



Reiki 2

REIKI II NOTES

INTRODUCTION TO REIKI II

Welcome to Reiki II and thank you for sharing this occasion for I see Reiki II or the Second Degree of Reiki as a significant step in using the Reiki energy and also as a level of spiritual development reached by yourself.

Where the initiation of Reiki I opened you to the awareness of the Universal Life Force energy, Reiki II will now enable you to enhance and expand the use of the energy. As always with Reiki it will give us much to learn and focus on first and foremost with our own personal growth.

With Reiki II you are initiated with symbols in your hands and given the symbols to use on a conscious and mental level to increase the energy flow. These symbols are Sanskrit, which is one of the very first ancient languages to be documented. The power of distance healing (or as some call it absent healing), and a new awakening in your own psyche and clairvoyance will become evident.

WHEN IS REIKI II USED

Simply put, anywhere, any time you feel the need or requirement to do so. The use of Reiki II is only limited by ourselves. I myself do not put any limitations onto Reiki only the knowing that by what I am doing is doing something and you can be assured it will be for the good of all.

1. Use if applying for a new job, by sending the energy to the situation, it will turn out for your highest good. This also means the highest good for all concerned. Also you may wish to send healing to your present job or situation in the work place. Be aware of any impulses you may get or your intuition telling you what the best action may be for you and always pay attention to the situation afterwards and note any differences. This is a good thing to do for your own personal experience, by observing the situations you heal you will soon be able to gain greater insight into the way Reiki heals and the affects it has on others and our surroundings.
2. Someone unwell and you can't get to them personally. Sit and use the symbols to send Reiki to them.
3. Self healing. You can sit in comfort during the evening sending energy to yourself but ask to receive it while you sleep as during sleep a deep level of healing can take place. The energy can also be sent back in time to our past to help heal a conditioned part of us or trauma that may have been experienced in an accident. This same method can be used on people we are healing. An example could be that a lady fell off a horse ten years ago and hurt her foot. By using the distance symbol we can hold the lady's foot

send the energy back in time, by adding the symbol for harmony we can then heal the trauma at the time of the accident. This Healing method can have profound results so try it whenever you can and always keep in mind that we are the only ones who limit the use of Reiki so if you think it can be done do it, it will only bring about good.

4. Use on plants, animals or whatever comes to mind. Remember the rules of Karma, "what you send out will come back".
5. Use in conjunction with all other healing aspects, i.e., Crystals, Colour healing, Essences, Chakra balancing and clearing.

It can do no harm - only good! Be aware it may give us something we weren't expecting.

6. One of the most powerful healing methods is to send Reiki to our inner child or back in time to any event in your life that may have caused you to feel pain. This can also include past lives.

A new responsibility is required with Reiki II because you will now be able to tune into the inner fears, apprehensions and even thought patterns of the people you heal. Discretion and privacy is very important here so remember "AS ye shall sow, so you shall reap". If you do receive information give it to the person it is for, don't try to interpret it, that is for them to do.

One thing that Reiki has taught me is how easy it is to become one with every living thing because Reiki tunes into the Divine Vibration. It is upto us when giving Reiki to allow the energy to go where it is needed and allow the recipient to do with it as they wish. Reiki can be used to either heal or give people the required energy to move from this plane to the spiritual plane (physical death, spiritual birth).

CHAKRAS

The Reiki energy will, in most cases, balance the chakras. Chakra is a Sanskrit word for "wheel of energy". We are all made up of energy and there are 7 major chakras in our energy system. These are the door ways or gateways to all the information we have ever recorded in our existence. So when a chakra is 'blocked' or not working to full capacity it is a guide to where our conditioning, or patterned thinking is preventing us from complete healing or experiencing complete harmony in life.

It is useful to know where these chakras are located and their purpose in relation to the person. There are many books which speak directly on the issue of chakras and I recommend you at least learn their positions and functions to further your knowledge and healing skills.

We can check the spin of the chakras by using a pendulum . The pendulum is held over the chakra and will start to spin in accordance to the energy of the chakra. The pendulum should be held about 3 inches above the area being checked, ensuring the pendulum does not touch the body. This will give you a good indication of the direction of spin and the amount of energy the chakra has. The spin of the chakras rotates differently for males and females. Masculine is clockwise, Feminine anticlockwise.

CHAKRAS *In relation to the Mind, Psychological affects.*

Chakra 1 - Base Chakra - Colour Red (secondary colour black) 1 to 7 years.

