



# Reiki Master

Usui Shiki Ryoho Reiki Level Three

Photos and text by Patrick Moore LMT

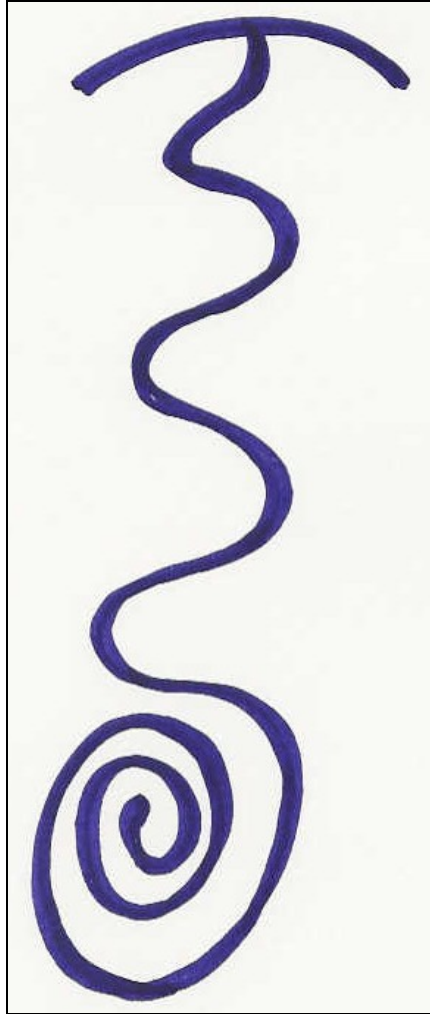
## Reiki Master Symbols for Treatment and Attunements



