

# Reiki 3 Manual



By Reiki Master Teacher

Teri Griffin Williams

**A Complete Guide to the Third Degree  
Usui Method of Natural Healing**

**© Copyright Notice**  
**Learn Reiki from Home© Certification Study Course**

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without prior written permission of the Publisher.

**Copyright © 2015 | All Rights Reserved- SocialLiving.com**

**And**

**LearnReikiFromHome.com**



## Authors & Publishers Disclaimer

Reiki is an ancient form of healing that is practiced by the authors and numerous practitioners around the world. The information and techniques in this book do not constitute medical advice. Healing and medicine are two very different disciplines. You should always remember to seek medical advice from a qualified doctor or practitioner in the case of serious illness. While all suggested treatments are offered in good faith, the author and publisher cannot accept responsibility for any illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical practitioner.

## Important Note to the Reader/Student

The purpose of this book is to give the reader a step by step guide to the teachings and disciplines associated with Third Degree Usui Reiki. We have purposely kept the information concise so the reader can quickly and easily understand and apply Reiki.

Wherever possible we have avoided adding personal beliefs that may differ from the traditional teachings of Dr Mikao Usui. The knowledge and information contained in this book is based on the original **Shiki Ryoho** Method of Healing developed by **Dr Usui** over two hundred years ago.

If you desire to use the teachings contained within this book to heal yourself and others you must first have received the necessary attunements from a Reiki Master either in person or via distant attunement. If you desire to use the teachings contained within this book to heal yourself and others you must first have received the necessary attunements from a Reiki Master either in person or via distant attunement. Once you have completed this workbook you may email us and we will schedule your attunements, either in person or remotely. You may also watch the video to be attuned.



The soul is placed in the body like a rough diamond,  
and must be polished,  
Or the lustre of it will never appear.

~Daniel Defoe



## About Teri Williams

23 years ago, I experienced an incredible shift when one of my children was injured in an accident; shortly after I was introduced to the power of energy work, meditation and metaphysics. Privately, I began learning new ways to move through the world, using meditation and energy work as a guides, practicing on myself, my children and close friends. Gradually, I incorporated those new practices into my life, both personally and professionally.



Over the years I have acquired certifications as a Reiki Master, an Intuitive and Shamanic Practitioner, Pranic Healing, Theta Healing, and much more. My clients say I am “an extremely talented practitioner, professional, caring and gifted.” I believe we all have the ability to heal and that ***everyone on the planet should learn at least one holistic or alternative healing modality*** if only to help ease their own suffering.

Every week I host “Soulful Living” (formerly “Welcome to Blissville”) on Empoweradio.com. For over five years I have had the privilege of sharing the works of some of the world’s most amazingly talented teachers, healers, metaphysicians, doctors and more. Each guest is inspiring, leaving us all with something wonderful to uplift and elevate our lives and our souls.

One of my many passions is consulting with business owners in the areas of PR, Marketing, Social Media and Web Design, on how they can expand and grow their brands presence, both online and off. Some clients describe me as a “Shaman for business”.

To me it’s simply ***Soul-cial Living***.

We live in rapidly changing times, therefore we need all the energy lifts we can get to support our body, mind, and spirit. It is my personal belief that everyone on the planet should know and practice at least one form of energy work holistic healing modality. Reiki is a simple, uncomplicated practice that can be incorporated into your life immediately. Reiki helps on every level. The beauty is that you do NOT need to be a Reiki Master to put the energies to work with you and for you. You simply need to know a few concepts and you are on your way.

It’s my honor to share the ins and outs of what has worked in my life with all of you, beginning with this Learn Reiki from Home Certification home study course, in the hopes that you, too, will live a more ***Soul-cially Conscious*** life!

For more about me, including free meditations and resources, or how to work with me visit [TeriGriffinWilliams.com](http://TeriGriffinWilliams.com) or [SoulcialLiving.com](http://SoulcialLiving.com)



## Table of Contents

© Copyright Notice.....	2
Authors & Publishers Disclaimer .....	3
About Teri Williams .....	4
Table of Content .....	5
Lesson 1: An Introduction to 3rd Degree Usui Reiki.....	7
The Third Degree (Master/Teacher).....	7
Lesson 2: Reiki and Symbolism .....	9
Lesson 3: The Traditional Usui Reiki Master Symbol.....	11
Variations of the DKM .....	17
Lesson 4: Non Traditional Usui Reiki Master Symbol.....	18
Two Versions of the DUMO or “Tibetan Master Symbol” .....	18
Fire Dragon, Fire Serpent, Raku, Modern DuMo, White Light.....	19
Lesson 5 – The Reiki Attunement Ceremony .....	21
The Hui Yin and Violet Breath .....	22
Hui Yin .....	22
Violet Breath .....	24
Lesson 6: Preparing for the Reiki Attunement Ceremony.....	25
Lesson 7: Reiki 1 Attunements .....	28
Perform the Reiki 1 Attunements .....	28
Alternative Method .....	36
Beginning.....	36
Part One.....	36
Part Two .....	36
Part Three .....	37
Part Four .....	37
Closing .....	38
Lesson 8: Fast Track   Combined Reiki 1, 2 and 3 Attunements.....	39
Lesson 9: Absent or Distant Reiki Attunements.....	40
The Benefits of Reiki Distant Attunements .....	41
Distant Attunement Preparation Guidelines.....	41
The Direct Intention Method/Crown to Crown.....	43



An Example of How to Connect to Perform a Distant Attunement .....	45
How the Recipient Should Prepare for the Attunement Ceremony .....	45
How to Perform the Reiki Distant Attunements .....	47
How to Perform the Reiki Self Attunements .....	47
Lesson 10 – Reiju Empowerment for Self and others .....	50
What is Reiju Empowerment.....	50
Reiju Self-Empowerment.....	50
Giving Reiju .....	50
Individual Empowerments.....	51
Distant Reiju .....	53
Final Thoughts Teri Williams .....	54



## Lesson 1: An Introduction to 3rd Degree Usui Reiki



Welcome to the third and final module of our Learn Reiki from Home© Certified Usui Reiki Master/Teacher Home Study Course. The lessons contained within this module cover the information and techniques you will need to know and master in order to teach others about Reiki and pass on the gift of Reiki to your own students through the attunements.

Like previous modules in this home study course our aim is to deliver the lessons in a simple and practical format so you can understand and assimilate the information quickly and easily.

Important note: No manual, home study course or even workshop training program will ever be totally complete; there will always be more to learn. Our intention is simply to help you begin the journey. Where you end up, depends on you!

### The Third Degree (Master/Teacher)

In a nutshell; the third degree consists of learning the master symbol, receiving the attunements, and learning and mastering the attunement processes so you can then pass on and teach the gift of Reiki to others.

Becoming a Reiki Master is not the end of the journey; it is only the beginning of your own personal and spiritual development. A Reiki Master; is not suddenly a better, wiser, or more enlightened person than anyone else, it simply means that as a Reiki Master/Teacher you are now able to pass on the gift of the universal life force to others. Hopefully, a person seeking to become a Reiki Master is already a kind, considerate and spiritually developed individual who is seeking to not only enhance their own life, but also the lives of others.

The third degree is a natural progression for those who want to teach Reiki. The more Reiki teachers we have; the more people will be introduced and drawn to Reiki. This is in our opinion - vital. The world as a community needs to learn to live together and come to realize that we are all connected and can live in peace and harmony. Reiki, like many other forms of energy work, can help heal some of the rifts and issues that drive us apart. The more people in tune with Reiki the better our world will undoubtedly become.



Reiki is a universal gift. It is built into our genetic makeup - our very essence of being.

We as Reiki Masters/Teachers are just tools (let go of the ego), just like the Reiki symbols, to be used to enhance and proliferate this natural healing method and way of life.

The most important pre-requisite to becoming a Usui Reiki Master/Teacher is the desire and intention to help others. We are both honored and blessed that you have decided to begin your future Reiki study and practice through the Learn Reiki from Home© Certification Study Course offered by Soulcial Living.

***Good luck on the journey.***



As I go through all kinds of feelings and experiences in my journey through life -- delight, surprise, chagrin, dismay -- I hold this question as a guiding light: "What do I really need right now to be happy?" What I come to over and over again is that only qualities as vast and deep as love, connection and kindness will really make me happy in any sort of enduring way. ~ Sharon Salzberg





## Lesson 2: Reiki and Symbolism

There are many groups and types of symbols used for various practices all over the world. Each group or type of symbol is connected to a unique set of beliefs regarding the nature of these symbolic forms.

Sacred Geometry symbols are said to contain the power to awaken an ability or create a result or convey mystical information and realization of themselves with little to no action or intention by anyone.

In some cultures, certain objects and symbols, like a Rosary or Prayer Beads, can be charged or empowered by intention, ritual or proximity to holy places or people to contain the power to create an effect.



Then there are those symbols that are considered tools or triggers which enable you to connect with and harness an energy, a spiritual function or information etc. that exists separate from the symbol itself. The symbol is more like a light switch or key that can turn on the power. The symbol itself does not possess any power of its own. Most of the Symbols used in Reiki are Kanji's (written words which have esoteric symbolic meanings in some Buddhist traditions).

We believe that the Reiki symbols are part of the latter symbol set. They are tools, keys, on/off switches to facilitate connection with different aspects of the universal energy for healing. They do not themselves have power. There are often many different ways to draw a particular Reiki symbol but they are all equally effective in connecting to Reiki - the universal life force. If you look hard enough in your future Reiki study and research you will find many variations of each symbol, just remember that all variations will work and instead of worrying about which one is better simply focus of the intention and the purpose of the symbol.

The Reiki symbols are exactly that, symbols. They are not what they represent. The Reiki symbols represent specific energy properties and functions for healing and spiritual enhancement. When anyone who is attuned to Reiki visualizes, draws or internally or externally intones the name of any of these symbols it helps them to connect themselves with the Reiki energy and activate the function and specific purpose the symbol represents.



The distant Attunements which are provided as part of this home study course will bestow an automatic ability to work with different levels of Reiki by intention and use words or thought as the activator as well as by consciously invoking the symbols.

Using direct intention to activate the symbols should not be seen as a default or easier substitute rather than assimilating the information and experience, which you will gain from studying and using symbols. It is not necessary to understand the meanings of the symbols completely or even to consciously use them to gain and share the benefits of the Reiki system. Though it can enrich your experience to explore the meanings further through study and meditation. The symbols remind us that there are ways to focus on different aspects of the Reiki energy when we use them correctly in our Reiki practice.

You may also use Reiki to focus on other aspects and purposes of the universal energy by direct intention. Other systems which have evolved from Reiki such as Seichim and Karuna use different symbols to focus on other aspects of the energy. However you can use Reiki for these functions without further attunements and with or without the use of the additional symbols.

The method of becoming attuned to use Reiki has changed over the years from the way it was originally taught and practiced at the Japanese Reiki society. In Reiki Ryoho you would meet weekly with fellow members and a master, have a lesson or lecture and possibly practice and or receive healing treatment after which you would do the hatsurei ho meditation during which the master would give you and the other members "Reiju" an empowerment which helps to connect and deepen your connection to Reiki energy usually this is done gradually in accordance with your own personal development. Possibly after a period probably of a year or more of this practice and study you might be invited to learn the second teachings. (We have provided a sample of Reiju empowerment in this Level 3 Learn Reiki from Home module.)

In the Hayashi-Takata lineage called Usui Shiki Ryoho the symbols are of more importance. The system was set up to teach Reiki faster than the lengthy training in Reiki Ryoho. There was more emphasis on symbols and hand positions so that students could connect to Reiki in order to work in the Hayashi clinic before they developed the ability to sense the energy of clients. This is also probably why an attunement process was developed similar to the initiations used in many healing and spiritual traditions in order to greatly accelerate, the clearing and connection and ability to work with universal energies. The Reiki Masters that Madam Takata trained were taught with this emphasis on the symbols and were also sworn to secrecy about the Reiki symbols and other practices. These symbols, like all of Reiki, are available to everyone and anyone. They are not a necessity in using Reiki, they are simply a tool available to enhance your practice, if desired.



### Lesson 3: The Traditional Usui Reiki Master Symbol



### 2 Versions of the Dai Ko Myo (DKM)

#### THE REIKI MASTER SYMBOL - DAI KO MYO

Pronunciation: dye-ko-me-o

Alias: The Master Symbol or DKM

It is the most powerful symbol in the Reiki group. This symbol is used to heal the soul. Since it deals with the soul and our spiritual self it heals disease and illness from the original source in the aura or energy fields. It helps to provide enlightenment and peace. It also allows you to become more intuitive and psychic. With practice this symbol can bring profound changes in one's life.



