

# Usui Teate Reiki

Practitioner Course  
Part Two (Second Degree)

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# Introduction

Welcome to Reiki Second Degree!

You may be reading this having received this manual in advance of the Reiki Second Degree course, and if this is the case then I hope you enjoy reading about the symbols and how they can be used, and I wish you luck as you practice drawing them. Most people on Reiki 2 courses don't get to see the symbols until the day of the course, so you are in the lucky position of being able to learn them at your leisure, over a series of days, rather than under pressure on the day of the course! I have tried to make this manual a complete guide to Reiki at practitioner level, so there is no need to take notes on the day of the course: everything that we will cover, and everything that you need to know at this level, is in this manual.

If you are reading this having completed the Second Degree course, you will have received the traditional Japanese empowerments necessary to bring you up to Reiki practitioner level. The symbols have now been revealed to you and they are at your disposal to use during treatments, and you have learned a whole range of exciting new techniques. As well as connecting you strongly to the three energies that the symbols represent, the effect of the Second Degree empowerments is to further increase the amount of energy you channel. Over the coming weeks this should be noticeable to you and to the people you are treating.

Over the next few weeks, again, you may go through a period of detoxification and cleansing and you may notice some emotional ups and downs as the increased levels of Reiki flow through you during your treatment of others and during your regular self-treatments. I have found that strong reactions are less common with Reiki 2, but not unheard of. Beyond that, Reiki will continue to make long-lasting positive changes in your life, it will affect your worldview and clarify your priorities for the better if you use it.

Now that you have been attuned to Second Degree, the best advice I can give you is, again, to get your hands on as many people as possible! Practice of course helps to clear and strengthen the channels through which Reiki flows, and you should continue with your Hasurei, do self-treatments regularly, and get some regular practice on other people.

It is well worth your while to practice the Reiki symbols regularly, until they become second nature. Their effectiveness is determined by how clearly and confidently you can reproduce them, and with regular practice they will become more and more effective. The same applies to the 'energy cranking' techniques. You have learned quite a few new ways of working with the energy now, but it isn't a race and you don't have to use them all straight away: try the new techniques out one-by-one, until you are comfortable with them. Try another one until you are comfortable with it, and then try combining some techniques. Find what works best for you.

If you can't find anyone to treat then make sure you treat yourself regularly, do your daily energy exercises, treat your cat, treat your plants, do distant healing, put CKR under a bottle of wine. Play around with the energy and see what happens.

Reiki is a tradition that is passed on from master to student, the student becomes a master and passes it on to others and so on. The pages following this introduction show your Reiki lineage as far back as Mikao Usui, the originator of Reiki, and his photograph.

## **Acknowledgements**

Taggart King has written the vast majority of this manual and I (Steven Lovering) have edited it where appropriate. Where information has come from other sources, I have stated this clearly. I am particularly grateful for the generosity of Reiki Master Rick Rivard from Canada, who has made various translations of documents from Japan freely available to the Reiki community world-wide.

Love and Light,

Stephen Lovering

# Lineage

All Reiki practitioners can trace their 'spiritual lineage', following a trail of Reiki teachers back to the originator of Reiki, Mikao Usui. I have also received empowerments from Taggart King who received his empowerments via Chris Marsh that pass on the energy of Usui through the intermediary of a 107-year-old Tendai Buddhist nun who trained with Usui. Incidentally, these people thus make up your lineage(s) too, through me!

## Form of Reiki

The original Japanese form of Reiki is very different from the way that it has ended up being practised in the West, and we are even now only scratching the surface when it comes to understanding the depth and enormity of Usui's system. The original form of Reiki, called Usui Teate, was a spiritual path: a path to enlightenment, based on committing yourself to carrying out meditations and self-healings, receiving regular spiritual empowerments, and receiving training in an open ended fashion. This is rather like the way that martial arts is taught in the West today: you keep turning up and slowly developing your skills, and when it is thought that you have progressed sufficiently, then you are allowed to move on to the next level of training.

So the purpose of Usui Teate was:

1. To achieve satori (enlightenment)
2. To find one's spiritual path
3. To heal oneself
4. To heal others

The system was rooted in Tendai Buddhism and Shintoism, with Tendai Buddhism providing spiritual teachings and Shintoism contributing methods of controlling and working with the energies. The system was based on living and practising the Reiki precepts. The vast majority of Usui's students started out as his clients. He would routinely give people empowerments so that they could treat themselves in between appointments, and if they wanted to take things further then they could start formal training with him.

Usui's first degree training - called 'Shoden', which means first teachings - was all about:

1. Opening to the energy through receiving many Reiju empowerments.
2. Cleansing.
3. Self-healing.

The student would receive treatments from Usui, practice self-healing, practice and chant and live the Reiki affirmations, and practice energy exercises designed to make them a clear and strong channel for Reiki. Students would focus on developing their sensitivity to the energy and learn to work intuitively, and when they were thought to be sufficiently sensitive, or sufficiently intuitive, then they would be invited to go on to higher levels of training.



I teach the energy exercises on my Reiki 1 course and carry out a distant Reiju 'broadcast' that you can 'tune in to' every Monday. The intuitive technique - Reiji Ho - I teach on my second degree course.

Usui's second degree training - called 'Okuden' - was all about:

1. Strengthening your ability as a channel.
2. Learning new techniques.
3. Receiving spiritual teachings.

You became a stronger channel for Reiki by receiving Reiju empowerments on a regular basis, and by practising Hatsu Rei Ho (energy exercises). Reiju continually reinforced your connection to the source, and students worked on that renewed connection by practising Hatsu Rei Ho every day. Hatsu Rei Ho also allowed you to grow spiritually.

Spiritual teachings were introduced at Second Degree level, and involved studying Buddhist sutras, specifically the Lotus sutra, the Heart sutra and the Diamond sutra. The Lotus sutra forms the basis for Tendai Buddhism. The exact details of these teachings has not come through to the West, though it seems that Usui managed to distil the inner teachings of Tendai Buddhism and pass them on in a way that anyone could understand. Usui very much seems to have geared his teachings towards the individual needs of his students, though. So if they were Tendai then he would emphasise the Tendai connections, if they followed Shintoism then he would emphasise those connections, and Dr Hayashi's Christianity did not seem to prevent him from receiving initiations from Usui.

The new techniques taught at second-degree level involved using various meditations, and sacred sounds called 'kotodama' or 'jumon'. These were used to connect to the energies that are taught at second degree. Kotodama are ancient mantras that disappear into the mists of ancient Japanese culture, and originate in Shintoism. They were used to control and focus the energies, and predate the use of symbols within Reiki. If a student was Buddhist, they were given meditations and kotodama; if they followed Shintoism they were given kotodama (Shintoism is a kotodama-based religion). For students who didn't fall into those two categories, Usui used symbols. Symbols were only taught to three people (the naval officers including Dr Hayashi).

The student would learn how to send Reiki with the eyes and the breath, and practice distant healing, and these are covered on this second-degree course.

## The Second Degree Reiki Symbols

When you go through your three Second Degree empowerments you are connected specifically to three different aspects of the Reiki energy. These three aspects of the energy can be represented by three traditional Japanese symbols. Usui chose the symbols to help a few of his students learn to work with the energies, when they could not get on with meditations or sacred sounds. The symbols are 'tools' that you can use to access energies that:

- produce physical healing
- produce mental/emotional balancing

- allow you to make a distant connection with your subject

The Second Degree empowerments also allow you to channel more energy than was possible at First Degree level.

Interestingly, within Western Reiki it had always been thought that the symbols were 'useless' unless you had been 'attuned' to them by way of a ritual that involved the use of the Reiki symbols (an 'attunement'). There was no way of really testing this view, because nobody knew how to attune someone to Reiki without using symbols! This has all changed now, with the introduction of Reiju empowerments from Japan: a way of connecting students to Reiki but without using any symbols.

I have found that the symbols work just as well for a person connected to Reiki using Reiju empowerments (the more original way of doing it), even though - in Western terms - the person has not been 'attuned' to the symbols!

The important thing to remember is that when you are attuned to Reiki you are attuned to the energy. The symbols are just ways of focusing and directing the energy, and they are not the only way to do this. Some people can move beyond the use of symbols and use direct intent, with time and practice and familiarity with the energies.

Hiroshi Doi says that in Mikao Usui's Reiki Association in Japan (the Usui Reiki Ryoho Gakkai) they do not use the Reiki symbols any more either. Students are just shown them out of historical interest. He says that the students are expected to work directly with the energies that they are connected to, and that Mikao Usui introduced the symbols into Reiki for the benefit of his students who simply could not accept that 'they could do this thing'. Usui gave these students something 'concrete' to focus on to learn to connect to the energies. The intention was that when the student became more confident in working with the energies that the symbols represented - through practice and repetition - they would not need to always rely on the symbols and could produce the desired effects through their intention if they wanted to.

So the symbols work - and they work well.

## How to Draw the Reiki Symbols

Whenever you draw the Reiki symbols, you will be doing these things:

- Draw the symbol in a variety of different ways (see below), imagining that the symbol is being traced out in violet - the colour most commonly associated with the Reiki energy
- If you cannot visualise colours, just 'intend' that the symbol is violet, even if you cannot see the colour yourself
- Then say the symbol's name to yourself three times as a mantra
- 'Tap' the symbol you have drawn, with your hand/fingers, each time you say the symbol's name (three 'taps' in total)
- The combination of drawing the symbol and saying the symbol's name three times 'activates' the symbol and produces its effect

The symbol can be drawn out in these ways:

- Draw with the palm of your hand (the palm chakra is where the energy exits). This is suitable for drawing a symbol over the wall of a treatment room (see later).
- When drawing the symbol over the body, bring all your fingers and thumb together into a cone and draw the symbol over your hand or over a part of the body (see later). Reiki also comes out of your fingers!
- If your hands are otherwise occupied (treating the person) then you can trace the symbol out with an imaginary 'very long nose' (like Pinocchio or Cyrano de Bergerac), and use small head movements.
- You can also use just eye movements to trace out the symbol over your hands or a part of the patient's body
- You can 'tap' the symbol you have drawn, using your 'nose' or 'eyes'!

Once you have had a great deal of practice in drawing out the symbols, and they become second nature, you can produce the desired effect by visualising the symbol in its entirety, and you can dispense with the 'drawing out' method if you wish. There are no short-cuts in Reiki, and don't take the above advice as meaning that you don't have to bother drawing out the symbols: when you have drawn them 500 times, then you might think about 'seeing them' in their entirety. Don't run before you can walk!

This technique is really only suitable for **ChoKuRei** and **SeiHeKi**. You will be an exceptional individual if you can see **HonShaZeShoNen** in its entirety, with its 20+ pen-strokes!

## The First Symbol: Cho Ku Rei

This symbol means 'by divine decree' and has correspondences in Shintoism, where the phrase is used as an order (e.g. 'let there be sunshine... ChoKuRei'). It is also found in Tendai Buddhism, with an indefinite spiral. There are two main uses for ChoKuRei: it is used when giving treatments, and it can be used in space-clearing and for protection.

### Using ChoKuRei when giving Reiki treatments

**Cho Ku Rei** produces a low frequency energy, and its main purpose is physical healing. Usui's surviving students describe this energy as earth energy, the energy of physical existence, energy that reminds us where we are from.

When the symbol is drawn over the body, the effect is twofold:

1. the symbol boosts the flow of energy through your hands
2. the symbol gears the energy towards physical healing

In practice, **ChoKuRei** can be drawn anywhere on the body where there is a need for physical healing, so you could draw it over your hand(s) when treating a 'hot spot', e.g. an area of local injury or an arthritic knee.

## Drawing the Symbol

Draw the symbol using your fingers coned together, using your 'Pinocchio' very long nose, or using eye-movements. Imagine the symbol passing through your hand into the part you are treating. You can also draw the symbol directly over the body near your hands, so for example if you were treating the temples, you could draw **ChoKuRei** over the head, in the area where the energy is being directed. Do not draw the symbol over the body at a point remote from where your hands are.

You can draw this symbol more than once in a particular area. I very often use it three times, but more times than that is unlikely to give you much more energy - you cannot keep on cranking up the energy indefinitely using the symbol in this way.

There is a more advanced way of using **ChoKuRei**, where you carry out a whole treatment using energy derived from **ChoKuRei** only, without having to draw any symbols over the body. This method is called 'Setting the Frequency at Source', and is the most effective way to give a treatment. It leads to the greatest amounts of energy being channelled - more than if you were drawing symbols over the body - and it produces the best results in my experience. This technique is dealt with in the section 'Advanced Second Degree Technique', p31.

## Space Clearing

**ChoKuRei** can be used for space clearing, to eliminate any negative energy from a room. It can be used routinely by Reiki practitioners to cleanse a treatment room before beginning the treatments each day, or to cleanse a house that you have just bought.

You do this by drawing the symbol over the walls of a room, the ceiling and floor, and in the centre of the room, saying the symbol's name three times each time you draw it, imagining that the room is being flooded with vibrant cleansing energy. Some people would choose to draw the symbol in the room's corners rather than the walls; it makes no difference.

## Protection

**ChoKuRei** can be also be used for protection of yourself, other people, and property. The symbol can be drawn over your car or personal possessions to discourage theft, and might be used to ensure safety during a journey, by visualising the symbol over a car/aircraft. It can also be used over yourself in a social situation where you are picking up negative 'vibes' from people. Visualise the symbol over yourself, sealing you into a protective bubble, or visualise over the people who are causing the problem, by way of a protective shield keeping their bad vibes away.

## Other Uses for ChoKuRei

### *ChoKuRei and cheap wine*

Buy a cheap bottle of 'plonk' and pour out a couple of glasses as 'controls'. Draw **ChoKuRei** on a piece of paper and stand the wine bottle on the symbol for 10 minutes. Pour out the Reiki'd wine and compare the two. The wine is claimed to now be smoother and sweeter than the controls. Several acquaintances of mine say that they have done this and that Reiki made a real difference to the wine. Try it for yourself!

### *ChoKuRei and Batteries*

Some people see the Reiki energy as being part of the electromagnetic spectrum, though there seems to be no evidence of this as far as I can see. It is suggested that you can charge up batteries by Reiki-ing them. Try Reiki also on dripping taps, tight lids on jars, and jammed doors, using **ChoKuRei** to focus the energy on the physical world, either channelling the energy from that symbol ('Setting the Frequency at Source'), or drawing the symbol over the affected area and letting the energy flow for a while.

### *ChoKuRei and Food*

Take an orange and cut it in half. Put one half to one side on a plate in the kitchen as the control. Put the other half on another plate and give it Reiki, using **ChoKuRei**, every day. Compare the freshness or otherwise of the two. What has Reiki done? The Reiki-ed half is claimed to stay fresh for longer. The Reiki is seen as removing any negative energy from the food. An acquaintance of mine regularly channels Reiki into his food, and claims that salads always seem more colourful and vibrant afterwards.

## The Second Symbol: Sei He Ki

This symbol is found all over Japan in its calligraphic form, and can be found in India and Tibet also, in Buddhist temples. The symbol we use is a line version of the Japanese symbol, which in itself is a Japanese version of a letter from the Sanskrit alphabet, the sound of which, when chanted, is said to produce 'mental spring cleaning'.

