

Karen Frazier, Shinpiden, BMsc, MMsc, PhD, CRMC



Reiki Master-Teacher (Shinpiden) – Master Degree for Usui Ryoho Reiki

By Karen Frazier, Shinpiden, BMsc, MMsc, PhD, CRMT

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Introduction

Being a Reiki Master-Teacher is both an honor and responsibility. As a Master-Teacher, you have the honor of sharing Reiki with others and the responsibility of teaching and providing Reiki in an ethical and responsible manner. As you teach, you will also attune others to the gift of Reiki, sharing with them in your own way the spiritual gifts and responsibilities that come with it.

Although you have achieved the Master-Teacher Degree of Reiki, however, you are still only at the beginning of this journey. It is up to you to continue your studies and find ways to incorporate this healing energy into your life. As a Reiki Master-Teacher, you will teach by example, so it is essential you continue to learn and keep incorporating the five principles of Reiki in your life.

Reiki is a tool of healing and enlightenment and as a Reiki Master-Teacher, you will continue to help spread the energy throughout the world through your teachings and attunements. Living as a kind, generous, compassionate, and loving person with a genuine desire to help others will serve you well as you share Reiki energy with others.

Chapter One – Choosing to Become a Reiki Master-Teacher

Your path to and motivation for becoming a Reiki Master-Teacher is uniquely yours. How you choose to allow this new designation of RMT to feature in your life is entirely up to you, and I honor the path you choose.

Becoming a Reiki-Master Teacher with No Intention to Teach or Attune

Many people who obtain the designation of Reiki Master-Teacher have no intention of teaching or attuning others to Reiki. That's perfectly fine. It was never my intention to become a Reiki teacher. Initially, my interest was personal. I believed I needed to be attuned to Master-Teacher Degree Reiki to serve as an energy balancer in the area I lived; that is, someone whose Reiki vibration served the greatest good of my geographical region simply by my energetic presence. For many people, this is a noble goal and a needed service. I believe there are people who live the places they do and vibrate at a certain energy in order to hold space in a place and to bring some kind of balance and healing to that place. Reiki energy is a beautiful way to do this.

When to Start Teaching and Attuning

Listen to your intuition. It can guide you as to when you start to teach and attune others to Reiki. Your Divine Guidance will tell you when you are ready to begin teaching and attuning others. Some never teach or attune, they simply wish to work with the advanced Reiki energy available through the Reiki Master-Teacher attunement. Others begin teaching right away. Some only work with First and Second Degree students and attunements. Others work with private healing partners or friends and family only. Others choose Reiki to work with animals, change the energy of spaces, or include Reiki energy in their other life practices, such as a nurse who wants to channel Reiki when he touches patients or a psychotherapist who wants Reiki as a tool when working with clients.

There's no correct reason to become a Reiki Master-Teacher, there's just your reason. There are as many motivations and methods for incorporating Reiki into one's life and practices as there are people on the planet. There is no correct path to Reiki, there's just your path. Do what feels right knowing you are serving the highest good of the universe with your own special energy and insight. Your Divine Guidance will help you understand what your Reiki path is. Be open to what it has to tell you and always be ready to make another choice if your current choice no longer serves you.

I didn't intend to teach, but one day I felt called to do just that, and so it's what I did. Someday. I may be guided to engage my Reiki in a different way, and if I am, I will do that. I encourage you to listen, hear, and adapt in a similar manner based on the guidance you receive.

Be Open to Guidance

Be open. Listen during meditation. Pay attention to your dreams. Before you go to sleep at night, say, "Tell me what I need to know," and then look for messages. Communicate with your

Reiki guides. If you are drawn in a direction, explore it. Just because you set foot on one path doesn't mean you always need to stay on that path. Some paths are "for now" paths that serve us for a time until they no longer do. Then, we find a new path and move along that one instead. This is your spiritual and healing journey, and you have your own unique role to fill in the universe as a powerful Reiki Master-Teacher.

Chapter Two - Reiki Master Symbols

Reiki uses symbols to focus and amplify the Reiki energy, and the use of these powerful symbols is what separates First Degree Reiki from Second Degree and Master-Teacher Degree Reiki. With each successive degree, the energy you supply is stronger and more powerful thanks to the Reiki symbols.

In Second Degree Reiki, you learned multiple symbols for strengthening and focusing Reiki, including Cho Ku Rei, Sei He Ki, and Hon Sha Ze Sho Nen. In this degree, you will learn the Reiki master symbol, Dai Ko Myo.

The Reiki Master Symbol



The Reiki Master Symbol is called Dai Ko Myo (dye-ko-me-oh), and the translation roughly means "bright shining light," or "enlightenment." It is the most powerful Reiki symbol available, and only Reiki Masters who have been attuned to its power can use it. You will receive your Master-Teacher Degree attunement to this symbol as part of this course. Once you have been attuned to Dai Ko Myo (DKM), it will be with you for life.

DKM represents love, light, and harmony. It is the Source of all, and the universal energy that runs through all of us. It is the energy from which we come and to which we return.