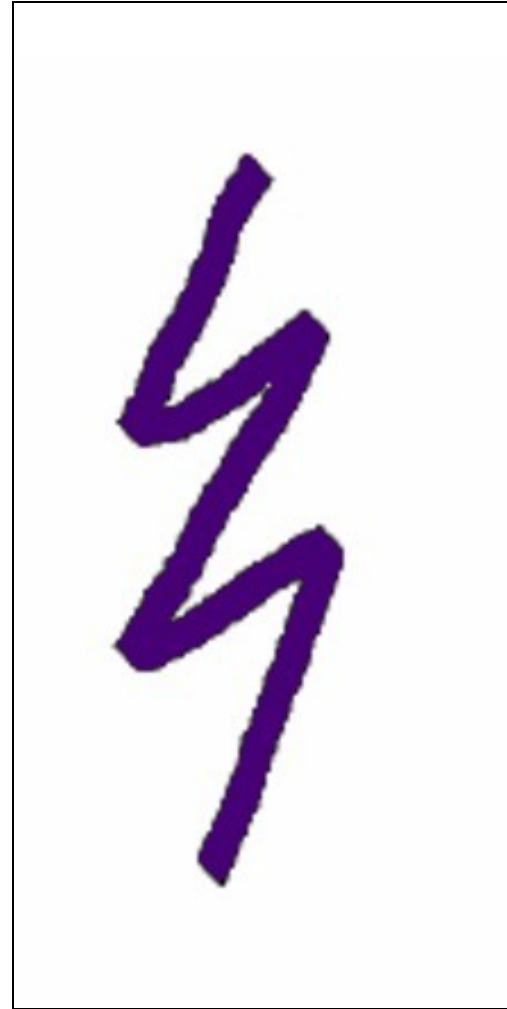
Dai Ko Mio  
Tibetan Master Symbol



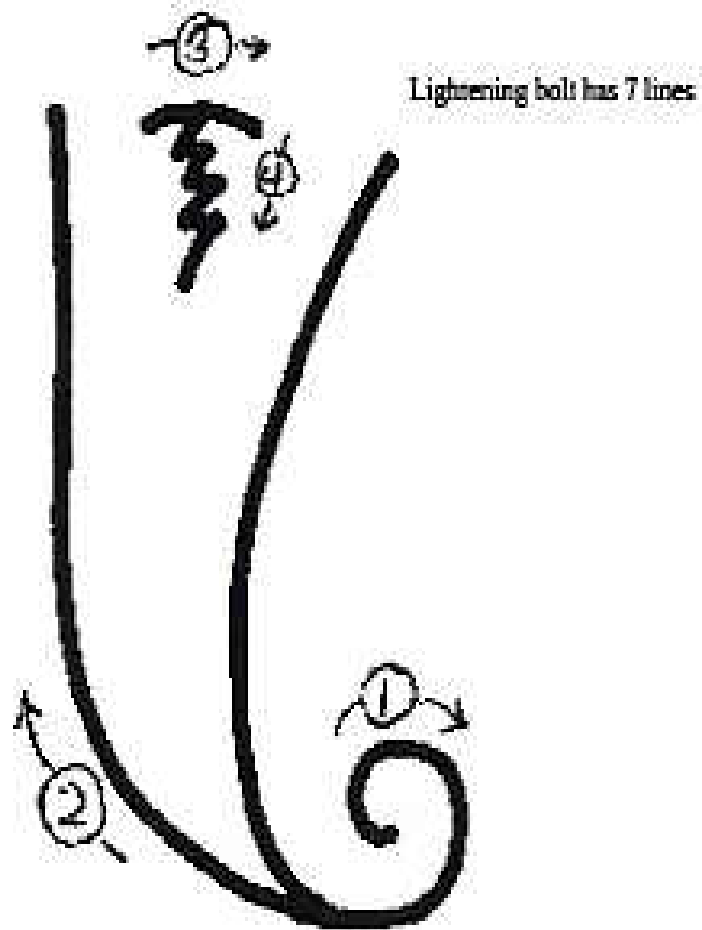
Dai Ko Myo  
Usui Master Symbol



Tibetan Fire Serpent

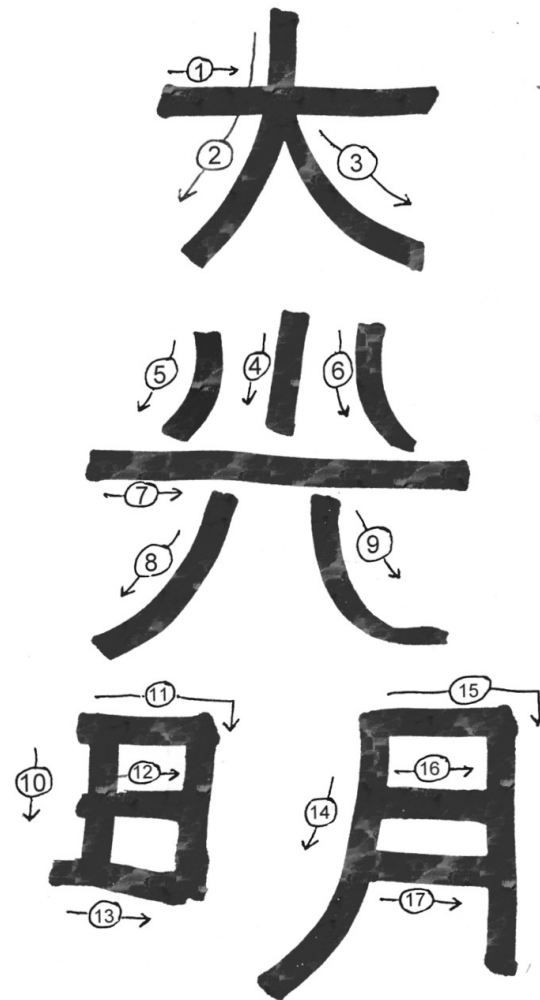


Raku



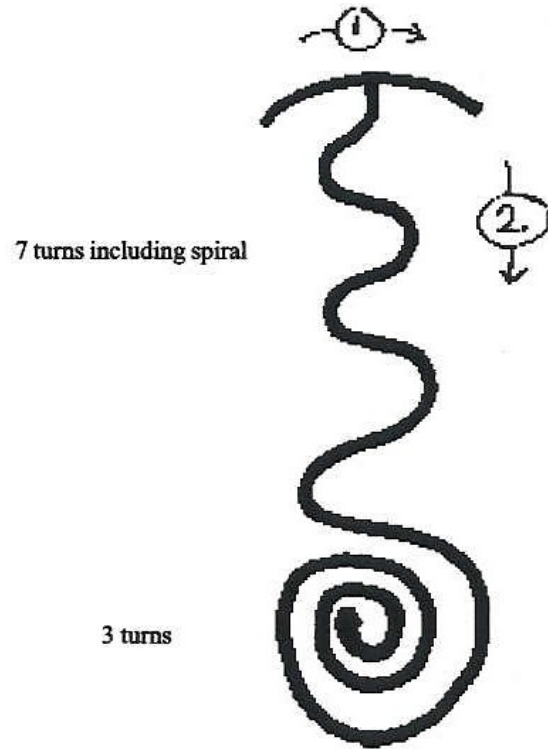
### Dai Ko Mio

Dai Ko Mio, the Tibetan Master Symbol, is sketched in two curved segments and with two strong pressures exerted by the left index finger or with a paintbrush held in the left hand.



### Dai Ko Myo

# Drawing the four symbols for Reiki Level III



Fire Serpent



Raku

## Two symbols are both called, “The Master Symbol.”

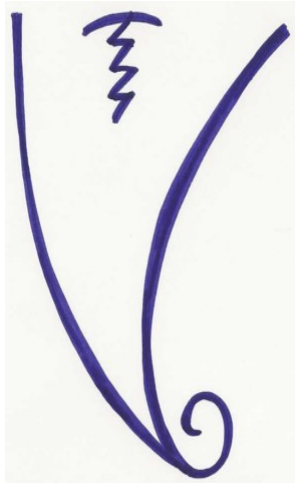
Both are based on these literal definitions: dai = great. ko myo = light of the sun and moon.

Below are the differences:

Tibetan Master Symbol  
**spiritual growth and heals the soul**

Dai Ko Mio

*dye ko ME-oh*



right brain

amped up sei he ki  
goddess, dissipates  
opens breath speech

makes 1-pass attunement possible  
sparkly fairy dust

Usui Master Symbol  
**represents the Buddha consciousness**

Dai Ko Myo

*dye ko MY-oh*



left brain

amped up cho ku rei + hon sha ze sho nen  
purposeful  
emphasis on light  
use with care

The third and fourth Master Level symbols also have some similarities:

Similarities: **represents the “sleeping serpent,” kundalini, the potential energy lying coiled at the base of the spine**

**Differences:**

Tibetan Fire Serpent



balances the charkas and connects us fully with the compassionate energy

Raku



used to seal the energy after attunements

# Tibetan Master Symbol, Dai Ko Mio

Nicknamed Dumo

Usui Symbol #3

- unifies
  - the body and mind
  - links the earth and the spirits of heaven
  - unifies Reiki and the swirling fiery energy of Kundalini
  - balances the lower to the upper chakras
- opens and balances the lower chakras
- purifies, cleanses and clears:
  - rooms of negative energies
  - negative energy from a situation and releases it
  - purifies crystals
- strengthens and reinforces goals and the ability to accomplish them
- grounding and protection, such as
  - the protection and grounding of vehicles
  - against accidents
  - safeguarding property and money in business
- prominent in a Healing Attunement, where it pulls negative energy and disease from the body and mind
- Kundalini rising:
  - the drawn symbol represents the flow of Kundalini
  - igniter of the fire in the base chakra
  - Kundalini awakens as body and mind come together
  - arousing energy into action
  - produces a "heat" and hence the description of the energy as "sacred fire"
- necessary symbol for giving Attunements
- used with the Violet Breath one can actually blow Reiki into another person's body, called Koki-ho
- brings spiritual growth and is thought to heal the soul.
- conveys what yogis and meditators call "bliss" or Samadhi
- opens the astral portals connected with the chakras
- helps with journeying or visualization.



# Usui Master Symbol

## Usui Symbol #4

Japanese Kanji Meaning:

Dai = Magnificent,

Ko = Light expansion at the crown chakra,

Myo = Clairvoyance, healing moving through the earth,

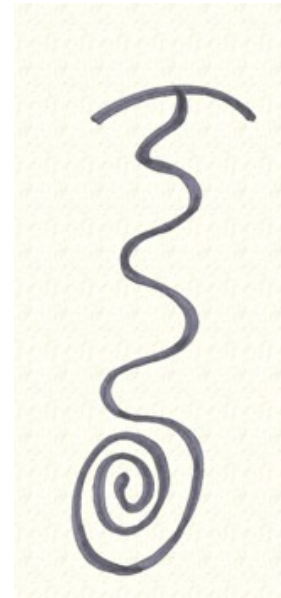
Ko Myo = Great bright light, halo, light emanating from the enlightened one.



- empowers, purifies, and strengthens
- addresses issues of the soul/spiritual body
- the highest level of healing
- alternate meaning of Japanese kanji: "Great Being of the Universe Shine on Me."
- very potent and lasting clearing of room or space, draw the Dai Ko Myo at each corner of the floor and ceiling
- alternate meaning: "great shining light."
- it is the Zen expression for one's own true nature or Buddha-nature, through which one becomes cognizant in the experience of enlightenment or satori
- because the spiritual body is the template from which the physical body emerges, all disease comes from hiding the spiritual body, like clouds or barnacles, attaching or shading the spiritual body. Because the Dai Ko Myo cleanses and heals the spiritual body, this causes healing of the physical body
- symbolic of our connection to God or Source because it vibrates to unconditional compassion

# Tibetan Fire Serpent

- also called “Fire Dragon” or Raku
- connects and opens all chakras,
- spiral corresponding to the spinning of each chakra
- represents the Kundalini energy paths
- opens the “central channel” allowing the flow of “inner heat”
- drawn top down:
  - grounds energy into lower (feet to tailbone) body
  - makes receiving an attunement more gentle.
  - while giving an attunement, the cap is drawn first, to keep the energy from rising too fast and from going above the crown chakra. Then the energy is drawn down to the spiral at the base of the spine, grounding the student during the initiation process.
  - symbol creates a map-like imprint showing a safe return route for the energy, avoiding “kundalini syndrome.”
  - makes possible a single attunement for each reiki level rather than the 4-attunement process sometimes used.
- drawn bottom up:
  - by starting at base of spine, reversing the spiral (counter-clockwise), snaking up spine and ending with horizontal line over the crown; it pushes energy up to four upper chakras. Even when used “bottom up,” provides a safe way for the body to activate kundalini energy without this energy escaping
  - brings energy to the upper four chakras, also known as the spiritual chakras.
  - lifts depression, impotence.
- while you meditate:
  - provides balance and receptivity
  - imagining bottom up provides more awakening
  - imagining top down provides more grounding



# Giving Attunements

You can give attunements as soon as you receive your Level 3 Reiki Master attunement.

