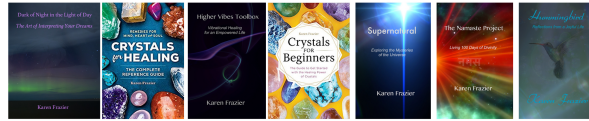


A pair of hands, one above and one below, gently cradle a small, detailed globe of the Earth. The globe shows the continents of Africa and Europe with realistic textures and colors. The background is a deep blue night sky filled with numerous small white stars. The text is overlaid on the upper part of the image.

Second Degree Reiki Practitioner: Okuden

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Second Degree Reiki Practitioner - Okuden

By Karen Frazier, Shipiden, BMsc, MMsc, PhD, DD, CRMP

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Introduction

Welcome to Second Degree Reiki Practitioner training. Second Degree Reiki is also called Okuden, which means advanced training. With this course and attunement, you will deepen your Reiki practice, strengthen your abilities, and learn Reiki techniques for sending this healing energy across time and space. Pre-requisites for Second Degree Reiki include the First Degree Reiki course and attunement. Additionally, for best results you should have passed at least your 21 days of self-Reiki sessions, along with providing Reiki to friends, family, and pets. As you share your Reiki with others, you also strengthen your own abilities, heighten your intuition, and heal yourself.

With your First Degree Reiki class and attunement, you likely learned the self-healing hand positions, as well as hand placements for sharing Reiki with others. In Second Degree Reiki, I encourage you to branch out and seek your intuition for providing energy. This includes the practice of listening to your intuition to guide where you place your hands in hands-on Reiki, as well as providing Reiki to send healing energy to people, places, situations, and objects across space and time.

By now, you've probably discovered that Reiki energy exists everywhere, in all things. The Reiki attunements help you to connect to this energy for use in your own personal and healing practices. Your second degree attunement will provide you with greater access to Reiki energy and also attune you to three important Reiki symbols, which you can use in specific circumstances, as well as to send Reiki energy across space and time.

Along with the foundational teachings for Second Degree Usui Ryoho Reiki, I provide additional information about chi, energy polarity, energy elements, chakras, aura, and meridians which make up your subtle anatomy (your energy anatomy). This knowledge and understanding can help you as you deepen your practice, giving you a greater understanding of the body's energetic needs for healing.

Likewise, you'll learn about communicating with your healing partners, protecting yourself psychically before, during, and after a session, and the anatomy of conducting a professional Reiki healing session from start to finish. I also explain in depth how to develop your intuition and work with it in your Reiki healing practice.

Finally, in this manual I share with you some of the basics of setting up a professional Reiki practice as you move beyond the Friends and Family Reiki from your First Degree training and attunement. From setting up your office space to legalities and business practices, this manual will serve as a guide.

Chapter 1 - Your Subtle (Energy) Anatomy

You are not just a physical being. You are a balance of body, mind, and spirit. In order to achieve vibrant good health, you must achieve balance and flow between all of these aspects of self. At the conjunction of body, mind, and spirit lies your energy anatomy, also called your subtle anatomy. It provides an energetic connection between your physical self – your body and brain, and your etheric self – your mind and spirit. Your energy anatomy also allows you to interact with higher aspects of Divinity, such as your guides, the energy of others, the energy of the planet, and more.

Chi Energy

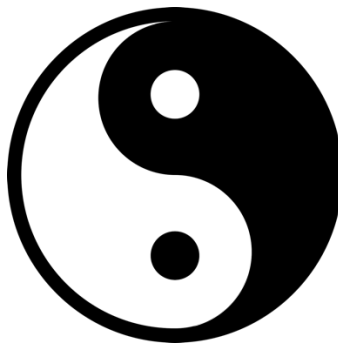
In many forms of martial arts and healing arts such as Qigong, Tai Chi, Traditional Chinese Medicine (TCM), and feng shui, the goal is the movement and balance of *chi*, which is life force energy. And while Reiki doesn't technically call this energy chi, it is all the same energy.

Chi is the energy that flows through the physical and non-physical worlds. It runs not only through your body, mind, and spirit, but it flows through the spaces you inhabit, the objects you use, and the things you surround yourself with. In yoga and Ayurveda, it's called *prana*, and in other traditions it may be called life force energy. When chi is obstructed, it leads to a lack of ease in the body, mind, and spirit often referred to as *dis-ease*. Dis-ease may first appear as mild physical or emotional symptoms, but as chi remains unbalanced, those symptoms may get louder and ultimately become illnesses of the body, mind, and spirit. Ideally, chi always flows in a balanced and unobstructed manner throughout all matter and life.

Any time someone comes to you with a symptom, whether it's physical, emotional, mental, spiritual, or circumstantial, they are experiencing it due to a chi imbalance or blockage. This imbalance or blockage is always the root cause of every symptom. Symptoms may arise from an overactive chi, underactive chi, imbalanced chi, or blocked chi. It is always beneficial to catch and correct these imbalances early before mild symptoms become full-blown illness and disharmony.

Yin and Yang

In the physical world, chi has *polarity*. That is, it divides into balanced but equal energies, yin and yang. Neither of polarities of chi is inherently good nor inherently bad. Both are necessary in physical manifestation for balance.



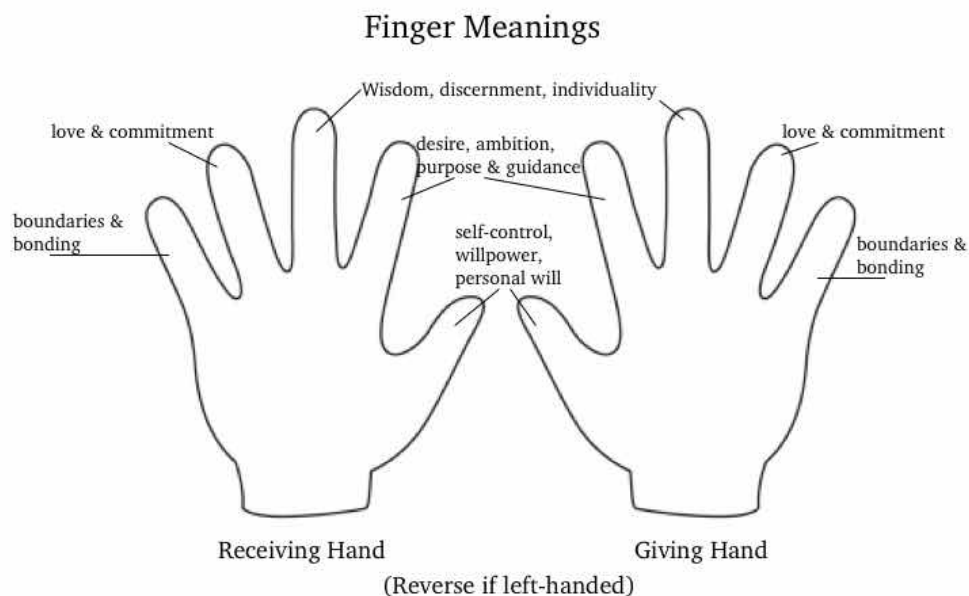
The yin yang symbol is a representation of this balance. It shows how the two energies flow naturally along a spectrum into one another, and each contains a bit of the other energy.

In health, balance of polarity is as important as unobstructed flow of chi. Yin and yang manifests in life as polar opposites, such as night (yin) and day (yang), cold (yin) and hot (yang), feminine (yin) and masculine (yang), light (yin) and shadow (yang), or receptive (yin) and active (yang). With each of these examples, they exist on a spectrum with the opposites being the farthest points away from each other on the spectrum. However, the spectrum flows from one to the other. For example, shadows always contain a bit of light, and hot always contains a bit of cold.

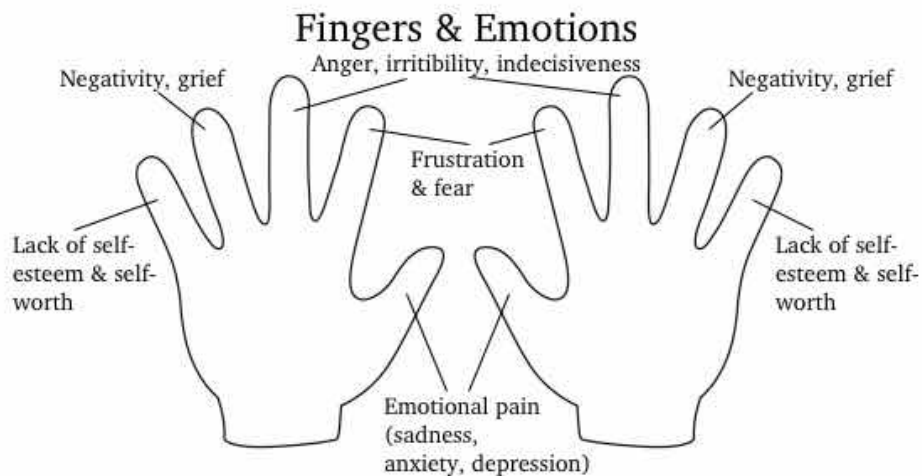
Working with Yin and Yang

Reiki naturally balances yin and yang energy. However, you can facilitate balance depending on which hand you work with. Your dominant hand is your giving hand. It is active and yang. Your non-dominant hand is your receiving hand. It is receptive and yin. You can send active energy for blockages or an underabundance of energy by using your giving hand and focusing on sending energy into spaces where it is underabundant or blocked. You can absorb overactive or excess energy by using your receiving hand to draw excess. Allow the energy to flow from your hand into the earth where it is neutralized so you don't keep it in your own body or energy anatomy.

Likewise, various fingers of your hands have different emotions attached to them. You can use these fingers specifically in a Reiki session, either using your own to balance emotions or sending Reiki to your healing partner's for the same purpose.



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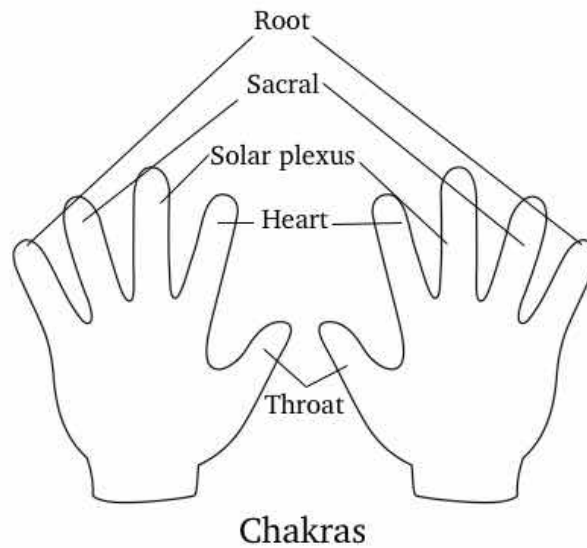
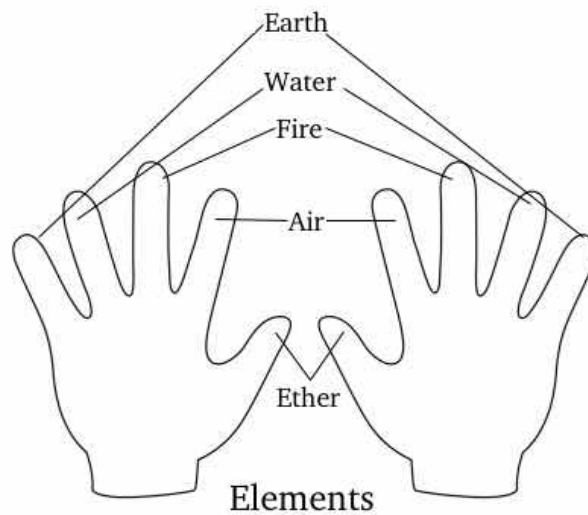
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Elemental Energy

Another aspect of chi is that it is elemental in nature. That is, chi can form itself into various combinations of yin and yang energies in all matter and living beings. These combinations of yin and yang energy create elemental natures. In feng shui and Taoist thought, there are five elemental natures: earth, fire, water, metal, and wood. In Ayurveda, polarity therapy, and classical thought there are five as well: earth, air, fire, water, and ether. If you understand the nature of these elements, you have another way in which you can understand how imbalances manifest as dis-ease.

According to polarity therapy practices, these elements run in channels through your physical body and connect with the etheric body. The elements are also associated with certain fingers on your hands, as well as with certain chakras.

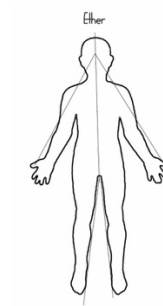
Fingers and Hands



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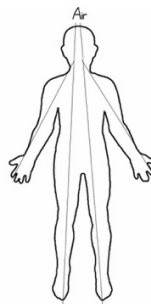
When these channels have an imbalance or blockage of energy flow, the result can be symptoms and dis-ease. The polarity channels are described below.

Ether



| | |
|------------------------|---|
| Meaning | The ether element represents space. |
| Chakra(s) | Throat through crown |
| Fingers/toes | Thumbs, big toes |
| Organ | Ears |
| Characteristics | Spirituality and airiness Present in all four of the other elements Most subtle of the elements |
| Overabundance | Ungrounded, flighty, empty headed, vacant or vapid, dormant, awaiting an outside force to cause movement and growth |
| Underabundance | Lacks the room to grow or change, stuck in one's ways, very heavy, slow moving energy |

Air



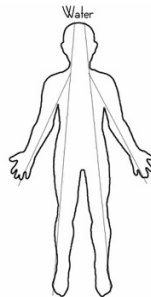
| | |
|------------------------|---|
| Meaning | Liveliness, lightness, and movement |
| Chakra(s) | Heart |
| Fingers/toes | Index finger, second toes |
| Organ | Heart |
| Characteristics | Moving Flowing Adroit |
| Overabundance | Lacks boundaries, ungrounded, airhead, disorganized, frequently misplaces things, forgetful, anxious, obsessive or compulsive |
| Underabundance | Inflexible, stuck in your ways, critical, heavy, listless, humorless, joyless |

Fire



| | |
|------------------------|---|
| Meaning | Brightness, heat, passion, vivacity |
| Chakra(s) | Solar plexus |
| Fingers/toes | Middle |
| Organ(s) | Digestive |
| Characteristics | Hot Bilious Active Passionate Moving Fast Bright Driven |
| Overabundance | Restless, sleepless (insomniac), feverish, sexually compulsive, stressed, overriding others' boundaries, burned out |
| Underabundance | Lacking in passion or drive, non-sexual, dull, lacking in drive |

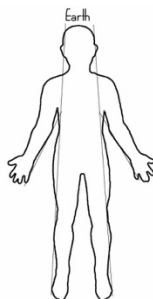
Water



| | |
|------------------------|--|
| Meaning | Emotions |
| Chakra(s) | Sacral |
| Fingers/toes | Ring finger, fourth toes |
| Organ(s) | Genitals |
| Characteristics | Receptive but active Flowing Moving around obstacles Reshaping obstacles |
| Overabundance | Overly emotional, too flexible, moody, moods affected by those around you, formlessness in personality and desires |

| | |
|-----------------------|---|
| Underabundance | Inflexible, emotionally dry, out of touch with emotional or spiritual needs |
|-----------------------|---|

Earth



| | |
|------------------------|--|
| Meaning | Grounded, stable energy |
| Chakra(s) | Root |
| Fingers/toes | Pinkies and little toes |
| Organ(s) | Rectum, colon |
| Characteristics | Strongest and heaviest of elements Most difficult element to move or change Moves slowly and sluggishly Nourishes Balances |
| Overabundance | Slow moving, stubborn, set in one's ways, intractable, inflexible, resistant to change, slow to change, slow moving, sees world in black and white |
| Underabundance | Ungrounded, uncentered, flighty, mercurial, speaks quickly, seems like they might float away |

Working with the Elements

You can work with these elemental energies by working along the channels depicted and visualizing Reiki energy flow through each channel to create balance. You can also balance elements by working with the finger associated with each element, tracing the channels as you direct Reiki energy.