The symbol balances issues of the body, mind, and spirit. It transmutes negative energy to positive. It can also be used in place of all other Reiki symbols, crossing barriers of space and time to bring positive energy to situations. Use of the symbol helps you move towards oneness with Reiki energy.

You can use DKM alone or in conjunction with any or all of the other Reiki symbols depending on what you are intuitively guided to do during a session. As with other symbols, attunement to them and intention to invoke their power is the key.

DKM is also the symbol you will use to attune others to the three degrees of Reiki. It is the symbol that activates the attunement energy, and when combined with your intention, it helps you attune your student to the appropriate degree of Reiki energy.

Drawing Dai Ko Myo



The above strokes illustrate how to draw DKM.

DKM Energy in Your Life

Once attuned to DKM, you may notice a powerful change in your energy and the Reiki energy you channel. Attunement to and use of the DKM symbol can:

- Increase intuitive power and psychic energy in your life
- Create changes in your life and career
- Help manifest your goals
- Increase mental, emotional, and spiritual healing
- Provide protection
- Transmute negativity
- Attune others to Reiki energy
- Energetically set up a healing space

How to Activate DKM

As with the other symbols, intention is key in activating DKM.

- Draw DKM in each of your palms with your index finger.
- Draw DKM in your mind's eye and project it into your palms.
- Draw DKM in your mind's eye and project it to your subject.
- Visualize DKM in your palms before a session.
- Draw DKM in the air and beam it in the direction of your palms.

• Draw DKM on the roof of your mouth with your tongue and project it into your palms and subject.

As with the other Reiki symbols, as you are drawing the symbol, silently intone the symbol name in your mind three times to activate it. When you draw it on a healing partner, use the middle and forefinger of your giving hand to tap it into your healing partner's body.

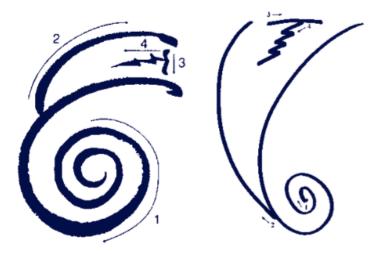
Using DKM

During a Reiki session with a healing partner, first activate the DKM in your own hands, and then project it onto the subject:

- At the crown chakra
- In any areas with symptoms or issues
- Into the hands or palms of the subject

DKM can be used in any situation where you would use any of the other Reiki symbols. You can intone the name or visualize it during meditation to further connect to Reiki until you learn that the energy that is Reiki is actually the energy that is you. DKM can help you to understand that you and Reiki are one.

Dumo



Dumo (due-Moe), which you learned briefly in Second Degree Reiki, is also an important symbol for the Reiki Master-Teacher. There are two traditional drawings of Dumo; choose one that works for you. It represents kundalini energy. Kundalini is an ancient Sanskrit term that describes universal energy and consciousness that has been with you through all of your incarnated lives. It sits, coiled at the base of your spine, waiting to awaken, uncoil, and move upward through your body's energetic systems. It is the source of all life force energy (prana or chi) in your body. Reiki and other energetic practices can awaken kundalini deliberately, or it may awaken during spontaneous life events. Regardless of how or when kundalini awakens in a

life, it brings many spiritual, physical, mental, and emotional changes that you can channel to serve your highest and greatest good.

Many Reiki Master-Teachers use Dumo during the attunement process using a method called the Violet Breath (which is one of the methods you will be taught here). Others use it to stoke the fire of kundalini, drawing negative energy out of the body and releasing it. You can also use Dumo with crystals. By drawing Dumo on the crystals, they will become self-cleansing.

Fire Dragon



Some branches of Reiki use the Fire Dragon symbol in the attunement process. While Usui Reiki Masters traditionally don't use this symbol, if it resonates with you are you are drawn to using it, you may. Like Dumo, Fire Dragon represents the coil of kundalini energy at the base of the spine.

This symbol opens and balances chakras, which allows Reiki energy to flow freely through them during an attunement. If you are providing an attunement to someone who has difficult chakra blockages, this is a good symbol to use. Draw it down the spine of the person you are attuning.

Raku



Raku (Ray-Koo) may be a helpful symbol during an attunement, although you only need to use it if you feel it is necessary. You can use this symbol to close the energetic connection between you and the student at the end of the attunement because it grounds the Reiki energy. This is especially helpful if either you or your student is empathic and tends to hold onto energy ties after energetic interaction. It is also helpful for you to use in a Reiki session with a healing partner for the same reason. To use it, draw it down the back of the student, touching the floor at the end to close the energetic connection.

You can also use this symbol to increase spiritual awareness and release negative karma.

Chapter Three - Reiki Attunements

The Reiki attunement ceremony is powerful for both the student and the Reiki Master-Teacher. After the attunement, the student will be able to focus and channel Reiki energy. This attunement to Reiki energy lasts a lifetime.

It is important to stress to students that Reiki does not make them a healer; rather it allows them to become a vessel or channel through which the Reiki energy emerges with its own intelligence. The subject then draws the Reiki into his or her body as it flows through the channel.