So Usui chose this symbol carefully when attaching it to the aspect of Reiki energy that deals with the mental/emotional aspects of a person. In the West, this symbol is commonly called the mental/emotional symbol, or the harmony symbol.

**SeiHeKi** is mainly used when giving Reiki treatments, and is used less widely over the body than **ChoKuRei**.

### Using SeiHeKi when giving Reiki treatments

**Sei He Ki** generates a higher frequency energy than **Cho Ku Rei**, and is used to balance the mental and emotional planes. Usui's surviving students describe this energy as celestial energy, an energy that makes a link with the spiritual, drawing the two energies into harmony. When the symbol is drawn over the body, the effect is twofold:

1. the symbol boosts the flow of energy through your hands

2. the symbol gears the energy towards mental balancing and emotional release

The effects of **SeiHeKi** are less noticeable to your hands, because they resonate at a higher frequency than **ChoKuRei**, and the energy feels more fine and delicate; but it is still as strong.

The effects that **SeiHeKi** produces are wide-ranging. The symbol will deal with stress, tension, anxiety, sleeplessness, restlessness and traumas. It will help a person to deal with anger, heal sorrow and release emotional blocks, and resolves deep-seated emotional problems: unresolved issues that grind away in the background without being dealt with. The symbol can also be used to modify and improve habits and personality traits.

In practice, **SeiHeKi** can be drawn over these areas:

- head
- heart
- solar plexus

These are the main mental areas and the main emotional centres. In Traditional Chinese Medicine various emotions are seen as being held in particular organs. For example, anger is held in the Liver, fear is held in the Kidneys, grief is held in the Lungs, joy is held in the Heart and sympathy is held in the Spleen. So one could conceivably use energy from **SeiHeKi** in these areas to deal with these specific emotions, or imbalances associated with them. I would recommend that you let your intuition guide you: if you feel that you ought to use this energy in a particular area then do so, but do not try and treat an emotion in a calculated, academic way. TCM is more complicated than that!

## Drawing the Symbol

Draw the symbol using your fingers coned together, using your 'Pinocchio' very long nose, or using eye-movements. Imagine the symbol passing through your hand into the part you are treating. You can also draw the symbol directly over the body near your hands, so for example if you were treating the temples, you could draw **SeiHeKi** over the head, in the area where the energy is being directed. Do not draw the symbol over the body at a point remote from where your hands are.

You can draw the symbol more than once in a particular area. I very often use it three times, but more times than that is unlikely to give you much more energy - you cannot keep on cranking up the energy indefinitely using the symbol in this way.

## Positive Affirmations

When you draw **Sei He Ki** over the head you can use it in conjunction with a positive affirmation that you intend is going to be accepted by your client's subconscious. Common affirmations might be 'you are calm, content and serene' or 'you are loved and secure', 'you feel safe', or 'you feel loved and loveable'. You

may have a better idea of what affirmations would be suitable for the person you are working on.

Slide your hands under the back of the client's head. Use energy from **SeiHeKi**, either by visualising the symbol over the head, or by drawing down **SeiHeKi** energy from above. Focus on their third eye and send the new thought pattern. Hold this position for about 5 minutes.

Alternatively, have one hand at the base of the client's skull, and the other hand resting on their forehead (as in Usui's self-treatment method, which was described in the First Degree manual).

I have used a different version of this when doing some treatments: when I have my hands on either side of my client's temples, I visualise the mental/emotional symbol over the head and say the name three times, imagining the symbol moving into the client's brain. Then I say an affirmation that I imagine is passing deep into the client's subconscious. I say the affirmation three times.

## Other Uses for SeiHeKi

It has been suggested that **SeiHeKi** can be used in these situations:

1. Spirit rescue (lost spirits who haven't 'travelled into the light')
2. Relationships: use **SeiHeKi** on the two of you as you lay in bed, maybe in conjunction with **Hon Sha Ze Sho Nen**
3. Use **SeiHeKi** to Reiki your goals, plans, ideas and affirmations: write out the goal, and draw **SeiHeKi** over the paper. Channel the energy 'for the highest good'.
4. Use **SeiHeKi** to help you remember: study some information, and then send **SeiHeKi** energy into your head, front and back. See what happens.

## Keep ChoKuRei and SeiHeKi apart!

The important thing to remember about the **ChoKuRei** and **SeiHeKi** is that they should not be drawn over the same place at the same time, because you would be asking for two frequencies at the same time. Keep them separate.

If an area of the body has both a physical need and a mental/emotional need, then just decide which is the priority and use that symbol first; on a subsequent treatment you could use the other symbol in that position. If you can't decide which symbol is needed most, just use your intuition or just plump for one and see what happens. You will be doing a course of treatments on a person most of the time, so you will have the opportunity to cover both aspects anyway.

Alternatively, draw one of the symbols over your hand(s) and use that energy for a while. Then take your hands off the patient, rub them together to ritually 'wipe away' the last symbol. Resume the treatment in that same hand position, but this time draw the other symbol over your hand(s) and use that energy for a while.

There is a more advanced way of using **SeiHeKi**, where you carry out a whole treatment using energy derived from **SeiHeKi** only, without having to draw any symbols over the body. This method is called 'Setting the Frequency at Source', and is the most effective way to give a treatment. It leads to the greatest amounts of energy being channelled - more than if you were drawing symbols over the body - and it produces the best results in my experience. This technique is dealt with in the section 'Using Reiki Symbols when giving Treatments'.

## The Third Symbol: Hon Sha Ze Sho Nen

It is not completely clear what the meaning of this symbol is, because it is made up of five separate 'kanji'. The kanji have been 'overlapped' so that they produce one big composite character, so for example the bottom part of 'hon' looks like the upper part of 'sha' and so the two are merged to eliminate repetition of the same shapes and lines. The same applies to the bottom part of 'sha' and the top part of 'ze' etc.

Each kanji has a range of meanings that change with context and when combined with other kanji. In 'secret' Shintoism the phrase 'honshazeshonen' means 'man and God are one', but it is not known how this is written. Hiroshi Doi gives the meaning as 'I unite with God'. One interpretation in the West is to give the meaning 'bring wholeness and completion now'.

**HonShaZeShoNen** is not a symbol that produces energy of a particular frequency - as are **ChoKuRei** and **SeiHeKi**. This symbol allows the Reiki energy to be connected in a particular way: in a way where you do not have to worry about time or distance, and it is an integral part of Reiki practice. According to Usui's surviving students, this energy produces a state of mind of 'oneness' in the practitioner, a oneness with the universe that allows you to transcend time and space.

**HonShaZeShoNen** can be used to send healing energy to someone sitting next to you (without putting your hands on them). You can send Reiki to someone who is the other side of the street, in a different village or town, or in a different continent.

There are other connotations to this energy too. Usui's surviving students describe the associated kotodama as a 'connection' kotodama, so perhaps you might use this energy when you can see that someone is resisting an emotional release. Visualise **HSZSN** over the solar plexus so that the emotions are 'connected up' and released. Maybe if you feel that a person needs to express their emotions or their thoughts better, visualise **HSZSN** over the throat-heart-solar plexus, or throat-head, to 'connect' the mental or emotional areas with the communication centre. This need only be done for a few moments; you are not channelling energy in the way that you are with **CKR** and **SHK**. Perhaps when you start a treatment, and you are resting your hands on someone's shoulders, you might visualise **HSZSN** in your head, and say its name three times, by way of 'connecting' with the person on all levels, or on a deep level.

By guided by your feelings and impressions. Do not do this in a calculated, analytical fashion. Go with the flow and use the energy when it feels appropriate.



## Heal your Past

Reiki can be sent to your past, to deal with bad situations in your past that have really left their mark - e.g. a bad argument with a family member that has produced effects that ripple down the years. By imagining the situation and sending distant Reiki to it, you are dealing with and healing the effect that the situation has had on you in terms of the way you think about what happened. You are healing the effect that it has had on your emotions, and the way that you interpret what happened. You are not sending Reiki 'back in time'.

You can imagine yourself in a childlike state to 'heal the inner child'.

## Send Reiki to the Future

Reiki can be sent to your future, for example a public speaking engagement or job interview, intending that you will be flooded with Reiki when you get there.

People who believe in reincarnation, or perhaps some knowledge of past lives, can send Reiki to their past lives, or even future lives!

## Heal the World

People send Reiki to world situations (the Kosovo Crisis, the Gulf War), to nature, or for general planetary healing.

Distant healing can be used creatively!

## Distant Healing Methods

There are no hard and fast rules associated with distant healing, and this can be disconcerting for some people. The bare bones of distant healing are that you have it clear in your mind who (or what) you are going to send Reiki to, and use **HonShaZeShoNen** in some way to access that distant connection.

There are many ways to carry out distant healing, and more information can be found in the 'Distant Treatments' section of this manual.

## Novel Uses for the Reiki Symbols

Here are some more unusual uses suggested for the Reiki symbols, taken from an Internet Reiki discussion group...

- One of my more elderly students draws the CKR in front of her during her daily swimming session. She swims into it and says it 'lifts' her down the pool and she has been able to increase the number of lengths she completes.
- Just remembered another way I have used it lately. Twice recently when I've arrived at Warren Street Tube station the up escalators have been out of order. Stairs and escalators have not figured greatly in my life since I stopped working in the West End and I viewed the sight of a long, steep staircase with dismay.

Not to be outdone, I threw out the CKR with the intention it help me up the stairs and even managed to pass a couple of people on the way.

- I often use CKR's whilst driving and also for giving a boost when unscrewing a top (or in one case opening a stubborn sash window). I figure that if martial artists can use chi to achieve feats of strength, then why not Reiki Practitioners? ;-)
- Someone I know uses it to lift heavier weights in the gym!
- The driving analogy is a good one ...
  1. Bouncing golden CKRs along the roofs of the line of cars ahead of you when snarled in a traffic jam..
  2. Turning right at a busy T-junction, CHR in both directions to create a gap to get through..
  3. CHR and SHK in advance of a journey to create that parking space..They don't teach that in the Highway Code, but remember that it's pure intent..
- I certainly find CKRs work very well with the M25 and I have not been late since I started using them. I also sent reiki to each day when I was on tour and our coach managed not to break down (unlike the other one, which had a major diesel leak) and each day went very smoothly. I also use it before a performance (I'm a drummer) and it seems to work very well on the old performance nerves!!
- Bearing in mind this discussion, I visualised a little pot or bag in my lap as I was driving, and I sent CKR to lots of little balls or little units of energy in the pot. Then I would pick out one of them and sort of throw it gently at passing cars. Just a gesture of good will. And who knows with what effect?
- I have often used Reiki on the computer. For a while my server was having connection problems, but when I sat there sending CKR to the screen, I almost always was able to connect right away. I used this the other day too when several times in a row the computer crashed as it was loading up. Now it seems all better.
- Have you tried a Reiki bath, -it really works -
  - (1) Relax in a deep candlelit bath
  - (2) With hands on either side, and submerged, send Reiki into the water.
  - (3) Lie back and smile
- I use Reiki to help bread and cakes rise - they do not do so well without it!

## Energy Meditations

There are two ways of experiencing the characteristic energies of the Reiki symbols, one way where you work with a partner, and one way where you can do this on your own. Now that you have the symbols, and have been connected strongly to the energies, it is useful for you to become familiar with the stuff that you are working with, so practice these exercises when you can, as 'homework'.

## With a Partner

You may remember the exercise where you tried to discern a difference in the quality of the energy emanating from **ChoKuRei** and **SeiHeKi** as the energy flowed through your hands. Here is a method that you can use:

1. Charge your hands up using the chosen symbol, by drawing **CKR**, say, over your palm, saying the name three times, and then pressing your hands together three times with the intention of 'transferring the effect across' to the other hand.
2. Visualise a large version of the symbol up in the air above you, saying the name three times, and imagine that you are drawing down cascades of energy from that symbol, visualising the energy moving through your crown, shoulders, arms, hands and into your client.
3. Say to yourself 'Cho Ku Rei On' (or 'Sei He Ki On') for each new hand position. Hover your hands by the recipient's temples, or you can rest your hands on their shoulders.

Most people can feel a definite difference between the two energies, the two frequencies of energy.

People usually describe **ChoKuRei** energy as being heavy, thick, solid, and coarse, like treacle. This is because **ChoKuRei** reduces the frequency of the energy you are channelling to a low level, suitable for healing the physical body, and because you feel with your physical body, the effects of **ChoKuRei** are most easily noticeable to you.

By contrast, people usually describe **SeiHeKi** energy as being light, delicate, fine or wispy. This is because **SeiHeKi** produces energy at a higher frequency than **ChoKuRei**, more suitable for healing the mental and emotional aspects of a person. Because **SeiHeKi** vibrates at a higher frequency than the physical body, the effects of this symbol are more difficult to discern, though it is no less powerful than **ChoKuRei**. It just feels that way.

The above method requires a partner to practice on, and if they are attuned to Reiki then they can use the method on you, so you can become accustomed to how the energies feel while being on the receiving end.

## Solitary Exercise # 1

Here is a way of experiencing the energies of the symbols on your own, and should be done for 3-5 minutes:

1. Sit comfortably with your eyes closed, with your hands resting in your lap and your palms facing upwards.
2. Visualise, say, **SHK** up in the air above you and say the name three times to empower the symbol.

3. Imagine cascades of energy flooding down onto you from the symbol. The energy radiates onto your face, your torso and into your hands, flooding through your whole body.

Try this with all three symbols. How do you feel? What sensations or impressions are you getting?

## Solitary Exercise # 2

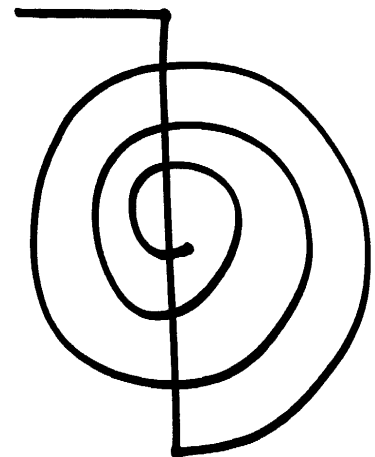
Here is an alternative, which could also be done for 3-5 minutes:

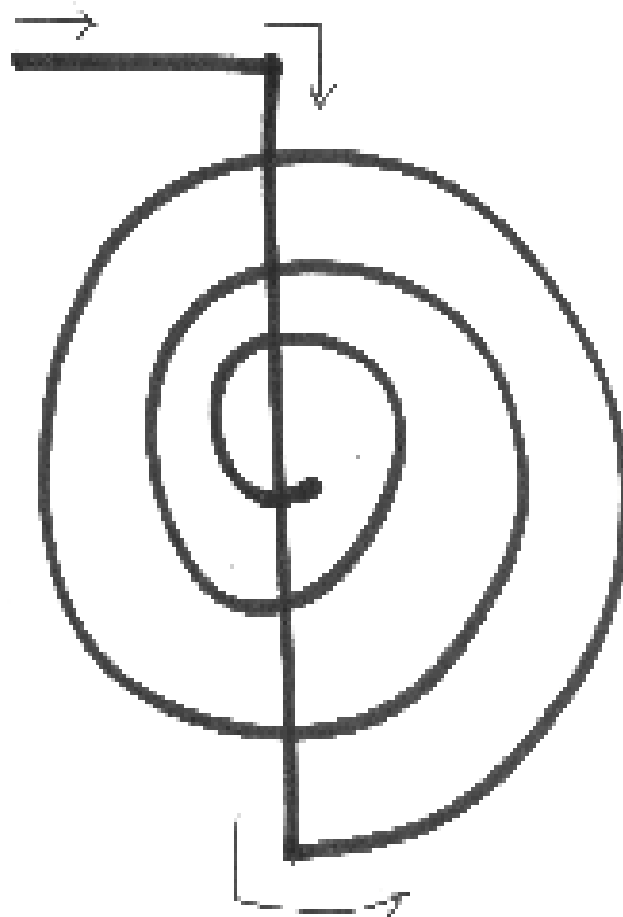
1. Sit comfortably with your eyes closed, with your hands resting in your lap and your palms facing upwards.
2. Visualise, say, **SHK** up in the air above you and say the name three times to empower the symbol.
3. As you breathe in, draw energy down from the symbol. The energy passes through your crown, down the centre of your body to your Dantien.
4. As you pause before exhaling, feel the energy getting stronger in your Dantien.
5. As you exhale, flood the energy throughout your body.