Aura

Your aura is the energy field that surrounds you. Everything that is alive has an aura including trees, plants, animals, and people. The aura is your energetic imprint, which extends outward from your body. Auras come in different colors that change constantly depending on moods and emotions, illnesses or health, and a zillion other qualities that affect your electromagnetic field. Kirlian photographers can capture images of your aura by subjecting a photographic plate to a strong electric field.

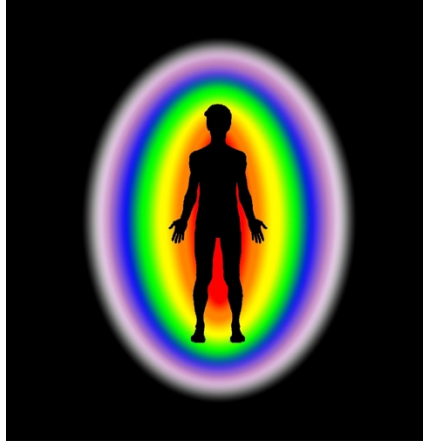


Image by [Karin Henseler](#) from [Pixabay](#)

Your aura is both protective and reactive. It reacts to anything that affects your energy, and it also holds energy close to you. Many energy healers start a vibrational healing session by sweeping the aura to cleanse it of any negative energies that have become trapped there.

Your aura has multiple layers and planes that reflect different energetic aspects of your being.

| Layer | Location | What it reflects |
|------------------------------|-----------------|--|
| Physical (Etheric) | Closest to body | Physical state |
| Astral (Emotional) | Second layer | Emotional state |
| Mental | Third layer | Brain thought patterns |
| Astral bridge | Fourth layer | Mind and consciousness thought patterns |
| Spiritual (Etheric template) | Fifth layer | Spiritual learning, spiritual understanding |
| Psychic (Celestial) | Sixth layer | Dreams, intuition, psychic state |
| Absolute (Ketheric template) | Seventh layer | Balances and integrates all other layers, protects, holds Akashic DNA. Your <i>Akash</i> (or <i>Akashic record</i>) is that part of your eternal soul that stores all of your experiences and understandings throughout every incarnation and spiritual evolution from the beginning of your existence through now. |

Working with the Aura

Sweeping the aura at the beginning and ending of a Reiki session is one of the easiest ways to work with the aura. You can also facilitate aura repair by visualizing energy flowing into the aura or having your healing partner do the same. After a session, you can seal the aura by holding your hands as far apart as possible and slowly moving them down along the length of the

body while visualizing your Reiki energy flowing between your hands, into the aura, and setting up a semi-permeable layer of energy around the entire aura that only allows in the positive but keeps out the negative. It also helps set in the Reiki energy you have channeled.

Chakras

Every living being has physical energy centers in their body called chakras. These are spinning wheels of energy that run down the center of the body, connecting your physical you with the energy of the universe.

Chakras were first identified thousands of years ago in the Vedas, ancient Hindu literature. The belief in and understanding of chakras crosses many belief systems, including Hinduism, Buddhism, and Jainism.

There are seven basic chakras (which roughly correspond to 10 energy centers called sefirot in Kabbalah) in the human body. Each of these energy centers corresponds with a certain frequency, a certain color, and various physical, emotional, and spiritual issues.

Your chakras need to be balanced in order for your energy to flow freely. Chakras that are either overactive, underactive, or even blocked can lead to a host of mental, emotional, and physical issues.

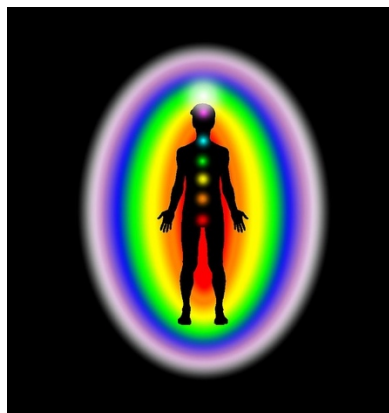


Image by [Karin Henseler](#) from [Pixabay](#)

Each of your chakras is associated with a specific color, a sound, tone, or musical note, and a frequency. Likewise, each chakra controls energy flow to different parts of the body, so each may be associated with certain spiritual, physical, mental, or emotional issues. The following pages offer a brief outline of your chakra system.



1st Chakra - Base, Root or Muladhara

Color: Red

Bija Mantra: Lam

Vowel Sound: Uh

Note/Tone: C or C#

Frequency: 396 Hz

| Emotional/spiritual associations | Physical associations | Possible ailments |
|---|---|---|
| <ul style="list-style-type: none"> • Truth – we are all one • Safety • Security and protection • Grounding • Connection • Oneness • Family loyalty and trust • Place in family • Standing up for oneself • Loyalty • Abandonment | <ul style="list-style-type: none"> • Small intestine • Lower back • Base of spine • Feet • Legs • Knees • Bones • Bowels • Immune system | <ul style="list-style-type: none"> • Depression • OCD • Low back pain • Sciatica • Varicose veins • Immune system disorders |

Examples of overactive and underactive first chakra energy:

| Overactive | Underactive or blocked |
|------------------------|------------------------------|
| Tactless or blunt | Difficulty telling the truth |
| Not afraid of anything | Frightened or phobic |
| Overly attached | Disloyal |
| Inflexible boundaries | No boundaries |



2nd Chakra – Sacral, Spleen, or Svadisthana

Color: Orange

Bija Mantra: Vam

Vowel Sound: Oo

Note/Tone: D or D#

Frequency: 417 Hz

| Emotional/spiritual associations | Physical associations | Possible ailments |
|--|--|---|
| <ul style="list-style-type: none"> • Personal power • Creativity • Sexuality • Finance/prosperity • Relationships • Control • Addiction | <ul style="list-style-type: none"> • Large intestine • Bladder • Appendix • Hips • Pelvis • Lumbar vertebra • Reproductive organs • Prostate | <ul style="list-style-type: none"> • Lumbar pain • Urinary tract infections • IBS • Low or high sex drive • Reproductive issues • Prostate issues • Fibroids • Hip pain |

Examples of overactive and underactive second chakra energy:

| Overactive | Underactive or blocked |
|-------------------|------------------------|
| Power seeking | Lack of personal power |
| Hyper-sexual | Non-sexual |
| Greedy | Poverty-ridden |
| Overly controlled | Out of control |



3rd Chakra – Solar Plexus, Navel, or Manipura

Color: Yellow/Gold

Bija Mantra: Ram

Note/Tone: E

Vowel Sound: Oh

Frequency: 528 Hz

| Emotional/spiritual associations | Physical associations | Possible ailments |
|---|---|--|
| <ul style="list-style-type: none"> • Self-esteem • Personality • Sense of self separate from tribal identity • Belonging • Group safety/security • Social rules • Law and order • Tribal honor • Function within a group | <ul style="list-style-type: none"> • Gallbladder • Stomach • Intestines • Liver • Pancreas • Adrenals • Kidney • Thoracic spine | <ul style="list-style-type: none"> • Kidney disease • Pancreatitis • Indigestion • Gastroenteritis • Liver disease • Diabetes • Hepatitis • Adrenal insufficiency • Eating disorders • Mid-back pain |

Examples of overactive and underactive third chakra energy:

| Overactive | Underactive or blocked |
|------------------------|---------------------------------|
| Massive ego | No sense of self worth |
| Cartoonish personality | Almost no personality |
| Blindly obedient | Unwilling to obey rules or laws |
| Hyper-social | Shy or antisocial |



4th Chakra – Heart or Anahata

Color: Green

Bija Mantra: Yam

Note/Tone: F or F#

Vowel Sound: Ah

Frequency: 639 Hz

| Emotional/spiritual associations | Physical associations | Possible ailments |
|---|--|--|
| <ul style="list-style-type: none"> • Bridge between body and spirit • Love • Balance • Strength • Health • Anger • Grief • Bitterness • Forgiveness • Fear of loneliness • Self-centeredness | <ul style="list-style-type: none"> • Heart • Lungs • Blood vessels • Thymus glands • Shoulders • Arms and hands • Breasts • Ribs | <ul style="list-style-type: none"> • Heart disease • Vascular disease • Pulmonary disease • Asthma • Allergies • Heart failure • Breast cancer • Upper back pain |

Examples of overactive and underactive fourth chakra energy:

| Overactive | Underactive or blocked |
|------------------------------|-------------------------------|
| Possessive | Uncaring |
| Overly empathic or sensitive | Misanthropic |
| Too forgiving | Unforgiving |
| Overly selfless | Self-centered or narcissistic |



5th Chakra – Throat or Vishuddha

Color: Blue

Bija Mantra: Ham

Note/Tone: G or G#

Vowel Sound: Eye

Frequency: 741 Hz

| Emotional/spiritual associations | Physical associations | Possible ailments |
|---|---|--|
| <ul style="list-style-type: none"> • Integrity • Truth • Speaking out • Creative expression • Self-expression • Surrender to Divine will • Following your dream • Self-expression | <ul style="list-style-type: none"> • Throat • Thyroid • Teeth • Mouth • Neck • Esophagus • Hypothalamus • Jaw | <ul style="list-style-type: none"> • Thyroid disease • Sore throat • Dental problems • Neck and jaw pain • TMJ • Gum disease • Laryngitis |

Examples of overactive and underactive fifth chakra energy:

| Overactive | Underactive or blocked |
|--|--------------------------------------|
| Integrity is the only thing that matters | Lack of integrity or no integrity |
| TMI sharer | Non-communicative |
| Follows religions blindly | Imposes self on spiritual beliefs |
| Unrealistic dreamer | Pessimist without ambition or dreams |



6th Chakra – Third Eye, Pineal, or Ajna

Color: Indigo/Violet

Bija Mantra: Aum

Note/Tone: A or A#

Vowel Sound: Ay

Frequency: 852 Hz

| Emotional/spiritual associations | Physical associations | Possible ailments |
|--|--|---|
| <ul style="list-style-type: none"> • Intuition • Reasoning • Intellect • Psychic ability • Mental health • Evaluating beliefs • Evaluating attitudes • Open-mindedness • Emotional intelligence • Learning from experience | <ul style="list-style-type: none"> • Eyes • Ears • Brain • Pituitary gland • Pineal gland • Nerves | <ul style="list-style-type: none"> • Headaches • Brain tumors • Eye problems • Hearing problems • Neurological disorders • Stroke |

Examples of overactive and underactive sixth chakra energy:

| Overactive | Underactive or blocked |
|---|--------------------------------|
| So open minded their brains fall out | Hyper-critical or disbelieving |
| Must reason through everything | Lack of common sense |
| Emotionally all over the place | Emotionally stunted |
| Afraid to move forward due to past mistakes | Never learns |



7th Chakra – Crown or Sahasrara

Color: White or Violet

Bija Mantra: None - silence

Note/Tone: B

Vowel Sound: Eee

Frequency: 963 Hz

| Emotional/spiritual associations | Physical associations | Possible ailments |
|---|--|---|
| <ul style="list-style-type: none"> • Connection to spirit • Divinity • Universal trust • Ethics & values • Selflessness • Compassion • Walking a spiritual path • Communication with higher self • Communication with higher beings • Understanding of our greater nature • Spirituality | <ul style="list-style-type: none"> • Skin • Skeletal system • Muscular system | <ul style="list-style-type: none"> • Skin problems • Rashes • Muscular disorders • Exhaustion • Systemic disorders |

Examples of overactive and underactive seventh chakra energy:

| Overactive | Underactive or blocked |
|---|---------------------------|
| Ungrounded and spacey | No connection to anything |
| Believes everything | Doesn't believe anything |
| Overly selfless – will give away their last penny | Selfish and stingy |

Working with the Chakras

It is important to learn the chakra system, because scanning the chakras can provide you with a host of information about where it might be best to apply Reiki energy, as well as some of the physical, mental, spiritual, or emotional issues that may arise as a result of either overactive or underactive energy in those areas. Using Reiki can help balance chakra energy, reducing energy in overactive areas and increasing it in underactive places. This helps to rebalance the entire system, bringing more balance and healing to your subject.

Using Reiki with Other Energy Healing Modalities for Chakra Healing

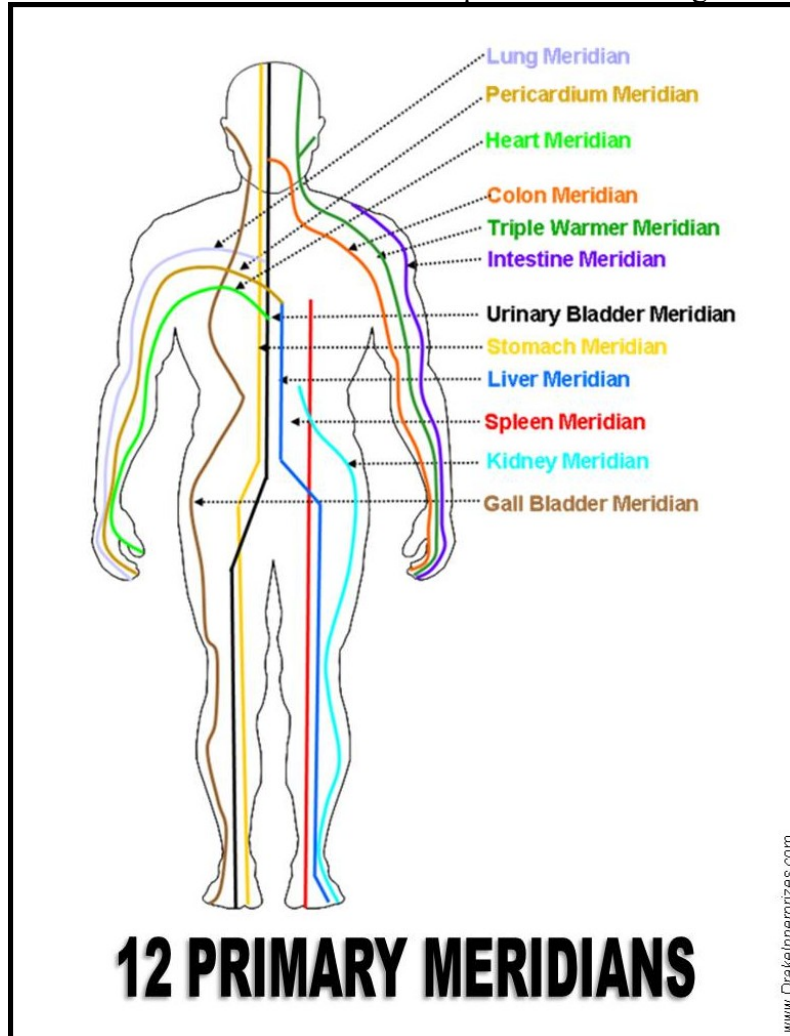
You can also strengthen your Reiki energy and practice by using other energy healing modalities when you perform Reiki. For example, you can use sound via the use of tuning forks, singing bowls, chanting, or solfeggio to help balance a chakra to which you are applying Reiki.

