

Reiki Revolution

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<http://www.tk-seichim.uni.cc>

Level I or First Degree Reiki

The Reiki Principles

*Just for today I will not worry.
Just for today I will not anger.
Just for today I will do my work honestly.
Just for today I will be kind to every living thing.
Just for today I will give thanks for my many blessings.*

At the first level of Reiki the body's natural capacity for Universal Energy is greatly expanded. The Human Energy Complex (HEC) is expanded and refined, blockages are released, toxins are purged, and the [chakras](#) are aligned, opened, and cleansed. The crown, third eye, heart, and palm chakras are opened and a permanent connection to Reiki is established. Once you have been attuned to the First Degree, you can never, NEVER lose this channel, it CAN ONLY GET BIGGER AND STRONGER. When you are once a Reiki Channel, you are forever a Reiki Channel. And this is the first thing you should remember. YOU ARE MERELY A CHANNEL FOR THE HEALING ENERGY, YOU ARE NOT PROVIDING OR CREATING THIS ENERGY. So, you don't give energy to someone, you simply share it with them in the way their system most needs.

When you first receive your attunement, and in some cases even before you actually receive it, your body(ies) will begin to "clear" its stuck, stagnant, and weak energies. There can be very strong physical symptoms of clearing including diarrhea, runny nose, sneezing, nervousness, increased or decreased appetite, strange dreams, mild depression, and other symptoms of releasing physical and mental blockages. REMEMBER, THESE SYMPTOMS ARE ONLY TEMPORARY and will pass quickly. Use Reiki to treat these symptoms and they will clear faster. The rule of thumb is that there is about a three day clearing period per [chakra](#) and you have seven (7) primary [chakras](#). So the clearing period for the First Degree is about three weeks.

CAUTIONARY NOTE!: If you think that you will want to take the Second Degree training quickly after the First, please consider very

carefully. When you progress to the Second Degree, the energy that your physical body can hold and transmit will be doubled and squared. Meaning if you have a light bulb that is 100 watts, when it is doubled and squared it will be 40,000 watts (100 doubled is 200, $200 \times 200 = 40,000$). It is IN YOUR BEST INTERESTS to learn the first degree then practice it on yourself and anyone who will let you for at least three months (traditionally one year!). Give the new energy patterns time to settle in your system. Then when you feel ready, proceed to Level II. If you do it quickly, you can expect increased and amplified symptoms of clearing, and especially with the Level II clearing, it can be very, VERY EMOTIONALLY UNPLEASANT, if you don't wait. Consider yourself warned! :-)

The Main Energy Circuits

For the First Degree of Usui Reiki we will be concerned with two main acupuncture meridians and a special circuit for Reiki. The first circuit is called the Conception Vessel in Chinese Medicine and runs from the perineum, up the spine, over the top of the head, down between the eyes, and terminating at the roof of the mouth. The second circuit is known as the Governor Vessel, and runs from the tongue down through the throat, down the front of the center of the body, through the genitals and terminates at the perineum. These two circuits are commonly connected in all styles of Chi Gong by placing the tongue to the roof of the mouth and squeezing the pubococcygeus muscles at the perineum (the pubococcygeus muscle, or P.C. muscle, is the same muscle you use to hold urine in your bladder. Women and men have them, and doctors frequently prescribe Kegel exercises to women to strengthen the P.C. muscle). The P.C. muscle is the switch for the bottom half of the circuit and the tongue/palate is the switch at the top half. Closing these two switches in this way is called "**Hui Yin**" (hway-YIN) and you will be asked later on in the meditations to "Connect Hui Yin". These two circuits, when Hui Yin is connected, are known as **The Microcosmic Orbit**. When you allow energy to flow, and when you do Chi Gong and/or any of the Reiki meditations, it is important that you at least connect the top half of this circuit by touching your tongue to the roof of your mouth. In time you will learn to close the bottom half as well, and if you ever wish to pass attunements to others directly, you will have to have mastered this skill in its entirety. It is from these two channels that all of your other meridians are fed, therefore, when there is an imbalance on either of these circuits, there is an imbalance in your entire organism. Chi Gong works primarily with these two circuits to maintain health and vitality. If you advance to *Taokan Advanced Reiki*™ later on, you will work extensively with these two channels.