The DKM symbol is a composition of three kanji's. The kanji's compose the mantra "dai ko myo". Simply translated, it means "great bright light" or "great shining light". It may also be interpreted as "great enlightenment". It represents the divine and the source for Reiki. This symbol may simply be called the "satori symbol". This symbol is used in Buddhism and is found written in Buddhist temples; therefore, although it is sacred, it is not secret. Japanese people who are not devoted Buddhists recognize these three kanji together. Modern Japanese would pronounce it as "dai ko mei" instead. This symbol was chosen because Usui knew its inner meaning. Some say this symbol means "Great Being of the Universe, shine on me" or "Treasure House of the Great Beaming Light", but these are simply embellished translations of "great bright light". Like the third symbol (the HSZSN), we can look at the meaning of each kanji separately. The definitions below are taken from an online Chinese dictionary.

**The first kanji ("dai") is an adjective meaning "big, large" or "great, grand". It is an adverb meaning "greatly".**

**The second kanji ("ko") is a noun meaning "light". It is also an adjective meaning "smooth, glossy". It is also an adverb meaning "merely, purely" or "completely".**

**The third kanji ("myo") is an adjective meaning "bright, light" or "clear, evident". It is also a verb meaning to "understand, know".**

From this you can clearly see that "dai ko myo" means "great bright light". The Japanese definitions of the kanji are the same as above. To draw this symbol, you should follow the same rules as shown in the Reiki 2 Module: Left to Right and Top to Bottom (more details below) Most variations of this symbol are badly written versions of the kanji, which are properly shown above.

The DKM symbol is predominantly used during each attunement to connect you to Reiki and may be used for treatments, as well, along with the other symbols. In fact, it may be used instead of any of the other symbols as this symbol represents the source for Reiki. Use your intuition to guide you in using this symbol. Meditation on the DKM may illuminate and help you to understand Reiki.

Please Note: You can choose to use all four symbols in a healing session or none at all. In others words you do not need the symbols to give Reiki healing. Remember that the symbols are taught as a tool to aid in focusing your energy and attention. Of course the symbols can often help healing, because they aid you in facilitating the healing needed.

Get to know the symbols well and use them often enough to help you focus your energy, but do not become overly dependent on the symbols as once your Reiki knowledge, skill and understanding develops you can work just as effectively without them. **Reiki as Usui used it was simple and easy.** There were few rules. It was straightforward and uncomplicated. This is how Reiki should be. Reiki of course needs to be flexible and adaptable to both the practitioner and the recipients' needs, but Reiki shouldn't be changed, modified or adapted to the point of unnecessary complication.

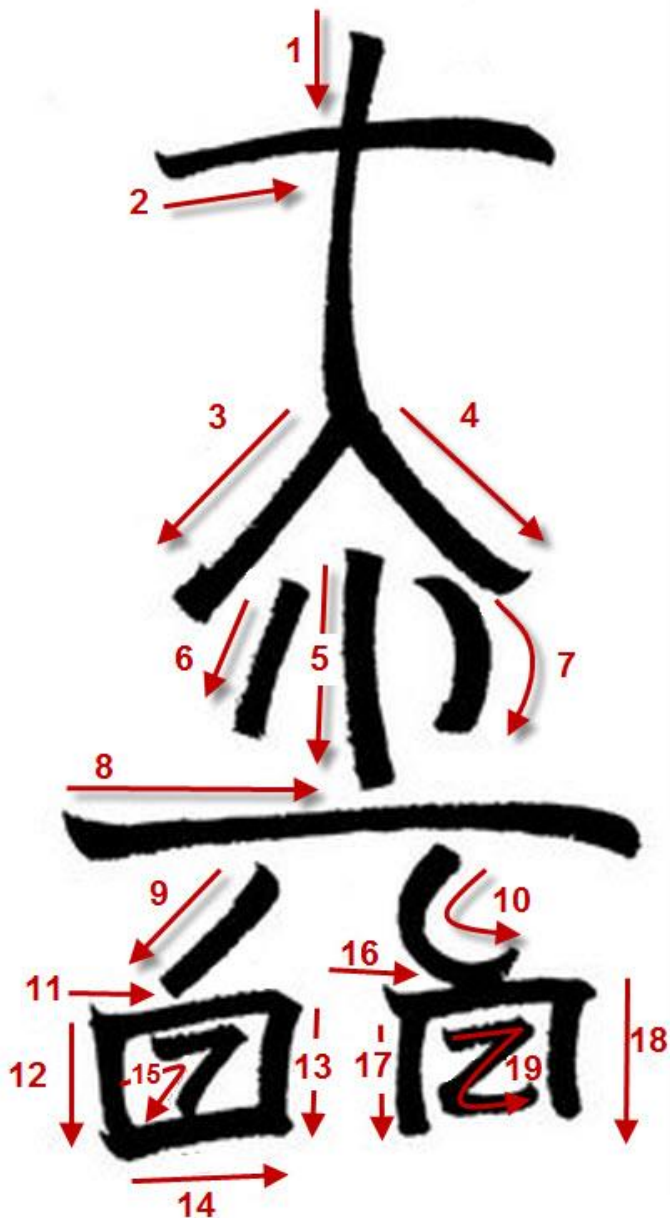


## How to draw the DKM (Traditional)

*We Use This Version of the DKM*

### **Dai Ko Myo**

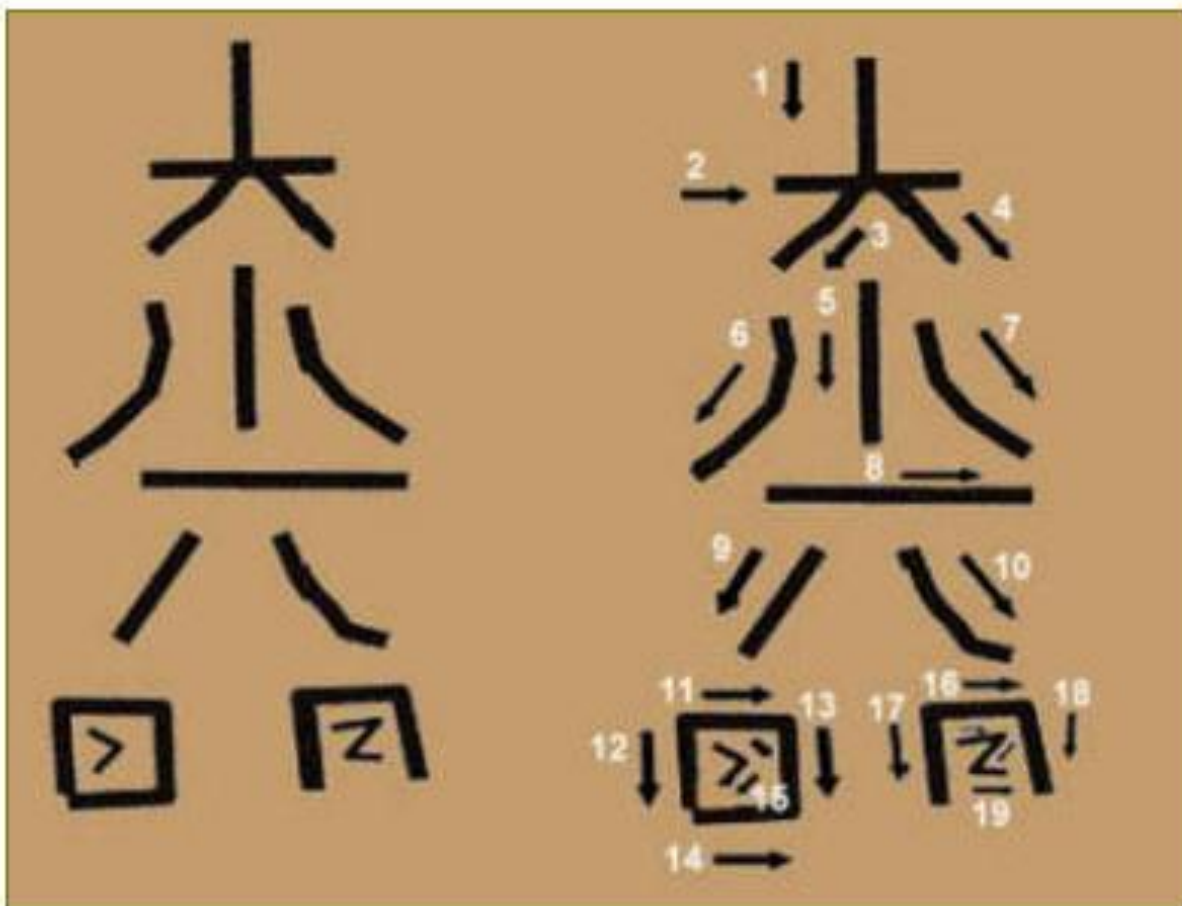
Traditional Version with Arrows showing how to Draw the Symbol





## How to draw the DKM Version 2

(Also Considered Traditional by Some RM's)



**PLEASE NOTE:** It doesn't matter which version of the DKM you choose to use, Always remember it is the intention that is of paramount importance, ALL versions of the DKM symbol will work.

### Dai Ku Myo - Empowerment - The Master Symbol

The Dai Ku Myo symbol represents empowerment; intuition, creativity and spiritual connection, it enables recognition and clarity about your true path in life. The DKM master symbol is used for activating the initiation and attunement of others to Reiki. This is the only symbol added in traditional Usui Reiki during the Master training workshop. There are a couple of additional symbols that are not originally part of Usui system that many teachers have added and we will discuss them later in this lesson.

DKM activates a powerful energy for Self-Empowerment and is used for opening Spiritual connection and intuition and cellular healing. Once you are attuned to this energy you can use it for treating yourself and others each time you activate Reiki. It is said to work at the cellular and genetic



levels and is valuable for treating Migraine Headaches. Many people have also found that the Level three Reiki Master/Teacher Attunement increases their intuitive and psychic abilities.

Some Reiki Master/Teachers refer to DKM as the vocational or life purpose function because it often seems to initiate dramatic changes in career and lifestyle. The DKM can also be used to help Manifest or attract your goals, dreams and desires into your life. To use the DKM for manifestation you activate this energy by drawing/projecting or intoning the symbol and then clearly visualize what you intend to manifest into your life or future. However, this will not bring you things that are not in accord with your high self and soul purpose.

The spiritual bodies affect the physical body. Healing at the Master level is thought to directly affect the higher spiritual body template and can lead to immense transformation and healing on all levels of being and possibly at times, Miracles.

It is taught in many healing modalities that all disease comes from blocks forming in the energy body. Reiki treatment will help remove these blocks, free stagnant energy, restore energy to depleted areas and improve the function and stability of the energy body. This contributes to physical healing and emotional, mental and spiritual wholeness. You can use Usui DKM constantly. It calls in a complete range of the most positive energy frequencies possible in each specific situation. It can also be used to clear away negativity and as a protective symbol. One focus of this symbol is the healing of the soul. The physical body reflects the condition of the spiritual body, and one can often effectively heal disease at its causal root, or spiritual level, with the DKM.

## **METHODS FOR SYMBOL ACTIVATION**

The DKM can be activated in any of the following ways:

- By drawing the DKM with your palm center
- By drawing the DKM with your finger
- By visualizing the DKM
- By drawing or projecting the DKM with or from your third eye
- By intoning internally or externally the symbol's name three times: DKM - DKM - DKM.
- You can use whatever method you wish or prefer, but remember always as with everything REIKI it is the intent that counts and is of paramount importance.

## **Where to apply the DKM during a healing session?**

First draw or project the DKM symbol on your own hands/palms and then draw or project the same symbols on to:

- The clients crown chakra
- The clients aura – beginning at crown draw symbol over the body, to below the feet
- The areas to be treated (if known)

If you find it difficult to remember the full pronunciation Dai Ko Myo or you do not want to be seen drawing the DKM symbol, silently intone the “alias” DKM three times, as all methods have the same energy, and as always intention is the key.





## Using the Reiki Master Symbol

As already discussed The Usui Master Symbol (DKM) has several meanings. The most common is ‘The Great Shining Light’. Usui developed Reiki from his experience on Mt. Kurama. He had a satori, a moment of oneness, an awakening, to his true nature. In that oneness, he connected with the Reiki.

The definition of Reiki can be read as “Universal Life Force”. However, the Kanji can also be read to mean the “Universal life energy or spirit coming together with us”. In this meaning it represents our oneness with all. This is true Reiki.

