

# Reiki Revolution

Learn Reiki for FREE!!

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

## Master Level 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 decision to become a Reiki Master is not one to be taken lightly. I HOPE that you have carefully considered the consequences of this step, as you are not simply dealing with the Human Level of Existence any longer, but now with the entire universe, with "God", The Gods, and all conscious beings, and with the expectation that you are doing so for the good of all concerned with harm to none. If you have any reservations whatsoever about this, STOP HERE! Go Back to Level Two and just start at the beginning again there. There is no need or reason to rush this process, there is no reason for you to take this step if you do not KNOW that you are ready.

When I first considered making Reiki available indiscriminantly like this, I heavily pondered over making the Master levels available without controls. The conclusion my guides led me to is that Reiki can do no harm. Even someone who has been attuned to a very high level of Reiki such as Usui Master, cannot be harmed and CAN DO NO HARM! Reiki simply will not allow it. Therefore, I must conclude that if you are here and are serious about completing the journey to Usui Mastery, then it must be ordained, it must be so. I vow to put the gauntlet in your hands, but you must put it on.

I must admit I really didn't have any idea how to begin this section, so I don't know if this format will remain or not. I may add some things and remove others. I just don't know yet. But, at any rate, begin at the beginning. Click on "Ascending to Mastery" and allow your journey to begin. You may feel that one journey is ending, but let me assure you that another, longer, more difficult and more rewarding one is about to begin. It will take your entire life to complete it and you will experience much and meet many people along the way. It won't always be easy, but it will always be PERFECT IN EVERY WAY.

I ask that all power in the universe come to this place, to "put the power here" as I salute the Buddha within you and convey upon you the truth of truths as we prepare to empower you with the wisdom of all, I invite all positive guides and healers to be with you at this time, I ask that you be fully, deeply, vastly, permanently, and peacefully attuned to the highest qualities of Reiki that exist now, ever have existed, and ever will exist, for the greatest good of all concerned and with harm to none. I pray to Dr. Mikao Usui in whatever form he now occupies and ask that he guide you in your training and practice. I pray the Lord Buddha will fill your heart with loving kindness, compassion, and a knowledge of the middle way. I pray the Lady Freyja will guide and nurture you all your days. I pray the Lord Thor will protect you and stand with you through every battle you ever face in this life and every life hereafter. **And I pray to your Higher Self and ask its clear and careful guidance, participation, for it to reject greed and arrogance, and for it to guide you to be of service to your fellow beings.**

## The Step toward Mastery

### *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.*

Welcome to the next step of your evolution as a sentient being! Beyond the threshold of the pages that follow is a whole, wide new world that will transform your life into something beyond description. There is simply no way to prepare you for what is coming, you will have to experience it for yourself. There is a clearing period for the Master Level but it can be difficult to give any estimates of how long it will take. The best estimate is that it will continue sporadically throughout your lifetime. Just accept it and learn from it. When you can keep your mind and heart open to everything that comes your way, you will have a much more satisfying and productive time of it. Worst case scenario: you put Reiki on a shelf and don't work with it again. Best case scenario: Enlightenment, Nirvanha, Transcending the need for flesh. Probably you will find yourself somewhere in the middle of the two extremes.

What does it mean to be a Reiki Master? It means, among other things, that you have assumed responsibility for your life and your own spiritual, mental/emotional, and physical evolution and development. It means that you are setting yourself aside from other healers of other systems and saying "This is MY path, and I am an expert at it." It means that you are prepared to teach others and share a transformation of earthshaking proportions with them. It means that you are ready and able to set your ego aside and exist as a person, and not as "Oh Holy Reiki Master, Your Eminence, Ma'am/Sir" :-). It means that you are ready to LIVE and do so proudly, joyously, and responsibly. There is typically a dramatic life-altering change that accompanies the initiation into the Master Level of Reiki, and it will be most appropriate for you at your stage of

evolution. For many people, the need/desire to eat meat is removed utterly from them. It is actually rather common (at least in my experience) to hear that a new Reiki Master is also a New Vegetarian or Vegan. For me, personally, it was the utter dissolution of worry and stress in my life. Reiki Mastery rendered me stress and worry proof! This is wonderful to me, but some of the people in my life find it a little unsettling. Imagine, you're travelling in "The Third World" with this worry-proof guy and everything you both have, your bags, money, all of it, gets stolen, and your companion (moi), says "Don't worry, something will come along. Would you care for a mint?" :-)