Likewise, if you work with healing crystals, selecting a crystal that is the same color as the chakra can help balance the energy of that chakra as you supply Reiki.

Meridians

Traditional Chinese Medicine and acupuncture/acupressure work with energy that flows in channels throughout your body similar to nerves. However, these channels are part of your subtle anatomy and connect the physical to the etheric, while nerves are strictly physical. Chi or life force energy flows through the meridians and when it is obstructed, it creates dis-ease or imbalance.

There are 12 standard meridian pathways divided into yin and yang energies that are polar opposites but need to be balanced in order to create optimum well-being.



Yin Meridians

There are six yin meridians. Each corresponds to various issues and qualities.

| Meridian | Balanced | Imbalanced or blocked |
|---------------------------|---|---|
| Lung (Arm Tai Yin) | Accepting, communicative, emotionally expressive, receptive, releases | Unresolved emotion, inability to communicate, oversharer, stunted emotions, overly emotional |
| Spleen (Leg Tai Yin) | Receptive, calm, possesses integrity, prosperous, pure, self-loving, aware of subconscious | Closed off, anxious, lacking integrity, money troubles, poor self-esteem, inability to tune into subconscious drives and messages |
| Heart (Arm Shao Yin) | Accepting, harmonious and balanced, loving, peaceful, forgiving, joyful | Unaccepting or judgmental, out of balance, angry, bitter, hateful, chaotic, unable to forgive, depressed or chronically sad |
| Kidney (Leg Shao Yin) | Ambitious, sense of belonging, sense of clarity, courageous, driven, sense of self-worth, vital, wise | Unambitious, lonely, unclear or clouded, lacking courage or behaving with an excess of caution, sluggish, weak, unwise |
| Pericardium (Arm Jue Yin) | Open, self-expressive, self-loving, vulnerable | Closed, self-protective, unexpressive, self-hating |
| Liver (Leg Jue Yin) | Benevolent, sense of destiny, faithful, hopeful, kind, strong, visionary | Self-absorbed, aimless, faithless, hopeless, unkind, weakness, lacking vision, angry, resentful, bitter |

Yang Meridians

There are also six primary yang channels with body, mind, and spirit correspondences.

| Meridian | Balanced | Imbalanced or blocked |
|---------------------------------|---|---|
| Large Intestine (Arm Yang Ming) | Focused, emotionally expressive, balanced, flexible, confident | Confused, stuck in grief, controlling, stubborn, regretful, compulsive |
| Stomach (Leg Yang Ming) | Strong, grounded, non-judgmental, critical thinker, tolerant, nourished | Critical, gullible, intolerant, rejecting, food issues, (physical and spiritual) |
| Small Intestine (Arm Tai Yang) | Confident, discerning, knowledgeable, intellectual | Lacks confidence, lacks discernment, lacks knowledge, lacks intellect, self-destructive |
| Bladder (Leg Tai Yang) | Enthusiastic, has willpower, joyful, | Angry, ragey, suspicious, bitter, jealous, unenthusiastic, afraid of |

| | | |
|----------------------------------|--|---|
| | peaceful, trusting, intimate, sexual | intimacy, hedonistic, nonsexual, lacks willpower, resentful |
| Triple Burner (Arm Shao Yang) | Has healthy boundaries, makes friends, has appropriate responses to stress, coordinated | Lack of boundaries, feels guilt or shame, has unhealthy friendships, stressed, uncoordinated |
| Gall Bladder (Leg Shao Yang) | Assertive, motivated, flexible, releases stuck emotion | Emotionally congested, angry, lacks motivation, inflexible |

Working with the Meridians

If you'd like to work with the meridians, you can do so by placing your hands along a meridian but separated at different points on the energy pathway to encourage flow of energy along between your two hands. For example, to encourage flow along the heart meridian, you might hold one hand on the heart and the other at the wrist while visualizing Reiki flowing along the pathway between your two hands.

Chapter 2 - Second Degree Reiki Principles and Practices

In First Degree Reiki, you learned about the practice of daily self-healing, as well as about meditating on the five Reiki principles, which include:

- Just for today, I will not anger.
- Just for today, I will not worry.
- Just for today, I will work with truth and integrity.
- Just for today, I will be grateful for my many blessings.
- Just for today, I will be kind to all living creatures.

These are important practices to continue, regardless of whether you are a First Degree or Second Degree Reiki practitioner or a Reiki Master/Teacher. These practices help to keep you in a space where Reiki energy flows clearly, purely, and freely.

In Second Degree Reiki, we will add additional practices based on the Three Pillars of Reiki, as taught by Dr. Usui, Dr. Hayashi, and Madame Takata.

The First Pillar - Gassho

Gassho (pronounced Gash-Show) is a meditative Reiki practice that means “two hands coming together.” If you took your First Degree Reiki from me, we covered it briefly there, as well.

In Gassho, you place your hands together in a prayer position in front of you with your middle fingers gently pressed together. Dr. Usui taught that Gassho should be a daily meditative practice, where you hold your hands in the prayer position and maintain focus on the tips of your middle finger. When your attention wanders, gently bring it back to your middle fingers. Gassho is an excellent way to begin a Reiki session.

In yoga practice, prayer hands are also used as a *mudra*, which is a form of “hand yoga.” It is called the *Anjali Mudra*, which is believed to be a heart seal. It is representative of bring together yin and yang, or the different polarities of your energy. Often it is accompanied by the sentiment *namaste*, a Sanskrit term that roughly translates to, “The light in me acknowledges the light in you.”

The Second Pillar of Reiki – Reiji-Ho (Ray-Gee-Hoe)

Reiji-Ho is the second pillar of Reiki, and it means methods of indication of Reiki power. It is a series of rituals that can help strengthen your practice. These methods utilize the Reiki symbols, which you will learn as part of your Second Degree Reiki practice.

You may choose to perform Reiji-Ho as part of your Reiki healing sessions.

1. Stand at your healing partner's feet with your hands in Gassho and your eyes closed.
2. Mentally draw the symbol Hon Sha Ze Sho Nen (HSZN) and ask for the Reiki energy to flow.
3. Do this three times.

4. Now mentally draw the symbol Sei He Ki three times, saying its name three times.
5. Draw the symbol Cho Ku Rei and say its name three times to keep the intention flowing.
6. Ask Reiki energy to balance your subject.
7. Keeping your hands in Gassho, move them to your third eye and ask them to guide you to where energy is needed.
8. Now, without any personal agenda or desires, allow this to guide your hands.

The Third Pillar – Chiryō (Chi-Rye-Oh)

Chiryō means “treatment.” In Reiki practice, it involves holding your hands over the crown chakra until you are guided to move. Once you receive that guidance, you may move your hands to the desired position for three to five minutes, or until you are guided to move once again.

1. Hold your hands where you are guided for three to five minutes, or until you feel intuitively guided to move.
2. Return to your subject’s crown chakra. Ask to be guided again and move when your intuition tells you to place your hands.
3. Continue this until you are guided that the session is complete.
4. Finish the session with your hands in Gassho, silently thanking Reiki, your subject, Dr. Usui, Madam Tanaka, and Dr. Hayashi before closing the session.

Therefore, you can use the three pillars or Reiki in every session. They help you set intention and receive guidance as to where to move your hands, allowing you to provide treatment. You can do this in place of the hands-on positions you learned in First Degree Reiki, knowing Reiki energy is intelligent and will flow where it is needed, regardless of where you place your hands. Of course, you are also welcome to continue use of the hand positions if you are more comfortable with this method.

Joshin-Koykyuu-Ho (Breath)

Breathing can facilitate spiritual cleansing and help you center and focus. Dr. Usui taught a breathing technique called *Joshin-Koykuu* (Josh-Shen Koi-Koo), which means “breathing to cleanse the spirit.” It is a technique you can use daily or before and after a Reiki session.

1. Sit comfortably and focus on your breath.
2. Inhale and imagine you are breathing in Reiki with the air.
3. At the same time, visualize Reiki energy entering your crown chakra and moving throughout your body.

Dan Tian Breathing

Another breathing technique focuses on the *Dan Tian* (Don-Tee-En), which is your center of energy (sometimes called your *hara*). Your Dan Tien is located just beneath your navel. To focus on this technique:

1. Sit comfortably and place your hands on your Dan Tian.
2. Breathe in through your nose, and then breathe out, exhaling all the air from your lungs.
3. Breathe in deeply, visualizing drawing the air and energy into your Dan Tian and feeling your stomach expand beneath your hands.

4. Now, imagine the energy expanding from your Dan Tian throughout your entire body.
5. Once you feel the energy has filled you, exhale through your mouth, visualizing the energy from your Dan Tian beaming out of your mouth, hands, and feet.

Using Mindfulness to Engage Reiki Using the Three Pillars

Being mindful during a Reiki session can create a more meaningful and intentional healing experience for both the Reiki practitioner and your healing partner. In his teachings, Dr. Mikao Usui taught practitioners three foundational practices that he called the three pillars of Reiki, *gassho*, *reiji-ho*, and *chiryō*. Each of these practices has multiple purposes, and all are equally necessary during a Reiki healing session. Purposes of the three pillars include:

- Serving as a source of spiritual hygiene to put you into a calm and centered state of mind before and during channeling Reiki
- Allowing your ego to step aside and allow intuitive information from the Reiki energy, your healing partner, and Divine Guidance
- Connecting you and your healing partner to the Reiki energy
- Allowing you to work more intuitively as you channel Reiki energy to your healing partner
- Creating an "envelope" of mindfulness for the session for both you and your healing partner

The First Pillar: *Gassho*

The first pillar of Reiki, *gassho*, is more than a meditative practice. It also serves as a form of spiritual hygiene, a ritual to create intention and focus, an invitation to mindfulness, a call to set aside ego, and the primary method to invite and ignite Reiki healing energy within a session.

While *gassho* is primarily taught in Western forms of Reiki as a meditative practice that entails holding one's hands in prayer position and focusing on where the middle fingertips meet, it is far more involved and deeper than these simple instructions indicate. During *gassho*, while the fingertips serve as a physical focal point to help the Reiki practitioner remain mindful and, in the moment, a skilled practitioner combines the mindfulness of *gassho* with breath work and intention.

As Spiritual Hygiene

As spiritual hygiene, Reiki practitioners should engage in *gassho* for 5 to 10 minutes before every session in order to purify not only the energy of the space in which the sacred sharing of the Reiki energy will occur, but also to enter into a state of mindfulness where he or she is open to Reiki energy and positive guidance. This is especially important for practitioners who live "normal" lives between sessions (and don't we all?) where the needs of the world often intrude on upon our ideal spiritual state of being.

Before every session, perform any energy work in your healing space you normally do as part of your pre-game ritual, whether that involves burning herbs, drawing symbols in the space, or any other space clearing ritual. Next, sit comfortably in the space in *gassho*. Concentrate on your breathing and the space where your middle fingertips meet. Feel Reiki forming in the air around you and breathe it in, allowing it to flow in through your nose and lungs and throughout

your entire body. Exhale tension or anything from your day that does serve you nor not belong in your session. Do this for as long as it takes. Some days, it may only take five minutes, but on those other days where the world has intruded, it may take longer. Do this until you are calm, peaceful, centered, and out of your ego. Only then should you invite your healing partner into your healing space.

To Set Intention and Invite and Ignite Reiki Energy

Once you have invited your healing partner into the appropriately prepared space, consulted with them as needed, and they are resting comfortably on your treatment table, stand at your partner's head or feet and enter into gassho again. This time do so focusing on any intention for the session you and your healing partner have agreed upon along with the intention to serve the highest and greatest good. Once again, feel the Reiki gather around you. Breathe it in and invite it to flow through you and into your hands. When you feel your hands ignite, you can begin your session.

To Return to Mindfulness or Seek Guidance

Throughout your session, you can return to gassho any time you feel the need. Gassho is your safe space where you can return to mindfulness, refocus or reset intention, or receive guidance about where to place your hands on your healing partner. It is the form within the freedom of an intuitive Reiki session. If you feel your mind start to drift or notice your energy shift, return to gassho. If you feel unsure about what to do next, return to gassho. Walk to your partner's head or feet again and stand in gassho until you feel refocused. If you need, ask for guidance and then pay attention. A thought may come into your head, a part of your healing partner's body may "light up" in your gaze, or you may just feel drawn to a certain area. Go with this flow. Return to gassho whenever you need to re-center, wish to return to mindfulness if the outside world starts to intrude on your session, or feel unsure of what to do next.

To Give Thanks and Return to Yourself

You can also return to gassho at the close of a session. When you feel ready, move to your healing partner's feet and stand in gassho. Give thanks to Reiki and to your partner for allowing you to channel the energy to serve the highest and greatest good. Then, invite your energy to return to you and see the energetic connection between you and your partner releasing. When you feel ready, run your hands under cool water or touch the ground to ground yourself.

The Second Pillar: Reiji-Ho

Gassho is interwoven throughout the other two pillars of Reiki. *Reiji-ho*, the second pillar, is all about asking for guidance. While First Degree Reiki practitioners learn the Reiki hand positions, as they progress, they may begin to feel comfortable enough to work intuitively. I encourage my students entering Second Degree Reiki to begin working intuitively as often as possible during Reiki sessions knowing if they need to, they can always return to the hand positions.

In reiji-ho, you invite guidance in. It begins in gassho, with your hands held in prayer position asking to have your hands and energy guided to serve the highest and greatest good of your healing partner. And then, you wait, and you use all of your senses to listen. Listen to how your body feels, what your mind thinks, what your eyes see, and how your healing partner responds.

As you wait for guidance, observe with all of your senses and allow your mind to empty so it becomes a vessel into which guidance can flow easily. You will learn over time how your Divine Guidance signals you. You may spot a twitch. You may feel something in your own body. You may hear instructions in your mind. You may feel as if you are magnetically drawn to somewhere on your healing partner's body. There is no wrong way to receive information.

Reiji-ho takes trust in yourself, your healing partner, your Divine Guidance system, Reiki, and the universe. It also requires mindfulness. It requires you to allow yourself to be energetically open in order to become a vessel the universe uses to serve the highest and greatest good. When you receive a signal, trust it, act on it, and know the Reiki energy will flow exactly where and as it is needed for the highest and greatest good. When you feel yourself slipping out of that space as a vessel and a channel and back into your own personal stuff, return to gassho and re-set yourself.

The Third Pillar: Chiryō

The third pillar of Reiki, *chiryō*, is all about action. Chiryō means "treatment," and it is an essential part of every Reiki session. New Reiki practitioners focus primarily on chiryō, following the mechanical process of placing hands on the body in set positions and trusting the Reiki will flow where it's needed. However, as a practitioner becomes more deeply involved in the true *practice* of Reiki, chiryō is something that flows and changes depending on intuitive information the Reiki practitioner receives and the needs of his or her healing partner.

A practitioner truly engaged in chiryō moves beyond the basic hand positions and sometimes even moves beyond use of the hands. He or she may be intuitively guided to gaze, tap, stroke, blow, or visualize along with placing hands, palms, or fingertips in the ways they are guided to do so. In this way, a mindful session of Reiki becomes a flowing dance of energy that involves the practitioner, his or her healing partner, and the entire universe.