Try this with all three symbols. How do you feel? What sensations or impressions are you getting?

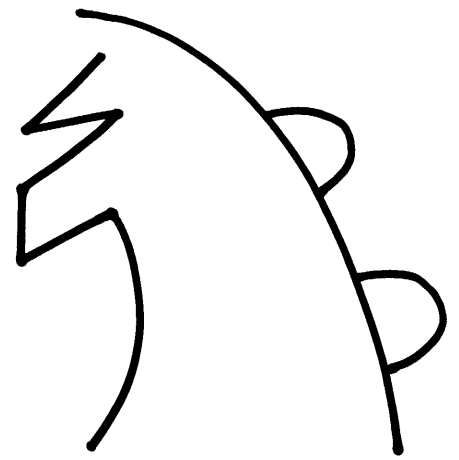
## Drawing Instructions

### Cho Ku Rei

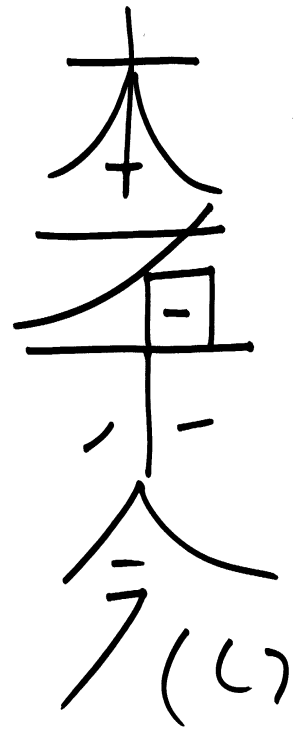
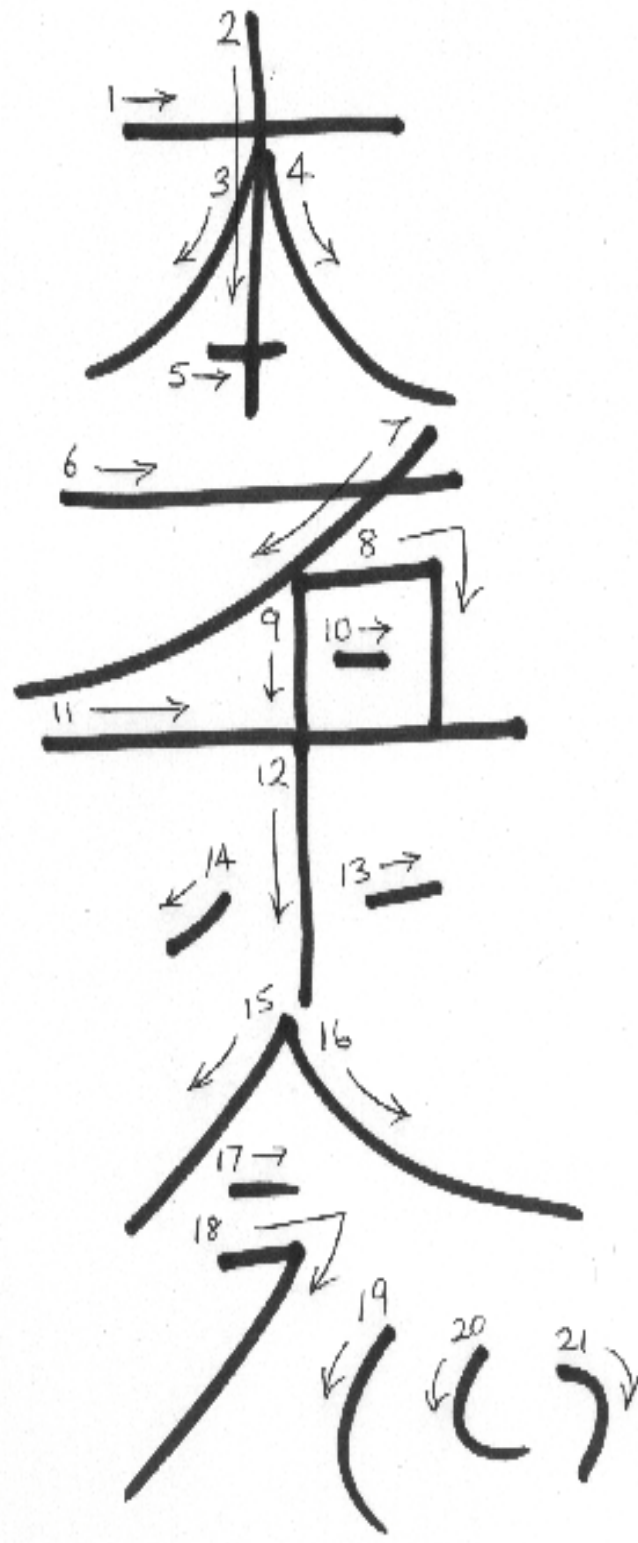




# Sei He Ki



Hon Sha Ze Sho Nen



# Pronunciation Guide

## The First Symbol - Cho Ku Rei

Cho, pronounced like this: 'show'

Ku, pronounced like this: 'koo'

Rei, pronounced like this: 'ray'

Even emphasis on all syllables

## The Second Symbol - Sei He Ki

Sei, pronounced like this: 'say'

He, pronounced like this: 'hay'

Ki, pronounced like this: 'key'

Even emphasis on all syllables

## The Third Symbol - Hon Sha Ze Sho Nen

Hon rhymes with 'gone', 'on'

Sha pronounced like this: 'shah'

Ze pronounced 'zay', rhymes with 'day', 'hay'

Sho as in 'show'

Nen rhymes with 'men', 'when', 'hen'

Even emphasis on all syllables



# Increasing the Flow of Energy

You have already learned some techniques for increasing the flow of energy:

1. Draw down energy from above (this was covered on your First Degree course)
2. Use a Reiki symbol, for example draw **ChoKuRei** or **SeiHeKi** over your hand or an affected body part, or draw down energy from **ChoKuRei** or **SeiHeKi** up in the air above you (Setting the Frequency at Source)

Here are two more ways of cranking up the flow of energy, firstly the 'many hands' technique, and secondly the use of the Huiyin.

## The 'Many Hands' technique

This simple technique can make a real difference to the sensations that you are feeling; you will notice a definite intensification in the flow of energy. If you don't feel this at first then just keep practising, it will come.

Let's say that you are treating someone's arthritic knee, or maybe someone had a cartilage operation some time ago: you notice that this area is a hotspot. Both your hands are cupped over the kneecap.

Now imagine that you have an additional set of two arms on each side of your body, making six arms in total (like the Goddess Kali). Feel or become aware of extra arms coming off your shoulders: upper arms, forearms, with the hands plastered over yours or in slightly different positions near and around your real hands.

Feel the Reiki energy travelling through your real arms, and now expand this feeling so that you can feel energy travelling through your accessory arms too. Feel the energy travelling in equal amounts, with as much energy flowing through your extra arms as is flowing through your real ones.

You will be amazed by the difference that this makes, and it is a simple technique that becomes easier the more you do it.

This technique can also be combined with other methods of intensifying the flow of energy, for example the use of the Huiyin described on the next page, and the drawing down of energy from above, or from **ChoKuRei** or **SeiHeKi**.

You wouldn't want to use this technique all the time during the course of a treatment, but it can be used selectively, for example when you notice an increased flow of energy in an area: a 'hotspot'.

# The Huiyin

## Introduction

Oriental medicine sees a set of 12 pairs of meridians, or energy channels, passing along the length of the body, and an acupuncturist, for example, would take 6 pulses on each wrist to determine which meridian was blocked. As well as these 12 pairs of meridians, they see two extra meridians channelling energy along the front and back of the body in the midline: the functional and governor channels. If it was possible to connect up these meridians then any Reiki coming into you would be channelled out of your hands and would not 'leak out' anywhere else: you would be maximising the benefit of the energy entering your body.

## Connecting the Circuit

To connect up this energy circuit you have to contract your Huiyin point (basically your pelvic floor) and press your tongue to the roof of your mouth behind your front teeth; you make an energy circuit that prevents Reiki from leaking out. This means that if you are treating someone when the circuit is made, you will be channelling the maximum amount of Reiki through your hands. With practice (or maybe straight away) you may be able to feel an increase in the sensations from your hands which corresponds with you having made the circuit, though others might feel other effects within their body instead.

## Locating the Huiyin point

The Huiyin point, or perineum, is located at the pressure point that is felt as a small hollow between the anus and the genitals. The Huiyin point needs to be contracted as if trying to pull the point up gently into the body and held. Frequent practice will allow the point to be contracted for considerable lengths of time.

## Strength of the Contraction

What you should not do is try to attempt some sort of 'Arnold Schwarzenegger' contraction, tensing up all the muscles from the ribcage downwards and stopping you from breathing. This is unnecessary! All that is required is a gentle but definite contraction of a very small part of your anatomy.

## Practical use of the Huiyin

Some people recommended that you make the circuit when you are visualising the symbols, whether that be over a person's body, over the walls of the treatment room, or in your imagination. You can certainly make the circuit whenever you want to during a treatment, or indeed throughout all of a treatment, but like the many hands technique it is probably best kept for hotspots. This method can be combined with the many hands technique.

Contracting your Huiyin consistently does take a bit of practice, but it does get easier with repetition.

## **Huiyin and Attunements**

Another important point about the Huiyin is that it is contracted throughout the Western-style attunement process, so if you're going to be a Reiki Master and attune people in the Western style, then you will have to be able to contract your Huiyin for long periods. Practice now to prevent hardship later!

### **Practice**

To practice contracting the Huiyin, try to begin with to make the contractions twenty times, and then maintain the contraction for as long as you can. It gets a lot easier with practice. Try to hold the Huiyin contraction when you are doing mundane daily activities: washing up, going shopping.

### **Other Energy Techniques use the Huiyin**

The use of the Huiyin point is an important part of QiGong exercises, and can be found within Yoga practice also: two different cultures having come to the same conclusion about the energy anatomy of human beings.

## **Scanning**

### **'Western' Scanning**

#### **Scanning at the Start of a Treatment**

Scanning can be carried out at the start of a Reiki treatment, and is done then so that you can 'get the lie of the land'. Scanning allows you to find out in advance where the areas of need are - the 'hotspots' where there is a lot of heat or tingling, and a great deal of Reiki is being channelled.

#### **Technique**

Scanning is carried out by hovering your hands and moving them across a person's body, holding them a few inches over the patient. Because you are not touching the body, there are no physical sensations to compete with the Reiki feelings that you are getting in your hands. Focus your awareness on the sensations you are experiencing. If you feel a difference of some sort in one area then move your hands away and come back to that spot again, to see if you can reproduce the sensation. Compare one side of the body with another. Are there differences?

This is a good technique to practice, to build up your sensitivity to the flow of energy through your hands.

#### **Use Scanning to work out Hand Positions**

With practice, you could use the sensations in your hands as a guide to where to put your hands. You would then be using non-standard hand positions, basing your

treatment on the patient's energy needs as demonstrated by the sensations you experience in your hands.

Use scanning to work out where to put your hands, and treat this area until your hands tell you that the energy is settling down and it is time to move on to somewhere else. Then scan again, to see the areas of need change as a result of your treatment and to work out where to put your hands next. How do the patient's energy priority areas change?

## Questions to ask yourself

What do the different sensations mean? Are you getting the same sensation in the same place in people with the same condition? Can your hands give you a hint of what the problem might be? We will talk about this more below.

## 'Japanese' Scanning

Here we talk about a scanning techniques that is taught in the Usui Reiki Ryoho Gakkai (Mikao Usui's Reiki Association in Japan). Advanced Scanning is an integral part of Reiki training with the 'Gakkai, and During the Gakkai's First Degree training - Shoden - students are expected to be able to detect and diagnose disease in the body before they are allowed to start training for their Second Degree - Okuden. One of the ways that they do this is by using a scanning technique called '**Byosen Reikan Ho**'. There is another way that Gakkai students can detect disease or imbalances in the body, by using an intuitive technique is called 'Reiji Ho'. We deal with Reiji Ho later.

The '**Byosen**' scanning technique can through long practice lead to these abilities:

1. Sufficient energy sensitivity in your hands that you can feel where to put your hands, and know how long they should be held in each position.
2. Sufficient detailed knowledge about the sensations your hands produce in different circumstances that you can use this information potentially to diagnose disease.

The simpler ability described above is quite easy to develop and just takes some practice. This is usually the extent of Western-style 'scanning'. The advanced Byosen ability is developed through regular practice and exposure to a large number of patients. The technique requires you to focus your attention on the sensations in your hands in a dedicated fashion. As well as requiring regular practice to be developed, it seems that these skills are only maximised, they will only reach their full potential, through receiving regular Reiju empowerments.

## Byosen Reikan Ho

It is said that different diseases and conditions can feel very different in terms of the sensations that you get in your hands. The 'message' that is transmitted to your hands is referred to as Byosen. The sensations that you experience in your hands will vary depending on the type, severity and status of the disease and so they will vary from one person to another. We feel many sensations in our hands when we practice Reiki, and the Byosen technique involves focusing intently on all these sensations. You do not just feel heat: there is gentle heat, fierce heat, superficial or deep heat, heat in your palms only, heat throughout your hand for example. You

do not just feel tingling: there is gentle superficial 'fizzing', deep pins and needles, buzzing, pulsing and throbbing. Other sensations are: different sorts of cold, a breeze blowing under your hand, pain, numbness, feelings of magnetic attraction or repulsion etc. These sensations are referred to as "Hibiki" which means an 'echo' or 'resonance'. It is said that it is possible to tell the cause of the disease, the status of it and the length of time it will take to heal, based on these sensations. Unfortunately it is not possible to go to a big book and look up a particular sort of pulsing tingle, and read across to find out what this sensation means. It seems that your sensations are peculiar to you, and they mean different things to you than they will mean to other people.