The historic oral tradition of Reiki in the West means that different Reiki masters may teach and provide different types of attunements. You will be provided with several options in this manual. Choose the attunement ceremonies that work best for you, knowing that which ceremony you use may be different depending on the student and situation. Any of the attunements will work equally well, and after receiving it, your student will be able to channel Reiki energy. You can also intuitively choose or create your own attunement process if there is something that is meaningful to you. I vary my attunement ceremonies depending on degree of Reiki, what my students indicate they would like, and what I intuitively feel drawn to do.

Practice, Practice, Practice

Many people feel awkward when they give their first attunement to a student. You might wonder if you've done the attunement right, if it worked and your student is truly attuned to Reiki energy, or if you did anything strange or "wrong" as you attuned your student. There are a few things you can do to build your confidence before you teach that first Reiki class.

- Offer free Reiki classes and attunements to friends or family until you feel comfortable the process works. (Trust me, it always works. I've attuned hundreds of people and been to several other attunements, and I've never seen a Reiki attunement not 'take').
- Practice on inanimate objects, such as a stuffed bear or doll.
- Pantomime practice your various attunements with an invisible person

Practice the attunement ceremonies, which have multiple steps, before you provide your first attunement. That way, your actions can be seamless and flow, making the ceremony more powerful for your students.

Regardless, it's important to keep this in mind. You can't do an attunement wrong. Your intention, your student's intention, the use of Reiki, and the use of the DKM symbol are sufficient to attune your student to Reiki, regardless of what gestures you use.

Requirements for a Reiki Attunement

While there are different types of attunements and ceremonies, what is truly important is:

- The use of the DKM symbol to activate your attunement energy
- Your intention as a Reiki master

- Your desire as a Reiki master to provide the energy and attune the student to it
- Openness to the transmission of Reiki energy between you and your student
- Your student's willingness to accept Reiki energy

Degrees of Attunements

Reiki Master-Teachers may attune their students to Reiki in different ways.

- They may divide the attunements into three separate attunements for First Degree Reiki, Second Degree Reiki, and Reiki Master-Teacher Degree
- They may combine any of the Reiki degree attunements, for example, providing First
 Degree and Second Degree attunements at the same time, Second Degree and MasterTeacher Degree attunements at the same time, or all three degrees at once depending
 on the situation and needs of the student.
- The way I choose to teach and attune may be different than how you choose to do it. This is fine. Follow your intuition and Divine Guidance to achieve a system that works for you and your students.

However you choose to attune your students, remember this: students must be attuned to First Degree Reiki before a Second Degree attunement, and they must be attuned to First Degree and Second Degree Reiki before a Master-Teacher Degree attunement. You can't skip degrees, although you can provide attunements to multiple degrees at one time.

Working with the Degrees

It is a matter of personal preference whether you attune to a single degree at one time or combine all three degrees. Different Reiki Master-Teachers do this differently. The information that follows is how I choose to attune to the degrees and why.

In most cases, I attune to the Reiki degrees separately, allowing my students time to work with the energy between each attunement. There are some cases where I may combine First and Second Degree attunements but in general, I prefer to attune to each separately.

My Reiki Master taught me it is helpful for the growth and development of the practitioner to work with each Reiki degree for a time before moving on to the next degree of energy, and this is a practice I agree with. In general, I feel the Reiki practitioner should work with the energy for at least the minimum 21-day detox period after the attunement to familiarize themselves with that degree of Reiki energy before seeking a higher degree. Likewise, I believe practitioners should work with the energy even longer, allowing a minimum of three months between each degree, or perhaps even more. I personally worked with First Degree Reiki for almost two years before moving on to Second Degree Reiki, and then I moved on to Master-Teacher Degree within about six months. I received my Crystal Reiki Master attunement about six months after that. I worked at the Master-Teacher level and studied everything I could find about Reiki and energy healing for over a year before I began teaching and attuning students. I intuitively knew when I was ready both energetically and with my knowledge of Reiki and energy healing practices.

Reiki energy changes us, but we have to allow time for the energy to manifest changes in our lives. Reiki Master-Teacher Degree energy provides more profound changes than First Degree Reiki, so if you jump to Master-Teacher Degree right away, you may not have time to integrate and experience the progression of changes that come as you move up the energetic ladder.

Taking your time to allow and process these changes helps you to more fully integrate the Reiki energy into your life and spirit. If you do too much, too soon, you may miss out on the important lessons that come with the gradual onset of changes. I know everyone is in a hurry these days to get from point A to point B, but with Reiki, it's more about the personal journey than the end result. In fact, there is no end result with Reiki. Instead, the goal is to continue to grow and change as the Reiki energy brings about greater and greater light in your life.

With that being said, there's nothing inherently right or wrong about any Reiki Master's choice of how they attune their students or any student's choice about how she wishes to be attuned. What is important is listening to intuitive clues and allowing flexibility from student to student and situation to situation. If you allow Reiki to guide your intuition, then you will know what is right for each individual.

Before the Attunement Ceremony

Regardless of the degree, there are many common elements to all attunement ceremonies. What is different is the intention for each degree and perhaps the rituals in which you engage.

