

Universal Reiki Series

SOLAR REIKI



Love Inspiration & Maitri Foundation

Healing and balancing using
Solar Radiant Energy



Love Inspiration

Learn • Heal • Awaken

FOR THE INFINITE BENEFIT OF ALL

May all beings live in light and harmony.



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Prerequisites For This Ebook



Welcome!

Please ensure that before you begin this Solar Reiki course you:

- 1) Have completed Usui Reiki Level 3a, Reiki Master Healer as a prerequisite.
- 2) 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, Usui Reiki, Master Level Symbols or any other Universal Reiki ebook etc)

(Note that here in point 2, 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.)
- 3) Have activated (unlocked) the Solar Reiki energies and attunement using the activation code & instructions on the next page.

*Once you have unlocked the Solar Reiki energies, you are ready to begin.
With love, we wish you well on your Solar Reiki 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](#)
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ACTIVATING (UNLOCKING) THE SOLAR REIKI ENERGIES:

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

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 for Solar Reiki.
With the unique activation code 434190 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 Solar Reiki energies! May you enjoy these with much love & light and with an intention to benefit all beings.



FOREWORD:

It is with much love & delight that we welcome you here to these beautifully uplifting and transformational Solar Reiki energies. As one of the Universal Reiki Series, the Solar Reiki energies offer a wonderful chance to move towards more harmony, love & joy in your life as you open up to feeling the radiance and healing magnificence of our divine sun.

For many of us, we perhaps don't quite realise the true significance and the immense healing abilities of our divine sun, nor do we understand just how much healing, balancing and rejuvenation we receive on a daily basis. It is through these Solar Reiki energies that we will now be able to open up to a new intensity and magnification of these beautiful healing frequencies as we gain a renewed sense of love, peace and positivity in our life.

As with other Reiki courses, these Solar Reiki healing energies can be called on for both self healing / meditation practices and in healing work for others with 'sessions' being able to be completed very simply and easily in around 5 minutes.

As such, these energies can be a wonderful complement to your existing energy based healing practices and will always help to bring a very high energetic frequency and much healing into any kind of healing and personal growth work.

Due to the intensity and higher vibrational nature of these beautiful energies, a large part of this course will be dedicated towards receiving the 'attunement'. And as you will see as you progress through these pages, the attunement process is to be completed over a period of 29 days and over three main growth phases.

As with all of our healing courses, we will be guiding you through this process very simply and easily and upon completion of your attunement, we will then be discussing in more detail about how you can work with these energies, both from a self healing perspective and from a healing others perspective.

Solar Reiki really is a wonderful set of energies to work with and is great for helping those with depression or heavy thoughts or for those who wish to feel the deep sense of relaxation, healing and peace in their life.



May you enjoy your connection with Solar Reiki and may these wonderfully relaxing and divinely guided healing energies help you to bring more love, light & purity into your life for the infinite benefit of all beings!

AN OVERVIEW OF UNIVERSAL REIKI:

Before we open up to the beautiful Solar Reiki energies, let us firstly point out here that these energies are a sub-category or branch on the Universal Reiki tree. To help explain this in more detail, we now lovingly refer you to the channelled message that was received from the Guide Plion which introduces the concept of Universal Reiki:

“Universal Reiki is a set of teachings and energies specifically designed to increase the flow of energy in the Universe. In this way, all energies are joined and therefore once you affect one (even the smallest, tiniest one) it has an effect on the others.



Universal Reiki opens a direct channel of energy sources known as 'The Obturion' featuring an assortment of very high energetic frequencies to help you on your Universal Reiki pathway. These high frequency energies are here to help your kind to open further to the light of love and loving kindness for all infinite beings. Including those of which you do not know, or see. This is an important aspect for your healing pathway, for indeed to wish the great liberation for all beings means there must be comprehension of more than just the self.

Here we will be unfolding the tree of Universal Reiki in a simple set of complete teachings, encompassing the energy radiances required to expand the consciousness. Six sets of teachings shall manifest a great abundance of love expansion within each and every one of you, however it is not a requirement that all six are taken. Here the importance is for you to choose which ones you feel drawn to at any time. In this way, there are no set order for the teachings and you may take as many or as little as you wish. Please simply complete the required prerequisites as deemed necessary.

Universal Energy and Universal Reiki are two frequencies of very pure light and from this, we shall burst forth into a new dimension of egoic-lacking consciousness. Here we open our hearts through these teachings to a more expanded understanding of oneness and unity through the field of love. In all situations where love prevails, the greater good of all instantly and overwhelmingly benefits.

We do trust that the Universal Reiki energies will meet your love-filled passions with great plight. Go well and open to the Universal Reiki energies with much love. For this you shall be optimally rewarded.”

 $\sim \text{Plion}$

SOLAR REIKI
UNIVERSAL REIKI SERIES

AN OUTLINE OF THE UNIVERSAL REIKI SERIES:

With much love, please find below the overview table of the 'Universal Reiki' Series.

Universal Reiki Series		
NAME	PREREQUISITE (SEE MORE ON PAGE III OF EACH EBOOK)	TIMEFRAME
Animal Ascension Reiki	Usui Reiki Level 2 + You have allowed yourself a minimum of 21 days from the completion of any other Universal Reiki ebook, any previous Usui Reiki Level 2 - 9 attunement or any other previous attunement (e.g. Ascension Pathway etc.)	35 days (Approx. 1 month)
Earth Balance Reiki	Usui Reiki Level 3a (Reiki Master Healer) + You have allowed yourself a minimum of 21 days from the completion of any other Universal Reiki ebook, any previous Usui Reiki Level 3 - 9 attunement or any other previous attunement (e.g. Ascension Pathway etc.)	52 days (+ 3 - 5 months daily practice) = Min. 5 months
Solar Reiki	Usui Reiki Level 3a (Reiki Master Healer) + You have allowed yourself a minimum of 21 days from the completion of any other Universal Reiki ebook, any previous Usui Reiki Level 3 - 9 attunement or any other previous attunement (e.g. Ascension Pathway etc.)	29 days (+ 7 - 21 days of self healing practice) = Min. 1 month
Transfusion Reiki	Advanced Usui Reiki (Levels 4,5 & 6) + You have allowed yourself a minimum of 21 days from the completion of any other Universal Reiki ebook, any previous Usui Reiki Level 4 - 9 attunement or any other previous attunement (e.g. Ascension Pathway etc.)	94 days (Approx. 13 weeks / 3 months)
<i>You must have amassed 4 years minimum time practicing with the Universal Reiki energies before commencing the Master Levels.</i>		
Universal Reiki Master I	Have completed all four Universal Reiki ebooks + Have been practicing with the Universal Reiki energies for no less than 4 years (i.e. from the date of completing your first Universal Reiki ebook)	Approx. 20 months
<i>9 months rest</i>		
Universal Reiki Master II	Have completed Universal Reiki Master I + Have waited the minimum 9 month timeframe after completing Universal Reiki Master I	128 days (Approx. 18 weeks / 4 months)
Minimum Total Completion Time for the Universal Reiki Series = 81 months / 6.75 years [4+ years (to reach Master I) + 20 months for Master I + 9 months rest + 4 months for Master II]		

HOW TO RECEIVE THE UNIVERSAL REIKI ENERGIES:

In the table above, you can see that there are a total of six ebooks in the Universal Reiki Series. The first four of these ebooks can be thought of as 'practitioner' levels and help to introduce one set of Universal Reiki frequencies each i.e. Animal Ascension Reiki, Earth Balance Reiki, Solar Reiki and Transfusion Reiki.

