asking them to set their healing intention whilst you yourself invite energy and set your own healing intention.

As you both finish setting your intentions, you may now ask the recipient to do some slow, gentle deep breathing as a good preparation for relaxing their mind and receiving their healing session. Perhaps you ask them to take 10 - 15 long, deep breaths and whilst they do this, you can tell them that you will be taking some time here to prepare yourself for giving Reiki.

Now you have just opened up a 3 - 5 minute window which gives you the opportunity to connect more deeply with these preparatory practices prior to giving your Reiki healing session.



★ **Step 3: Protecting yourself (optional but recommended)**

The idea of protecting yourself when giving Reiki is a very solid and valid one. However within the global Reiki community, there isn't a commonly 'agreed upon' consensus about this issue. Some Reiki Teachers will teach you that it is important to protect yourself whilst giving Reiki and others will not place any real emphasis on this concept.

And indeed, this is a rather complicated area to explore and understand! Therefore, we would like to give you some general understanding about the idea of protection with Reiki so that you can then choose for yourself how (or if) you would like to approach protection in your healing session format.

White Light:

- Firstly, the word protection in Reiki simply implies that we are protected by 'something' so that no darkness can enter us or the recipient, whilst we are (both) open to receiving the energies. Many teachers will pass on techniques to surround yourself (and the recipient if you wish) in white light before commencing any healing. This can be as simple as stating it in your intention (i.e in words) or briefly taking a moment to physically or mentally move your arms around yourself (and the recipient) imagining you are completely engulfing them and yourself in white light.

In this case, the white light is acting as a protective barrier of love, creating a safe sacred space for you and the recipient to carry out whatever healing is required. This is a beautiful practice to begin your healing session with and as a beginner this is recommended, not only from a perspective of protection but also from a perspective of being surrounded in love and light, allowing the most optimal outcome for the healing session.



Experiencing Sensations:

- It is most certainly true that during a healing session, you may find yourself in situations where you start to feel like some of the recipient's negative energy is entering your energy field when giving Reiki. Quite often, we find that this is very easily confused with a range of 'intuitive information' which is being provided for you (which is actually trying to help you give a better healing session).

As we discussed during the Level 1 training, when giving a Reiki session, you will often feel a variety of sensations within your hands and sometimes within your body. These sensations are often trying to guide you towards a better understanding of where there may be energetic blockages or issues within the recipient. For example, you suddenly might experience some pain in your right foot and then later find out that the recipient has that exact same pain as you had been feeling.



At the ultimate level, we are all inter-connected with each other; our energies are all intertwined. As part of any energy based healing session, you are choosing or intending to open up and share healing energy with the recipient and as part of this, you will now be provided with a variety of divine signals, signs and 'information' as you go about your Reiki session. These signs can often help you to understand more about the energetic issues within the recipient so that you can be guided towards helping to heal and purify these issues in the best possible way.

In cases where you start to feel some sensations within your body, this can be a wonderful intuitive sign that your are becoming more sensitive to these signals and that the recipient may be need of healing in that area. Feeling something in your hands or in your body therefore can actually be a good sign that you are developing rather than thinking "oh no - there is negative energy coming into my energy field".

Taking On Suffering:

- In addition to this idea of being communicated with intuitively, there may be other times in your healing sessions where your compassion and past life karma will allow you to subconsciously take on another person's suffering.

You may or may not feel this process taking place during a healing session however it is entirely possible that you start to subconsciously draw out some of the recipient's impurities which are then purified through you.

This is another very complicated area to try and explain and is something that is not normally spoken about in most Reiki teachings. It is also something which is not at all common either but for some healing channels, where they have accumulated a sufficient amount of karma, they can start to feel this happening in their healing sessions (should the universe deem them divinely ready for this).

Marty and Gerry themselves still do not yet fully understand the internal processes that happen as you take on another's suffering. For Gerry, this is a very normal part of her healing sessions format however this is due to a number of different karmic circumstances and past life work done in this area. For most of you, this will not be something that you need to be aware of however we are happy to share this information with you here because there may be some of you who will start to experience something like this in your healing sessions.



The important thing to remember here is that this process will only occur in situations where your higher self deems that it is appropriate and safe for you to do so. Therefore there is never any need to worry about what will happen if this suffering is purified through you.



In the beginning of your practices, we can definitely understand the importance of providing you with some of the techniques and understanding about how to protect yourself should you decide that you do wish to open up to them as part of your Reiki journey. As such, it is with much love & light that we will now outline how you can protect yourself with Reiki should you wish to.

► Technique 1 - circling Symbols:

Step 1: Draw out, intend or imagine that Cho-Ku-Rei is circling your energy field (and the recipient's if you wish) whilst intending that these energies protect you (and them) for the duration of the healing session. If you wish to, you can imagine that this field of energy almost becomes like a mirror which is used to reflect away any negativity.

Step 2: As an optional extra, you can intend or imagine that Sei-Hei-Ki is circling your (and their) energy field whilst intending that these energies protect you (and them) for the duration of the healing session. The Sei-Hei-Ki energies are particularly useful for the mental / emotional frequencies and will help to give additional protection from these vibrations during the healing session.



*** Please note that you can choose whether you wish to use just Cho-Ku-Rei or both of these symbols when protecting yourself. Should you choose to use both, you are also able to choose whether you wish to imagine these symbols circling you at the same time or do this process individually.*

In addition to this, you can choose whether you wish to draw these symbols out prior to you imagining that there are circling around you or simply visualise them as they circle your energy field. As always, it is your intention here that is so important so please choose whatever technique works best for you.

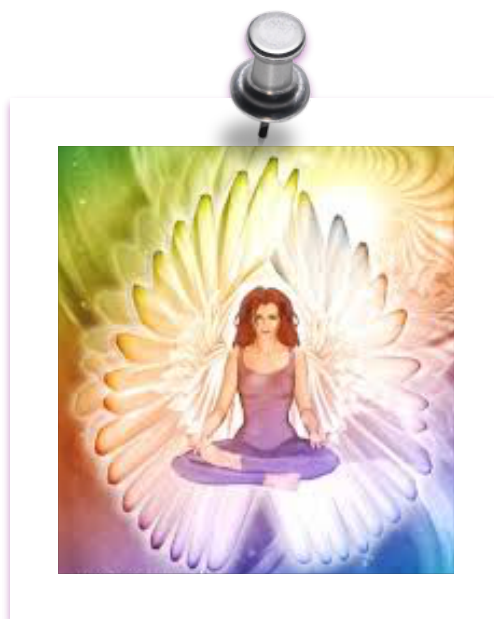
► Technique 2 - White Light Egg

Step 1: Draw Cho-Ku-Rei about 30 cm in front of your Heart Chakra and then imagine that from this symbol, comes a beautiful white light that surrounds you (and the recipient if you wish). Intend that this energy shield will protect for the duration of the healing session and if you wish, you can again imagine that the energy shield takes on a mirror like quality.

Step 2: As an optional extra, you can also repeat this process with Sei-Hei-Ki to ensure that your white light egg contains physical as well as mental & emotional protection during your healing session.

*** Within this very simple technique, you again have a wide variety of options available to you. For example, you can draw out Cho-Ku-Rei first and imagine the shield emerging and then do the same for Sei-Hei-Ki. Or alternatively, you might like to draw out Cho-Ku-Rei and then draw out Sei-Hei-Ki and then imagine the shield of light emerging from both of these symbols. As always, it is your intention here that is so important so please do as you feel works best for you.*

With your protection practices now complete, you are now ready to invoke the Reiki energies and start giving your Reiki healing session.



★ Step 4: Invoke Reiki energies

For those of you who have taken the Level 1 Reiki training with Love Inspiration, you will have learnt to raise your hands up to around shoulder level, with palms facing upwards to call on the Reiki energies.

This basic technique was important for helping you to call on the Reiki energies in a very tangible way. As beginners, this is a very simple and easy way to invoke the Reiki energies and helps you to focus your intention and mind on the Reiki flowing from your hands and palms.

As a Level 2 practitioner, we will now leave it up to you to decide how you wish to invoke the Reiki energies. For some of you, the Level 1 technique will be something that you may wish to adopt for a lifetime of Reiki practice. For others, it will simply be a bridging technique which you now no longer feel necessary in these higher Reiki levels.

Generally speaking, it is always the intention here that is so important. By asking that the Reiki energies now flow from your hands and palms for your healing session - so it will be. The divinely guided energies will always know that you are about to give a Reiki session so please invoke the Reiki energies in a way that feels comfortable to you. Above all, please invoke or call on the Reiki energies with much love & gratitude and share these for the benefit of all!



3.2 GIVING HANDS ON HEALING:

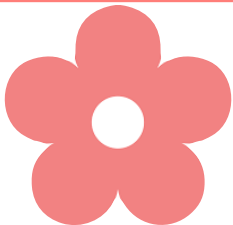
As you would have learnt during the Level 1 training, the art of 'touch healing' or 'hands on healing' is central to giving a Reiki healing session. And this remains to be true here in this second level. The only change that will take place now is the introduction of the three Level 2 Reiki symbols.

In most Level 2 Reiki courses, you will learn that it is important to use the symbols in the order that you were taught them as we've already covered. And also, you will learn some of the techniques for working with symbols which we have already covered also.

As part of this section then, we would like to recommend that you start with the most fundamental and widely used symbol technique - the 'Drawing and Tapping' technique. We suggest that you continue with this basic technique until you feel more comfortable to try out and work with other symbol techniques. Even today, Marty and Gerry are still using the 'Drawing and Tapping' technique for much of their healing work as they feel that this is one of the simplest and easiest ways to work with symbols when doing hands on healing.



As you are starting out on your symbols journey, we would also like to recommend here that you start by using *all* of the symbols at each hand position. We understand that with time, your intuition will guide you towards using the right symbols however at this early stage, we would encourage you to use the symbols as liberally as possible as you become more familiar with their energetic frequencies.



As you move your hands to each new hand position, (giving yourself around 20 - 30 seconds to allow the Reiki energies to flow through you first), you can now draw out and tap in the three Level 2 Reiki symbols into the area you are treating.

After this, you can then simply open up to the divine healing energies that will now be able to flow more freely through your divine healing channel for the next 2 - 4 minutes as you feel guided.

By intending, projecting or placing each of the symbols into an area of the body, these symbols will now be helping the recipient to start 'pulling' these frequencies into their consciousness. And as such, as you introduce the Reiki symbols into the recipient's energy field, you may also start to feel a slightly stronger pull of energy being drawn through your Reiki channel also.

As you progress on this journey, you will likely feel intuitively guided to use different symbols in different areas of the body. With time and practice, you will feel your way through your healing session and understand intuitively how and when to use the symbols.

In the beginning though, your hands on healing practices can be as simple as putting in all of the symbols at all of the different hand positions.



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And as we've said here, for each hand position, you might like to wait for around 20 - 30 seconds to feel the Reiki flowing before you introduce each of the symbols into the area you are treating.

This is not a strict rule but rather our own personal preference for using the Reiki symbols in healing sessions. We often feel that the Reiki symbols like to work with light frequencies and as such, by allowing the Reiki energies to first start flowing to an area of the body, it allows the symbols to then go about their healing work in amongst the light of Reiki.

Another common method for calling on the symbols is to simply draw out and tap in the Reiki symbols at the beginning of each hand position.

There is normally no specification given as to when this should be done however most commonly, it is agreed that the symbols should be placed into the recipient's consciousness somewhere near the beginning of each hand position (i.e. to allow the symbol healing to take place during the 3 - 5 minutes of 'healing time').

After placing the symbols into the recipient's consciousness, you can now just open yourself up to receiving the beautiful and divinely guided Reiki energies, knowing that they will be flowing and working for the best possible healing result (both for yourself and for the recipient - according to your intention).

During each hand position there will be much healing being done as you channel in Reiki, love and light into the energy field of the recipient. This will be allowing the recipient to be purified and healed of many kinds of old, unwanted and stagnant energies from within so as this happens (as you already know), the person can sometimes feel a variety of different sensations as the healing occurs.



Regardless of what is being felt during each hand position, it is normally a good idea to draw out and tap in cho-ku-Rei just before moving onto the next hand position.

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By placing the Cho-Ku-Rei symbol into the recipient's consciousness just before moving onto the next hand position, you are helping to purify any negative energies that may have been stirred from the healing work. In other words, you are just doing one last purification and cleaning up before you move onwards to treating the next area of the body.

And that's it - a very basic set of instructions for giving hands on healing for Level 2!

To conclude here then:

❖ **Please be sure that you use the symbols that are available to you at this level, as they will indeed help to magnify and intensify the healing being experienced!** As part of this, we would suggest that you use the symbols wherever possible. Above all though, please allow your intuition to guide you to where you feel is right for the recipient.

❖ When using the Reiki symbols, **please always try to use them in the same order in which they were taught to you.** This is an important point and the reason why we have emphasised this a few times during this course.

❖ Please be sure to **draw or visualise the Reiki symbols in line with the images that have been provided to you.** As you progress, we invite you to work with the other variations of the Reiki symbols but for the first month or so, please be sure to use the symbols in accordance with the images provided to you in this ebook.

As an extension to these basic teachings, we would also like to encourage you to be as creative as you can be during each of your healing sessions and to always try to come up with new and uplifting ways of helping the recipient clear away old, unwanted or negative energies from within.

For example, if you have a recipient who is suffering from a very painful left leg and the energies feel quite stuck in this area, why not try and intend that there are many symbols travelling up and down the leg as they clear away all of the blockages and impurities within this area. You may also wish to place one hand at the hip area and one hand over the ankle and feel that the symbols are bouncing up and down between each of your hands as they bring their immense healing light throughout the entire leg area.

Remember that everything is intention so please know that your intention can create a whole myriad of different scenarios, images and situations which can help your recipients.

With love & compassion, we humbly ask that you please try to always create very beneficial intentions in order to help the Reiki healing energies flow to where they are most needed.