During the third degree, we learn the Dai Ko Myo symbol. We are one with the great shining light; the universal life force is merged with our own. This does not come about by simple attunement or a paper certificate, but through realization. There is nothing to attain, there is no goal to reach – just oneness.

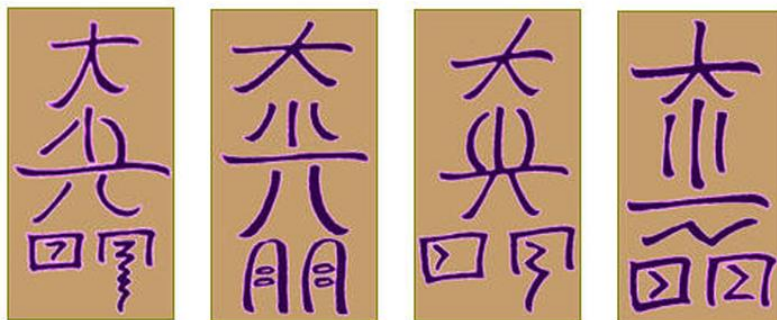
The DKM is said to represent love, light and harmony. These three together represented the ultimate source in the same way that the Father, Son and Holy Ghost do. The DKM is the “Great Shining light”. This is the source. Once you know the Dai Ko Myo, you can use it for any form of Reiki healing or purpose, even in place of all the other symbols. This is both because as a triune symbol it contains the others, and because it is the first step in moving from symbol reliance to being one with Reiki – the energy of life.

Use the DKM everywhere and anytime you might want to use the other symbols. Use the name of it as a mantra to meditate, concentrating on the Ultimate source of all. Embrace the great shining light and let it illuminate you. Perhaps then you will come to realize that you are yourself Reiki.

## Variations of the DKM

There are a number of different symbols that are also called the DKM or have been given a new modern name or interpretation. These variants were not taught by Dr Usui and are not used by most traditional Reiki Masters. They are mentioned here simply for your information.

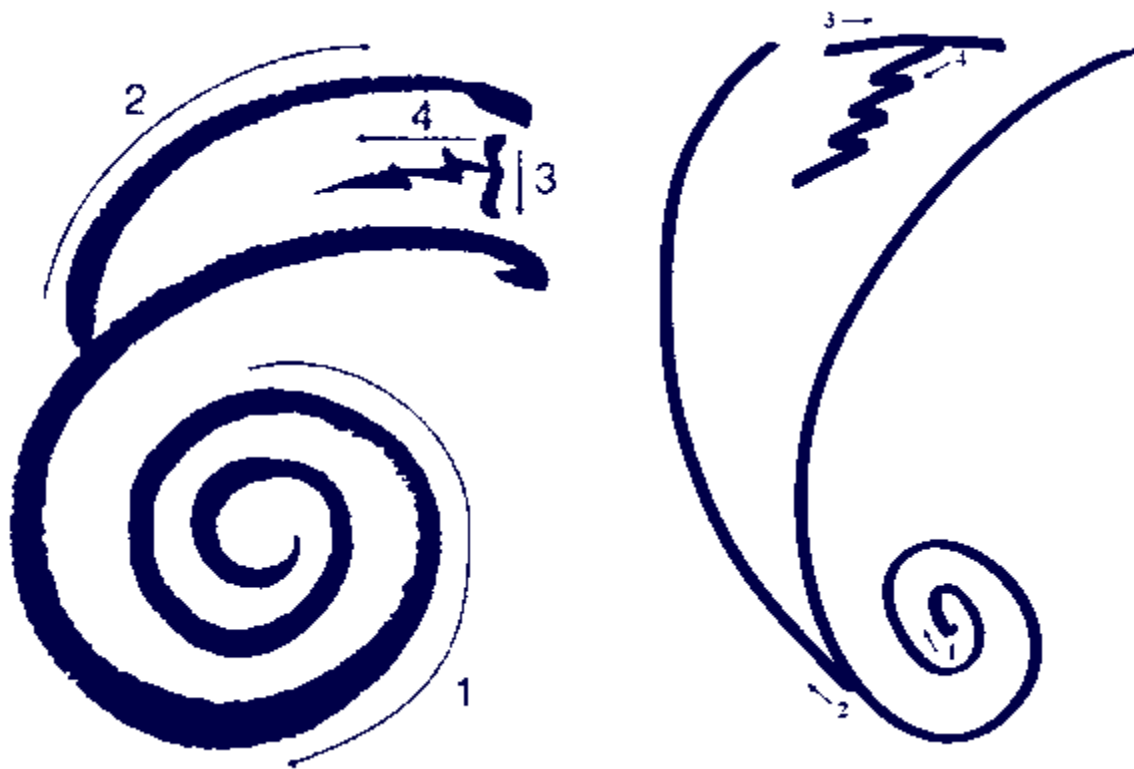
Some Reiki Masters use the Traditional DKM in their practice. However will use the non-traditional master symbols when doing attunements. Once you are attuned to Reiki Master/Teacher level you can experiment with them and decide what is right for you and your practice.



## Lesson 4: Non Traditional Usui Reiki Master Symbol

There are a number of non-traditional Reiki Master symbols available that you can choose to use. We are providing this additional information purely for educational purposes. If you feel drawn to them intuitively, work with them. Based upon your experience and your clients feedback, decide whether to use them in your own Reiki practice.

### Two Versions of the DUMO or “Tibetan Master Symbol”



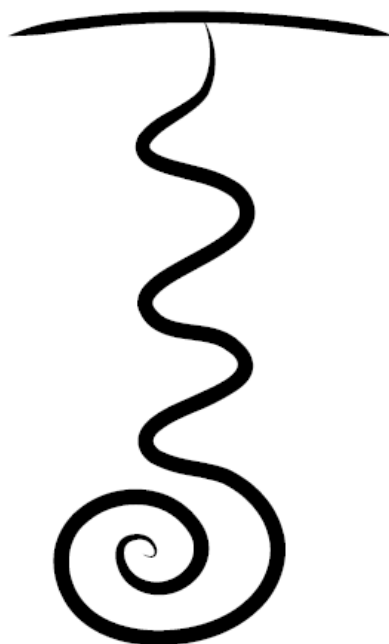
This symbol, DUMO, is pronounced ‘do moe’.

It represents the swirling fiery heat of the Kundalini. Dumo or Dumo Fire is the heat which ascends up and over the spine as a result of the Kundalini awakening. It is said that the unification of mind and body produce the emanation of heat.

Dumo is thought to be the igniters of the Sacred Flame or Kundalini fire. It is said that Dumo unifies the mind and body and works with the fire in the base chakra. Those who use the Dumo claim that it pulls negative energy and disease out of a body, room, or situation and releases it. Those that practice with crystals report that it can be used on crystals so that they self-clear. It is used in the attunement process with the Violet Breath where it is visualized in gold.



## Fire Dragon, Fire Serpent/Nin Giz Zida



There are a number of Reiki branches which use the Tibetan Fire Serpent before the attunement process and before a Reiki healing session. The snakelike coils represent the Kundalini energy, which is visualized as coiled energy at the base of the spine that surges upward through the body as the coils unwind. The surging energy of the Fire Serpent symbol cleanses and joins the chakras.

The Fire Serpent symbol opens the Chakra system and brings them back into equilibrium. This allows the Reiki Healing energy to flow into the person receiving the attunement. Typically, it would be drawn down the back of the person receiving an attunement.

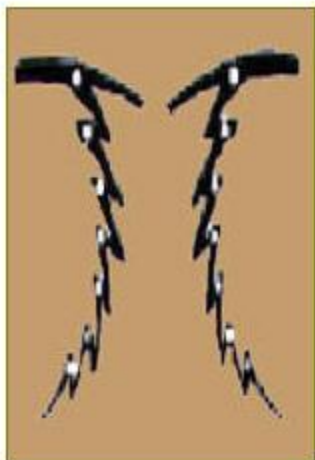
## Raku



Branches within the Reiki community use the Tibetan symbol Raku, which is often used to close the connection between teacher and student after an attunement ceremony. Some people use it at the end of a Reiki healing session to close the energy between the recipient and the Reiki practitioner. Similar to an image of a lightning bolt the Raku symbol focuses and grounds (brings into the earth) the Reiki energy. This symbol is also incorporated into the Tibetan Dai Ko Myo (Tibetan Master symbol) and in an elongated form in the Tibetan Fire Serpent.

The Raku symbol can also be used to help to lift negative Karma, and bring the student to higher level of consciousness during an attunement. Some Reiki practitioners and masters use it to draw the energy from the universe into their body and the body of the recipient.

## The Modern Dai Ku Myo (DKM)



The modern DKM as used in the Kurama temple is to represent "Sonten". Sonten is the "Living or Supreme Soul of the universe." Sonten is Glorious Light or Great Shining Light this is what the DKM represents. At this level, (as one of the meanings of Hon Sha Ze Sho Nen indicate - "God and man are one") one realizes, as a wave is water and the water manifests as wave, that they *\*are\** Reiki, they *\*are\** the great shining light and always were and have been.

## White Light



White Light is pure Life force. The vibration of this symbol is called the primal energy of Life directly from the Creator.



## Lesson 5 – The Reiki Attunement Ceremony

The Reiki attunement ceremony strengthens the natural energy channels in the body. After the attunement the student may be able to channel Reiki energy more efficiently. This ability to channel Reiki is permanent and lasts for life.

The attunement does NOT turn the student into a healer. The student merely becomes a vessel for Reiki. The healing is done by the universal life-force energy and the client. It is directed by the universal intelligence and knows where, when, what and how to heal.

Because of the oral tradition and secrecy that surrounded traditional Reiki teaching, the attunement process can vary from Reiki Master to Reiki Master. The same goes for the symbols used in the attunement. This however, does not affect the power or the success of the Reiki attunements.

The key from the student/recipients perspective to successfully receiving the Reiki attunements from a Reiki Master is that the student/recipient should be relaxed, open and have the desire/intention to receive the attunements and be able to work with the Reiki energy in the future to further facilitate healing for themselves and others.

The key from the Reiki Masters perspective to successfully attune others to Reiki is for the Reiki Master to be relaxed, open and have the desire/intention to attune others to Reiki so their students can go on to further share and use the gift of Reiki in their own future Reiki practice on themselves and others.

The Reiki attunement is very straight forward and can take only a few minutes to perform. The student would normally remove all jewellery, glasses and shoes, depending on the Reiki Masters preferences. Some suggest that jewellery and metal in general interferes in the energy flow and stores energy. Removing the shoes is for additional grounding during the attunement.

The student sits on a chair with the feet flat on the floor and with the hands in front, palms together in the prayer position.

It is important to remember that we are dealing with an energy directly connected to creation; with an "intelligence" far beyond our comprehension, so a Reiki Master is probably more guided by intuition than strict procedural guidelines.