The next channel that you need to be aware of is your connection to Reiki energy. The energy enters your body through the Crown chakra, descends to the heart chakra, then fills your entire body, returns to the heart along the meridians, then branches out your arms to your hands, where it is radiated out through the palms. A certain amount of energy is released out of the Root chakra when its switch is not closed, and this process is called grounding. When you consciously allow the excess energy to leave through your feet and the Root and enter deep within the earth, you have consciously grounded your energy. This is a very important skill to master, and not very difficult. In fact you do it all the time without hardly being aware of it.

Important things to remember about your Circuits

When you flow energy, it is important that you not cross your ankles or wrists (as this short-circuits the natural flow). Keep your spine straight, head level and upright with your chin pulled slightly inward. Keep both feet flat on the floor with shoulders relaxed, resting comfortably with your weight centered at your pelvis. Connect your tongue to the roof of your mouth to close the top of the circuit. Eyes open or closed is mostly a matter of personal preference, but most people find it more relaxing and easier to work with eyes closed. If you have learned how to open your root and connect to the Earth, do this at the beginning of your treatment/meditation session to prevent excess energies building up in your head or torso. It is also important for your client not to cross his/her own ankles or wrists when you are sharing energy with them.

Spirit Guides and Reiki

Everyone who is attuned to the First Degree of Reiki has Reiki Guides that are assigned to them at that time. Some people are very aware of their guides, but others are less aware. Your guide is there to help you as you learn to adjust to the new level of energy and to help you in treating your clients. Their guidance can take many forms including an automatic knowing of what to do next, moving the hands automatically, a smell or taste sensation, a sound, and pictures in the mind. Each person will interact just a little bit differently with their guides. For me, when I give a treatment, my guides' suggestions come through as an automatic knowing of where to go next and what to do with my hands. Sometimes images and feelings come to me as well. You will learn to hear what your guides are trying to say with time and patience. But have no doubt, you will sense them and their messages will get through in some discernable way.

As your practice of Reiki continues and you gain more experience, you may begin to sense the presence of others in the area as you give treatment. Very often, other healers and guides will come and assist you. It is not at all uncommon for the personal guides (or guardian angel(s), if you prefer) of the client to assist with the healing session. This is a strong indicator that some issue of destiny is present in this client coming to you for treatment at this time. Every person and maybe some animals, have spirit guides. It is not a question of whether or not they fit into your belief system, they are simply there, and they are there to help you. If you would like your guide to help you with any issue that is relevant, just ask them to. When I first began to use and learn Reiki, I had a lot of difficulty understanding what my guide was trying to communicate to me. As I learned later, I was simply trying too hard to listen and not trying hard enough to just feel the answer. But when I asked him to help me be more aware of him and better able to communicate with him, he quickly helped me. The story of how he did this is rather personal, and I'm not sure it is appropriate to share that with anyone at this point. But please accept that he did indeed help me understand him better and it was quite humorous how he did it. Guides are not all serious, sometimes they like to laugh and enjoy too.

I realize that some of you may not be altogether comfortable with the idea of working with spirit guides, and that's ok. Your healing ability and level of Reiki will not be affected if you choose not to consciously work with your guides. It is truly a personal choice and you won't lose "brownie points" if you choose one way or the other.

Dis-ease and Imbalance

Whenever any part of the Human Energy Complex (HEC) is out of balance, illness and stagnation will occur. If the energy is not flowing in its proper path at the proper rate this is imbalance. In Reiki you will see disease referred to quite consistently as dis-ease because that's exactly what it is. An antagonist to one's sense of ease and comfort. Dis-EASE. The main function of Reiki is to restore balance, harmony, and the all-powerful sense of comfort and ease that allows health, vitality, and happiness to manifest freely.

Perhaps one of the easiest ways to restore balance is to cultivate a sense of hope and joy for every living moment of your life. Positive emotions like happiness, humor, love, compassion, tranquility, and contentment are very light, pure qualities of energy. When you feel these emotions, you are generating positive, healing energy. Negative emotions like worry, fear, dread, hate, anger, greed, envy, etc., are very dense, heavy energies that require large amounts of energy and work to circulate and maintain, and they tend to infect others they come in contact with (as do the positive emotions). When you dwell in a place of negativity, illness and pain will surely, surely manifest. The surest manifestation of long-term negativity is illness and dis-ease. This is where Reiki becomes such a universal treatment (as in effective for everything). It begins by restoring peace and balance in the mind and body. The recipients of Reiki energy consistently report feelings of calmness, contentment, deep relaxation, and peace. This is the first state of being and will ultimately be the last state of being in every incarnation. It is in this state that healing occurs, and this is the state that we must constantly nurture to maintain our physical, mental, emotional, and spiritual health. Please see the reading list for books that can teach you more about emotions and balance, and then GET THE BOOKS! :-) It's not enough to say you want to do it, you must DO IT NOW if you want to have the knowledge forever.

