

Usui Reiki

Level Two Manual

This is a simple practical manual for Usui Reiki Level 2

The Reiki second degree training and attunement focuses on more specifically directed use of the Reiki energy, particularly mental emotional healing and remote healing, and are given more tools for working with other people and for the world community.

Just for today, I will not anger, I will not worry, I will do my work honestly will be kind to all people and I will be appreciative of my many blessings .

This is a version of the Meiji Emperor's precepts which were adopted by Usui Sensei and are known as the Reiki principles. Usui Sensei hoped that all Reiki practitioners would spend a few moments each morning and evening to reflect on these precepts. People who do this may find that it becomes easier to live up to them and have a happier more balanced life.

Ethics

Obtain permission before treating anyone

Never attempt to Force healing on anyone. You are not the one who is to decide what is in the best interest of another. It can be a temptation particularly when

dealing with addictions to attempt to impose your will on another.
Never promise a healing or cure this is not in your control. People have the right to choose whether or not to accept healing even someone who comes to you for treatment may refuse to accept healing energy.

Never diagnose, do not give medical instructions and never suggest that anyone discontinue medications or other treatment.

Respect your client's confidentiality. Do not repeat anything you learn during a treatment either from the client or from your intuitive perceptions.

When using examples and case histories make sure that the parties involved cannot be identified.

Being a Reiki Practitioner does not give you any particular spiritual merit. People might on occasion try to make you a Guru. You might even get over impressed with yourself but remember that when you see dramatic effects from treatment it is not because of your personal merit its because of Reiki.

Energy should not be directed indiscriminately. Send energy for the highest good of all concerned. Allow it to be used by the high self of the recipient for their greatest good. When directing energy, ask the person first if they want a treatment or go within and ask their higher self. Use your intuition. If the Reiki is not accepted by the recipient it will return to you. Some people send Reiki while holding an intention that if the intended recipient wants it they can invite it in at the time convenient to them and it will be there for that person. Never assume that another being wishes to be healed, even if they say that they do. Don't intend to heal a person; just allow the energy to work. Don't judge the effectiveness, the energy is working. Results may not be obvious immediately. Reiki energy continues to work long after the actual treatment is finished.

Honour the energy, yourself, the intention and the recipient for the work performed. Where awareness is focused, energy is concentrated.

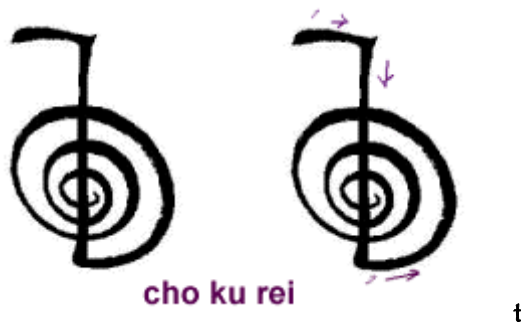
Symbols

Most students find that it becomes much easier to memorize and draw the symbols after they have been attuned to Reiki than it is before the attunement.

CHOKUREI

Focus or Power

(cho koo ray) is the Usui power boost mantra and symbol to increase the effect of Reiki. This function is said to call in higher universal energy and accelerates Reiki from low to high and gives greater focus to the energy. Power boost is used with the other energies as well as by itself during all treatments hands on or distance. This energy has been used to clear rooms and crystals and to charge food and water, and in manifestation procedures. This symbol has been used as a sort of Good Luck charm or "blessing pump" and as a protective sign. The symbol shown is with the counter clockwise spiral which is the traditional direction



The ChoKuRei symbol can help start Reiki flowing or give it a feeling of being more finely tuned or powerful. Most practitioners use it at the beginning of sessions by drawing it on the palms of their hands.

Some meanings of this symbol are:

Sound - Choku Ray

First Symbol - The earth - Power up - 1st and 2nd Chakra.

Relation with people - the earth has been producing, growing, and purifying, giving creative energy to everything. Human bodies have the earth's intention and rhythm built in.

Imbalance in it will cause one to develop disease or unhappiness.

Functions - Activates the intrinsic functions of everything born on earth by recovering its rhythm and balance, through resonance with the earth's conscious energy.

