

Reiki Revolution

Learn Reiki for FREE!!

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

Level 2 or Second 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.*

The Second Degree of Usui Reiki is centered around the mental/emotional development of the Reiki practitioner. At this level the clearing is more connected with mental and emotional blockages and maturity, so you can expect a resurfacing of any issues you haven't yet dealt with to a complete resolution. The physical symptoms are not quite as common, but can be similar to those of the First Degree.

The primary difference between the practices of the First and Second Degree is the use of symbols and an increase in the use of distance treatments. It is traditionally taught that you do not begin to do distant treatments until Level II, but in *Taokan Advanced Reiki™* we learn that you can do distant treatments without ever studying any sort of Reiki. It is also traditionally held that the symbols should be kept absolutely secret and confidential, that because they are sacred things they shouldn't be "left out in the open" for anyone who's not in the club to see! But in my experience, a general consensus of Reiki practitioners and masters is that the secrecy issue has developed in order to further the mystery and preserve the commercial aspects of Reiki. In other words, when people know that there are "secret symbols" in Usui Reiki, there will be some people who will go pay an exorbitant price to learn Level II Reiki just so they can learn what the symbols are, not because they want to bring healing to the worlds.




One Reiki Master named Diane Stein , a somewhat controversial figure for this very reason, published ALL of the Reiki symbols including the *Tera Mai®* and the *Karuna Reiki®* symbols as well in her book *"Essential Reiki"*.

The bottom line is this: The symbols invoke infinite healing energy in significantly increased amounts. By definition, that which is infinite is, quite necessarily, INEXHAUSTIBLE. The admonitions that to let non-initiates see them or to leave them out in the open will "disperse their energy" is utter nonsense! When you consider that Mrs. Takata charged \$10,000 USD for the Reiki Master Training, it is perhaps more understandable where the secrecy originates from. Aren't you LUCKY that you can learn the whole system FOR FREE!?? :-)

With the Level II attunement comes a doubling and squaring of the energy capacity you achieved in Level I. For this reason it is better when you wait after taking the First Degree and practice Reiki for at least three months before progressing to Level II. The energy you can channel RIGHT NOW is what will be doubled and squared. It is in your best interests to wait after the First Degree to take your Second. But I trust your guides to take you to the place you need to be at the time you need to be there, so if you are ready to proceed, click on the first lesson below, "The Level II Symbols and their energies". May love, light, and peace guide you as you pursue a new level of understanding and in pursuing healing of yourself first, then the universe!

CAUTIONARY NOTE!: If you think that you will want to take the Master's training quickly after the Second, please consider very carefully. When you progress to the Master Level, 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 Second Degree then practice it on yourself and anyone who will let you for at least six months (traditionally three years). Give the new energy patterns time to settle in your system. Then when you feel ready, proceed to Mastery. If you do it quickly, you can expect increased and amplified symptoms of clearing, and especially with the Level III clearing, it can be very, VERY EMOTIONALLY AND KARMICALLY UNPLEASANT. Consider yourself warned! :-)

Usui Level II Symbols

The Reiki II Symbols		
		
Cho Ku Rei (CKR) "Put the Power HERE!" "The Power Symbol"	Sei Hei Ki (SHK) "Man and Buddha becoming ONE." "The Mental/Emotional Symbol"	Hon Sha Zei Sho Nen (HSZSN) "The Buddha in me shares with you the Truth of Truths" "The Distance Symbol"

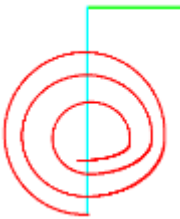

Symbols connect your channel to higher levels of Energy

When you take your attunement to Level II, the above three symbols will be permanently installed in your HEC. They will be drawn into your hands so that you can access their power in your treatments. These symbols are like little amplifiers that draw more Reiki to you and allow you to dramatically increase the levels of energy and the types of energy you channel into your treatments. Some more recent sources and possibly Dr. Hayashi as well, have said that if you are not attuned to these symbols you cannot invoke their power or work with them in any way. But, as countless others have proven, this is not entirely true. You can tap the power of these symbols without having been formally attuned to them, but if you have had an attunement to them your connection will be stronger (read that again: your connection will be [only] stronger -- not necessarily better). I fully believe that if you ARE NEVER attuned to these three symbols, but use them anyway, over time and with practice your connection to them will grow at least as strong as someone who has been attuned to them. Energy flows where the mind goes! I think of it in this way. The symbols are like switches that turn on an electric light in your

bathroom. Before you can turn it on it has to be installed and connected to the power in your house. If you are ignorant of the symbols, then they are not installed. If you at least know what they are, they are at least partially installed. If you are attuned to them (as you will soon be) then you can reliably access their energies any time you like.