Don't you think it's a good idea to develop an immunity to negativity by dwelling in joy? Why don't you start now, by smiling! Then go out and share that smile with someone who needs it. :-)

The Usui Reiki Hand Positions

In Usui Reiki, Level I, you are taught fixed hand positions for delivering energy to specific parts of the body. While these positions may be useful to you, I no longer teach hand positions as a vital part of Reiki training. I feel it is far more important to develop your High Sense Perception and active communication with guides to know where and how to deliver the energy. But for the sake completeness, I will give the positions now. There are countless other sites out there with very good information about hand positions and other "traditional" Reiki issues.

The treatment method is to place the hands in position and allow Reiki to flow through you into the client. It's that simple. Hands need not actually make contact with the body for the energy to flow, as the most important rule of all energy work is : "ENERGY FLOWS WHERE THE MIND GOES".

Hand positions on the front and back of the body.

Hands on shoulders

Both hands at the crown of the head.

Both hands on top of the head over each half of the brain, fingers toward the front of the body.

Hands over ears at the sides of the head, fingers pointing up or forward.
One hand on forehead at 3rd eye, one hand at base of skull at the Medulla (hollow of the base of the skull).
One hand on front of neck at throat chakra, other hand at Medulla.
Hands over eyes.
Hands over face, one hand-left half, one hand-right half.
Hands on upper torso, at the level of the collar bone, one hand-one half of torso, hands touching together lightly (Imagine you want to use your hands to cover your breasts, but without crossing the wrists and with the hands flat -- now place your hands one hand-width above the breastline).
Then next positions are working the way down the front of the body, moving one hand-width down at each position. (these positions are the same on the back).
At each leg, one hand on the hip, the other at the knee, flow from one hand to the other, from the hip to the knee. Stop when you can feel the flow from one hand to the next. Do for both legs.
Each leg, one hand at the knee, one at the ankle, flow from one hand to the other as in the previous position.
Each foot, one hand on top, one on bottom, or as guided.
Each [chakra](#), without touching the body, allow Reiki to balance each [chakra](#).
OPTIONAL POSITIONS: Over heart, thyroid gland, lungs, liver, kidneys, ovaries, stomach, spleen, gall bladder, and sacrum.

Again, I would like to stress that I don't want you to labor over memorizing these positions. Work with whatever feels most comfortable to you. In treatment, YOU WILL be guided to do different things. Go with your intuition, and let the clients energy speak with you.

Reiki Self-Treatment Procedure

Begin by making yourself comfortable, either sitting upright or lying down. Make sure that your back has enough support for your comfort. Keep ankles and wrists uncrossed, and if sitting up, feet flat on the floor with spine straight and shoulders relaxed. If you are familiar with a technique for doing so, induce a light state of meditation or trance. Rub your palms briskly together to stimulate the blood and energy flow and place your hands in the first healing position. You can use the traditional position, or whatever position comes to you intuitively. Flowing Reiki with hands over the ears first can quickly help induce a deeply relaxed state, as the ears have connections to every acupuncture meridian and can be very relaxing for the entire body when done for just a few minutes. Allow your breathing to be comfortable and natural, breathing into the diaphragm. When done correctly your stomach will move out as you inhale and the shoulders will not move at all. This is called belly breathing and is crucial to all relaxation and self-healing techniques. Have you ever watched a sleeping baby breathe? They know how to do it right! When you can breathe like that again, you will find your energy levels dramatically increasing.

You may continue your treatment session by using the traditional and/or optional hand positions, or let your guides show you the way. By all means experiment and see where the energy takes you. The important thing is that you DO IT, not that you do it rigidly or mechanically.