Teaching Your Students

Teach the appropriate material for the degree of attunement. As a teacher, it will be up to you to develop your own manual and curriculum for these classes. However, it is important you provide your students with as much knowledge as you can impart so they can ethically and responsibly share Reiki with others.

For all degrees of Reiki, you may use my manuals provided you leave them as is with no changes to headers, content, or authorship.

First Degree Reiki

In this class, you will need to create a curriculum and prepare a manual that teaches the following principles (at minimum):

- Energy
- What Reiki is
- Information about the Degrees of Reiki
- What Reiki does (how it works that the Reiki practitioner channels it and the healing partner draws it in)
- History of Reiki
 - o Dr. Mikao Usui

- Chujiro Hayashi
- Hawayo Takata
- o Reiki lineage
- 5 principles of Reiki
- Ethics
- Reiki treatment
 - Self-healing treatment
 - Hand positions
 - Starting and ending a session
 - Grounding
 - Communicating with subjects
- What to expect during and after attunement
- Importance of daily self-healing
- Meditation

You will also need to attune your students to First Degree Reiki and allow them time in a classroom setting to practice.

Second Degree Reiki

For Second Degree Reiki, you will need to prepare curriculum and material that teaches (at minimum):

- The three pillars of Reiki
 - o Gassho
 - o Reiji-Ho
 - o Chiriyo
- Reiki symbols
 - o Cho Ku Rei
 - o Sei He Ki
 - Hon Sha Ze Sho Nen
- Less Common Reiki symbols
- How to use the symbols
- Distance healing techniques
 - Ethics for distance healing
 - Sending Reiki through time and space
- What to expect during the attunement
- Importance of ongoing self-treatment

Practice time working with the symbols and the Reiki Second Degree attunement should also be part of your class.

You may also wish to include in your Second Degree course and curriculum:

Meeting and working with your Reiki guides

- Setting up a distance healing Reiki room
- Information about setting up a Reiki practice
- Importance of not diagnosing
- Information about communicating with healing partners
- Intake paperwork and charting
- Financial and legal considerations of a Reiki practice

Reiki Master-Teacher Degree

At the Master-Teacher Degree, it is important before you begin teaching and attuning that you have a broad understanding of Reiki yourself, and that you are familiar with the Reiki energy and how it manifests in your life and the lives of others. You also need to be strongly rooted in ethical Reiki treatment and attunement.

For your Master-Teacher Degree classes, you will need to develop curricula and manuals that cover the following concepts:

- Reiki Master symbol
 - How to draw
 - How to use
- Other symbols used by Reiki Masters
 - o Dumo
 - o Fire dragon
- Developing curricula and manuals and teaching Reiki
- How to perform Reiki attunements to all degrees (including processes)
- Ongoing education

Preparing the Space

After you have taught your students, it is time for the attunement. It is helpful to prepare the space by inviting Reiki energy into the room. You can do this in any way that intuitively feels right, such as:

- Drawing Reiki symbols in the room
- Burning incense, palo santo, or sage
- Having crystals around the room
- Playing sounds, such as tingshas or a singing bowl
- Chanting or meditation

You will intuitively understand how to prepare your space. To prepare my space before the attunement ceremony, I do the following:

- I use a smoldering palo santo stick, incense, or smudge bundle and draw CKR in all corners of the room, as well as in front of any doorways or windows to invite in Reiki energy.
- I sit quietly in the center of the room and bring Reiki to the room.

• I fill my Reiki room with objects of high energy, such as crystals, plants, and sacred herbs.

If I am in a commercial rental space where I can't burn, I instead spray a Himalayan pink salt spray with lavender and sandalwood essential oils in water around the room and use my crystal wand to draw DKM all around the room.

Preparing Your Student

Before the ceremony, explain to the student what he or she should expect as the attunement progresses. Tell the student you will be moving around them, touching their hands, drawing symbols, or any other actions they can expect. If you use the Violet Breath (I don't, but it may resonate with you), you'll want to prepare your student for that, as well. You will also want to explain to the student about the 21-day detoxification process and what he or she might expect during this period, as well. Instruct them to drink plenty of water after the attunement and to provide daily Reiki self-healing treatments.

Before your class, you may want to give the student pre-attunement instructions, such as:

- Refrain from mind-altering substances for 48 hours before the attunement.
- Eat light and healthy meals for 48 hours before the attunement.
- Dress comfortably.
- If it is a distance attunement, advise them to sit in a comfortable position at the appointed date and time.

Tell your student he or she might experience during the attunement:

- Feelings of peace and relaxation
- Swirling lights
- Strong emotions
- Nothing

Whatever your student experiences is perfectly normal, so prepare them for some possible things they may notice. For distance attunements, let the student know that while it is best to be relaxed and undisturbed during an attunement so he or she can have the full experience, if they are disturbed the attunement will still work, as intention is key.

Preparing Yourself

It is helpful to prepare yourself before the attunement process, as well. You will be moving in and around your student's space, so be sure you have practiced good hygiene and are clean with fresh breath. Give the student a break for a few moments so you can prepare by meditating for five minutes, inviting the Reiki energy in. Before an attunement I do the following:

- I make sure I have meditated and done Reiki self-healing the day of the attunement.
- Before the attunement, I draw DKM on both palms and sit in Gassho for at least five minutes, or until I feel ready.