These first four Universal Reiki levels can be received *in any order* by anyone who has completed the prerequisites. Simply open up to whichever energies feel right for you at the time. Wonderful!

Once all of the four 'practitioner' courses have been completed, you will then be able to move into the two Master Levels if you wish, starting with Master Level I and then moving into Master Level II. It is important that these Master Levels are completed *in order* as these energies build on top of one another to help bring about a significant expansion and deepening of the Universal Reiki experience.

Before proceeding into the Master Levels, you will also notice here that the Guides have asked that a minimum of four years Universal Reiki practice be completed. This four year practice timeframe helps to ensure that each recipient is energetically prepared for the truly expansive range of Universal Reiki Master Level energies for the infinite benefit of all. This is indeed a very important step forwards to becoming a Universal Reiki Master and we kindly ask that this be lovingly respected for the benefit of your own growth and inner transformation.

In summary, let us now highlight the prerequisites for Universal Reiki Master I:

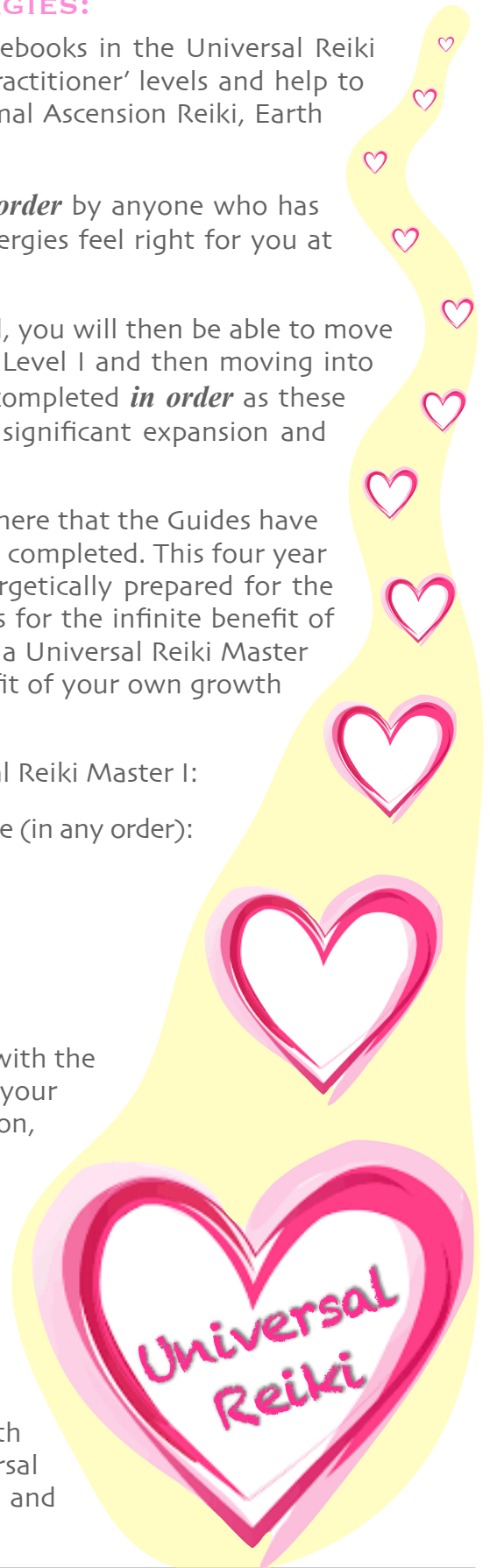
1) You have completed the four Universal Reiki's as a prerequisite (in any order):

- Animal Ascension Reiki
- Earth Balance Reiki
- Solar Reiki
- Transfusion Reiki

2) You have completed a four year timeframe of practicing with the Universal Reiki energies from the **date of completion** of your first Universal Reiki ebook (whether it be Animal Ascension, Earth Balance, Solar or Transfusion Reiki).

If this is your first ebook in the Universal Reiki Series, we would also like to suggest that you record your date of completion of this course. In this way, if you do wish to ascend into the Master Levels at some point in the future, you will very easily know how long you have been 'practicing' with the Universal Reiki energies.

For now though, we hope that you will enjoy connecting with these beautiful, deeply healing and transformational Universal Reiki energies and may they help to bring much love, light and happiness into your life for the infinite benefit of all beings.



SOLAR REIKI
UNIVERSAL REIKI SERIES

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GET THE MOST CURRENT VERSION OF THE SOLAR REIKI 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](http://www.loveinspiration.org.nz) 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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Learn • Heal • Awaken

SOLAR REIKI UNIVERSAL REIKI SERIES

WELCOME TO SOLAR REIKI:

With warm, radiant blessings & with much love, we wish to welcome you here once more to these Solar Reiki energies. Being an important part of the Universal Reiki Series, Solar Reiki helps us to harness the immense energetic healing capabilities of the sun so that we can be guided towards more love, happiness, light & balance in our life.

To start with then, as a way of introducing these Solar Reiki energies, let us now share the channeled message that was brought through from the Solar Reiki Guides to help describe the nature of these beautiful healing energies:

“With warm greetings we welcome you to Solar Reiki. Throughout time the sun has played an immense role in regulating the Earth’s atmosphere. Without knowing it, the Earth’s energy is, and has been, foundationally uplifted through the radiance vibration of the solar sun. Moving forward in evolution, the sun will continue to play a valuable and key role in atmosphere adjustments, according to the solar expanse of its energy.





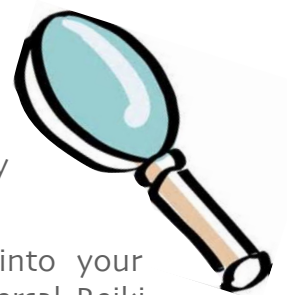
With great light, we therefore wish to introduce Solar Reiki - a Universal Reiki encompassing the vibrancy and multitude of light emitted from the sun herself. Knowing very little of the sun's magnitude, it is possible for the Earth's inhabitants to underestimate her energetic ability and her immense healing and balancing capacity. Healing and stabilising are key energetic markers for the Earth's energy requirements.

The sun herself is a multitude of energetic frequencies and dimensions. Her envelopment range is substantial and paramount for human existence. It is from here that Solar Reiki is born; from the capacity to reach far into the depths of the sun's energetic magnificence. Opening to the healing frequencies of the sun brings forth a new dimension of cosmic healing. A one-frequency with immense healing and stabilising benefit.

Moving through the energetic layers of light, one will find that the solar balancing and harmonising energies of the sun are far more radiant than have been explored before. The light magnitude is home to many thousands of ancestric dimensions; each one a glorious jolt of infinite healing frequency.

The sole purpose of Solar Reiki is therefore to harness and bring forth these dimensionular capacities for healing and balancing. Without limitation, these energies have now been opened for your Earthly use and it is with great pleasure and delight that we bring these to you today.”

As you can see from the message above, these Solar Reiki energies help us to harness or magnify the healing & balancing energies of the sun and in this way, you might like to think of this course as providing you with an etheric magnifying glass which can help to call on and receive a higher healing frequency of the sun's magnificence into your energy field.



Like other Reiki courses, these energies will firstly need to be 'attuned' into your consciousness and you will notice here that these 'attunements' for the Universal Reiki Series are quite different from that of the Usui Reiki tradition.