As your experience increases, you may find that after time you can give yourself a treatment without placing your hands on your body. After time, many

practitioners simply flow Reiki into the places they need to. Remember: "ENERGY FLOWS WHERE THE MIND GOES". In all of the Taoist Reiki techniques and exercises this is a primary technique, using the mind to send and direct the energy. It will be most helpful to you to understand and master this technique now if you think you may wish to learn Taoist Reiki in the Future. Many of the meditations in this online course are designed to strengthen your ability to visualize and use your mind to direct energy. This is most unique and unlike any training you will find elsewhere.

Allow your self-treatment to continue for as long you feel necessary, but I try to treat myself for not less than 20 minutes. I find I can treat every part of me in that time. Again, experiment and find what works for you. Give yourself a treatment every day for two weeks and see if you don't FEEL AMAZING results after that time. It is a habit that is most worthwhile to develop and will only increase your understanding of and capacity for Reiki and healing.

Reiki tools and techniques

In Reiki II we have a couple of tools and techniques that can be very helpful in assessing a client's energetic condition. The most common is called "Auric Scanning" and is the first skill you will master in developing your Higher Sense Perception (HSP).

The Auric Scanning technique

This is exactly what it sounds like. You don't actually touch the client's body, but instead let your hands move around the energy field surrounding them, or the "aura". Rub your palms briskly together to stimulate blood flow and bring energy to them. Then keeping your hands from 2 to 5 inches away from actually contacting the client's body, move your hands over the surface of the body and sense the energies in the area. When you encounter blocked, stagnant, or improperly flowing energies, you will sense them. The stronger they are, the easier they will be for you to sense in the beginning. The feelings can be cold, hot, vibrant, or dull. Each person seems to experience them in slightly different ways. When first you begin, you may only have a "sense" of the energies, but later I can assure you that you will tangibly feel the energies in your hands. It takes a little practice but you will get it.

When you find areas with stuck or stagnant energies, listen to your intuition. Do you need to send strong Reiki there, or subtly apply the ckr or shk (for Level II practitioners)? Your guides and intuition will lead you to the perfect solution. Scan from head to foot. Experienced Reiki practitioners can scan a person's whole field in just a minute or two. In *Taokan Advanced Reiki™* you will learn to scan a client's whole field in a matter of seconds, and even do it from a distance.

The Pendulum and its technique

To begin you will need a pendulum of some sort. At minimum a necklace with a pendant to act as a weight. If nothing more than a fishing lead on a piece of fishing line, the pendulum can be anything from very elaborate to very simple. The essential technique is to hold the pendulum from a comfortable length between the thumb, index, and middle fingers of one hand and allow it to swing freely. You can ask the pendulum "yes and no" questions. To get the "yes" answer, ask the pendulum to show you the movement it wants to make to indicate a yes. It can be anything from a circle to flat line shape, to clockwise

ovals, to counterclockwise ellipses. When you ask, just let the pendulum and your unconscious mind show you the appropriate answer. Then ask it to show you the "no" answer. After you have established what will be yes and no responses, you can ask your pendulum questions that can be answered either yes or no. For example, you can ask if this client has a problem that would be better helped by giving a distant treatment instead of a direct treatment. Or "is there something this client is eating that is causing this problem" or "is the source of this problem in the client's emotional body", etc..

Probably the most common Reiki Pendulum technique is the dowsing of chakras. You can use the pendulum to show you the shape and functionality of the client's chakras, and in fact this is a very good way to determine where you should focus healing energies for this client. A good functioning, open chakra will swing the pendulum in a nice, comfortably broad circle that usually runs clockwise with most people. If you get something other than a nice round, open swinging circle, this is a good indicator that there is some malfunction with that chakra and you should address it in your treatment. The [chakra balancing technique](#) is the most effective treatment for improperly functioning chakras. Verify the correct functioning of the chakras after treatment. To dowse the chakra, hold the weight of the pendulum about three to four inches away from the locations of the chakras and allow it to begin to swing. Trust yourself and your pendulum fully, and know that it is there to give you accurate information. It is very common for a chakra to be much more open and properly shaped after a Reiki treatment. Experiment and let your guides show you all the things your pendulum can show you.