There are two attunement types to learn: 1) Healing Attunements to heal any person or intention, 2)Initiation Attunements that make a person a Reiki Level I Practitioner, a Reiki Level II Practitioner, and a Level III Reiki Master.

The steps to giving these attunements are outlined in the pages that follow. The instructions are complex but you can memorize them in a short time. I find an easy way to memorize something is to take out paper, read something, close the book, and then write it in your own words. Until you memorize the symbols and steps, it is acceptable to keep this book open while you do attunements.

You don't need to know this: The Japanese Usui Tradition still practicing today uses a four-attunement process for each Reiki Level. This requires about four hours to complete the attunements. The tradition we have received outside Japan has been modified, though we do not know when or by whom. The *Tibetan* symbols allow the full power of the Usui Reiki symbols to be assimilated quicker. In case you would like to experiment with the Japanese, 4-attunement method, you can buy the Reiki Three manual by William Lee Rand, available at [Reiki.org](http://Reiki.org) or (248) 948-8112, or the Reiki Teacher's Handbook by Teri Barnett, available from [ReikiOne.com](http://ReikiOne.com) . William Lee Rand, Laura Bruno, and others have experimented giving both attunements and feel there is no difference in the outcome. The four-attunement method requires a one hour break between each of four attunements. The one-attunement process (Tibetan Method) takes about ten minutes total, per

person. Laura Bruno prefers a quicker attunement, so that students can feel more dramatically the difference in energy before and after an attunement.

Several Reiki Master/Teachers have said not to worry that you must do each attunement exactly as it is written. The most important quality of an attunement is your intention. At the beginning of an attunement, state what you want—"This is a Level One Reiki Initiation." The recipient also states their intention to receive the attunement. Because of intention, the Reiki itself will make the attunement perfect.

A Healing Attunement does not initiate a person to become a Reiki Practitioner. A Healing Attunement gives no symbols into the person's hands. For any particular issue, a Healing Attunement needs be done only once. Thereafter, Reiki sessions can be done repeatedly on this issue to help the personality to complete its part.

Please do healing attunements on yourself, for anything you want to change. Imagine yourself in the chair, or write your aims and goals on a piece of paper that is placed on the seat, representing your body.

## Preparation for Giving Attunements

Both Healing and Initiating Attunements are done with the person seated in a chair. This allows you to work along the back and front of the person's spine. You may also do attunements on people who are not present, imagining them in the chair.

Don't try to push the symbols into the person, simply present them with your hand and allow the person's intention to pull them in.

## The Violet Breath

Stephen Bruno experimented doing attunements with and without the violet breath, and said he did not notice a difference in the potency of the attunement. Laura Bruno, on the other hand, and other Reiki Masters go to great lengths to perfect this yoga technique.

The Hui Yin point is the perineum, the pubococcygeus muscle between the genitals and anus. Contracting these muscles is sort of like squeezing back when you have to go to the bathroom. "Kegels," are exercises designed to strengthen this area for women after childbirth or for people with a "weak bladder." Just as the cap on the Fire Serpent prevents energy from "leaking" out the top of the body, contracting the hui yin point prevents energy from "leaking" out the bottom.

The Violet Breath is used when you give a Healing Attunement or a Reiki Attunement. Because you are asked to contract the muscle for the duration of an attunement, and often you may give several attunements in a row, a lot is asked of this little muscle that otherwise rests most of the day. So you may want to exercise it ahead of a class where you will be giving

attunements. To exercise, contract the hui yin point twenty times and then hold it as long as you can.

During a Healing Attunement the Violet Breath is used to blow Dai Ko Mio into the heart chakra. On its way, it passes through the crown, third eye, and throat, where the symbol pauses to lodge, so that by the end of the breath Dai Ko Mio has lodged in four chakras. During a Reiki Level Initiation (Initiation and Attunement are the same event), the Violet Breath is used to blow Dai Ko Mio into the base of the skull (which technically is within the range of the throat chakra). On its way, it passes through the crown and third eye, where the symbol pauses to lodge, so that by the finish of the breath, Dai Ko Mio has lodged in three areas.

The blowing should be vigorous. You may want to practice blowing, before you give attunements. Blowing on a fire is a perfect exercise, because you need to blow a narrow stream of air forcefully to a distance. You need to inhale long and fully to the capacity of your lungs. You must narrow your lips to a small hole, like you are whistling. This gives you more blowing time, because it takes a long time for all the breath to escape through this small hole. Blowing hard through a small hole speeds the air. When I was a union laborer, we had a device for blowing. Sure, there were backpack blowers like landscapers used, but we had a secret weapon. We had an air compressor on site for powering chipping guns, rivet busters, and jackhammers. This was a mighty V-8 engine housed on its own trailer, with special heavy hoses that must be safety

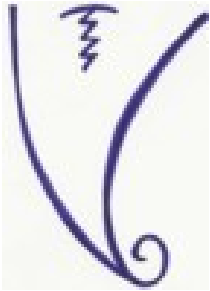
1. Prepare:
  - a. Contract Hui Yin point, touch tongue to roof of mouth
2. While inhaling slowly:
  - a. Imagine white light coming down into your crown
  - b. The light goes down through your tongue, down the front of your spine (the Functional Channel), as more light continues to stream in the crown
  - c. The light meets the contracted hui yin point and curves up through your central channel. Still more light continues to stream in the crown
  - d. The light rises up the center of your spine toward your brain, as more light continues to enter you through the crown
3. Swallow a bit of spit, hold your breath, and while holding the breath:
  - a. The remaining white light finishes its path down and up and is now all in the brain

wired together, lest the hoses burst apart, flailing and injuring people. The plumbers would make us a long metal tube with a half-close valve at one end that could be attached to the air compressor hose. With this blow pipe, a laborer could clean up an area in a jiffy. With all safety wires in place, the valve would be cracked open... immediate power pushes the operator back like a fire hose. In the distance you could hear the V-8 responding by revving to top speed, blowing an intense blast. Of course, everyone had to move out of the way of flying debris and dust, so the rest of the tradesmen hated laborers with blow hoses. Only the favored laborer was allowed to use the blow hose, as this was the tool of power. When you are blowing, you are powerful and directed, like the blow pipe.

- b. The light becomes a white mist swirling in your brain
  - c. The light begins changing to Indigo color (deep blue) and rotating clockwise**
  - d. The indigo light-mist changes to violet and within the mist, a violet Dai Ko Mio emerges**
4. While blowing:
  - a. Imagine the violet Dai Ko Mio and violet mist blowing from your brain, to and through the person's crown chakra to its destination
  - b. Along its path, aloud or silently Dai Ko Mio three times
  - c. Along the way, guide the symbol with your right hand, pausing behind each chakra and pulsing your hand as the symbol lodges there before it moves on. Your hand will be a few inches behind the person's head and spine.
5. return to breathing normally, but continue holding a mild contraction at your hui yin point and keeping tongue to roof of mouth until the last step of the attunement, when you release a breath upon the person as a general blessing.