Relates to the will to live and physical energy and relates to your 'drive'. Your foundation of life. Where's your support? Tribal law, Family tradition.

Key word: - **STRENGTH.**

Chakra 2 - Sacral Chakra - Colour Orange - 8 to 14 years.

Relates to sexuality, primary relationships, quality of emotional love for others, giving and receiving on physical, mental and spiritual levels. Emotional feelings and expression. (Colour Orange very powerful for healing)

Key word: - **LIFE.**

Chakra 3 - Solar Plexus - Colour Yellow - 15 to 21 years.

Relates to great pleasure and expansiveness, spiritual wisdom and consciousness of life universally. Who you are within the universe, your own personal power. The solar plexus is the main area we tend to absorb all fears and negative emotions... it is breathed in. It also relates to your health, how you feel about yourself? Your own view of yourself will be found here.

Key word: - **DIVINE ORDER.**

Chakra 4 - Heart Chakra - Colour Green - 22 to 28 years.

Relates to heart feelings of love for other human beings and all life! - your openness to life. Family, home, relationships... this is your Love center.

Key word: - **DIVINE LOVE.**

Chakra 5 - Throat Chakra - Colour Blue - 29 to 35 years.

Relates to sense of self within the society and one's profession. Self

expression. Responsibility of one's personal needs, what you really want to do in life. *YOU IN ACTION.*

Key word: - ***POWER AND ZEAL.***

Chakra 6 - Third Eye - Colour Blue - 36 to 42 years.

Relates to the capacity to visualize and understand mental concepts. Reality of the Universe. Wisdom, intuition, awareness and what you do with this in life. The capacity to create your ideas into physical reality. Strong will!

Key word: - ***UNDERSTANDING.***

Chakra 7 - Crown - Colour Violet - 43 to 49 years.

Relates to the connection to spirituality, faith and the reality of wholeness and peace which gives a sense of purpose to your existence.

Key word: - ***FAITH AND TRUST.***

BALANCING THE CHAKRAS METHOD # 1

Using Reiki symbols on each of the chakras start with the base (#1) and work up the body to the crown (#7). You may however wish to start at the top and work down, the choice is yours and there are no set rules with Reiki, simply follow your intuition and you will find the correct method for you. It is also helpful to measure the spin of the chakras before and after a healing to give a guide to the changes that occur when working with the chakras.

1. Draw symbol #1 over the chakra.
2. Draw symbol #3 over the chakra.
3. Draw symbol #2 over the chakra.
4. Draw symbol #1 over the chakra.
5. Recommended time to leave hands on chakra is 20 minutes. However, if you don't have time a minimum time is 5 minutes. Again and as always follow your intuition!
6. Repeat for all chakras.

BALANCING THE CHAKRAS METHOD # 2

This second method uses the distance or bridge symbol (#3) to connect all the major chakras to the heart chakra and is a very powerful form of healing on its own as it connects all our energy centers to the energy of the heart which connects everything we do with love.

1. Draw symbol #3 over heart with one hand.

2. Draw symbol #3 over crown with other hand.
3. Leave hands in this position for a minimum of 5 minutes.
4. Move from crown down to 3rd eye leaving other hand connected to heart. Draw symbol #3 over 3rd eye.
5. Repeat for all chakras always having one connected to the heart until completed.

This is a very powerful method of chakra balancing as well as healing and can be done instead of a full Reiki. For further information on diagnosing chakras with a pendulum refer to the book "*Hands of Light*" by Barbara Brennan.

MEANING OF THE SYMBOLS

SYMBOL #1 - INCREASING AND MAGNIFYING THE ENERGY (PHYSICAL PLANE)

Cho : Curving Sword
Ku : Penetrating to make whole
Rei : Transcendental Spirit

This symbol means - I call the divine energy to this point now. It is increased and magnified.

Drawn in the air over the section of the body being worked on, or in the air above the whole body. I draw it again each time physical contact is broken with the body. It can also be drawn at the beginning and at the very end of a treatment as a form of commencement and completion.

It is always used at the beginning and end of procedures when combined with the other 2 symbols to put magnify the affect of all the symbols in-between. This is what is known as a power sandwich.

The symbol can be drawn in the air by the hand or any other part of the body. Some teachers use the nose or foot to draw the symbol, it doesn't matter how it

is drawn as long as it is correct and you are comfortable with it. You may even wish to visualize the symbol but if you choose this way you must still actually draw it, not just seeing it complete. It is also beneficial to invoke the symbol with the sacred name silently inside your self.