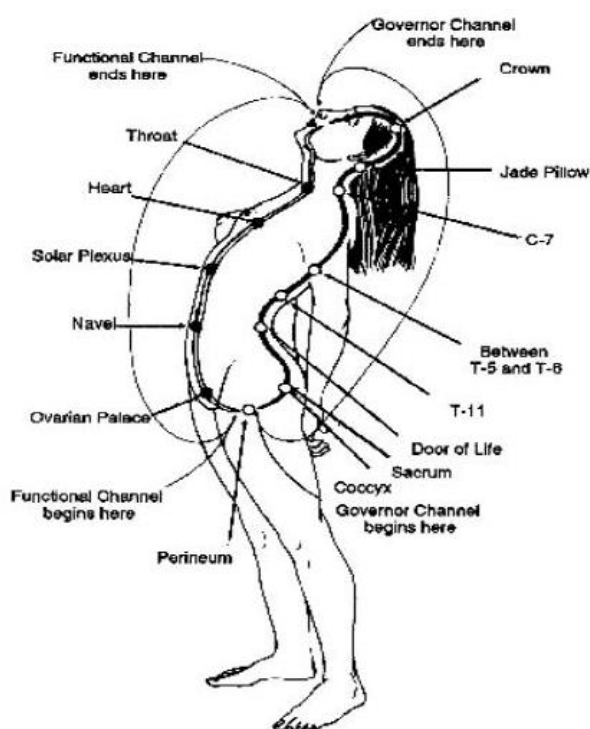
## The Hui Yin and the Violet Breath

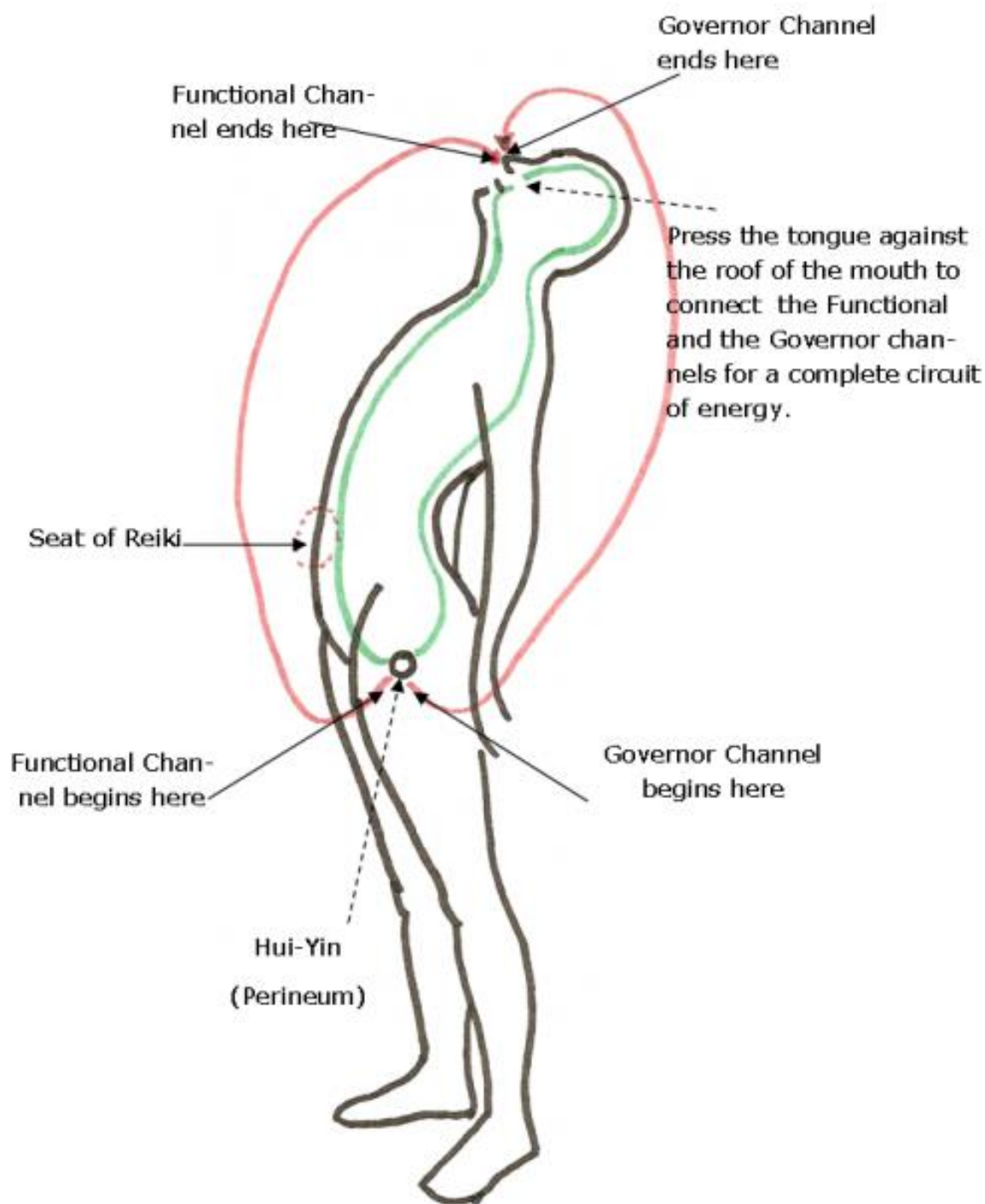
The Hui Yin and Violet Breath are generally not considered traditional Reiki techniques. You can pass attunements either using them or not. Some Reiki Masters suggest that the attunements feel more powerful when using these techniques. This is most likely because the Hui Yin is a Qigong (chi kung) technique called the Microcosmic Orbit, focusing the energy from the navel, where our vital energy is stored, up through the crown chakra. When using this, your own chi (Reiki Energy) becomes part of the mix while doing an attunement. It is also our experience that the attunements "feel" stronger when performing them using the Hui Yin and Violet Breath.

Please note, as already mentioned, intention is the key, so do not get too hung up or concerned if you find it too difficult to use the Hui Yin and Violet Breath during your own attunements on others. Many people find adding the Hui Yin and the Violet Breath complicate the attunement process and they lose focus trying to do several things at once. It is far more important to be relaxed and in the moment with your focus and intention of passing on the gift of Reiki than worrying about whether or not you have your tongue in the right place in your mouth or you are holding/contracting your muscles in the Hui Yin area of your body.

### The Hui Yin

The Hui Yin point is located between the anus and the genitals. To do the technique, the Hui Yin point is contracted, and the tongue is placed against the soft palate (behind the upper teeth).





Some masters reason that when using the Hui Yin and Violet Breath when passing attunements, a special type of high frequency Chi enters the system and passes through the Hui Yin point, making this a more powerful process.

Others go so far as to speculate that the Hui Yin must be held for the entire time you are doing the attunements to prevent the Ki from escaping from this point/area of the body. As with all speculation of this type, no one really knows what the veracity of such claims are. As far as we can determine, Dr. Mikao Usui did not use this process.





If you are going to use the Hui Yin technique, you must practice to develop the muscular control required to hold the point for lengthy periods. To develop this muscle, practice contracting the muscles in this area. Pull gently!!!!!! Do not strain and hurt yourself!!! You can also practice contracting these muscles continuously as you go about your daily activities. As you continue practicing, it will become easier and you will be able to hold them for longer periods of time.

## The Violet Breath

Visualize a white mist surrounding you. Next, contract the Hui Yin point and place your tongue behind the upper teeth. Breath in and imagine a white light coming down through the crown chakra, through the tongue, down the front of the body (functional channel), through the Hui Yin point and up the spine (governing channel), to the center of the head.

Imagine the white mist filling the head. (This is commonly referred to as the microcosmic orbit). Now, visualize the white mist turn blue, then indigo blue and begin rotating clockwise. As the mist rotates imagine it turning to violet.

Now within the violet light/mist visualize the Dumo symbol (see it as golden). If you decide to use this technique during the attunement ceremony, you will blow the Dumo symbol and violet breath into the student's chakras including the crown chakra where you will project and imagine the Symbol moving into the base of the brain as you silently intone the name of the symbol.





## Lesson 6: Preparing for the Reiki Attunement Ceremony

There are so many different ways or methods of performing Reiki Attunements, including self attunement. They all work as long as you as the recipient are open and willing to receive the attunements and your intention is clear; you have the desire to pass on the gift of Reiki to your Reiki student or in some cases a client who needs to be able to treat themselves or are ready to receive the energy of Reiki yourself.

Here we have provided several step by step methods. Read them over or try them out to see which resonates with you. You can adopt any one of them as your preferred method of attunement. Using your intuition to guide you on your individual attunement process is always preferred.

Some Reiki Masters attune each initiate with Reiki 3 regardless of the level of Reiki they are teaching. Their belief is that Reiki and the symbols are available to anyone, anywhere, when ready to activate our own abilities and connect us to the true nature of Reiki healing energy. Again, after reading the various versions, let your intuition guide you on what process works best for you.

They will all work. **Intention is the key.** Use the one that resonates and feels right for you and your students.

### A Step by Step Preparation Guide

#### Step 1: Preparation and Personal Hygiene – for full LIVE attunements

- During the attunement ceremony you may come into close contact with your student. As you will be touching their hands and shoulders and blowing the symbols into their chakras therefore it is vitally important that you are clean and you smell nice.
- Avoid eating smelly foods that contain things like garlic and of course avoid drinking alcohol.
- Make sure the room where the attunements are going to take place is tidy, smells fresh and is clear of any negative energy using whatever energy clearing techniques work best for you. (**QUICK TIP:** you can use the CKR or the DKM symbol to clear the room of any negative energy before the attunement).
- The attunement ceremony can be a very moving experience so ensure that you have a box of tissues handy just in case your students begin to cry with the emotion of the ceremony.

#### Step 2: Setting The Scene

- You will need a straight back chair for the student to sit down on during the attunement.
- If you are attuning more than one student at a time, you may: A.) position the chairs in a circle. Make sure you have enough room to move behind, around and in front of each student. If the room or space is tight and does not permit or lend itself to a circle then you can set the chairs up in a neat row. You will still need to allow space to move around each



student/chair. B.) position the chairs back to back. It prevents the student temptation to open their eyes and watch you as you move around the group performing attunements. You can set up the circle either way based on your own preference.

- If the room is too small and you cannot fit all your students into a circle or row, you will need to do the attunements in separate groups or individually in a separate room. If this is the case try to keep the other students occupied by asking them to sit down in another room and meditate in preparation for their upcoming attunement ceremony. You may need to put on some music to help them to relax while they wait for their attunement.
- Once the first group of students are attuned you can swap them over and then ask the recently attuned students to also meditate for a short period to reflect on their experience during the attunement ceremony. This keeps everyone involved and happy.
- You can add a reverent or peaceful ambience to the room by lighting candles, burning incense and playing soft relaxing music. If you do use incense make sure that any of your students are not adverse to the smell before lighting the incense, if they are then obviously do not use incense during the ceremony.
- Ask the students to remove if possible any jewellery and their shoes.
- Have the students to sit down on one of the chairs in preparation for the attunement.
- Make sure they are comfortable with their feet are flat on the floor. Their hands should be in front of their heart chakra in the prayer position. If their feet do not reach the floor when sitting upright in a chair you can bridge the gap with cushions, a small bench or large book.
- Standing in front of the student, explain that you will begin the attunement shortly. Have them close their eyes and take several deep breaths to help them relax. Continue by telling them that you will be moving around them throughout the ceremony so they may sense you in front, behind or to the side of them at various points in the ceremony.
- Add that you will, at certain times in the ceremony, need to place your hands on their shoulders and you will also touch and move the hands to different locations in line with various chakra points.
- Explain that you will also be blowing, pushing and tapping the symbols into their palms and specific chakras points. Reassure them by explaining that you will only touch their shoulders and hands, the rest of the time you will be blowing or pushing/projecting the sacred Reiki symbols into their chakras.
- Finally explain that you will complete the attunement ceremony by grounding them, releasing all connections and intoning a short thank you prayer.

### **Step 3: The Attunements Ceremony**

- You are now ready to perform the attunement ceremony, please refer to the attunement process in the following three lessons/chapters to learn how to attune your students to Reiki 1, Reiki 2 and Reiki 3.



#### **Step 4: Feedback and Group Discussion**

- Once the attunement ceremony has been completed it is a good idea to share and discuss the experiences of each student with the group, if applicable. You can do this formally within the classroom or you can do it during a break out session.
- One way to create the break out session is to set up a break out area in another room, conservatory or garden (weather permitting). You could offer the students a cup of herbal tea or fresh juice and/or a healthy snack.



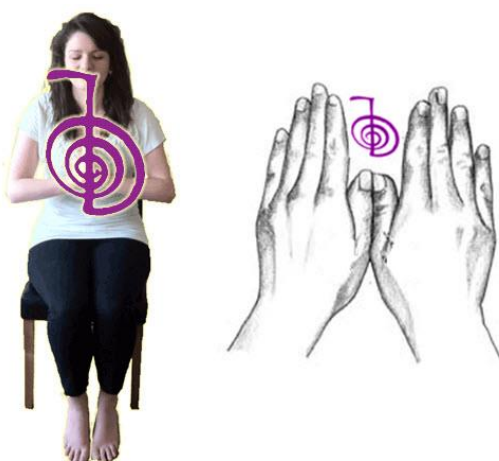
## Lesson 7: Reiki Attunements with Symbols

In this lesson we will look at how to attune your own Reiki students to Reiki Level 1 with the basic four Reiki Symbols. We will assume that you have already completed the set up and the preparation for the attunement ceremony as covered in Lesson 7.

### Sample Reiki Attunements

#### Step 1 (While Standing in Front of the Reiki Student)

- Stand in front of your student approximately 2-3 feet away from them.
- Ask your student to close their eyes and raise their hands in the prayer position up in front of their heart chakra.
- Ask your student to take a deep relaxing breath as they perform a silent invocation opening themselves up to receiving the Reiki attunements (Example: I (students name) call upon Reiki the universal life force, I am ready and open to receive the Reiki attunements). Give your student a few moments to complete the silent invocation. When you sense they are ready you can continue.
- Ask your student to connect their tongue to the roof of their mouth, behind their top front teeth. This is for better receptivity and grounding.
- Ask your student to just relax, follow your directions and enjoy the experience of the Reiki attunement ceremony.
- Begin the ceremony by drawing a large CKR symbol over their heart chakra silently intoning the words CKR CKR CKR three times to activate the Reiki energy in and around their aura.
- With your cupped hands in front of your body, thumbs touching and palms facing towards the student Beam the Reiki energy into their heart chakra to open them up to receive the Reiki attunements. Hold this position for approximately 10-15 seconds or until you intuitively feel it is time to continue.
- Now walk around counter clockwise to the back of your student.