• I ask my Reiki guides for guidance about any special steps that need to be incorporated during the ceremony.

The Attunement Ceremony

Once prepared, you may proceed with the attunement ceremony. Below, you will find several methods by which you can perform the ceremony. All are equally effective, so choose that which works best for you and your students. Feel free to adapt and create your own attunement ceremony, as well.

Getting Ready

Have the student remove all jewelry, shoes, and glasses (and you may do the same). Seat your student (or students) in a chair with their feet resting comfortably on the floor. Have the student(s) place their hands in front of their chest in prayer position and sit with their eyes closed. Instruct students if they get tired holding their hands in prayer position, they can lower them to their lap while you attune other students, and you will lift them to their heart chakra when it is time. If you like, you can have gentle music playing during the attunement, but keep it quiet and in the background so the students focus on the ceremony and not the music. Have a glass of water ready for each student either under their chair or on a nearby table for after the attunement.

Attuning a Group

If you are attuning a group of students, place chairs in a circle and leave plenty of room to for you to be able to walk all the way around them. If it is a particularly large group (I once had 50 students to attune), bring them into the room in groups. When I have larger groups, I usually ask one of my Reiki Master-Teacher former students to come help me attune so people aren't sitting for ages.

Equipment

You don't need any equipment to attune your students, but if you have something of special power or significance, you can use it. If you've been attuned by me, you are likely aware I hold a crystal wand called a Vogel crystal that combines sacred geometry and the power of crystals. I hold it in my receiving hand and transfer it to my giving hand to draw Reiki symbols during the attunement. I feel it brings extra power to my attunements. I also wear Vogel crystals called Tools for Evolution during the attunement to increase connection and power.

Special Techniques – Hui Yin and Violet Breath

Some practitioners use the violet breath and hui yin techniques for attunement. These are optional, but you can try them for your attunements if you wish. I prefer not to use them, but they may resonate with you, and I'd like you to know how to do them in case you wish to incorporate them into your ceremonies.

Hui Yin

Contracting your Hui Yin during an attunement can help to keep your Reiki energy focused and within your body during an attunement. The Hui Yin is a point on your body between your anus and genitals. Some practitioners keep this point contracted and their tongue placed on the roof of their mouth throughout attunements. It is up to you whether you feel this practice will help during your attunements.

If you do wish to keep your Hui Yin contracted, then you will want to practice to work up to this level of muscle control. Traditional Kegel exercises can help you develop this level of control.

The Violet Breath

To perform the violet breath:

- 1. Visualize a white mist surrounding you completely.
- 2. Contract your Hui Yin and put your tongue behind your upper teeth.
- 3. Take a deep breath in and see a white light entering through your crown chakra, traveling through your tongue, down your body, and circling through the Hui Yin and back up the spine into your head.
- 4. Now see the white mist filling your head. See it turn blue and then indigo.
- 5. Visualize the mist swirling in your head in a clockwise rotation and turning violet as it does.
- 6. Now, in the middle of the mist, visualize a golden Dumo. Blow the Dumo symbol and violet breath into each of the student's chakras where indicated during the attunement ceremony, silently intoning the name of the symbol three times as you do so.

Elements of an Attunement

In an attunement for any degree, you'll need to include the following elements.

Preparation

In the prep section, explain to your students what they will experience. Tell them you are sending them out of the room for five to ten minutes while you prepare the space and yourself. Suggest they use the time in thoughtful meditation or to quietly speak to the universe to offer their unconditional acceptance of the attunement they are about to receive. Tell them when they return to the room to file in quietly and have a seat in their chair with their hands in prayer position (Gassho) at their heart and their eyes closed. Tell them you will touch them on the shoulder when their attunement begins and will move about them, touching them and possibly raising, lowering, and opening their hands. Ask for permission to touch. If you don't receive it, you can still attune, but just do so a few inches from their bodies.

Also, if you are working with a large group of Reiki students, you need to know their names. If you've been in one of my larger Reiki classes before, you might have noticed I label you (give you nametags). While I do my best to learn people's names in a class, I always want them to have a nametag on during the attunement just to be sure I get it right.

Now, send the students out of the room. Do your preparation including drawing DKM on both of your hands. Then, signal them quietly back into the room. You can do this by speaking to them, or by ringing a chime or singing bowl. If you are going to use the chime instead of speaking, let them know to expect this. Also remind them as they sit down to silently affirm their intent to receive an attunement to become a degree Reiki practitioner.

Statement of Intention

Attune each student one at a time, working around your circle in a clockwise direction. Students will sit with their eyes closed while you attune other students. Stand in front of the student. Place your hands in Gassho and feel your energy connect to his. If you need, visualize DKM on the back of each hand and project it through to your palms. Now, silently state your intention to attune (student's name) to the ______ Degree of Reiki. Usually, I offer a simple prayer to do this, for example, "I ask all Reiki Masters past, present, and future including Drs. Usui and Hayashi and Madame Takata, as well as my Reiki guides and Donna's Reiki guides to help me bring First Degree Reiki attunement energy to Donna."