3.3 CLOSING THE SESSION:

Normally after giving a hands on healing session with Reiki, it is commonly accepted as good practice to seal your energy work. This will help the energies to remain with the recipient so that they are better able to gain the most they can from their healing session.

In some ways, sealing a healing session can be thought of as 'shutting the door' as you leave the room. As you can imagine, if you were to burn a beautiful incense candle in a room and then leave the door open, the beautiful aromas would soon be lost. In the same way, it is always nice if we can shut the door and seal our healing session as a way of finishing and retaining the benefits of the healing energies that have been introduced.

To help seal your session, simply call on the energies of Cho-Ku-Rei *with the intention of sealing your session*. And whilst there are a few different ways that you can do this, a very simple technique is to draw out Cho-Ku-Rei and imagine that it then circles the recipient and seals their energy field.



As you do this, you may wish to also imagine that there is a shield of white light which surrounds them in the same way as you did with your protection at the beginning. The only difference here is the intention to seal the energies rather than for protection.

Alternatively, if you wish to, you could also imagine that you are sending a very big Cho-Ku-Rei to the recipient's energy field with the intention of sealing the treatment. The magical healing energies of Cho-Ku-Rei will do the rest in accordance with your intention!

After you have successfully sealed your Reiki session, it will now be time to quietly give thanks to all of the divine healing energies and assistants that have helped you in your healing session today and if you wish to, offer your blessings to the recipient for a healthy and happy life. For example, you may wish to say something like:



"With deep love I offer my humble thanks to all Universal Energy, all Spiritual & Reiki Guides and all Divine Assistants who have helped us in this healing session today. Thank you greatly and compassionately for helping us to heal what was required. May you continue to shine your love and light down on us so that we may grow and blossom on our pathway forwards. Thankyou, thankyou, thankyou."

As you give thanks you are now ready to complete your healing session and to share the experience with the recipient in what is normally a beautiful feeling of love & light in your 'after talk'. We have provided more information about this during the Level 1 training so please refer back to this manual should you wish to re-visit some of this material about bringing your Reiki healing session to a close.



4. GIVING REIKI HEALING SESSIONS FOR OTHERS - BY DISTANCE:

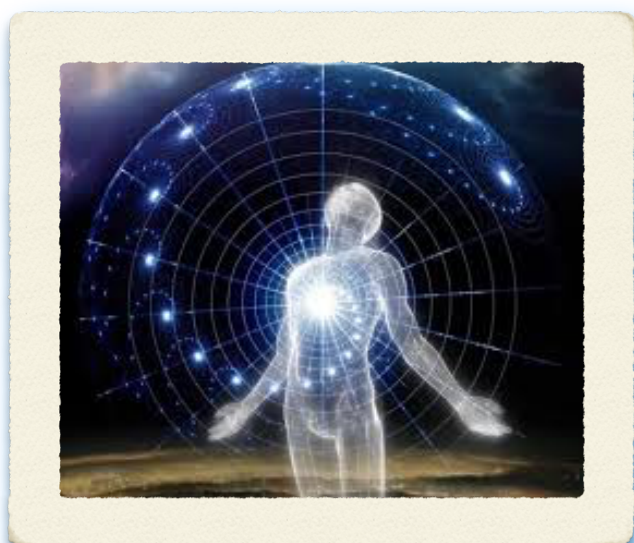
A key part of these Level 2 Reiki teachings is the idea that you can now send Reiki healing by distance through your connection with the Hon-Sha-Ze-Sho-Nen symbol. The Hon-Sha-Ze-Sho-Nen symbol is said to transcend both time and space and as such, you will now be able to send Reiki healing across both time and space.

Most commonly, when people think of distance healing with Reiki, they will automatically think of sending Reiki to someone in a different geographical location. For example, the idea that you could send Reiki healing to someone in Japan from your home in Mexico. And yes - this is the first perspective of distance healing, sending Reiki through space.

In addition to this though, the Reiki energies can also be sent through time which means that you can also send the Reiki healing energies into the ***past and future***. As a result of this, the practice of distance healing can help to unlock many different doorways and healing opportunities, both for yourself and for others.

Of course, as we start out with digesting these types of ideas & concepts, they can sometimes be a little difficult to understand or accept. However let us reassure you here that it is indeed possible to send Reiki through both time and space and we are sure that this is something you will gain more vibrational understanding of as you open up and start doing these practices for yourself.

When trying to understand how distance healing is even made possible, we can simply return to the idea that Reiki is defined as a **'spiritually guided universal life force energy'**. This energy source is often described as being 'interconnected' by nature and this point now becomes a very important cornerstone behind the theoretical possibility of giving distance healing.



With so much scientific data & evidence now starting to become available to us, the concept of interconnected-ness or one-ness is now starting to be more widely accepted within the scientific community. And whilst there is by no means a consensus yet in mainstream science about this topic, it is our view that at the most fundamental level, we are not 'separate' from one another.

We will be exploring this idea in more detail as we move into the Reiki Master teachings however for now, it is simply important for you to understand here that the validity and functionality of distance healing is made possible through the lens of **'interconnected-ness'**.

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Another important philosophy which is sometimes referred to in some Level 2 Reiki courses is the idea that at the ultimate level, there is no such thing as time and space. In addition to this, as infinitely divine beings, you are already able to transcend time and space in every way imaginable. Obviously, there is a certain amount of purity which will be required to achieve this and this is where the Hon-Sha-Ze-Sho-Nen symbol is of great assistance.

Through our connection with these 'Higher Consciousness' energies, we are able to send Reiki through these time and space 'barriers' so that we can help both ourselves and others in healing & purification.

Again, we do understand that these concepts are quite abstract and very deep from a philosophical perspective, however it is important to very gently touch on these as part of our Level 2 Reiki course. As always, it is our intention to help you to more deeply understand the foundations for these Reiki teachings so that you can become a better healing channel.

It is not necessary to logically understand how or why distance healing is actually possible but rather, just know that the techniques and healing practices being introduced to you here will help you to send Reiki healing by distance. As always, it is the beautiful divinely guided aspects of Reiki that will help you to do all the hard work for you!



We also wish to point out here that there are many different ways that you can send distance healing, either to yourself or others. As part of this course, we will be trying our best to give you some of the more popular techniques for helping you to do this in a way that is simple and easy. Again, it will always be your *intention* here which is so important.

As you progress forwards on your distance healing journey and as you open up to more of these techniques and practices, we are sure that you will understand this more and more as you experiment and try out some of these techniques for yourself.

As Reiki Teachers, we will always encourage you to find a practice that feels right for you. We understand that we all have different preferences and with this in mind, we are aiming here to give you a good understanding about a range of practices so that you can choose something that works best for you.

As part of this, we will be covering distance healing from a 'through space' perspective first & then from a 'through time' perspective secondly and as we do this, we will also be trying to include some additional insights about how & why both of these perspectives are important in a variety of healing situations.

Once we cover these different healing techniques, we will then leave it up to you to decide what feels right for you in your own practices. And please remember, no technique is any better than another but rather, it is always about what *feels right* for you and your own connection to the Reiki energies which is so important!



4.1 GIVING DISTANCE HEALING - A BASIC TECHNIQUE:

The first distance healing technique that we wish to introduce here is the technique that Marty and Gerry themselves learnt from their Reiki Teacher as part of their Level 2 training. This technique can be used to send Reiki healing to someone in another country (i.e. through space). Marty and Gerry have used this technique very successfully on many different occasions and have sent Reiki to all corners of the world using this one distance healing technique.



The practice is very easy to follow and although there are many variations that can be explored within this technique, we will be keeping this technique as simple as possible here so that you can easily see the process for giving distance healing.

You will notice here that this technique will be applying a more 'personal connection' type approach in that you will be imagining or thinking that the person you are treating by distance is simply lying down in front of you whilst you are sending Reiki.

As part of this technique, we will be sending Reiki healing to the recipients **Third Eye Chakra for 10 minutes** (as an all purpose healing session) and then sending Reiki healing to their **problem area for 10 minutes**; giving us a very simple format for a 20 minute distance healing session.

By following along with this simple formula, the Reiki healing energies can be very easily sent to the person (or living being) so that they receive an 'all purpose' healing session and additional healing for their specific 'problem area'. Both of these are quite important and will help to ensure that Reiki flows to where it is most needed within the recipient's body.

And although we have included a very detailed set of written instructions about how to give distance healing below (in the five steps over the next few pages), we also wish to make a summary teaching available to you in video format. Having learnt this distance technique from our Reiki Master 'in person' we feel that it is nice if we can also share this technique with you in this face to face format. We hope you enjoy this short video for giving distance healing and may it help you to send much Reiki love & light outwards into the cosmos!

[How To Give Distance Healing \(Video Tutorial\)](#)



To help gain some additional clarification about each of the steps mentioned in this video above, we have also provided this same information, but in written format, with some additional commentary below.

May this information help you to become a wonderful distance healing channel and may you help many beings to reach more love, light & health in their life!

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LEVEL 2 - ADVANCED HEALING PRACTICES

✿ Step 1 - Gaining Permission

Firstly, it is commonly said to be good ethical practice in Reiki to gain permission from each recipient prior to sending Reiki. This works on the principle of 'free will' and is generally considered as an important part of any Reiki practice. As a prelude to any distance healing session, please ensure that the person knows, understands and accepts that they will be receiving the Reiki healing energies from you. For further information on permission please see [this FAQ](#).



✿ Step 2 - Organising a time

Once you have gained permission from your recipient, you will now need to organise a time for the distance healing session to take place. Normally, when we are giving a Reiki distance healing session, it is best if the recipient can be in a state of relaxation and open-ness as they receive these healing energies.

In a perfect scenario, the recipient would be lying back comfortably whilst being focused on receiving the healing energies in a way that works best for them - just as they would for a normal healing session. If you wish to, as part of your pre-organising, you may also wish to provide them with some additional information or guidance about how they should approach their healing session.



For example, you may wish to explain to them that it would be nice if they can imagine that they are receiving light through their Third Eye Chakra or through their entire body during their distance healing session. Perhaps they wish to repeat an ***'I am open to receiving light'*** affirmation as they set their intention to receive these healing energies. Or maybe they wish to combine all of these together in their own way?

The general rule of thumb here is that your recipient is open to receiving the Reiki healing energies with love & gratitude. Once their intention has been set to receive these healing energies from you, they are then able to open up and receive these in the most comfortable and relaxing way for them.

Another way to send or give a distance healing session is to send the Reiki energies to the recipient whilst they are sleeping. And whilst the recipient will not be actively 'receiving' these energies, the distance healing session will still be successful.

This type of approach is particularly helpful in cases where there is a very significant or difficult time difference. You may also feel that for some people, you would rather give your Reiki distance healing session using this format.

How you choose to give your distance healing sessions will often depend on the individual circumstances of the person you are treating and your own personal preferences. In some cases, you might find that you wish to send distance healing to those who are actively receiving and in other cases, you may wish to give distance healing to those who are sleeping.

As always, we suggest that you follow your own intuition in any given moment and do what you feel is best for both yourself and your recipient.

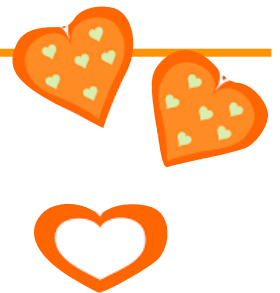
✿ **Step 3: Preparation for giving distance healing**

Having now gained permission from your recipient and agreed on a time for your distance healing session, you are now ready to go ahead and give your Reiki healing session by distance. And how you do this will be dependent on how you have organised things.

For example, have you said that you will telephone the person immediately prior to giving the distance healing session? Or have you already agreed that you will be sending the healing energies to them as they sleep? Or have you agreed upon a specific time for the healing energies to be sent - in which case you would simply do your distance healing at say 12:30pm EST (as agreed).


There can be lots of little logistical things to be considered here however for our purposes, let's assume that all of these have been taken care of. You are now ready to sit down and give your Reiki healing session by distance.

The following process will now help you to prepare for your distance healing session more effectively:



- ✿ Step 1: Invite energy & set your intention
 - ✿ Step 2: charge yourself with the Reiki symbols
 - ✿ Step 3: Invoke the Reiki energies and rub your palms together
-

For example, for step 1, you may wish to say something like:



"Universal Divine Reiki energy, any and all Gurus, Ascended Beings, Enlightened Ones, Spiritual Guides and other Divine Healing Assistants, please come and help me in this distance healing session today. Please shower me in your light so that I can send these healing energies to [name of recipient] in [country]. Please help [name of recipient] to help them with [list any ailments] and to help them achieve their highest possible healing result. May they be healthy, happy & joyful. Thankyou, thankyou, thankyou."

As you can see from this, you are using your intention to call on a range of 'Higher Consciousness' as well as setting your healing intention to send distance healing for the recipient's highest possible healing result. As always, the divine healing energies will likely know much more about the root causes of suffering and by setting your intention in this way, you will be more easily able to surrender to the highest possible healing results, whatever they may be.

As you complete this first step, you are now ready to start charging yourself with Reiki as you would for a normal healing session. We have already covered this step in the 'healing others' section above (see Chapter 3, Section 3.1) so please feel free to choose whichever method you feel suits you best for charging yourself for your distance healing session.



Once you feel charged with the Reiki energies, you are now able to invoke the Reiki energies as you would normally for any in person healing session. And again, we refer you back to Section 3.1 above for more information about how you may wish to do this.

As you finish with your invocation, you can now rub your hands together 20 - 30 times to help promote and enhance the energy flow prior to giving your distance healing session. And with this, you are now ready to commence your distance healing session.



✱ **Step 4: Giving distance healing**

After rubbing your hands and palms together you will quite naturally feel some warmth and friction between your hands and palms and as such, you are now ready to share the Reiki energies with your recipient.