For example, due to the intensity and higher vibrational nature of these energies, the 'attunement' for Solar Reiki will be received over three main phases and over a period of 29 days. During this time, you will be guided through the necessary energetic changes as you open up to becoming a Solar Reiki healing channel for the benefit of yourself and others.

Once you have received your 'attunement', you will then be able to start working with the suggested self healing practices and then share these Solar Reiki energies with others as you feel guided to. We truly hope that you will enjoy these Solar Reiki energies!

1. USES OF SOLAR REIKI:

Having now briefly introduced these energies, let us now look a little deeper into some of the uses & benefits of Solar Reiki whilst outlining the very simple formula for administering these energies.

To start with, it is important for us to point out here that Solar Reiki works in the same way as other forms of Reiki in that you will be needing to share these energies through a hands on healing format. When describing the overall purpose of these healing energies, the Guides explained the following:

“Solar Reiki restores a new level of stability and balance through solar healing”



In addition to this, the Guides also brought through the following information about these Solar Reiki healing energies including the very simple healing format for administering these energies:

“Solar Reiki opens and expands the chakras allowing an influx of solar radiant energy to flood the energy system. This divine energy heals and balances at a very fast rate; like a super-dose of cosmic ‘bliss’ entering the energy system. In this way, Solar Reiki is an intensive energetic plethora of energies that is excellently efficient in a short period of time. 3 - 5 minutes in the Crown Chakra or 1 minute in each of the 7 chakras is all that is required.”



In addition to this information, Marty & Gerry were guided towards some additional understandings about the potential uses & benefits received from Solar Reiki. We now wish to share these with you here in the interests of bringing more understanding to your practice with the ultimate aim of benefiting as many beings as possible with these energies!

The Solar Reiki healing energies are a wonderful set of divinely guided healing energies that can be called on in accordance with your divine intuition to help with any of the following:

- boosting morale
- increasing positive energy
- reducing negativity
- times of hardship
- depression
- feeling relaxed & peaceful
- healing as a general ‘pick me up’
- shining bright light into a problem area
- other types of general healing (in accordance with your intention)



Whilst Marty and Gerry were doing their Solar Reiki self healing practices, they found that these energies really did help to uplift and boost positive thinking, enhance relaxation, boost morale and the outlook on life and brought more feelings of inner peace into their life. We hope that you will feel many of these benefits from your own practice and much more! ***Thankyou Divine Mother Sun!***

2. AN OUTLINE OF SOLAR REIKI:

As we've briefly mentioned already, the Solar Reiki energies will be received over three main phases or 'elements'. Following this, there will be one additional set of suggested self-healing practices that will help you to more deeply connect with these beautiful energies as you move towards giving Solar Reiki healing sessions for others. As a general overview then, these three main 'elements' for receiving your attunement to Solar Reiki are summarised here as follows:

SOLAR REIKI

ELEMENT	INFORMATION	COMPLETION TIMEFRAME
1. Crystallisation	This is the fundamental and foundational step and includes the initiation (attunement).	Day 1 (1 day)
3 days rest		
2. Elemental Metamorphosis	An intensive four day period of metamorphosis, enabling your body the capability to receive the full expansion of the Solar Reiki energies.	Days 5 - 8 (4 days)
11 days rest		
3. Elemental Solar Blossoming (Solar Intensity)	The metamorphosis process is now complete and the final stage of receiving Solar Reiki can be commenced. Here you are now ready to blossom the Solar Intensity for the benefit of all!	Days 20 - 29 (10 days)
From day 30 onwards the Solar Reiki energies can now be called upon. However we recommend 7-21 days of self healing practice prior to using the energies on others.		
Total Timeframe = 29 days (+ 7 - 21 days of optional, but recommended self healing practice)		

3. ELEMENT ONE - CRYSTALLISATION (DAY 1):

Welcome to the first Element - Crystallisation. As we've already mentioned in the introduction sections, your Solar Reiki energies will be received over three 'elements' with each element helping to serve a very important purpose in your assimilation of the Solar Reiki energies.



To start with then, it may be helpful for you to think of your initiation to Solar Reiki as being like a continuous set of self healing practices, with each element helping you to move more deeply into the Solar Reiki vibration as you embark on this very gentle yet significant step up in energetic vibration.

Element One - Crystallisation will be commencing your Solar Reiki attunement process and this first element will be helping to provide the necessary energetic foundations for the two elements still to come. This first element only requires one day of 'attunement' and then you will be asked to simply [take rest](#) for an additional 3 days (where you can go about your normal daily life).

As with all of the Love Inspiration teachings and healing systems, we have done our very best here to ensure that each step is clearly outlined and easy to follow along with. We ask here that you simply read through the following instructions and then as you feel ready, open up to receiving these energies in your own time and space as you feel guided.

NOTE: Please ensure that you have activated (unlocked) the Solar Reiki energies and attunement in this ebook 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 Solar Reiki energies (including Elements one, two and three) have been activated specifically for you. You are therefore then ready to continue your Solar Reiki journey by working through this ebook, at your own pace and receiving the energies as you feel guided.

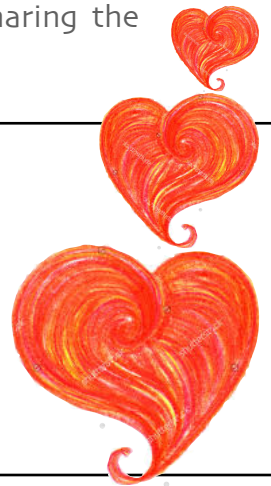
If you have not yet activated / unlocked the Solar Reiki energies for yourself, you may do this by following the instructions on Page III of this ebook.



Once you have unlocked the energies, you are now ready to complete the entire Solar Reiki course. Again, this ebook will be guiding you through each of the three elements to ensure that you can become a beautiful and divine healing channel for these Solar Reiki energies - may all beings benefit from your wonderful healing work!

With this being said, let us now begin the first Element 'Crystallisation' by sharing the introductory message from the Solar Reiki Guides:

“Overall, the fundamental elements of Solar Reiki connect the user to the atmospheric balance frequency, alleviating over and under-conditioned frequencies. Here, the healing taking place is quite unlike any other frequency and due to this we are warmly humbled to bring you the initiation process below.”



The Crystallisation Stage:

The Crystallisation stage is the first layer of 'opening' up to these Solar Reiki energies. This first 'attunement' can be completed in around 25 minutes or so and will be helping you to digest this first foundational layer of the Solar Reiki energies.

Once you have completed this first step, the Guides have instructed that this be followed with a period of 3 [days of rest](#) as the energies are more deeply assimilated and digested into your consciousness. Following this, you will be able to progress into the second element of the Solar Reiki energies as you move more deeply into the Solar Reiki vibration.

In the interests of guiding you through this first Element, we now ask that you please follow along with the below six steps noting that the day you decide to receive this first attunement will be day 1 for your course.

■ 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. Open the palm chakras:

To start with, this attunement will be opening the palm chakras to Solar Reiki. To do this, please place your hands (with palms facing up) in front of the body and say "palm chakras open" three times whilst visualising them opening for a few moments.



■ 3. Receive the Solar Reiki Initiation:

Having now opened the palm chakras, keeping your hands in the same position as step 2, you are ready to receive your Solar Reiki initiation (attunement). To start this process, simply say "Solar Reiki" three times. As you do this, please bring your awareness to your palms and feel the Solar Reiki energies filling your hands and palms with Solar Reiki energy (for a few moments).