Chakra Balancing Technique

This is done with your hands and your Higher Sense Perception (HSP). If you need a refresher to remember the names, locations, and functions of the [chakras](#), click this link. Begin by rubbing your palms together to get the blood and energy flowing to your hands. Lightly [scan](#) the malfunctioning chakra and sense its height and shape. Don't worry if this doesn't come to you immediately it can take some time to develop your HSP. You can use your [pendulum](#) to show you the chakra's condition if you haven't yet mastered scanning. It's a good idea to begin with the best functioning chakra as you will be using this chakra as an "anchor point" to balance the others. Begin by visualizing the properly shaped funnel and the proper color, then allow Reiki to flow through your visualization into the malfunctioning or weak chakra. Allow it to flow until the energy slows or stops. Dowse the chakra again to see if its shape is corrected and the proper energy flow is restored. At Level II you can use ckr to either add extra energy or reduce overflowing energy. Aim for balance and let the client's and your own guides show you the way.

Once you have one chakra clear and functioning properly, allow your non-dominant hand to rest over the top of the funnel of the healed chakra. Place the other hand over the next weakest chakra and allow the energy to flow from the non-dominant hand into your heart, where it is blended with fresh Reiki, and out the dominant hand into the other chakra. In this way the weak chakra will balance equally with the other, stronger chakra. Remember, nature abhors a vacuum, the energy will absolutely exchange and balance. It is a matter of physics. You can treat each of the seven primary chakras in this way, allowing them to fully balance and restore health and vitality to the client. I can assure you that it will take most of your clients three to six visits with you to fully correct their chakra imbalances. People go back to their hectic, stressful lives and forget about keeping their energies flowing and balanced, and when they come back,

their chakras will be out of whack again. Just keep smiling and rebalance them. Allow Reiki to fill them with love and healing, and know that each treatment is bringing them and you more fully into a state of perfection.

With practice you will be able to do the Chakra Balancing Technique quickly and effectively. Some practitioners are so adept at this they can do it without even touching the chakras themselves. In *Taokan Advanced Reiki*™ we learn to do it from a distance as well. If you aren't able to quickly feel the energies, don't worry, you WILL! It will come with practice and time. Your Higher Sense Perception is just like a muscle. You must use and develop its strength in order to get maximum use from it.

The Reiki Treatment Session

Important Information for U.S. Reiki Practitioners

For legal reasons in the U.S., it is a good idea to have your clients sign a [release form](#) that informs them that you are NOT offering medical advice, treatment, or service of any kind, and that Reiki treatment is essentially a "religious practice" similar to the "laying on of hands" in other religions. Tell them in no uncertain terms that if they have a medical problem they should also seek out qualified, licensed medical treatment providers. I will also let you know that it is a very good idea for you to become an ordained minister so that there can be no question whatsoever of your "authority" or "qualifications" to practice "laying on of hands". There are many places on the internet where you can become ordained, some charge a small fee, some charge a huge fee. I'm not aware of any that will do it for free. You can be legally ordained via the Taokan Temples International Association for \$20 US and this will "license" you to practice Reiki Healing as a religious practice anywhere in the world. [Click here](#) for more information and to request ordination online.

Initial Consultation

When your client first comes to you there are some things you need to know. Find out the reason they are here to see you, taking notes if necessary, and ask about any existing medical problems or issues the client might have, and if they have ever had a Reiki treatment before. You should establish a level of rapport with your client and put them at ease. This will help them participate in and more readily absorb the healing energies you are about to share with them. Explain to them what Reiki is and tell them a little bit about your experience with Reiki. Explain that it is completely natural and can, in NO WAY WHATSOEVER, cause harm. Also you should let them know that it is completely normal for any pains or other symptoms to be temporarily amplified or increased during the Reiki treatment, but that THIS IS ONLY TEMPORARY AND WILL PASS SOON. Sometimes as the body is releasing blockages or increasing its healing resources, the discomfort of a problem is increased just as the healing time is greatly decreased. Tell them they should be free to ask you any questions they may have, relay to you any sensations they have during the treatment, and talk about any images or feelings that come up unexpectedly. It is not at all uncommon for clients to break into tears during a treatment. Assure them that this is ok and even normal, as the body lets go of old unresolved issues and pain sometimes the feelings associated with the pain comes too. Welcome the tears, they are a great sign of release and healing.