This Reiki function is used for Activating and Enhancing Energy, focusing, stabilizing and fixing the energy. Clearing and cleansing, recharging and revitalizing and general healing and used for improving the physical or material energy state.

The first symbol is often called Focus or Power symbol or Booster. The ChoKuRei is sometimes nicknamed "the light switch" as it connects us to the energy, like a light switch being turned on. It is thought to turn up the energy, and opens us as channels of the Reiki energy. . It can help overcome negative resistance patterns. It can help reduce pain.

It is also used in space clearing. To cleanse a room, Draw it or visualize it in the corners or on the walls, floor and ceiling of a room intending it be cleansed and filled with love and compassion energies . Mentally throw it into the room intending it be filled with light. Many people do this in the treatment area and before doing treatments or Attunements.

Draw it on objects in your environment intending they be cleansed and operate for your highest good. Draw it on objects and run Reiki into them to charge them with Reiki. ChoKuRei can be used in as many ways as you can think up.

You can use the ChoKuRei at the start of a healing session to feel the energetic connection to the Reiki source.

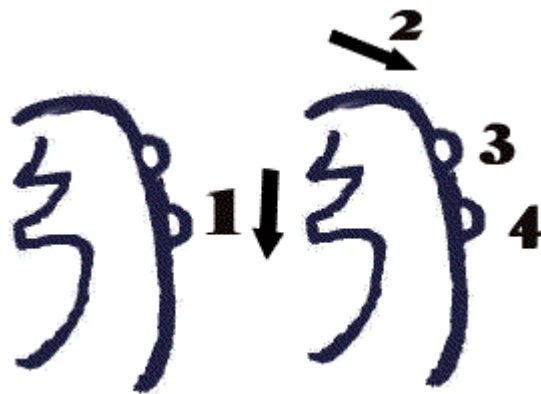
You can use it to focus power at each hand position and on any problem areas. You could draw it over the person at the end of a healing session to seal and stabilize the healing.

Some people also use it for protection. For protection, draw it on a piece of paper and place it on or under things you want filled with Reiki or mentally visualize or invoke it. You can visualize or imagine the Symbol surrounding you. Draw the symbol in front and in back over and on both sides of yourself. Draw it over food and water before you eat and drink. You can also visualize or draw it over your head before meditation or meditate on the symbols themselves.

Draw the ChoKuRei on the shower head prior to taking a shower so that the water is filled with Reiki as it cleanses you. Run Reiki into your bath water.

To use for manifestation you can activate ChoKuRei and clearly visualize what you intend to manifest while running Reiki. This will not bring you things that are not in accord with your high self and soul purpose. Experiment!

SEIHEKI



Sei Heki Harmony, Emotional and mental healing (say hay key)

Used to facilitate emotional and mental healing and to assist self-programming and treating addictions and habits as well as all other mental and emotional concerns, it is said to work on the subconscious. Some teachers use it on the first 4 chakras only and some use it on all positions. The mental/emotional healing function helps to balance the right and left sides of the brain, and is often used for healing unwanted habits or for programming in desired habits.

Meanings of the symbols

Sound - Sei Heki **Second Symbol** - the Moon -
Harmony - 3rd and 4th Chakra

Relation with people - The moon has an effect on the earth like tides. It also causes constant changes in feelings and rhythm of human bodies. Being in sync with the moon's conscious energy will bring emotional releases and stress reduction and help people keep in high spirits. Functions - restores psychological and emotional balance and brings deep healing. Also promotes self-growth by increasing sensitivity and acceptance through resonance with the moon's conscious energy. Usage - Improving human relationship, bad habits, resolving all sorts of disorders and karma/trauma with gentle energy of love and harmony. Used for restoring psychological and emotional balance.

It is used to heal mental and emotional habits that no longer work for you, and emotional and mental distress. It is also used to bring up and heal the emotional issues underneath physical problems. It helps reinforce and support positive behaviour changes. This function is for healing and releasing those feelings, desires and conditioning that keeps us in negative patterns.

Healing with the **Sei Heki** can be as simple as using the symbol while doing a healing using the regular hand positions. It can also be used as part of meditations to help release and heal conditioning and patterns that underlie problems.