■ 4. Initiate the chakras:

Having now attuned the palms to Solar Reiki, it is important to attune each of the seven major chakras. To do this, please place both hands with palms facing downwards over each chakra, (starting at the base chakra) for 3 - 5 minutes per chakra.



For each chakra, simply say "May my XX chakra be filled with Solar Reiki" i.e:



At the Base Chakra: *"May my Base Chakra be filled with Solar Reiki"*



At the Sacral Chakra: *"May my Sacral Chakra be filled with Solar Reiki"*



At the Solar Plexus Chakra: *"May my Solar Plexus Chakra be filled with Solar Reiki"*



At the Heart Chakra: *"May my Heart Chakra be filled with Solar Reiki"*



At the Throat Chakra: *"May my Throat Chakra be filled with Solar Reiki"*



At the Third Eye Chakra: *"May my Third Eye Chakra be filled with Solar Reiki"*



At the Crown Chakra: *"May my Crown Chakra be filled with Solar Reiki"*

■ 5. Completion:

Please complete this process by placing your hands into prayer position and say the following:



**"May the crystallisation stage of Solar Reiki now be complete.
Thankyou, thankyou, thankyou."**

■ 6. Rest:

After completing your attunement on day 1, we now invite you to [take rest](#) (as you go about your normal daily routine) for a period of three days i.e. from days 2 to 4. After this short assimilation period, you will now be ready to move into Element Two - Elemental Metamorphosis which we explain on the following page.

4. ELEMENT TWO - ELEMENTAL METAMORPHOSIS (DAYS 5 - 8):

Having now received the foundational energies of Element One, it is important now that we move more deeply into the Solar Reiki vibration through Element Two - Elemental Metamorphosis. As the name suggests, this period of time will allow for a very significant shift to occur in your energy field so that you can vibrationally prepare for the third and final element.

To help us introduce this second element in more detail, let us now hear from the Solar Reiki Guides once more as they introduce us to the Elemental Metamorphosis:

“With stage one now complete and fully assimilated, the energy body is now ready to enter the Elemental Metamorphosis. Here, the energies will overwhelm the energy body, gently and carefully coaxing it into a stage of deep metamorphosis. This is not harmful to your energy system but is however an intense period of four days where you will undergo significant changes.

This metamorphosis is essentially to enable your body the capability to receive the full expansion of the Solar Reiki energies.

Think of it as an energy expanding process whereby your capacity to receive and send solar energies will be enlarged.”



The Elemental Metamorphosis Stage:

The Elemental Metamorphosis stage follows the same format as the practices of the first element however now, you will be asked to open up to these energies twice per day for 4 consecutive days i.e. from days 5 - 8.

On each of these days, you will be sending Solar Reiki energy into each of the seven major chakras (in the same way as in the Crystallisation stage) which will be allowing for your Elemental Metamorphosis to occur (in accordance with divine guidance).

It is best if we can think of the Elemental Metamorphosis as being the second layer of energies for your Solar Reiki attunement. This next layer of Solar Reiki energies will be guiding you into a deeper and more profound energetic understanding of the Solar Reiki energies in preparation for the third and final element.



We sincerely hope that you will enjoy your Elemental Metamorphosis! Please note here that there may indeed be some healing issues being brought to the surface during this next few days so like all healing practices, we suggest that you be loving, kind and gentle with yourself during this time.

The following five steps are to be completed on each of the four days (days 5 - 8), with the additional sixth step being completed only on day four:

■ **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. Open the palm chakras:**

For each of the eight practices, it is important that you open your palm chakras to the Solar Reiki energies by placing your hands with palms facing up, in front of the body. As you do this, please say "palm chakras open" three times as you visualise or feel them opening in your own way for a few moments.

■ **3. Receive Solar Reiki:**

Having opened the palm chakras, you are now ready to call on the Solar Reiki energies so that they flow from your hands and palms. To do this, please activate these energies by saying "Solar Reiki" three times whilst feeling your palms fill up with the Solar Reiki energies.

Please note here that this time, you will not be receiving an 'attunement' at this step like you did in the first element but rather you are simply asking the energies to flow from your hands and palms as you prepare yourself to 'infuse' your chakras with the Solar Reiki energies in step 4.

■ **4. Infuse the chakras:**

Having invoked the Solar Reiki energies, you are now ready to infuse each of the seven major chakras by placing both hands (with palms facing downwards) over each chakra, (starting at the base chakra) for 3 - 5 minutes per chakra.

For each chakra please say "May my XX chakra be filled with Solar Reiki" i.e:



At the Base Chakra: *"May my Base Chakra be filled with Solar Reiki"*



At the Sacral Chakra: *"May my Sacral Chakra be filled with Solar Reiki"*



At the Solar Plexus Chakra: *"May my Solar Plexus Chakra be filled with Solar Reiki"*



At the Heart Chakra: *"May my Heart Chakra be filled with Solar Reiki"*



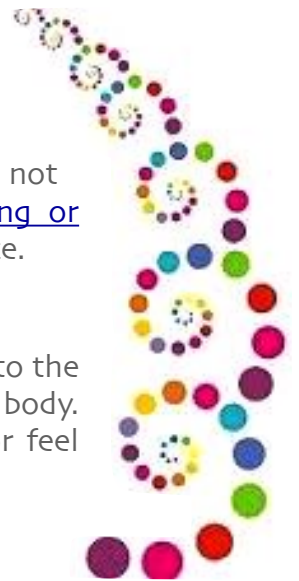
At the Throat Chakra: *"May my Throat Chakra be filled with Solar Reiki"*



At the Third Eye Chakra: *"May my Third Eye Chakra be filled with Solar Reiki"*



At the Crown Chakra: *"May my Crown Chakra be filled with Solar Reiki"*



■ 5. Completion:

After infusing each of your chakras with Solar Reiki, please place the hands in prayer position and say the following (note that this process will be different for the final session on the eighth day as outlined below):



**"May the Elemental Metamorphosis of Solar Reiki unfold
within me for the infinite benefit of all.
Thankyou, thankyou, thankyou."**

These five simple steps will be your daily Solar Reiki 'attunement' practice for a period of four consecutive days i.e. on days 5, 6, 7 & 8. On each day, you will complete this process twice and if possible, it would be best if you can complete one practice once in the morning and once in the evening.



***** PLEASE COMPLETE STEP 6 ON DAY FOUR ONLY*****

■ 6. Closing:

After the final Crown Chakra infusion on day 4 only, it is necessary to bring a close to the Elemental Metamorphosis stage and as such, we kindly ask that you please replace step 5 with the following:



**"May the Elemental Metamorphosis stage of
Solar Reiki now be complete.
Thankyou, thankyou, thankyou."**

If for some reason you forget to complete this final step at the conclusion of your eighth practice, this is ok. Simply fold your hands into prayer position at any stage on day eight and then say this closing statement to close your Elemental Metamorphosis.