You can make up your own. Mine varies slightly from student to student. What needs to be in the intention follows:

- Invitation to Reiki masters past, present, future, Drs Usui and Hayashi and Madam Takata.
- Invitation to your Reiki guides and student's Reiki guides.
- Stated intention to attune student's name to _____ degree of Reiki.

Attunement Process

Now, walk around to the back of your student. Place your giving hand lightly on her shoulder to let her know you are beginning her attunement. Follow your given attunement process.

While you can attune in any way you like, the following should be present:

- Touch on the shoulder to let the student know it's their turn.
- Opening the crown chakra and sending Reiki energy and symbols into the crown. You
 must use DKM, but you can use any other symbols as well. You can draw these with
 your finger or wand, visualize them, or beam them with your eyes. See the symbol
 flowing into the crown chakra and down into your student. Remember to say the
 symbol names in your head three times as you do.
- Opening the third-eye chakra and sending Reiki energy and symbols into the third eye, as above.
- Opening the throat chakra and sending Reiki energy and symbols into the throat, as above.
- Opening the heart chakra (move their hands to their lap) and sending Reiki energy and symbols into the heart as above.
- Opening the remaining chakras (lift hands back to heart), doing this either individually or all at once (I do it all at once for time) as above.

- Opening the palm chakras by placing your hands over their hands (so sandwiching their prayer position with your prayer position) and sending Reiki energy and symbols into their hands.
- If attuning to Second or Master-Teacher Degree, place palms in lap, open palms, and draw each symbol for that degree on the palms of each hand with a finger or wand and then gently tapping the symbol into the palm with three taps of your pointer and middle fingers on your giving hand.

Gratitude and Final Intention

Now, return your student's hands to prayer position at her heart. Stand facing her again with your hands in prayer position at your heart, as well. Silently offer thanks to Reiki, Reiki Masters past, present, and future, Madam Takata, Dr. Usui, and Dr. Hayashi, and yours and the student's Reiki guides as well as any others who were present to help for the attunement.

Affirm the student goes forward as a confident ______ degree Reiki practitioner.

Mine varies a bit, but this is what I say, "Thank you to all who were present to help me attune Donna to First Degree Reiki today. I give thanks to Drs Hayashi and Usui, Madam Takata, Reiki masters past, present, and future, Reiki guides, and any others who stepped forward to help. I affirm that Donna will now go forward as a powerful and confident First Degree Reiki practitioner."

You can say this any way you wish. This is what you need to include:

- Gratitude to all present.
- Affirmation of student (by name) and the Degree of Reiki.
- Statement student (by name) will move forward as a powerful and confident ______
 Degree Reiki practitioner.

Go Student by Student

If you have a group, repeat this process for all of the students.

Closing

At the end, I like to sit in the center of the circle and once again acknowledge each student while they are still in Gassho with their eyes closed, reaffirming they are now powerful and confident Reiki practitioners. I touch the floor with both hands to ground my own energy. Then, I invite them to open their eyes. You can do this by speaking, or if you wish you can use a chime or singing bowl. Allow them to take their time. When they open their eyes, hand them their glass of water. Once everyone's eyes are open, I usually step out of the room to run my hands under cold water to break the connection. It also gives the students a few minutes to process and chat amongst themselves.

Processing

After returning, you can chat with your students. I ask if any students have any questions or concerns or any experiences they'd like to share from their attunement. Then, we practice Reiki.

Types of Attunements

You can use any of the various attunement types.

Crown to Crown Attunement

This is the simplest type of attunement and has the least amount of ritual and ceremony involved. This attunement is done mentally and takes about 5 minutes.

- 1. Draw DKM on both palms of your hands.
- 2. Sit facing your student, just a few inches apart.
- 3. Mentally state your intention to attune the student to the degree of Reiki.
- 4. Visualize opening each chakra as described in the previous section.
- 5. In your mind's eye, state the intention that the Reiki attunement be permanent, that it removes any blocks, and that it always works in the interest of the student's highest and greatest good.
- 6. Remain with the energy until you intuitively feel it stop.
- 7. Offer gratitude to Reiki, restating the intention.
- 8. Ground the energy by drawing the Raku symbol down the front of the student's body, ending with your palms touching the floor.
- 9. Finish by offering your student a glass of cold water and running your hands under cool water.

Active Attunement

This attunement ceremony is more active and has more ceremonial elements. Many practitioners prefer it because, although it is more complicated than the crown to crown, it allows the student and Master-Teacher more interaction throughout the ceremony.

- 1. Draw DKM on both palms of your hands.
- 2. Stand in front of the student, approximately two to three feet away with your hands in Gassho at your heart.
- 3. Student will sit with eyes closed, hands in prayer position at his heart.
- 4. Ask your student to say aloud or silently, "I, (name), call upon Reiki, the universal life force. I am ready and open to receive my (degree) Reiki attunement."
- 5. Silently ask for assistance of Reiki Masters as described above and state your intention to attune your student to _____ Degree Reiki.
- 6. Walk behind your student, touching him on the shoulder.
- 7. Open the crown chakra as described in the previous section. Then, cup your hands a few inches above the crown chakra and allow Reiki to flow from your hands into the chakra.