This symbol can also be used in any room or any place where you feel you require to call upon the divine loving energy that is Reiki.

SYMBOL #2 - AWAKENING AND ACTIVATING THE LIGHT WITHIN (MENTAL PLANE)

Sei : A state like buddingstate

He : Base Chakra

Ki : To balance hidden things

This symbol says - "Touch and awaken the divine intelligence within". Or "I have the key to awaken the mental plane". It is also the symbol of harmony and can be used to bring harmony into anything we feel may need it. Another use for this symbol is trauma associated with accidents or parts of our lives. By sending this symbol with the "distance"

symbol it can be used to bring about harmony into situations in the present or back in time to events that occurred which caused either ourselves or others pain of some sort, weather that be emotional or physical. Again we are the only ones that limit the use of Reiki so if it feels right do it.

METHOD FOR ACTIVATING THE LIGHT WITHIN (HANDS ON)

The following method is used to cleanse the body of a receiver and enable them to release any blockages within the body. It can be incorporated into a standard healing session with ease.

1. Place on hand either under the head where the neck and skull join or on the side of the head over one of the ears. Ensure you are comfortable and you will find the right way for you.
2. Place the second hand on top of the head with the heel of the palm towards the back, finger tips toward the forehead.
3. Lift hand off head and draw symbol #1 saying it's name silently 3 times. Place hand back in position and wait for good contact to be felt (heat, vibration, coolness or whatever you feel).
4. Lift hand off again and draw symbol #2 and place hand back on head invoking the symbol with it's name silently 3 times then say the name of the person 3 times silently.
5. Imagine there is a white clear light in the center of the persons head and say some words to the affect of "you (persons name) are a beautiful being of light and this energy is being sent to you at your deepest divine essence for you to fill up with what ever you need for your perfect body, perfect mind, perfect spirit. Take all that you need and know that it is sent to you with

love”.

6. Then imagine the light flowing down the whole skeletal system to the finger tips to the ends of the toes and back up to the head again. (The aim of this is to fill the body with light)
7. Repeat this process twice but each time let it expand out a little further from the skeleton to the muscles and from the muscle to the skin.
8. Send the light back down to the feet filling the body completely. Then let the light expand further. First into the aura of the person, then out into the room, then out into the edges of the universe and beyond.
9. Stay with this position for as long as you feel is necessary then reverse the process of expansion by bringing them back step by step from the universe back to the body.
10. Imagine you are drawing symbol #1 between your palm and their head saying it's name silently 3 times. (You may wish to say a prayer or blessing before drawing the symbol giving thanks for the healing and stating that the person receiving the healing gain whatever it is they need for their highest good).

Do this position for between 10 to 15 minutes, although again you may decide to shorten or extend the time it takes according to the persons needs or your own intuition. Then continue on as with a standard Reiki healing. This form of healing may be done at the beginning of a healing session and if you find it's taking a long time to do you may shorten the rest of the healing to fit in with your schedule. Remember to go with what you feel, this method is again another very powerful form of healing and will allow you to spend lesser time on the rest of the body due to the energy already received.

SYMBOL #3 - DISTANCE (ABSENT) HEALING - DIRECTING THE ENERGY (CREATING THE BRIDGE)

Hon : Centre, essence

Sha : Shimmering, Hara

Ze : Advancing, correct course

Sho : Honest man, Being, sage

Nen : Thinking by keeping in the stillest part of the mind

This symbol says “The God/Buddha/Christ within me, bridges the gap and greets the God/Buddha/Christ with you”.

I feel by far that this is the most powerful of all the Reiki symbols as it allows us to transmit the energy to anywhere we choose to send it. We can also use this symbol to ask things of the energy, for example if I feel the need to grow

myself I simply draw the #3 symbol, invoke it by saying its name 3 times then I state "Please ground me" 3 times. I then feel the energy being drawn from me and directed downwards. Please use this symbol for whatever you feel the need for and something will happen. Experiment and use your imagination for it is the most powerful tool we as humans have on this plane. Other helpful things to note are that the source of this energy does not know time as we do so once you have drawn the symbol, invoked it and given it a purpose to heal you can add something like "For every minute I send Reiki let it be received a 1 hour". Or "Please let this reiki be received while they/I sleep". Reiki is intelligent, remember that and use it for the highest good of all.