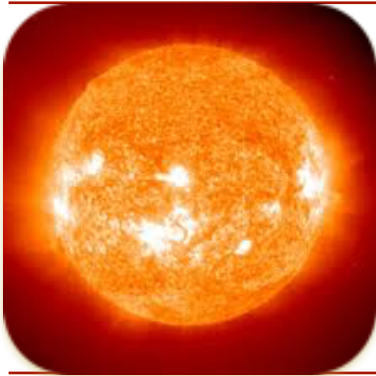
Having now completed your four days of Elemental Metamorphosis practices, we now invite you to take rest for an additional eleven days i.e. from days 9 to 19 to allow these Solar Reiki energies to be assimilated and digested into your energy field. After this, you will be able to move into the final element of this Solar Reiki 'attunement'.

5. ELEMENT THREE - ELEMENTAL SOLAR BLOSSOMING (SOLAR INTENSITY) (DAYS 20 - 29):

With much love & light, we welcome you here to this third and final Element in Solar Reiki - The Elemental Solar Blossoming (Solar Intensity). Having now moved through the first two elements, both of these layers have been fully digested and assimilated into your energy field and with this, you are now ready to move into this final layer of Solar Reiki.

It is here, over a period of 9 days that the Solar Reiki energies will be blossoming and intensifying within your energy field in what the Guides refer to as a 'Solar Radiance'. This is the third and final step in your Solar Reiki attunement after which, we will be suggesting an additional 7 - 21 days of self healing practices before you share these energies with others.

To introduce this third and final element, let us now share the channeled information that was brought through by the Solar Reiki Guides:



“Once the eleven days of rest is complete, the final stage of receiving Solar Reiki can be commenced. During the eleven days, the metamorphosis process has been completed and your energy system restored to a new level of status quo. Here you are now fully ready to blossom the solar intensity for the benefit of all!”

The Elemental Solar Blossoming (Solar Intensity) Stage:

For this final element, the healing practices (attunement) take on a slightly different format here as you are guided towards working with a very special 'attunement symbol'. By calling on this attunement symbol, you will be receiving this third and final layer of Solar Reiki energies in accordance with your intention.

Generally speaking, the format here is very simple and will require that you work with the attunement symbol once per day for nine consecutive days. In addition to this, on day one, you will be required to say a specific invocation to help set your intention for this third element and on the final day, you will be required to officially 'activate' the Solar Intensity as a way of completing your 'attunement'.

In the interests of helping to make this as easy as possible to follow along with, please find below on the following pages the outlined processes under the following headings:

- **Day 1: Includes the invocation and symbol practices**
- **Days 2 to 9: Symbol practices**
- **Day 10: Closing statement**



ELEMENT 3 - DAY 1 (DAY 20 OVERALL)

As we've already mentioned above, on this first day of Element Three (day 20 overall), you will be required to set your intention as a preceding step to doing the symbol practices. As part of this then, the attunement process for this first day will be as follows:

■ 1. Preparation:

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 15 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2. Initiate the Solar Intensity:

Initiate the Solar Intensity by placing the hands in prayer position and saying the following:



**"May I humbly request the rays of Solar Intensity to fill my body.
May they manifest and blossom throughout my entire energy
system, developing my abundance for Solar Reiki for the infinite
intention of healing and balancing all in the planetary cosmos.
And it is so.
Thankyou, thankyou, thankyou."**

■ 3. Symbol Practice:

For 9 consecutive days, you will be required to place the symbol Ehjephesus ([pronounced Ee - jeff - eh - siss](#)) into your Crown Chakra once per day for 13 - 15 minutes each time. This symbol will help to ensure that the 'Solar Radiance' will take place and will extend itself to full capacity within your energy field.

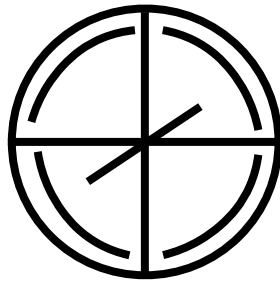
Should you wish to, you can either time yourself for your practices or for those of you who are perhaps more sensitive to energies, you may wish to simply 'feel' your way through your symbol practice and finish as the energies drops off slightly. Above all, we ask that you open up to receiving these beautiful energies with love & gratitude and with an intention to benefit all!

The Ehjephesus symbol is shown on the following page and includes instructions on how to draw this attunement symbol. We hope that you enjoy your connection with this symbol and may it help you to experience a beautiful Solar Radiance that radiates outwards for all to benefit from!

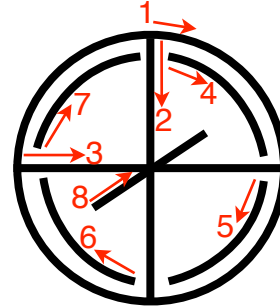


EHJEPHESUS

(pronounced Ee - jeff - eh - siss)



EHJEPHESUS



HOW TO DRAW EHJEPHESUS

*** As a side note here, we wish to point out a subtle difference between the above symbol and the symbols that many of you will have been working with through the Usui Reiki healing system. To start with, it is best if you can think about the Ehjephesus symbol as being an 'attunement symbol' only rather than a healing symbol (which is used on an ongoing basis to help heal and purify).

In this way, the Ehjephesus symbol will be helping to attune you to this final layer of Solar Reiki energies with the specific purpose of helping you become a Solar Reiki Practitioner. Once you have finished your nine days of symbol practices, you will not need to use or invoke this symbol as part of the Solar Reiki energies in any way. Hence the name - attunement symbol.

ELEMENT 3 - DAYS 2 to 9 (DAYS 21 - 28 OVERALL)

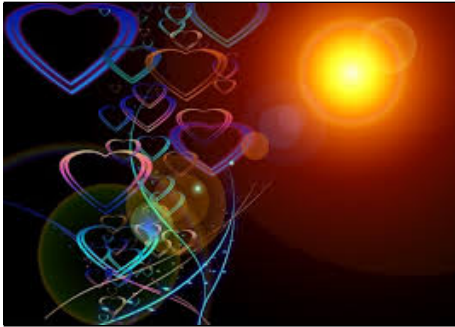
As recommended by the Guides, the Ehjephesus symbol should be worked with once per day for a total of nine days. Having now completed one day of symbol practice, you are therefore required to complete an additional eight days of practice here from days 2 to 9.

On each of these days, you will only need to continue with the symbol practices only i.e. by placing Ehjephesus into the Crown Chakra for around 13 - 15 minutes once per day. **Enjoy!**



ELEMENT 3 - DAY 10 (DAY 29 OVERALL)

With nine days of symbol practices now being completed, the Solar Radiance has now blossomed from within your energy field and with this, we invite you now to move into the final 'Solar Intensity' step of this third and final element. As the Guides explain:



“After 9 days and nights the Solar Radiance has now extended itself to full capacity - Solar Intensity. Here, the energies of Solar Reiki are now fully embedded and require activation so that they can be called upon.”

Therefore on Day 10 (day 29 overall), it is necessary for you to now 'activate' the energies of this third element. To do this, please place your hands into prayer position and say the following:



“With love, I ask please to activate the light of all lights; the Solar Intensity. May the embedded Solar Reiki energies now be fully assimilated, functional and radiant and may they blossom for the infinite benefit of all. And it is so. Thankyou, thankyou, thankyou.”

**CONGRATULATIONS!
YOU HAVE NOW COMPLETED
YOUR SOLAR REIKI ATTUNEMENTS!**

Having completed a total of 30 days of 'attunement' practices - we now invite you to complete one final step before becoming an Solar Reiki Practitioner!