Receiving the transmission of the Master Symbol is the catalyst that begins the transformation from what you "are" now to what you will become, a True Master. This is the final step in a long process of opening that you began when you received your First Degree Attunement (some might argue that it began with your current human birth). Understand very clearly, this is not an ending, but yet another beginning! One analogy I like to offer is that of a houseplant fed on just water and potting soil. It grows enough, and develops roots and leaves, and attains some size. But now imagine putting the exactly PERFECT fertilizer it needs, giving it extra sun lamps, CO<sub>2</sub>, perfect temperature and humidity, and loving it with all your heart, soul, and pocketbook. Imagine the difference that would make. Now imagine you are the PLANT. This is Reiki Mastery.

I believe that Reiki is 100% ABSOLUTELY SELF-REGULATING and it cannot be done wrong (but likewise it can't be done "right" either). I also believe that anyone who tells you it can be done wrong, or can harm, or "you have to know what you're doing" is selling something. Reiki is not difficult, dangerous, harmful, or capable of being done improperly. It absolutely WILL right itself in the body/soul of those who channel it and those who receive it. I believe that this applies equally to learning and being attuned to Reiki as well. Reiki is the best teacher in and of itself. After all, Dr. Usui learned it by just sitting on a mountain for a couple of weeks then going off and practicing! I think there's a lot to be learned from the story of the origins of Reiki beyond the publicity packet that organizations like *Reiki Shiki Ryoho*<sup>tm</sup> and other systems would like you to blindly swallow. Use your common sense in considering how the modern practice of Reiki has come about. Ask questions and seek out the answers that satisfy you. Do not EVER just sit back and idly be a disciple of some guru, because I guarantee you that you will lose something that you will never get back. Reiki is here to set you free, to make you independent, so that you can clearly and honestly see how important and utterly dependent on every other living (and non-living) thing in existence you really are! Approach Reiki (and in fact, life) with an attitude of open, joyous expectation and gratitude and you will truly understand what Mastery means.

I would like to invite you to begin a journal of your Reiki experiences. Write in it daily for one year. Record your experiences, dreams, feelings, "coincidences", psychic activity, and anything and everything that occurs to you. At the end of one year from the day you begin, go back and read your Reiki journal from beginning to end. You will be shocked at what you read. A saga of epic proportions, indeed. :-)

## **Master Symbols**

At the Master Level there are two new symbols to be attuned to which must be memorized. These two symbols are the keys to the Usui system, as these are the symbols which empower you to attune others to Reiki. The two Master Symbols

are Dai Ku Myo (DKM) and Raku. The most common versions of these symbols appear below.



**Dai Ku Myo**  
**(dye koo Mee-yo)**

Dai Ku Myo is the master symbol of Usui Reiki. Its function is to align and open all the chakras and prepare the body for the permanent transmission of Reiki. It is drawn from top to bottom, downstrokes coming before horizontal strokes, horizontal strokes made from right to left. Ask a Chinese or Japanese friend about the proper "stroke order" if you're concerned about it. There is a traditionally held belief that if you don't draw the strokes in the proper order you won't properly access the symbol. This, in my humble opinion, is horseshit. It is the intent that governs the flow of energy, and if you intend to tap this symbol, then tap it you shall.

**Raku**  
**(RAH-koo)**

Raku is used in passing attunements, but not in individual healings. Raku helps to lift negative Karma, and takes the initiate to higher levels of consciousness. Some believe that it is Raku that allows the physical body to connect with the energies of Reiki. It activates the Dan Tien and brings Reiki energy in through the Chi channels, and grounds it in the Dan Tien. It is used at the end of an attunements in Usui Reiki to separate the auras of the master and the student. Raku is an initiatory symbol.