The Treatment Procedure

When you are both ready to begin, have the client remove any jewelry they may be wearing around their neck, especially if they are wearing crystals. Crystals can greatly amplify the energy and can be very distracting energetically. Have them loosen neckties or belts and make themselves comfortable. They can sit upright or stand, whichever you prefer. It is sometimes easier to do a full treatment with them lying down, but don't do it on a bed as the tendency is to sleep. Assure

them that everything is ok and ask them to simply relax in whatever way they feel most comfortable. Begin by centering your thoughts on healing and positivity. Remember the feeling of love and joy and open yourself to the flow of Reiki. When you are filled with its energy, place your hands gently into the first treatment position. I like to begin each time with my hands on their shoulders. This helps to gently introduce the energy to their system and allows me to gain physical rapport with them. I like to follow their breathing with my own and allow myself to fully relax into a meditative state. Without exception, the client will unconsciously follow me into a meditative state. This allows them to more completely and quickly absorb the energies.

When you first allow Reiki to flow you will probably feel something like this. Reiki will begin to flow, accelerate and amplify greatly in your hands, then slowly start to decay and slow down to a stop. This is the normal flow cycle for most people, and it's completely normal. The body sometimes needs to take the energy in "chunks" to digest it more completely. If you keep your hands in the same place after it decays the energy will eventually begin to flow again and the cycle will repeat. As a general rule of thumb, when the energy has decayed to a complete stop, this is probably the time for you to change your hand position. You can either follow the traditional and/or optional positions or let your intuition and guides show you the way. When the time comes, you will ABSOLUTELY KNOW IT there will be NO QUESTION! Reiki is itself a great teacher and healer. It can show you a lot more than I or any other teacher can.

The traditional session length is about one hour for a full-body treatment. Take your time and let the energy show you the way. When you have treated all the areas you feel you needed to, and you have treated any areas the client has specifically asked for, you can move into the grounding and closing phase of the session.

Grounding and Closing

When you are ready to begin to close down, return to the head area and place your hands on their shoulders, and breathe with them for a short time. At this time I like to quickly visualize their spinal channel fully open, [chakras](#) fully balanced, radiant, and spinning properly. (Read the meditations for level one for a full explanation of the "chakra balancing" technique). I open their ground circuit and allow the excess energy to flow down into the Earth. As an added measure, I also visualize a giant, egg-shaped sphere around their "aura" (technically it's at the level of the emotional body) that is strong, impenetrable plexiglass that will not allow negativity and any harm to come to them. This is a *Taokan Advanced Reiki™* technique, and is not a traditional part of Usui Reiki, but I include to give you an idea of some of the other techniques available to you. The final step is to flow Reiki into their entire being and allow it to balance them in the most appropriate way. When the energy decays away for the last time, I gently withdraw my hands and allow them to return to normal waking consciousness at their own pace. It is very, very common for clients to fall asleep under the very deeply soothing and relaxing flow of Reiki. If they do, you can gently say their name with a slight nudge of the shoulders. Don't talk loudly or move too quickly, allow them to keep the great feeling of deep, tranquil peace and healing that Reiki has just created. Answer any questions they might have and treat any discomfort that might have arisen during the session with Reiki. If necessary you can make another appointment for the follow up session at this time.

The last step of the session, which you can complete after the client has already left, is to open your own ground and clear the excess energy from the session. Go

have a glass of cool, clean water and relax. You are a potent, blessed, and deeply tranquil beacon of healing. Enjoy the awareness of that every moment of your life. :-)

Level I Attunement

Welcome to the big step. This page will give you the information you need to prepare to take your attunement online in a few minutes. First of all, it would probably be a good idea for you to go to my online energy page and sit and bathe in the radiant energy of Reiki for a few minutes before you proceed from here. [Click here](#) to open a new window and load that page. Do what it says at the bottom and just get nice and comfortable and relaxed. If you are a religious person of whatever discipline, you might offer a prayer that you be opened and attuned to Reiki "for the greatest good of all concerned and with harm to none."

Here's how the online attunement process works. You will click on the link below and go to a the actual attunement page and follow the directions. There are Reiki symbols attuned into that page so that no matter where on the internet the page is located, the symbols are active and working. Make yourself comfortable and relaxed with spine straight and feet flat on the floor, then click on the link. As the page loads, fold your hands into prayer position (palms together fingers upright and pointed skyward) with the base of your thumbs resting against the center of your chest over your heart. Keep your eyes open and follow the directions. If you need to scroll down, do so and return your hands to the folded position. You will be asked to imagine certain things happening and you will probably be able to feel it as well. If you can't feel it yet, don't worry, just know that the energy transfer is truly taking place faster than you can imagine. The final step is to place your hands on your screen, close your eyes, and visualize your palms instantly opening and strong energy flowing out. Then after you can feel the energy in your hands flowing, sit back put your hands on your knees and flow Reiki into yourself for the first time. That's it, you are attuned!