You can use **Sci He ki** to empower your affirmations and resolutions and for working on specific areas where you feel emotional processing is needed simply turn on Reiki and activate the Focus and Harmony functions with the intention that it work on the kind of issue you are seeking to heal like fear, anger, grief or resentment for example or to enhance your own ability to love yourself and others for serenity or courage or compassion or zest.

Students can use this symbol when taking tests or exams. Before the test draw the **SHK** over the paper to help your mind to attune to the correct answers. Of course it goes without saying that you must have studied beforehand! Reiki will help your conscious mind access the correct piece of information from all the data held in your brain. Use it when that extra concentration is needed and you are feeling bored in class. Place your hands on your knees and think of the **SHK** as you listen to the tutor and it will help you to retain the information being given. Affirmations are a powerful tool when one is trying to achieve goals. You can simply repeat a positive phrase over again in your mind or write it on a piece of paper. Repetition is the key and the **SHK** can be used to empower your affirmations. In this way they tend to be more deeply embedded in the subconscious mind.

Any time you are having an argument or disagreement, it can be very healthy and valuable to use the **SHK**. Just imagine the symbol being between you and the person you are having the argument with. It will tend to filter the energy that passes between you, thereby assisting you in creating harmony and peace and understanding.

Emotional healing symbol self treatment

Place non dominant hand at the base of the skull and with the dominant hand over

the top of your head (palm facing head), sign the power symbol once saying its name three times, then sign the emotional symbol once saying its name three times, then again sign the power symbol once saying its name three times. Then place the signing hand on the top of the head. Now, with both hands remaining on the head, repeat the affirmation for 3-5 minutes, or for a rise and fall of the energy, or as many times as felt necessary. Sample affirmation - "I now have what I need to see the issues in my life in a new way and the wisdom, strength, courage and love to follow through with what is given." You can use whatever affirmation desired so long as it is in the positive (absolutely no negative words as no, not, don't, etc.) and in the present tense.

HON SHAZE SHONEN

(hawn shaw zay show nen)



Connection, Distance Healing

Meaning of the symbol

Sound - Hon Sha Ze Sho Nen

Third Symbol - The Sun - Absentee - 5th and 6th
chakra

Relation with people - The sun has been sending energy of higher dimension to everything. Without the sun, the earth or human beings would not be able to exist even a day. The sun is the foundation of our existence. Functions - Connects to the core of the target object beyond time and space and brings deep healing and transformation through resonation with the sun's conscious energy. Usage - Healing beyond time and space. Pursuing for the state of silence and peace, correcting the distortions that have been obstacles to learning.

Used for connecting to remote objects in time and space. Often used together with other symbols. Distant healing can bridge time and space, allowing you to send healing energy across a room, or around the world to heal past wounds and to contribute healing energies for others and in situations such as natural disasters and political crises. You can use **HSZSN** to treat anxieties you have about events in the future. Some people use it to create healing packages to be tapped into later or sent ahead for a known future need.

Remote Or Distance healing

There are many ways to do distance healing. The **Hon Sha Ze Sho Nen** is drawn or visualized at the beginning of treatment just before designating your intended recipient.

This function enables us to send healing energies to others at a distance. This can be used to send Reiki across the street or to other parts of the world. It can be used when doing hands on Reiki healing but would be inappropriate with a burn patient or someone with sexual abuse issues. In these cases Reiki can be sent distantly from across the room or from a few inches or feet away. Such line of sight use of the distance healing symbol is often called "Beaming". Some people help focus their intent when beaming by imagining the Reiki energy radiating out from their eyes or heart or hands. Some people like to hold their hands up toward the person or people they are doing the treatment with. Most people find that they can beam or send the remote treatment without raising their hands.

The **HSZSN** function is also a symbol of karmic release. The **Hon Sha Ze Sho Nen** is made up of five distinct elements. One possible meaning can be "no past, no present, no future". I do not teach or believe that you can use this energy function to actually change/ effect the past or the future as some people believe. I am not saying that you absolutely cannot either. This is not provable though.. It can be very effective to focus or intend that Reiki be sent to the very first occasion the a specific problem occurred in your life .

When you heal a problem at its origination point quite often many subsequent problems that are based from that initial event will resolve themselves and heal almost instantly. Used with the emotional healing function you can obtain results that are similar to those obtained in "soul retrieval". or "etheric recovery" Sometimes using the distance function can assist with past life recall.