It seems that there will always be a Byosen, and sometimes you will be sensing a past condition, sometimes a condition that has yet to manifest. The message we have from Japan is that a Byosen could be detected in the obvious problem area, but could be sensed in areas quite different from the problem area. Examples of this that we have been given are that the Byosen for stomach disease often shows up in the forehead, roundworm under the nose, and liver problems in the eyes.

The Byosen ability takes time and practice to develop, and is very much an intellectual activity. To develop the Byosen ability you will spend long periods of time focusing on all the different sensations in your hands and trying to tie in these sensations with what you know of the client's problems. There may also be an intuitive element in Byosen, but the specific intuitive technique is called Reiji Ho and is described below.

Once you have developed the Byosen ability, you can use the information from your hands to decide where to put your hands and how long to hold your hands in a particular place. That is the simpler aspect of Byosen. Being able to diagnose disease with your hands takes a lot longer.

For us Westerners, I think that 'Byosen' just lets us know that there is potentially a great deal more information that we could glean from our hands if we are prepared to persevere with the technique. But for me, Reiji Ho is the preferred approach, and you can read about this later on.

## Reiki Treatments

To explain the use of the Reiki Second Degree symbols in giving treatments and the various choices available to you, it is probably best to start with the familiar ground of Reiki 1, and we can move on stage by stage.

### Reiki First Degree treatments

At Reiki First Degree level, you had two choices: the 'passive' or the 'active' methods of channelling Reiki energy.

The 'passive' method involved 'tuning in' to the person you were working on, connecting to Reiki, and saying "Reiki On" to yourself as you made first contact with them. You then let the energy flow as it wished, according to the person's need, and you became aware of areas where the energy flowed more than others. These 'hotspots' showed themselves by increased tingling, fizzing, buzzing, heaviness or heat; if you felt a 'hotspot', you could stay there for longer, giving that

area a greater dose of Reiki, until the tingling seemed to subside. If you felt a 'block' (e.g. an emotional block in the heart area) then you could again stay there for longer to give an opportunity for the energy to break through the blockage.

The 'active' method of activating the flow of Reiki energy again started with 'tuning in' to the person you were working on, connecting to Reiki, and saying "Reiki On" to yourself as you made first contact with them. You then visualised a stream of energy or light coming from above the crown of your head, a waterfall or monsoon of energy that you drew down through your head, shoulders, through your arms and out of your hands into the person you were treating. You continued the visualisation throughout the Reiki treatment, and greater amounts of energy were channelled when compared with the 'passive' method described above.

You were also able to combine the two methods, using the 'passive' method most of the time, and only drawing down energy when you felt a hotspot, in order to maximise the flow of energy in that particular hand position.

So, that was the state of play when you arrived for your Reiki Second Degree course.

## Simple use of Symbols

On the Reiki Second Degree course, you learned a technique whereby you could channel energy from one symbol (Setting a Frequency at Source). Put this aside for a moment, and we will look at the most basic method of using **ChoKuRei** and **SeiHeKi**, the two symbols used routinely in giving Reiki treatments. Starting with the 'passive' method, where you let the Reiki energy flow at it wishes, according to the person's need, you can now enhance the effect of your treatments by drawing **ChoKuRei** and **SeiHeKi** over parts of the person's body, and over your hands. You do not draw two symbols in the same place.

As I see it, if you let Reiki energy come to you in an 'uncontrolled' form (as at Reiki First Degree level), it comes to you 'mixed', alternating its frequencies from one moment to another to deal with the body's problems. By drawing **ChoKuRei** over an arthritic knee, for example, the symbol acts as a filter and cuts out that part of the energy that might deal with mental/emotional aspects, or spiritual aspects (not needed on the knee!) and leaves frequencies suitable for dealing with the physical body only.

Drawing the symbol also boosts the flow of energy, and you will have noticed this effect on the day of the course. You may remember doing an exercise where you drew **ChoKuRei** over your hand when treating the heart, solar plexus and stomach. You drew the symbol using your other hand, your 'very long nose', and your eyes. Doing this resulted in an increase in the sensations you experienced in that position.

Drawing **ChoKuRei** thus geared the energy towards dealing with the physical body, and increased the flow of energy. You can do exactly the same thing using **SeiHeKi**, to gear the energy towards dealing with mental/emotional aspects. The symbol acts as a filter that cuts out that part of the energy that might deal with the physical body, or spiritual aspects, leaving frequencies suitable for mental and emotional balancing. The effects of using **SeiHeKi** in this way are less noticeable than the effects you can feel from **ChoKuRei**, but this doesn't mean it is not working: you just can't feel the effects so well!

So during a standard treatment, you might draw **SeiHeKi** over the head (mental balancing) and use it to send a positive affirmation of some kind that you intend is going to be accepted by the person's subconscious mind (see also the Japanese Techniques section of this manual). You might draw the same symbol over the heart and solar plexus for emotional release. You might draw **ChoKuRei** over an arthritic knee, or a sports injury, or when treating a bad back. If a person had been a car crash and sustained facial injuries, you might choose to draw **ChoKuRei** over the head to deal with the physical body as a priority, and perhaps use **SeiHeKi** in this area on a subsequent treatment.

Alternatively, you might decide to spend 3-5 minutes treating an area having drawn **ChoKuRei** over your hands. Then, having first moved your hands off the body and rubbed your hands together with the intention that you are wiping away the connection with **ChoKuRei** energy, you could resume the treatment in that same hand position, but continue by drawing **SeiHeKi** over your hands, and spend 3-5 minutes treating the area using this energy... but keep the energies separate; that is the important thing to remember.

Using the symbols by drawing them over your hands serves to increase the flow of energy, and you can give an extra boost to the flow of energy through your hands by drawing down energy from above, in the same way that you learned on Reiki First Degree. Are you still with me?

## 'Setting the Frequency at Source'

The key to getting the best results possible lies in channelling energy from one symbol only during an entire treatment. If you do this then all the energy you are channelling is of the desired frequency, and none of the energy available to you has been 'filtered out', as would be the case when you use the symbols at the hand level in the simple technique described above. I call this method 'Setting the Frequency at Source'.

Also, because you are consciously drawing down the energy, you are maximising its flow, so you are honing the energy in like a laser beam, to deal with and focus on one particular aspect, and this seems to produce the best results. This is my experience, and the experience of every student I have taught who has already learned Second Degree in the more 'standard' way elsewhere. Not everyone learns Reiki this way, but it does seem to be the most effective way of working with the energy, and we now know that it ties in directly with the way that Usui worked with the energies. This is what you do:

1. 'Charge your hands up' with the energy of your chosen symbol, by drawing - say - **CKR** over your palm, say the name three times, and press your palms together three times to 'transfer the effect across'.
2. In your mind's eye, draw out a great big **CKR** above you, and say the name three times.
3. As you move into each new hand position, say 'ChoKuRei On' and draw down cascades of energy from that symbol, which flow into your crown. Keep on visualising this.

If a person's main problem is a mental one (stress for example) or an emotional one, then you would probably choose to do most of the treatments using **SeiHeKi** on its own, with perhaps one, or two, using **ChoKuRei**. Conversely, if a person's

main problem is physical, you would probably choose to do most of the treatments using **ChoKuRei** alone, and do one or two using **SeiHeKi**.

What makes this technique special is that the body is allowed to resonate at a single frequency for an entire treatment, and the longer that the person is resonating at that frequency, the better. For this reason it is not as effective to 'split' this method so that you do half a treatment using **SeiHeKi** and half a treatment using **ChoKuRei**, for example.

## Using Simple and Advanced techniques together

The fact that you have learned some Reiki symbols does not mean that you are always obliged to use them. You can still do 'Reiki 1' treatments where you let the energy flow as it wants, without any boosting.

Perhaps you might decide to use this 'passive' method on a first treatment, letting the energy flow according to the person's need and spending your time being aware of variations in the sensations in your hands. You would 'get the lie of the land' and pick up the areas in greatest need by noticing what was happening in your hands. Note that 'setting the frequency at source' tends to over-ride your background sensations because you are deliberately channelling large amounts of energy and not letting the energy flow of its own accord. You feel less variations in the energy flow using this technique.

If you felt a hotspot, then you can draw down energy from above, and draw **ChoKuRei** or **SeiHeKi** over the area, as required. Then on subsequent treatments you can switch to the advanced technique, channelling energy from either **ChoKuRei** or **SeiHeKi** according to the person's greatest need... and if you can't decide what a person needs most of all (either physical healing or mental/emotional balancing) then do equal numbers of both treatments. Which one do you start with? Toss a coin or use your intuition and see what happens; be guided by what they report when they come back for another treatment.

## Combining techniques

If you want to crank up the energy to Warp Factor 12, then you can combine the techniques you have learned for maximum effect. With practice you will be able to (for example):

1. Channel energy from **ChoKuRei** alone, continually visualising
2. Contract your Huiyin and connect the energy circuit as described elsewhere
3. Use the 'many hands' technique

If someone comes to you in an emergency, with a nasty burn, then the above will bring the best results. I wouldn't recommend doing that throughout an hour-long treatment though! Be guided by the flow of energy and your client's need.

## Intuition

The ideal is not just to let the energy guide your hands to the right places to treat, but to also allow the energy to guide you in terms of which energy to focus on.



Follow your feelings, your impressions, and your hunches. Try to stop thinking and analysing, and do what feels appropriate.

## Treatment instructions

1. Stand by your client's head or torso and centre yourself; blank your mind; make a 'connection' between yourself and your client. 'Tune yourself in'.
2. Dedicate the healing session to your client's highest good, or highest healing good, or the highest good of all concerned.
3. Connect to Reiki in the way that you learned in Hasurei Ho, or hold your hands out to the sides, palms up, or hold your hands in the prayer position. Remind yourself that you have a strong connection to Reiki through your crown, and the energy is flowing through you to your Dantien.
4. Practice feeling the client's energy field if you wish.
5. Practice scanning if you wish.
6. Start your treatment session with the shoulders. Say 'Reiki on' as you begin - this works well for most people. I usually hold the shoulders for 5-10 minutes; this is very calming.
7. Proceed through the hand positions, holding each for 3-5 minutes, or as long as you feel is appropriate. Use intuitive hand positioning (see later) as much as you can, on the head and the torso. Use what symbols you feel appropriate. If you are 'setting the frequency at source', say "Cho Ku Rei On" or "Sei He Ki On" for each new hand position, to better focus your intent.
8. Let your hands tell you when to move on. If it feels to you that you should stay in a particular position for longer, then do so. When the energy smoothes out or stops flowing, then move on. Add or subtract positions according to what you feel is appropriate. Use which ever energy you feel is appropriate.
9. It is nice, and grounding, to end the session with your client's feet. Finish with the blood exchange if you like.
10. Remember to smooth down the aura, moving in a number of sweeps from the crown to the feet.
11. Make sure you have energetically disconnected from your client: shake your hands, rub them together and blow through them, wash your hands if you can. Use **Kenyoku**, which you learned as part of Hatsu Rei Ho, if you like.
12. When the treatment is complete, suggest that your client take their time getting off the table, and offer them some water - water helps to flush toxins from the body. Make sure they are in their body before they get in their car!

## When not to give Reiki to Someone

Here are some situations, and conditions, where it has been suggested by some people that Reiki treatments should not be given. There seems to be little or no concrete research or evidence to back up the contraindications suggested - not even anecdotal evidence - so I would take these restrictions with a pinch of salt: ignore them!

I pass these contraindications on to you for the sake of completeness. It is up to you how much credence you give to them.

1. Don't treat diabetics on insulin. The theory here is that if you cure the diabetes, the next dose of insulin they take could kill them because their blood glucose levels will plummet. This might be compensated for if the diabetic monitored their blood glucose levels after treatment. How likely is it that Reiki will produce an instant cure for diabetes?
2. Don't treat people taking steroids for renal insufficiency. Again the theory is that if Reiki produces an immediate or rapid cure, the person will 'overdose' on steroids.

I know of no evidence on the efficacy of Reiki in treating either of these two conditions, so these warnings seem to be theoretical rather than practical.

3. Don't treat people who have pacemakers. This is based on the idea that Reiki, and particularly the energy derived from **ChoKuRei**, can have mechanical/electrical effects, and some people will use **ChoKuRei** to try and deal with dripping taps, stiff locks, mechanical breakdowns etc. Some people say that the new 'digital' pacemakers would be unaffected by Reiki, but again I am not aware of any evidence concerning the effects of Reiki on pacemakers anyway. If Reiki was electromagnetic, you would be able to measure Reiki with a wire and a voltmeter; this does not seem to be possible.
4. Be careful with hearing aids: don't treat over the ear with the hearing aid in it. This is again based on the electrical/mechanical effects associated with Reiki and **ChoKuRei**. It is suggested that the hearing aid will go haywire and deafen the person. Again, I know of no direct evidence of this.
5. Don't treat schizophrenics. This is based on the suggestion that you do not want Reiki to encourage visions in someone suffering from this condition. It would be the last thing that they needed. Again, no hard evidence as far as I am aware, and I know of people who have treated schizophrenics with no ill effects, only beneficial ones.

## Specific Treatment techniques

# Treating Low Energy Levels

There are three basic techniques that you can use to treat people who are experiencing low energy levels, and I would include in that people who are suffering from M.E. (myalgic encephalomyelitis). Here are the techniques:

## Channelling energy from ChoKuRei

Carry out the majority of treatments using the technique where you channel energy from ChoKuRei. You charge up both hands using ChoKuRei, visualise a large ChoKuRei over the crown of your head, and draw energy from the symbol through the crown of your head, through your shoulders, arms, and out your hands into the person you are treating. The technique is described in detail above.

## Reversing the Treatment Direction

The theory here is that when you carry out a conventional treatment, moving from the crown of the head to the feet, you are picking up 'stressed' or 'negative' energy as you go, and this energy is vented from the body, or released, as you get to the ankles/feet. The only problem for people with M.E. is that they have so very little personal energy, even removing or 'grounding' the 'stressed' energy that they have is not going to be particularly beneficial, though Reiki still makes a positive difference to them in many ways. This bit of theory is a bit shaky, but the method works in practice so the theory is not so important.

So to avoid this, work on the feet and move through the hand positions in reverse order, finishing with the head. You can start on the shoulders if you like, to calm everything down and make the person feel really nice and dreamy, but then go to the feet and do your treatment in the reverse direction. I can vouch for the effectiveness of this technique in dealing with M.E., from my personal experience in treating someone with the condition, and other people with low energy levels.

## Opening the Foot Chakra

To open the foot chakra, imagine that the chakra looks rather like a flower, with four or eight large petals that can flap open and shut on four/eight sides of the energy centre in the sole of the foot. Contract your Huiyin and use your fingers to brush open each petal a few times in turn, rather as if you were gently brushing aside a small insect from someone's face. You are focusing your intent here, and the precise hand movements are not vital, so you could bunch your thumb and fingertips together and then move them away from each other, imagining that as you open your fingers the chakra opens too.