The traditional method of invocation is to draw the symbol over the area to be treated (either physically or mentally), then say its name three times and flow Reiki through it. Many people can simply visualize the symbol in its entirety, say its name, and "send it whole" (and this is my preferred method. I suggest you make it your goal to use the symbols in that way as well).

The First Symbol "Cho Ku Rei" (cho-koo-RAY)

 <p>Clockwise CKR Top of page</p>	<p>"Let all the power of the Universe come to this point NOW!" or more simply, "Put the power HERE!" is the meaning of the first symbol. It is commonly referred to as "the #1" or "CKR" or simply the "power" or "focus" symbol. This symbol is drawn from the "handle", down, then spiralling three times inward. Traditional sources suggest that the clockwise CKR is for taking</p>	 <p>Counter-clockwise CKR</p>
<p>energy out, and the counterclockwise is for putting energy in. Experiment and see what you feel and use that which works best for you.</p>		

After you take your attunement and have this permanently installed, you will be using this symbol with every treatment you do. You can place this on the entire body of the client at once to amplify everything that you do with them treatmentwise. It can be used to increase the positive "vibrations" and healing energies in a place that you wish to do treatments by simply placing it over the area in which you want increased energy. It can be put into foods and drinks to increase their positive, nutritive qualities, or to make "Reiki Elixirs". Its energy both amplifies and seals, with your intent being the governing factor. If you invoke its use for amplification, then amplify it shall. If you place this over the client at the end of your treatment with the intent that it seal the healing energies in, then so it shall be done. This is the most common symbol in all systems and styles of Reiki.

The Second Symbol "Sei Hei Ki" (say-hay-KEE)



Sei Hei Ki

[Top of page](#)

"Man and Buddha become one" or "the Mental Symbol" are the traditional meanings of Sei Hei Ki. It is also called the "#2" or "SHK". Its purpose is to connect your mind with the infinite mental consciousness of all beings that have ever existed or will ever exist. It can be used for clearing or helping resolve mental issues or problems (such as depression, anxiety, worry) and can be used to "implant" positive affirmations the client has asked for. As a tool for changing or eliminating habits, SHK is very effective. Simply place this symbol into the mind, say its name, and give the affirmation or suggest the change of habit the client is requesting. Remember to make only the changes the client has requested, as their mental body will reject anything that this not a part of their own need for healing.

In doing a "mental" treatment, use the name that client is most commonly called by. This is to attract the subconscious/unconscious mind of the client to the time and place of the treatment. Let the person or the symbol itself show you the way to proceed in giving treatment and where to treat and when. It is very common for you to have an image or feeling that you need to be using a particular symbol at a particular time. Always listen to this feeling as it is the power of SHK guiding you. SHK can also be used to clear negative energies from a person or place, and can be placed over windows and doors to clear them of negative energies and bind them from allowing negativity to enter. Place SHK's over medicines and foods to increase the healing properties of them.

The Third Symbol "Hon Sha Zei Sho Nen" (hawn-shaw-ZAY-sho-NENN)



Hon Sha Zei Sho Nen

[Top of page](#)

"The Buddha in me bestows upon the Buddha in you the Truth of All Truths" is the traditional meaning of the "#3" or "HSZSN" symbol. It is also known as the "distant healing" symbol as it is the symbol that builds the bridge from consciousness to consciousness. When Usui was teaching his first students how to connect to the energies of Reiki, he used this symbol to convey to them a means by which they could consciously connect to the minds and bodies of others without them being physically present. This symbol also works predominantly on the emotional level and in the emotional body.

The following is from my Reiki Master (reprinted with permission -- Thanks, C.J.!:--) and describes pretty well the traditional thinking regarding the #3 symbol.