Some have used this function to send the treatment ahead to a specific point in the future. I have had mixed results with this. Time is an illusion but a very useful one and the **HSZSN** is more than just a remote button. It seems to me in that it's deeper function is to bring ones whole being into justice and harmony that is to Make things right.

The full meaning is not "no past, no present, no future", but more like "Right consciousness is the root of everything", or "integrity can correct all ". **Hon Sha Ze Sho Nen** is made up out of five separate kanji. The way we write this symbol these five characters are compressed into each other. The superficial translation would be something like 1. Originally (in essence, by nature) 2. person (being, entity) 3. exactly (right, just) 4. righteous (certainly, straight path.) 5. mind (presence of the heart, character). The long term effect is to help us live in the present free of blocks and worries about the past and future.

Distance treatments

There is a common tendency to think of distance work as requiring effort as though you have to personally throw the energy across the distance. In fact it requires no more effort to send Reiki across the ocean than it requires to send it through your hands as you touch someone. Just as in direct treatment you activate Reiki and allow it to flow to where it is needed. Distance does not interfere with reception.

It is used for sending Reiki hands off, for absentee healing and treating issues from the past including past life issues.

This function also gives you the ability to use all the Reiki functions for hands off treatments at any distance at all. You can use this symbol function long distance and to beam the energies to someone in the room with you. This is especially useful in treating children and animals in treating yourself on areas you cannot reach and when in public or anyplace where hands on treatment might be impractical.

This symbol is the most complicated of the Reiki symbols but can be easy to learn by practicing writing it. Start with one stroke, repeat that stroke and add one more repeat these and add the next one and continue this way until you are able to write the entire symbol. Or you may prefer to break it up into several sections and learn one at a time. Many people do find that they can activate the Reiki function by direct intention without drawing or visualizing the symbol at all but I feel that it does have value to memorize it as well as the others.

Some ways of doing distance energy treatments with Reiki - using the symbols: one would draw them with your hand.

Over time, you may develop less need to use the distant symbol and very structured methods for remote sending. This is as it should be. As you develop increasing familiarity with the energy you may find that the symbols, like all tools, can be put aside when no longer needed. There is however no hurry to learn to work without symbols. Take your time and let the connection to the energy strengthen and grow. Most people continue to use the symbols even if they do not "have" to do so.

Intend it

Know that the Reiki will reach your intended recipient automatically.

Visualize the person there in the air before you and you just do a treatment. or imagine that you are in the same place together. Another technique is to substitute your body for theirs putting your hands and or intention on your body and intending that the energies run to them in those places. You can also do a "spot" treatment on an organ or other body part - just visualize the part and go for it. When I am doing distant healing, I mostly do it by intention. Sometimes I feel a "Reiki beam" go from my hands and / or heart, etheric heart, crown and third eye, to the person. I usually just say the persons name and if I know it location and intend that the energies go to them for their highest good beaming the Reiki to them.

State what if any condition the treatment is for if you know. Ask for pain relief if it is wanted in addition to healing. Pain relief and healing is not the same thing. Reiki seems to reduce pain more when it is specifically requested. Reiki will not eliminate necessary pain if the recipient needs it to force them to go to a doctor or would re injure themselves for example.

You can do an entire treatment going through the hand placements but can also just allow the Reiki to flow. It is good to mentally state any areas of particular concern that you are aware of. As long as you maintain a clear channel the treatment will go where needed most.

When you activate the energies by intention without drawing the symbols intend Reiki all or any words that work for you. You can also activate each function separately actually I most often intend that any and all energies run in the best portions. Then I follow intuition to activate any specific procedures. Always intend that the person has the right to accept, refuse or observe the energies.

In distance treatments the energy often just runs until it's done. Some Teachers suggest a 15-minute session for distance work. Some recommend 15-minute sessions three days in a row. I have had the energy run as long as three hours. But that is unusually long and 15 or 20 minutes is more common.

. Some people have found great results from only a five or ten minute session. Even one or two minutes can have a great effect. Reactivate the energies if your attention and intention wanders so far off that the energies shut down and whenever you feel that you should.