Intuitive Reiki

Once my students enter Second Degree Reiki, I encourage them to work more intuitively if they haven't done so already. The three pillars of Reiki encourage this intuitive work, but many practitioners lack the confidence and are afraid they may do something, "wrong."

First, let me reiterate this: there is no way to do Reiki wrong. In First Degree when you learned the Reiki hand positions, it provided you with a form that you can return to in a Reiki session when you aren't feeling intuitively guided. However, by being present in a Reiki session and "listening" to your healing partner's energy as well as receiving guidance throughout the session allows you to work more intuitively which is beneficial for both your development as a Reiki practitioner and your healing partner's experience within any given session.

Recognizing Your Intuition

Everyone has a *Divine guidance system* that communicates with them via intuition. Some people have spent a lifetime ignoring that intuition, however, and it's gotten really quiet as a result. I was one of those people. I thought I didn't believe in any of that stuff, so I ignored intuitive hits except for a few REALLY big ones that were impossible to ignore. However, once that belief started to change and I started to listen to and seek guidance from my intuition, it grew stronger

and louder. Now I'm shocked I once believed I didn't have any intuition. I've noticed this happening with the energy healers I teach, as well.

If you're someone who doesn't believe you have intuition, you may just not recognize it as such yet. Some ways your intuition may be manifesting include:

- Persistent thoughts that pop into your head
- Flashes or persistent images in your mind's eye
- Sounds or words that appear in your mind
- Physical sensations in your hands and body
- Differences in audible sensations such as ear pressure, unexplained volume changes, or pitch changes you notice such as in music, the ringing in your ear, or the timber of a voice
- Visual disturbances, such as seeing wavy lines, dimming or brightening of light
- Sudden changes to the smell in the air around you or the taste in your mouth

Any of your senses may be communicating information to you, or it may come purely mentally through your thoughts or things you see in your mind. It may also appear in dreams or visions, such as dreaming of a healing partner before or after a session or suddenly having that person pop into your mind and seeing something about them. These are all valid ways your intuition speaks to you.

For example, if you have a sudden thought you should use a specific crystal in your session, use it. If an affirmation or intention for your healing partner pops into your mind, incorporate it in your session. If you suddenly feel you need to offer a visualization for your healing partner while she's on the table, share it. If you feel you need to sound a specific singing bowl, do it. If you feel you need to move your hands and energy in a specific pattern, do so. These are examples of guidance, coming in to help your healing partner receive exactly what she needs when she is in your healing space.

Exercises for Developing Intuition

The following exercises can help you to develop your intuition. I recommend either working on yourself or a pet or inviting a trusted friend in to be a healing partner who engages in the session to help you develop your intuition. If you work with a healing partner for this, realize these practice sessions are for your benefit and shouldn't be treated as a regular energy healing session. Always give thanks to your intuition when it guides you.

Mind's Eye Intuition

This exercise may help you learn to recognize intuitive thoughts and feelings.

1. With your healing partner on the table on his or her back, stand at his head with your hands in prayer position. Close your eyes.
2. Ask silently or aloud, "Please show me where to place my hands" or "Please show me which crystal to use/bowl to play/etc."
3. Wait silently until a thought pops into your head about where to place your hands. Move to that position and place your hands there saying in your mind, "Thank you." If you see

a specific color, get a crystal of that color (or the specific crystal if it pops into your head), etc.

4. Now, with your hands still in that position, after a few minutes ask, "Show me where to place my hands."
5. Continue for 30 minutes, or until you feel guided to stop.

Hand Sensations

This is an exercise we actually practice in my classes. Most people are surprised at how easily it works for them.

1. With your healing partner lying on the table on her back, stand at her head with your hands in prayer position. Rub your hands together lightly.
2. When you feel guided to move, hold your receiving (non-dominant) hand about an inch over your healing partner's crown chakra and, moving slowly, skim your hand (staying about an inch above their body) down the midline, moving slowly.
3. Notice any changes in sensation in your hand, such as heat, cold, tingling, pressure, or a sense of deadness. When you feel this, stop and place your hands there for three minutes. Then, start where you left off and continue scanning down the body to the root chakra, stopping as needed.
4. Then, start at the right shoulder and scan down the arm to the fingers doing the same thing.
5. Repeat on the left side.
6. Start on the right hip and scan with your hand down the leg, across the knee, to the ankle and the feet pausing to place your hands for three minutes wherever you notice changes in sensation.
7. Repeat on the left side.
8. Return to your healing partner's head, place your hands in prayer position, and give thanks to your intuition and your healing partner.

Body Sensations

Some people receive intuitive information empathically, that is, their bodies and emotions tell them what they need to know. If you are empathic, tuning into how your body feels in a session can help you understand what your healing partner is feeling, and you can use this to direct your session.

1. With your healing partner lying on the table on his back, stand at his head with your hands in prayer position.
2. Ask, "Please, what is needed here?"
3. Now close your eyes and pay careful attention to your own body.
4. As soon as you notice any sensation in your body – pressure, pain, tingling, itching, coolness, or heat, etc. – no matter how light or how brief, move to that point on your healing partner's body and place your hands there until you feel a release.
5. Close your eyes and ask "What is needed here, please?" again.
6. Move to where the next sensation in your own body is on your healing partner.
7. Continue for 30 minutes, or until you no longer notice any sensations in your own body.
8. Return to the crown chakra and with your hands in prayer position, give thanks to your intuition and your healing partner.

Visual Changes

Visual changes may be subtle, but they can also indicate where you need to work on your healing partner.

1. Stand at your healing partner's head with your hands in prayer position.
2. With your eyes open, ask, "Show me what I need to see."
3. Now, starting at the crown, scan your eyes down your healing partner's midline, looking for any changes in your vision at all, such as flutters, waves, color tints, or changes in light or focus. Where you see one, stop, step to that spot, and place your hands for three minutes.
4. Continuing from where you are, ask again, "Show me what I need to see."
5. Continue visually scanning down the midline through the chakras, stopping where needed.
6. Then, visually scan from the right shoulder, down the arms to the fingertips and do the same on the left.
7. Starting at the right hip, visually scan from the hip down the leg to the tips of the toes, stopping where needed. Do the same on the right side.

Audible Changes

I find using tingshas or a singing bowl are the best way to start to understand audible changes.

1. Stand with your instrument in your hands at your healing partner's crown chakra.
2. Ask, "Let me hear what I need to know."
3. Strike the bowl or the tingshas and hold it down an inch or two above your healing partner's body. Holding it there and striking as necessary to refresh the sound (do this lightly around their ears), listen for warbles, noticeable volume changes, pitch drop offs, dissonance, or other changes in sound.
4. Where you hear it, set down your instrument and hold your hand there until you feel a release.
5. Move first crown to root chakra down the midline, then from the right shoulder down to the fingertips, left shoulder down to fingertips, right hip down leg to tips of toes, and left hip down legs to tips of toes, pausing as needed to hold your hands on spots where you notice this.

Other Senses

You can pay attention for other physical changes by running the receiving hand down the body about an inch above it in the pattern noted in the hand sensations section, noticing any of the following changes:

- Changes to pressure, volume, or pitch of ambient noise or ringing in the ears
- Differences in the smell of the air
- Differences in changes of the taste in your mouth
- Differences in other sensations such as changes in temperature on your skin, goose bumps, chills, or feelings of pressure on any part of your body

I recommend practicing all of these several times with different healing partners to see which of these provide the strongest feedback. Once you feel confident in recognizing the changes, start to

incorporate them in your practice session, knowing that you can always return to your foundational techniques if you feel you aren't receiving intuitive information.

Sensing an Energy Release

During your Reiki sessions, your goal is to create a release in your healing partner as you rebalance energy and remove blockages. In an intuitive session, instead of moving your hands every three to five minutes, you move them when you feel it is time to, or when you notice your healing partner has experienced an energy release.

Different people will display different signs of energy release, so it's important you remain present, watchful, and tuned in to your healing partner throughout an entire intuitive Reiki session in order to know where to place your hands and when to move.

Some signs that suggest your healing partner has experienced an energy release and you can move on follow:

- You feel a build-up of heat in your hands where they get warmer and warmer, and then suddenly they cool down.
- You feel a whoosh or a physical sensation in your own body.
- You feel compelled to move your hands elsewhere.
- Your healing partner has an emotional reaction, such as starting to cry or laugh.
- Your healing partner displays a subtle sign of release, such as sighing or shifting position.

Protecting Yourself During a Reiki Session

One of the great things about Reiki is it flows through you and not from you. However, many people drawn to Reiki and other forms of energy healing are *empaths*. Empathy is a form of psychic ability in which you feel the physical sensations and/or emotions of others as if they are your own. In general, empaths may have difficulty differentiating between a physical sensation or emotion from another person and one that is his or her own. This can be confusing, so it's important you begin to recognize and acknowledge your empathy and work with it.

Empathy is a gift for an energy healer or Reiki practitioner because it allows you to be more tuned into your healing partner and provide a more intuitive and personalized session. However, if you don't manage it carefully, you may wind up taking on any negative energy from your healing partner while transferring your positive energy to them. This is one reason grounding and breaking the connection following a Reiki session is so important for both the practitioner and his or her healing partner.

In First Degree Reiki, I teach you to run your hands under cold water and touch the floor to release the energetic ties between you and your healing partner and to ground yourself. This is an effective practice. However, as you begin to work more intuitively and allow the energy from your healing partner into your own energetic space in order to create a more focused and personalized Reiki session, it becomes even more essential to practice good energy hygiene in order to maintain your own energetic boundaries and well-being.

Learn to Differentiate Your Energy from Theirs

First on your agenda is discerning what physical or emotional sensations are yours and which are your healing partners'. Some techniques for doing this:

- Notice if this has come on suddenly. If it has, and it has nothing to do with you, chances are it's theirs.
- Ask in your mind, "Is this my feeling?" You may hear yes or no, you may feel yes or no, or you may get some other signal to tell you whether the sensation you're experiencing belongs to the other person.
- Briefly remove your hands from your healing partner and mentally put up a shield by pushing a bubble from your core to surround you completely. If the feeling goes away, it belongs to them. Remove the shield and return your hands to your healing partner.

Ground or Flush the Energy

Once you have read the energy and understand what it is telling you, there's no need to hold onto it for even a second longer. Therefore, once you've acted on the information you've received from your healing partner, you should ground it or "flush" it away from you. To do this:

1. While still working, notice your feet firmly planted on the floor. See roots growing from your feet deep into the center of the Earth and spreading out all around you under the ground.
2. Now push the energy or the feeling down your central core, out through your feet, and into the Earth where it is grounded and neutralized.

Reground and Clear at the End of a Session

Likewise, especially if you're empathic, you will always need to ground and clear energy after a session, so you don't carry the energy of your healing partner's dis-ease with you into later sessions or as you go about your day. To do this, after your healing partner leaves and before your next session, use the grounding and flushing exercise above. Then, visualize a Reiki "shower" where Reiki energy opens up above you and pours down on you like a waterfall, filling your aura and entire body with beautiful, pure, life force energy.

Chapter 3 – The Reiki Symbols

Your second degree attunement will attune you to three Reiki symbols, so you can invoke their power. As with other Reiki attunements, your attunement is good for life.

Once you have been attuned to the symbols, you will be able to use them to deepen your Reiki practice. The Reiki symbols can help you:

- Send healing at a distance
- Send healing back or forward in time
- Work with animals in need of Reiki at a safe distance
- Magnify Reiki energy
- Focus Reiki energy
- Send energy to situations
- Send Reiki energy to objects
- Send Reiki energy to multiple people at a time
- Shorten your Reiki sessions
- Use Reiki to clear spaces

These are a few of the many applications of the second degree Reiki attunement and symbols. As with your First Degree Reiki attunement, you will experience a 21-day cleansing process that may include different symptoms. Care deeply for yourself during this time and provide daily self-Reiki. You can also begin using your Second Degree Reiki capabilities and the Reiki symbols right away.

The Sacred Reiki Symbols

In Second Degree Reiki, you learn and are attuned to the energy of three Reiki symbols, one for physical issues, one for emotional issues, and one for mental/consciousness issues and distance healing. These Reiki symbols unlock the power of Reiki, allowing you to be unlimited in your practice and helping you to strengthen and focus your Reiki energy. Once you have been attuned to the Reiki symbols, you can use them for life. While you will be asked to learn to draw, visualize, and memorize the symbols, what is truly important about them is your intention. The intention behind the symbols can help you amplify your practice.

When using the symbols:

- Draw the symbols on your hands, visualize them in your minds' eye, or project them.
- Always invoke the name of the symbol three times when you use it to activate the symbol.
- When you use a symbol on someone during a Reiki session, gently tap it into then by tapping with the index finger of your giving hand three times.
- Use your intuition about when to use the symbols outside of the basic instructions given in this manual.

You may see or hear some discussion about keeping the Reiki symbols secret and not allowing anyone to see you draw the symbols. This arises from Madame Takata's insistence that Reiki was an oral tradition. Some practitioners still believe the symbols to be sacred and secret. Others have no concern about others seeing the symbols. I believe the symbols can be shared, as Reiki is a universal energy. However, attunement to the symbols can only be provided by a Reiki Master.

How to Use the Reiki Symbols

You can use the Reiki symbols many ways to deepen your practice. If you are comfortable doing so, allow your intuition to guide you, or use the suggestions below.

- Mentally project the symbols through your hands during a hands-on Reiki session.
- Visualize or draw a symbol or symbols on the palms of your hands before a session.
- Draw symbol or symbols on or above the body of the person with whom you are working and tap it into the body with three taps.
- Draw the symbols on the roof of your mouth with your tongue and project it through your hands as you work.
- Draw the symbol in the air and beam it to your hands.
- Visualize the symbol on your hands or on the body of the person with whom you are working.
- Visualize the symbols penetrating every cell of the body of the person with whom you are working.
- Always remember to silently invoke the name of the symbol three times when you are drawing or beaming it to activate it.

Cho Ku Rei (Show-Koo-Ray) – Physical Realm and Activation



Cho Ku Rei (CKR) is the Reiki power symbol. It is also the symbol that helps you work with physical issues and balance physical energy, and it activates Reiki energy and amplifies it. The meaning of the symbol is “placing all the power of the universe here.”

Literally, Cho Ku Rei has the following meaning:

Cho – To remove illusion in order to see truth

Ku – To penetrate

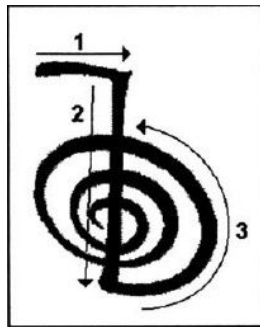
Rei – Universal, present everywhere

You may see CKR written in Chinese as 勅令 or 直靈.

You will find your own uses for CKR, but you can also use it in many situations.

- Activates second-degree Reiki energy by turning it on (without it, it's just first-degree energy).
- Releases or cuts through physical resistance.
- Activates other symbols.
- Helps you break habits or creations.
- Helps in the dis-creation of disease or negative physical patterns.
- Stops progressions that don't serve you.
- Changes the energy of a physical space.
- Provides protection.
- Cleanses energy of objects, spaces, situations, and people.
- Balances physical energies.
- Energizes food or drink with Reiki before you consume it.
- Energizes plants or water given to plants.
- Use it to strengthen affirmations by writing it over a paper on which you've written your affirmations, especially if the affirmations are related to physical issues.
- Beam the symbol to methods of transportation (cars, planes, etc.) to provide protection to the vehicle.