When you have opened the chakra in one foot, hold your hand over the sole of the foot and channel **ChoKuRei** for about 10 minutes, visualising the energy travelling up the person's leg further and further. Then open the chakra in the other foot and channel **ChoKuRei** for another 10 minutes in the same way. Then continue along the length of the body to the head and shoulders.

## Focusing Reiki like a Laser Beam

Frank Arjava Petter describes a technique which it is claimed to be an original Usui technique by a Japanese Reiki stream that is separate from the Usui Reiki Ryoho Gakkai. The 'Gakkai do not seem to have heard of it. This technique does not have a special name. Interestingly, Petter claims that a holy man in India has been seen using just these hand positions in treating someone for toothache, so perhaps the technique is a universal one, not related specifically to Reiki energy.

The effect of this technique is to convey the energy in a focused form, like a narrow pencil beam torch, or a laser beam, focusing the energy on a very narrow area. It allows greater precision when treating a small area or a specific acupuncture point, a meridian or a foot reflex point, for example, and accelerates the flow of Reiki. Here are the instructions:



1. With your dominant hand, place the tips of your ring finger and middle finger on the tip of your thumb, with your fingers straight (not curved), leaving your index finger and little finger raised into the air
2. With your non-dominant hand, bunch together the tip of your thumb with the other four fingertips and hold the fingers pointing upwards, by way of receiving energy from above (this part seems to be optional)
3. Use the dominant hand to convey energy in a precise, focused way, concentrating the energy on a small area of need

You may find that shortly after assuming the position described above, you can feel the palm of your dominant hand tingling, as the finger position leads to the energy intensifying and accelerating. Try holding your 'laser beam' fingers 20cm (9") away from the palm of your other hand; draw shapes on your palm using the energy emerging, trace lines of energy up and down your fingers one at a time. Some people can see energy emerging from the three fingertips.

## **Detoxification technique**

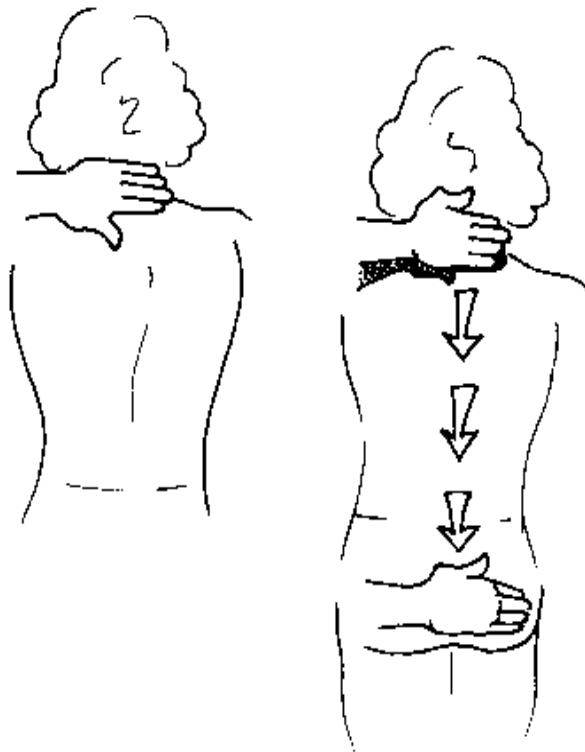
### **The 'Blood Exchange'**

Blood Exchange techniques are referred to in Chujiro Hayashi's manual, and seem to be mentioned in Mrs Takata's diary. The techniques are based on the stimulation of the meridian system in such a way that the blood system is said to be replenished, with old red blood cells being eliminated and new ones created to replace them. Interestingly, some research mentioned on William Rand's web site ( [www.reiki.org](http://www.reiki.org) ) suggests that Reiki treatments can increase haemoglobin levels in patients, but there is no evidence that this techniques actually has an effect on blood cells.

The Blood Exchange technique is useful because it seems to help 'bring someone back' at the end of a treatment session, helping someone to become more clear-headed.

## Keteuki Kokan (Blood Cleansing Technique)

Place your non-dominant hand at the top of the spine and keep it there throughout this procedure. You are going to be making a series of movements along the spine using your other hand, and each time you make the movement, you will start with your hand resting on top of the non-dominant one. Stroke firmly but gently down the spine (hand flat against the back) all the way down to the base of the spine/coccyx, where the hand stops dead. Repeat this 10-15 times. The last time you make the movement, leave the hand at the base of the spine, with the other hand still at the top, and wait until the energy in both hands feels the same - maybe half a minute or so.



through this technique.

Running down the back are the Bladder, Gall Bladder and Governing Vessel meridians, and moving the hand along the back in the way described above would have the effect of stimulating these meridians and dispersing stuck energy, purifying and cleansing. There are special points along the length of one of these meridians that connect with all the major organ systems, and these would be triggered off too. In addition, various branches of the sympathetic nervous system emerge from between the vertebrae on either side of the spine, so they would be affected by your actions as well. The energy touches all bases

# Distant Healing

## Introduction

Distant Healing works, that is without doubt. It is an integral part of the Reiki system, and it is not a technique that is 'peculiar to Reiki', because it is practised by conventional spiritual healers also.

Using Reiki for distant healing is very powerful and quicker than most hands-on sessions. In practice you should attempt to send Reiki for a 3-5 days in a row at the same time of day, for 10-15 minutes each session. If you can't manage that routine, then some healing is better than none.

My first Reiki Master recommended that an 'altar' should be set up to provide a focus for your distant healing. I do not think that is necessary. Improvise: clear some space on your desk, shut the curtains, light a candle and some incense, take a few deep breaths and blank your mind. Things need not be elaborate. It is better if you have your own special place in which to do your healing, but what is important is that it should be a place where you can be alone and undisturbed for the duration of the healing.

## Creative Distant Healing

You can get very creative with distant healing. Typically, you can use it to send healing to someone who is not close enough to touch. Because distant healing works outside of time and space, you can also send distant Reiki to:

1. Yourself as a child, your inner child, difficult episodes in your past
2. Yourself in the future, in an anticipated difficult situation (e.g. job interview)
3. Your past life/lives, or future life/lives
4. Someone who has 'passed on'
5. Heal a relationship between two people, but always for 'the highest good'.
6. Global crises, e.g. the Gulf War, the Kosovo crisis
7. The planet earth, nature, your garden
8. Divine figures, e.g. Buddha, Jesus, Krishna, the Goddess, Jehovah

If you are going to do distant healing, someone suggested that you should try to do it at 10pm since that's when most distance healing organisations send their healing energy. If you cannot do it at 10pm, then you could do it earlier but 'intend' the energy to "go out" at 10pm!

## Try an experiment

Try this experiment on another Reiki person, or another willing volunteer - particularly if they are quite sensitive to the energy: for one week, send distant healing at 10pm, or whatever time you agree upon with the other person. The recipient should lay quietly with no distractions and be aware of any sensations they experience. See what happens:

1. For some days, send Reiki at the agreed time.
2. For some days, don't send the energy at all!
3. For some days, send the energy earlier on, and 'intend' that it will go out later.

## Distant Healing Books

Send distant healing to multiple recipients by having a 'distant healing book'. Write down a list of names in the book, review the list before you start, and then channel Reiki into the book with the intention that it will be sent to everyone in the book.

Reiki will still work even if you do not know the recipient, so there are distant healing 'networks' who will send Reiki to any names supplied to them. Although you may not know who the person is, the person who asked for the healing knows them, and that connection is sufficient for the energy to reach the right target.

## Distant Healing Boxes

Alternatively, use a 'distant healing box' containing pieces of paper with names written on them, photographs etc. Reiki the box with the intention that the energy will be sent out to everyone represented in the box.

## Reiki Your Day

Send Reiki to your day using **HonShaZeShoNen**. I know a lady who does this, and she finds that the hours seem to expand to allow her to get through everything she needs to do. If she does not get everything done, she does not worry too much about it!

## Reiki Your Bed

Another lady sends Reiki to her bed, with the intention that the energy will wait there for her, and flow into her when she gets into bed at night. You can send Reiki to the future in an 'unconditional' form: it doesn't have to be set to be released at 10.00pm GMT... it can be sent with the intention that the energy will be released when a certain thing happens. E.g. when you walk into an interview room. You don't have to worry about Reiki landing on the previous candidate if things end up running late!

## Some Case Histories

### Alison

Alison was doing distant healing on her mother, who sat down at the pre-agreed time in a quiet place. She noticed the sudden appearance of coloured lights -

mostly blue - which abruptly stopped a while later. The time on the clock when the light show stopped was the time when Alison stopped sending Reiki.

Alison usually does distant healing by imagining that she is doing a Reiki treatment on the person - only at a distance. Her mother, when on the receiving end of this, has felt heat and tingling moving from one part of her body to another, in line with Alison's intention.

## **Suzanne**

Suzanne was doing some distant healing on her Grandmother on a number of consecutive evenings at an agreed time, and her Grandmother was definitely experiencing something distinctive at the agreed moment.

On one day of the week, however, Suzanne was going to be out in the evening, so she sent Reiki out at lunchtime with the intention that the energy would be received at the prearranged time. On that evening her Grandmother experienced the same sensations as she had on the previous evenings.

## **Megan**

Megan is my 7 year old daughter, who in April 2000 was knocked over by a car. She ended up in Hospital for 8 days and had a 3-hour operation to put all the facial bones back in the right place - the accident caved in the side of her face. Shortly after the accident happened I posted an e-mail message on a Reiki discussion group on the Internet, asking for people to send distant Reiki, and within a day I had received 50 e-mails from people all over the country. One lady suggested that everyone got together at 10pm to send one big lot of Reiki each night.

My wife Lorraine, who stayed in Hospital with Megan all the time, did not know that this was going on.

One evening Lorraine sat down on the bed next to Megan, ready to start doing some Reiki on her face, when she was amazed to feel a sort of electric fizzing or tingling, and a huge amount of heat radiating off Megan. Lorraine said "you could almost see the energy coming off the top of her head". This happened at 10.05pm, five minutes after the big distant healing session started. Megan was a little Reiki radiator!

When I told Megan that lots of people were sending Reiki to her, she said "that's why I can see all those blue lights in my head", which is what she normally experiences when on the receiving end of distant Reiki.

Megan coped very well with all the painful things that were done to her, and recovered from her two doses of anaesthetic very quickly indeed. Reiki was very useful to us because it gave us something that we could do to help, rather than just sitting there. For example, the effects of her intravenous morphine would wear off after a while, and Reiki stopped the pain, tiding her over until the next dose of painkiller was due.

Lorraine and I were also on the receiving end of distant healing, and this helped Megan because we were able to cope with and deal with the things that were going on around us in a positive way.



# The Ethics of Distant Healing

Some people are of the opinion that it is totally unethical to send distant Reiki to a person if they have not given their permission first. They see it as a gross intrusion, an interference, a violation of that person's personal space, a violation of their energy field.

I do not agree with this point of view.

On the basis that:

1. Reiki is a beautiful healing energy that will not cause anyone any harm.
2. Any Reiki sent is dedicated to the 'highest good' of the recipient, so that it is in line with their karma or destiny. This means that you are not manipulating them or imposing your preferred result on the situation.
3. If the person really does not want to be healed, then the Reiki will not work.
4. You do not obtain someone's permission if you are going to pray for them, and I see sending distant healing rather like a concentrated form of prayer, where you are asking for Divine intervention in someone's life, in whatever way is appropriate for them.

... then I see no problem in sending Reiki to whoever you want to. If someone was lying in the road, unconscious after a road accident, would you refrain from sending Reiki just because they couldn't sit up and give you consent in writing? Scare stories about people being made to wake up when under an anaesthetic when receiving distant Reiki, or falling asleep at the wheel of a car, are just nonsense as far as I am concerned.

If you are really worried that this might happen, then simply intend that the energy be received by the person at whatever moment is appropriate for them in the next 24 hours.

## Various Distant Healing Methods

There are no hard and fast rules associated with distant healing, and this can be rather disconcerting for some people. So long as you know where you want the energy to go, and the use **HonShaZeShoNen** in some way, then the energy will get there.

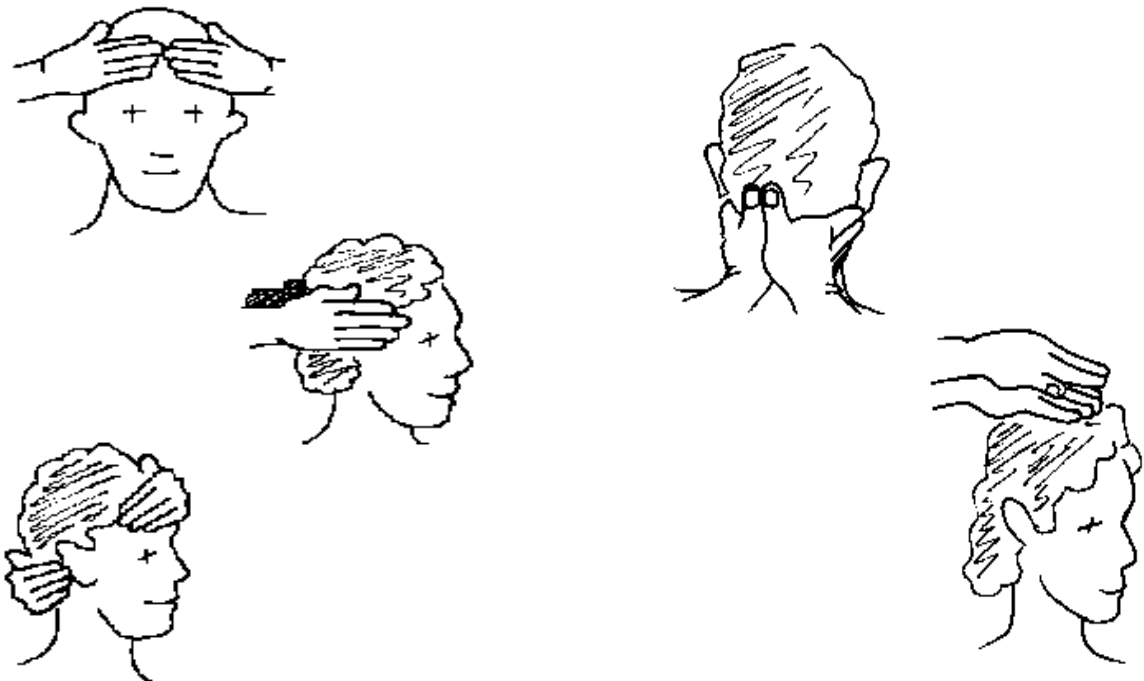
Here are some basic methods:

1. Draw **HonShaZeShoNen** over a teddy bear or a doll, or a pillow, and Reiki the pillow etc. with the intention that the energy is sent to the recipient
2. Draw **HonShaZeShoNen** over your upper leg, and Reiki your leg with the intention that it represents the recipient. Your knee represents their head and so on.
3. Shrink the recipient in your imagination so that (s)he fits in the palm of your hand, draw **HonShaZeShoNen** over your hand, cup the other hand over the top and send Reiki through an energy tube to the recipient; blank your mind and just let the energy flow

4. Imagine the person, visualise **HonShaZeShoNen** over them, and imagine that you are carrying out a Reiki treatment on them, even to the extent of drawing symbols over your imaginary hands if you like
5. As a variation, imagine a door, draw **HonShaZeShoNen** over the door and imagine it opening to allow Reiki to pass to the recipient

Here is the method that you read about in your First Degree Manual, suitably modified:

1. Close your eyes and say to yourself 'this is to be a distant healing for the highest good of Jane Smith (or whoever). Imagine the person in their natural surroundings, or flick through a few memories of them, to make a strong connection with them.
2. Imagine that the person is sitting in front of you, with their back towards you, and visualise **HSZSN** over their body to make a strong distant connection with them.
3. Imagine yourself treating them using the hand positions that you use when you carry out the 'Usui Self-treatment' meditation.
4. Go through each hand position for about 2-3 minutes, channelling energy through your imaginary hands into the imaginary person sitting in front of you.
5. Bring yourself and disconnect in some way: "distant healing, disconnect". Rub hands.