## **Usui Attunement Procedure**

What follows is the Reiki Attunement Technique as I learned it from my Master. Learn it exactly as it appears, try it with a few folks, and see how it feels. Listen to your intuition, as this is scaled down to be exactly what is needed to pass the attunement. Let your guides lead the way for you.

The training that I received said that in order to pass attunement you must have been attuned by someone who has been attuned, etc., etc., etc., but I disagree ever so slightly for the simple reason that "Energy flows where the mind goes" and the symbols "exist" out there between the worlds waiting to be accessed by any and all who need/seek them. If your intent is to be attuned, then you will be. If your intent is to pass an attunement, then you shall. Because I (and my guides and your guides too) intend that you will be attuned by these pages, the attunement is passed.

## **Begin**

**NOTE: Once you make physical contact with the client, do not break it until the end!**

Seat the attunee comfortably in a straight back chair, make sure their feet are flat on the floor, they are not wearing any crystals or "energy" jewelry or adornments. Make sure they are comfortable and at peace with their decision to be a recipient of Reiki Training. Have them close their eyes, and meditate briefly on their breath. Prior to beginning, let them know that when they feel you put your hands on their shoulders at the beginning of the attunement that they should immediately raise their hands to the "prayer position", palms together fingers extended and pointing upward, at about the level of the heart.

Stand just behind the seated recipient and allow Reiki to fill your own body completely, then open your ground circuit, and become one with all. Take three comfortable breaths, allowing Reiki to permeate you utterly. When you are ready, begin to walk around your seated client, in a counterclockwise (widdershins) direction, three times, a comfortable distance around the client, stopping at the same point you began, just behind the client. The purpose of this circling is to seal the space and the energies into the immediate area of the attunement. Once again allow Reiki to fill and permeate you. When you are ready, raise your hands and bring them to rest lightly on the shoulders of the attunee. (the attunee should raise their hands into the "prayer position" -- if they don't then just quietly ask them to raise their hands. No biggie, take it easy:-).

At this point you are just radiating with Reiki, with your hands resting lightly on their shoulders. Now it is appropriate for you to offer a prayer to your "higher power" or symbol of divinity, as well as to your own guides and the guides of the client, and to invite "all positive guides and healers to be present and participate" and to ask for this client to be attuned to the highest level of Reiki appropriate for them, "for the greatest good of all and with harm to none".

**1) Open and align the chakras.** Draw or visualize CKR from the top of the head, over the entire back down to the base of the spine. Settle again with hands on shoulders and flow Reiki into the client for a moment or two. When ready, draw the [DKM](#) in a like fashion, from the top of the head, over the back, down to the base of the spine. This draws the chakras into alignment and into perfect focus, this opens the channel from heaven, through the body, down into the earth. Return hands to the shoulders, settle, and flow Reiki for a bit.

**2) Permanently open the crown chakra.** Move your hands from the shoulders to the crown of the head (at the location of the crown chakra), in the "prayer position" but instead of pointing up, tilt your hands forward so that the fingers point forward. Now open them like a book, with the intent that this is opening the crown chakra permanently. Return hands to shoulders and flow. When you're ready, trace or visualize, the CKR, SHK, HSZSN, (and ONLY for Master Level

attunements, add the DKM as well) into the opened crown chakra. Contact [Hui Yin](#), tongue to roof of mouth, P.C. muscle clenched, and blow a strong puff of air (around your tongue) into the chakra, seeing it blow the three (or four) symbols all the way down the spinal channel and attach at the sacrum permanently. Return hands to shoulders and flow for a moment.

**3) Open Third Eye and Heart Chakras.** From the hands-on-shoulders position, reach around with your right hand and grasp the client's folded hands, over his fingertips, then bring your left hand around to grasp their hands over the folded thumbs. Move your own body so that you are now standing in front of your client. Shift your grasp so that your hands are holding theirs in "prayer position" but your hands are sandwiching theirs between your palms. (Do NOT break physical contact with your client during the shift). Bend slightly so that your own Third Eye Chakra looks directly into their Third Eye. Mentally project (do not physically draw) the CKR, SHK, and HSZSN into their Third Eye, contact Hui Yin, raise their hands so their fingertips contact the forehead at the Third Eye, and blow the symbols into the center of the chakra. Keeping Hui Yin contacted and leaving their hands at the level of the Third Eye, bend a bit lower, look through their arms, with your Third Eye contacting their Heart Chakra, mentally project CKR, SHK, and HSZSN into the heart chakra, and blow them into place.