## Step 2 (Standing Behind The Reiki Student)

- Start by standing 2-3 feet away from your Reiki student.
- Raise your hands in to the prayer position in front of your heart chakra.
- Silently intone a short prayer (Example: “I call upon the Universal Life Force of Reiki, all the Reiki Masters past, present and future (remember Reiki is not bound by time or space) especially Dr Usui, Dr Hayashi and Madam Takata to draw close and participate in this sacred attunement ceremony for (insert students name). I ask that the power and wisdom of Reiki guides assist me to pass on the gift of Reiki through the attunement of (insert students’ name) to Usui Reiki Level 1. I ask that this ceremony is an uplifting and inspiring experience for (insert students’ name) so that (insert students’ name) can move forward now from this point as a confident and powerful Reiki Practitioner.
- When you feel ready and can sense the Reiki Energy around you, open your eyes, move nearer to your Reiki student and place your NON dominant hand on your students shoulder.
- Now raise your dominant hand in line with your own third eye chakra and directly above your Reiki students crown chakra.
- Place your tongue behind your top front teeth at the roof of your mouth and contract the Hui Yin to boost the flow of Reiki in and around your body. (**PLEASE NOTE:** This added technique is Optional, you do not need to do this and it will not affect the success of the attunements. Simply try it, if guided, and if you like it use it, if not discard it. ALWAYS REMEMBER INTENTION IS THE KEY).
- Draw the following four symbols the DKM + HSZSN + CKR + SHK in the air above your students head to activate the symbols so you can call upon them and use them during the attunement ceremony. *Remember to silently intone the names of each of the symbols three times as you draw the symbols.*



### Step 3 (Standing Behind The Reiki Student)

- Draw a small CKR above the Students Crown Chakra to open the students crown center.
- Now place your cupped hands over the students crown chakra and beam/channel the four previously drawn Reiki symbols (DKM + HSZSN + CKR + SHK) into the students crown chakra filling their whole head with the beautiful healing light of Reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*
- Next move your hands on to your students shoulders and beam/channel the four previously drawn Reiki symbols (DKM + HSZSN + CKR + SHK) down from their shoulders into the students' arms, chest, core, thighs, legs and feet. Visualize and imagine the beautiful healing light of Reiki filling every muscle, organ, tissue and cell of their body right down from the shoulders to the tips of their toes and back up to the top of their head. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



#### Step 4 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Throat Chakra to open the student's throat center.
- Now with your right hand a few inches from the front of the students throat chakra and your left hand a few inches from the back of the students neck beam/channel the four previously drawn Reiki symbols (DKM + HSZSN + CKR + SHK) into the students throat chakra filling their throat center with the beautiful healing light of Reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



#### Step 5 (Standing At The Right Hand Side of the Reiki Student)

- Draw a small CKR over the Students Third Eye Chakra to open the student's Third Eye center.
- Now with your right hand a few inches from the front of the students third eye chakra and your left hand a few inches from the back of the students head beam/channel the four previously drawn Reiki symbols (DKM + HSZSN + CKR + SHK) into the students third eye chakra filling their third eye center with the beautiful healing light of Reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*





### Step 6 (Move Around Now So You are Standing in Front of the Reiki Student)

- Draw a small CKR over the Students Heart Chakra to open the student's Heart center.
- Now with your cupped hands side by side thumbs together facing towards your students heart chakra; beam/channel the four previously drawn Reiki symbols (DKM + HSZSN + CKR + SHK) into the students' heart chakra filling their heart center with the beautiful healing light of Reiki. *Remember to silently intone the names of each of the symbols three times as you draw the symbols.*

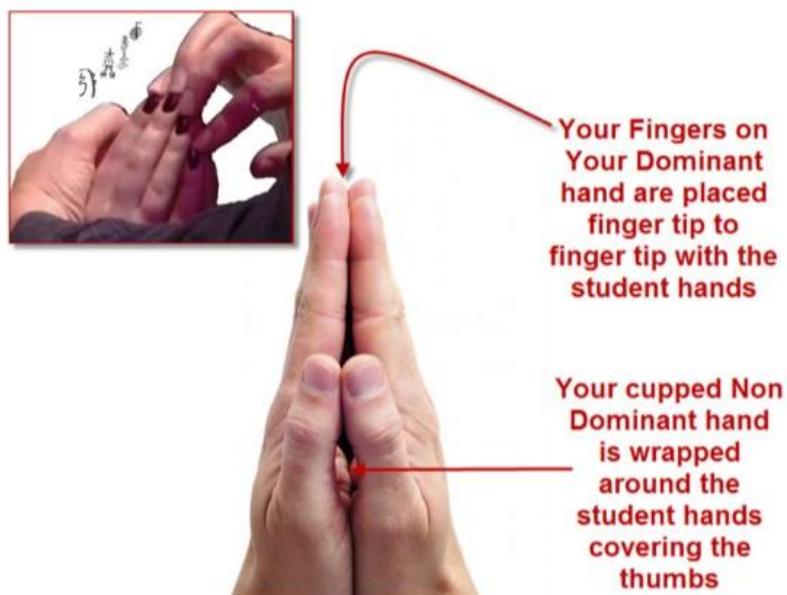


### Step 7 (Standing in Front of the Reiki Student)

- Draw a small CKR over the Students Hands to open the student's Hand Chakras.
- Place your non dominant hand around the back of the Reiki student hands so it is cupped or wrapped around their thumbs.
- Using your non dominant hand move the Reiki students' hands nearer to you so they are now in a position that will be easier for you to work with.
- While still clasping their thumbs/hands, bend over to be about eye level with the students hands and place your dominant hands fingertips to the student's fingertips. Maintain hand positioning while beaming/channelling the DKM, HSZSN, CKR and the SHK symbols in to their hands. *Remember to silently intone the names of each of the symbols three times as you draw the symbols.*

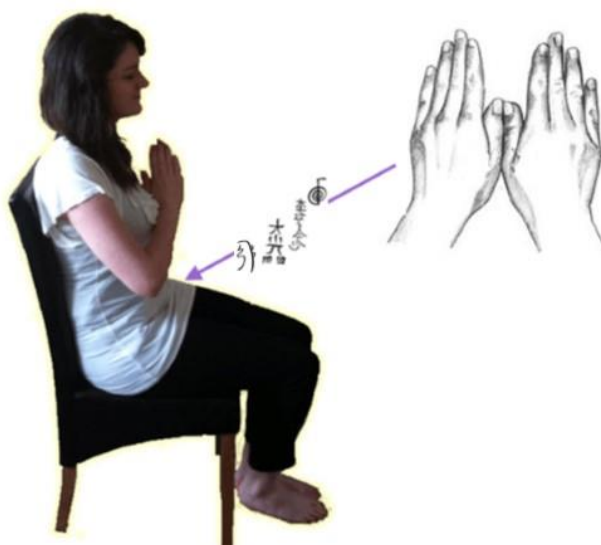






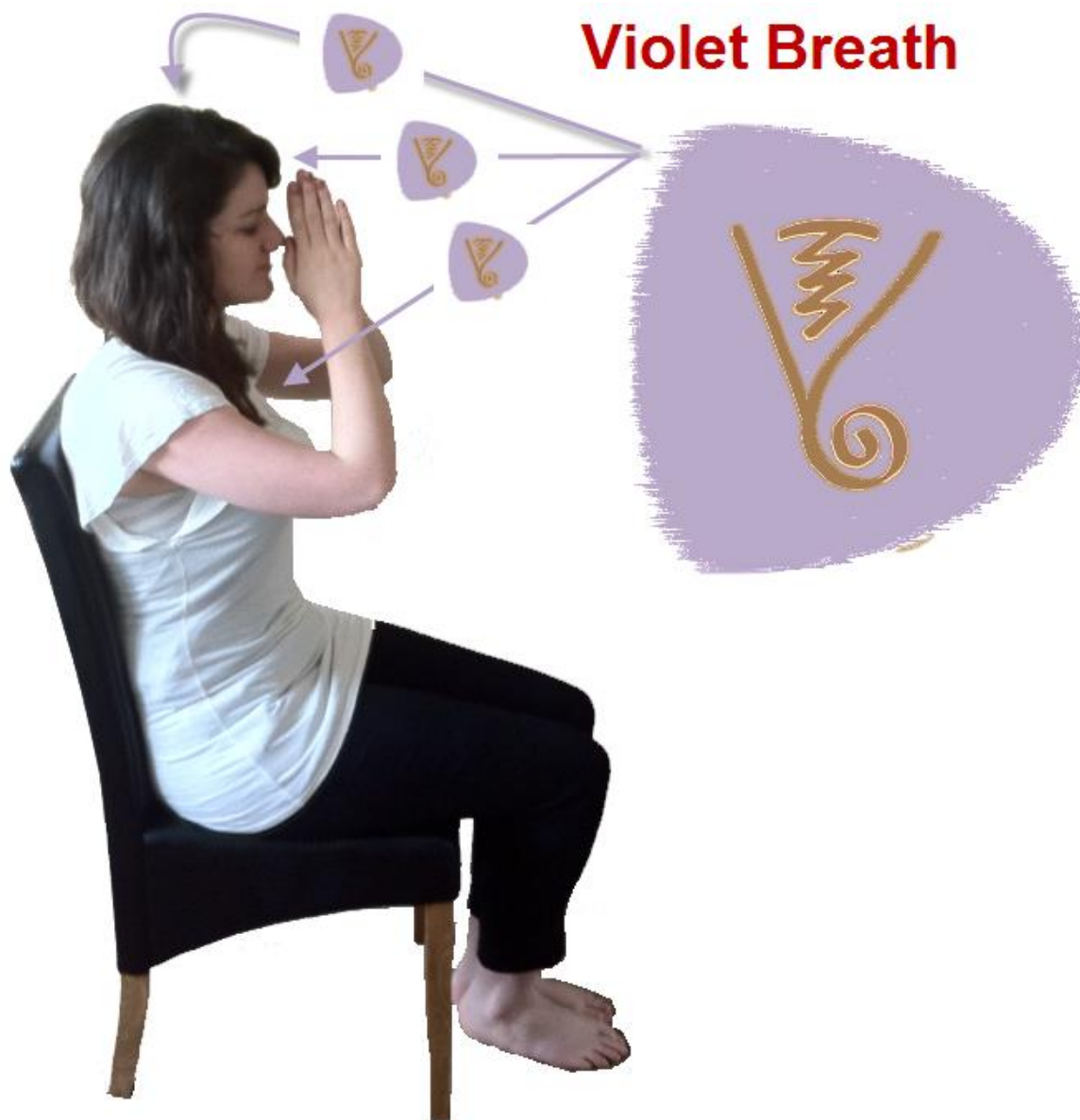
### Step 8 (Standing in Front of the Reiki Student)

- Leaving the students hands in the prayer position, step back slightly and Draw a small CKR over the Students Solar Plexus, Sacral and Root Chakra's to open the student's remaining three energy centers.
- Now with your cupped hands side by side thumbs together facing towards your students Solar Plexus, Sacral and Root Chakra's; beam/channel the four previously drawn Reiki symbols (DKM + HSZSN + CKR + SHK) into the students' Solar Plexus, Sacral and Root Chakra's filling their three energy centers with the beautiful healing light of Reiki. *Remember to silently intone the names of each of the symbols three times as your draw the symbols.*



### Step 9 (Standing in Front of the Reiki Student)

- Now place your hands around the students' hands and move them so that their fingertips are in line with their heart chakra. Blow the Violet Breath into the heart chakra.
- Move the students' hands now so that their fingertips are in line with their third eye chakra. Blow the Violet Breath into the third eye chakra.
- Next move the students' hands now so that their fingertips are in line with the top of their head. Blow the Violet Breath into the crown chakra.



### Step 10 (Standing in Front of the Reiki Student)

- Now take the students hands and move them down so that they are resting on their lap.
- Draw a large CKR over the front of your Reiki student's body to ground their energy.
- Now place your hands a few inches above their crown chakra within their aura field. Starting from the Crown chakra run your hands down both sides of their aura field until you reach their feet. Touch the floor with both hands to complete the grounding and release the connection with the Reiki student.