Always keep in mind that when we send Reiki to people or situations the Divine Right Thing for that person or situation will happen. Even though it may not bring about what we wanted it will create what is best and it is up to us to be able to see this for what it truly is. A good example of this is a dear friend of mine told me she was going to a Xmas function that night for her husband's company. She told me she did not want to go because no one could relate to her and her husband would leave her alone all night on her own. So I think to myself I shall send this beautiful person Reiki to work on the situation between her, the husband and the Xmas party with the intention that she be treated like a princess all night long and not be left alone. What happened was as soon as they got there the husband left her straight away and spent all his time with a young female sales rep and my friend spent the night alone and angry. Now when I found out about this I was truly mystified but what we must remember is that "Reiki brings to light" and what the energy did was to show my friend what was really going on and forced the issue to a head allowing her to see the truth of what was happening and enabling them both to discuss and heal the situation. So in the short term it appeared harsh but the result was that the relationship was healed and everything was better and as Reiki II channels it is up to us to be able to learn to see these outcomes for what they really are.

METHOD #1 FOR DISTANT HEALING

Make sure you are comfortable. Take the phone off the hook and remove any other obstacles that may distract your focus. To give you a better visualization you may wish to use a doll or teddy or even a pillow which will represent the person you are sending Reiki to.

Think of the person you wish to send Reiki to and ask them for permission to send them healing (you will receive a definite yes or no, honor it).

1. Cup hands opposite each other approximately 4 to 5 inches apart or on either side of your teddy or doll.
2. Draw symbol #1 and invoke it by saying its name 3 times.
3. Draw symbol #3 and invoke it, Then state the person's name you wish to

send Reiki to 3 times. After this add the persons address or location at the time and then if you wish to change the representation of time add this in now. I always repeat names, locations and time modifications 3 times.

4. Draw symbol #2 and invoke (this will bring in harmony to our healing).
5. Draw symbol #1 and invoke (this completes the power sandwich by magnifying the energy of all the symbols in between.
6. At this point you will have established contact and the way it happens will be your unique way. I myself often see the location and then the person, you may see something completely different or you may just feel the connection. Whatever happens know that what you are doing is working and the Reiki is being sent. And most of all enjoy it.
7. If you are using a teddy or pillow for the transmission of the energy you may now proceed to treat that medium as the person and proceed to do a standard Reiki healing on them. If a medium is not being used you may visualize you hands on their body moving them to the different positions just as you would normally.
8. To complete the healing say a silent blessing then draw symbol #1 and blow through your cupped hands.

Remember do the healing as though the person was there with you. In your mind talk to them, tell them what you are doing, this will help to strengthen the visualization and give more power to your healing. The time you spend on this is up to you, remember that you can manipulate time here and use your intuition, it will be right for you.

This form of healing can also be applied to any situations you feel requires healing whether this be back in time (add this instruction in symbol #3 after giving name or location) or projected forward into time. I will often project energy into my day ahead if I feel the need for it.

METHOD #2 DISTANT HEALING

This method is what I call the one handed method and is used when only one hand is available. For example whilst driving or going about daily activities. It involves the use of an object that can be held in the hand.

1. Firstly find an object that can be comfortably held in one hand. I carry a crystal with me for such occasions.
2. Place the object into one hand with the palm open. Then draw the symbols as described previously for sending distant healing. However this time draw the symbols over the object being held invoking them and giving them

Over View of Sending Reiki Using all Symbols

- 1) Draw Power Symbol. this is to empower all other Symbols placed on top of this one
- 2) Ask for acceptance or permission from the recipient.
- 3) Draw the Distant Symbol.
- 4) Say name of person, situation or event that you want Reiki sent to. Repeat 3 times.
- 5) Say location of person 3 times.
- 6) Include time adjustments if required (i.e. for every minute I send Reiki let it be received for 1 hour). Or another exsample could be "allow this healing to be received as I or they sleep or even a specific time like tommorow at 5.00 p.m".
- 7) If permission was denied at step 2 you can include after or instead of time modifaccations " Please allow this healing to be received at the appropriate time". A denial of permission could simply be because the recipient is driving a vehicle or at work where receiving Reiki at that time would induce a relaxed feeling and may endanger the person.
- 8) Draw the Mental Emotional Symbol. This will bring harmony to the healing.
- 9) Draw the Power Symbol to enclose all other symbols and instructions.

The above method uses all symbols, however keep in mind that the Distant Healing Symbol can be used individually. It is simply a matter of personal preference.