# Healing Attunement

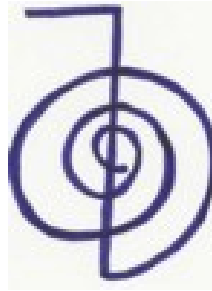
The five players, in order of appearance:



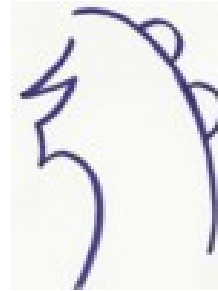
Dai Ko Mio  
Appears twice



Dai Ko Myo  
Appears twice



Cho Ku Rei  
Appears twice



Sei He Ki  
Appears twice



Hon Sha Ze Sho Nen  
Appears twice

## A. Preparation:

1. ask the person either to tell you, or to hold in mind, the block, illness, or issue that they would like to change. If it is a goal, ask them to state the goal very clearly
2. ask, “if you have blocks to this goal, please describe these very dramatically.”
3. ask, “where in your body is the block located?”
4. ask, “what shape is the block?”
5. ask, “if this block had a color, what color would it be?”
6. ask, “texture or temperature...?”
7. the more specifically the person describes the block, the more they detach from it
8. If you cannot ask the person these questions, ask them silently or intend them.
9. have the person sit in a chair or imagine a person sitting in a chair. If imagining, use a real chair and you really use your hands and breath on the imagined person in the real chair. If doing a healing attunement on yourself, imagine yourself in the real chair. You can write goals

on a paper and put this on a chair, then imagine these are a person that you attune.

10. center yourself or meditate a moment before beginning
11. ask for assistance from Reiki Guides, Angels, or the Universe. Silently state, “This is a Reiki Healing Attunement”

## B. Standing behind the person:

1. place your hands on the person’s shoulders to connect energetically with the person.
2. contract your hui yin point, tongue to roof of mouth, holding these two actions throughout the attunement
3. invite into your crown, and then blow the Violet Breath (detailed above), sending **Dai Ko Mio** into their heart. Guide the symbol down, pulsing it at the crown, third eye, throat, and heart. Silently say **Dai Ko Mio** three times. The symbol lodges in these four chakras.
4. with each of the four remaining symbols (**Dai Ko Myo**, **Cho Ku Rei**, **Sei He Ki**, and **Hon Sha Ze Sho Nen**), draw the symbol in the air above

the head and guide it down, repeating silently the names three times, pulsing your hand at each of four chakras, finishing at the heart. Now five symbols are present in each of the upper four chakras.

C. Move to the front of the person:

5. draw **Dai Ko Mio** in front of the person's forehead. Repeat **Dai Ko Mio** three times silently as you guide the symbol into the person's third eye, pausing/pulsing there, the throat, heart, and its final destination, the solar plexus. Then tap the top of the head three times makes five chakras where this symbol has lodged.
6. repeat this step with **Dai Ko Myo, Cho Ku Rei, Sei He Ki**, and **Hon Sha Ze Sho Nen**, remembering to tap the head three times after each symbol. Now five symbols are present in each of the upper five chakras.
7. Blowing and Sweeping. Take in as much air as your lungs can hold, make a tiny hole of your lips, and blow. Begin blowing at the solar plexus, up to the heart, third eye, crown, down to solar plexus, and a vigorous upward finish. The up/down/up should be one smooth breath, gradually increasing intensity toward the finale. While blowing, sweep the energy field with your hands, raking all blocks and energy of resistance from the person. On the last up stroke, sweep and blow all the blocks up and away from the person, up into the Universe to be recycled. If the person described a shape, see that shape leaving through the crown chakra, evaporating into white light.

D. Move behind the person:

8. place your hands on the person's shoulders and look down through the crown to see the heart. There you see a pink, white, lavender, or green glow.
9. Place a positive affirmation in the heart and repeat it three times. For example, "you are completely healed now," or, "divine love and wisdom guides and empowers your healing to achieve your highest spiritual purpose."
10. place your dominant hand on the person's back, the back of their heart chakra, and your other hand on their shoulder. Imagine a large door marked with Cho Ku Rei, closing over the person's heart to seal in the healing. As the door closes, silently say "I now perfectly seal this process with Divine Love and wisdom." Intend that the healing is complete.
11. place both hands on the person's shoulders to acknowledge that you both are blessed by this process.

E. Move to the front of the person:

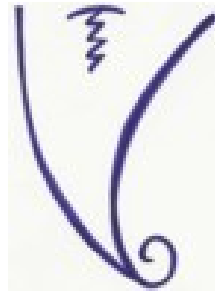
12. Hold your hands at waist level, palms facing person.
13. Inhale and hold breath, swallowing a dab of spit, then exhale onto the person, finally releasing your tongue and hui yin point. This release acts as an extra blessing for the person.
14. let the person know the healing attunement is finished and to take her time opening her eyes. Use your intuition to decide if you'll offer a hug, warm smile, to decide when to ask her if she feels different, if the shape has changed.

# Initiation Attunement into a Reiki Level, Tibetan Method

Tibetan Fire Serpent Dai Ko Mio

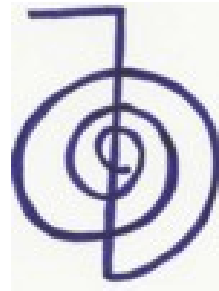


Appears once.  
Drawn top down  
from head down  
spine.



Appears once.  
Blown in crown,  
never drawn into  
hands.

Cho Ku Rei  
#1



Appears twice.  
Drawn into  
hands for all 3  
levels.

Sei He Ki  
#2



Appears twice.  
Drawn into  
hands for level  
II, III.

Hon Sha Ze Sho Nen Dai Ko Myo  
#3



Appears twice.  
Drawn into hands  
for level II, III.



Appears twice.  
Drawn into  
hands only for  
level III.

1. Explain to students to keep eyes closed, hands together at heart. Explain you will be directing them to move their hands to their head, back to the heart, opening the palms and slapping them. If you are doing a group, you may seat them all in a row, do one step to each person before moving on to the next step. Alternately, you can take people one at a time to do privately while the others practice on each other.
2. Center yourself. Call on Reiki guides or bless the room. Silently state your intention, *this is a Reiki Level (say#) Initiation Attunement*. This is the most important step!
3. Stand behind the student. Place your hands on the student's shoulders to gain energetic rapport. Contract your Hui Yin point, put tongue to roof of mouth, and continue these two actions for remainder of attunement. Draw Tibetan Fire Serpent top down. Follow instructions for Violet Breath, blowing Dai Ko Mio through crown. With your hand, Guide the symbol through crown, third eye, to the bottom of the skull. Repeat silently *Dai Ko Mio* three times.
4. Gesture the student to lift their hands to place over their crown, palm down, one hand over the other. You will now draw the some or all of the Usui symbols (depending on level, as explained above), in order, over their hands, through crown and into the skull, return hands to their heart, and draw remaining Usui symbols over crown only. Guide each Usui symbol down with your hand, pausing/pulsing at the crown and third eye, until

it lodges at the base of the skull, silently saying the symbol name (mantra) three times.