To do this, we normally like to take a few moments here before we start to connect with or tune into the recipient's energy field. Just visualising or imagining that the recipient is lying down in front of us, connecting with their energy and opening up to this new connection. Just being sure to take whatever time you need here to connect with the idea that you will be treating your recipient by distance.

a) Sending Reiki to the Third Eye Chakra - 10 minutes

As with any healing session, it is always a nice idea to send Reiki into the recipients overall energy field before working on a particular issue. This helps the body to draw in what healing energies it needs and will allow these higher frequencies energies to be distributed to where they are most needed within the body.

As such, as part of this distance healing technique, we are happy to follow this very simple idea of sending Reiki through the Third Eye for 10 minutes as a beautiful way to give an 'all purpose' type Reiki treatment.



To do this, having now tuned into the recipient's energy field, you are now able to send Reiki to the recipient's Third Eye Chakra in exactly the same way as you would during an 'in person' hands on healing session. I.e you would position your hands in such a way that your hands are on or hovering over the Third Eye Chakra of your imaginary recipient and that they are now receiving Reiki into this chakra.

Just take some time here to send Reiki into the recipient's Third Eye Chakra for around 20 - 30 seconds or until you can feel the Reiki being drawn through you.

Now you are ready to use the symbols to strengthen and build the distance healing connection between sender and recipient. To do this, simply draw out and tap in the Reiki symbols to help strengthen your connection, noting that the following order should be used:

-
1. **Hon-Sha-Ze-Sho-Nen** - *to strengthen the 'by distance' connection*
 2. **Cho-Ku-Rei** - *for physical healing*
 3. **Sei-Hei-Ki** - *for mental / emotional healing*
 4. **Hon-Sha-Ze-Sho-Nen** - *for spiritual healing*
-

The Hon-Sha-Ze-Sho-Nen symbol is always used first in order to transcend time and space and to help you strengthen your connection with the distance healing symbols. The three healing symbols are then used to help bring about healing and with this, you are now able to simply open up and allow these beautiful Reiki energies to flow through your distance healing channel.

By sending Reiki to the Third Eye, you are intending here that the Reiki energies are being dispersed to where they are most needed within the body. And please remember here that the divinely guided aspects of this healing system will always help the energies to flow to where they are needed.

Should you wish to, at any stage during your 10 minute all purpose healing session, please feel free to call on the symbols again if you feel that this will help you to strengthen the Reiki healing. And of course, please also feel free to work with a variety of visualisations, affirmations and intentions as you feel guided to.

b) Sending Reiki to the problem area - 10 minutes

Having now finished sending your 'all purpose' Reiki session, it is now a good idea to send Reiki to the problem area i.e. an area of their body where the recipient is experiencing some form of pain or discomfort.



To do this, simply imagine that the person has now re-positioned themselves in front of you so that their problem area lies in front of your healing hands. The Reiki healing energies are now being sent from your hands and palms into their problem area just as you would through a normal 'in person' healing session as Reiki helps them to heal at a physical, mental, emotional & spiritual level.

Again, just allowing the Reiki energies to flow through your hands for around 20 - 30 seconds, you can now go ahead and draw out and tap in each of the Reiki symbols in the same order as we have described above. As you do this, you can intend that the Reiki energies help to heal and purify the specific ailment or condition that you are treating.



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As you send in the Reiki symbols, you are now able to open up and allow the Reiki healing to take place as Reiki is drawn through your distance healing channel. The Reiki symbols and healing frequencies are now going about their truly magical healing work and you can just relax and open up to this beautiful healing process!

As part of this, we have assumed here that you are aware of a problem area that is needing treatment. In some cases, this may not actually be known by you. For example, perhaps someone just wants to try out and feel Reiki when it is given by distance. In this case, you might wish to focus on the 'all purpose' type session or as part of the problem area, you might want to send Reiki healing into their **Heart Chakra** i.e. as a way of fuelling them with more love vibration.



Alternatively, you may have intuitively picked up an issue as you 'tuned into' their energy field. Perhaps you have felt something in a specific area of their body which may be in need of further attention. It is often possible to feel some form of energetic blockage or disruption in the energy field of the recipient as you are giving them their all purpose Reiki treatment for the first 10 minutes. Perhaps you feel that some healing is required in a specific chakra or for a certain personality trait for example?

There are many things that can happen as you 'tune into' another person's energy field so please be sure to listen or feel your way through your distance healing session. If you feel that the person is needing some healing for a particular area, then please honour your intuition and send healing to this area.

As with all healing work, it is always our own feelings and intuition that can be very helpful in producing a very effective healing result so again, we wish to re-iterate here that you are an immensely powerful divine healing channel that is indeed capable of 'knowing' where to place your hands!



✿ **Step 5: Closing your session**

As with all energy based healing sessions, you are now able to give thanks for the healing energies that have been received during this distance healing session and then seal your session as you feel guided.

For sealing your session, you can do this in the same way as you would do during a normal healing session i.e. by projecting or intending that the Cho-Ku-Rei symbol is placed into the recipients energy field as they lie there in front of you.

There are a variety of ways that you can envisage or imagine this occurring however most importantly it is your intention here which is so important. Again, we humbly suggest that you be guided by your own inner feelings and divine intuition for sealing & closing your session.

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As you seal your session, you are now ready to finish your distance healing session by consciously intending that the connection be ended between sender and receiver. This is another important step that will help you to sever the connection so that the receiver does not continue to draw Reiki healing through your channel throughout the day.

This is done very easily through your intention and you can choose whether you wish to do a very formal closing to your session or an informal closing. For example, you may wish to close your session by saying something like:



"Universal Divine Reiki energy, all Gurus, Ascended Beings, Enlightened Ones, Spiritual Guides and other Divine Healing Assistants who have come to help me today for this distance healing session. Thank you very much for all of your love, light and healing today for [name of recipient]. Please continue to send your healing energies for [name of recipient] as they move towards more love, light & healing in their life. I now wish to close this healing session and again, may [name of recipient] live in divine happiness, infinite love & immeasurable joy! Thankyou, thankyou, thankyou."

*** Now do your sealing practices with Cho-Ku-Rei ***



4.2 GIVING DISTANCE HEALING - ADDITIONAL TECHNIQUES:

Like all Reiki practices, different types of people will often approach their distance healing in different ways. And equally so, on different occasions you may feel drawn to call on different distance healing techniques also (in accordance with divine guidance).

For example, let's say that you have been asked to send some distance healing energies to someone who is in good health. They are curious about Reiki and want to receive distance healing from you to help appease their curiosity. Now compare this to a scenario where someone who would like to receive regular distance healing to help them cure a chronic illness that they have had for many years. Quite naturally, you may wish to choose a slightly different healing approach for each of these different requests.

As part of this then, in the interests of helping you open your perspective up about how to give distance healing, we are now very happy to run through some of the more common ways that people like to give distance healing with Reiki.

'Please note here that the first three steps of gaining permission, organising a time and preparing for giving distance healing will be exactly the same as we have outlined for the basic technique above. And also, the closing and sealing of your session will be done in exactly the same way as well. In the below sections then, we will only be covering the actual techniques about how to give the distance healing with these methods rather than the full distance healing process.

We hope you enjoy these new techniques and may they help you to share these beautiful Reiki energies throughout the world!

● Technique 1 - Using a 'proxy'

This is a very common method used to give a distance healing session and is done by sending the Reiki healing energies to the person via a proxy (a doll, teddy bear, pillow or anything else that can be used to 'represent' the recipient's body). For example, to use this method you would simply treat the proxy whilst intending that the recipient receive the Reiki healing.

The only difference here between this technique and the technique described above is that rather than *imagining* that the person is in front of you and receiving the healing energies, you are now channeling these into a 'proxy' instead.

If you wish to, you may follow along with our **'10 minute general healing + 10 minute problem area'** approach or you can simply go ahead and create your own distance healing session in accordance with what your intuition is telling you.



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If you wish, you can also go ahead and give a full body treatment to the teddy bear, pillow, cushion or whatever it is you are using. As you move from hand position to hand position, simply intend that the recipient is receiving the Reiki energies into that area of their body.

.....

For example, if you are starting in the head area, place your hands on the teddy bear and then state your intention as follows - **"I intend that [name of recipient] receive these Reiki healing energies in their brain"**. As you move onto the next position, simply state your intention again for that particular hand position and so it will be. The process then repeats for each hand position you wish to complete for your distance healing work.

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If you wish to, you can choose to give a full body healing session or perhaps create another more simplified distance healing format that suits your needs i.e. such as treating just the 7 major chakras or the 10 minute all purpose treatment + 10 minute problem area technique.

Normally, we would always suggest to spend at least 10 minutes on any given problem area and in cases where the problem might be related to the entire body (or many different areas of the body), it will also work to state your intention that the healing energies go to where they are most needed to heal that particular problem or ailment.

As part of this technique, we suggest that you follow the same symbol structure as outlined above and that at a minimum, the Hon-Sha-Ze-Sho-Nen symbol be drawn out and tapped in at the start of any distance healing session (to help strengthen your connection).

Please always remember that the Hon-Sha-Ze-Sho-Nen symbol is the 'bridge' that will help you to transcend time and space. It is these unique energies that will help you to make distance healing sessions possible so please be sure to use it always at the start of each distance healing session.

Alternatively, you may wish to use this same symbol ordering process at *each hand position* if it makes you feel more comfortable. And although it is not strictly necessary, it will surely help you to maintain a very deep and strong connection with the recipient you are treating. As always, please allow your intuition to guide you!

● Technique 2 - Using a photo

Another wonderfully simple distance healing technique that we are happy to share here is to use a photo (or computer screen photo image) for your distance healing sessions. Once you have this image in front of you, you can now send Reiki to the photo and the Reiki energies will be sent to that person (or persons) in accordance with your intention. For many Reiki practitioners, this technique can produce a wonderful connection between sender and receiver in a way that is simple and easy!



To give a distance healing session using this technique, simply hold the photograph in your hands (or place your hands over your computer screen) and send Reiki whilst projecting each of the Reiki symbols into the photo / image using the same order as we have outlined above.

As you feel guided to, you may wish to follow along with a simple 10 minute 'all purpose treatment' + 10 minutes 'problem area' or perhaps you would like to just send 10 - 20 minutes of Reiki healing to the person whilst stating your intention that Reiki flow to where it is most needed.

As you open up to channeling Reiki distance healing, you will be quite literally channeling the Reiki healing energies into the photo itself (or the computer screen) with the intention that these energies go to the specific person (or persons) you are treating. By intending it - so it will be.

As you can see, there is a lot of flexibility within this technique however as we discussed in the proxy technique - by sending Reiki to the photo, the healing energies will be sent to the recipient in line with your intention.

● Technique 3 - Writing a name

Another very common distance healing technique taught here in Level 2 Reiki is to write the recipient's name (and country / any other information) down on a piece of paper and then give distance healing to this piece of paper. And again, by intending the Reiki energies be sent to the person - so it will be.

And please note here that the 'writing' of a name and country on a piece of paper can also equally be applied to your digital equipment. For example, you will of course be able to type the recipient's name and country onto a laptop or tablet and then simply send Reiki to your screen. As always, please do as you feel best for your own personal circumstances.



We wish to again point out that you will be able to send the healing energies in whatever way you wish to through this technique i.e. all purpose healing or healing of a particular problem / issue. We would also like to again remind you to use the Reiki symbols in the same order as previously mentioned here for distance healing.

As a small add-on to this technique, should you wish to, you can also write down the recipient's ailment or condition on your piece of paper and then send Reiki healing to the piece of paper. The Reiki energies will always be sent in accordance with these 'written intentions' on the paper and as such, will always flow to where they are most needed to heal that particular issue.

4.3 SENDING REIKI INTO THE PAST:

We have already mentioned that the Hon-Sha-Ze-Sho-Nen symbol gives you the ability to transcend both time and space. So in the same way as it has been possible for you to send healing to someone in another country, ***it is also possible for you to send Reiki healing into the past or future.*** Let us start here by looking at how to send Reiki healing into the past.

Sending Reiki into the past can be a very important healing technique for us individually. It will be particularly relevant for those of you who wish to heal any kind of past trauma, past life issue, inner child issue or any other past experiences that you may have felt in your life (or past life) that was difficult to go through.



Quite often, these kinds of experiences, traumas and old sufferings can remain with us as this experience, thought form and emotional state is buried deep within us. As we send Reiki to this issue(s), we are therefore able to start healing or purify these old emotions and thought forms from within and as such, we are often guided to release these old and unwanted energies from within. And this is where these Reiki distance healing techniques can be very effective!

We are now very happy to share here a very simple technique that can help you to send Reiki to almost any past experience that you feel is in need of healing in your life.

***Simple technique for sending Reiki into the past:**

Please start here by centring yourself in whatever way you wish (*or perhaps you wish to call on this technique after completing another form of Reiki meditation*). When you feel ready, take a few moments to quietly set your intention & then allow yourself a few minutes to do some inner reflection.

As part of this, you can now just allow yourself to go inwards as you are guided towards finding something that is in need of healing in your life. Please take whatever time you need here as you allow your thoughts and memories to unfold as they are opened up and accessed through your own personal meditation.

Quite often, this inner searching will result in a past event or situation being brought to the surface for you. This may be something that has felt unpleasant, maybe you can feel some hurt (either physically or emotionally), sadness, humiliation, grief or any number of other unpleasant emotions coming to the surface.

Once you have identified something that you feel you would like to heal, we would suggest here that you set your intention to send distance healing to this situation, event, issue or experience. ***Your intention should be clearly stated to help heal this issue completely so that you can release all emotions, thought forms or other impurities that are still attached to this experience.***

Please now send the Hon-Sha-Ze-Sho-Nen symbol to this past experience, event or situation and then if you wish to, you can also send the Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen symbols afterward in the same way as you have done in your other distance healing work. As you do this, the Reiki energies will now flow through you and into this situation, issue, event or emotional state and will help you to heal or purify this from within.