6. SUGGESTED SELF HEALING PRACTICES (OPTIONAL):

Firstly, let us start here by warmly congratulating you on receiving the Solar Reiki energies in what has no doubt been a wonderful period of solar awakening! Having now received the three compulsory elements of the 'attunement' over a period of 30 days, you are ready to move into this final (optional) step on your way to becoming a wonderful Solar Reiki Practitioner.

This additional step was suggested to Marty & Gerry by the Guides as they finished their Solar Reiki attunement. As part of this, the Guides recommended this period of 7 - 21 days of self healing practices before sharing the Solar Reiki Energies with others.

It was not made clear why this step was necessary and this was not made a 'compulsory' part of these teachings by the Guides however as Marty and Gerry received great benefit from doing these additional self healing practices, they now wish to lovingly suggest that these practices be completed as part of this course.



Firstly, by doing these additional self healing practices, you will be able to gain a more thorough understanding of these beautiful healing energies before sharing them with others. Secondly, throughout this period of self healing practices, both Marty and Gerry experienced a "filling up" of Solar Energy within their energy field - almost like they were being 'charged' - like a battery.

Thirdly, these self healing practices helped to push out additional impurities from within and as these were being released, the Solar Reiki energies seemed to fill the body with a loving, glowing and radiant solar light.

Should you wish to then, you may start with a period of 7 days self healing practices and see how you feel or alternatively, you might like to decide up front to embark on a 21 day self healing journey with Solar Reiki. Like all healing practices, we simply ask that you do what you feel is right for you as you open up to these energies and as you are guided towards more loving, harmonious and radiant states of being.

SUGGESTED SELF HEALING PRACTICES (7 - 21 DAYS) **(DAY 31 - 52 OVERALL)**

The suggested self healing practices here are quite similar to the practices completed as part of element two where you will be bringing the Solar Reiki energies into each of your chakras for 3 - 5 minutes, from the base chakra upwards. This is repeated once or twice per day as you wish.

You will notice here that the suggested self healing practices being prescribed are slightly different to the 'actual self healing practices' that we will be outlining in the next section. And in the interests of avoiding any confusion here, it is perhaps best that you think of these suggested self healing practices as being *a continual part of the Solar Reiki attunement process*.

We truly hope that you will experience a wonderful solar awakening during these additional self healing practices. May your new connection with Solar Reiki help to bring more love, light & positivity into your life for the ultimate benefit of all beings!

SUGGESTED SELF HEALING PRACTICES:

Please repeat the following steps, once or twice per day for 7 - 21 days:



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. Invoke Solar Reiki:

Lifting your hands out in front of you so that your palms are facing upwards (in a way that is comfortable for you), we invoke Solar Reiki by saying "Solar Reiki" three times whilst feeling the Solar Reiki energies flowing into our hands and palms.

3. Give yourself Solar Reiki:

Having invoked the Solar Reiki energies, we are now able to send Solar Reiki to each of the seven chakras by placing both hands (palms facing down) on each chakra, (starting at the base chakra) for 3 - 5 minutes per chakra.

If you wish to, you may like to repeat the words 'Solar Reiki' three times for each chakra as a way of helping you to keep focus. Also, you may wish to connect with a simple visualisation of a radiant or almighty sun as you connect with these beautiful energies.

Additional Insights:

After day 4 of using the Solar Reiki energies, Gerry began to see a golden haze of energy around her body - not yet fully developed but growing. By the end of day 7, Gerry then began to see the haze had turned into a brighter, fuller golden light - as if she was a giant ball of Solar light. Wonderful!

As they continued to progress throughout the 21 days of self healing practices, Marty & Gerry both felt the energies becoming stronger within themselves as they strengthened their connection to these beautiful Solar energies. This was a very beautiful time of healing, connection and peace!

Having now completed your own self healing practices for Solar Reiki, we wish to say:

CONGRATULATIONS!
YOU ARE NOW A SOLAR
REIKI PRACTITIONER!



7. SOLAR REIKI HEALING PRACTICES:

Having now become completely initiated to the Solar Reiki energies, you are now able to use these energies for yourself and others as you feel guided. And before we go any further, we would again like to pass on our sincerest and deepest congratulations for making it to this final part of the Solar Reiki course!

We understand that the 'attunement' process has taken much time and effort and we are deeply grateful for your dedication to these practices. Please know that the Solar Reiki energies are indeed of a very significant vibration and are definitely worth the wait. These

energies have been brought through to this earth as a way of helping to expand the consciousness and to bring more love, joy, radiance & positivity into ones' life.

As a brief overview then, Solar Reiki is a very simple healing system with the practical aspects of this system being summarised as follows:



- A standard Solar Reiki session (either for oneself or others) can be completed within around 3 - 5 minutes and can be shared with any kind of living being.
- These energies are working on a very high energetic frequency of 'solar' energy to help rebalance, heal and bring radiance to any recipient and any kind of ailment.
- These energies can be administered either through a hands on healing format or through a by distance format and in this way, the foundations for these practices are very similar to that of Usui Reiki i.e. as you open up to becoming a divine healing channel.
- The process for sharing the Solar Reiki energies for self healing and healing others work is exactly the same which makes this course incredibly easy for someone to learn and open up to.
- Although the Solar Reiki energies can be easily received in around 3 - 5 minutes, it is also totally fine to send the Solar Reiki healing energies for a longer period of time also (in accordance with your own intuition).
- With Solar Reiki being shared either in person or by distance, it is also important for us to point out here that both techniques are equally simple to administer and will take a similar timeframe to share with another living being.

With this short overview of the practical aspects of Solar Reiki, let us now outline the specific healing practices that were brought through by the Solar Reiki Guides:

Using Solar Reiki (In Person Healing)

One of the nicest aspects of Solar Reiki is the idea that these energies are highly effective and very efficient. As such, these healing energies can be shared with oneself or others in a very short period of time and can be a wonderful complement to any other form of meditation or healing.

In particular, we have found that these energies are a wonderful finale to any meditation or healing session, as the energies bring a wonderfully radiant and love filled conclusion to any healing work. However equally so, they can be used at any stage of your healing or meditation session, as you feel guided to call on these in your own healing work.



To help you call on these energies successfully, for 'in person' healing of others and for your own meditation, please follow along with the below instructions whilst being sure to open up to these energies with much love & gratitude and with an intention to benefit all!

■ 1) Preparation:

As Usui Reiki Masters, please prepare yourself for the healing session in a way that suits you and in a way that is comfortable for both yourself and/or the recipient you are treating.

For Solar Reiki, the healing energies can be received either sitting or lying down. Again, we simply ask that you ensure that you / the recipient are comfortable, relaxed and in a good space for healing or meditation work.

■ 2) Set your intention:

Like all energy based healing work, setting the intention is a very important step. Therefore please take some time here to set your intention for what you would like the healing to help with whilst remembering to expand your intention wherever possible for the highest good of all beings. For example:

*“With love & gratitude, I call on the Solar Reiki energies (and all other forms of light energy that are required in this session). Please come and help me in this Solar Reiki meditation so that I may be able to clear away all impurities. May these Solar Reiki energies help to shower me in love, joy, happiness and infinite light so that I may be of better service to the collective consciousness. May all beings enjoy happiness, love & light in their life.
Thankyou, thankyou, thankyou.”*





■ **3) Charge the palms:**

With your intention now being set, please hold your palms upright in front of your body and say "Solar Reiki" three times to charge your palms with Solar Reiki. If you wish to, you can take a few moments here to feel the Solar Reiki energies as they start to flow from your hands and palms.