You will find your own preferred technique. No way is better than any other. Some people feel more comfortable with a more detailed ritual, others are content to set a definite intent, use **HonShaZeShoNen** to make the connection in some way, and they then blank their minds to allow the energy to flow, and visualise no longer. Do what feels right for you.

Below I include two detailed descriptions of suggested rituals, but they are just suggestions: do not follow them slavishly; do not follow them at all!

## Distant Healing Method #1

Overleaf is a method based on one used by one of my teachers, Diane Whittle. Basically you visualise the recipient and shrink them down so that they fit between your hands. Visualise the distant healing symbol over your hand to make a connection and let the energy flow using either **ChoKuRei** or **SeiHeKi**, as required. I like to clear a space on my desk, light a candle and some incense and just sit

quietly for a while watching the candle flame and the plume of smoke from the incense stick. It helps me to relax and quieten my mind. It sets the scene for the ritual to follow.

This is what I do next:

1. Settle yourself down and blank your mind for a few moments.
2. Say to yourself that this is to be a distant healing for the highest healing good of \_\_\_\_\_.
3. Visualise the person (if you know them) and imagine them as they might be in their usual surroundings, home etc. in order to make a connection with them.
4. Imagine the person being shrunk down so that they fit in the palm of your non-dominant hand.
5. Draw **HonShaZeShoNen** over the palm of your non-dominant hand, visualising the symbol in violet and saying its name three times.
6. Close your other hand over the top so that the person is 'cupped' between your hands.
7. Say to yourself 'distant healing... connect' and imagine a tube of energy flowing from your cupped hands to the person you are treating, surrounding and engulfing their entire body with vibrant healing energy.
8. Visualise **ChoKuRei** or **SeiHeKi** as required, saying the symbol name three times, and imagine energy derived from that symbol flowing to the person.
9. Alternatively, just let the energy flow as it wants.
10. Perhaps imagine yourself carrying out a brief treatment on the person
11. Perhaps be creative: flood their body with brilliant white light, flushing away any negativity or disease; imagine some psychic surgery, reaching in and removing diseased parts.
12. You do not have to actively visualise; you can just let the Reiki flow
13. Continue this for about 10-15 minutes
14. Finish by saying to yourself 'I seal this treatment with light and love and universal wisdom'. Intend that the healing effect is sealed in and that the benefits will be long-lasting.
15. Say to yourself 'distant healing... disconnect', visualising the energy tube disconnecting and disappearing.
16. Ritually disconnect as you would normally, rubbing or shaking your hands, blowing through them etc.

## Distant Healing Method #2

This technique is one that was taught to me, but it seems a bit cumbersome, and I don't get on with it very well. It uses your leg as a substitute for the recipient of the healing, and some people like it! Why not give it a try.

You can use other substitutes, like a doll or a teddy bear or a pillow, but they are not essential: they are merely props to focus your intent. Things do not have to be complicated.

Follow these steps...

1. Sit down in front of the table with the picture on it.
2. Place your hands together in prayer, ground and centre yourself: take a few deep breaths and blank your mind.
3. Connect the ether tube: Draw **HonShaZeShoNen** with the dominant hand, visualising the symbol in violet and saying the symbol name three times.
4. Say out loud 'I wish this healing to be connected to (the person's name and location)'.
5. Your upper legs represent the recipient's body. Work on your legs:
6. Your left leg represents the back of their body
7. Your right leg represents the front of their body
8. Your knees represent their head and your groin represents their feet
9. Draw **ChoKuRei** over the problem area of your leg with palm down, fingers together. Visualise in violet and say the symbol name silently three times.
10. Draw **SeiHeKi** over your knee (representing the recipient's head) if emotional balancing is needed.
11. Contract your Huiyin and put your tongue to the roof of your mouth.
12. Place your left hand over each problem area with your right hand over the left, and perpendicular to it.
13. Move your hands to various positions as necessary. Move your hands when the warmth or flow of energy stops.
14. When you are finished, say out loud 'I wish this effort to be used for the wellbeing of all entities everywhere'.

If you have difficulty in visualising your legs as a body, you can draw on an old pair of trousers so you know where to place your hands!

## Distant Space Clearing

You now know that **ChoKuRei** can be used for space clearing. You know that Reiki can be sent at a distance... well, it is possible to do distant space clearing, too. This had not actually occurred to me, until one of my Reiki2 students mentioned that she was doing it, with quite some success it seems. What Joy does is to take a floor-plan of the house to be cleared, showing the doors and windows. She calls on Mikao Usui, Mrs Takata and the ascended Masters to keep her safe and help her in her endeavours. She then imagines that she is moving through each room, drawing **ChoKuRei** over the walls, ceiling and floor, and flooding the room with light/Reiki.

She gave an example of a little girl who hated being in her bedroom, and would not go to bed there happily. The day after Joy did the space-clearing, the little girl trotted up to bed without any problem.

Why not give it a try and see what you notice.

# Intuition and Intent

## Working with Intuition

Earlier on in this manual we mentioned the Japanese scanning technique called 'Byosen Reikan Ho'. This seems basically an intellectual activity, focusing intently on all the different sorts of sensations you can experience in your hands, and through long and dedicated practice making a link between these sensations and your clients' medical conditions.

In this section we will deal with a related intuitive 'scanning' technique called 'Reiji Ho', which means 'indication of the spirit'. By contrast with Byosen, Reiji is most certainly not an intellectual activity, and involves emptying your head, getting you and your intellect out of the way. You just merge with the energy and allowing the energy to guide your hands directly to the right places to treat, even before you have scanned the body to see what is going on! I have found that the vast majority of people who try this technique find that it works for them almost straight away. Anyone can do it with a bit of practice.

So **Reiji Ho** is the name given to an intuitive technique, which can through dedicated practice lead you to:

1. Allow the flow of Reiki through your hands to guide you to problem areas, even before the patient has been 'scanned', with your hand being pulled by 'invisible magnets' to the right places to treat.
2. Know intuitively what the problem is, to see or to intuit, to sense disease.

A 'Gakkai trainee would expect to have developed either the Reiji or Byosen ability before being moving on to Okuden (Second Degree). Reiji and/particularly Byosen are developed through regular practice and exposure to a large number of patients. As well as requiring regular practice to be developed, these skills are only maximised, they will only reach their full potential within the individual, through the regular experience of Reiju 'empowerments'.

## Reiji Ho

Reiji Ho is very simple: there is no magic formula other than making yourself deliberately open to intuition. Instead of intuition being an occasional thing that may happen during the course of a treatment, Reiji Ho is a way of making yourself deliberately open to intuition throughout each treatment.

It seems that by deliberately making yourself open to intuition again and again over a long period of time, there is the potential that you can develop the ability to see of know exactly what a person's condition is (without having to develop the Byosen ability described above). This potential is maximised by receiving Reiju empowerments on a regular basis.

Here are some suitable instructions:

1. Place your hands in the prayer position, close your eyes, and feel your connection with Reiki through the crown of your head.
2. Move your hands in front of your third eye, and ask the Reiki energy to guide your hands, to guide your hands to where the energy is needed most. Say to yourself something like 'please let me be guided' or 'please let my hands be guided', 'show me where to treat'.
3. Blank your mind and hover your hands over the client.
4. Become one with the energy, join with the energy, merge with the energy that is flowing through your crown, shoulders, arms and hands. Allow your hands to be moved.
5. Be open to the source of the problem: what is the disease?

Steps 1 and 2 are optional, in fact: just little rituals to focus your intention in a particular way. Students develop the intuitive abilities of Reiji through opening themselves fully to Reiki energy, by becoming one with the energy.

## **Practical Aspects of Reiji Ho**

The important thing with both of these versions of Reiji Ho is to hold your hands motionless and to hover them. You should not move them deliberately. If you consciously or deliberately move your hands when carrying out Reiji Ho, you will override all the subtle sensations and the technique will not work. You should start to notice that your hands want to drift, or glide like sliding over wet ice: no resistance is experienced. Allow your hands to drift and they will come to rest over some part of the body, usually a short distance from the surface. Sometimes they want to drift away from the body. When this happens I believe that you are being guided to channel Reiki into a person's aura, and I find that after a few moments my hands want to drop back to nearer the body.

With time it becomes easier and easier to detect the subtle and gentle sensations of magnetic pulling and pushing in your hands, and it becomes easier to 'let go' and remove any innate resistance to having your hands moved unconsciously. Imagine that your hands are like those of a puppet on a string, with no resistance to movement. To begin with, your hands may move quite slowly, but with practice they will move with more precision and more purpose.

Using Reiji Ho does not mean that you are going to change your way of working so that you spend most of your time hovering your hands over the body: Reiki is basically a hands-on therapy. You simply use Reiji Ho as a way of working out where to put your hands. You treat in the intuitively-guided positions and when the feelings in your hands tell you that it is ok to move on to another treatment position, you use Reiji Ho again to find out where your hands should be placed next.

The more advanced aspect of Reiji Ho - being able to see or intuit disease - seems to come through the long practice of this technique. You would not just ask for your hands to be guided, but ask for answers to questions like 'what is the problem here?' and 'what is the disease?' and make yourself open to receive answers to these questions.

## Reiji Ho Mudra

Although there are no specific hand positions associated with this technique, someone has suggested a specific hand position that seems to allow your hands to be guided precisely to the area of need. Some people get on very well with this hand position; other people do not like it. Try it for yourself and see what you make of it. Here are the instructions:

1. With your dominant hand, place the tips of your thumb and little finger together and fold the other three fingers round them so you form a cone, with your fingertips forming the point of the cone.
2. Hover the cone, point downwards, over the centre of your client.
3. Hold your non-dominant hand palm uppermost, as if to receive energy (optional)
4. Put yourself in a state of being fully open to the energy, open to intuitive knowledge: what is the problem? Where is the problem located?

## Taggart's First Experience of Reiji Ho

We worked in pairs, practising on one person on a treatment table. We had our eyes closed. I found that my hands were moved (I did not move them consciously) and my hand kept bumping into the other practitioner's hand, as we were both guided to one specific area!

Secondly, my hand was guided to one specific point and it stopped making wide movements and made very small, precise movements over one small area of the body. The person being worked on had undergone a gall bladder operation in the past and could feel the energy working on the operation scar and on the underlying tissues. I had no knowledge of this condition.

Further practice that same day demonstrated to us that the technique allows you to track the flow of energy along acupuncture meridians, and sometimes our hands were guided repeatedly to track up and down a segment of a meridian. On occasions, the energy moved our hands along a repeated circuit for a while, before moving on to other areas of need. Interestingly, when another practitioner moved to the same part of the body, their hand was guided along the same meridian and the same repeated circuit!

## Advantages of Reiji Ho and Byosen

They allow you to use hand positions creatively, different for each patient and from one treatment to another, based on either the sensations you are experiencing in your hands, or being guided by the Reiki energy to areas of need. You can move away from standard hand positions, towards Mikao Usui's preferred way of working.

By concentrating attentively on the feelings that the energy is producing in your hands, you may develop your sensitivity to such an extent that you can potentially diagnose conditions based on the feelings you experience. Certainly there is the promise of obtaining more useful information through this technique.



By deliberately making yourself open to intuition again and again over a long period of time, there is the potential that you can develop the ability to see or know exactly what a person's condition is through intuitively knowing or being able to see what the client's problem is. This ability is typified by Mrs Kimiko Koyama, who is said to have been able to glance at you and see exactly what medical problems you had. This came through her long practice of intuitive techniques.

I start my treatments by resting my hands on the client's shoulders for a few minutes. Then I use intuitively guided hand positions on the head. Quite often, the hand positions are not symmetrical. Then I move to the torso and use intuitively guided hand positions there. It can be a very interesting exercise to try and work out for yourself why your hands have been guided into those positions, and what they are doing there, and by being open to answers to such questions it seems that your intuition will develop. Regular Reiju empowerments help to progress your intuition further.

I have found through experimentation that it is possible to 'set' your intent, and ask to be guided to areas where there is a need for physical healing, or a need for mental/emotional healing. This is not a method that seems to have come from Japan.

Also, I have found that it is possible to use hands hovering in your imagination only, and these hands will move by themselves to the places where your real hands will subsequently want to go.

## The Power of Intent

Intent is very important in Reiki. The energy will follow your thoughts, and follow your focus. If you intend that the energy be transmitted in a particular way then it will be, and you can control the movement of Reiki with your thoughts. Here are some simple examples of this:

- If you think nice thoughts about someone, I believe that Reiki will follow your focus and that you will be sending Reiki to them, without using symbols or any constructed method.
- You could rest your hands on someone's shoulders and intend that Reiki flows through their body to a particular part of their body, and the energy will do that.
- If you intend/imagine that Reiki flows out of your foot chakra then it will do so, and if you intend that this flow of energy stops, then it will stop.

This section deals with various aspects of intent, and various ways of sending the energy. Firstly we will deal with two techniques - sending Reiki with your breath and your gaze - come from the Japanese form of Reiki. These are called Koki Ho and Gyoshi Ho. For me, the important thing about these techniques is that they help to demonstrate the importance of intent: if you intend that the energy travels with your breath, it does, and takes on some of the characteristics of breath. If you intend that Reiki passes with your gaze, it does so, and takes on some of the characteristics of staring in terms of being focused, precise and intense. In the end, I do not believe that you are sending Reiki with your gaze or with your breath

when you use these methods: you are simply using a mental 'construct' in order to focus your intent in a particular way.

The benefits of conveying energy with the eyes or breath as well as the hand is that you can 'touch more bases' at one time. You can direct the energy with your hands into two locations, and direct it to a third place using the eyes or the breath. Alternatively, you can intensify the Reiki effect in one place by using two hands and your breath or your eyes. Using the eyes or breath to convey the energy means that you can direct Reiki to places where it would be inappropriate to touch. Use your imagination! Do distant healing by sending Reiki with your breath or your eyes onto a photograph perhaps.

## Healing through Staring: 'Gyoshi Ho'

The key to directing Reiki with the eyes seems to be to:

1. You should look 'with a loving state of being' behind
2. Defocus the eyes; look with soft focus
3. Look *through* the area where we want to send the energy
4. Intend that the energy passes with your gaze

As an exercise, sit with any partner, centre yourself, and look directly and lovingly through your partner's forehead for a while. What does your partner notice? Now stare through another part of their body; what sensations can they feel now? Now visualise **SeiHeKi** over your partner's face and see if there is any change in the sensations they experience. What happens if you use **ChoKuRei** ?