Emotions From A Past Situation
Arising For Healing

As a part of this practice, it will often be necessary for you to sit in some difficult spaces as you release and let go of these old emotions and the old or unwanted energies from within. However please know that the Reiki energies will always be helping you to move through this with love & light and will be assisting you in this process of letting go and releasing these difficult emotions.

As you feel ready, you may also wish to expand your intention further still, so that you can now heal all of the root issues behind this past event. You can again state that you are wanting to release, let go and clear away ALL impurities, blockages and imbalances which are in any way related to this issue once and for all.

If you feel that it is necessary, you are now able to again send in the Reiki symbols to this expanded intention and again just sit with these energies for some time as the Reiki energies help you to heal these issues in line with your intention.

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Please again be aware that there might be some old or challenging emotions being felt as you open up to these old experiences. Perhaps you will re-experience some of these as they are being released from your energy system also. Please be brave though and shine the Reiki light into these darker parts of yourself - the rewards are definitely worth it!

Please understand here also that healing takes place in layers. In some cases, you may need to send the Reiki energies to these past experiences on many different occasions as you clear away layer after layer of old thought forms, old emotions and old karmic conditions from within your consciousness. Good luck!

* Doing inner child work

For those wishing to work with the Reiki energies for inner child work - the healing techniques are very similar to what we have described above. Allow yourself some time for internal preparation and once you feel ready, bring your inner child into your meditation and connect with him or her.

What does he/she look like? How old is he/her? What emotions can you feel? Is he/she scared, embarrassed or humiliated? Does your inner child feel neglected? Or perhaps your inner child just needs to know that he/she is safe?

Whatever type of inner child work you are doing, you are now able to use the Reiki symbols (in the same distance healing order) to help heal your inner child. The Hon-Sha-Ze-Sho-Nen symbol will help you to connect with your inner child more deeply and then the normal Reiki healing symbols will help you to bring about healing from within your inner child.

Above all though, please take some time here to listen to your inner child. Sit with them and allow them to express how they feel. Quite often, it is through the energies of love, nurturing, compassion and empathy in combination with the Reiki energies that can help us to heal many of our inner child issues.



4.4 SENDING REIKI INTO THE FUTURE:

Looking back into the past and healing the many different issues that we have encountered on our life's journey can indeed be a challenging task - but again, it is most certainly worth it. Sending Reiki into the future on the other hand is often a joyous, inspiring and exciting experience as we start trying to co-create or sustain a brighter and happier future for ourselves and others!

This very simple distance healing technique that we will be describing here will help you to send Reiki healing into any future event, situation or scenario. By sending Reiki to these future events you can then rest assured that the Reiki energies will be there waiting for you to help create a more loving & positive outcome.

For example, let's assume that you have a big presentation coming up for your job or perhaps a big end of year exam to sit for. When you think of these events, it is quite natural to feel some sort of anxiety or fear as you consider the possibilities of what could happen.

With distance healing, it now becomes possible for you to send Reiki to this future event so that these calming, healing and deeply loving energies will be there waiting for you as you arrive at this point in time. And whilst there are numerous techniques that can help you to send distance healing into the future, one very simple technique is to simply imagine the situation clearly in your mind and then send Reiki to that particular situation.

As you do this, please be sure to set your intention clearly for the result that you are hoping for so for example, ***“Please help me to be calm and relaxed so that I can perform to my optimal abilities and without fear”***. OR ***“Please help me so that I can give a wonderful presentation will love & light!”***



Now send the Reiki symbols as you normally would for distance healing and allow Reiki to flow to this event for as long as you feel necessary. Normally 10 - 20 minutes should be enough however should you wish (to raise the vibration of the situation further), you may wish to do multiple distance healing sessions as you feel guided.

We will also be providing you with another really great technique in the next section that can also be used to send Reiki into the future. This technique can be used to send Reiki to a great variety of different events, scenarios, situations, goals, ideas and much more. We have chosen to include this as a separate technique in the below 'Bringing Reiki Into Your Life' section so that you can be guided towards sending Reiki into many areas of your life.



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But just before we move into this next section, to finish off this discussion about sending Reiki into the future, let us quickly point out here that many future outcomes in your life are often linked to your own karmic circumstances and to your own life's learning. In other words, even if you send Reiki to your exam - it may actually be beneficial for you to fail the exam you are sitting so that you can go onto something even more amazing!

Also, please keep in mind that this wonderful universe is very good at providing lots of purification opportunities! So in some cases, even after sending Reiki to your presentation, you may indeed be guided towards giving a lousy presentation at work so that you can then be guided towards releasing some of your own internal impurities. We often find that if we are needing to release something from within, the universe will always create an external circumstance to help us do this. And although this is not always pleasant, it has been brought through to you so that you can heal and therefore move to higher ground.

So again, if your future event doesn't end up going exactly as you planned, please don't think that Reiki has not helped this situation. Instead, understand that Reiki will always help you to heal, purify and move towards more love, light & understanding in your life - in line with your own highest good.

By sending the Reiki energies to a particular future situation, they will always be there for you during this time and will be helping to produce the best possible outcome for you in line with your own karmic circumstances. It will also help you to move through any difficult purification or healing crisis with much love & light.

Using Reiki on a regular basis is a wonderful way to purify many of our own karmic issues however please do not ever EXPECT that something will always go to how you planned. For as the universe closes one door, another door always opens and you just never know how amazing or life changing that new door can be!



5. BRINGING REIKI INTO YOUR LIFE:

As we approach this final section of the course, we have already introduced you to a wide range of different healing techniques & practices that will help you to use the Reiki symbols in a number of different healing formats. For example, you have now learnt how to use the Reiki symbols in meditation & for giving healing sessions (both in person and by distance). And within this distance healing arena, you have now learnt how to send Reiki into the past and the future.

Throughout this course, we have consistently emphasised the importance of intention. We have done this to try and help you to learn that it is not necessarily the actual technique that is so important but rather, it is always the intention behind the technique that creates the healing results. And as another really good example of this, let us now introduce you to this next technique which can help you to bring Reiki healing into many different aspects of your life.



5.1 BRINGING REIKI INTO YOUR LIFE - A BASIC TECHNIQUE:

With this one basic technique, you will be able to send Reiki to almost anything you can imagine. This includes sending Reiki for goals, visions, ideas, situations, events, hopeful outcomes, groups, locations, organisations, people, animals, plants, other people's visions, other people's goals etc.

This technique is extremely simple and was explained to Marty very beautifully by a young Reiki Master from Chile who he met on his spiritual travels in Nepal. To practice this technique, we suggest that you do some form of internal preparation before following along with the below instructions:

-
- **Step 1: Draw out a triangle with your dominant hand and then draw out and tap in each of the three Reiki symbols at each point on the triangle.**

For example, you can draw out and tap in Cho-Ku-Rei at the top of the triangle. You can then draw out and tap in Sei-Hei-Ki into the bottom left hand corner of the triangle. And finally, you can draw out and tap in the Hon-Sha-Ze-Sho-Nen symbol and place this at the bottom right hand corner of the triangle.

The actual positioning here is unimportant. Just as long as each of the three symbols are positioned around your triangle (as you feel guided) so that their healing light can help to bring a positive outcome to the 'issue' you are working with.

•🌀 **Step 2: Imagine or create the scenario that you wish to 'treat' inside your triangle.**

For example, if you were sending Reiki to empower a goal or future idea / vision, you would imagine that your goal is fully accomplished and that you are sitting in this space of happiness and gratitude.

To help strengthen the healing, you can imagine what it looks like once your goal has been achieved. What does it feel like knowing that your goal has been achieved? What do you have surrounding you now that you have achieved your goal? And as you imagine all of this in your mind; please be sure to intend or see all of this happening within your Reiki triangle.

•🌀 **Step 3: Draw out and tap in Hon-Sha-Ze-Sho-Nen over the entire triangle.**

This will help to strengthen the connection with your 'issue' whilst helping it to actually manifest or materialise into your life. By using Hon-Sha-Ze-Sho-Nen, it can help us to connect more deeply throughout time and space and is therefore a good idea to call on these energies here at this stage of the healing.

•🌀 **Step 4: Send Reiki healing for 10 - 20 minutes (as you feel guided).**

Now that all of the symbols have been placed around your triangle, you have imagined your perfect scenario and have connected with this more deeply through the Hon-Sha-Ze-Sho-Nen energies, you are now ready to send Reiki healing to this triangle.

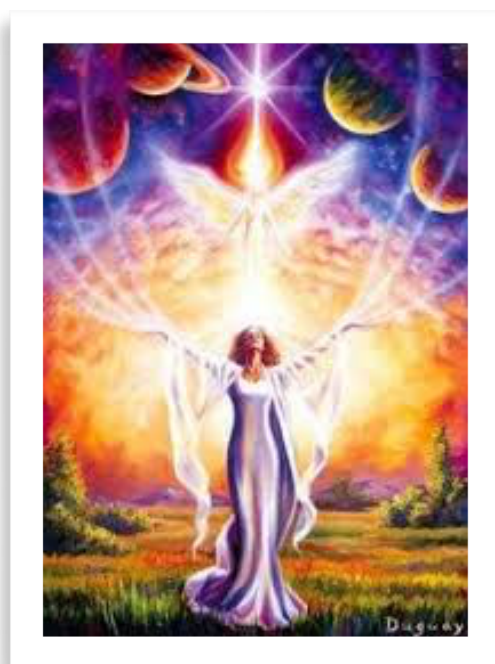
In the beginning, we would suggest that you send Reiki healing to your triangle with your hands and palms, just like you would in a distance healing session. As you progress though, you are welcome to do this through your meditative concentration as you feel guided.



As you are sending Reiki healing to your triangle, you are also welcome to continue intending or projecting symbols into this space throughout the 10 - 20 minutes. Perhaps a slow, continual tapping technique might be useful here as you hold your concentration on your triangle & the issue you are treating.

As you progress forwards with this technique, you will no doubt realise that this is only a very basic foundation but it is something that can be used for many kinds of energy based healing work.

It is something that can help to sharpen your meditative concentration also as you open up to sending Reiki to any number of issues you are facing in your life. If you want to, you can even place the **entire universe** into your triangle and send Reiki healing to it!



5.2 AN EXTENSION TO THIS BASIC TECHNIQUE:

As you progress on your Reiki journey and especially as you move into the Advanced Usui Reiki levels, you will notice that you will start to accumulate more symbols and 'Higher Consciousness' frequencies to work with. And as such, we wish to help adequately equip you here for your onward journey with us into these higher levels.

The idea here is very simple - as you accumulate more symbols, simply change the shape of your triangle. For example, as you move into the Level 3a training, you will gain access to three additional symbols, two of which are relevant for this kind of healing work. So, rather than using a triangle for your healing work (noting that the triangle has three very natural points at which you can place a symbol), might we suggest that you start working with a pentagon (5 sides) as you open up to the Level 3a teachings.

As you progress even further into the Advanced Usui Reiki Master (Levels 7 & 8) training, we would suggest that you start doing this distance healing technique with a circle (as you start to acquire many different healing symbols). This will help you to never run out of 'sides' and in this way, you can always bring whatever symbols you like into your distance healing sessions!

Please also be aware though that as you move forwards into these Advanced Usui Reiki Master energies, you will start to gain more understanding about how to work with 'higher consciousness' symbols.



For example, during the Advanced Usui Reiki Master Teacher level, you will be receiving one symbol that encapsulates *all* of the Usui Reiki energies. By just calling on this one symbol, you will be able to receive all of the Usui Reiki & Advanced Usui Reiki healing frequencies in one very simple 5 minute practice!

However this is for another ebook and another time!

For now, please allow yourself to start at the foundations so that you can help build your way towards these more advanced levels. Above all, it is always a dedication and devotion to your practice that will help you succeed on any Reiki pathway!



5.3 ADDITIONAL WAYS OF USING SYMBOLS IN YOUR LIFE:

By now you will have seen that it is always our intention that is so important when working with symbols. And as part of this, you will now also understand that the divinely guided aspects of Reiki will always allow the energies to respond to your intention. And by now, it is perhaps much easier to see how so many different Reiki techniques have started to emerge around the world!

During this course, we have tried our best to include some of the more popular ways of working with symbols so that you can gain some understanding about how to actually connect with these practices in a way that is simple and effective.

We have also tried to emphasise that you have a truly divine and wondrous 'inner guidance system' which will always help you to connect with Reiki. The Reiki energies themselves will be guiding you towards a deeper understanding about how to use these energies as well in what is a beautiful and loving connection between 'you' and Higher Consciousness.

Throughout this ebook, we have also tried to empower and inspire you towards exploring these techniques and perhaps coming up with your own very special and uplifting techniques. And in the interests of helping you explore more possibilities of Reiki, let us now quickly look at some additional ways that you may wish to call on the Reiki symbols for bringing Reiki into your life.

✿ [Sending Reiki to your food:](#)

It is very common amongst a range of different spiritual traditions to bless food before it is eaten. And of course, there are many different ways in which this done throughout these different religious and spiritual traditions.

For example, in the Buddhist tradition the food is offered up to Buddha (or a variety of different Deities) prior to eating so that the practitioner can receive 'blessings' for the food from these Higher Consciousness entities.

As part of this offering process, it is taught that the practitioner is able to accumulate *karmic merits* by offering their food and as such, their eating routine also brings benefit to their pathway towards enlightenment.

In Reiki, whilst the practices differ somewhat from these Buddhist practices, the general concepts here remain similar. It is the idea that we are helping to raise the energetic vibration of our food by giving it a Reiki blessing, prior to us ingesting this into our body.





The obvious benefit of this is that we are helping to purify the food of anything that might be vibrating at a slightly lower density of energy. As such, we are helping to reduce the amount of toxins, impurities and other imperfections that may be present in the food prior to us ingesting it into our body. Many people believe in the idea of cleansing the body regularly as a way of releasing toxins from within. This is now seen as a wonderful way to help promote health and wellbeing in the long term.