5. Move to front of student. Their hands are together at their heart. With your dominant hand, open the student's hands flat with their palms up, resting them on your other hand, resting on their lap. Their fingertips may overlap but you want access to both palms. Draw only the appropriate symbols for this level once, large enough to span both palms, silently saying the name (mantra) of each symbol three times. After all the appropriate symbols for this level have been drawn and silently spoken, tap or slap each palm three times.
  - a. For Level One, draw and silently say Cho Ku Rei only
  - b. For Level Two, draw and silently say Cho Ku Rei, Sei He Ki, and Hon Sha Ze Sho Nen
  - c. For Level Three, draw and silently say the above three and Dai Ko Myo for four total.
  - d. (optional. If you want to add a healing attunement, now is the time, sending five symbols into the third eye.)
  - e. Bring student's hands together in front of their heart, your flat hands over theirs. Blow over their hands, down to solar plexus, up to third eye and crown, down back over hands to solar plexus, back up to hands. (If you are adding a healing attunement, intend that the blowing action is also removing blocks and baggage the student feels ready to release)
6. Move behind student. Place your hands on the student's shoulders and look down through the crown chakra. Imagine you see a red glow all the way down at the base of the spine. Place a positive affirmation there, choosing the words by intuition, repeating three times. For example, "Divine Love and wisdom guides and empowers your use of Reiki," or "You are a natural healer." Intend that your affirmation is accepted.
7. Bring your hands together with your thumbs touching at the base of their skull. Silently say three times, "I now seal this process with Divine Love and wisdom." Imagine a cho ku rei symbol on a door, which shuts and locks at the base of the skull, sealing in the Reiki energy and disconnecting you from the student. Return your hands to the student's shoulders and acknowledge that you have both been blessed by this process.
8. Move to front of person. Hold your hands at waist level, palms facing the student (if doing a group attunement, slowly rotate, facing each of them).
9. Inhale, swallow, and hold your breath a moment, then exhale as you finally release your tongue and hui yin point, intending the releasing energy is an extra gift blessing for each student.
10. Gently let students know they may take their time and open their eyes whenever they feel ready. Give them some time to make eye contact with you, to prolong the sweetness of their experience as they come out of the attunement. Use your intuition to decide whether to offer a hug, a warm smile, or other. Do not be surprised if the student has tears.

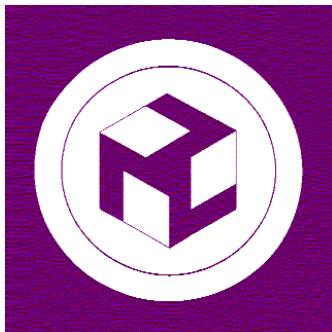
# Auxiliary Symbols

These two symbols are not used in Reiki attunements. They are presented here for your information because many other Reiki Practitioners are using them. Please feel free to experiment.

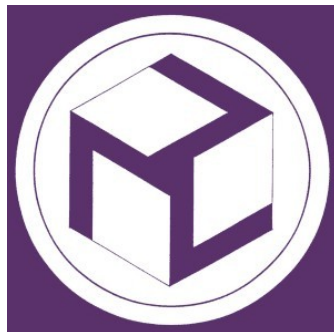
## Raku



- There is some debate whether or not Raku comes from the original Usui Reiki tradition
- Meanings:
  - “banking the fire,”
  - the lightning bolt
  - the “electricity of enlightenment”
- completion, freedom, peace
- can be drawn after an attunement, to seal the aura
- provides grounding
- activates the energy (hara) lines along the body so Reiki energy may flow
- draws on the energy of the Universe



male antahkarana



female antahkarana

## Antahkarana

provides focus  
centered in the higher power  
male for more assertive energy  
female for more compassionate energy  
place crystals at six corners of the hexagon for a powerful healing field

Usui Shiki Ryoho Reiki Level III Symbol Test

Teachers' Name:

Class Date:

Class Location:

Student's Name: (please print)

What is the name of the Usui Master Symbol?

What is the name of the Tibetan Master Symbol?

Which symbol prevents energy from escaping out of crown chakra?

Which symbol allows energy to be blown into a person?

Which symbol represents the Buddha consciousness?

Which symbol connects and opens all chakras?

What symbol is thought to unify the body and mind?

What symbols are necessary to give a Healing Attunement?

What symbols are placed in the hands in a Reiki Level II Attunement?

(extra credit) Which symbols are used in Japan to give a 4-attunement, traditional Usui attunement?

## Don't Know Much Physiology...

You don't need to know anything about Anatomy nor Physiology to be a great Reiki Master/Teacher. The following sections are only provided for the curious. In fact, knowing too much about physiology might tempt you to diagnose or prognose. It is not within the scope of Reiki to tell people what they have, or when they will be cured. Furthermore, too much medical knowledge might draw your attention away from intuitive information, as you would tend to rely on what you already know rather than being open to new information and perspectives.

You may trust that Reiki goes where it is needed. You do not need to guide it, though you may. When you do guide the Reiki, you may send it where you feel it is needed. You never need to know the names or functions of the regions you are sending to.

## The Endocrine System

Glands produce hormones. Hormones influence the body through chemical messengers that travel through the blood.

### Two Glands Within the Brain

The pituitary gland controls adrenaline secreted into the bloodstream, for the “fight or flight” effect

The pineal gland regulates the body's times for rest and activity.

Both glands are very close to the center of the brain, with the pituitary in front, the pineal behind. You could send Reiki to these central tissues from the front of the head between the eyes, from the sides of the head just in front of, and behind the tips of the ears, or from the rear of the head. Mikao Usui is said to have spent much of the time just working with the head during his Reiki treatments.

### Two Glands in the Throat

The thymus controls the production of infection fighting white blood cells(throat), a key organ in the immune system.

The thyroid controls overall energy level, for excitability and physical activity, growth, and metabolism

### Glands in the Abdomen

The pancreas (on the person's left) controls the level of sugar in the blood. With the sudden lowering of cost of fats and sugars in our culture during the last fifty years, diabetes and hypoglycemia are quickly becoming factors in almost all people's health.

The liver (on the person's right) produces many chemicals necessary for life—much of the liver's function is not yet understood.

The adrenal glands (riding atop each kidney, protected by the lowest ribs on the back) control muscular strength and endurance.

The ovaries and testes regulate instinctual behaviors like mating, attraction and repulsion through subliminal scent, parenting, competition, creating a sense of home, security and defenses, travel and exploration, pleasure and excitement, the creative urge for influencing the future, and being remembered.