**4) Open the hands.** Bring their folded hands down and forward, and separate them to a little more than shoulder width, making very sure not to break physical contact with the client at any time. Grasp their right wrist and with your dominant hand draw symbols as follows into the palm:

For a First Degree attunement, draw only CKR

For a Second Degree attunement, draw CKR, SHK, and HSZSN

For a Master Attunement, draw CKR, SHK, HSZSN, and DKM

After the drawing is complete, tap lightly on the palm, once, then twice, then on the third time, REALLY DRIVE THE SYMBOLS INTO the palm chakra with your own palm. The idea is to open the chakra with a bit of a forceful blow (but not devastating or painful -- a strong "Hi five" kind of blow is the maximum level of force I would use). Then repeat the same process for the left hand.

**5) Close down.** After you complete the left hand, then raise the client's left hand and cross it over their chest to come to rest at the level of the right shoulder, then cross the right hand to the left shoulder (the wrists cross at about the level of the heart). Place your right hand on their right hand (which is now at their left shoulder) and step back behind the client, where you can allow your left hand to come to rest on their left hand (and now both your hands are on their shoulders). Flow Reiki for yourself and the client, and when you feel that you are flowing together, draw the CKR over the whole of the back again to seal the attunement. Then finally you draw [Raku](#) down the spine from the crown of the head to the sacrum, sending their root deeply down into the Earth and permanently anchoring it there. Bring hands to rest again on their shoulders, flow Reiki, and settle. When you are ready, break contact and step back out of their field. Allow them to "come back" as they see fit, in their own space and time. Answer any questions they might have, and congratulate them on their new level of Reiki.

## Teaching Reiki

When the time comes that you feel that you are ready to begin training others you will suddenly find yourself with quite a bit to think about. Where do you

begin? What will you present and how? It is common for a student coming to you for a paid class to receive some materials to support the training, and my master gave me quite a lot of material to digest. Ultimately I didn't find it nearly as useful as the actual practice of the techniques and other independent research. There are many sources of materials available online, a great majority of them for absolutely free. I highly recommend Vincent Amador's site at <http://web.archive.org/web/20030213093332/http://www.angelreiki.nu/>, he presents the entire Reiki training in the form of an e-book that you can even download and print. Another absolutely EXCELLENT source that you should already have in your library, and certainly if you're planning on teaching, is Diane Stein's "[Essential Reiki](#)".

I have outlined for you below a sample curriculum that is by no means comprehensive. This is the format I typically follow on the rare occasion that I offer an actual class. Most of my training has been on a one-on-one basis and that works for me.

**NOTE: I highly recommend that you wait at least three months from the time of your Master Attunement before you teach your first class!**

### **Suggested First Degree Course Outline**

- I. Attune the student.
  - A. Explain clearing process.
  - B. Answer any questions.
- II. Tell Origins of Reiki and the story of Dr. Mikao Usui.
  - A. Tell the story of Usui's Holy Quest on the mountain.
  - B. Explain common misconceptions.
    1. Usui was Buddhist (Shinto), Not Christian.
    2. The origin of the exorbitant fees was Mrs. Takata.
- III. The chakras (if not previously studied).
  - A. Location of each.
  - B. Traditional color and function.
  - C. Dowsing the chakras with a Pendulum.
  - D. The Reiki Flow Circuit (Enters crown, descends to heart, exits the hands).
- IV. The traditional hand positions.
  - A. Explain their purpose and function.
  - B. Stress freedom and intuition.
- V. The treatment session.
  - A. Do not diagnose illness unless you a licensed medical professional.
  - B. Be professional in every respect.
  - C. Briefly explain what you will be doing and allow the client to ask questions.
  - D. Begin treatment (do hands on demonstrations at this time).
  - E. Discuss any issues that arise during the session with the client.
  - F. Make appointment for next session if necessary.