**Step 11: Level 1 Attunement:** Finally, silently intone a thank you prayer to Reiki. (Example: I thank the Reiki, universal life force, Dr Usui, Dr Hayashi and Madam Takata and all the Reiki masters, ascended masters and all helping spirits, past, present and future for taking part in this attunement ceremony for “insert students name”. I ask that the power of wisdom of Reiki nurtures and guides “insert students name” from this point forward enabling “insert students name” to move forward as a powerful and confident Reiki Practitioner.

**Level 2 Attunement:** Finally, silently intone a thank you prayer to Reiki. (Example: I would like to the Reiki the universal life force, Dr Usui, Dr Hayashi and Madam Takata and all the Reiki masters, and all helping spirits past, present and future for taking part in this attunement ceremony for “insert student’s name”. I ask that the power of wisdom of Reiki nurtures and guides “insert students name” from this point forward enabling “insert students name” to move forward as a powerful and confident Advanced Reiki Practitioner.

**Level 3 Attunement:** Finally, silently intone a thank you prayer to Reiki. (Example: I would like to the Reiki the universal life force, Dr Usui, Dr Hayashi and Madam Takata and all the Reiki masters and all helping spirits past, present and future for taking part in this attunement ceremony for “insert student’s name”. I ask that the power of wisdom of Reiki nurtures and guides “insert students name” from this point forward enabling “insert students name” to move forward as a powerful and confident Reiki Master/Teacher.



- Allow as much time to pass as you intuit then say to the student: "You can now come back to full awareness in your own time whenever you are ready "or" This concludes the first degree attunement."
- At this time you might ask the initiate to talk about the feelings, visions or experiences that he/she had during the attunement. Besides the joyful sharing involved between student and teacher, the verbalization allows the Initiate to process what has occurred and helps if he/she needs to validate that "the attunement worked".
- If several people are being attuned this sharing can be done after all have been completed. It also helps to instruct the student if they are part of a group being attuned to continue to keep their hands resting on their lap and close their eyes once more and go inside and relax while waiting for the attunements to be completed on their fellow students.

## Alternative Method

This is an example of how a Tibetan/Usui Reiki Attunement can be performed from Reiki Master Vincent Amador.

### Beginning

Begin by saying a "prayer" of intent, either silent or out loud. Ask for the help of the Reiki Source to do a perfect attunement for this person. If you have spirit guides, Reiki guides, angels, ascended masters, etc., you can ask them to assist that this be a perfect attunement for this persons highest good.

Draw the Power Symbol on your palms, Crown and Heart chakras, intending them to open to the Reiki source and light. Cleanse the room by drawing all six Reiki Symbols in the air in front of you (four Usui Symbols along with the Dumo and Fire Serpent). This not only can cleanse the room but sets the tone for the beginning of a sacred event. Contract the Hui Yin and hold it throughout the attunement. (Do not fret if you cannot, it will still work!)

### Part One

On the back, draw the Fire Serpent from slightly above the top of the head and down the back of the student, ending at the base of the spine. Place both hands on top of the head to get an energetic rapport with the student.

Bring your tongue to behind the teeth, and do the Violet Breath. Exhale the Violet Breath into the crown chakra blowing the Dumo symbol in gold into the crown chakra, and move it through the middle of the student's head, and into the base of the brain. Repeat the Usui Master symbol three times as it is moving into the brain. You can guide it with your hand.

Above the head, draw the Usui Master Symbol and again repeat three times. Visualize the symbol moving into the crown chakra, through the head and into the base of the brain, guiding it with your hand. Do the same with the mental/emotional and the distance symbols.

Signal the student to raise their hands held in prayer position to the top of their head. Draw the power symbol in the air over the hands. Then picture the symbol moving into the hands, down into the crown chakra, through the head, and into in the base of the brain saying the name of the power symbol three times and guiding the Symbol with your hand. (The distance and the mental/emotional symbols are added for Level II, and the Master Symbols are added in level III.)

### Part Two

Move to the front and place the students' prayer-held hands in front of the heart. Draw the power symbol in the air in front of the forehead (brow or third eye chakra). Then picture the symbol moving into the brow chakra. Guide it in with the hand if you want. Say the name of the power symbol three



times. (For Level II do the same with the mental/emotional symbol and the distance symbol. For the master level, use all six symbols, remembering to repeat the name of each symbol three times).

Draw the power symbol in the air in front of the heart chakra. Then picture the symbol moving into the heart chakra. Say the name of the power symbol three times. (For Level II do the same with the mental/emotional and the distance symbol. For the master level, use all six symbols).

Next open the student's hands like the cover of a book so they are next to each other palms. Place your left hand under their hands and with your right hand draw the power symbol on the palm of the hands. Say the name of the power symbol three times. Then lightly slap the hands three times. (Only the power symbol is placed in the hands in level I, the distance symbol and mental /emotional symbol are placed in the hands in level II, and all the symbols are placed in the palms in the master level.)

Bring the student's hands together in prayer position, and move them back in front of the student's Heart. Blow over the hands, down to the solar plexus, then up to the third eye and crown, and back over the hands.

### Part Three

Move behind the student. Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, intend it to be accepted by the student. (Some examples might be: "You are a perfectly attuned", "you are a competent Reiki Healer", or "you are filled with Divine Love and Wisdom", or any other affirmation that is significant to you or the student. You can say them out loud if you prefer.

Open your hands and look down through the crown chakra, visualizing through to the root chakra. Intend that the beautiful great shining light of the Reiki source send a ball of light into the heart and fill all the chakras.

Move your hands to the student's neck, and then place the right hand on top of the head and the left at the base of the skull. Visualize a door and then draw the power symbol on it and see the door being closed. Silently intone, "I seal this attunement with divine love and wisdom". Intend that the process is sealed and complete and the student is now forever connected directly to the Reiki source. Say, "you are forever connected to the Reiki source."

Place your hands on the student's shoulders briefly experiencing the moment with them. Say, "We have both been blessed by this attunement".

### Part Four

Move back to the front of the student. Hold your palms toward them. Visualize a white mist surrounding you. Breathe in and imagine a white light coming down through the crown chakra, through the tongue, down the front of the body through the Hui Yin point and up the spine, to the center of the head. Imagine the white mist filling the head. Exhale the white mist while releasing the Hui Yin point and tongue, allowing the final energy of the attunement to bless the student.

Draw the "light bolt" symbol in the air in front of the student. Say, "the attunement is complete".



## Closing

These are practices that some masters find a useful addition to the Traditional Western practices in Usui Shiki Ryoho. They can be a useful addition to those that this resonates with. I wish you well in your exploration of Reiki.

Be Well, Be Blessed - Vincent Amador

The Reiki Plain and Simple On-line Book, and all its contents are Copyright 1998-2000 by Vincent Amador. The author of said material allows it For Free Distribution only. It is to be shared freely, without cost. You may print copies of this work for personal use or to be shared with students, provided that it is given in its entirety. You may re-format and redistribute this work for use on computers and computer networks, provided that you charge no fees for its distribution or use, and this copyright message remains intact. Otherwise all rights reserved.



The more I learn, the more I live. – Anon



## Lesson 8: Fast Track | Combined Reiki 1, 2 and 3 Attunements

You may use the same Attunement Ceremony for Reiki Level 3 as outlined above to fast track your Reiki student to all levels at one time by setting the intention that the attunement ceremony represent advancing the student to Reiki Master. An example of why to Fast Track someone would be if someone has been practicing Reiki for a long time without the attunements they may simply want a Reiki Master to hold a ceremony symbolizing the advancement or may need it for certification purposes. IT IS NOT NECESSARY FOR ANYONE TO BE ATTUNED BY ANOTHER PERSON TO PRACTICE REIKI. IT IS A UNIVERSAL LIFE FORCE ENERGY AVAILABLE TO ANYONE AND EVERYONE~





## Lesson 9: Absent or Distant Reiki Attunements



Much has been written about distant attunements in Reiki. Just as distant Reiki therapy sessions are equally as effective as in person therapy sessions, distant attunements are just as effective as attunements received in person during a workshop.

Distant attunements are ideal for people who are unable to travel; or attend a workshop, or who have an urgent need to become attuned to and use Reiki for personal healing for example or because they would like to pursue a path in teaching and healing.

Distant Attunements allow Reiki to be spread around the world at an accelerated rate. All distant attunements should be conducted to the highest professional standards with a strong emphasis on attention to personal detail.

You can use an attunement booking form on your website to organize the attunements for your own students. Or you could also use others methods like email, phone or in person to setup distant attunements for your own students.

You can attune all of your students to all three levels of Reiki at once using the combined Reiki 1, 2 & 3 distant attunement techniques as shown in Lesson 11 of this manual. You may also choose to offer this service as individual attunements and perform distant Reiki 1, 2 & 3 attunements separately.





## **The Benefits of Reiki Distant Attunements**

Just as the sacred Reiki symbols facilitate distant healing; allowing Reiki practitioners to treat clients anywhere in the world, it is also possible for a Reiki Master to perform the attunement ceremony to initiate students distantly around the globe as well.

However; it is important to remember, that although distant attunements enable the recipient to practice Reiki, they must also make the commitment to read and assimilate the information provided in the home study course manuals or by attending a workshop to ensure that they are working in accordance with the guidelines set out in the Usui method of healing. It is also vitally important to practice Reiki on yourself and others, to gain experience and a better understanding of the energy.

Many people who are dedicated and motivated self-starters have become competent Reiki practitioners and master/teachers after remote distant attunements.

One of the great benefits/uses of Reiki distant attunements is when a non Reiki individual and/or Reiki practitioner suffers a family or close friend wellness emergency and they desperately want to help them but cannot get to that friend or family member due to logistics (they live in another part of the world).

The non-Reiki individual or Reiki practitioner can contact a Reiki master and request that they attune the sick individual to Reiki level 1 distantly so that the sick individual can perform self-treatments to aid in any medical treatment and/or distant Reiki or spiritual healing.

The great thing about Reiki is that it requires only minimal training so the sick individual can be given simple instructions on where to place their hands even if it is only on one location to perform a self-treatment – Reiki will always go where it is needed.

## **Distant Attunement Preparation Guidelines**

Remote distant attunements and direct transmission of Reiki attunements both in person as in the case of a crown to crown attunement with a recipient in the same room and also at a distance when the recipient is in another place (town/city/state/country etc) is an ancient and respected way of transmitting elements of spiritual awakening, wisdom, information or spiritual abilities between teachers and their students.

Distant attunements reinforce the fact that all living things are interconnected and can communicate at a deeper unconscious level. However, it is important to remember and point out that, whether you/your student is attuned via a distant Reiki attunement ceremony or in a workshop environment, You/Your Student is responsible for your own practice, study and personal development as a Reiki Practitioner or Master. Make sure you really want to; and are really committed to, the study of this wonderful gift before embarking on a workshop or distant attunement. Your/your students' intention to be attuned and work with Reiki is as always the key to success.

If, as a master/teacher, you decide to provide distant attunements, there are a few things to do to enhance the experience:



- Decide on the method in advance.
- Agree upon a mutually acceptable day, date and time in advance to perform the distant attunement ceremony.
- If possible the recipient should try to be in a receptive and accepting/eager to receive mental state, although it is not absolutely necessary that the student be paying attention or even be awake to receive the distant Reiki attunements.
- Request that the recipient either lies or sits down in a comfortable location. (Please Note: Once the process has begun the recipient can get up and move around during the attunement or even leave the area and still receive the full attunement).
- However; most people will enjoy the experience more if they set aside the time, and find a quiet place to receive the attunement, in a meditative receptive state with their eyes closed, hands resting on their lap palm facing upwards or held in a praying hands position.
- Point out to the recipient that receiving the distant Reiki attunement is only part of the process. They must commit enough study time and practice to learn and master the techniques on their own. Reiki is an intuitive practice but studying the material thoroughly gives intuition a starting point.
- The recipient may listen to a piece of deeply relaxing music, like heartbeat or the Reiki chant.

The most common challenge of remote distant attunements is helping the recipient understand that we all experience Reiki in different ways. Just like an in person Reiki healing session, everyone will experience the distant attunement ceremony differently. Some of the most common experiences are as follows:

- The Recipient will feel heat or cold or sense a wave of overwhelming love.
- The Recipient will see colors, images or symbols
- The Recipient will sense other people or energy around them whether profound or as a subtle feeling on peace.
- The Recipient will hear sounds or voices.
- The Recipient will become emotional or deeply moved.
- The Recipient will see or sense past lives or past masters like Dr Usui
- The Recipient will see or sense their spiritual guides or love ones that have passed over.