# Chakras

#	Location	Bones	Name	Meaning	Element	Color	Mantra	Yantra	Body	Issues
7	crown of head and up	"soft spot" on top of head	Sahasrara	"thousand petal lotus"	none	Violet	"Om"	thousand petal lotus, with a thousand lines of force like a magnet, curving down to connect with the thousand chakras within the body.	Hypothalamus, pineal gland, cerebral cortex	boundlessness, grief, acknowledging our being made of light, being oneness, bliss
6	between eyebrows	frontal	Ajana	command, perception, knowledge, authority	none	Indigo	"Ka" or "Kashum"	five shafts of light	Left and Right brain, eyes and visual cortex, pituitary gland	Intuition, insight/confusion, depression, neutral clarity, mind focus, presence, peace, command center for the body, peace between inner and cosmic knowledge, invention, innovation
5	throat	collarbones, cervical, jaw, temporal, atlas/axis	Visudda	"pure"	Space or Ether	light blue	"Ha" or "Hum"	white circle around a beige or gray egg-shaped oval	throat, neck, hindbrain, mouth, ears, thyroid, parathyroid	Speaking Up, honesty, sharing creativity, written word, hearing others equally with being heard
4	center of chest, heart	sternum, ribs 3-6, Thoracic T3-T6, shoulder blades	Anahatha	"unstuck, fresh, clean unhurt"	air	green	"Ya" or "Yum"	sky blue six pointed star	heart, arms, hands, thymus gland, lungs	compassion, processing attachments by first acknowledging, embracing them, then letting go up to space; fear of embracing; devotion; unity; reverence for life; being nonjudgmental; reflecting Universal Love; Heart Intuition
3 +	diaphragm	Vertebrae: T7 through T12, L 1 through L3, xiphoid process, lower 6 ribs	solar plexus	"seat of the soul," or solar network	wood, earth hills	deep gold	"Ra" or "Rum" (roll tongue as in Spanish)	red triangle, pointing down	diaphragmatic (belly) breathing, spleen, pancreas, stomach, and liver	activate the soul, transmute emotions into soulful passion for life, surrender, and bliss. functioning of the aura or psychic energy field, and with Etheric and Astral plane sensitivity. a vague sense of size, shape, and intent of being
3	behind navel	Lumbers L4, L5	Manipura	"jewel of the lotus," or "lustrous gem"	fire	yellow	"Ra" or "Rum" (roll tongue as in Spanish)	red triangle, pointing down	small intestine, kidneys, adrenal glands, pancreas, gall bladder, liver, low back	Anger, greed, ego in balance, main storage battery for ch'i-energy
2	pelvic bowl	pubic bone, ileum, and sacrum	Swadisthana	"Abode of the vital force," "dwelling place of the self"	water	orange	"Va" or "Vum"	silver crescent moon, tips curved up like a smile	bladder, genitals, reproductive organs, sacro-iliac joints. Muscles: Psoas, Glutes TFL	desires and preferences, balanced connections with others, creativity, shame
1	perineum and below, knees, feet	coxyx, "sits" bones	Muladhara	"support," or "foundation"	earth	red and maroon	"La" or "Lum"	golden square	large intestine, feet and legs	Security, Survival, sense of basic needs met, feel nurtured and nourished, belonging to the whole.

The Aura surrounds the body, its nearest layers within an inch, and outermost layers out to several feet away. Layers of aura correspond to chakras and other processes, with various color/textures, thicknesses, and properties. Illness appears in the auras long before appearing in the physical body.

## Healing Past Life Traumas?

Many who are drawn to Reiki are also believers in past lives. Many who believe in rebirth also believe that past lives are a source of trauma and imbalance. Many healers specialize in healing past lives and resolving past-life imbalances.

The idea of past lives reaches us from two distinct sources. Well-known are the Ancient religions of India. Members of the Jain religion are so keen on past lives that they walk with a broom in hand to sweep away insects in their paths, so they will not accidentally kill those who may have been brothers and sisters, mothers and fathers.

The second source for beliefs in rebirth is the philosophy of ancient Greece, including Pythagoras and Plato. Philosophers as late as Baruch (Benedict) Spinoza (1632-1677) and Benjamin Franklin (1706-1790) wrote about the process of successive lives.

Spinoza was clear in his writings<sup>1</sup>, that none of the imbalances nor traumas of the current life move into the next life. Since these things are

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<sup>1</sup> Spinoza's *Ethics*. This book is likely at your library or it can be found at [gutenberg.org](http://gutenberg.org) Highly recommended for Reiki Master/Teachers, this book outlines how emotions that disturb people mind and bodily are originally created, and how they develop. He outlines the cognitive cure: seeing things from a different perspective. Another element for healers in *the Ethics* is his praise for *seeing essences directly*. Reiki can assist this developing sense, and this sense would certainly enhance Reiki effectiveness. More on the role of essence in Reiki later in this manual.

conditional, and all the physical and physiological parts of the person pass away, there is nothing for traumas to cling to. However, some qualities do transfer—the unconditional qualities, such as unconditional compassion, and presence. These qualities awaken in the essence of the person and will then be available in all future lives, evermore. If Spinoza is correct, then past-life healing is pointless.

Still, many people believe their current issues are caused by things that happened before this life. If Spinoza is correct, their issues are all caused within this lifespan. In fact, Spinoza outlines the mental/emotional causes of disease in his *Ethics*.

But we can't tell people their beliefs are wrong. It is not within the scope of Reiki for us to try to convince people to believe other than how they do. Reiki is not a form of cognitive therapy. Reiki is not talk therapy nor coaching. If you are curious about these modalities, you may seek training in these areas, and I would recommend Stephen Bruno as your first choice for training ([link below](#))

Instead of dialoguing with people about their beliefs, simply (silently) let the Reiki energy be drawn into the person's body, brain, mind, and beliefs. The Reiki knows where to go, and how to assist the person to come to different perspectives that are of greater balance.

## The five reiki precepts, literal translation:

*Inviting blessings of the secret method,  
Many illnesses of the spiritual (heavenly) medicine  
Today only, anger not,  
Worry not. With appreciation  
Do work. To people be kind*

*In morning at night hands held in prayer think in your mind  
Chant with mouth.*

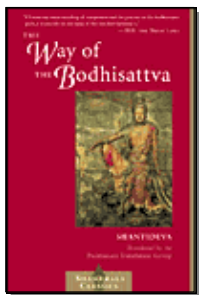
*Mind body change it for better Usui Reiki method.*

*Founder  
Usui Mikao*

Copied with permission from Reiki Master/Teacher Rick Rivard at [www.threshold.ca/reiki/Usui-Gainen.html](http://www.threshold.ca/reiki/Usui-Gainen.html)

# Buddhism and Reiki Supplement

Much has been made of the belief that Mikao Usui was a practicing Buddhist. Some have claimed that Reiki is a Buddhist practice that should be limited to those who have taken refuge as Buddhists (like baptism). In particular, many link Reiki with the Buddhist initiation called Blue Medicine Buddha. I asked Jigdal Dagchen Sakya, the Tibetan gury of the Sakya Monastery of Buddhism in Seattle, WA some questions about the Blue Medicine Buddha attunement before I received it from him. He said that the medicine Buddha attunement is only for healing oneself. As far as he knew, there was no Buddhist attunement available to enable one to heal others. I then asked him about Tong Len, and he replied, "That is very advanced." My conclusion from these conversations is that Reiki stands alone, different from Buddhism. And if you want to embrace the healing power within Buddhism, it is not through a ritual but occurs through the practices that develop your compassion. For those who are drawn to Buddhism, I include here the crucial texts for Tong Len and Equalizing Self and Other.



## 1. Equalizing Self and Other

From *The Way of the Bodhisattva* also called *Bodhicharyavatara* by Shantideva (also spelled Santideva)

This book is sometimes referred to as the Dalai Lama's Bible.

Equalizing Self and Other comes from the 8th chapter, verse numbers are listed. This mental exercise is intended to explore different perspectives until you are convinced there is nothing different about me that makes me more important than any other person. This is challenging stuff! Remember, this is optional.

90. One should first earnestly meditate on the equality of oneself and others in this way: "All equally experience suffering and happiness, and I must protect them as I do myself."

91. Although it has many divisions, such as arms and so on, the body is protected as a whole. Likewise, different beings, with their joys and sorrows, are all equal, like my self, in their yearning for happiness.