"On a higher consciousness it connects person to person (with no ego to get in the way). In this dimension there is no time or space. Things are not either/or, there are many levels of truth, truths change with growth or spirituality for the different levels. HSZSN transcends time and space with the use of this symbol. HSZSN works on the person's subtle body and filters from there into the physical body. A dense body is one that participates in the eating of meat, smoking, drinking, taking of drugs, etc. Treatment from the higher levels of consciousness are more effective, take less time physically, and bring about better results (you treat the cause instead of the symptom). Make appointments with people to send treatments. Tell them to sit down and do nothing (this is to let them know that you are taking time and energy to send THEM energy). People feel better after treatments but unless they really understand what Reiki is about, they will just go back to their lives and not think about their aches and pains anymore and certainly not give a thought to you and Reiki having anything to do with it!

"Three or four treatments are generally required. If there are serious problems, treat everyday for as long as necessary. Keep in mind, they can have the same physical reactions as someone receiving hands-on treatments. The physical symptoms may get worse before they get better, they may crave water, they may not sleep well for while. All the [detoxification] symptoms you get with hands-on happens just as readily with distance treatments."

--Rev. C.J. Aberte, RM

Human Energy Complex

You have more than one body!

While the concept of the HEC is more predominantly a part of *Taokan Advanced Reiki™* the concept is important to the practice of Second Degree Usui Reiki as well. You see, as a human being, you have more levels of being than just your physical body. In fact your physical body is only the most dense of your bodies. This is the easiest place for illness and dis-ease to manifest (but it can manifest in other bodies as well). In many spiritual systems of belief there are other "worlds" or bodies that are known too. But in the Usui Reiki system we are really only concerned with four or so. But if you are curious, here is the list of the Thirteen bodies of *Taokan™*

The 13 bodies of the HEC	
1.	Physical *
2.	Sexual
3.	Etheric
4.	Astral *
5.	Mental *
6.	Emotional *
7.	Cyclical
8.	Magnetic
9.	Polar (or Karmic)
10.	Deic
11.	Core Physical

12. [Core Mental](#)

13. [Core Emotional](#)

** Used in Usui Reiki*

The Physical Body

The physical body is the most dense. It is the body that we are most aware of. All of your organs, tissues, glands, blood, and your physical presence are encompassed in the physical body. When giving a "direct treatment" it means placing your hands directly on the physical body and allowing Reiki to flow. This is the slowest of your bodies to develop and incarnate, and the most difficult to treat. When we do everything with our physical body only, we are doing everything the hard way. The physical body encounters the most "resistance".

The Sexual Body

Though very closely related to the physical body, the sexual body is a separate entity. It is the direct result of our collective evolution of consciousness. As human beings we have allowed our sexual lives and desires to become compartmentalized and hidden away from the other parts of our existence. Especially in Asia, we are still very closed about sex. The sexual body is the place where your desires, lusts, affectionate needs, fetishes, self-image, and animal attractions exist. Any addictions typically reside in the sexual body, as an addiction is a "lust" for something that must be satiated. When the sexual body is in balance there are healthy emotions and attitudes about sex and comfortable sexual expression, and no addictions can exist. Rape or sexual abuse is ALWAYS stored in the sexual body and must be treated there first (it is also in the physical, mental, emotional, and astral bodies).

The Etheric Body

The etheric body is essentially the displacement of fields between your physical body and the Astral body. When one first learns to see auras, this is usually the body that they see first. The etheric body is a buffer between the very light, astral body and the very dense physical body. It is usually greyish white in color and can be seen from half to two inches around the physical body.

The Astral Body

The astral body is the next complete body you have. It is the body which we can send intact through space and time to communicate with other people and other beings not in a body. If you are not really a "metaphysical person" then it is probably easiest to think of this body as the magical body. It is the other you that exists in the dream world. When you have dreams during normal sleep, you are acting, thinking and functioning in your astral body primarily.

The Mental Body

The mental body is the body of your mind and thoughts. It is not a complete body. It is from this level of existence that we manifest our thoughts, plans, hopes, wishes, etc., via the Astral body (i.e. the thought originates in the mental body, then is transferred down to the astral body, then (sometimes) through the physical. Sometimes the astral body manifests our thoughts or fears before our physical body does. In treating mental issues or habit correction it is the mental body that is treated via the #2 symbol.

The Emotional Body

The emotional body is the next incomplete body, and is the plane of our emotions, be they positive or negative, they live and originate from the emotional body. The emotional body seems to be directly connected to the physical body and our emotions can very quickly manifest as dis-ease or healing. This is a very important body to work with when using distant Reiki, as healing sent into the emotional body can very, VERY quickly manifest in healing of the physical body. This is the body accessed by the use of the #3 symbol.

