

# BE THE REIKI MASTER

CHEAT SHEET



**DISCOVER THE 1000 YEAR OLD REIKI SCIENCE  
TO HEAL YOURSELF AND OTHERS AT HOME**

**[REIKI MASTER'S TECHNIQUES REVEALED INSIDE]**

# Your Quick Reiki Checklist

## What is Reiki:

Reiki or ‘universal life force’ is a healing system that originates from Japan. Reiki practitioners use their hands to guide this life force (or “Ki”) and transfer it to where it is most needed, be that within their own bodies, or into the body of another person.

## Concept:

The Flow Of Universal Life Force

Relaxation Is Essential To A Disease Free Life

We Are What We Think

The Power Of Touch

A Pure Renewable energy

The Perfect Complimentary, Non-Invasive Therapy

Reiki Works In Tandem With Any Religion Or Belief System

## Prepare for Reiki attunement:

### Three levels of attunement:

- **Level 1** (also known as First Degree) is focused on opening and expanding the main energy channels in your body, to allow life force or Ki to flow more freely and deeply through you. This emphasis at Level 1 is in self-healing, clearing all of your energy blockages and obstacles, so you are your best self, mentally, emotionally and physically.
- **Level 2** (also known as Second Degree) is focused on giving Reiki on others. Also, at this level, you receive 3 Reiki symbols, which allow you to connect more deeply to the universal Ki. Each symbol has different qualities, which allows you to focus and guide KI more acutely.

- **Level 3** (also known as Third Degree) is when you attain Reiki Master status. This is when not only can you self-heal, and heal others, you can also attune others. At this level, you will receive the final 2 Reiki symbols.

Basic Steps to purify your body, which allows a more seamless flow of Ki through your body during attunement:

- Do not eat meat or fish for 3 days prior to attunement
- Do not drink alcohol for 3 days prior to attunement
- Do not drink tea or coffee for 24 hours before attunement
- If you are a smoker, do not smoke on the day of attunement
- Meditate for 7 days prior to attunement
- Cut back on watching television, reading newspapers and listening to the radio for 7 days prior to attunement
- Drink plenty of water for 7 days prior to attunement

There Are:

16 Reiki Hand Position For Self Healing

18 Reiki Hand Position For Healing Others

Self Attunement Process:

**Step 1:** Sit on the floor, with both the soles of your feet touching or, if you're not able to, cross-legged. Make sure you are completely comfortable.

**Step 2:** Add anything else that either adds to your comfort or your religious / spiritual beliefs. Now bring your palms together in front of you into a prayer position.

**Step 3:** "Intend" on receiving full Reiki attunement. You now know that how we think is so important to our health and wellbeing. Believe in the power of the universal life force all around us.

**Step 4:** Visualize a soft white light entering the crown of your head, and hitting your Crown Chakra. Visualize the light filling your Crown Chakra, cleansing it, balancing it, and bringing it into harmony.

**Step 5:** Visualize this white light now dropping into your Third Eye Chakra, filling it with warmth and energy, cleansing, balancing and harmonizing it.

**Step 6:** Now visualize this white light dropping into each of your remaining chakras, one by one. Feel the white light fill your Throat Chakra, then Heart Chakra, then Solar Plexus Chakra, then Sacral Chakra and lastly your Root Chakra....each one left completely cleansed, balanced and in harmony with the universal life force.

**Step 7:** Visualize the white light extending down beyond your Root Chakra, exiting you and joining you to the Earth. You can now feel the universal life force entering from the cosmos through your crown, flowing through each of your chakras and rooting you directly to the Earth.

**Step 8:** Drop your hands from the prayer position and let them rest on your thighs, palm up. Now visualize the white light moving from your Root Chakra and flowing into your arms. Visualize this light filling your arms and coming out from both palms, filling the room with divine white light.

**Step 9:** Sit for as long as you like, feeling the flow of healing Ki extending out of your palms. Once you are ready, draw up your 'roots' from the Earth, and bring yourself back into the material world, now fully attuned to Reiki.

## Benefits Of Reiki

- Drastically Boost Energy Levels
- Eradicate Stress & Switch On Your Body's Natural Ability To Heal
- Complimentary, Non-Invasive and Safe For Everyone
- Reiki is for healing and being healed through the power of touch.
- It's also concerned with creating physical, emotional and mental balance
- it's about a holistic approach to health. It's not just about healing what is already dysfunctional. It's about making sure that, once healed; you remain in balance for the rest of your life, so you don't suffer the same, or different, dysfunctions again.
- It is giving you the secret to a life free of pain and disease thereafter.

## Five Principles of Reiki

**“Just For Today”**

**Reiki Principle No. 1: “I Will Not Anger”**

**Reiki Principle No. 2: I Will Not Worry (Fear)**

**Reiki Principle No. 3: I Will Be Grateful For All My Blessings**

**Reiki Principle No. 4: I Will Work With Honesty & Integrity**

**Reiki Principle No. 5: I Will Be Kind To All Living Beings**

## Three Reiki Pillars

Body

Mind

Spirit

## Energizing Your Seven Chakras Through Reiki

**Muladhara – The Root Chakra**

**Svadhishana – Sacral Chakra**

**Manipura – The Solar Plexus Chakra**

**Anahata – The Heart Chakra**

**Vishuddha – The Throat Chakra**

**Ajna – The Third Eye Chakra**

**Sahaswara – The Crown Chakra**