92. Even though my agony does not hurt anyone else's body, that suffering of mine is unbearable because I cling to it as mine.

93. Likewise, although others' suffering does not descend upon me, that suffering of theirs is difficult to bear because they cling to it as 'theirs.'

94. I should eliminate the suffering of others because it is suffering, just like my own suffering. I should take care of others, just as I am a sentient being.

95. When happiness is equally dear to others and myself, then what is so special about me that I strive after happiness for myself alone?

96. When fear and suffering are equally abhorrent to others and myself, then what is so special about me that I protect myself but not others?

97. If I do not protect them because I am not afflicted by their suffering, why do I protect my body from the suffering of a future body, which is not my pain?

98. The notion that I will experience that is mistaken, for the one who has died is born elsewhere and is someone else.

## 2. Exchanging Self and Other

This practice is to mentally trade places with others. It is divided into three parts, for three categories of the way you might view people, and how they would view you. For example, whoever you view as poor, will view you as rich. If you do not normally judge people this way, but have a different system of categories, you could modify the exercise.

(from the point of view of your inferior)  
141. He<sup>2</sup> is respected, not I. I am not wealthy, as he is. He is praised, while I am despised. I am unhappy, while he is happy.

142. I do chores while he lives at ease. It seems he is great in the world, while I am debased, lacking in good qualities.

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<sup>2</sup> The “he” referred to here, is you, seen from the perspective of the other person, who is now “I.”

143. What can one do without good qualities? Every person is endowed with good qualities. There are those with regard to whom I am inferior, and there are those with regard to whom I am superior.

144. The degeneration of my ethical discipline, views, and so on is due to the power of mental afflictions and not my own free will. You must heal me as well as you can, and I shall accept the pain.

145. If he cannot cure me, why does he disdain me? What use are his good qualities to me when he is the one who has good qualities?

146. He has no compassion for beings who dwell in the jaws of the beast of prey of miserable states of existence. Moreover, out of pride in his qualities, he desires to surpass the wise.

(from the point of view of your equal (rival))

147. Seeing himself as being equal to others in order to enhance his own superiority, he will obtain wealth and respect for himself even by means of discord.

148. Were my good qualities to become apparent to everyone in the world, then no one would ever even hear of his good qualities.

149. Were not my faults to be concealed, there would be honor for me and not for him. Today, I have easily

acquired possessions. I am honored while he is not.

150. Delighted, we shall watch him, as he is finally being ill treated, ridiculed and reviled from all sides.

(from the point of view of your superior)  
151. Also, it seems this wretched one is competing with me does he have this much learning, wisdom, beauty, noble ancestry, and wealth?

152. Hearing my own good qualities being praised everywhere in this way, thrilled, with my hair standing on end, I shall enjoy the delight of happiness.

153. Even though this one has possessions, they are to be taken over with my strength; and if he works for me, I will give him just enough to survive.

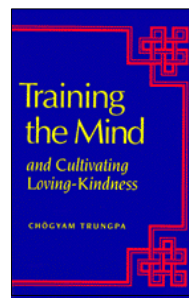
154. We should deprive him of happiness and always yoke him to our anguish. We all have been afflicted in the cycle of existence hundreds of times by him.

### 3. Tong Len—Unconditional Giving And Taking

“Sending and taking should be practiced alternately. These two should ride the breath.”

To practice, every time you exhale, give away everything you hold dear--happiness, good luck, good energy, money, security, health, and so forth. Every time you inhale, take from others everything they would like to discard, including suffering, sadness, anger, disease, poverty, bad luck, and bad energy. Tong Len is usually done while sitting alone, not as a way to heal or serve others, but as a way to change one's own attitude. Normally we constantly strive to gather and hold on to the things we want, and defend ourselves against the things we don't want. There is normally not one moment of the day that we are not doing this in one form or another, including the way we breathe. Tong Len cures self-importance.

There are many source texts for learning tonglen. You can simply google it or look it up on Wikipedia nowadays. You can learn Tong Len from six different respected authors' points of view at [lojongmindtraining.com](http://lojongmindtraining.com), including selections from Chogyam Trungpa's book.



In Chogyam Trungpa's book, *Training the Mind and Cultivating Loving-Kindness* Trungpa gives his take on what it means to be *unconditional* by including two examples—a man taking the bruises of a beaten dog, and a person breathing in the air pollution to remove it from the air.

# Stephen Bruno Supplements

Stephen was my Reiki teacher in 2000. After two tours of duty in Vietnam, where he learned a form of energy healing from a now-extinct sect of Buddhist monks, Stephen began his career as a counselor in 1969. He pioneered the fields of Suicidology in the 1970s and Lifecoaching in the 1980s. He has been director of mental health at several facilities. Stephen continues to practice distance healing, shamanic healing, and lifecoaching. His current website is [moon-rock.com](http://moon-rock.com). He chose this name for the moon rock that was given to him by one of his clients as payment for counseling. Stephen sometimes passes this rock around at his workshops. I met Stephen in 1996 and have collected many documents that Stephen has shared over the years. Here are a few.

## Thoughts and Reflections About Reiki

by Stephen Bruno, C.Ht., Reiki Master/Teacher  
*reprinted with permission*

Reiki--What is it?

Reiki is referred to in the 2,500-year-old writings in Sanskrit teachings of The Vedas. The word "veda" from Sanskrit translates as sat, unending, cit, full of knowledge and ananda.

Mikao Usui rediscovered Reiki and in 1922. He founded Usui Reiki Ryoho Gakkai (Usui Reiki Healing Method Learning Society) and opened his first clinic in Tokyo.

It is my belief that Reiki is a Gestalt, basically a pattern of elements so unified as a whole that it cannot be described merely as a sum of its parts.

There have been many descriptions about the origins of Reiki and who Usui was. I believe that the natural

healing energy he called Reiki existed long before he rediscovered it.

The Japanese symbol "rei" represents the universal process of energy and "ki" is the fundamental life force flowing and pulsating in all living things. The Chinese know "ki" as "chi", Hindus say "prana", it's Orgone Energy to Wilhelm Reich, the Russians call it bioplasma, to the Hawaiian Kahunas it's Mana, it's Orgone Energy to Wilhelm Reich, and Christians call it "light".

## Reiki Treatment--The Benefits

A Reiki treatment is a process used when a Certified Reiki Practitioner transfers universal life force energy to the individual by lightly resting the hands on specific energy receptive areas of the body (or a few inches above the body) that correspond with body organs, glands, and systems. The treatment is safe and non-intrusive and the recipient remains fully clothed. Full and partial treatments are equally effective.