The Cyclical Body

The cyclical body is the body responsible for maintaining our rhythms and cycles. Our internal clock resides in this body, as do our seasonal responses, our life cycle, and for women, the biological clock and the clock regulating menstruation. If you are a "night person" and need to change so that you can function more during the day, the sleep cycle clock resides in this body. If any of our biorhythms are out of order, this is the body to treat.

The Magnetic Body

The magnetic and polar bodies are intimately connected with our emotional and mental bodies, as these are the bodies that draw our life's lessons and experiences to us. The magnetic body is filled with all of the things we need to draw into our lives in order to learn and progress. When there is Karma to be dealt with, it is projected through the magnetic body, magnetizing us to attract the thing we

need to settle that Karmic issue. This body can also be programmed or "charged" to attract the things we want and need into our lives. This is an important body for manifestation of non-health related issues.

The Polar Body

The Polar body is the repository of our past life and Karmic issues and is the storage place for new Karmic issues and future lessons to be learned in future incarnations. Repeating patterns that are suspected of being "past-life related" can be addressed and treated in this body. Send healing to your Polar and Magnetic bodies regularly to help guide you along the way and to resolve Karmic issues before they manifest in unexpected or uncomfortable ways.

The Deic Body

The deic body is the part of you that is "god". Yes, I mean it is the piece of your soul that is the piece of the "divine consciousness" body. This is the body through which Reiki is transmitted downward into your physical body. For most practical intents and purposes, this body is beyond the reach, or need, of Reiki treatment. When one learns to more fully integrate the connections to the deic body into the physical incarnation, then truly miraculous and wonderful things are made manifest. The gift of Reiki is one REALLY BIG connection to your deic body. Give thanks every day to your deic body and it will respond with vitality, health, joy, contentment, and deep satisfaction in your life.

The Core Bodies

The core bodies are the templates around which your physical body is printed when you are born. In *Taokan Advanced Reiki™* we understand that our lives begin when we are separated by the birth process from our mothers. It is at this time of separation that our consciousness fully enters our new bodies, already coded with the information it needs to build our adult bodies, and it contains the mental and emotional bodies and their higher connections to the polar, magnetic, and deic bodies to allow our incarnation to proceed as it must. We frequently work with the core bodies in *Taokan Advanced Reiki™* to help correct long-term issues and program the bodies and even the DNA to re-structure.

2nd Degree Treatment

The hands-on (or direct) treatment procedure at Level II is exactly the same as Level I, except for the use of the symbols. It is a good idea to put a giant "ckr" over the table or area in which you will

be working to increase the energies available in that area. When your client is comfortably placed and ready to begin, you should put "ckr" over both of your own palms first, then over your whole body from forehead to genitals to open you and amplify your channel. Then place ckr over the client's torso from shoulders to genitals, and tap it in three times (done mentally. See yourself patting the symbol down in to the flesh of the client. -- you don't have to actually pat the client three times:-), followed by shk and hszsn in the same way. When you have fully memorised the symbols, you can just send them whole, visualizing them over the clients body before mentally patting them down in. Don't forget to say each symbol's name three times as you "draw" or visualize it in order to activate it. If you are guided to use a particular symbol in a particular place over the clients body, then by all means do so. If images or feelings come to you during the treatment, share these with the client and ask they have any meaning to them. You should also use ckr on the soles of the feet to open the small chakras (at acupuncture point K1, "the bubbling spring" in the center of the balls of the feet) to help keep the client grounded after the treatment is completed.

Distant Treatments

At Level II you are also first given instruction in how to do distant treatments for your clients. "The basis for treatments given at a distance from the proximity of the practitioner or with the client 'absent' from the actual location of the treatment lies in the theory that in reality all things are energy constructs. As such they are never created nor destroyed. Since energy has no beginning and no end, it is outside of the constraints of 'time and space' as we experience it. Therefore, working with energy to heal a body is also outside of the three dimensional world and its limitation of time. As with other Reiki treatments, it is not necessary to 'believe' in this axiom in order for the treatment to work. Just as you do not have to believe in lightning in order to be struck by it, so too Reiki in all its forms works without belief.