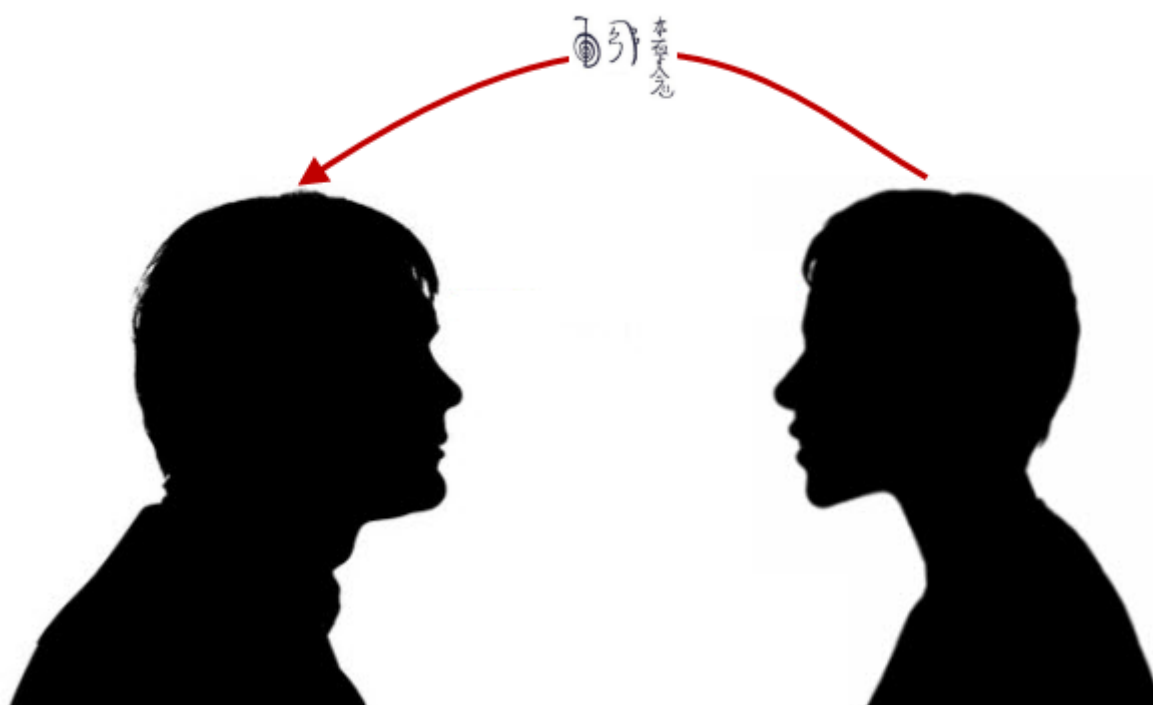
It is important to remember that firstly there is no right or wrong way to experience the attunements and secondly that this is just the beginning of your journey/your path with Reiki and not everyone will experience dramatic effects and some may even have difficulty sensing the subtle yet profound power of Reiki during the attunement ceremony. For the best results and experience during any attunement ceremony you/your student should have the right intention to be connected to the universal life force and just be relaxed, open and let it happen – enjoy and live in that moment.



## The Direct Intention Method or Crown to Crown

### Crown to Crown Reiki Attunements

## Crown to Crown Attunements



The Direct or crown to crown attunement is the easiest way to attune another person to Reiki and it pretty much runs itself once activated. The procedure can be as simple as activating Reiki and all Reiki symbols by projecting/visualizing them above your student/client head and stating or mentally intending to attune a specific individual to a specific level of Reiki and then allowing the power of wisdom of Source and Reiki to take over; allowing the attunement to run to completion.

A simple and concise example of the mental intention could be "I call upon Source and the universal life force of Reiki to draw close and in its omnipotent wisdom do whatever is required to attune \_\_\_\_\_ (recipients' name) to Reiki level one".

Once you activate the energy and the attunement by intention either with or without consciously using the symbols, the energies will flow into your crown chakra and flow throughout your body also flowing/crossing over to the student's Aura. The Crown to Crown Attunement will run until it is completed clearing blocks, opening channels and connecting the energies and permanently enabling the student to use Reiki themselves. Always intend that the crown to crown attunement be in harmony with the sole purpose and highest good of the recipient. Use your intuition to guide you on how long the crown to crown connection/attunement needs to be.

To enhance the experience for the initiate/recipient you can mentally voice specific intentions during the attunement. To do this silently intone that the initiates' crown, third eye, heart, hands, eyes, throat



and feet chakras, and all other possible appropriate channels be connected with you to receive the ability to use and share Reiki, removing any blocks or impediments. Add that you intend their connection to Reiki to be permanent, uplifting and inspiring, bringing new hope, energy, information and healing abilities that will best serve them in their future Reiki practice.

For the second degree crown to crown attunements you can intend that the recipient be able to use the second degree techniques with or without symbols. For the Master crown to crown attunement you can intend that the recipient is attuned to Reiki master/teacher level enabling them to teach and attune others to Reiki. You can add that you would like them to be able to develop their ability to attract others to Reiki so they continue to spread the love, joy and gift of Reiki and connect with spiritual information and energies.

With practice and personal development you may move well beyond simple verbalization and begin to internalize and perceive the attunement process and intentions as pulsating vibrations and/or color and even sound. You may also become more aware of specific images, information about the recipient and be able to sense the processes and/or direction of the attunement as it unfolds before you. Many recipients can feel stages and changes in the attunement ceremony as it unfolds. But always remember **not everyone can feel energy or will see or sense anything profound**, in fact they may only notice a subtle change during or after the attunement.

Just like a Reiki healing session, every recipient of the Reiki attunements has a unique experience that is right for them. There is no correct or incorrect way to experience Reiki healing or the Reiki attunements.

An attunement typically runs around 10 to 15 minutes, though where time allows you may take longer to possibly include more healing work and clearing or rebalancing for the recipient in addition to the Attunement.

When the attunement is complete it will taper to a stop. The attunement is concluded with the intention of energetic separation of the connection between the sender and receiver. Intend thanks and appreciation of all participants and a mental ending of the attunement.

Say something like “The Attunement is now complete”, all attachments are released. Many Reiki Masters wash their hands and have the student wash their hands after the attunement to sever any remaining aura connection. Usually this separation occurs naturally as the attunement ends, with or without direct intention or action.



Natural forces within us are the healers of disease. ~ Hippocrates



## An Example of How to Connect to Perform a Distant Attunement

- Let's say the Reiki Master who will perform the distant attunement is in Hertfordshire UK
- The Student/Recipient of the distant attunements is in the Dublin Ireland.



- The Reiki Master Google maps and just visualizes the journey/flight across time and space to reach the recipients house in the Dublin area in general as shown above or could be even more specific and type in the address of the recipient and use, where available, Google street view to help visualize the exact location of the recipient to create an even stronger connection for the attunement.
- Now you can see the exact location where the Reiki student will be during the distant attunement ceremony, can imagine leaving the location and travelling across time and space to be in the same location/room with the Reiki student.
- Another method would be to just ask the power and wisdom of Reiki to allow and guide you to connect with the recipient across time and space. Imagine Reiki setting up the connection and transporting you to the recipients home so you are in the room with them. You could then ask Reiki once the attunement is completed to transport you back home to your current location and release the connection.



## How the *Recipient* Could Prepare for the Attunement Ceremony

There are a few things the recipient could do in order to prepare for the distant attunement ceremony that will help to enhance their experience. You should provide guidance to your students so they are ready and open to receive the distant attunements.

The Recipient/Students could prepare for the distant attunements as follows:

- The Recipient should have agreed and booked a day, date and time which is convenient for them when they will be able to take at least 30 minutes to sit down in a comfortable chair and relax without being disturbed. They should unplug their phone, turn off their mobile and switch off any other devices that may spoil the moment/ceremony.
- The Recipient could burn candles or incense sticks to help clear the room of any negative energy and help set the right mood/ambience.
- The Recipient could if available and desirable play appropriate relaxing music during the attunement ceremony.
- The Recipient should wear loose fitting clothing and remove all jewellery if possible (remove belts and any articles of clothing that may be restrictive or uncomfortable).
- The Recipient should try to avoid junk food, stimulants and alcohol for at least 24 hours prior to the attunement ceremony. Junk food and alcohol can steal vital energy and make the recipient feel tired and low and spoil the Reiki attunement experience.
- The Recipient should approach the ceremony with an open mind. It is really important that the Recipient's intention to receive the attunements is clear and true. The Recipient should check their scepticism at the door and be fully open and willing to receive the attunements. Reiki is 100% natural and safe.
- **IMPORTANT NOTE:** The recipient DOES NOT need to be connected to a PC or Laptop and they DO NOT need to be near a phone. The attunements are sent using the intention and surrogate methods and the Reiki symbols as detailed in our Reiki home study course. They just need to be relaxed and open to receive the attunements.
- The Recipient should aim to be sitting down, prepared and ready at least five minutes prior to the agreed time of the distant attunement ceremony.
- The Recipient should have their eyes closed, they should be focussed on their breathing, become aware of the music and silently intone a small prayer stating for example "I (INSERT YOUR NAME), ask the universal life force to connect me with my Reiki Master and participate in this sacred attunement ceremony. I am ready, open and willing to accept the Reiki Attunements".
- At the end of the attunement ceremony, the Recipient should take whatever time they need to come back to full awareness and then wash their hands in cold running water, as well as drinking a glass of cold water to ground themselves and break the connection to the Reiki Master performing the distant attunements.





## How to Perform the Reiki Distant Attunements

- Step 1: Agree the Day, Date and Time with the recipient for the attunement ceremony.
- Step 2: Decide on the method of connection. Print out an image of the recipient's home or location if required from Google Maps.
- Step 3: Decide on the method you will be using during the attunement ceremony. A printed image/photo, of the recipient is really useful. Ask the recipient to email a photo of themselves to you for use during the attunement. (Please Note: Although we like to use a photo of the recipient during the distant attunement ceremony is not essential).
- Step 4: Be ready at least 5 minutes before the agreed time with the Reiki chant or heartbeat music playing in the background. Take a few moments to connect with the Reiki energy and draw in the energy/symbols you will be working with during the distant attunement ceremony.
- Step 5: Silently intone a short prayer. (Example: "I call upon Source, Reiki, the Universal Life Force, all the Reiki Masters past, present and future (remember Reiki is not bound by time or space) especially Dr Usui, Dr Hayashi and Madam Takata to draw close and participate in this sacred distant attunement ceremony for (insert students name). I ask that the power and wisdom of Reiki set up this connection now. I ask that the power and wisdom guides and assists me by allowing our energies to connect across time and space so I may pass on the gift of Reiki through the attunement of (insert students' name) to Usui Reiki Level 1, 2 and/or 3. I ask that this ceremony is an uplifting and inspiring experience for (insert students' name) so that (insert students' name) can move forward now from this point as a confident and powerful practitioner, advanced or Reiki Master/Teacher.
- Step 6: Now as you look down at the image if using one or are using visualization, begin to visualize being connected and transported across time and space so you are in the room with your student/recipient.
- Depending on which level of attunement you are performing imagine or visualize yourself now in front of the recipient and go through the entire process in your mind or by the physical actions on the surrogate/proxy using the techniques detailed in Lesson 8, 9, 10 or 11.
- At the end of the attunement ceremony, you should ask the power and wisdom of Reiki to release the connection between you and the student/recipient and ask Reiki to return you to your current location.
- Conclude the ceremony with a short thank you prayer and finally wash your hands in cold running water as well as drinking a glass of cold water to ground yourself and completely release the connection between yourself and the recipient/student.





## Self Attunements

The Reiki Self Attunement provided in this Learn Reiki from Home© Study Course is equally as effective and powerful as any attunement provided LIVE or via a Distance attunement session and is sufficient for all levels of Reiki training. For many, it is simply more convenient than seeking out a Reiki Master. You can easily and effortlessly attune yourself and be practicing Reiki for you, your family, your friends and more.

When Reiki Master Dr. Usui began teaching and attuning his students he was not “attuned” by a Master nor did he share symbols during his attunement process; the symbols came later. He simply began teaching and attuning his students everything he knew about the Reiki energy; no part of the energy was withheld from his students. Reiki practitioners around the world find the same results with Reiki energy, whether they self-attuned or were attuned by a Reiki Master themselves.

Like any other field of study it is essential that you practice using Reiki in your life in order to expand on every level. Empower yourself and empower others with Reiki.