■ **4) Send Solar Reiki:**

There are two main techniques for sending Solar Reiki to either yourself or a recipient and how you choose to use the Solar Reiki energies will of course depend on the type of healing situation. In simple terms though, let us now cover the two main techniques for calling on the Solar Reiki energies / sharing the energies with a client or recipient:

i) Treating The Crown Chakra

Placing your hands over the recipient's (or your) Crown Chakra, you are now able to allow the Solar Reiki energies to flow through your divine healing channel. Around 3 - 5 minutes should suffice but as always, we ask that you lovingly use your intuition here and send the energies for as long as you feel guided.

Note that the Crown Chakra is given here as a guideline only. Whilst sharing these Solar Reiki energies, you may feel that there are other areas of the body that may require these energies and these should be treated in accordance with your divine intuition.

ii) Treating The Major Chakras

As an alternative to the above technique, Solar Reiki can also be sent into each of the seven major chakras in succession (starting from the Base Chakra). To do this, the Guides have suggested that you spend around 1 - 2 minutes for each chakra and allow the Solar Reiki energies to flow into each chakra to help heal, balance and rejuvenate these areas with love & light.

Like all practices, we suggest here that you listen to your own inner voice and be guided by your own divine intuition when sharing the Solar Reiki energies. As such, please allow yourself whatever time you need over each chakra to ensure that the appropriate healing, balancing and growth can take place in each area of the body.

■ **5) Give thanks:**

Having now completed your healing session, it is always good to give thanks to all the Higher Consciousness entities you have called on for your healing, including the beautifully radiant Sun for all of the Solar Reiki healing energies. You may wish to say something like:

*"With love & gratitude, I give thanks to all the beautiful healing energies that have been received today in this Solar Reiki healing session. Please continue to shower us in these divine healing energies and continue to guide us towards higher consciousness for the infinite benefit of all beings.
Thankyou, thankyou, thankyou."*



Solar Reiki (Distance Healing)

Sending Solar Reiki by distance is equally simple and will take you the same time to complete a healing session i.e. around 3 - 5 minutes.

For these Solar Reiki distance healing practices, we will be building upon the learning done through the level 2 Usui Reiki practices and as such for those of you who would like to quickly recap or revisit any of the distance healing practices prior to moving into this part of the Solar Reiki course, we lovingly invite you to download our free [Usui Reiki level 2 ebook](#) for more information about distance healing and some of the techniques that we suggest as part of this.

For now however, we hope that you will enjoy sharing these Solar Reiki healing energies by distance and may you be guided towards helping many beautiful souls move towards love, radiance and light in their life!



■ **1) Preparation:**

For this distance healing practice, we would again like to suggest that you prepare for your distance healing session in a way that is comfortable for you. Perhaps a quiet place where you will be comfortable and undisturbed for around 5 - 10 minutes is good.

■ **2) Set your intention:**

For any distance healing work, setting the intention is very important. As such, we ask here that you set your intention for your Solar Reiki distance healing session and state the name of the recipient and if you wish to, their country also (to help in strengthening the connection).

As part of this setting of intention, we would also like to remind you here of the benefits of expanding your intention for the absolute and infinite benefit of all wherever possible. For example, if you have a patient suffering from a sore knee - may this person walk strongly on their journey forwards towards light so that they may bring immense benefit to all beings!

In addition to this setting of intention step, for distance healing work, some of you will like to take a few moments here to 'tune in' to the recipients energy field as a preparatory step for sending Solar Reiki. It is also during this time that you may pick up on any imbalances, impurities or other energetic issues that may require attention during your session.

■ **3) Charge the palms:**

Having now set your intention and tuned into the recipient's energy field, please hold up your palms in front of your body and say "Solar Reiki" three times, to charge the palms with Solar Reiki. You are now ready to start your healing session.

■ **4) Send Solar Reiki:**

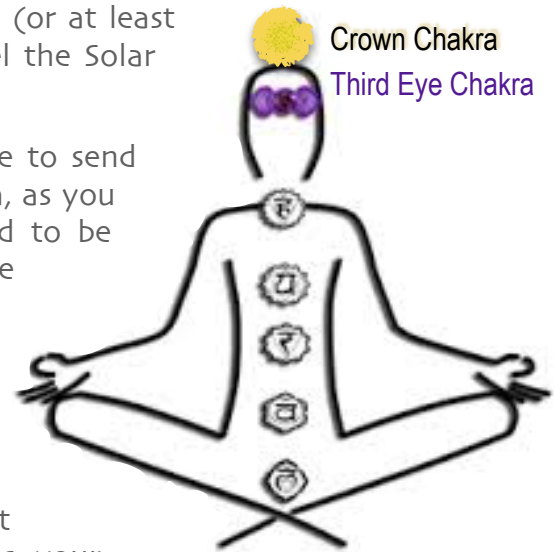
Like most distance healing practices, there are a number of ways that you can choose to share these Solar Reiki energies with others by distance. And to help you find a technique that works for you, let us now outline three of the most common ways to send Solar Reiki by distance.

i) Treating the Crown / Third Eye Chakra

Positioning your hands so that your palms are facing outward (or at least visualising yourself doing this), you are now ready to channel the Solar Reiki energies from your palms into the recipient's energy field.

When sending the Solar Reiki energies, you can either choose to send these to the recipient's Third Eye chakra or their Crown Chakra, as you feel guided. In both cases, the Solar Reiki energies will need to be received by the recipient for around 3 - 5 minutes as they receive a significant blast of healing, balance and radiance in line with your healing intention.

As part of this technique, please also be open to the idea that the energies may be needed in other parts of the recipient's body. For example, you might start by sending Solar Reiki energy to the Crown Chakra and during the first minute or so, you may feel like you are needing to focus your intention on a certain area of the recipient's body.



ii) Treating The Entire Body

In addition to this basic technique above, there may be some instances where you feel that sending Solar Reiki to the entire body may be more suitable. For example, you might choose to do distance healing 'by proxy' using a photo of the person. As part of this technique, you may wish to send Solar Reiki to a photo and intend that these energies are received as they are needed to heal this living being for the highest good of all.

Another example of this 'treating the entire body' technique would be where you have tuned into the recipients energy field and then simply send the energies to the overall energy field whilst asking that the Solar Reiki energies go to where they are needed for the highest good of the recipient and all.

As part of this, you might like to use your visualisation skills as you imagine that the recipient is starting to glow with a bright sunshine which radiates outwards into all directions as their ailments, issues and impurities are all released safely and with much love.

As with all distance healing sessions, it will be important to be guided by your own intuition when opening up and sharing these energies and we again ask that you work for the ultimate benefit of all beings in your Solar Reiki healing work.



iii) Treating The Major Chakras

In addition to the above techniques, you may also wish to send the Solar Reiki energies to the recipient by shining the energies into each of their chakras. This technique will be very similar then to the 'in person' technique, whereby you spend 1 - 2 minutes on each chakra starting from the base chakra, however this time, you will be using a by distance technique.

This means that you can either use a 'proxy' such as a teddy bear or pillow or alternatively, you can simply imagine that the recipient is lying down in front of you and you are quite literally treating each of their chakras. Remember that your intention is always paramount when giving distance healing!



Like all energy based healing practices, Solar Reiki provides you with many healing possibilities and flexibility with distance healing. Here, we kindly suggest that you are always guided by your own divine intuition for any particular healing situation and that you share these energies with the utmost love and with an altruistic intention to benefit all.