So surely it is also important to practice a technique which helps to reduce the amount of impurities that we are ingesting in the first place? In this way, your eating can now become a part of your spiritual development i.e. with the idea that you are blessing your food and helping yourself to ingest less impurities into your energy system. However you wish to think about this blessing or charging of food, this Reiki practice can be a very simple one which helps to bring more love, light & healing into your life.

One of the easiest and most effective ways to bless or charge your food with Reiki is to use the Cho-Ku-Rei symbol, largely because Cho-Ku-Rei is one of the best symbols for helping us to cleanse or purify things.



To bless or charge your food with Reiki, simply draw out and tap in the Cho-Ku-Rei energies (either physically or mentally) whilst being sure to state your intention clearly.

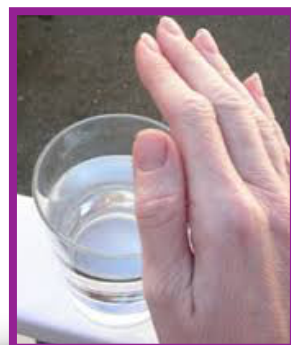
And that's it.

You are also able to send the other Reiki symbols into your food should you wish to however using Cho-Ku-Rei is most common.

Some practitioners also like to send Reiki healing to their food with their hands. For example, after you have drawn out and tapped in the Cho-Ku-Rei energies simply hover your hands over the food (or place them on or under the food as you wish) as you would with healing a person, and allow the energies to flow (with your intention as well). Again, we will leave this up to you to decide how you wish to bless or charge your food prior to eating.

As an extension to this idea of blessing or charging your food, you can also apply this same technique to any kind of liquid, medicine, lotion, moisturiser or anything else that you put on or in your body.

For example, when you wish to drink water, it can be helpful to firstly energise, bless and cleanse the water with Cho-Ku-Rei (and any other symbols) and ask that the water bring about a wondrous amount of healing from within.



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Alternatively, when using medicines - you can first energise them with Reiki whilst intending that you will not experience any side effects from the medication. The same applies for suncreams, shampoos, moisturisers or any other personal care products.

Quite often, these kinds of products contain a great many harsh chemicals which can have a detrimental affect on your overall health and wellbeing. By cleansing or purifying these with Reiki, this is a better way of you ingesting or using these types of products. Better still - maybe this is a good time also to start using some natural alternatives?



✦ [Sending Reiki to cleanse rooms & houses:](#)

Another very common Reiki technique which is taught during the second level of Reiki is the practice of cleansing rooms and houses. By cleansing a room or house, you are effectively helping to clear away any lower vibrating energies (in the same way as you would with food).

This technique can be helpful in a number of different circumstances and especially when preparing any kind of healing or meditation space. In particular, this technique is invaluable if you are someone who is giving regular healing sessions in someone else's space i.e. in a place that may contain some heavy energies or other kinds of energetic debris.

It is indeed true that our houses, rooms and other locations retain much of the energies that have been vibrating within the inhabitants during their occupation of that space. So for example, if you have a couple living in a house and they are constantly fighting, arguing and blaming each other, then these vibrations will quite naturally be retained in the energetic space of the household or location.



Alternatively, if you are always using a particular room or space for healing & mediation i.e. you are constantly calling on many different kinds of 'Higher Consciousness' entities, then this space will very naturally retain some of these uplifting energies.

Have you ever noticed that when you walk into an old sacred place such as a temple, that you suddenly feel quite peaceful or still? This is normally the result of hundreds of years worth of prayers, mantras, and good intentions remaining in this space.

In Reiki, it is good to clear away negative energies within a space and as we've already mentioned here, this will often be done prior to giving a healing session or doing meditation. It is also quite common to be asked to cleanse someone's house with Reiki. And in this case, it will be important to quite literally cleanse each room by following along with the instructions below.

Cleansing A Room With Reiki:

- * **Step 1:** Stand in the middle of the room that you are cleansing and set your intention clearly.
- * **Step 2:** Draw out and tap in (three times) Cho-Ku-Rei into each corner of the room.
- * **Step 3:** Draw out and tap in (three times) Cho-Ku-Rei into the ceiling of the room.
- * **Step 4:** Draw out and tap in (three times) Cho-Ku-Rei into the floor of the room.
- * **Step 5:** Now simply stand with your eyes closed and just feel that these energies are helping to clear away any and all negativity from the room.



Again, the cleansing being done will feed from your intention so please be sure to set your intention clearly and for the benefit of cleansing the household or room that you are in. You can also combine this above technique with a range of visualisations should you wish to however this is not overly necessary.



✿ [Sending Reiki to the Earth & beyond:](#)

As we progress on our Reiki pathway, we are often guided towards more understanding about how important it is to start cultivating an altruistic or benevolent state of mind. And as part of this, a key teaching is that:



*The wider your intention is,
the more healing you receive.*



And whilst this is something that we will be talking a lot more about during the Reiki Master level, we wish to plant this small seed here during these Level 2 teachings so that you can start to open up to this new idea in your symbol practices as you feel guided.

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As part of any successful Reiki journey, we will always try to encourage each Reiki student to share the Reiki energies with others wherever possible. And what better way to do this than to send healing energies outwards for our Earth or even for our Universe!

To send healing for our Earth is to send healing for the entire planet including nature, plants, insects, animals and all other inhabitants that co-exist together on our beautiful planet. It is the idea that you will be sending these uplifting and loving Reiki energies for all to benefit from.

And as you start out with your practice, it might just be a very simple based idea of sending healing to the planet itself. As you progress, you may start to expand this to include the inhabitants and as you continue to grow in your practice, you may start to visualise or intend that your Reiki light is being sent into the Earth and radiating outwards for all to benefit from in the universe!

As you do these kinds of visualisations and as you create these intentions in your practice, please know that you will be gaining a very significant amount of healing & purification within yourself also. As such, you will be not only gaining much karmic merit for your journey forward towards the light but you will also be helping to create a wonderful set of vibrational circumstances for your own healing & growth. In other words, as you give healing to others, you will also receive much healing & purification for yourself through your loving, generous and kind actions.



On the next page we will take you through an Earth Healing Meditation.

A Simple Earth Healing Meditation

- * **Step 1:** Prepare yourself as you wish, noting that this meditation can be completed in 5 minutes, 10 minutes or even 20 minutes (as you feel guided).
- * **Step 2:** Charge yourself with Reiki, set your intention & invoke the Reiki energies as you prepare to send distance healing to the earth (as you would normally).
- * **Step 3:** Take a few moments to tune in, connect with and open up to sending Reiki healing to our beautiful earth mother. For example, you might like to imagine here that there is a very small version of our planet Earth hovering just above your hands.
- * **Step 4:** Send Reiki healing to the earth with your hands for around 20 - 30 seconds as you would normally through a distance healing technique of your choosing i.e. you can imagine that the Reiki energies are flowing through you and filling up the earth with much love, light & healing energy. The Reiki healing is helping to uplift the earth, her inhabitants and is helping to bring balance, love & peace to the entire planet!
- * **Step 5:** Draw out and tap in each of the Reiki symbols in the same order as you would normally through a distance healing session.
- * **Step 6:** Now continue to open up and receive Reiki healing for the Earth (feeling free to use the Reiki symbols as you feel guided to during your meditation / distance healing session).

As you complete this final step, you may also wish to imagine or visualise that the Earth is receiving this light beautifully and with much love & gratitude. The Reiki energies are flowing to wherever they need to be in order to help bring balance, love, peace and harmony to all areas of our planet.

You may wish to see or imagine that the Earth now starts to glow brightly as the Reiki energies are helping to uplift the vibration of the Earth closer towards purity, white light & unconditional love. And as you progress with this technique, you can also start to expand on this visualisation as the white light continues to radiate outwards for all to benefit from.



As you can see here from this technique, we are trying to encourage you here to expand your thinking & your intentions here so that you can start to feel some of the benefits of the altruistic or benevolent intention in your practices. As we've said, this is something that we will come back to in our Reiki Master teachings but for now, we are very happy to share this Earth healing technique with you here for the benefit of all!

For those of you who wish to be guided through an Earth healing meditation, we are happy to share the below guided video meditation which we have included as part of our free online beginners meditation course. Please feel free to watch this video by clicking on the link below:

[Earth Healing Guided Meditation \(Video / Audio\)](#)

5.4 BRINGING IT ALL TOGETHER:

We hope that by reading this practical section of these Reiki Level 2 teachings, you now understand that really, you can send Reiki to almost anything you wish! And of course, you have now been given a whole plethora of different techniques & healing practices to help you do this.

To start with, you have been given a very simple and easy format for doing self healing or meditation with symbols. And you will also know that as you start to accumulate more and more symbols, this same format can be used as you continue to progress on your Reiki pathway.

Secondly, we have introduced you to some of the basic ways that you can work with healing symbols in your 'in person' healing sessions. And again, as you accumulate more symbols through the higher levels, these teachings will act as a very important foundation for you as you introduce these new symbols into your healing practices.

Thirdly, we talked about the concept of healing *by distance* as we introduced you to a number of very simple techniques for sending Reiki to people in other geographical locations and for sending Reiki healing into the past and the future.

And finally, to finish off with here, we have just now introduced you to a number of very simple techniques that will help you to bring Reiki into many different areas of your life including how to bless your food with Reiki, how to cleanse rooms or houses, how to send Reiki to our Earth & how to send Reiki to anything you wish through the very simple *triangle technique*.

We do understand though that this is a lot of information to take in and digest! And this is a part of the reason why we are so happy to provide this information to you in written format. We invite you to take whatever time you need here to digest this material. Normally, we find that most people will start off with their self healing practices to gain more vibrational understanding of the Reiki symbols.

For those who are giving in person healing sessions on a regular basis, they will also very naturally start to incorporate these into their healing sessions and then will slowly move into the idea of giving distance healing i.e. where the opportunity arises.

You are also able to re-read or re-visit any parts of this course at any stage of your Reiki journey. We have deliberately tried to lay out our course in sections to try to make this easier for you and of course, if you have any questions, we are always more than happy to help where we can!

Perhaps you are someone who may benefit from a small 'healing practices' book which can help you to keep track of all your favourite healing practices? Perhaps you wish to print out and highlight some of the areas within this ebook so that you can return to this information at a later time?

The entire purpose of this course has been to provide you with a good range of healing techniques and practices so that you have a complete set of Reiki teachings for Level 2. As part of this, we have tried our best to provide you with everything that has been helpful to us on our own Reiki journey so that you can move towards more love, light & healing in your life. It is with much love in our hearts that we share this information with you and we hope that it can help you to become an amazing healing channel for the absolute and infinite benefit of all!



6. FINAL COMMENTS:

It has truly been our pleasure to introduce you to these Usui Reiki - Level 2 teachings and we truly hope that you have enjoyed receiving these teachings as much as we have enjoyed sharing them!

Please wait for a minimum of 3 months before moving into the Usui Reiki Level 3a attunement.

Throughout this 3 month digestion period, you will be able to gain many kinds of additional healing experiences and learning as you open to these new techniques. And for many people, this is truly one of the most important and enjoyable parts of the learning being done here at this level!

If you feel ready to, for those who would like to move very quickly through the Usui Reiki healing system, you can also use this 3 month digestion period to start opening up to one of our [Ascension Pathways](#). The Ascension Pathway energies offer a very significant opportunity to raise your vibration and can help you to more quickly move into the Advanced Usui Reiki energies when the time comes.

In any case, after a minimum of 3 months from the date of your Level 2 attunement, we invite you to move into the [Usui Reiki Master Healer Level 3a](#) energies as you feel ready. Here, we will be guiding you towards a more deeper understanding of Reiki as we cover a range of new and exciting healing techniques that will help you to bring more depth and love to your practices.

As part of the Reiki Master 3a training, you will be receiving access to the Reiki Master symbols as you open up to receive the necessary upgrades in your consciousness so that you can start to heal with these new symbols in your practices. The Reiki Master training will also help to create a wonderful and loving foundation for the *Advanced Usui Reiki* healing system!

Finally, it has truly been our honour and pleasure to share these Usui Reiki teachings with you here and we wish to bow down to Dr Mikao Usui and all Reiki Masters who have helped to maintain this beautiful lineage and healing system so that these energies may be spread throughout the world.

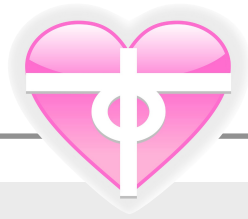
If you would like a certificate for completing Usui Reiki Level 2, please click on the link to be taken to our website where you can [download a certificate](#) for this course in PDF format. Simply print it out and fill it in as you wish. Congratulations!

We hope that you too will be a wonderful part of this Reiki lineage as you open up to sharing these beautiful healing energies with many wonderful souls. May these Reiki practices help you to bring more love, light & peace into our world and into the collective consciousness!