- VI. Self-treatment and its importance.
  - A. Meditation and self-evolution.
  - B. Self-treatment techniques.
  - C. Chi Kung and other energy exercises.(optional)
- VII. Discussion and preparation for Level II.
  - A. What Second Degree Reiki is all about.
  - B. The importance of using Reiki every single day in preparation for advancement.
  - C. Presentation of First Degree Certificates.

### And then below for a Second Degree Class.

- I. Attune the student.
  - A. Explain Clearing Process.
  - B. Answer any questions.
- II. Explain the Symbols and their uses.
  - A. History of secrecy.
  - B. Memorize and learn to "send whole" instead of drawing.
- III. Spirit Guides and Higher Sense Perception.
  - A. Getting in touch and heeding their guidance.
  - B. Exercises for developing Auric vision and Scanning.
  - C. The non-existence of "coincidence".
- IV. Treatment session with the symbols. (Hands-On Demo)
  - A. Including the symbols with each position.
  - B. Using symbols to seal the treatment.
- V. Distance Healing.
  - A. Basic technique.
  - B. Practice session.
  - C. Self-treatment at a distance.
- VI. Discussion and preparation for Master Level.
  - A. What Master Level Reiki is all about.
  - B. The importance of using Reiki every single day in preparation for advancement.
  - C. Hui Yin and how to prepare for it.
  - D. Presentation of Second Degree Certificates.

### And for Master Level Classes

- I. Attune the student.
  - A. Explain Clearing Process.
  - B. Answer any questions.
- II. Share and explain the Master Symbol and Raku.
- III. How to pass attunements.
  - A. Explanation and written outline.
  - B. Instructor demonstration.
  - C. Student practice and demonstration.
  - D. Teaching Reiki at each level.



- IV. Legal issues and professionalism for the Reiki Master.
  - A. Ministerial Ordination and why it may be important.
  - B. Client confidentiality.
  - C. Advertisement, organizing classes, payment, and scholarships.
  - D. Certificates, the Master Seal, and professional associations.
- V. Master Rite.
  - A. Welcoming a new Master and Colleague.
  - B. Moment of Silence and Prayer of Gratitude.
  - C. Lighting of the Master Candle and sharing the flame of Reiki.

This is clearly just a rough outline of one Reiki Master's teaching curriculum. You will most certainly develop your own style and techniques. I strongly encourage you to [read as much as you can](#), join or start a Reiki group in your area, and get friendly with other Reiki people in your area or online. These will be the most valuable teachers you will ever encounter in the fullness of your existence.

If there are any questions you would like to ask or if I can help in any way, please feel free to [email me](#) any time.

## **Reiki Master-Teacher Necessities**

After you are ready to teach there are a few things you will need before you are ready to begin teaching and certifying your students. In my opinion, if you have nothing else, you should at least get a Master Seal made. As technically you are being trained under the auspices of Taokan Temples International Association, your seal should be something to the effect of

**Your Name**  
**cert. #XXXXXX**  
**Taokan Temples Int'l Assn.**

If you don't wish to have [certificates](#) then you can [email me](#) and I'll send you a certification number. The seal can be bought at any office supply store (I bought mine at Office Depot in the Southern U.S.) and is a circular-shaped "pocket embosser" seal that Notaries Public use (or used to, in my home state of Florida they aren't required to use a seal anymore). My seal cost \$19.95 USD and it took them a week to make it. This is the seal that you use to make certificates.

Which brings me to the second RMT necessity, certificates. If you have desktop publishing software or a good word processor like MS Word, you can produce your own certificates very easily. At the same Office Depot I purchased my seal, they also sold blank certificates for ink-jet printers. Only a couple of dollars for a package of 25 and included the gold foil seals. I think these are pretty easy to come by in any of the large office supply chain stores. Alternatively you can have a commercial printer make some blank certificates for you and you can just write in the student's name and date afterward. If you want really easy, I can probably be pretty easily persuaded make them for you and send them to you (for a small donation to cover the costs of producing and mailing) complete with student's name (but you put the seals on them). If nothing else I can send you the certificate file and you can print it out on your paper.