## Healing with the Breath: 'Koki Ho'

The key to directing Reiki using your breath seems to be:

1. Place the tip of your tongue to the roof of your mouth and inhale
2. As you inhale, draw down energy through your crown
3. As you exhale, still with your tongue on the roof of your mouth, intend that energy flows with your breath

As an exercise, sit with any partner, centre yourself, and direct your 'Reiki breath' onto your partner's forehead for a couple of times. You do not need to 'blow a gale' and they do not need to feel air movement on them - the intent is the important thing here. What does your partner notice? Now breathe Reiki onto another part of their body; what sensations can they feel now?

Now you can repeat the exercise, but this time, as you inhale, draw one of the Reiki symbols on the roof of your mouth with your tongue (practice!). Put the tip of your tongue on the roof of your mouth and hold it there as before. Exhale as before onto your partner's face/head. Can your partner feel a difference now, and can they feel a difference between the two symbols (**ChoKuRei** and **SeiHeKi**)? Try breathing Reiki onto other parts of the body. What is the response? Breathe Reiki onto your pets and your plants!

As an alternative to the above, just visualise the symbols on the roof of your mouth: it will work just the same.

## 'Beaming'

Beaming consists of channelling Reiki at a distance, for example from one side of a room to another. Reiki energy comes out of your palm chakras or out the ends of your fingers, so you can direct the energy with your palms facing the recipient, or point your fingers at the recipient. You are intending that the energy is transmitted in a particular way, and the energy follows your intent.

What you are doing is a variation of 'projection healing', which is practised by QiGong Masters, who direct chi at specific acupuncture points to treat ailments. In

China there is at least one Hospital that prescribed QiGong exercises for its patients and has a group of QiGong Masters on hand to treat people by projecting chi. At public demonstrations, QiGong Masters are able to use chi projection to pull people off-balance, and you will already have tried this on the Reiki First Degree course!

Usui's experience of energy cultivation techniques like QiGong (called 'kiko' in Japan) contributed to the healing system he developed. In effect, what you are doing when you practice Reiki is projecting chi just like the QiGong Masters do, but the attunements or empowerments that you have received have connected you to an unlimited external source of chi that flows through, but does not come *from* you as is the case with QiGong Masters. You are not depleted when you treat others, and you do not have to practice energy cultivation techniques in order to preserve and maintain your ability.

### Practical applications

Use beaming to treat your plants, your rabbit if you can't catch it, and to calm down irate Rottweilers behind security fencing (make sure they are *behind* the fence before you attempt this!) Try sitting a friend who has a headache at the end of the room and beam Reiki at them for 15 minutes. See what happens. Beam Reiki surreptitiously under the table to a reluctant recipient (it is always 'for the highest good', remember).

You can either let the energy flow of its own accord, use the energy-cranking techniques described in this manual, or use the 'Setting the Frequency at Source' technique to channel energy from either **ChoKuRei** or **SeiHeKi**, with or without energy-cranking. Try it.

### 'Radiating'

If you want to, you can send Reiki out of your whole body. It is not uncommon for people who are being attuned to feel a 'wall of heat' or a 'wall of energy' advancing in front of the Reiki Master, for example. Also, connecting the Hui Yin circuit seems to have the effect of preventing the energy from 'leaking out' in this way, so it is channelled through your hands more intensely.

If someone is sitting in front of you, why not intend that Reiki is flooding out of your whole body, not just your eyes, and engulfing the person you are talking to, bathing them in beautiful healing energy. Do this while you are chatting with them.

If you like, try an experiment: have a friend focus on a sad situation or thought/image. 'Connect' with their sadness and feel a sympathy with them, send them Reiki from your whole body, and see if they can maintain the sad state. Does their state of mind or their emotions change?

# Grounding and Protection

## General

### 'Grounding'

Sometimes you can feel quite 'spaced out' after giving, or receiving, a Reiki treatment. While this is a lovely feeling, and one you might want to experience for as long as you can, you might want to bring yourself, or your client, back to ground level. The 'Blood Exchange' technique helps to give you a clear head, but you might want to try this:

### Visualisation

Stand or sit with your feet firmly on the ground. Become aware of the contact between your feet and the floor, and feel a firm, solid contact between yourself and the ground. Now imagine that your feet have turned into roots. These roots push further and further down into the ground, insinuating themselves between rock and clay as they travel further and further into the earth, binding you to the heavy ground beneath your feet. The roots spread out as they go, with more and more branches and rootlets fusing you with the earth.

Go through this visualisation yourself, or talk your client through it at the conclusion of the session, once they are standing or sitting with their feet in contact with the floor.

## Protection

There are various aspects to 'protection', which we can take as meaning 'protection from psychic attack' of some sort, or 'protection from picking things up' from the people we have been treating. Conventional spiritual healers seem to spend a lot of time visualising protective bubbles around themselves, but within Reiki this seems to be a lot less common. I have a friend who runs a healing centre in the Midlands. Her healers fall into two broad groups. There are the spiritual healers, who are quite concerned with protecting themselves from 'astral plane entities' and seem to feel the need to take definite steps to protect themselves as a matter of routine. The Reiki healers who do not feel the need to protect themselves, and this does not seem to be a problem in practice.

I think that this partly comes down to the different traditions and the ways in which the training takes place. I see spiritual healers as alone in the universe, doing what they can through practice and exercises to learn to draw down energy of divine origins. Spiritual healing originated in Victorian Spiritualist Churches, with their table-thumping seances. With Reiki, though, you go through a ritual attunement that connects you permanently, and strongly, to a source of beautiful healing energy, and because of this strong and permanent connection, you are protected. Your focus is on the source, not the astral plane.

It is not uncommon for practitioners of hands-on therapies to become quite drained when they treat many clients, or to 'pick up' problems from the people that they have been treating. Reiki seems to compensate for both of these problems. Reiki boosts and invigorates the practitioner as the treatment is given, so you are not

drained or depleted at all by the treatments that you have given. Reiki also seems to protect you from picking up problems from your clients in most cases.

Sometimes Reiki practitioners can 'echo' their clients' problems, by feeling their pain for example during the course of a treatment. However, that is intuition working in a particular way, and this is different from the situation where the practitioner walks away at the end of the treatment still experiencing the client's problems.

So it is highly unlikely that you will 'pick up' problems from the people that you treat - the energy flows one way, from you to them - but it is wise to take simple precautions to guard against this largely theoretical danger. When we finish a treatment we make a ritual disconnection by shaking our hands, clapping or rubbing them together, or blowing through them. You can even say to yourself 'ritual disconnect'. You also know how to use **Kenyoku** for this purpose, and I believe that this is sufficient for most people.

Any form of protection is only as effective as you believe it to be. If you believe that your protection is 100%, then it is. The best protection is serenity, contentment with your life.

## Visualisations

There are various simple visualisations that you can perform. Here are a few:

- Imagine that you are surrounded by a transparent energy bubble that protects you from negative energies, but lets positive energies in. The bubble transmutes negative energy into healing energy, and sends healing energy back to the source of the negativity. If you like, you could imagine six five-pointed gold stars around you, as symbols of protection: in front, behind, to the left, to the right, above and below.
- Imagine that you are drawing in your aura around you. Put a deep blue cloak over it and zip the cloak up from under your feet to your chin. Feel that you are completely protected.
- Imagine a flame surrounding you, so that bad thoughts and feelings are burnt up as they come into contact with your radiance.
- Imagine a waterfall flowing from above, washing away any negative energy.
- Imagine the sun shining brightly above you, clearing and nourishing your whole being.
- If you feel that you getting 'negative vibes' from a person, put up an imaginary mirror facing towards them. The mirror deflects back the bad energy. You can also send the person 'light' to dissolve the negativity.

For the benefit of those of you who wish to delve further into the area of psychic protection, here is an article written by a good friend of mine who is a Reiki Master: Chris Burns who started out as a spiritual healer and then moved into Reiki...

# Article: "Psychic Protection"

By Christine Burns, Reiki Master

- Have you ever spent time with a person and come away feeling totally drained?
- Have you ever used the expression "You could cut the air with a knife"?
- Have you ever visited a place and not felt completely at ease, regardless of the quality of furnishings or surroundings?

If any of this sounds familiar then the chances are you would benefit from a little bit of psychic protection. But it is not only you that needs protection. What about your family, your home, your car? Everything is open to the influence of the energy surrounding it and that energy can be good, bad or indifferent.

Your words and thoughts create thought-forms of energy that, like absent healing, have no regard for time or distance. If someone thinks about you they create a link. How often has someone come into your mind and shortly afterwards they have telephoned you or you've met them? Pleasant thoughts are excellent but niggling, negative thoughts and words are a form of psychic attack.

When you're out milling around with crowds of other people, perhaps travelling to work in the rush hour, you may find you become very sensitive to the atmosphere. If one person happens to have got out of bed the wrong side, it can be a slippery pole as they collect others in an equally negative mood and together build a black cloud of bad feeling that continues to perpetuate during the course of the day.

So how can you go about creating and maintaining your own, positive space - quietly and discreetly? You just need to change the vibrations.

## Auras

Everything has an energy field or aura. Some of you may have seen photographs of auric fields, or be able to see them yourself. Others may be able to sense or feel them. Our energy field vibrates according to our thoughts and physical wellbeing and the vibrations we give out float around in the atmosphere ready to attach themselves to another person or object. If you are in a good mood, then the energy will be pleasant and flowing. If you are feeling decidedly grouchy, or just plain bad tempered, then your energy field is going to be equally as jagged as your nerves.

When energy fields meet, the body registers the experience; a signal is sent to the brain and our body reacts accordingly. Think about that vague, inexplicable feeling you may have had at some time about visiting a certain place or area, one perhaps you have never been to before. There is no particular reason why you shouldn't want to go but for some reason you feel uneasy. You have, in fact, reached out with your aura to the place you are visiting and there is something about that energy field that you are not happy with.

## Energy Vampires!

How often have you felt completely drained after being in the company of a particular person? They may have felt a bit down when they met you and have gone off feeling on top of the world and you end up washed out. Energy vampires are expert at latching onto the auric fields of others and draining them because they are unable to 'charge up' their own batteries.

Buildings, furniture, ornaments, jewellery, plants, trees, animals, in fact, just about everything has an energy field. If something has been hand made and the person who made it happened to be having a bad day at the time, then the vibrations of that object will not be at their best.

## **How do you change the vibrations?**

Well, perhaps Prince Charles wasn't so silly talking to his plants. Scientific tests have proven that plants do register positive talk and grow better according to the treatment they receive. As we reach out and sense the energy of a place or person some distance away, so does nature. Hence I have more than a few concerns about genetic engineering in the plant field particularly when it comes to the food chain, but that's another matter.

Having said all that, care should be taken, however, that the hostile energy you believe you are sensing from someone else, isn't coming from you because you have 'typecast' a certain group. People who dress in a certain way (skinheads, for example) are not necessarily 'bad' but because we have heard or read reports of bad behaviour by a few we might tend to feel a bit anxious about them as a group. What we would be sensing in that case would be the fear energy we were projecting rather than what was coming back to us. Your own views on such matters will quickly tell you if it's likely to be a personal hang-up.

Be healthy and not surprisingly you will be protected against a great deal of psychic activity. It's when we're run down that we tend to pick up all sorts of things. Stress, not enough sleep, unhealthy diet, all weaken our aura, as do anger, fear and other negative emotions.

## **Protection**

One very simple but extremely effective form of protection is the auric egg. You simply have to close your eyes, breathe deeply three times to begin to relax and imagine you are inside an egg shaped bubble of light. You must make sure this egg covers the top of your head and goes right under your feet, so that your whole body is surrounded.

As you move around inside the bubble, it seems to have an elastic skin and will stretch in whatever direction you wish. It allows two way traffic for all positive thoughts and feelings but any negative thoughts sent to you will not pierce the outer skin. You could ask that they are sent back to the perpetrator to give them some discomfort but I prefer to ask that any negative vibrations coming to me are taken away and recycled into positive energy.

Try filling your bubble of light with different colours, or perhaps all the colours of the rainbow. Discover what makes you feel good. If you need a bit of mental stimulation try yellow. A lot of people find blue very peaceful, but don't use it if you feel depressed. Green is calming and balancing. I would not suggest, however, you fill your aura with red otherwise you could find yourself getting very



angry and agitated. The best advice when it comes to colours is to remember that a healthy aura contains all the colours.

## **Should you leave the protective bubble in place at all times?**

That, again, is up to you. It is my view that if you only place it there once and then forget about it, it will gradually disappear of its own accord because you will not be giving energy to it. A house that is not lived in gradually crumbles and rots away - there is no loving energy being given to that house. I'm not suggesting you will rot away because you haven't placed your auric egg around you, but there will be times when you will be leaving yourself open to psychic attack. Why not put it on when you get up in the morning and take it off at night when you go to bed, to be washed and cleansed by the Universe whilst you sleep. If you feel that somebody might be sending some negative thought-forms your way, it might also be an idea to place a circle of protective light around your bed at night whilst you sleep.

Do you remember the soap bubbles we used to play with as children? As the sunlight caught them they glistened with all the colours of the rainbow. Well, if you have trouble creating an auric egg around you, think of a giant soap bubble in front of you and simply walk into it. It won't burst and will seal itself once you're inside.

So, you've placed your bubble of light around you but there are times when you still feel anxious. Maybe it's travelling at night when you're alone that worries you. If you're travelling by train, before you start the journey, visualise the carriage being filled with friendly, safe, people who will be with you all the way home, but remember to save yourself a seat!

Create a protector or two to be with you when out walking and call them if you feel uneasy. I suddenly realised one evening when travelling home late that I had a lion and lioness either side of me. Sometimes they become two large black panthers. I don't know why they change, I just trust that is what I need at that time. People certainly keep their distance because they can sense on an energy level that it might not be a good idea to get too close.

Be creative, use your imagination for your protection but never see harm going to anyone as a result of what you do. That's just asking for more of the same to come back to you.

I once found myself under bombardment from unpleasant thoughtforms during the early hours of the morning. My solar plexus felt as if it was being invaded. It was very disturbing and could have been quite frightening. I knew who was sending this energy because I could see them before me. My husband slept peacefully through all this, totally oblivious to what was happening. I immediately placed a gold disc over my solar plexus and surrounded myself with Light. Even so, I knew the thoughtforms were getting into the house.

The next day, I cleaned each room with Light. That night it happened again, although it was much weaker, so I surrounded the whole bed with a circle of Light with an equidistant cross inside it - a very powerful, protective symbol. I had a very peaceful night's sleep.

The following day, however, I 'washed' each room with Light once again and asked the House Angels if there was anything more I needed to do. It was suggested to me that I use a five-pointed star at each window and door. This I did, creating the stars out of Light and asking that they be for the good of all and to harm none and that any negative energies be transmuted by the Light before entering the house. No more problems.