The Solar Reiki energies will always flow to where they are most needed for the highest possible healing result of the recipient in line with your intention. As such, once you have set your intention and as you open up to channeling these energies into the recipient - you can truly do no wrong!

■ 5) Give thanks:

Having now completed your distance healing session, please take a few moments here to give thanks to the Sun for all her beautiful healing energies (and any other beings that you have called on for your healing work).

We hope that you will enjoy your distance healing work with Solar Reiki and may these beautiful energies help you to shine, radiate and fragrantly share these energies for the absolute and ultimate benefit of all!



Solar Reiki Healing - Additional Notes:

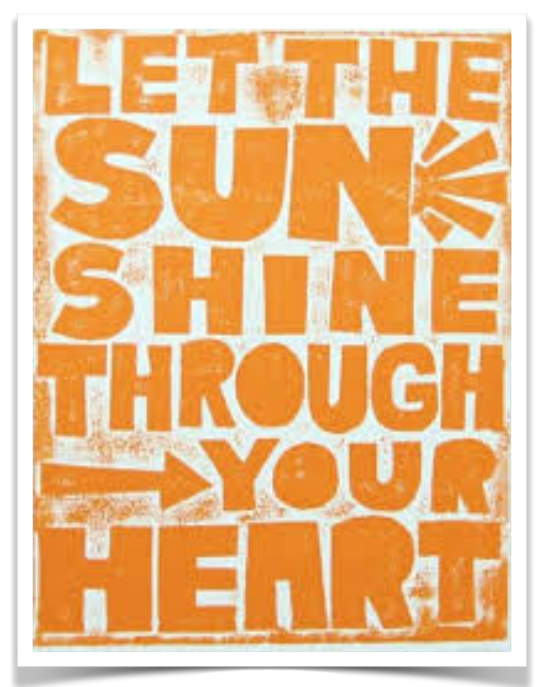
Having now covered the basic techniques of how to call on the Solar Reiki energies for yourself and others, let us now include some additional information to help provide a more well rounded understanding of these healing energies.

To start with, we wish to reiterate once more that these Solar Reiki energies are incredibly simple in their design and that this is only made possible due to the higher vibrational nature of these healing energies. Therefore, in only 3 - 5 minutes, there can be much healing, purification and rebalancing taking place, so as part of this course, we wish to encourage you to call on these energies as regularly and as often as you feel necessary to help keep yourself radiating, happy and joyful!

With this being said, let us now provide some additional notes about using Solar Reiki:

- ♥ Solar Reiki can also be sent to any living being including animals, locations, nature, countries (i.e. full of people), plants, the earth, water etc. Please be creative with your practice and send these energies outwards in the most benevolent and loving way you can imagine!
- ♥ Solar Reiki can be called on in conjunction with any type of energy based healing modality or meditation technique and can be a wonderful way of ending your session i.e. as you give each chakra a 'blast' of Solar healing energy!
- ♥ Solar Reiki is also great at 'filling the space' after doing any kind of psychic surgery (Usui Level 3a). For example, after removing any darkness or impurity through psychic surgery, Solar Reiki is a wonderful way of filling that space with much radiance, love & light afterwards.
- ♥ When working with Solar Reiki through the Crown Chakra, Gerry gained the understanding that it is also possible to send through the Usui Reiki symbols at the same time. For example you may imagine the Solar Reiki flowing through the Crown Chakra as a great flood of golden light and whilst that is flowing, simply tap in or visualise the Usui Reiki symbols at the same time. When Gerry did this, she saw each symbol washing through the Crown Chakra and then through the whole body like a huge wave, one after another. It was really beautiful!
- ♥ You might wish to try working with a series of visualisations as you connect with these Solar Reiki energies as a way of helping you harness the magnificence and immensity of these healing energies. For example, as Marty was connecting with these energies through the Crown Chakra, after around 5 minutes or so, he would imagine that his whole body was becoming one with the sun. As part of this, he would imagine the immensity of the healing sun with the idea that we are all one. And with this thinking, he would now imagine this radiant energy shining for all!

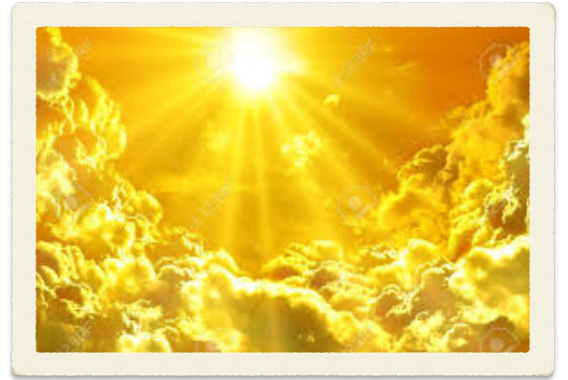
These are just a few examples of how you may wish to work with these energies. We now invite you to learn through your own practices and through your own creativity as you connect with, share and radiate these energies for the benefit of all!



8. FINAL COMMENTS:

It is with much love & light that we again wish to congratulate you on the completion of your Solar Reiki course. It has truly been our pleasure to share these energies with you here in the hope that they will now be used to help uplift, heal and expand the collective consciousness for the infinite benefit of all!

If you would like a certificate for completing Solar Reiki, 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!



The Universal Reiki Series of energies are indeed a very important set of energetic frequencies as they all help to guide a practitioner towards an opening and expanding of our energy centres. As the Guides have explained, these types of energies are all here to help us evolve towards the layers of [The New Consciousness](#) and as a way of helping us move to more love, understanding and unity.

As we understand it, The New Consciousness is filled with unconditional love, understanding and benevolence. A vibration that we are all moving towards in our own divinely unique way. For those who are interested to learn more about this shift in energetic vibration or The New Consciousness, we invite you to open up to receiving either of our [Ascension Pathways](#) which will help to explain more about this phenomena as you are guided towards accelerating this ascension process.

Like all of our teachings, we offer our Ascension Pathways freely and with love and we are always happy to share these energies with those who are willing to receive. These Ascension Pathways are our most intensive and vibrationally uplifting systems of energy based healing and can be received over a period of many months.

For those who have enjoyed your connection with the Solar Reiki energies, we also invite you to open up to receiving any of our other [Universal Reiki](#) courses. Perhaps you are ready for a Master Level? These energies are all of a very significant energetic frequency and are often a wonderful complement to one another for your healing & meditation practices. There is no required 'resting' timeframe at the end of this ebook before commencing another course, so you can simply move into whichever course you feel guided to next (assuming you have met all of the prerequisites for that course).

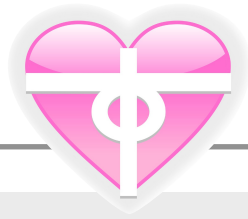
For now however, we hope that you will enjoy your new Solar Reiki frequency! May you enjoy your connection to these healing energies and practices and we look forward to sharing more energies with you in the future for the benefit of all!

And as a final reminder, remember that if this is your first ebook in the Universal Reiki Series, please be sure to record the date you complete this ebook, as if in the future you wish to ascend to the Master Levels, you will need to have been practicing with the Universal Reiki energies for a minimum of four years. Therefore it is helpful to keep a record of completion of your first Universal Reiki ebook!

With Love Inspired Blessings,

LOVE INSPIRATION & MAITRI FOUNDATION





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May all beings live in light and harmony.