Drawing Cho Ku Rei



1. Start by drawing a horizontal line from left to right.
2. From the right end of the horizontal line, draw a long downward line.
3. From that line, draw two and a half concentric circles, decreasing in size, as shown above.

Sei He Ki (Say-Hay-Kee) – Emotional Realm



Sei He Ki is the emotional healing symbol. It helps with mental and emotional healing and is particularly good at helping to clear blockages caused by unexpressed or unprocessed emotions. It facilitates emotional release. It also balances both sides of the brain.

Literally, Sei He Ki has the following meaning:

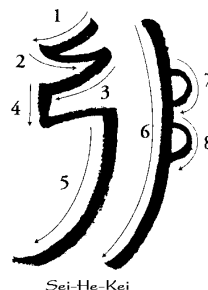
- Sei means birth or coming into being.
- He Ki means balance or equilibrium.

It also means God and Man become one.

You can use SHK in many ways, including:

- Releases energetic blockages and resistance caused by unsuppressed emotions
- Helping release addictions
- Resolving long-term emotional problems
- Removing obstacles
- Help resolve relationships
- Process negative emotions
- Helps with grieving
- Enhances affirmation, particularly those related to emotions
- Improves emotional intelligence
- Improves memory
- Sparks intuition
- Calms emotionally charged situations
- Balances crystals
- Balances the emotional energy of an environment
- Improves communication
- Sparks creativity
- Helps find lost items

Drawing Sei He Ki



1. Draw the first zig-zag line as shown above.
2. Now, draw a long down stroke to the right of the zig-zag.
3. Finish by drawing two semi-circles along the line.

Activating Sei He Ki – The Reiki Sandwich

When you wish to use SHK, you must first activate it by drawing CKR and saying it three times. Many practitioners use the Reiki Sandwich, which is:



As you draw each, remember to silently say the name of each symbol three times.

You don't need to draw the symbols in a row. Rather, you can draw them one on top of the other. This is an excellent way to clear mental blockages, such as:

- Helping with weight loss
- Releasing addictions
- Releasing any emotional or spiritual components of disease

The Reiki sandwich can also help with affirmations or clarity. For example, write your affirmations on a piece of paper. Fold the paper and write the Reiki sandwich over the top. It may also help with finding solutions to problems in a similar manner. Write the problem on the paper, and then cover it with the Reiki sandwich. Allow the solution to come to you.

Hon Sha Ze Sho Nen (On-SHAW-ze-SHOW-nen) – Spiritual and Mental Realms and Distance Healing

Hon Sha Ze Sho Nen (HSZN) is the Reiki distance healing symbol. It sends Reiki across time and space. It is also a symbol that can help rebalance energy related to spiritual or mental issues. To use it, you must use CKR to activate it.

Using HSZN

Using HSZN, you can send Reiki energy anywhere, whether it is just across the room or across the country. Likewise, you can channel Reiki to situations or people in the past to facilitate healing, or you can channel it to the future to assist with important events. For example, if you are scheduled for surgery, you can send Reiki to your future self at the time of the surgery to help keep you energetically balanced. Uses for this include:

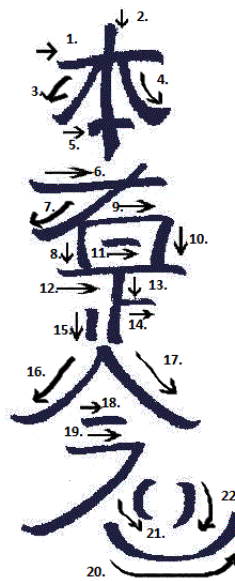
- Job interviews
- Public speaking
- Important events
- Tests
- Business meetings

You can also channel Reiki across distance/time and set the energy to work for a certain period. For example, if you are performing a distance session on a friend but you aren't available when he or she is, you can set a time for your friend to relax comfortably and await the Reiki. Then, you can perform the distance healing at any time, asking the Reiki to start at the time your friend

is relaxing and last for as long as you'd like. An example of this would be that you would use the symbol to set the Reiki to start Tuesday October 5, 2016 at 5 PM and end at 6 PM to your friend John Smith and 1234 Main Street in Portland, Oregon. The distance symbol enables this to happen, and your intention sets the parameters.

I use this technique when I have to leave my dogs for long periods so they can feel calmed by the Reiki energy while I am away. Before I go, I write each of the dogs' names on a piece of paper, draw the Reiki symbols over the top, invoke the intention that the energy will flow to the dogs as they need it during the time I am away, and then I hold the paper in my hands for a few moments to allow the Reiki energy into the paper.

Drawing Hon Sha Ze Sho Nen



HSZN is one of the more complicated symbols to draw, but with practice it comes quickly and naturally. Follow the lines in the image above to draw.

Activating HSZN

Like the other Reiki symbols, you need to activate HSZN with CKR and also intone the names in your head three times. You can use a Reiki sandwich with HSZN as follows:



You can also make a complete Reiki sandwich, using all three symbols, as follows:



Don't forget to say the names silently three times as you draw each symbol. You can use the full Reiki sandwich to:

- Send healing across distance and time
- Work with deep seated issues
- Work with large groups, organizations, situations, countries, etc.
- Balance memories
- Balance past life karmic issues
- Bring together the past, present, and future in a healing way
- Integrate body, mind, and spirit

Reiki Symbols

<http://reikirays.com>

| Reiki Symbol | Meaning | How to use the symbol | Example Uses |
|--|--|--|---|
|  <p>Cho Ku Rei (Reiki Power Symbol)</p> | <p><i>"Placing all the powers of the universe here"</i></p> | <p>Used primarily to boost the Reiki power, to connect with Reiki energy at the start of a session, and to seal the energy at the end of a treatment.</p> <p>Some practitioners use it on their own palms and chakras before treating others, to help clear the channels and empower their hands.</p> <p>Using the power symbol over the client's crown chakra helps create positive energy around them.</p> | <p>Empower other Reiki symbols Helps in spot treatment Clears negative energies Provide protection Makes meals healthier and more nutritious Increase effectiveness and reduce side effects of medication Improve relationships Prevent misfortunes Activate the law of attraction</p> |
|  <p>Sei He Ki (Reiki Emotional / Mental Healing Symbol)</p> | <p><i>"The earth and sky meet"</i> or <i>"God and Man become one."</i></p> | <p>Different practitioners use this symbol in different ways. As an example, the practitioner draws the Cho Ku Rei (the power symbol) to create a connection with the Reiki energy source.</p> <p>Sei He Ki is then drawn over the troubled area where the Reiki energies are required.</p> <p>The energies are sealed by drawing the power symbol again. This sustains the effect of Sei He Ki for a longer time.</p> | <p>Improve memory power Get rid of bad habits Improve relationships Empowers your affirmations Personal bodyguard Dissipates headaches Helps to find lost objects Teaches us about the synchronization or harmony of things in nature Gain more positive outlook of life and stay happy</p> |
|  <p>Hon Sha Ze Sho Nen (Reiki Distance Healing Symbol)</p> | <p><i>"Having no present, past or future"</i></p> | <p>There are many ways to send Reiki. A lot of practitioners learn one technique, which they then tweak and personalize it to suite their style. The steps below describe one such technique:</p> <ol style="list-style-type: none"> 1: Activate the power symbol. 2: Write the name of the recipient or the situation you are sending energy to on a piece of paper and hold the paper in between your hands. 3: Draw Hon Sha Ze Sho Nen in the air above the paper and repeat its name three times. 4: Repeat the name of the recipient or the situation. Draw the power symbol. 5: Allow Reiki to flow to the recipient for the greatest and highest good. 6: Finish the Reiki session by either clapping your hands or shaking them vigorously in order to cut the connection. | <p>Allows sending and receiving positive energy just anywhere and everywhere quickly and easily Perfect tool for people who find it uncomfortable to receive hands on Reiki treatment Used regularly to help keep your mind, body and spirit in harmony Healing the past Sending positive energy to the future Absentee healing</p> |
|  <p>Dai Ko Myo (Master Symbol)</p> | <p><i>"Great Enlightenment"</i> or <i>"Bright Shining Light"</i></p> | <p>The symbol can be activated in many ways, including but not limited to:</p> <ul style="list-style-type: none"> Drawing it with your palm center By visualizing it Drawing the symbol with your finger Drawing it with your third eye Spelling the name of the symbol three times. <p>Example: First draw the Reiki symbol on your own palms or hands and then visualize or redraw the symbol on the crown chakra and the palms or hands of the client and the area to be treated.</p> | <p>Open channels during Reiki attunement Heals the chakras, the aura and any disease that initiates from our subconscious beliefs Draw out negative energy from the body (physical emotional, mental or spiritual) and then liberate it Develop and strengthen personal growth, self awareness, spiritual development and intuition To charge or clear crystals Helps improve immune function and increase energy flow through the body</p> |

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Drawing Reiki Symbols

<http://reikirays.com>



Cho Ku Rei
(Reiki Power Symbol)
"Placing all the powers of the universe here"



Sei He Ki
(Reiki Emotional / Mental Healing Symbol)
"The earth and sky meet" or "God and Man become one."



Hon Sha Ze Sho Nen
(Reiki Distance Healing Symbol)
"Having no present, past or future"



Dai Ko Myo
(Master Symbol)
"Great Enlightenment" or "Bright Shining Light"



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Chapter 4 - Distance Healing

Using the Reiki symbols, you can send healing across space and time. You are no longer restricted to location and time to help others with Reiki.

Before you try distance healing, it is necessary to have memorized each of the symbols and how to draw them. You should also be able to visualize the symbols.

Is Distance Healing Possible?

Some people will tell you distance healing is impossible. After all, if you are not in someone's physical presence, how can you affect their energy in any way?

In fact, distance healing is not only possible, it's a real thing. Studies have shown, for instance, the power of prayer in healing, even when the people praying are nowhere near the subject. How is this possible?

Outside of our embodied, physical realm, time and distance do not exist. The only space is here, and the only time is now. This is an essential concept of distance healing. All matter, animate and inanimate, consists of the same stuff. We are all vibrating strands of energy sometimes called The Field. We are all stardust. It's only in how that stardust comes together, the rate and frequency at which it vibrates, and how it is held together by forcefields that creates the form the vibrating strands of energy take, whether a rock or a human.

All energy in the universe is *entangled*. This is a principle of quantum mechanics that states once one bit of energy interacts with another, they are always interrelated even though they may appear to be separated by time and distance. Einstein called this *spooky action at a distance*, and it has been proven experimentally that when one entangled particle experiences a change, its partner experiences the same regardless of where it is in time or space. Since we all come from the same Source, what this means is that at some point, all energy existed together and is therefore entangled. Physically in our universe, that source for quantum entanglement is believed to be the Big Bang.

It is through this entangled field of quantum energy that distance Reiki is accomplished.

Getting Permission

While you may be drawn to the fact that you can send Reiki energy to anyone, any time, it is ethical to receive permission whenever possible before sending the Reiki. In some situations, it may be ethical to send distance Reiki without obtaining permission, such as in the case of a dire emergency (such as an auto accident where the victim is unconscious), or to a group or situation following a natural disaster. Whenever, possible, however, it is important that you obtain another's permission before sending them Reiki energy.

In cases where you can't obtain permission, try to obtain psychic permission. Close your eyes and ask, "Can I send Reiki here? Will it be received?" Then, wait for some kind of an indication of yes or no, such as actually hearing the words yes or no in your head, or feeling a receptive pull

(yes) or a rejecting push (no). You can intend that the Reiki goes where it is most needed if the subject doesn't want the Reiki.

Basic Distance Healing Process

The basic distance healing process is as follows:

1. Be sure you have permission before sending distance healing.
2. Choose a quiet place where you will not be disturbed.
3. Determine which method (the methods follow) you will use.
4. Place your hands in Gassho and connect with the Reiki energy.
5. Release any expectations, and clear your mind of personal agendas, thoughts, or beliefs. Intend that the Reiki energy will work for the subject's highest and greatest good.
6. Once you feel the connection, begin to transmit the Reiki using the distance healing method you've chosen.
7. Continue until your intuition tells you that you can stop. The Reiki will go where it needs and continue as long as is needed due to the intelligence of the energy.
8. Surround the person, place, or situation you've been sending healing to with white light (visualize this). Repeat the intention that the Reiki work for the person's highest and greatest good.
9. Give thanks to Reiki and your healing partner for the healing that has occurred.
10. Ground yourself by running your hands under cold water or touching the floor.

Distance Healing Methods

There are many distance healing methods you can try. Use your intuition to guide you towards the type that works best. I use different methods, just based on what I intuitively feel would be right for the situation. Practice each of the methods to see what works for you.

Surrogate Method

This method uses a surrogate as a stand-in for the Reiki subject. This can be a doll or stuffed animal – something on which you can perform a full (albeit mini-sized) hands-on Reiki session. To use this method:

1. Obtain permission to perform the Reiki and select your surrogate.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Choose a quiet place where you won't be disturbed.
4. Put your hands in Gassho until you feel the Reiki start to flow.
5. On each hand with the index finger of your opposite hand, draw the complete Reiki sandwich. Intone silently each symbol name three times as you draw it.
6. Now place your hands back in Gassho. State in your mind that you will be using the surrogate as a stand in for (friend's name) who lives at (address) who will receive the Reiki.
7. Proceed to conduct a full Reiki session using the hand positions on the surrogate.
8. Close by thanking Reiki.
9. Ground yourself.

Photograph Method

You can also use a photograph of the subject to send distance Reiki. To do this:

1. Obtain permission to perform Reiki and find a photograph.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Find a quiet place where you won't be disturbed.
4. Place your hands in Gassho until you feel the Reiki start to flow.
5. Using your index finger (or a pen), draw the full Reiki sandwich on the picture, intoning each symbol three times silently as you draw it.
6. Hold the photograph between your hands and allow the Reiki to flow into the picture for five to ten minutes. Attempt to visualize your subject as you do.
7. You can also set the intention for the Reiki to continue to flow for as long as it is needed.
8. Close by thanking Reiki.
9. Ground yourself.

Paper Method

You can write down your subject's details on a piece of paper and use that as a surrogate, as well.

1. Obtain permission to perform Reiki.
2. On a piece of paper, write the subject's name, address, and any other details you feel might be relevant.
3. Fold the paper into a small size you can hold in your hands.
4. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
5. Find a quiet place where you won't be disturbed.
6. Place your hands in Gassho until you feel the Reiki start to flow.
7. Using your index finger (or a pen), draw the full Reiki sandwich on the paper, intoning each symbol three times silently as you draw it.
8. Hold the paper between your hands and allow the Reiki to flow into it for five to ten minutes. Attempt to visualize your subject as you do.
9. You can also set the intention for the Reiki to continue to flow for as long as it is needed.
10. Close by thanking Reiki.
11. Ground yourself.

Small Surrogate Method

If you don't want to use a doll or stuffed animal, you can also use a small surrogate method where you choose a small object you can use as a stand-in. For example, I like to use crystals for this. To use the small surrogate method:

1. Obtain permission to perform Reiki.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Find a quiet place where you won't be disturbed.
4. Place your hands in Gassho until you feel the Reiki start to flow.