Now take just a minute to relax or soak up the energy from the other page. When you feel ready, click on the link and move forward into your future with Reiki.

Congratulations and *Namaste!*





Level I Attunement



Visualize yourself in a giant sphere of light. Feel your connection to the Earth and the chair beneath you. As you breathe in deeply, allow all the tension in your body to be exhaled with the breath. As you allow your attention to shift to the giant yellow symbol below, feel the very heavens above you opening a door and shining a light down into your soul.



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Take another big, comfortable breath in and absorb all the light that shines in on you. You know that you are about to make the biggest change of your life and, if you pay attention, you can NOW begin to feel the tinglings of energy that are accumulating at the base of your spine and in the small of your back.

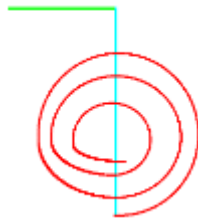
Now imagine a giant, divine being descending to you, and drawing the something on your back with a golden laser light. You don't know what he's drawing, but it just doesn't seem important to you. As he completes drawing the symbol, feel your body "come into focus" just like the picture on a movie screen. Your spine can now straighten and there is a rush of energy along your back. If you relax deeper now, you can feel yourself opening to the heavens. As you continue to breathe and be strengthened by the power of this being, allow your body to sit very heavily in your chair, but remain upright. You can imagine your feet growing deep roots deep into the earth and it makes you even clearer in focus. Feel the growing sense of radiance and purity that is beginning to envelop your consciousness. Feel the energy that surrounds you.

Now as you sit comfortably in place, see this divine being, your friend and Reiki Guide, touch you at the crown of your head. And as he does this, you can see a giant white flower blooming and opening for the first time, and as you take another comfortable, soothing breath in, see this flower begin to radiate beautiful, white, pearlescent light. Your Reiki Guide now begins to draw three strange symbols in the air over this flower and after he does this he suddenly blows them down deeply into the center of this flower. As he does this, the symbols he drew descend quickly down your spine to the bottom, where they seem to anchor themselves permanently. It is a wonderful feeling as the energy now begins to grow and radiate from within you. Take another comfortable breath and know that everything is right in the universe.

Now your guide changes positions and is in front of you. He's drawing the same symbols into your third eye chakra, again blows deeply into the center of it, and again they sink deeply and permanently into your mind's eye. The energy is starting to flow even stronger now. You are doing wonderfully. If you will NOW raise your folded hands so that your finger tips point and touch the space between your eyebrows, your Reiki guide will begin to draw the three symbols over your heart chakra and again blow them deeply into place where they open your heart like a big green flower that begins to radiate love and joy throughout your entire being. If you just take another breath now, you can feel the strength of this love and power in many places in your body and everywhere within your soul. As if you have been sleeping, this healing

energy begins to awaken the power of your soul. Feel the power, let it lift you higher.

And now you can unfold your hands and place them on your screen over the symbol below and close your eyes. Take a few comfortable breaths in and feel the power in this symbol. Now, with one long, deep inhalation, see this symbol begin to glow under your hands. As you begin to release the air, see the palms of your hands pop open giant blossoms of golden light. Feel the power radiating in time with the glowing symbol. Feel the energy that is now connected to your heart through your hands. Know that this is the power of Reiki. Feel it radiating, flowing, surrounding you, enveloping you. As you breath out, feel the toxins in your body being released. As you breath in again, feel yourself being filled with this wonderful feeling of electric radiance. Feel yourself expanding.



When you feel ready, you can take your hands away from the screen and let them come to rest in your lap or on your knees. Let Reiki flow through you in any way you need it to. Know that you can allow Reiki to flow any time you wish, by simply wishing it to. Just allow it to flow and it will flow. You are a beautiful being of light and you have just been given the gift of healing. Use it well for the greatest good of all and with harm to none.

**Congratulations, you are now a
Reiki Level One Practitioner!**

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