## Reiki --What It Does

I believe that Reiki encourages healing on all levels: physical, emotional, and spiritual. Our sources of physical dis-ease can be found at all levels. Reiki does the following:

- Supports the body's natural ability to heal itself
- Vitalizes both body, soul, and spirit
- Establishes spiritual equilibrium and mental well being
- Loosens up blocked energy and promotes a state of relaxation
- Balances the body's energy system
- Cleanses the body of toxicity

- Helps to regenerate organs and rebuild tissue and bones
- Works with animals and plants
- Reduces stress
- Promotes relaxation
- Revitalizes the immune system
- Increases awareness
- Supports the body's natural healing system
- Encourages stable emotional patterns
- Balances and harmonizes the mental, physical, and emotional bodies
- Promotes a total sense of well being
- Has no side effects and is effective for all ages
- For personal growth, healing deep-seated personal issues and developing compassion, empathy, wisdom, patience and other good qualities
- To heal relationship problems at work or home
- To complement and strengthen other therapies such as aromatherapy, reflexology, therapy, etc.
- To have a safe and swift journey while traveling
- To find a solution to a specific problem
- To calm yourself before going into stressful situations such as exams, interviews or public speaking
- Accelerates wound healing and relieves pain and emotional distress
- Produces a feeling of mental clarity, calmness, well-being, and spiritual connection
- Reiki does not replace traditional medical treatment and therapies but rather complements the healing process.
- It is also used to promote comfort in dying.
- The individual experiences a sensation of warmth, deep relaxation and comfort.
- Brings balance and healing to the body, mind, and spirit.

## The Process Of Reiki. Easy To Learn?

I believe that the greater your commitment is to the intensive and thorough study of any subject, the greater will be your knowledge, skills, and enlightenment. To become an effective healer with serendipity requires the thorough study of many disciplines. This has proven accurate with my study and practice of Reiki and other healing energy.

Reiki is easy to learn and practice. To be an effective healer with the natural Reiki energy you need only receive the attunements, have the compassionate healing intention, presence, understand the hand positions, and the Reiki symbols for Second Degree/Level II and higher practitioners. To become an exceptional Reiki Practitioner, I believe it requires the attunements, unconditional compassion, presence, patience, nonself-importance, nonjudgment, vulnerability, curiosity, and understanding the hand positions, and the Reiki symbols for Second Degree/Level II and higher practitioners.

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# Inhibiting Awareness of Essence

## Elements of the Reiki Practice and Lifestyle

- Having a defensive separateness between self and others.
- Giving priority to the maintenance of a socially acceptable self-image.
- Adapting unconditionally to the prevailing cultural patterns of society.
- Becoming a product of child rearing, training and education.
- Allowing contentment with spiritual visions.
- Encouraging self-importance.
- Living a lifestyle that is lacking in unconditional compassion.
- Having little consciousness of a reverence for life.
- Developing fearful responses to internal and external change
- Encouraging distractions and interference such as illness, and stress
- Inhibiting insight and intuition.
- Living in the past and future.
- Accepting a controlling attitude with self, others and the environment.
- Having unhealthy judgments
- Establishing and maintaining unhealthy relationships
- Developing a predominantly materialistic approach to life.
- Holding others and events responsible for conditions of life.
- Not allowing genuine forgiveness of self or others.
- Fear of ego death-a continual experience
- Promoting an unhealthy body.
- Identifying with personality

- Becoming the emotions that we experience through identification.
- Avoiding the awareness of the self-presence.
- Restricting stimuli such as reading, movies, dance, art and play.
- Avoiding intimacy, authenticity and vulnerability.
- Personality and ego identity fill the void from the "loss' of essence.
- Denying discipline-a basic ingredient of inner development.
- Personality is attempting to take the place of essence.
- Identification with the contents of mind, heart and body.
- Personality using its limitless intelligence to preserve its identity
- Remaining with the familiar fields of experience
- Creating pervasive subtle anxieties and fears
- When self-image is dissolved-a loss of physical and mental boundaries.
- Rescuing others who are protecting their own personality
- Becoming less desirable to self and others.
- Justifying the reasons not to be compassionate.
- Allowing everyday problems and crises to block essence.

© 1996 by Stephen Bruno [www.moon-rock.com](http://www.moon-rock.com)

This and the following page are not necessarily about Reiki but about *Awareness of Essence*. I include these two handouts from Stephen's essence workshops as supplements to Reiki, because awareness of essence dramatically enhances Reiki treatment.

## The Nature of Essence

- We are created in essence and are not a product of our "enculturation."
- Aware of its own existence without interference
- Often experienced as love, truth, energy, compassion and peace.
- No intermediate substance necessary for the awareness of essence.
- It is not what exists. It is the existence itself
- The organ of perception and experience. Transcends the human senses.
- Essence is when what perceives and what is perceived is the same object.
- The essence is aware of its own existence directly, intimately and with certainty.
- A different quality of experiencing life
- Essence is without judgment, self-importance or conditioning.
- Independent of the nervous system and transcends physiological process.
- Can exist without the physical or human host organism.
- It exists whether there is action or not.
- Embracing essence creates wisdom, compassion and healing.
- Essence is a subtle but exquisite sense of compassion for all life.
- A pleasurable quality with an unlimited source of energy
- No identification with previous conscious experience.
- Personality is best changed in cooperation with embracing essence.
- There is no end to the development and unfolding of essence.
- Will completely quench the heart, soul and offer peace of mind.
- Essence has no cultural or gender bias
- Hidden within, yet it is not part of its nature to be concealed or secret.
- Essence embraces individual and universal preservation the equally.
- All living things have an essence that is different
- Within, just as space is within us. A different structure of existence from the body.
- Ultimate reality that empowers all outward manifestations and change.
- When in touch with essence we have substance
- Essence is best known by remembering it.
- Essence is not often recognized even when it is present.
- When essence is recognized it starts to move to a deeper sphere.
- To be a genuine human being, a complete human being, is to be essence.
- Essence is covered up as personality develops.
- The power, resilience and strength of essence is unlimited.
- Exposes personality emptiness, bares its hurts and makes transparent its falsehood.
- Self-esteem, when it is authentic, is the value of essence.
- The rediscovery of essence is the beginning of the true nature of life.
- It is endless in its aspects, qualities, dimensions, capacities and possibilities.
- Life becomes a process of creative discovery when essence is experienced as the true being



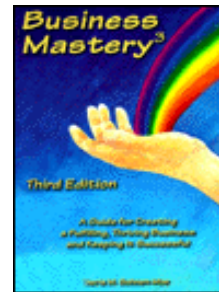
## Joining organizations

International Association of Reiki Professionals  
PO Box 104, Harrisville, NH, 03450 603-881-8838  
<http://www.iarp.org>  
Reiki Council 420 Stone Road, Suite A1, Villa Park,  
IL 60181 <http://www.Reikicouncil.com>

## A Business Plan

There are many elements to a successful business which are simple to overlook. Therefore, we rely on experts to guide us in the realms where we have less experience. For creating a business plan, a self-questionnaire to help you discover your aims and therapeutic approach, the ethics of touch, the spirituality of business, and much more, turn to Cherie Sohlen-Moe and her wonderful books and website. The

website provides months worth of interactive free documents to help you discover your business, at [www.sohlen-moe.com](http://www.sohlen-moe.com) .



Business Mastery:  
A Guide for Creating a Fulfilling,  
Thriving Business and Keeping It  
Successful! by Cherie Sohlen-Moe

## Considering the Reiki Teacher's Workshop?

Graduates of the Reiki Teacher's Workshop may be eligible to give NCBTMB Category A CE hours to their graduates for one year (please inquire).

Consider Teacher Training. You'll gain:

- teaching skills
- understanding of the teaching relationship and the philosophy of education
- time practice-teaching with a peer group who will be forgiving
- gain insights and true stories of classroom interaction
- practice giving attunements
- handouts outlining:
  - what to present in each level
  - ethics regarding healing professions
  - managing a class space
  - the difference between workshop format and classes
- responses to your questions and concerns