- 8. Return to the front of your student. Open the third eye chakra as described in the previous section. Then, cup your hands a few inches in front of the third eye chakra and allow Reiki to flow from your hands into the chakra.
- 9. Open the throat chakra as described in the previous section. Then, cup your hands a few inches in front of the throat chakra and allow Reiki to flow from your hands.
- 10. Lower your student's hands to their lap. Open the heart chakra as described in the previous section. Then, cup your hands a few inches in front of the heart chakra and allow Reiki to flow from your hands.
- 11. Return your student's hands to Gassho at his heart. Open the first, second, and third chakras at once or individually as described in the section above. Then, cup your hands over the solar plexus chakra (if doing all three) or in front of each chakra (if doing individually) and allow the Reiki to flow from your hands.
- 12. Place your hands over your student's hands (which are in Gassho). Send Reiki through your hands into his as described in the previous section to open the palm chakras.
- 13. If attuning to Second Degree or Master-Teacher degree, lower the student's hands to his lap and open his palms. Working one symbol at a time, draw the symbol you are attuning him to on each palm and tap it into the palm with three gentle taps, as described in the section above.
- 14. (Optional) Move the student's hands so his fingertips are in line with the heart chakra. Open his hands. Blow the Violet Breath into his hands and close his hands.
- 15. (optional): Move the student's hands so his fingertips are in line with his third eye chakra. Open his hands. Blow the Violet Breath into the hands and close the hands.
- 16. (Optional): Move the student's hands so the fingertips align with the top of the head. Open the hands. Blow the Violet Breath into thehands. Close the hands.
- 17. Close your student's hands and return them to Gassho in front of his heart. Step behind your student and draw Raiku down his back to ground the energy, touching the floor.
- 18. Step back to the front and return to Gassho facing your student.
- 19. Give thanks as described in a previous section. Affirm your student (by name) will move forward as a powerful and confident _____ Degree Reiki practitioner.
- 20. Move clockwise to each student, repeating the above. When you have completed the circle, return to the center. Sit in the center and give thanks. Then touch the floor to ground yourself.
- 21. Give your students water when they open their eyes.

Distance Attunement

Just as you can send Reiki across time and space, so can you attune another to the Reiki energy across time and space. Before doing a distance attunement:

- Set a date and time that you and the student will both be ready for the attunement.
- Prepare yourself about five minutes before the attunement.
- Suggest the student be in a relaxed and quiet place at the appointed time. Have the student schedule about 30 minutes for the attunement.
- Have the students mentally state the intention to receive the Reiki attunement for their greatest and highest good before you start.

Before a distance attunement, you will need a way to energetically connect with the distance student. This may include:

- A printed photograph of the student
- A Google map photo of the student's location during the attunement
- A photo of the room or chair in which the student will be sitting
- A combination thereof

You can also ask Reiki to guide you to where the student is across time and space so you can energetically be together during the attunement. Imagine yourself in the room with the student, and then mentally go through the steps of either attunement method.

You can also use a surrogate, such as a teddy bear. Mentally state the intention that the teddy bear or surrogate act as a stand in for the student. Give the student's full name and address as part of the attunement and proceed with either attunement method described in previous sessions.

At the end of the attunement, ask Reiki to sever the connection between you and the student. Run your hands under cold water to ground yourself.

Chapter Four – Considerations for Teaching

I don't have a lot to share here, but I did want to offer some insights from my experience as a Reiki Teacher.

Finding a Space to Teach

I have a Reiki studio in my home, and I can teach classes there for a few students. When I have larger groups, I need studio space. I've discovered that really any space will do as long as there is comfortable seating, climate control, room for a few tables, and access to toilet facilities. Some spaces where you might be able to teach include:

- Yoga studios
- Wellness practices, such as a chiropractic office or massage practice
- Community centers
- Churches that are open to practices like Reiki such as Unity Church

Pricing Your Classes

Deciding on a pricing structure is uniquely up to you. I charge different prices for my classes depending on whether they are private sessions or group sessions. I charge significantly more for my private sessions because they take just as long as a group session. Currently my private sessions are \$250 while I typically charge \$75 to \$100 for a group session. That sliding scale depends on how much rent I have to pay on the space I am teaching. I also teach at metaphysical and paranormal conferences to very large groups. Prices there are set by the conference usually.

Insurance

To teach Reiki, you will need insurance. If you've already been practicing, your Reiki insurance policy will also cover teaching. I have my insurance through the International Association of Reiki Practitioners (IARP), which costs less than \$200 per year.

Reiki Certificates

For First and Second Degree Reiki, I have a certificate I created in Word I use and email to my students. If you'd like a copy of the template, let me know and I'll send it to you. For Reiki Master-Teacher I give a fancy printed certificate that I order from IARP. You'll get one after your attunement.