With Love Inspired Blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**





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Welcome to
Usui Reiki Level 2



Chapter 4:
Appendices



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USUI REIKI
LEVEL TWO - ADVANCED HEALING

Chapter 4: Appendices

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APPENDIX ONE
JOSHIN KOKYU HO

Joshin Kokyu Ho Meditation

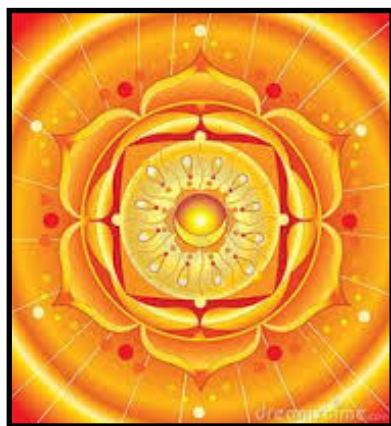
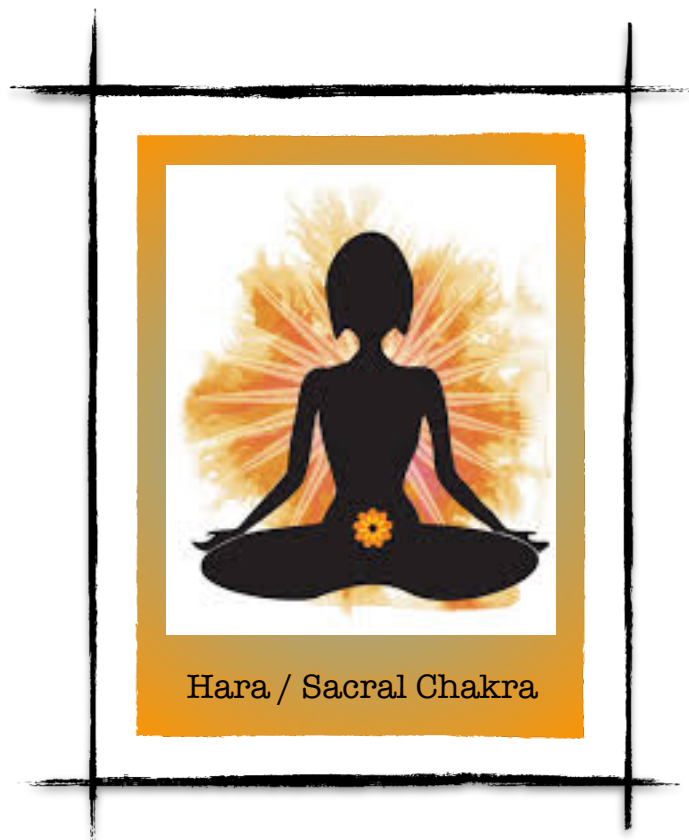
The 'Joshin Kokyu Ho' technique was taught by Dr Usui to his students as a way of strengthening their connection to the Reiki energies and to their 'Hara' (a.k.a Seika Tanden). The word 'Hara' is a very popular term used in many Asian traditions that refers to the Naval or Sacral Chakra, with the word 'Seika Tanden' simply meaning 'below the navel'.

So with this, we can see that all of these terms (Hara, Seika Tanden, Naval Chakra & Sacral Chakra) are all interchangeable terms which refer to our second chakra.

This second chakra is commonly taught throughout many different traditions as being the 'centre' for our entire energy system and this is especially true for most of the Asian cultures and religious traditions. It is therefore quite likely that these techniques and teachings have been included here in the Reiki healing system as a result of Dr Usui's own spiritual background as a Japanese Buddhist monk.

In any case, the 'Joshin Kokyu Ho' Reiki practice is truly a pleasure to work with and can be a wonderful complement to any self-healing or mediation practice. It can be completed either in conjunction with other self-healing techniques or as a stand alone meditation in itself.

There are also a great many variations that can be created from the basic Joshin Kokyu Ho practice, however to start with here, let us now describe how the practice is taught through the traditional Reiki teachings and then we will add some of our own additional insights into how you can tailor this practice to your own needs, should you wish to down the track.



Under the more traditional teachings, Dr Usui taught this technique to his students whilst encouraging them to sit upright with their spine straight. By having the spine straight, it is said to allow the Reiki energies to flow more freely throughout our central channel and beyond. You may choose to sit on a chair or on the ground, as you wish.

Resting your hands in your lap (or as you feel comfortable), please now take a few moments to bring your awareness to your Hara centre (Sacral Chakra). This chakra is located approximately 2 - 3 inches below your belly button, inside your body i.e. in between your navel and the top of your pubic bone.



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Just allowing yourself some time here to rest as you become aware of the natural rhythm of your own breathing. Inwards and outwards inwards and outwards.....

As you feel this rhythm and connect with it, you can now imagine that for each inward breath, you are receiving a wonderfully brilliant light inward through your Crown Chakra. The light flows down on you effortlessly as you inhale, and flows all the way down through your body and into your Sacral Chakra with each inward breath.

As you exhale, the light now radiates beautifully outwards from your Sacral Chakra throughout every pore of your body. And with each exhale, you can let go of all tension, worry & stress. Anything that no longer serves you on your pathway forwards, you can release through each exhalation.

If you wish to also, you may like to feel or imagine that your Hara centre is glowing more brightly, your body is glowing brighter and brighter with each and every exhale as the energies are radiating outward from your entire body.



The Joshin Kokyu Ho practice now simply repeats this basic formula. Breathing in the Reiki light whilst feeling it move down into the Hara region. And breathing out - the energy is flowing outward from your Hara centre through every part of your body.

You can repeat this for as long or as little as you wish noting that the feelings of this practice tend to build with time and practice. To start with, we suggest that around 5 minutes or so should be enough but as always - see how you feel.

This will also be a wonderful prelude to any other form of meditation or healing!

The Joshin Kokyu Ho technique can help us to feel more balanced, peaceful & relaxed in a very short period of time. It can also help us to feel more in tune with our own energetic based nature as we work with our intention and visual creativity to create a wonderful 'light' perspective of ourselves.

This is a more traditional teaching for Joshin Kokyu Ho (with a few extra visualisation techniques to promote additional connection) however in addition to this basic formula, there are also a great many other variations that you can now open up to as part of your Reiki Level 1 practices:

★ **Variation 1 - Lying down with palms over Sacral Chakra**

For those starting out, it may be difficult for you to immediately connect with your Sacral Chakra or Hara region. Therefore, we like to encourage people to try a variation of the Joshin Kokyu Ho practice through lying down with palms facing downward over the Sacral Chakra region.



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We feel that this position can help bring more added awareness and warmth to this area (through your palms) and also helps to create a reference point for your breathing and energy expansion i.e. from your Hara centre.

We would also like to add here that at the start of your Joshin Kokyu Ho practice, you can also allow yourself a few moments to open up to the flow of Reiki energy into your Hara prior to your breathing. And in this way, you can feel more warmth, relaxation and connection to Reiki before working with your breathing.

Now you can go ahead and complete the practices in the same way as outlined by Dr Usui, whilst being sure to really bring your focus and imagination to the crisp, white healing light which is the Reiki energy.

As you breathe in, you are breathing the Reiki energy deeply into this warm abdomen area. When you exhale, you can imagine that you are glowing magnificently and radiating Reiki for all to benefit from!

Repeating this process keeping your focus on the Sacral Chakra area. With each exhale, you can quite literally feel that you are exhaling from your Sacral Chakra outwards as these energies are dispersed beautifully through your body.



★ Variation 2 - Lying down with palms over your Heart Chakra

We understand that the original purpose of the Joshin Kokyu Ho technique was to help centre oneself in the Hara centre and to help find energetic balance and harmony within the overall energy system.

Having said this, we also believe that working with this technique and connecting with these Reiki energies through your Heart Chakra can also be very beneficial. So with this, we feel it important to highlight another variation of the Joshin Kokyu Ho technique.

To start with then, please lie down and place your hands, palms downwards, over your Heart Chakra. (Please note here that you can also practice this meditation sitting up if you wish and with or without your hands being placed over your Heart Chakra). For our purposes here though, let's take the example of lying down with your hands being placed over the Heart Chakra (to help promote the energetic flow as described in variation 1).



USUI REIKI LEVEL 2 - ADVANCED HEALING PRACTICES

Please now take a few moments here to connect with your sacred heart space. And just like we did in the first variation, you may also wish to take a few minutes to just allow the Reiki energies to flow gently and lovingly in your Heart Chakra prior to working with your breathing.

As you feel ready, bringing your awareness now to the breathing aspects of your practice as you follow along with the original technique. As you breathe in the magnificent Reiki light, it flows downward through your Crown Chakra and into your Heart Chakra.

As you breathe out, you again breathe out light through your entire body however this time, the centre of your

energy system is your heart. You are shining

out love light in every direction for the benefit of all beings throughout all time & space.



Repeating this process now for 5 - 10 minutes and allowing yourself some time to feel the warmth and energetic healing benefits of this practice. Keep in mind also that this practice will also likely bring many kinds of healing issues and imperfections to the surface!

For some of you, it may even feel rather unpleasant at first because of the many different 'walls and fences' that are built up around your heart (to prevent you from being hurt). So again, if you are feeling like there is a lot of dirty, yucky stuff being stirred from this practice - this is a wonderful sign that your meditation is producing amazing results!

These feelings of 'dirt' may be particularly evident as you try to breathe out your light from your heart. You may also find that it is getting stuck and blocked by all your inner walls of protection.

As with all practices though, it is always by feeling your own inner darkness that you are now better able to release these energies from within. This is an awesome sign of your energetic growth! Your light is shining brightly and strongly so please continue to let it shine for all beings to infinitely benefit from!



★ Variation 3 - Use Your Imagination!

After reading the above examples, we now invite you to start working with the idea of breathing Reiki in and out of the areas in your body that you wish to. For example, for any of you who like to practice yoga or some form of basic stretching exercises, you can also use this Reiki breathing / energy breathing technique as part of your yoga practices.

Alternatively, you may wish to start your Joshin Kokyu Ho practice by breathing into your Hara and then out through your hip & pelvic area. See how it feels for you! As another idea, why not try breathing in the Reiki energy up through your feet. For example, you might like to try breathing Reiki:

- ♥ up through your feet, up to your knees and back down and out through your feet (1 min)
- ♥ up through your feet, into your Root Chakra and out through your feet (1 min)
- ♥ up through your feet, into your Sacral Chakra and out through your feet (1 min)
- ♥ continuing upwards until you reach your heart (3 mins)

If you wish to, you may even wish to imagine that you are breathing in the wonderful cleansing energies of our Earth Mother. Whatever you decide to create, we hope that this will bring you much peace, relaxation and cleansing into your life!

Please remember also that by doing this kind of deep abdominal breathing, you are helping to bring in more oxygen into your body. This in itself is a wonderful form of healing!

As a prelude to meditation, deep breathing will also be helping to improve your mental focus and will also be helping you to activate your parasympathetic nervous system or your 'rest and digest' state. this is always good for healing or meditation work!



A Guided Joshin Kokyu Ho Meditation

As part of this course, in order to help encourage a deep connection to this wonderful practice, we have included here a simple guided practice for Joshin Kokyu Ho using a combination of these variations:



[Joshin Kokyu Ho Guided Meditation \(Video / Audio\)](#)

We understand that for some of you, you will prefer to connect with these techniques in your own way and this is great! However we also understand that as you are starting out with your practice, it can sometimes be quite nice to have the option of opening up to a practice for the first few times with someone else guiding you - so with this in mind, we offer you this guided meditation with much love & light!





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APPENDIX TWO

ADDITIONAL TOOLS FOR HEALING OTHERS

As we've discussed throughout this ebook, it has always been our intention here to provide you with a wide range of Reiki healing techniques and practices so that you can connect with many different types of Reiki lineages and healing techniques as part of your practice.

As part of this then, we wish to now include four additional healing techniques here that will likely be very helpful for you as you start out in your healing practices for others. These techniques are as follows:

- a) **Reiji Ho:** *Intuitive Development*
- b) **Byosen Scanning:** *Scanning with Reiki*
- c) **Aura Cleansing:** *Clearing & Cleaning the Aura*
- d) **Ken'yoku Ho:** *Dry Bathing*

Normally, if we were teaching these practices to you in-person, we would be both explaining them to you as well as demonstrating them for you so that you could then practice these as you felt necessary.

So as part of our online training, we have decided to teach these practices in the same way.

Firstly, this appendix will provide you with all the necessary explanations and secondly we will also be providing you with a video demonstration for each of the techniques being presented here. These have all been included in the one video because as you will see, these techniques will flow on from one another quite nicely in your Reiki healing sessions.

[Please Click Here To Watch The 'Additional Reiki Healing Techniques' - Video Tutorial](#)



Furthermore, to help you understand the deeper meanings of each technique, we have also been sure to include here the written techniques as well as additional information to help clarify anything for you here. This can also be used as a future resource should you wish to refer back to this at a later stage on your Reiki pathway.

a) Reiji Ho

Reiji Ho is a wonderfully simple Reiki technique that was taught by Dr Mikao Usui to his students as a way of developing the intuitive aspects of their Reiki practice. The word 'Reiji' means 'indication of spirit' and the word 'Ho', means 'technique'.

[Reiji Ho \(time 0.48 in video\)](#) therefore is a technique which can help you to connect with your intuition as you open up to receiving additional divine assistance to help you 'know' where to place your hands during a healing session. The actual technique, as taught by Dr Usui, is as follows:

- ♥ Step 1: Invite the Reiki energies into your healing session as you would normally.
 - ♥ Step 2: Set your healing intention widely for the highest possible good of your recipient & invoke the Reiki energies.
 - ♥ Step 3: Raise your folded hands (prayer position) up to your Third Eye Chakra and ask that the Reiki energies guide your hands to where they are needed for your healing session.
 - ♥ Step 4: Commence your hands on healing session.
-

With your intention set, you will now receive a wide variety of divinely guided assistance to help you with where to place your hands during your healing session. Wonderful!

We would also like to include a fifth step here in this process which would be to continue opening up to your own inner voice or divine intuition as you go about your healing session. This is very important so that you can hear these very subtle feelings & messages being received during this time.

These messages can be received in a variety of different ways i.e. through your hands, through a pain in your body, through a small voice being heard, through visions or feeling other types of vibrational sensations during the session. You may also just have the feeling like 'ah i need to go there'.

However these messages manifest for you, please be sure to thank your divine intuition for providing you with this information and ask that you are guided to continually receive these types of information in the future so that you can better serve others.

Understanding that this is often a more gradual development process, please do give yourself the gift of love & patience as you grow and evolve on your Reiki journey. These skills will develop very naturally for you in line with your own karma so please just be patient, gentle and loving with yourself wherever possible.



b) Byosen Scanning

Byosen scanning is another technique that works with the 'feelings' aspects of Reiki and is commonly used at the start of a Reiki session. This technique will help you to briefly scan the energy field of the recipient to help you determine where you might need to spend additional time during your session.

The word Byosen is made up of two words, 'byo' meaning *sick* and 'sen' meaning *line* so in this way, we can understand that we are searching here for the energy meridians which are out of balance, dis-eased or blocked in some way.