If you choose to self-attune using these guidelines or the Guided Self Attunement audio included in this Learn Reiki From Home© Study Course it is highly recommended that you “set the tone” ahead of time by following the pre attunement procedures, also included in the Learn Reiki From Home Study Course. Additionally, some people choose to print out the four main Reiki Symbols, Choku Rei, Sei He Ki, Hon Sha Ze Sho Nen and Dai Ko Myo to use as a visualization tool. Many will intend that the symbols be activated within them as well.

### How to perform Reiki Self-Attunement

Cleanse and clear the space you are going to receive your attunements in whatever way works best for you. You may want to include burning incense and/or candles and playing soft music in the background.

Begin by setting your intention, either silently or out loud, to receive the Reiki energy. Ask for the help of Source to do a perfect attunement for you. If you have spirit guides, Reiki guides, angels, ascended masters, etc., you can ask them to assist in this being a perfect attunement, for highest good of all.

Once you have prepared for your self-attunement session, by clearing the space and setting the intention to receive the full Reiki Attunement and energy listen to the Guided Self-Attunement MP3 provided with the course or follow the steps below. Both are equally as effective.

Sit comfortably with your feet planted firmly on the floor, imagining that you have roots growing out of your feet connecting you to the core of Mother Earth, grounding and balancing you.

Close your eyes. Take a deep breath pulling the air through your nose all the way down to your diaphragm and exhale out of your mouth. Take another deep breath.

As you take your deep breath imagine you are breathing in a warm light, filled with pure love, from the source of all that is and that this light is filling the body, providing energy to all your chakra centers.



Raise your hands to the Gassho position, placed together in front of you in the prayers position.

In your mind's eye visualize or "see" this white light, Reiki energy, from the center of the universe entering the top of your head, your higher self and crown chakras. Imagine that this light, this Reiki energy, is filling your chakra, cleansing, clearing, balancing and harmonizing your chakra.

"See" this loving energy flow easily and effortlessly down through your third eye chakra. Imagine that this light, this Reiki energy, is filling your chakra, cleansing, clearing, balancing and harmonizing your chakra.

"See" this loving energy flow easily and effortlessly down through your throat chakra. Imagine that this light, this Reiki energy, is filling your chakra, cleansing, clearing, balancing and harmonizing your chakra.

"See" this loving energy flow easily and effortlessly down through your heart chakra. Imagine that this light, this Reiki energy, is filling your chakra, cleansing, clearing, balancing and harmonizing your chakra.

"See" this loving energy flow easily and effortlessly down through your solar plexus chakra. Imagine that this light, this Reiki energy, is filling your chakra, cleansing, clearing, balancing and harmonizing your chakra.

"See" this loving energy flow easily and effortlessly down through your sacral chakra. Imagine that this light, this Reiki energy, is filling your chakra, cleansing, clearing, balancing and harmonizing your chakra.

"See" this loving energy flow easily and effortlessly down through your root chakra. Imagine that this light, this Reiki energy, is filling your chakra, cleansing, clearing, balancing and harmonizing your chakra.

"See" this loving energy flow easily and effortlessly down through your feet chakras. Imagine that this light, this Reiki energy, is filling your chakra, cleansing, clearing, balancing and harmonizing your chakra.

See this light, this Reiki energy, filling every part of your body radiating out through your hand chakras and surrounding your energy field.

Take a moment to focus on the interaction of your chakras. Picture all of them as suns to help you in your development, and that their rays interact with each other, sharing energy, harmonizing, feeding ideas and power to each other. Feel your complete being as all of your chakra centers glow together with Reiki energy emanating a very strong power while they heal each other and heal you. Continue to breathe easily, allowing the energy you breathe in to bring peace and balance. You are healing.

Finally, silently intone a thank you prayer to Source/The Divine for the Reiki Attunement. Example: I thank Source/The Divine universal life force of Reiki, Dr Usui, Dr Hayashi and Madam Takata and all the Reiki masters, ascended masters and all helping spirits, past, present and future for taking part in this attunement ceremony on my behalf. I ask that the power and wisdom of Reiki nurtures and guides me from this point forward enabling me to move forward as a powerful and confident Reiki Practitioner.



## Lesson 10 - Reiju Empowerment – for self and others

Reiju empowerment and self-empowerment are offerings of spiritual energy, much like a blessing ceremony. It's a ritual that dates back to the early teachings of Mikao Usui and is believed to come from the Tendai Buddhism traditions. It is always practiced in the more traditional Japanese lineages. Reiju is a practice that enables the recipient to become a clearer channel of the Reiki energy. Today we may use it as a ceremonial blessing for groups, individuals and self-empowerment.

In the traditional Japanese approach to Reiki practice, students would gather every single week and practice various Reiki techniques. At the end of the gathering, during meditation, the Reiki Master would give Reiju to every student and himself/herself as a means of initiating further progress on Reiki path.

It is said that Reiju was also used to "attune" (to use western term) students into higher levels of Reiki channeling. In Japan language, Reiju means: "accepting/giving energy".

### What does Reiju do?

- Reiju connects the student to Reiki source, strengthens this connection, and thus enables more deep and strong Reiki flow. Reiju enhances Reiki channel, but student must keep it open by practicing various Reiki techniques and using intuition as a guide.
- Reiju helps the student's progress in every aspect of his life, by enhancing the energy level in student's mind, body, and soul. This is also achieved by daily Reiki practice and energy healing work.
- Giving (on Master's end) and receiving (on student's end) Reiju empowerments every week or even daily, provides an opportunity to develop intuition and sensitivity to the subtle energy, and above all, to enable one to make small but important steps towards Satori, Enlightenment, or Self mastery.

### Reiju Self-Empowerment

- Clear intent is in order, as well as openness of your heart.
- Raise hands to connect to the source of Reiki just like you do it in Hatsu Rei Ho.
- Energy from above will flow gently down your hands into your Hara or Tientien (Navel).
- Slowly lower your hands all the way down to the Tientien.
- At the same time keep intending that, as you do this, pure energy is flooding your body through Sahasrara (Crown) into Tientien.
- Try to synchronize the movement and energy flow. Finish this movement by placing both hands over your Tientien.
- Open yourself up a bit more and know that by entering the Tientien, energy has got you.
- Do away with thoughts and just open your bodies to pure light, which Reiki in fact is.
- Move on when you perceive a close and intimate connection with the Source of the energy and with the energy itself.
- At this point various energy side effects may manifest: hot hands, heat in Tientien, etc.
- Recognize them and let them be!



Movement outlined above is done only once. Then move on by performing the following:

- Move your hands away from your Tantien and place them in the “connection position” (hands raised above head) again.
- Bring your hands slowly out to the sides, as you did before, and at the same time keep imagining that as you do so, the energy is expanding and engulfing your own self.
- Place your hands again to your Tantien point as before.
- Repeat these three movements three more times, each time finishing by placing your hands in front of your Tantien.

## Giving Reiju

Your clear intent, opening to the energy. This is, logically, done only at the start of Reiju procedure.

### Individual Empowerments

The recipient should sit on a chair, relaxed, holding their hands in the Namaste (prayer) position and with their eyes closed. Here’s how you should perform it:

- Touch the recipient’s shoulder to indicate that the Reiju begins.
- Look to the skies and move your hands high up above you and feel energy coming down into your hands from Reiki source.
- Focus your intent and continuously move your hands down in front of the recipient, visualizing a thread of energy which enters the crown, and flows down through the body to the base of the spine (muladhara or root chakra).
- At the same time produce a clear and strong intent that the energy thread opens each and every energy center/chakra as it moves along the spine. Your hands are now at recipient’s knees.
- With firm intent, ground the energy by visualizing it flowing to the ground. Touch the ground as you visualize it entering the floor.
- You will be flooding specific areas by holding your hands in certain positions.
- Relax and produce clear intent for energy to flow to these areas.
- You will be keeping your hands in each position for at least 15 seconds.

### Sahasrara chakra (crown):

- Stand up place your hands one over another, above the student’s head.
- Intent energy to flow through the path from your first visualization, along the spine cord.
- Let crown chakra be flooded with pure light from the Reiki source.
- Then just open up and let go, let energy flow.

### Temples:

- Now move your hands to both sides of the student’s head, at the height of the eyes.
- Flood temples with energy.



### Ajna chakra: (Third Eye)

- Now move your hands to the front of the student's face and form a triangle with your index finger and thumb tips, with the rest of the fingers held together.
- Place the center of thus formed triangle in front of the student's 6th chakra. This chakra is most important of them all. Intent and let energy flow strong and deep.

### Vishudi chakra: (Throat)

- When done with 6th, move your hands in front of and behind of, the throat, thus setting them to flood 5th chakra. This chakra represents our mental capacities, also very important chakra.
- Now let energy flood this area of student's etheric body.

### Anahata chakra (Heart):

- Now move your hands behind and in front of, the heart area, and intent pure light to flow to the heart chakra.

### Hands:

- Forming a triangle with your hands, now move them down and around the student's hands, without touching their hands.
- Intent pure light to flow through the students hands all the way to arms and shoulders, thus balancing the energies in his/hers bodies.
- Let energy flow through formed triangle.
- Now proceed and move your hands down towards the knees.
- At this point, smoothly separate formed triangle and, with your palms facing down, perform grounding as you did earlier.

### Conclude Reiju:

- You will end Reiju by intending or sending energy back to where it came from, along the path you have opened earlier.
- That's the main difference between western attunement and Reiju.
- Quickly move your hands up, pointing (more visualisng) at the energy route from Tantien to the sky, thus firmly connecting students "Life center" or Tantien with the source of energy called Reiki.
- Complete by returning hands to Namaste (prayer position).



## Distant Reiju

If you are a Reiki Master and do a lot of distant work, then you already know that physical distance does not matter in the practice of Reiki. Just like distant healing, Reiju can also be sent through time and space.

To send Reiju to someone that is not in the same room as you are, just produce firm intent and follow the procedure outlined above using visualization. That's it. It works.

This is good to send to a student of yours as a top up if they feel a bit down during a 21 day healing crisis. Sometimes they may report a loss of energy and sending Reiju distantly can have an uplifting effect on them.



Before healing others, heal yourself ~ Anon



## Final Thoughts from Teri Williams

Third Degree Reiki connects you to a whole new level of healing with the use of Reiki, Reiki Symbols, and Distance Healing and Attunement techniques. Many people find that the third degree is all they need to study and incorporate, to lead a more fulfilling life. While others, will continue their practices and progress onto the teaching and attuning their own clients, creating a new line and legacy of Reiki Practitioners and users. I spent over 20 years practicing first degree techniques, combined with other energy healing modalities, before I advanced to Reiki 2 and, ultimately Reiki 3 Master Teacher.



I give a deep bow of gratitude to my many teachers, including Ascended Masters Usui, Hayashi, and Takata. Without their dedication and fortitude we would not have this wonderful healing system to work with. I also extend that gratitude to Patty Shaw of The School of Akashic Records, Lori Lipten of Sacred Balance and Garry and Adele Malone of The Reiki Store for their endless support.

Many people have been drawn to Reiki and find that it changes their lives for the better. Reiki brings a sense of purpose, knowledge direction, calm and equilibrium into a chaotic world. Any energy healing system whose main focus is the highest good of self and others is worth practicing.

As you learn the many different ways to practice and teach Reiki 3 you will develop your own set of guidelines, possibly your own set of symbols, going beyond the perceived limitations of time and space to transmit and facilitate healing to beings all over the world, past, present and future and you can do so from the comfort of your own space.

I have been able to incorporate the principles and teachings of Reiki into my personal life and into both my healing practice and business consulting practice, entwining its energy and philosophy seamlessly into the other disciplines, practices and treatments I work with. It is my sincere wish that every being on the planet learn some type of self-healing modality to enhance their lives and the lives of every being in their circle. Reiki is one of the easiest to begin with.

**Reiki is the perfect complement to any healing modality**, combining extremely well with all other therapies, including shamanic and intuitive work, reflexology; aromatherapy, massage, hypnosis, hypnotherapy, NLP, Dream work, regression therapy, focusing and crystal healing.

It also combines safely with orthodox medical care, particularly post-operative health care, helping to accelerate the natural healing process. Many hospitals are now offering Reiki training to their staff to assist in the healing process and peace of mind of their patients.

Reiki is a special gift to be cherished and used. Incorporate Reiki into your life and use this gift daily or as often as possible. Get busy and heal yourself, your family, your friends and others, no matter where they are on the planet!

**May you be BLISSED! Peace and LOVE, Teri**

SoulcialLiving.com