Mentoring and Practice

I believe once you are my student, I am here for you. I do offer mentoring and practice. I allow my attuned Master-Teacher students to participate in teaching my Reiki classes in order to get experience with attunement and teaching. I don't charge for this, it helps both of us equally. Several students have participated in this capacity and have gained more confidence to begin teaching themselves. I also allow you to come sit in on any Reiki class I teach for no charge -

just let me know ahead of time so I can add you to the head count. My goal is for you to become a confident Reiki Master-Teacher.

To that end, I'm also here if you need me. Please don't hesitate to contact me if you have questions, want to learn different energy healing modalities, or just need someone to talk to. My contact information:

Website and blog: AuthorKarenFrazier.com

Email: authorkarenfrazier@authorkarenfrazier.com

SHARe Reiki Facebook Community: https://www.facebook.com/groups/889280421213997/

Instagram: @AuthorKFraz Twitter: @AuthorKFraz

Facebook: https://www.facebook.com/AuthorKarenFrazier/

Conclusion – A Powerful and Confident Reiki Master-Teacher

Congratulations! You have completed your basic Reiki Master-Teacher Degree instruction. However, your journey is just beginning, and it is helpful to continue your education as a Reiki Master-Teacher and energy healer. You can do this through professional organizations, books, or by visiting authoritative websites such as Reiki Rays (http://www.reikirays.com) and IARP (http://www.iarp.org)

Some topics you may wish to study that can help you in your Reiki practice and teaching include:

- Other energy healing modalities, such as Quantum Touch®, Matrix Energetics, or Healing Touch
- Sound healing techniques
- Crystal healing
- Aromatherapy and herbal healing techniques
- Solfeggios
- Energy anatomy
- Meditation
- Law of Attraction

By seeking further education about Reiki and other energy healing modalities, you can be a better practitioner, master, and teacher who provides comprehensive information for your students.

As you move forward as a Reiki Master-Teacher, know that I am here for you. Please don't hesitate to contact me if you have questions or if you experience anything you wish to discuss. I look forward to staying in touch as you move ahead on your Reiki journey. Namaste.



About Karen

Karen Frazier is the author of books about metaphysics, crystal healing, energy healing, dream interpretation, and the paranormal. Her books include *Reiki Healing for Beginners, Crystals for Beginners, Crystals for Healing, The Higher Vibes Toolbox, The Little Book of Energy Healing,* and *The Crystal Alchemist.* As a professional writer, she has ghost written a number of books and penned hundreds of articles about a variety of topics.

Karen is an intuitive energy healer who is a Usui Reiki Ryoho Master-Teacher (Shinpiden), a Raku Kei Reiki Master, a Karuna Ki Reiki Master, a Crystal Reiki Master, and a certified animal Usui Reiki Ryoho practitioner, as well as an ordained minister for the International Metaphysical Ministry. She has also extensively studied and taken professional level courses in

numerous energy, alternative healing, metaphysical, and divination techniques and concepts including subtle (energy anatomy), quantum touch, aromatherapy, sound healing, Tibetan instrument sound healing, biofield tuning, Reiki sound healing, vocal sound healing, shamanic drumming, holistic herbalism, metaphysical healing, hypnotherapy, crystal healing, shamanism, feng shui, the bagua, tarot, numerology, astrology, Jungian dream interpretation, metaphysical dream interpretation, psychic dream interpretation, life coaching, hypnotherapy, Taoism, Buddhism, Tibetan Buddhism, meditation, and the *I Ching (Book of Changes)*. She holds a Bachelor of Metaphysical Science (B.MSc) and a Masters of Metaphysical Science (M.MSc) as well as a PhD in Metaphysical Parapsychology. She is currently working on her doctoral dissertation focusing on sound as a source of spiritual healing in order to earn her Doctor of Divinity (DD) in Spiritual Healing.

Karen is a columnist for *Paranormal Underground Magazine*. She currently writes two columns for the magazine: *Dreams and Symbols*, and *Metaphysics and Energy Healing*. For more than seven years, Karen was also the co-host of *Paranormal Underground Radio*, and she formerly served as *Paranormal Underground's* Managing Editor. She is also the Paranormal and Horoscopes editor for LoveToKnow, and she writes feng shui, numerology, palmistry, psychic phenomena, paranormal, divination, and tarot articles for the site as well. Karen is also a member of Spirit Healing and Resolution (SHARe), a collective of psychic mediums and energy healers dedicated to helping people dealing with afterlife experiences and hauntings, as well as offering spiritual coaching and energy healing services. She is also the founder of the Facebook group, SHARe Reiki Community.

A frequent guest in media discussing the results of her afterlife research, Karen has appeared on the Travel Channel's *Mysteries at the Museum* and the feature documentary *All Around Us*, spoken at regional conferences including the Oregon Ghost Conference, Haunting for Hope, Port Gamble Ghost Conference, and Paracon Seattle, and appeared on numerous internet and terrestrial radio shows. She teaches classes in energy healing, crystal healing, feng shui and space energetics, *I Ching* and divination, dream interpretation, Reiki, personal development, and psychic development.