And this is the entire point of doing this type of scanning work prior to starting our session - so that we can identify areas of the body which might need more healing work or attention. For Marty and Gerry, they would normally do Byosen scanning just after doing their Reiji-Ho, or immediately after inviting energy & setting the healing intention.

The actual method for [Byosen Scanning \(time 2.10 in video\)](#) is very simple. Simply bring your preferred hand above the persons Crown Chakra (as they are facing upwards), around 2 - 3 inches from their head. And now, slowly run your hand downwards, along the front of their body, hovering around 2 - 3 inches from their physical body.

You are 'scanning' the body for any energetic issues or blockages.

As your hand moves slowly, please observe carefully any subtle sensations in your hands such as tingling, changes in temperature, pain or discomfort (including any other parts of your body), energetic pulsing or other vibrational sensations. These will all be signs that may be telling you where some additional time is needed during your healing session.

Scanning once is normally sufficient and it is normally ok to just scan the frontside of the recipient's body however should you feel it necessary, you can repeat the scanning more than once or even scan the backside of the recipient if you feel guided (you would need them to roll over first).

One other thing to be mindful of here with your Byosen Scanning is the concept that the energy blockages you feel may not entirely correlate to exactly where the recipient is feeling the pain or where the 'actual' problem is. For example, the recipient may complain of a sore knee, however the blockage or area where you have felt needs more attention is closer to their Sacral Chakra or in their Root Chakra. You may also pick up on other energy blockages that may have not yet manifested into a tangible ailment.



In these cases, you might find that it is necessary to spend additional time over a number of different areas i.e. where the pain is being felt and over any other blockages you find. In some cases though, you will find that by treating the energetic blockage will also help to relieve the pain within the particular area of the body where there is an ailment.

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You may also find that these energy blockages & ailments will require a number of sessions before they are fully healed and in cases of chronic illnesses, it may be many months or even years until the recipient is able to feel relief from their ailments.

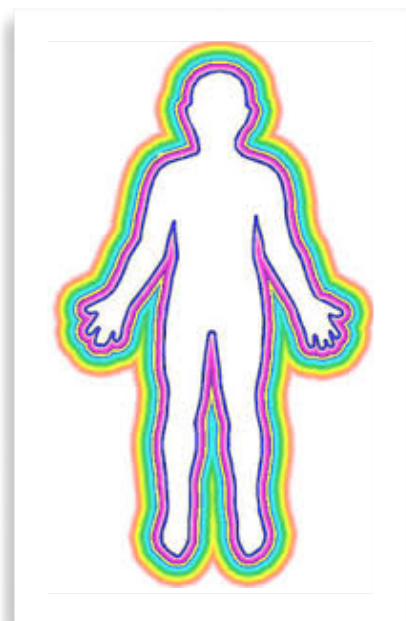
In these cases, we often suggest that the recipient actually learns Reiki for themselves so that they are not dependent on others for receiving healing. However as always, we invite you to use your own intuition and internal feelings to help you decide on the right course of action in any given situation.

c) Aura Cleansing

Another helpful technique when giving Reiki sessions for others is to do 'aura cleansing'. As you have now learnt, our energy field can become disrupted in a great variety of different ways and as such, there can be a great many kinds of energetic debris (and other impurities) floating around our auric field. Therefore, it can be quite nice to do some aura cleansing as part of your healing sessions.

To do this, you would start with your invitation of energy, setting your intention and invoke the Reiki energies. Should you wish to, you may then choose to do your Reiji Ho invitation (with hands up at your Third Eye), followed by your Byosen Scanning (to understand where to spend additional time during our healing session).

You are now ready to use this aura cleansing technique and once you have completed this healing technique, you are now ready to move into doing your hands on healing session. For a demonstration of this technique, we kindly refer you to our video tutorial below where we discuss aura cleaning as the third additional healing technique for Reiki Level 1:



[Additional Reiki Healing Techniques - Video Tutorial](#)

(Aura cleansing is at time 4.27 in video)

To describe the process of Aura Cleansing in words - please place your hands, palms downward, around 50 - 100 cm's above the recipient's body, starting just above their Crown Chakra. Now move your hands downward slowly as you *sweep* or collect all of the energetic debris that may be within the person's aura.



Moving downward whilst sweeping and gathering all the impurities and energetic debris, you now 'flick' these imperfections and impurities away from the recipient as you ground these energies and safely release them into the Earth.

You can complete this process three times (with your intention being to clear the auric field) to help ensure that the aura has been cleansed effectively. And with this you are now ready to start your hands on healing session.

d) Kenyoku Ho

Kenyoku Ho can be translated to literally mean 'dry bathing' and this a wonderful technique which can help you to wash away or cleanse yourself of any negative energies that may be present in your energy field (for whatever reason). It is therefore a great technique to use before a session, after a session or in any given situation as a way of purifying or clearing away any unwanted energies from your energy field.



The actual technique taught by Dr Usui was very simple and requires that you 'sweep' your body and arms with the intention of cleansing and purifying these areas. And like many Reiki practices, there are now a few different variations of the Kenyoku Ho practice that are available to you.

To start with, some Reiki Teachers like to emphasise the importance of the inhalation and exhalation whilst doing Kenyoku Ho. Others will give you the option of doing this practice through touch methods whilst others again will show you a 'non-touch' method.

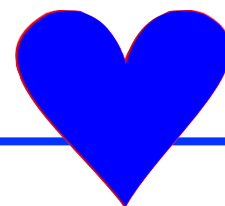
Although there are a few different variations of this technique, we have chosen to provide you with one of the more common ways of doing Kenyoku Ho as we explain here in the following video tutorial:



[Additional Reiki Healing Techniques - Video Tutorial](#)

(Kenyoku Ho is at time 6.14 in video)

For anyone who would like a written description of the technique, here is a step by step set of instructions for doing Kenyoku Ho:



1. Sit upright with your spine straight
2. Set your intention to do Kenyoku Ho as a way of purifying your body
3. Inhale: Bring your right hand up to your left shoulder,
4. Exhale: Sweep your right hand in a downward motion over your chest (ending at your right hip)
5. Inhale: Bring your left hand up to your right shoulder,
6. Exhale: Sweep your left hand in a downward motion over your chest (ending at your left hip)
7. Inhale: Bring your right hand up to your left shoulder,
8. Exhale: Sweep your right hand in a downward motion over your chest (ending at your right hip)
9. Inhale: Bringing your right hand on your left shoulder
10. Exhale: Sweep down your left arm with your right hand to remove any negative energies
11. Inhale: Bringing your left hand on your right shoulder
12. Exhale: Sweep down your right arm with your left hand to remove any negative energies
13. Inhale: Bringing your right hand on your left shoulder
14. Exhale: Sweep down your left arm with your right hand to remove any negative energies
15. Bring your hands to a Gassho position and give thanks





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APPENDIX THREE

UNDERSTANDING THE HEALING CRISIS

What is a healing crisis?

The healing crisis occurs when the body's natural healing process is accelerated after some form of healing work. During this time, the body will be undergoing a process of purging unwanted toxins, impurities and old thought patterns and as such, there can be a variety of sensations felt as this occurs.

The healing crisis will often occur either during or after a hands-on healing session, a distance-healing session, an attunement or through your own meditative healing work. The symptoms or ailments being experienced are always temporary however for many people, they will conclude that the healing they have received has not worked. In fact, these signals are telling you the exact opposite!

As you re-experience these symptoms or emotional imbalances from within you, this is your body's way of telling you that there is a great deal of healing being done and that your body is releasing these impurities and old thought patterns so that you can then move closer to full and long lasting health. This is a process which often accompanies deep healing & cleansing and is also commonly referred to as 'purification'.

It is important to understand that such reactions are only every temporary and can occur immediately i.e. either within the healing session itself or for several days or even several weeks afterwards (depending on the energies which are moving / being released). Typically though, symptoms will usually pass within around 1-3 days.



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If you are suffering from a major illness, the symptoms you experience during the healing crisis can also be identical to the disease itself. Sometimes, the discomfort during the healing crisis may even be felt at a greater intensity than when you were developing the chronic disease and again, you may conclude that you are getting worse rather than better.

Such thoughts are very common when you are experiencing a healing crisis and this brief 'flare-up' in your condition is truly a wonderful sign that you are starting to heal these issues. Please also be aware that healing is often done in layers so once you have healed one layer of your condition, it will often return in weeks or months to come as you heal this issue at a deeper layer. And so the healing process continues.



What is the cause of a healing crisis?

The healing crisis is the result of all your energy systems working together to eliminate old thought patterns and other unwanted impurities from your body, through all your designed elimination channels. This process helps to set the stage for regeneration and healing from within you as you clear space for more love & light to be brought into your energy field.

Symptoms:

The healing crisis will usually bring about past conditions in whatever order the body is capable of handling at that time. People often forget the diseases or injuries they have had in the past, but are usually reminded of these during their healing crisis.

However everyone is always very different in their healing crisis and there are indeed a wide variety of different reactions that may manifest during these times. Some of the more common symptoms are on the next page:



Some Of The More Common Symptoms Of A Healing Crisis

- * Nothing at all (and that's perfectly fine and normal!)
- * Tiredness or sometimes feeling like you've 'been hit by a bus'. This is a temporary phase, usually lasting at most one day, as your body purges out old energy. Give your body lots of rest and anything else it needs.
- * An abundance of energy - although you may feel energetic, take things very easily as this is just a temporary phase as your energy adjusts and balances. If you feel like exercising, then do so in moderation and be gentle on yourself.
- * Spontaneous and often strong feelings and emotions; crying, sadness, happiness etc. Often after healing, your body will continue to clear energy blockages by releasing emotions. This is very healthy and normal.
- * Tingling sensations over your body; this is simply the energy moving and balancing out within your body after the healing work.
- * A change in diet, changes in eating habits i.e. eating less or eating different foods.
- * For women, menstrual cycles may be temporarily affected.
- * Changes in thought patterns & perspectives; when healing takes place it can sometimes shift old 'filters' in our minds, changing our outlook on life, sometimes changing old habits & patterns, generating 'light bulb' moments and an increased quest for spiritual knowledge.
- * Increased joint or muscle pain
- * Extreme fatigue
- * Restlessness
- * Aches & pains
- * Nausea
- * Fever / Chills
- * Drop in blood pressure
- * Cold or flu-like symptoms
- * Suppressed memories arise
- * Mood swings
- * Diarrhoea
- * Anxiety
- * Cramps
- * Headaches
- * Insomnia
- * Sinus congestion
- * A change in urination and /or bowel movements
- * Skin eruptions (boils, rashes etc)



What other things should I be aware of after doing healing work?

Sleep Disruption:

Waking up in the early hours of the morning at the same time (for example: between 2 and 5am) night after night. This is a sure sign that something deeply transformational is happening. Look out for the time on your clock - quite often it can be at exactly the same time every night!

Make a note of the numbers in the time if you wish to, as they may have numerological significance if you want to look further into it. It can last from just one night through to more than a week depending on what sort of transformation you're going through.



When you wake up, try not to think "grrrrr I'm awake again". Rather try saying "cool, awake at the same time - there must be some deep healing happening!"

Dreams:

Dreams are an incredibly amazing way for us to purge energy, particularly those weird and yucky dreams. Often if we are working on releasing something - either consciously or subconsciously, we can have dreams that follow similar characteristics.

For example, one of Gerry's intentions during her healing work was to try to reduce her attachment to chocolate! In her dream the next night, she over-ate way too much chocolate at Christmas - and subsequently woke up feeling sick!

The Universe works in wonderful ways and these 'dream releases' are a brilliant & wonderful way to purge without physically having to go through all the release. In fact, sometimes you may wish to ask for more purging in your sleep - as in many ways it can be easier.

If you wish to, keep a dream journal next to your bed where you can record what's happening if you remember a dream. You may find that there are repeating patterns or themes in your dreams or they may be simply be a one-off release.

There are many books on dream interpretation you can buy, or even just google what a dream means, but often, it is the overall **FEELING** in the dream that best interprets it. Was it fear or happiness you were feeling; did you lose something or find it?

And finally, one of the most common dreams is that of death. Death simply means 'a new beginning', so don't worry if you see this for yourself or others. This can often mean that you are undergoing a very significant & deep transformation within!



Learning Lessons:

Revisiting the same 'lesson' over again. The Universe is very kind to us in that it provides us with ample opportunity to heal ourselves. If we don't 'get it' the first time, it just keeps delivering until we do!

You may feel that there is something specifically unjust in your life, something that keeps happening to you over and over again. This may be amplified in your healing crisis and is the Universe's gift to you!

To help with your healing, it can be beneficial to apply mindfulness to your outwardly life and especially those moments where you feel any kind of difficult emotions arising. Why are these emotions arising? Is this something that seems to regularly occur? And what lesson do you need to learn from this? Can you think of the healing issue that this may relate to?

Please remember also that healing occurs in layers. Although you may feel like you have addressed an issue previously, it may keep popping up for you to heal at a DEEPER level over and over again - until it is completely healed. Again - a most wonderful gift from this loving universe!

Tests or Challenges:

Tests or challenges in relationships, finances, home life and work. The Universe can really 'squeeze' us in order to ring out impurities for healing; like it is 'pushing our buttons'.

Note that the higher you go on your spiritual path, the deeper the healing that occurs - so the squeezing can sometimes be heavily disguised and difficult to see at the time. Try not to see the person or situation pushing your buttons but rather the Universe that is offering you a beautiful gift to heal.

It is very easy for us to lay blame on the external circumstances that are surrounding us however really, there is always something on the inside that is in need of healing!



YOU ARE
Braver & Stronger
THAN YOU THINK

Loss of the Old:

It is important to note that as you move forward on your spiritual journey, your vibration increases. And as your vibration increases, things that no longer vibrate at the same level as you may begin to start dropping out of your life. For example friends, colleagues, excessive behaviour or even your job / workplace. But please do not be alarmed by any of this, for as the Universe closes one door, it always opens another!