When the energies stop running. End the treatment by honouring what we have intended gently releasing the connection and thanking your Spiritual Focus. There is not normally any real need to clear and release any excess or unneeded or stuck energies as this does not often occur. Reiki is self-clearing.

Self Healing

Sit down, calm yourself and begin. Connect to the issue as in distance healing. Draw the **Third Symbol** and see it going into your crown; then draw the **First Symbol**, again seeing them going into your crown;

then draw the *Second Symbol*, see it going into your crown; then draw the *First Symbol* again.

Visualization

Put your hands either on your face or head, whichever is the most comfortable. See your head filling with gold from the symbols and from your hands. When the head has filled the gold spreads to fill the whole body. When the body is completely full the gold then overflow out of the feet. The energy then turns, comes out and up the outside of the body on all sides and into the body again through the Crown Chakra. Continue this visualization - it should look like a sort of elongated torus shape, constantly on the move both inside and outside the body.

Affirmation

When the visualization has reached this point add the affirmation: "I send the light, [name], deep into the inner recesses of your mind, bringing light to the darkness, that shadows disappear." Keep this up for around half an hour or so and then stop. This is a very powerful program. I suggest that you do it for an issue no more than 4 days in a row, then leave it for a month or so and watch for developments before doing it again.

Healing Clients

Have your client lie down and follow the above routine. Your hands should be either under their head or curled onto the forehead.

You or they may prefer to sit up, in which case your hands should be on the top of their head.

Healing Situations

Connect to the situation in the usual way and follow the above routine. Visualize a ball of light as the situation and then use the affirmation. This program is amazingly effective at bringing to the surface and releasing hidden emotional issues - so for example, if you (or a client) have been having a lot of accidents you might then send healing to this situation using this program, but would connect to it along the lines of "the issue behind my recent accidents". Watch what happens around you - it may be that the issue is one that you are amazed has any connection.

Releasing emotional and mental blockages anger etc.

Hold your hand palms outward above your throat and heart and visualize or mentally draw the **Sei He Ki** state your intention to release and remove the blocked energy or negative feeling and then just allow Reiki to run as usual can be used for others as well as self.

Weight loss

I have had Reiki teachers who say that the **SHK** symbol could be used to lose weight. Draw it on the palms of your hands, point your palms toward yourself, repeat the name three times, and let the Reiki flow. Do that as often as you needed to lose the weight. An affirmation is "I transform (fat) matter into light (energy).

I don't really know if this works or not but someone said they lost about 30 pounds during a time of testing this. They did cut down on fat and sweets and increased exercise too which, they said, seemed easier to do than it had been previously.

Mental and Behavioural Healing

Reiki is not a substitute for therapy, medical treatment or counselling. Reiki is complimentary and enhances most forms of treatment. On a spiritual level can be quite valuable and protective but people with serious Psychological conditions should probably seek Reiki treatment from practitioners that have credentials in appropriate fields as well as in Reiki if possible. I do not have experience treating people with serious mental conditions like Paranoia or schizophrenia, and would probably not attempt to do so. I Definitely advise you to use a degree of caution here as unknown challenges may arise. Use Reiki as a healing for these types of conditions but do not analyse unless you are qualified.

In mental healing Reiki works with the consciousness by transforming negative influence into positive and removing energy blocks. Reiki works on the areas of the mind where we hold our programming, conditioning and the causes of problems and illnesses.

I personally think self treatment is often easier for mental healing then treatment from a practitioner. A stumbling block in mental healing is the client's belief system itself. If the patient does not want a cure then they will mentally resist healing. This is common in the case of addictions, parental and societal programming where many sessions may be required during which you may get fed up with "failure" or the patient sees little benefit in your healing.

All sessions work to some degree but **YOU CAN NOT FORCE HEALING**. You cannot force your will on others. Just allow Reiki to flow do not try to direct it to a specific outcome. Your responsibility is not to do anything that would be dabbling with someone else's mind. People are often very susceptible to suggestion during treatment you might repeat an affirmation that you and the client have chosen before hand but should be very careful about what you say.

To Obtain your Level 2 certificate the requirements are as follows.

Written case histories for:

2 remote or distance healings on
humans

2 remote or distance healing on
animals