5. Using your index finger, draw the full Reiki sandwich on each of your hands, intoning each symbol three times silently as you draw it.
6. State the intention to use the object as a surrogate for your subject, stating their full name and address.
7. Hold the small surrogate between your hands and allow the Reiki to flow into it for five to ten minutes, or until you feel it is time to stop. Attempt to visualize your subject as you do.
8. You can also set the intention for the Reiki to continue to flow for as long as it is needed.
9. Close by thanking Reiki.
10. Ground yourself.

The Mini Me Method

If the subject is someone whose energy you are familiar with, you can use this method. To use it:

1. Obtain permission to perform Reiki.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Find a quiet place where you won't be disturbed.
4. Place your hands in Gassho until you feel the Reiki start to flow.
5. Using your index finger, draw the full Reiki sandwich on each of your hands, intoning each symbol three times silently as you draw it.
6. Now visualize your subject in your mind's eye. Miniaturize the subject and place him or her in between your cupped hand. State the intention that Reiki will flow to your subject, stating their full name and address.
7. Allow the Reiki to flow for five to ten minutes, or until you feel it is time to stop. Attempt to visualize your subject as you do.
8. You can also set the intention for the Reiki to continue to flow for as long as it is needed.
9. Close by thanking Reiki.
10. Ground yourself.

The Knee Method

You can also use your upper legs and knees to perform a Reiki session on someone else. To do this:

1. Obtain permission to perform Reiki.
2. If possible, choose a time where both you and your subject can relax. Otherwise, you can set the intention for the Reiki to flow at the time where your subject can relax.
3. Find a quiet place where you won't be disturbed.
4. Sit on a chair with your feet flat on the floor.
5. Visualize on your left knee and thigh the front of the person's body.
6. Visualize on your right knee and thigh the back of the person's body.
7. Place your hands in Gassho until you feel the Reiki start to flow.
8. Using your index finger, draw the full Reiki sandwich on each of your hands, intoning each symbol three times silently as you draw it.
9. Now, perform Reiki to each of the chakras, front and back, on each of your knees for three to five minutes.

10. Close by thanking Reiki.
11. Ground yourself.

Astral Projection Session

This method is one in which you visualize yourself projecting to where your subject is and performing an entire session while there.

1. Confirm permission.
2. Hold a photo or piece of paper with the recipient's name on it.
3. Draw the full Reiki sandwich on the image and close your hands around it, saying the name of each symbol three times as you draw them.
4. Now close your eyes and say the subject's name aloud three times.
5. Visualize that you are in a room with the subject, who is lying on a healing table.
6. Draw the full Reiki sandwich over the subject's body, intoning each symbol name three times as you draw it.
7. Now, visualize yourself performing an entire Reiki healing with either hand positions or using your intuition to guide placement.
8. When you are done, sweet the subject's aura.
9. Return to your room and give thanks to Reiki.
10. Wash your hands under cold water to ground yourself.

Because intention is key in distance healing, you may find other methods that work for you, as well. The most important thing is that you intend the Reiki to reach the subject. With its intelligence, the Reiki will do the rest.

Sending Reiki Across Space and Time

All of the above methods will work whether you are sending Reiki across vast distances, or whether you are sending it through time either to the past or the future. You can also combine both methods, sending distance Reiki to someone to reach them at a certain time for a certain period: for example, sending Reiki to your brother in Chicago for his big test on Friday morning from 9 to 10 AM. Stated intention is key here, as is always remembering that you aren't sending Reiki for a specific outcome, but rather to work in the best and highest good of the recipient.

Sending Healing to Situations

Whenever there is a mass casualty incident, such as a natural disaster or a terrorist attack, I send Reiki to help in healing the situation. To do this:

1. Go someplace where you won't be disturbed.
2. On a piece of paper, write the details of the situation to which you intend to send energy. Draw the full Reiki sandwich on the paper, intoning the name of each symbol three times as you draw it.
3. Sit in Gassho until you feel the Reiki start to flow.
4. On your palms, draw the full Reiki sandwich, remembering to silently speak the name of each symbol three times as you draw it.
5. Cup the paper in your hands and channel Reiki as long as you feel it is needed.
6. Give thanks to Reiki.

7. Wash your hands under cold, running water to ground yourself.

Channeling Reiki to More than One Person or Event

You can use a Reiki box to channel Reiki to multiple people, places, and events at once. This allows you to still channel Reiki without having to spend every waking minute doing so. To do this, many practitioners use a Reiki box, which is a box into which they place scraps of paper to act as surrogates. On each paper, write the specific details of the person, place, event, or situation, and then write the full Reiki sandwich on top of them. Once a day, perform a full distance Reiki session on the box using the full Reiki sandwich on your hands as you do so.

Cleansing Your Reiki Room

Before every class I teach, and before every session I conduct, I always invite Reiki energy in the room to prepare it. To do this, I draw CKR (and say its name three times) in every corner of the room, as well as in front of every doorway and window. Then, I sit for a few minutes in the center of the room with my palms up and feel the Reiki flow into the room.

Empowering Your Goals

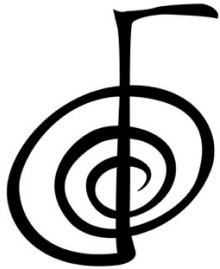
You can also use Reiki for personal empowerment, using the Reiki symbols written on papers filled with your goals. Hold the paper in your hand and channel Reiki to it for a few minutes every day. If your healing partner is trying to empower goals, he or she can write them on paper. Draw the Reiki symbols on them and have your healing partner hold the paper during his or her healing session.

- Refrain from alcohol and mind-altering substances
- Avoid processed foods
- Eat fresh, whole foods
- Meditate daily for a week

Chapter 4 - Non-Traditional Reiki Symbols

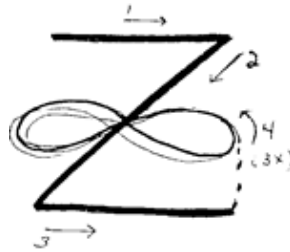
Below are some other, non-traditional Reiki symbols you can try in your practice. Always activate them with CKR and intone their names three times as you draw them.

Reverse Cho Ku Rei



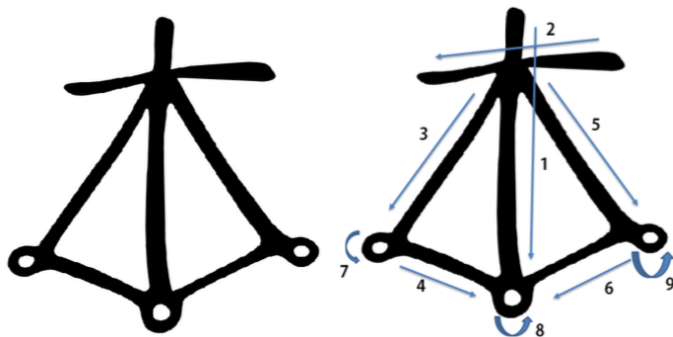
Some people like to use Reverse CKR at the end of the Reiki sandwich, as they believe it creates balance and closure.

Zonar



This symbol represents the infinite or eternal. It is good for working with karmic issues from past lives.

Harth



This is the symbol of truth, harmony, and love. It can reverse negativity and bring love into situations. It also opens a channel to guidance from higher realms, such as guides or your higher self.

Fire Dragon



This symbol represents the energy traveling through your chakras. You can draw it in either direction (down or up) to move energy in the desired direction.

Johrei



This is a symbol of white light, used to stimulate healing and release blockages. It's also a symbol to use to cleanse spaces or protect them.

Dumo



Dumo is used during Reiki attunements.

Raku



You can use Raku to ground at the end of a session, drawing it in the direction of the ground.

Chapter 5 – Setting up a Reiki Practice

I typically refer to First Degree Reiki as “friends and family Reiki” because it is the getting-to-know-you form of Reiki that is the least intense. I don’t recommend setting up a Reiki practice until you have learned and been attuned to Second Degree Reiki, which is a more intense and specific form of the energy. By the time you are attuned to Second Degree Reiki, you are comfortable with the energy and ready to work with healing partners who come to you as clients and pay for your services.

If you do intend to practice Reiki following your attunement to this Degree, then you will also need to do so in a way that meets the legal requirements in your state for an energy healing practice.

Creating a Reiki Space

As a Second Degree Reiki practitioner, you will need two spaces for Reiki healing, your physical space and your astral space. Your physical space is where you’ll meet with your healing partners for hands-on healing. Your astral space is where you’ll meet your healing partners for distance healing.

Your Physical Reiki Space

My physical Reiki space is in my home. My entire upstairs is my Reiki studio (and occasionally a guest room). It is a large enough space where I can meet with healing partners or students comfortably, and it has plenty of storage space for my energy healing tools. It also has plenty of space for a Reiki table that I can move around comfortably in either a seated or standing position. There is an attached bathroom and a door that closes it off from the rest of my house, which is why it’s the perfect Reiki space.

You can create your physical Reiki space in your home, operate out of a healing studio, or open your own office. Some ideal qualities for your physical Reiki space include the following:

- A quiet location where you won’t be disturbed
- A space with a door so you can perform sessions in private
- Enough space to move around freely either sitting or standing
- Enough space for organized equipment and records maintenance
- Quick and easy access to running water
- Natural light
- The ability to control lighting conditions with dimmers or blinds on windows
- The ability to control temperature and ambience such as aromas and sounds

Equipment for Your Physical Space

The most important piece of equipment you can have is a Reiki table. Choose a portable table that can hold up to 500 pounds and can easily be moved. The table should be padded and comfortable, and it will need a head cradle. Adjustable leg height is also a must so you can perform Reiki sessions sitting or standing. This is the one piece of equipment that is non-negotiable in a Reiki practice. When you work with Reiki healing partners as clients, the table allows you free movement, and it lends professionalism and credibility to your practice. Do not

run a Reiki practice with only a chair, the floor, or a bed. It is impossible to perform high-quality Reiki sessions with only these, although you may also want to have a massage chair for Reiki sessions if one of your healing partners is uncomfortable lying down.

Additional equipment you'll need or may want to add includes the following:

- Several sets of twin sheets for your Reiki table; change between sessions
- A few pillows and bolsters for behind the head, under the knees, etc. to help your healing partners feel comfortable
- A few light-weight blankets in case your healing partner gets chilled
- Cleaner to clean off the table (I use an aromatherapy spray I make with distilled water, orange essential oil, lavender essential oil, and cinnamon essential oil)
- Tissues
- Cups and drinking water
- An aromatherapy diffuser or reed diffuser to provide pleasing scents
- Other healing items such as crystals, singing bowls, tuning forks, tingshas, etc.
- A filing cabinet for healing partner records
- A music player and speakers to play soothing music or use a Reiki timer during sessions
- Two comfortable chairs where you can sit and chat with your healing partner at the start of your Reiki session
- A desk where you can sit and write notes

Energy Hygiene for Your Physical Spaces

If you read my work regularly or take any of my classes, you've probably heard me talk about energy hygiene or spiritual hygiene. What this means is keeping your physical spaces where you practice Reiki, other forms of energy healing, or engage in spiritual practices filled with positive energy and cleared of any negativity. There are many practices you can engage in that will keep your Reiki room filled with light and good juju. You should practice energy hygiene before and after each Reiki session.

Types of Cleansing Rituals

Cleansing rituals are largely symbolic, and intention plays a huge role in them. Therefore, while there are some very common cleansing rituals, such as burning sage, I recommend you rely on instinct and engage in rituals that create an energetic shift for them. In other words, if it feels right, do it.

Using Reiki Symbols for Cleansing

I use the Reiki symbols to cleanse before and after every Reiki session or meditation session. I also use them to clear the space in my classes and before attunement to fill the room with Reiki energy. To do this, use CKR. Draw it in every corner of the room as well as in front of any entrances to the room including doors, windows, vents, and drains.

Burning Herbs and Incense

Many people are familiar with the ritual of burning herbs or incense. Sage is a commonly burned herb, believed to clear away negative energy, leaving room for positive energy to enter. Sage

leaves a vacuum of energy, so you need something to fill it up. You can do this by filling the room with Reiki as outlined above, or you can follow it with burning something that invites positive energy such as palo santo, lavender, cedar, or sweetgrass. You can also burn incense that invites positivity, such as Nag Champa or temple incense.

To burn incense or herbs, either place the burning herbs in the middle of a space to fill it or walk with a burning bundle around the space. When I want to cleanse my whole space, I walk around the perimeter with a burning sage bundle. I wave the smoke into every corner, closet, and cupboard, taking time to trace around each door and window in a clockwise motion. Then, I follow doing the same thing with a smoldering stick of palo santo or a burning braid of sweetgrass. I also use the smoldering palo santo stick to draw Reiki symbols by all entrances to my home: doors, windows, vents, and drains to invite Reiki energy to fill my home. Finally, when I return to the room's entrance where I started, I trace back around the door in a counterclockwise direction to seal in the energy.

How you go about this ritual or whether you use burning herbs is up to you. What's important is you do so with the intention of creating positive energy within your environment.

[Crystals to Cleanse and Energize Spaces](#)

Another way of cleansing is sprinkling or deliberately placing crystals around your environment. I buy crystal chip beads and toss them about and also use a few strategically placed larger crystals. Typically, if I'm strewing crystals about, I'm doing it outdoors in my yard where it won't get sucked up by the vacuum. Larger crystals I place in various locations in my yard and home.

There are many types of crystals you can use depending on how you wish to shift the energy of your environment. While going into every crystal is beyond the scope of this blog post, I will share a few of my favorites.

- **Black tourmaline** (and other black stones) absorbs negative energy, keeping it from entering your environment.
- **Citrine** invites prosperity. Placing citrine in your wallet, cashbox, and in the southeast sector of your healing space invites prosperity in all things; health, wealth, joy, love.
- **Smoky quartz** invites positive energy and shifts negativity to positivity. I have smoky quartz chips sprinkled all around the perimeter of my yard to transmute any energy that comes onto my property into positive energy.
- **Rose quartz** invites unconditional love into your healing space.

Place crystals a cleansing ritual. Outdoor crystals will be naturally cleansed by sunlight and moonlight. Indoor crystals need to be cleansed once or twice a week with smoke from palo santo or incense. If you've had a healing partner with especially intense energy or healing issues come in, cleanse crystals after the session since they hold energy.

[Salt for Personal Cleansing](#)

After a particularly intense session, or after a long day of sessions, you can also cleanse yourself personally using sea salt, Himalayan pink salt, or Epsom salts. Bathe in the Himalayan pink salt with a few drops of sandalwood essential oil added to the water. In this ritual bath, close your

eyes and focus on bringing positive energy into your space and person while the negativity drains from your body into the bathwater. Then, drain the tub completely before stepping out to dry off.

You can also sprinkle sea salt, Epsom salts, or Himalayan pink salt around the outside perimeter of your home or office space after you've cleansed it with burning herbs. This seals in the positive energy and keeps negative energy at bay. You'll need to replace it every time it rains. You probably don't want to do this indoors because salt gets everywhere. However, you can also place dishes of sea salt, pink salt, or Epsom salts in the corners of the room to absorb negative energy throughout the day. Replace these daily.

Inviting Positive Energy

You can also use other forms of positive energy and visualization to cleanse your environment. For example, you can close your eyes and envision white light pouring into your healing space, surrounding you and your space, and washing away negativity. You can engage in positive affirmations.