New people, situations or workplaces will begin to start manifesting in your life and these people and things will be vibrating at a level similar to the 'new' you. You may feel uncomfortable throughout the transitional phase between doors, but as you become aligned with the new set of energies brought forth, you will soon begin to feel comfortable again at this new level.

This process can be very challenging and difficult as we feel that we are losing so much; but try to remember that in order to gain more - sometimes we have to clear the old away first in what can sometimes feel like a 'loss'.

If you feel this starting to happen in your life - it is a clear indicator that you are making significant progress on your spiritual path. Please be kind to yourself and acknowledge what is happening. It can also be helpful to acknowledge just how far you've come in order to be presented with these new and exciting opportunities.



How can I help myself to ease through the healing crisis?

- ♥ Drink plenty of fresh water (filtered is best), juices, and herbal teas to flush the body of toxins. This will help flush the toxins out of your system and speed along the detoxification.
- ♥ Acknowledge to yourself that what you are going through is a healing crisis. A temporary purging of old unwanted energies so that you can step into the new. This is important because without the acknowledgement, it may feel like a downward turn in your life. Keep your eyes focused on the horizon - new and better things are coming!
- ♥ If you are feeling fatigued, or sleepy, your body is talking to you, and telling you to rest. Be kind to yourself, and get the rest that you need.
- ♥ Symptoms can sometimes disappear after a good bowel movement.
- ♥ Further healing work might be helpful to speed up the healing process, and reduce the amount of discomfort.
- ♥ You may want to let your family or friends know what's going on so that they can support you. Often an outside party is much better at seeing the long-term goal than you are where things are tough.



Other Ways of helping old or unwanted energies to move:

- ♥ Exercise: this can help us in so many different ways, especially for those who suffer from any kind of mental or emotional imbalance.
- ♥ Breathing exercises: such as Pranayama and connected breathing. These kinds of breathing exercises help to increase the amount of oxygen coming into our body, our mind and our bloodstream - all of which are very beneficial!
- ♥ Sound Therapy: such as singing bowl sound healing
- ♥ Creative expressions: such as gardening, singing, dancing, art, writing, cooking - anything creative you enjoy doing is great for your soul!
- ♥ Laughter Yoga or other 'feel good' classes
- ♥ Meditation: either on your own or with a class/group
- ♥ Helping others: when we help others we create karmic credits which can help to move us through our own 'stuff' faster
- ♥ Laughing: this is a powerful expressive way to move energy quickly
- ♥ Other healing therapies such as life-coaching, reflexology, aromatherapy, massage, colour therapy etc
- ♥ Self Healing: either through hands-on healing or other forms of meditative healing
- ♥ Doing a cleanse: either your own form of detox or the energy cleanses offered by Love Inspiration



Remaining grounded:

Sometimes after healing work (immediately, or in days to come) you may experience what is called being 'ungrounded'. This simply means that your energy is not earthed and you may experience sensations such as feeling 'floaty' or 'airy-fairy', being clumsy (dropping your toast, tripping over etc.) or just generally feeling like you are not quite 'with it'.

This is a very natural occurrence after healing work as your energies are processing the changes that have happened in your body. There are some simple remedies for this including:

- ♥ walking barefoot on the earth/grass
- ♥ gardening or digging in the garden with a spade
- ♥ hugging a tree (yes it really does work!)
- ♥ complete the following grounding exercise: Stand with both feet flat on the floor and imagine yourself as a tree. Visualise big, strong tree roots growing out of your feet and deep into the earth. Imagine them growing downwards and outwards as far as possible, to ensure you are firmly 'rooted' in the earth. Feel your energy change as you draw up the earth's energy through your roots and allow it to fill your body. You can do this exercise anywhere, at any time you feel you need it.



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Overall it is important to note that the ailments and symptoms of a healing crisis are always temporary. The healing crisis is also a very normal phenomena after receiving an energy based healing session, an attunement or after doing any kind of meditative healing work.

Your body is simply purging out what it needs to – in order to make space for new wonderful energy to take its place. So please be patient and let your body do what it needs to do. If you feel tired, then rest. If you feel hungry, then eat. If you feel like crying, then cry. However, if at any time you are concerned about any changes, it is always best to seek the appropriate medical attention.



Final Note:

You are the best judge of your own body – if you are experiencing any of these symptoms and they are a cause for concern for you, please be sure to seek the appropriate medical advice. This will also be important where symptoms are persisting or perhaps worsening over time. Again, you are the best person to make this judgement.

We would also suggest here that it is always a good idea to receive a regular health check up by an appropriate medical professional of your choosing.



APPENDIX FOUR

GIVING HEALING SESSIONS (USEFUL MATERIAL)

In Appendix Four we have prepared some useful resources for you for giving healing sessions:

a). Healing Session Checklist (Level 2)

b). Level 2 Reiki Symbols Sheet

c). Post Healing Information Sheet

Please feel free to print off / download any of these pages or information for use within your healing work. With love we wish you great blessings in your Usui Reiki healing!

a). Healing Session Checklist

To help you as you are still learning the processes, the checklist on the next two pages may offer assistance. Simply print it out and use it as a simple guide during your hands on healing sessions.

b). Level 2 Reiki Symbols Sheet

Here you will find all three of the Level 2 symbols, including Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen on one 'summary' sheet for easy use. Simply print out and use as required.

c). Post Healing Information Sheet

The post healing information sheet is a very valuable resource for giving recipients after they have received a healing session. It is a nice touch when doing Reiki and helps to communicate all of the necessary information to the recipient after their healing session. It also gives them something to refer back to in the days ahead, should a healing crisis unfold.

We are very happy to share this with you here in the hope that it will help you with your healing sessions. Please kindly refer to the next few pages where the post healing information sheet is presented and feel free to use it in your own Reiki practice and with your own healing clients if you wish. (Or alternatively, you can [download a copy from our website](#)).



A Checklist For Giving Reiki Sessions (Level 2)

Pre-Organising & Preparation

- ☒ A pre-organised space for the recipient to lie down i.e. somewhere peaceful
- ☒ Organise any decor, scents, sounds & lighting to set the scene (as you wish)
- ☒ Wash your hands (or perform dry bathing)
- ☒ Personal preparation & connection time (if you wish)

Welcome & Introduction

- ☒ Why are they here?
- ☒ A brief introduction to the session format i.e. touch healing & how Reiki heals

Session Introduction

- ☒ Invite the recipient to lie down and relax
- ☒ Ask the recipient to set their intention whilst you prepare
- ☒ Invite energy & set your healing intention for the session
- ☒ Charge yourself with Reiki
- ☒ Protect yourself with Reiki
- ☒ Do your Reiki Invocation
- ☒ Reiji Ho for added intuitive development (optional extra)
- ☒ Perform Byosen scanning to find areas in need (optional extra)
- ☒ Perform an aura cleanse (optional extra)

Giving Hands On Healing

For each hand position:

- ☒ Send Reiki with your hands for around 20 - 30 seconds
- ☒ Draw and tap in Reiki symbols (in order of learning)
- ☒ Send Reiki for an additional 2 - 3 minutes
- ☒ Draw and tap in Cho-Ku-Rei (to clear away any last impurities)
- ☒ Move onto next hand position



A Checklist For Giving Reiki Sessions (Level 2)

Closing The Session

- ☒ Seal your healing session with Cho-Ku-Rei
- ☒ Give thanks for what has been received
- ☒ Bring the recipient 'back' (slowly and gently)
- ☒ Wash your hands (or perform dry bathing)

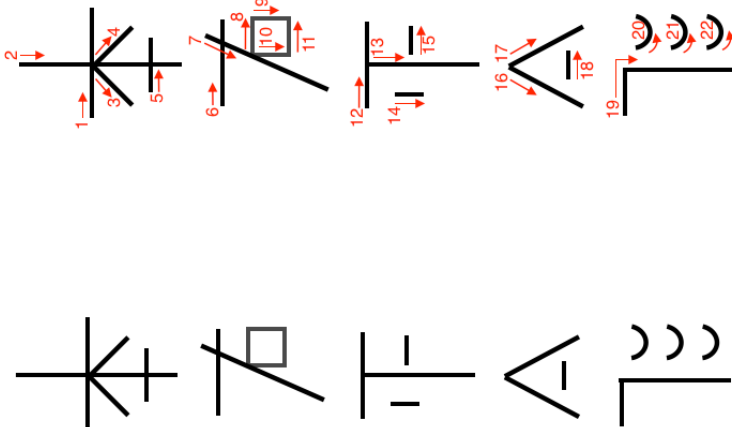
Sharing The Experience

- ☒ Listen to your recipient about anything that has arisen during the session
- ☒ Share any information that you 'picked up' during the session
- ☒ Explain more about the coming days i.e. drinking water, healing crisis etc.
- ☒ Give the recipient a 'Post Healing Information' sheet if you wish
- ☒ Say farewell and enjoy your karmic merits!



LEVEL 2 REIKI SYMBOLS SHEET

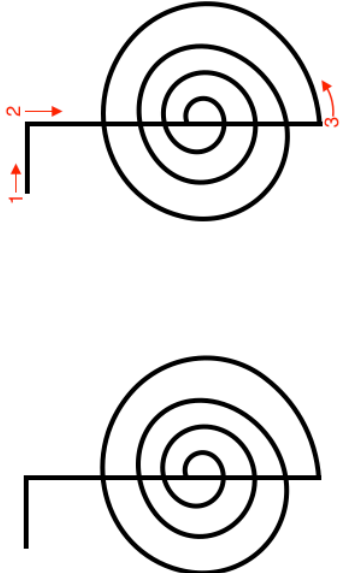
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HOW TO DRAW
HON SHA ZE SHO NEN

HON SHA ZE SHO NEN

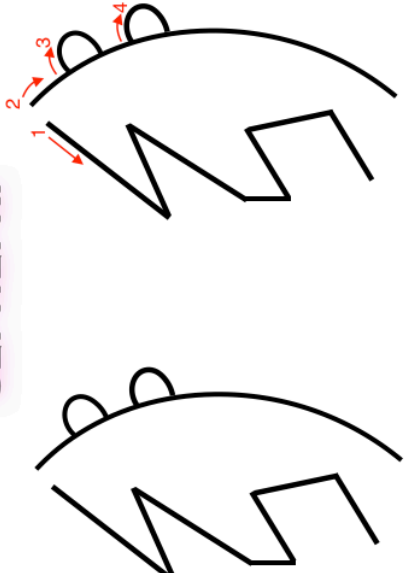
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POST-HEALING INFORMATION (IN-PERSON HEALING SESSIONS)

Thankyou for receiving a healing session. We hope your session was relaxing and beneficial for you and that you continue to receive lasting benefits from the energetic changes that have taken place within your energy field. As your body has now received a range of uplifting and healing energies, it is important to note the following post-healing information:

- Water:** It is very important that you drink plenty of water in the 24 hours immediately after your session. This is so that your body can flush out any toxins or wastes that have been purged out of your body during and after the session. For best results, try to keep the water intake up for another consecutive two days if possible.
- Changes:** As old or unwanted energies shift from within, you may experience any of the following over the next few days:
 - Nothing at all (and that's perfectly fine and normal!)
 - Tiredness, sometimes feeling like you've 'been hit by a bus'. (This is a temporary phase, usually lasting at most one day, as your body purges out old energy. Give your body lots of rest and anything else it needs.)
 - An abundance of energy. (Although you may feel energetic, take things very easily as this is just a temporary phase as your energy adjusts and balances. If you feel like exercising, then do so in moderation and be gentle on yourself).
 - Spontaneous feelings and emotions; crying, sadness, happiness etc. (Often after healing, your body will continue to clear energy blockages by releasing emotions. This is very healthy and normal).
 - Tingling sensations over your body. (This is simply the energy moving and balancing out within your body after the healing work).
 - A change in bowel / urine motions.
 - For women, menstrual cycles may be slightly affected.
 - A change in diet, either eating less or more – or wanting different foods.
 - Changes in thought patterns & perspectives. (When healing takes place it can sometimes shift old 'filters' in our minds, changing our outlook on life, sometimes changing old habits & patterns, generating 'light bulb' moments and an increased quest for spiritual knowledge).



3. **Grounding:** Sometimes after a healing session (immediately, or in days to come) you may experience what is called being 'ungrounded'. This simply means that your energy is not earthed and you may experience sensations such as feeling 'floaty' or 'airy-fairy', being clumsy (dropping your toast, tripping over etc.) or just generally feeling like you are not quite 'with it'.

There are some simple remedies for this including:

- ♥ walking barefoot on the earth/grass,
- ♥ digging in the garden with a spade
- ♥ hugging a tree (yes it really works!)
- ♥ or the following grounding exercise:



Stand with both feet flat on the floor and imagine yourself as a tree. Visualise big, strong tree roots growing out of your feet and deep into the earth. Imagine them growing downwards and outwards as far as possible, to ensure you are firmly 'rooted' in the earth. Feel your energy change as you draw up the earth's energy through your roots and allow it to fill your body. You can do this exercise anywhere, at any time you feel you need it.



Healing Occurs In Layers, Similar To Peeling An Onion One Layer At A Time

Overall it is important to note that these sensations are temporary and are very normal after a healing session. Your body is simply purging out what it needs to in order to make space for new wonderful energy to take its place. So please be patient and let your body do what it needs to do. If you feel tired, then rest. If you feel hungry, then eat. If you feel like crying, then cry.

As healing occurs in layers, it is important to understand that although one session certainly begins the healing process, you may wish to continue healing deeper layers by attending more sessions should you feel that this is necessary.

If you would like more information about [the healing crisis](#), please click on the link.

We thank you again for sharing this healing experience with us and we look forward to seeing you again with love & light!

Thank you for receiving a healing session!



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FOR THE INFINITE BENEFIT OF ALL
May all beings be liberated from suffering.