The next thing, while not a necessity, is still a good idea. Business cards. It will contribute greatly to you as a professional healer to have a Reiki business card made (or make it yourself with your computer). Give them out to everyone to let them know that you are available for treatment and training. Give free demonstrations and sample treatments to everyone with a complaint. A well designed business card can make a powerful impression on a potential client.

Teaching materials, folders, labels, miscellaneous business supplies. If you are unclear about what materials you would like to teach with then download the [online manual](#) and print it out, and teach straight out of there. The author, Vincent Amador, has granted you explicit and unlimited rights of duplication and distribution so long as you keep his copyright information intact (i.e. Keep his name and copyright date, don't change any of the actual text or content, and list his website and email address). You can print it, xerox it, and put in a nice binder with your name and data on it. Just remember to credit the source and make it very clear that this is someone else's intellectual property. You also have my explicit, unqualified, and unlimited permission to download, print, xerox, and distribute any and all materials on this website, but again, I would ask that you keep my copyright information intact as well.

Finally, you will need confidence and practice. Tell a couple of friends about Reiki and ask them to let you "practice" teaching on them. Go through each step of training at each level with them (including the attunements) and gain your confidence. Of course make certain before you ask them that they are agreeable to receiving Reiki training. Just because you are "practicing" on them does not mean that they aren't REALLY being attuned and trained! Lastly, you can take it as a given that in your first class you will be nervous and will probably not do as well as you would have liked. It happens to us all. Don't worry about it, just take it as a learning experience and know that Reiki will make sure it is done right.

I've saved this issue for last because it is the most difficult for me to provide you guidance about. Fees and money. The original teaching as it is handed down from Mrs. Hawayo Takata (a somewhat controversial figure in some circles) is that Reiki must be never treated or trained for free because (all us stupid westerners) "some people" don't appreciate the value of something unless we pay dearly for it. Personally, I think this is a bunch of shit! I believe Takata's PRIMARY intent was to become rich. But you know what they say about opinions and rectums... :-) Should you decide that you want to earn money from your practice of Reiki, I would ask you, no, beg you, please be compassionate, please make some allowances for people who cannot afford to pay for treatment or training. I almost never ask for payment anymore. But admittedly I'm in the very fortunate situation of being able to offer Reiki globally without having to have it be my source of income. I would also ask of each of you taking your Master training here, to commit to teaching at least ONE PERSON each level for absolutely FREE! Give them materials, attunements, your time, and certificates for free. In Thai Theravadin Buddhism we understand the concept of "tam boon" or earning merit. Everyday the monks come out of the temples just before sunrise and begin walking the streets. People wake up early, come out of their homes, and line up at the curb to give the monks food. The Thais believe that by giving selflessly and supporting the monks in this way they earn good karma in this life and the next. Sometimes the monk may be moved to chant a blessing over the giver and the gift. This is a great honor. When you give Reiki in this way, I believe with all my heart and soul that this is bringing "boon" or good karma to you. I do not accept or believe that to give without remuneration is to "create a vacuum" at all. Jesus of Nazareth did this, as did The Gautama Buddha, and they both taught that each

of us could do exactly what they did. Why should giving be any different just because some people exploit it to improve their financial situation?

I hope that whatever path your "career" with Reiki leads you to, you will follow it with joy, with love, and with compassion. Remember to use reiki to eliminate the suffering of others and so too shall your suffering be eased. I am living proof of this.

In love, light, and peace always...

Namaste!



## MASTER 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!***



## **MASTER 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 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 FOUR 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. Your body seems to burst into a giant orb of radiance that reaches out to every corner of the universe. 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 FOUR 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 finally your guide begins to chant "Dai Ku Myo" and traces this, your master symbol in to the palm of your hand, and as he plants it firmly in place, you can feel the connection with all the masters that came before you and all who will come after come directly into focus. You are one with all. And once again as you breathe out, feel another flower of power burst forth from the palm of your hands and connect all four 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 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 Master Teacher!***