- Use sound rituals, such as solfeggio, singing bowls, drumming, mantras, chanting, tingshas, or tuning forks throughout a space.
- Play beautiful music that uplifts you and allow the music to fill the space.
- Spray essential oils diluted in water throughout a space or anoint spaces with herbal concoctions.
- Use prayer or affirmation to fill a space with positive energy or unconditional love.

Using Essential Oils to Clear Energy

Like other energy healing tools, essential oils have a high vibration that can entrain with the energy of spaces or living beings to help raise the vibe and bring about cleansing. There are many ways you can use essential oils. Here are a few of my favorites.

- Put an essential oil diffuser in in your space.
- Make sprays and spritz it around your healing space before and after a session.
- Make homemade cleaning products and add essential oils (I put mine in a household steamer that I use to steam clean countertops, sinks, and more) to clean your Reiki space.
- Add them to unscented laundry detergents and dryer sheets for your sheets you use on your Reiki table.
- Add them to unscented liquid soap you keep in your bathroom.

Good Juju Essential Oil Cleansing Spray

To use it, shake it well and then spray it around the inside perimeter of your space, as well as under and around your Reiki table to cleanse energy before and after a session.

- 4 ounces water
- 1 tablespoon Himalayan pink salt (or sea salt)
- 2 drops cedarwood (releases past hurts, purification)
- 5 drops lavender (promotes peace, love, and purification)
- 4 drops lemon (breaks inertia)
- 3 drops ginger (protection and success)

- 2 drops eucalyptus (banishes negative energies)

Combine in a spray bottle and shake well.

Meditation Blend

This blend promotes deep meditation. Put it in diffuser with the recommended amount of water and diffuse in your Reiki room.

- 2 drops sandalwood
- 1 drop frankincense
- 2 drops lavender

Psychic Awakening Oil

Use this to help you tune into your healing partner's energy during a session. Dab a little on your third eye and massage into it in a clockwise direction using your pointer and middle fingers.

Note: Always dilute essential oils in a carrier oil or water if you will be using them on your skin or you may have a reaction.

- 1 ounce sweet almond oil (or another carrier oil)
- 2 drops peppermint
- 1 drop bay
- 1 drop juniper
- 2 drops lemongrass

Optimal Space Layout Based on Feng Shui

The Chinese art of feng shui offers insights for optimal layout of objects and spaces to promote unobstructed, optimal chi flow. You can utilize the principles of feng shui to set up your Reiki space. These recommendations use the space layout from the Black Hat Sect of feng shui, which is a modern, western form of the ancient art that is easy to follow. All spaces are judged from the front door of the space looking inward. There are other schools of feng shui that are more complex but more precise, so if you follow a different feng shui school such as Form and Compass, you can place objects according to that instead. You can also use intuitive object placement.

| | | |
|--|---|---|
| WEALTH & PROSPERITY <i>Purple, Blues, Reds</i> | FAME AND REPUTATION <i>Reds, Oranges</i> Fire Element | LOVE AND RELATIONSHIPS <i>Pinks, Reds, White</i> |
| FAMILY & PHYSICAL HEALTH <i>Greens, Floral, Stripes</i> Wood Element | SPIRITUAL HEALTH & WELL BEING <i>Yellows, Earth Tones</i> Earth Element | CHILDREN & CREATIVITY <i>White, Pastels</i> Metal Element |
| KNOWLEDGE AND WISDOM <i>Blues, Greens</i> | CAREER <i>Black</i> Water Element | TRAVEL AND HELPFUL PEOPLE <i>Grays, Silver</i> |

Above is the Black Hat bagua map which shows the sectors in your Reiki room space. Align this with the front door looking in. From this, you make the following layout choices in your Reiki space.

- The treatment area and table go in the center of the space, which is the Spiritual Health and Wellbeing sector, making this the ideal space to promote health. The element here is Earth, so having a table and sheets that are earth tones or yellow is ideal, and you can use earth element items here such as crystals placed under your Reiki table.
- In the front, left corner of the space or back right corner of the space, set up some comfy chairs for consultation with your healing partners. This is a great place to catch up at the start of each session.
- Anything having to do with money should go in the back, left corner of your space, which is the wealth and prosperity sector. Keep your accounting system here as well as a cashbox or your credit card reader. This is also a good place for your desk. Place a citrine crystal in this sector to promote prosperity.

Use of Sound in Your Reiki Space

Sound is also important for the ambience and energy of your Reiki space. You can use a Reiki timer, which has music with discreet chimes every three minutes to remind you to change hand positions. You may also choose to use solfeggio, which are specific frequencies based on Gregorian chants set to music. You can also use isochronic tones, which are sound wave patterns set to music or ambient noises like the ocean that bring about specific brainwave states. You can find many apps and YouTube videos with solfeggio and isochronic tones.

Astral Reiki Space

Your astral space is a non-physical, visualized location where you can go to meet with your healing partners when you do distance healing. It's also a great space you can go for meditation or to meet with your Reiki guides to receive guidance. What I love about the astral Reiki space is you have no physical limitations; you can set it up any time you want and change it as often as you want.

Your Reiki Guides

Every Reiki practitioner has Reiki guides. These guides are different than your other guides or guardian angels. They are there to help you in your energy healing efforts. They act as advisors, can help channel energy, and can help you in your intuitive sessions. Getting to know your Reiki guides is a pleasure and joy. You may have one or several.

Meditation to Meet Your Reiki Guides and Set up Your Astral Reiki Space

The following is the transcript of a 25-minute guided meditation to meet your Reiki guides and set up your healing room. You can listen to the meditation here:

<https://www.authorkarenfrazier.com/blog/reiki-healing-room-and-reiki-guide-meditation>.

Alternatively, you can create your own visualization to meet your guides and set up your meditation room.

Meditation Transcript

Close your eyes and relax. Breathe deeply into your stomach, noticing your breath as it flows in through your nose, traveling down through your lungs and deeply into your stomach. Now, exhale through your mouth. Focus on your breathing and allow the sounds of the music to relax you deeply.

Image you are standing on a sandy beach. Gulls fly overhead, and you can see dolphins leaping in the ocean at a distance. Notice how blue the sky is. Feel the warm, gritty sand sifting between your toes and notice the pleasant heat of the sun warming your head and your shoulders.

Breathe in the salty air as you listen to the crashing of the waves on the beach. When you feel relaxed, ready, and comfortable, begin walking along the beach. As you walk, notice the sights and sounds all around you as you alternately gaze out at the ocean and at the rough, rocky coastline on the other side of the sand.

Notice in the distance the opening to a cave appears in the rocks. As you walk towards it, see the cave's opening drawing nearer, and a glowing, red light is coming from it. Cross the sand to the opening of the cave and stand in the red light at its entrance. Allow the light to bathe you as you stand at the entrance. Notice the cool, damp air coming from the cave on your front while the heat from the sun still warms your back.

Step into the cave, into the glowing, red light and allow it to surround you. Take a moment to adjust to the light as you notice you can still hear the distant sound of the ocean waves cutting through the cave's deep hush. Ahead of you, you spot the source of the red glow – it is coming from a cavern. When you are ready, walk forward and enter the cavern.

The cavern is full of glowing, red crystals. They are everywhere – on the walls, on the ceiling. They are all shades of red and all shapes. There are deep red stalactites, lighter red stalagmites, and crystals in every size, color, and opacity. Feel the power of these red crystals and allow it to surround you. Notice how their vibration and energy affects every cell of your body, causing you to vibrate in tandem with them. Bathe in the light and vibration of the cavern, allowing it to

surround you completely.

When you are ready, step out of the glowing red crystal cavern and back into the cool cave. Notice in the same direction you were traveling that up ahead you can see a faint, orange glow coming from further down the cave. Step away from the red glow and walk towards the orange glow, noticing as the red fades and the orange intensifies. The air grows cooler here and the distant roar of the ocean fades even more as the cave's hush takes over. Walk closer and closer to the orange glow until you can see its source – a cavern off to one side that is emitting a vivid orange light.

Step out of the cave and into the cavern. Notice it is filled with vibrant orange crystals in every shade, size, shape, and opacity. They cover the walls. They cover the floor and the ceiling. They are lit from within, emitting a deep, orange glow and vibration. Close your eyes and bathe in the glow and vibration of the crystals, feeling them enter through your naval region and permeate into every cell in your body until you are vibrating in tune with the orange crystals. As you vibrate in tune with them, you become the orange light, and you no longer know where your light leaves off and the light from the crystals begins. Take the time to fully enjoy the feeling here in this cavern. When you're ready, open your eyes and step out of the cavern and back into the cool depths of the cave. Continue walking, away from the orange glow.

Ahead of you, notice there is a golden yellow glow. It's faint at first, but as you walk towards it the glow intensifies until it starts to envelope you completely. You can no longer hear the sound of the ocean. Instead, you are immersed in the deep silence of the cave, where all you can hear are your footsteps and your deep, relaxed breaths.

As you approach the golden yellow light, you notice it is coming from a cavern off to one side of the cave. Step into the cavern and allow the golden light to surround you completely. Notice the cavern is filled with golden and yellow crystals in every shape, size, shade, and opacity. The crystals are everywhere – not an inch of that cavern is free of the beautiful crystals. Close your eyes and allow the light to fill all of you, entering through your solar plexus and on your breath as it flows through your lungs, into your heart, and your heart pumps the vibration of the yellow crystals through every cell of your body. Become one with the golden light. Bask in it and allow it to fill you completely.

When you're ready, step out of the cavern and back into the main area of the cave. Give thanks to the golden light and travel more deeply into the cave, noticing the darkness and cool air around you as the golden light fades behind you. Notice as you travel the cave floor has started to slope upward now. Ahead, you see light from outside entering the cave and notice there is a small crack, just big enough for you to fit through and back out into the light.

When you're ready, approach the crack to the outside and squeeze through. It's a tight fit, but you can just wriggle through. Suddenly, you're surrounded by the bright light of the sun. Allow the time for your eyes to adjust and feel the sunlight warm your cooled skin and the light fill you. Notice a path continues from the cave, up the rocky hillside at a steep incline. Follow the path and observe up ahead a plateau off to the side of the path with green light streaming from a copse of trees.

Approach the glowing green light. Step off the path and through the small copse of trees. As you pass through the trees, you step into a clearing. In the clearing is a garden of green crystals. Green crystals of every shape, size, and shade are everywhere – carpeting the ground on which you step, growing up the trunks of trees, and forming a canopy over your head. In the clearing is a green crystal bench underneath a tree made of green crystals. Walk across the carpet of green crystals and take a seat on the bench. Close your eyes and bask in the vibration and light from all of the crystals, allowing it to enter through your heart and your breath. Feel the vibration and light fill every blood vessel and your entire body. Bask in the light.

When you're ready, open your eyes. As you sit on the bench, notice a being is walking towards you across the carpet of green crystals. You recognize this being somewhere deep inside, and you feel the love welling up as you remember who it is. This is your guide, one who has been with you in every lifetime and in between. Stand up and greet your guide. Embrace your guide and feel the love and support flowing between the two of you. If you cannot recall your guide's name, ask. Thank your guide for all of the support he or she has given you. Then, when you are ready, invite your guide to accompany you as you continue on your journey.

With your guide by your side, step back through the copse of trees and onto the rocky path once more. Continue moving up the hill, noticing the blue of the sky and the sound of birds singing nearby. Notice the rocks of the path are slowly becoming lush, green grass, and the path while still going uphill is gentler now. Feel the grass gently shifting under your feet and notice up ahead a small copse of trees off to the side. Walk towards them with your guide.

When you get to the trees, with your guide by your side, step through them and enter into an area completely made of blue crystals in every shape, size, shade of blue, and opacity. There is blue under your feet and all around. There are blue crystal flowers growing from the blue crystal ground, and trees that are entirely blue crystals. Close your eyes and bask in the vibration of the blue, allowing the blue light to wash over you and the vibration of the crystals to enter through your throat and in through your breath, flowing throughout every cell of your body. Bask in the light and vibration of the blue crystals.

When you are ready, open your eyes and look around at the blue crystals one last time before you step back out through the copse of the trees and onto the grassy path once again. As you look up, notice the path continues up the hill again. Follow the path with your guide, enjoying the sights, sounds, smells, and feeling of nature as you walk.

Notice ahead of you is a huge copse of trees directly in your path. From the trees, you can see a violet light glowing between the trunks and branches. Step with your guide through the trees. You are in a clearing completely surrounded by purple and violet crystals in every shape, size, and shade. They are all around you – on the ground, dripping from branches of trees, and growing as trees, shrubs, and flowers.

Close your eyes and feel the violet light coming from the crystals enter through your forehead and on your breath. Notice the vibration filling every aspect of you. Become one with the violet light.

When you are ready, along with your guide continue through the violet area. Notice a tall copse of violet crystal trees on the other side and walk towards it. Step through the copse and out onto the path. Notice the path goes up steeply now, moving to the hilltop that is covered in a fluffy white cloud so you can't see it.

Walk with your guide on the path, moving up the hill towards the mist. As you get closer to the top, the fog gets thicker, but you can see light coming through from the very top. Step out of the fog with your guide and notice you are in a beautiful garden glowing with white crystals everywhere. Ahead of you is a giant temple made of clear crystal with crystal steps leading up to it.

Enter the temple and notice the cool air inside. Take in the beautiful crystal temple, noticing all of the details: the columns, the altar, the beautiful crystal floors.

Notice at the far side of the giant temple hall is a door. This is your healing and meditation room. Walk across the cool crystal floor and open the door. The room beyond is your healing room. Notice how it looks. Is there a table? A chair? Are there windows? Are there symbols on the walls, floor, or ceiling? What is the view from the windows? Are their curtains? What is on the walls and on the shelves? This is your space to create as you will, and you can come here during distance sessions to work with your healing partners. You can make this anything you want and come here whenever you want. It may have a comfy chair where you can meditate, or a fireplace where you can go and sit and study important works or have a chat with your guide. What this room in your temple is entirely up to you.

When you are ready, embrace your guide and thank him or her for coming with you to this room. You will part ways for now here but know you can always return to the temple or any of the crystal gardens to talk with your guide anytime you wish. Take one last look around your room and step back out through the door and into the main hall of the temple. From there, walk across the hall, out the temple door, and down the steps.

Go back into the mist and down the hill, passing through the purple garden and heading down past the copse of trees where the blue crystals are, past the copse of trees where the green crystals are. Squeeze back through the hole in the rocks and back into the cave. Walk through the cave, passing the golden cavern, then the orange cavern, and then the red cavern and feeling their vibration reach out to you as you pass. Step back through the cave entrance and on to the beach once again.

Notice the warmth of the sun on your face now and feel the sand between your toes. Listen to the crash of the ocean for a few minutes before you return your attention to your breath once again. Notice as you breathe in through your nose, deeply, and then out through your mouth. Take all the time you need to enter your body once again, wiggling your fingers and toes first, followed by larger stretches. When you are ready, open your eyes.

The Anatomy of a Reiki Healing Session

Since I want this guide to be as practical as possible as you go about the business of establishing a professional Reiki practice, it's important you understand the timing and anatomy of a Reiki session. While you'll establish your own practices, this is a great place to start. Reiki sessions should be an hour to 90 minutes, depending on your healing partner's needs and your own structure you decide to set up. You should always allow at least 30 minutes between sessions to give yourself time to recharge, chart, reset the energy in your healing space, and change sheets, clean, etc. This also allows for a little extra time for your healing partner to process any emotions that might arise during the session, etc.