"Treatments at a distance occur because the healer either calls the [astral] body (or higher self) [of the client] to him for healing or the healer transcends space and time to join the client for the healing [(astral travel)]. Absentee healing is basically a process of visualization in a meditative state. The easiest (least complicated method) of doing a healing is to have a surrogate stand in for the actual person. This surrogate is usually some sort of doll or stuffed toy with sufficiently large areas of body to allow an approximation of the hand position on the toy's body. A more complicated (requiring more practice and imagination) method is to use an actual photograph... of the person to be healed. This can be extended to include a signature or some other piece of trivia such as a jewelry item owned by the person involved. Also viable is using your unaided imagination to create something in your mind that you name the person to be healed and then creating the energy around that item. Anything that you can associate with a person or thing to be healed (even a fragrance) can be your focus for the healing."

Distant Treatment Procedure

First you will need to have a comfortable place where you can work. Preferably a place where you can be quiet and undisturbed for at least 20 minutes per treatment. You can have a timer or a clock, your stuffed toy or picture, and anything else you might need to help you (like the page with the symbols:-). Once you are practiced at giving distance treatments, you can give them anywhere anytime. But for now, just use a place of ease where you can concentrate.

Sit comfortably with your feet uncrossed and flat on the floor. Relax and center your thoughts on the person you are about to send healing to. Open Reiki and do a quick self treatment or internal visualization to get Reiki really flowing through you. This will help fill the space in which you are working with strong healing energies. Ask your guides for their presence and assistance with this distant healing "for the good of all and with harm to none".

Begin the treatment by putting your hands on the toy or photograph, then mentally or verbally (or both) calling the person by their preferred name to come be present with you for this healing. You must ASK PERMISSION before you begin the treatment even if the person has specifically asked you to do the healing before, at each session you must ask for permission from the person's higher self before you can begin. Mind you, you will receive a definite yes or no answer from them (and an "I don't care" or "Do as you like" does not count as a "yes"!). You are ethically bound to honor the choice of everyone regardless of your own desires. If you get a "No", then don't do the treatment. That's all. If you are not sure of their answer, then proceed only with the qualifying statement of "with harm to none, for the good of all concerned."

Draw ckr into the palm of your non-dominant hand and say its name three times. Feel the extra power come into your hands.

Draw/see/say three times each, ckr, hszsn, ckr, shk, ckr, (sandwich the symbols together) and say the person's name and where they are physically present (if known) three times each. Affirm that this healing is for the highest good of all concerned and give any qualifiers necessary to cover your doubts about the treatment. If treatment is given to be received at a different time than when you are actually working repeat this 3 times as well.

At this point you can begin treating them just as if you were giving a direct treatment. You may counsel them, ask questions, and expect to receive answers from the client. Treatments of this kind rarely last more than 20 minutes. Using pure energy is much more effective than a hands-on method. Set a timer or set your internal clock to break off at a certain time and check the clock until you are accustomed to the new way of giving treatments. After a while each case will be different and you will know intuitively when to end the treatment. Just as you know when to move your hands when doing a direct treatment. When you have finished the treatment visualize your usual method of closing. End with a final prayer or thank you's to the guides (and others) that have helped you.

Seal the client with ckr over the whole back and smooth their aura as necessary.

Break the connection.

Remember that situation can be healed in a like manner using the same symbols and visualize the situation as if written on a piece of paper or use an actual note about the situation.

(Warm thanks to Rev. C.J. Aberte for her kind permission to reprint the above information from her notes.)

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 you 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 clients 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 it's 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.

LEVEL II ATTUNEMENT

Welcome to the next 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. You should also flow Reiki into yourself at this time too. 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. 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 II 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 to 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 again, 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 symbols below and close your eyes. Take a few comfortable breaths in and feel the power in these symbols. Now, with one long, deep inhalation, see each symbol begin to glow under your hands. As you breathe in your guide begins to chant something. As he chants "Cho Ku Rei" he draws it in your palms. As you begin to release the air, see the palms of your hands pop open giant blossoms of golden light. As you take another breath in, your guide chants "Sei Hei Ki" and draws it on your palms. As you release the breath, see the palms pop open another flower of golden light. You're really radiating now! And as you take another breath in, you can hear your guide begin to chant "Hon Sha Zei Sho Nen" as he draws this big symbol in both of your palms. And once again as you breathe out, feel another flower of power burst forth from the palm of your hands and connect all three flowers to your heart and crown. You are truly luminant. Feel the power radiating in time with the glowing symbols. 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 breathe out, feel the toxins in your body being released. As you breathe 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 Two Practitioner!*