Exercises for Sending Reiki

The following list of exercises are simply to help you explore the possibilities open to us when we choose to use the Reiki Symbols. Imagination is the key here, for anything you think you can do, and you can put it into simple instructions, then it can be done. Try to think of the Distant Symbol as an instructor Symbol where by if you want the energy to do something, simply draw the distant Symbol, put your request into simple words and do it. You don't have to use all the Symbols as per the previous page you can simply use the Distant Symbol on it's own.

- 1) Send Reiki to your higher self. The object of this is too bridge the energy between ourselves and our higher self. Remember the Distant Symbol is also called the bridge as it connect us at an energy level to whatever or whoever we are sending Reiki too.
- 2) Send Reiki or bridge to your guide, guides or Guardian angel.
- 3) Bridge yourself to God.
- 4) Draw the Distant Symbol and ask to be grounded.
- 5) Send Reiki to animals or plants and experience what you feel.
- 6) Send Reiki to relatives or friends that have passed on.
- 7) Send Reiki to your inner child.
- 8) Send Reiki to the situation of your (and mine please) finances.
- 9) Send Reiki to any problems between couples or friends.
- 10) Send Reiki to your car.
- 11) Project Reiki into your day ahead. Draw the Distant Symbol , invoke and then say "Please project Reiki into my day ahead". Say 3 times then add "for every minute I send Reiki let it be received as 1 hour".
- 12) connect and area of your body that needs healing to the healing energies of the Universe.

This list is simply illustrating the many different things we can do with Reiki 2. Please feel free to try anything you can imagine, for if you think you can do it, and you can put it into simple words along with the appropriate symbol, then it is done.

purpose and direction.

3. Once completed close your hand around the object and the energy will be sent. I use this method to project energy into my day whilst driving to work or if I pass someone or something that I feel needs Reiki.

PLEASE NOTE : When sending distant healing try to ensure that the person is not driving a car or at work. The energy can make them feel very relaxed and sleepy and it would be best that they be in a safe comfortable position to receive the energy. If the time is no appropriate mentally say “this will reach them when the time is right” or program the energy to be received while they sleep.

METHODS FOR HEALING OF THE SELF

Using the distant symbol (#3) we can ask the energy to be sent to ourselves when ever we wish to receive it. For example projecting it into our day or receiving a healing while we sleep. Remember if you think it can be done try it! Send this energy to anywhere or any situation you feel needs. The distance symbol can also be used to project energy onto areas of our bodies we may not be able to reach with our own hands. For instance we may wish to give our backs some Reiki but can't reach, use the #3 symbol and ask the energy to go their.

PROBLEM SOLVING OR DECISION MAKING

Reiki is very beneficial to use in these areas as well as treating illnesses and dis-ease. Remembering that healing is to be “whole”. So if we have a problem or decision to make and it's creating anxiety within our body we are not feeling “whole” and at one with our Divinity. Therefore the choice is ours to do something about it.

Use the same procedure as in distant healing and send the energy to the problem or decision to solve. Be aware of what you are feeling while you are sending the energy and listen to your own inner voice for that is the voice of wisdom. Don't feel it isn't working if you don't get an answer straight away. Instead listen and feel all that goes on around you and within you. The Universe never stops whispering to us it's just up to us to learn to listen and recognize it for what it truly is.

This is the beauty of Reiki, we can explore it and try it for many different things, the learning and experience is a part of awakening the inner voice within.

REIKI IN MEDITATION

The Reiki symbols are valuable tools in meditation and can be visualized to enhance your experiences in the planes of meditation. The methods and purposes are for you to choose and develop for yourself however I will try to pass on to you some practices I know of.

SYMBOL #1

This symbol can (as with all symbols) be visualized over head. Sit or lie in whatever position you choose and with your minds eye imagine drawing the symbol in the air above you. Then feel with all your senses the energy as it falls down upon you. This is a beautiful way to commence a meditation or when laying down in bed preparing to sleep for it will give you a feeling of tranquillity.

SYMBOL #2

This being the symbol of "Harmony" is a very powerful symbol on it's own to meditate upon. It may also be used for protection by imagining the symbol being wrapped around yourself. The symbol can also be used for protecting your car whilst driving by simply imagining it being drawn over your vehicle.

SYMBOL #3

This is the symbol we use to connect ourselves to people or situations for the transmission of the Reiki energy. So try imaging the symbol being drawn, invoking it and then asking it to connect us to whatever we choose for we can experience communication or the presence of anything we wish. For example if one choose to gain closer contact with their sprit guides simply visualize the symbol, invoke and ask to be connected to our sprit guide. *Try it for yourself.*

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