Before the Session

Before your healing partner arrives, set up and cleanse your space. Take five to ten minutes to tune into the Reiki energy through meditation, self-Reiki, Gassho, or any other ritual that helps bring you into the Reiki space.

Intake Paperwork

If it's a new healing partner, you'll need to have them fill out appropriate intake paperwork including health history and HIPAA forms. Generally new healing partner sessions should be 90 minutes, so you have time to get everything you need completed.

Every session every time you should have your healing partner sign an informed consent for treatment.

Check In

When your healing partner arrives, take a few moments to check in with them. This may take longer with a new healing partner than one you've seen before. Allow about ten minutes for this and have the conversation away from the table where your healing partner is comfortable and safe. During the check in, ask your healing partner simple questions such as, "What brings you here today?" or, "Is anything concerning you today?" or, "How are things going for you?" Then, sit and listen. Don't take notes at this time. Rather, be present with your healing partner, look him or her in the eyes, and hear what he or she believes has brought them to you for their Reiki treatment.

The purposes of this is two-fold: it creates a safe space for your healing partner where you can be present and bear witness to what they feel they are struggling with, and it provides a possible direction for an intuitive treatment.

This is also the time to ask your healing partner for permission to touch. Ask if there are specific areas where touch is uncomfortable and adjust your session accordingly.

Transition to Table and Presencing

Now, have your healing partner remove his or her shoes and jewelry and climb up on the table, starting in a sitting position. Sweep his or her aura. Now the healing partner can lie down on her back. Make sure she doesn't have her arms or legs crossed. Offer pillows and blankets to make your healing partner as comfortable as possible.

To start your session, use something called “presencing.” Stand at your healing partner’s head and gently place one hand on each shoulder as you firmly ground yourself by visualizing roots growing from your feet into the Earth. Keep your eyes open and observe your healing partner, noticing her breathing, how she lies, areas of tension, whether she seems relaxed, etc. Do this for a few moments as the start to the session to allow your healing partner to get used to your energy and for you to get used to hers. Typically, after a few moments your healing partner will sigh, which is a sign you can move into the healing session. If there are no indications from your healing partner, then move into the session when you feel ready.

The Reiki Session

From here, conduct your Reiki session either using hand positions or intuitively. Your hands-on Reiki session will last about 35 to 40 minutes. Keep your eyes open and watch your healing partner throughout and remain grounded throughout the session. Your physical presence is very important here as you watch for healing partner feedback. Keep talking to a minimum. If you do notice something and have a question, ask questions such as, “How is your wrist feeling right now?” or “I notice you seem agitated. Are you feeling sad or angry right now?”

During the session, do not diagnose. So, if you notice coldness above the pancreas, don’t tell your healing partner this because it could be considered a diagnosis. Instead, you can ask, “How does this area feel?” if you feel it’s necessary to discuss it with them.

Sometimes during a Reiki session, you may also get a psychic impression from your healing partner. If you do, wait until after the session and then ask permission to share it. You may say something such as, “Can I tell you what I noticed?” Only offer the information if your healing partner gives you permission.

Ending the Session

At the close of your session, your healing partner will likely be in a highly relaxed state. Tap him gently on the shoulder and say something such as, “Come on up when you’re ready.” If you wish, you can allow your healing partner to rest comfortably for a few moments while you step out and write notes in his chart.

When he comes up from the table, realize your healing partner will be ungrounded. Encourage him to get off the table slowly and offer a drink of water to ground him. This is also a good time to sweep the aura again while he is still seated, touching the ground at the end to further ground your healing partner.

You can check in again at the end of a healing session or answer any questions your healing partner might have. Try to keep chatting to a minimum so your healing partner can continue to enjoy the peaceful state achieved during the Reiki session. If you do wish to check in, you might ask, “How was that for you?” or, “Can I answer any questions?” or you might say, “I noticed you seemed to have some anger come up during the session. Can I help with that?”

Healing Partner Communication, Paperwork, and Confidentiality

One important aspect of working as a Reiki practitioner professionally is learning to appropriately communicate with your healing partners, maintaining the appropriate records, and maintaining confidentiality, which is required by HIPAA of all health care practitioners including energy workers.

Communication

As a Reiki practitioner, one of your roles is to bear witness for your healing partner. While some of this is done simply by presencing, you also need some basic communication skills that allow your healing partner to feel safe and heard.

Always ask your healing partners open-ended questions, such as, “Tell me about how you are feeling today,” or, “How do you think I can best help you?”

Then, listen. Listen actively, reflecting back what you hear your healing partner is telling you. You might make reflective statements such as, “I understand that must be very upsetting for you.” You can also reflect their feelings back to them using “I notice” statements. Always do so judiciously and kindly. Try to avoid anything that sounds critical or judgmental or you may break the fragile trust that exist between Reiki practitioner and healing partner.

It’s important to remember you are not a therapist or psychologist (unless you are, of course). So, while you want to bear witness and allow your healing partner to feel safe and heard, it’s essential you don’t try to do therapy. That’s why listening, reflecting, and asking open ended questions works well. If you feel your healing partner could benefit, do refer to talk therapy as well.

In general, when you communicate with your healing partners, you should listen more than you talk unless you are answering a specific question about Reiki or energy healing. This is their time and space, and your healing partner should be the focus of that. Save personal anecdotes and chatter for another time.

How to Help Healing Partners Who Have an Emotional Release

Many people during a Reiki session have some form of an emotional release. Often this occurs as an emotional outburst; it’s not unusual for someone to cry during a session. When this happens, make your healing partner feel comforted and supported without feeling judged. Do this by being present and compassionate. Don’t try to talk your healing partner out of her emotions, and make supportive statements such as, “It’s okay to let it all out,” or, “I’m here for you,” or ask open ended questions such as, “How can I help?” or, “What do you think is causing this feeling right now?” Then, listen, reflect, and support.

Paperwork

If you plan to practice Reiki professionally, it’s essential to keep the proper forms and paperwork. I have the paperwork available on my website. Feel free to use it. You’ll find it here: <https://www.authorkarenfrazier.com/second-degree-handouts.html>

- Client information form needs to be filled out by all new healing partners.
- Documentation form allows you to keep notes for each session. Legally, you must keep notes for every session.
- Intake forms can be used for new healing partners or before each session.
- Informed consent and HIPAA paperwork (below) are required by law in every healing partner file

Informed Consent and HIPAA Forms

Feel free to copy and paste the text below onto your own letterhead for HIPAA and informed consent:

Reiki Informed Consent and HIPPA Form

I hereby request and consent to Reiki treatment by _____ (your name). I understand Reiki is used to treat a wide range of issues of the body, mind, and spirit. I have received no guarantees as to its effectiveness. I understand Reiki is a safe method of energy healing that has no known side effects, nor can it harm the body in any way.

I understand and acknowledge Reiki is not meant as a substitute for medical treatment, and my Reiki practitioner cannot and will not diagnose or prescribe. I also understand it does not interfere with traditional medical treatment. Reiki is a natural source of beneficial life force energy.

I understand that if I experience an emergency, a worsening of my health condition, or a new ailment or condition arises, I should consult a licensed physician.

I understand staff may review my records, but all of my records will be kept confidential and will not be released without my written consent. I understand I have the right to request restrictions on certain uses and disclosures of my health information. By voluntarily signing below, I show that I have read carefully, or have had read to me, this form and understand its provisions. I have asked any questions about this form and the proposed services and have received satisfactory explanations.

This consent form covers the entire course of treatment for my present condition and for any future condition(s). I realize I am free to discontinue services at any time.

Payment & Cancellation Policy

Payment is required when treatment is rendered unless other arrangements have been made. You agree to be responsible for all charges accrued in this office.

If you need to cancel or postpone your session, call me at _____ at least 24 hours in advance. Otherwise, you will be charged the full fee for the missed session unless due to illness and family emergency.

Printed Name of Patient

Signature

Date

Notice of Privacy Practices

The Health Insurance Portability and Accountability Act (HIPAA) requires health care professionals give their clients a Notice of Privacy Practices and that clients sign in acknowledgement that they received the notice. Your health information will be routinely used for treatment, payment, and quality monitoring, and your consent, or the opportunity to agree or object, is not required in the following instances:

- Information obtained by your practitioner will be entered in your record and used to plan the course of treatment.
- Your record will be used to receive payment for services rendered by the practitioner(s) at _____.
- This office will use your health information to assess the care you received and compare your treatment outcomes to others. Your information may be reviewed for risk management or quality improvement purposes in our efforts to continually improve the quality and effectiveness of the care and services we provide. In addition, the following disclosures are required by law and do not require your consent:
 - This office is required by law to disclose health information to the Food and Drug Administration (FDA) related to any adverse effects of food, supplements, products, and product defects for surveillance to enable product recalls, repairs, or replacements.
 - This office will release information to the extent authorized by law in matters of worker's compensation.
 - This office is required by law to disclose health information in response to a valid subpoena for law enforcement purposes, as required under state or federal law.
 - In the event that a member of this office believes in good faith that one or more patients, workers, or the general public are endangered due to suspect or clinical standards, provisions of federal law permit the disclosure of your health information to appropriate health oversight agencies, public health authorities, or attorneys.
 - This office will disclose your health information in cases of domestic violence. The following are considered routine uses and disclosures for which specific authorization will not be requested. You have the right to request restrictions on these uses. Otherwise, this office will request your authorization only when disclosure of personal health information is necessary to parties other than those referenced here.
 - Using best judgment, a family member, close personal friend identified by you, personal representative, or other persons responsible for your care may be notified or given information about your care to assist them in enhancing your well-being or to confirm your whereabouts.

This office may send information to you about health-related issues that you may find useful. Only your name and address will be used. I acknowledge may voluntarily consent to treatment, and that I have received and understand this Notice of Privacy Practices.

Signature: _____

Business Licenses, Insurance, and Legalities

Depending on where you live, you'll need to tend to the legalities of your Reiki practice.

Business Licenses

Check with your local city, county, and state and follow all business licensing laws. These vary by jurisdiction, so it's important you follow the legalities for where you live.

Insurance

Because you are practicing professionally, you need to be insured. You will need liability insurance for the property where your healing room is located, as well as business liability insurance for Reiki practitioners. I obtained mine through the International Association of Reiki Practitioners (IARP), and the policy, which is under \$200 a year, is through Philadelphia Insurance Companies.

License to Touch

Different states have different rules for Reiki practitioners. In the states of Washington and Oregon where I primarily teach and practice, Reiki practitioners are required to have a license to touch. Typically, this is obtained via a massage therapy license. However, in these two states, you can also do this via ministerial ordination, which is what I have. I am an ordained minister through the International Metaphysical Ministry. There are other ordinations you can seek easily, as well, such as the Universal Life Church ordination online (<https://www.themonastery.org>).

It's up to you to determine whether ordination feels ethically right to you, and which one to use. Many are available. It's also up to you to discover and meet your state's requirements for Reiki practitioners.

Ethics

Ethics are an essential part of any energy healing practice, including Reiki. What I teach my students about ethics is this: When you do energy work, you must always do so from a place of integrity. What I don't tell them, however, is what that integrity should look like.

It's important as an energy healing practitioner if you are working with healing partners, you decide what your values and ethics are surrounding your practice of energy healing. Some ethics, of course, are required by law, such as having the appropriate licensing/certification in place, following ethical business practices, keeping appropriate documentation, and adhering to HIPAA, but others are deeply personal.

Within the framework of Reiki, we are offered a simple set of ethical standards through Five Principles of Reiki.

Just for today, I will not anger.

Just for today, I will not worry.

Just for today, I will be kind to all living creatures.

Just for today, I will do my work with truth and integrity (I translate this to "I will live with truth and integrity").

Just for today, I will be grateful.

These are simple beliefs and practices; something to strive for in our lives while understanding we're not going to hit every target every moment of every day. But keeping them as core values serves as a lodestar, helping to right yourself quickly when you have moments of anger, worry, or unkindness.

As individuals, we can choose to accept or reject any of the above principles. We can also choose our own ethical framework for how we practice our energy healing and how we live our lives. I strive for internal consistency across all aspects of my life - as a healer, as a friend, as a sister and daughter, as a wife and mother, as an employee, as a writer, as a teacher, as a human being, etc. So, my ethics for my teaching and writing are the same as for my energy healing practice, and they're the same for how I strive to live every moment of my life.

But I can't tell you what your core values should be or how you should apply them in your life and practice. This is something you need to do for yourself. In the days and weeks to come, spend some time thinking about what your core values are as an energy healer. How do you want it to manifest in your life, and what effect do you wish to have on the lives of others? From there, think about individual habits and practices, and determine what your version of an ethical energy healer is. Then, work from there.

I have neither walked in another's shoes nor had their experiences, so I am in no place to tell others what their core values should be or how to live and act from those core values. I have spent a lifetime developing mine and allowing them to grow and shift as I have grown and shifted. But I invite you to spend some time thinking about your core values. What is the highest vision you have for yourself? How does it make you feel to visualize dwelling within that vision? If it feels good deep down in your soul, then this is the place to begin forming your core values as an energy healer and as a human being.

Financial Considerations

As a Reiki healer, you may be working as an employee, independent contractor, or independent businessperson. How you structure your finances will depend on how you practice; however, there are certain financial implications to keep in mind:

- You will be responsible for city, state, local, income, self-employment, Medicare, and Medicaid taxes. Seek financial advice from a tax planning professional to help you learn how to structure this.

- It is essential you engage in ethical financial practices. Keep meticulous records of income and expenses for tax reporting. Don't forget to include cash payments as a source of income.
- Many people struggle with charging for their energy healing. Keep in mind you are providing a valuable service for your healing partners. Charge accordingly for your time, training, and overhead. My rate is currently \$100 for a one-hour session.

Conclusion – Make Reiki Your Own Practice

Your Reiki practice is a deeply personal journey of spiritual development and healing. While the information in this manual and your Second Degree Reiki class is important, always seek opportunities to continue to learn and grow as a Reiki practitioner and energy healer. I encourage you to seek information from other sources along with what I teach. We all need to rely on our intuition and the information available to find a version of a Reiki practice that works for us.

Many people decide they want to move on to the Reiki Master-Teacher Degree right away or within a few months. Others feel the need to stay with Second Degree Reiki for months, years, or a lifetime. It's up to you to listen to your intuition and decide what works best for you, as well as how you time your transitions and learning of higher degrees of Reiki or other energy healing modalities. You inherently know what's best for you, and I honor your unique spiritual path.

I also recommend continuing your energy healing education by learning about other modalities that can complement your Reiki practice, such as sound healing, crystal healing, Polarity Therapy, and many others. Likewise, I encourage you to continue to grow in your spiritual disciplines and practices, making meditation or other spiritual practices a staple for tuning into your own inherent wisdom and guidance. I write about many of these practices in my books and on my blog. You can find both at <http://www.AuthorKarenFrazier.com>.

I believe once you have taken any of my classes, it is my joy and responsibility to be here for you as a mentor and supporter. Therefore, I always encourage my students to reach out to me on social media, via email, or in another form if you have any questions, concerns, or just need to talk. I also encourage you to seek spiritual and energy healing wisdom from other sources as well. It's up to you to learn as much as you can, find what works for you, and discard what doesn't. In this way, you will continue to go forward as a powerful and confident Second Degree Usui Ryoho Reiki practitioner.

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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.