## **Cars, Houses, Holidays, etc.**

If you feel your car is parked in an area where it might be subject to vandalism, surround it with a circle of Light, or the five pointed star, always making sure that the single point is upwards or to the front if used horizontally.

If you're a woman driving alone and you feel vulnerable, apart from using sensible precautions like locking your car doors, invite an Angel of Protection to sit in the car with you, or mentally place a large dog in the passenger seat that will act as your protector. Do remember to thank your protectors and release them once you have completed the journey!

Surround your home with Light. You might want to imagine a beautiful, golden, umbrella of Light over the roof of your house sending down streams of energy.

## **Going on holiday?**

Place a couple of burly security guards at the front and back of the house whilst you're away. Again, remembering to thank and remove them when you get home, otherwise you might end up wondering why no one is visiting you. Whilst talking about holidays, flush out your holiday accommodation with Light when you arrive to disperse any thought-forms left by the previous occupants.

## **Have you got charisma?**

I'm sure we've all met or seen someone who, immediately they walk into a room, seem to have people gravitating towards them. They don't have to be particularly beautiful or handsome but there's something that makes people want to be near them. They are usually oozing with a beautiful energy field that's full of vitality. So why not use your bubble of Light, gleaming like a diamond, when you're going to a social occasion, particularly if you want to be noticed. Imagine you have a control button inside the bubble where you can turn up the brightness. It can give you tremendous confidence because you will be protected but people will be attracted to you like bees around a honey pot. Conversely, if you want to be quiet and relatively unnoticed, turn down the dimmer switch so the outer edge of the bubble becomes a soft glow.

## **Clearing energy**

The witches broom has become something of a joke in modern times but in Wicca it always had a very serious role and that role was cleaning. The best way to cleanse a room of energy hanging over from a visitor, or your own negative thoughts, is to clean it, particularly the corners - floor and ceiling - where they tend to collect.

Years ago, carpets (if you had one) used to be taken out, put over the line and whacked with anything handy to clean them. Pillows and cushions would be pummelled and floors scrubbed. A great way to disperse energy forms. The pace of living and the modern appliances we have today mean that perhaps we don't go about the job with quite so much gusto but whilst you're vacuuming, washing the kitchen floor, making the beds, see a stream of Light filling everything.

## **Common sense**

Last but not least, please use common sense - the greatest energy of all to my mind - when deciding you need to use protection.

Energy follows thought. Think about that for a moment. Whatever you dwell on stands a pretty good chance of being brought into being, particularly if you put a lot of emotion into that thought. So please don't go around imagining that every dark corner holds a danger. You, obviously, are not going to place yourself in a difficult situation just to see if the energy works. Use the energy wisely, as you would do any other safety measure but with positive thinking and an abundance of Light around you, the chances are you're only going to attract good things anyway.

May all that happens to you be for your Highest Possible Good.

Christine Burns

# Chakras

The chakras are a way of viewing the human energy system. In Oriental Medicine they see a system of pairs of energy channels or meridians, with various points along the length of them that can be stimulated using needles, or heat, or finger pressure. In India they see a system of energy centres along the length of the body from the crown of the head to the base of the spine. The word chakra means 'wheel' in Sanskrit and the chakras are seen as spinning vortices of energy. People usually think in terms of seven main chakras, as follows:

CROWN - THIRD EYE - THROAT - HEART - SOLAR PLEXUS - NAVEL - ROOT

Each chakra is said to have an associated colour and organ system. In fact there are a whole range of associations related to each chakra and I would recommend this book as a good broad overview of the subject:

## **The Book of Chakra Healing by Liz Simpson**

Although Reiki would most likely have been developed with the meridian system in mind rather than the chakra system, it is perfectly valid to see Reiki energy as dealing with the chakras, because Reiki deals with the human energy system and chakras are one way of viewing that system.

A chakra may be seen as 'open', or spinning in a balanced fashion. It could be seen as 'closed' or spinning sluggishly. It could be seen as spinning too fast, though this seems to be less common in my experience.

What I am going to do first of all is to describe the mental and emotional characteristics that accompany 'closed' or sluggishly spinning chakras. When you are treating a person and your hand is over one of the chakra positions, and when you feel a lot of energy flowing into that area, this suggests that the chakra may be 'closed' and needs Reiki energy to become open. The energy can be seen as dealing with the, or some of the, mental/emotional associations of that chakra.

Try and perceive whether the energy is working on someone's chakra rather than any physical part of them. What impression do you get?

As with all things, do not take these associations as dogma to be read out to the patient at the end of the treatment session. Be careful about what you say to people until you are confident in your ability to perceive. Think carefully about the chakra associations, about what you know about the person you are treating, think carefully about the energy sensations you are experiencing in the different treatment positions, and whether some associations may seem more appropriate than others for this person. You might be better advised to say nothing, to watch and to learn.

## When the Chakras are closed

### Root chakra closed

Emotionally needy, low self-esteem, self-destructive behaviour, fearful

### Sacral chakra closed

Oversensitive, hard on him/herself, feels guilty for no reason, frigid or impotent

### Solar Plexus chakra closed

Overly concerned with what others think, fearful of being alone, insecure, needs constant reassurance

### Heart chakra closed

Fears rejection, loves too much, feels unworthy to receive love, self-pitying

### Throat chakra closed

Holds back from self-expression, unreliable, holds inconsistent views

### Third eye chakra closed

Undisciplined, fears success, tendency towards schizophrenia, sets sights too low

### Crown chakra closed

Constantly exhausted, can't make decisions, no sense of 'belonging'

The above descriptions are the most useful ones, because they tie in emotional characteristics to areas of increased energy flow in the various chakra positions. Moving on from this, the next sheet describes the associations that could be relevant when the chakras are open and balanced. Do these associations describe a person who has no hotspots and is not drawing huge amounts of Reiki energy?...

## When the chakras are open and balanced

### Root chakra open

Demonstrates self-mastery, high physical energy, grounded, healthy

### Sacral chakra open

Trusting, expressive, attuned to his/her own feelings, creative

### Solar Plexus chakra open

Respects self and others, has personal power, spontaneous, uninhibited

### Heart chakra open

Compassionate, loves unconditionally, nurturing, desires spiritual experience in lovemaking

### Throat chakra open

Good communicator, contented, finds it easy to meditate, artistically inspired

### Third eye chakra open

Charismatic, highly intuitive, not attached to material things, may experience unusual phenomena

### Crown chakra open

Magnetic personality, achieves 'miracles' in life, transcendent, at peace with self.

Finally, the next sheet describes the associations for people whose chakras are spinning too fast. This seems to happen a lot less frequently than slow spinning or closed chakras, in my experience. It is not really possible for a Reiki practitioner to become aware of fast-spinning chakras other than through dowsing using a pendulum, or perhaps by making a connection between a person's mental/emotional state and the associated chakra. In terms of energy flow they would feel the same as areas where nothing of note was happening, though Reiki will still deal with fast spinning chakras and help to slow them down.

## **When the Chakras are Spinning too fast**

Root chakra spinning too fast

Bullying, overly materialistic, self-centred, engages in physical foolhardiness

Sacral chakra spinning too fast

Emotionally unbalanced, a fantasist, manipulative, sexually addictive

Solar Plexus chakra spinning too fast

Angry, controlling, workaholic, judgmental and superior

Heart chakra spinning too fast

Possessive, loves conditionally, withholds emotionally 'to punish', overly dramatic

Throat chakra spinning too fast

Over-talkative, dogmatic, self-righteous, arrogant

Third eye chakra spinning too fast

Highly logical, dogmatic, authoritarian, arrogant

Crown chakra spinning too fast

Psychotic or manic depressive, confused sexual expression, frustrated, sense of unrealised power

# Reading List

## Books about Reiki

\* = recommended

Essential Reiki\*

Diane Stein, Crossing Press, USA 1995

Reiki Fire\*

Frank Arjava Petter, Lotus Light Publications, Twin Lakes, USA 1997

Reiki - The Legacy of Dr Usui\*

Frank Arjava Petter, Lotus Light Publications, Twin Lakes, USA 1998

Reiki, The Healing Touch\*

William Lee Rand, Vision Publications, Southfield, USA 1991

Reiki

Tanmaya Honervogt, Gaia Books 1998

The Original Reiki Handbook of Dr Mikao Usui

Frank Arjava Petter, Lotus Press, Twin Lakes, USA 1999

Reiki Energy Medicine

Libby Barnett and Maggie Chambers, Healing Arts Press, Vermont, USA 1996

Empowerment through Reiki

Paula Horan, Lotus Light Publications, Twin Lakes, USA 1995

Reiki and Other Rays of Touching Healing

Kathleen Milner, The Healing Art Series, USA 1995

Rainbow Reiki

Walter Lubeck, Lotus Light Publications, Twin Lakes, USA

The Reiki Factor

Barbara Weber-Ray, Expositions Press, USA 1983

Reiki and Beyond

S.Jeanne Gunn, Merrit Press, Virginia Beach, USA 1994

The Psychology through Reiki

Murry Hope, Element Books Ltd, Dorset, England 1989

Reiki - Universal Life Energy

Bodo Baginski & Shalila Sharamon, Life Rhythm, USA 1988

Healing Reiki

Eleanor McKensie, Hamlyn 1998

Empower Your Life with Reiki

Richard Ellis, Hodder and Stoughton 2000

## **Other Books not directly about Reiki**

\* = recommended

Hands of Light\*

Barbara Brennan, Bantam Books, New York 1988

Energy Medicine\*

Donna Eden, Piatkus 1999

You Can Heal Your Life\*

Louise L Hay, Hay House 1987

Anyone Can Dowse for Better Health\*

Arthur Bailey, Quantum 1999

Your Healing Power

Jack Angelo, Judy Piatkus (Publishers) Ltd, London 1995

A Guide to Spirit Healing

Harry Edwards, Booksprint, Great Britain 1987

Heal Your Body

Louise L Hay, Hay House 1998

The Therapeutic Touch

Dolores Krieger, Prentice Hall Press, New York 1989

Guide to Self Healing

Matthew Manning, Thorsons Publishers Ltd, England 1989

The Handbook of Self-Healing

Meir Schneider, Penguin Books Ltd, London 1994

Working with Your Chakras

Ruth White, Judy Piatkus (Publishers) Lrd, London 1994

The Healing Power of Colour

Betty Wood, The Aquarian Press, Great Britain 1986

The Chakra Handbook

Bodo Baginski & Shalila Sharamon, Blue Dolphin

The Ageless Body

Chris Griscom, Simon & Schuster, USA 1992

Heal Thyself

Edward Bach, C.W. Daniel Company Ltd, UK 1994



# Reiki and the Law

NOTE: This information is as published by the UK Reiki Federation.

1. A parent or guardian who wilfully fails to provide adequate medical aid for a child under the age of 16 may be committing a criminal offence. Reiki is not defined as a medical aid by law so anyone who treats a child whose parents refuse medical aid could be seen to be aiding and abetting that offence. When treating a child it is advisable to secure the signature of the parent or guardian to the following statement: **“I have been warned by (Reiki practitioner’s name) that according to Law I must consult a doctor concerning the health of my child (child’s name).”** This statement should be signed and dated by both parent or guardian and a witness and kept within the client records.
2. It is illegal to practice dentistry if unqualified. Hovering your hands over someone's face probably doesn't constitute the practice of Dentistry anyway! *Reiki will only give temporary pain relief; the underlying disease process will continue.*
3. It is advisable to not knowingly give Reiki to people who are suffering from syphilis, gonorrhoea and soft chancre. Under the Venereal Diseases Act 1917 it is illegal to treat any of these conditions for reward, whether direct or indirect. Any service must be provided entirely for free.
4. It is an offence to offer treatment or prescribe a remedy or advice for cancer.
5. Any advertising should comply with the British Code of Advertising Practice and meet the requirements of the Advertising Standards Agency. Adverts should be dignified and should not claim a cure or mention any disease.
6. Except in cases of urgency or sudden necessity it is illegal for anyone other than a certified midwife to attend a woman in childbirth without medical supervision or for anyone other than a registered nurse to attend for reward as a nurse on a woman in childbirth or during a period of 10 days thereafter.
7. Reiki practitioners should not prescribe or sell remedies, herbs, supplements, oils etc. unless they have undergone appropriate training and have qualifications which entitle them to do so.
8. Before treating animals it is advisable to seek assurance from the owner that a vet has examined the animal. The Veterinary Surgery Act 1996 prohibits anyone other than a qualified veterinary surgeon from treating animals, including diagnosis of ailments and giving of advice on such diagnosis. However the healing of animals by contact healing, by the laying on of hands and distant healing, is legal. However the Protection of Animals Act 1911 requires that if an animal clearly needs treatment from a veterinary surgeon the owner must obtain this. To give emergency first aid to animals for the purpose of saving life or relieving pain is permissible under the Veterinary Surgeons Act 1996 Schedule 3.
9. It is required that cases of certain infectious diseases are notified to the Medical Officer of Health in the district in which the client is resident. The notification must be made by a GP, so if a Reiki practitioner suspects that the

client is suffering from a notifiable disease they should insist that the client should see a doctor.

10. Notifiable diseases under the Public Health (Control of Diseases) Act 1984 are as follows: Cholera, Plague, Relapsing Fever, Smallpox, Typhus, Food Poisoning.
11. Under the Public Health (Infectious Diseases) Regulations 1988 the diseases are as follows: Acute Encephalitis, Acute Poliomyelitis, Anthrax, Diphtheria, Dysentery (Amoebic or Bacillary), Leprosy, Leptospirosis, Malaria, Measles, Meningitis, Meningococcal Septicaemia (without Meningitis), Mumps, Ophthalmia Neonatorum, Paratyphoid Fever, Rabies, Rubella, Scarlet Fever, Tetanus, Tuberculosis, Typhoid Fever, Viral Hemorrhagic Fever, Viral Hepatitis, Whooping Cough, Yellow Fever.
12. Reiki practitioners must investigate and co-operate with local by-laws and all relevant Health and Safety legislation.

## **Reiki in Hospitals**

All Reiki practitioners visiting Hospitals should comply with the guidelines laid down by the British Complementary Medicine Association (BCMA). The hospital is responsible for the patient. Reiki practitioners may only treat patients in hospitals with permission from the patient, the hospital authority including the ward charge nurse. Reiki practitioners should not wear clothing which gives the impression that they are a staff member of the hospital. They may have some sort of identification such as a lapel badge. Where permission is given to provide treatment on the ward, this must be carried out without fuss or interruption to other patients and staff. If other patients request treatment, the permission of the ward charge nurse, nursing officer (and if relevant, the patient's doctor) must first be obtained. Reiki practitioners should never undermine the patient's faith in hospital treatment or regime. Where credentials are requested, Reiki practitioners must provide their associated current membership card or other proof of membership and permission to visit.

# Useful Information

## Insurance

I now use:

Smithson Mason Ltd

31 Clarendon Rd, Leeds LS2 9PA

0113 294 4000 or E-mail: [info@smg-plc.com](mailto:info@smg-plc.com)

[www.smg-plc.com](http://www.smg-plc.com)

Practitioner insurance is about £52.50, and Teacher insurance is £105.00 (Oct 2001).