

Reiki Master

The Usui Master Symbol

Translating the meaning of this symbol from a Japanese/English dictionary, the secret name of the symbol means: "Great Being of the Universe, shine on me, be my friend." *The Encyclopedia of Eastern Philosophy and Religion* lists a definition for this symbol as "Treasure house of the great beaming light," and states that it is a Zen expression for one's own true nature or Buddha-nature, of which one becomes cognizant in the experience of enlightenment or satori.

Use of the Usui Dai Ko Myo in conjunction with Reiki creates a noticeably stronger channel between the physical self and the Higher Self. This allows more of the unlimited wisdom and power of God to manifest directly on the physical plane. It intensifies and focuses the Reiki energy causing it to more firmly establish positive results in a definite, grounded and permanent way. It protects the healing work that it does.

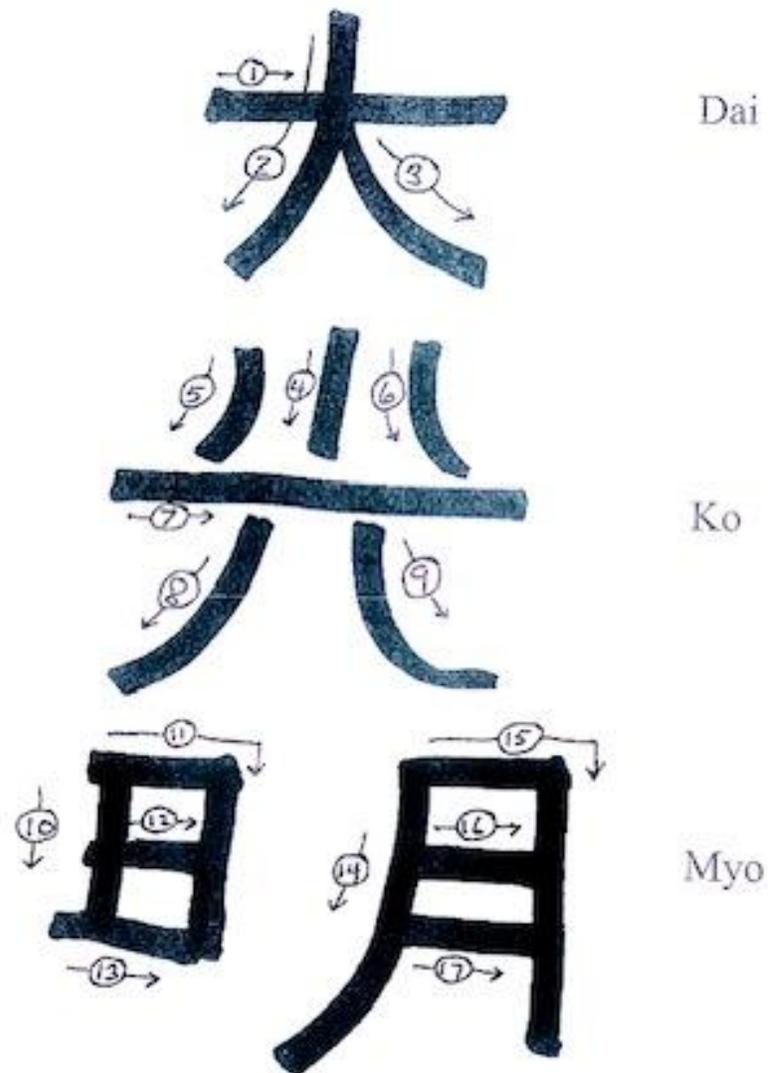
All the qualities of Reiki, including the actions of the other symbols, are enhanced using the Usui Dai Ko Myo. It seems to print it a greater feeling of wholeness, fulfillment and completion. It is very satisfying to feel its power flow through and around you whenever you use it in conjunction with Reiki.

It is like Choku Rei in many ways except that it operates on a much higher frequency and brings into use a higher level of divine power. Once you have been attuned to using this symbol, you should always use it first before using the other symbols as it will empower them.

The Usui Dai Ko Myo can be used when giving Reiki treatments, and it can also be used to empower any other kind of healing, manifesting or personal transformation work. It can be used as part of a ritual and in conjunction with physical movement. It can be used to bless and empower all activities! Let your imagination help you create new uses for it.

Try this anytime after you have received the attunement for the Usui Dai Ko Myo. You can do this anywhere at anytime, even while driving. First think of Reiki. You do not have to have your hands on yourself as Reiki will simply begin flowing out of

your hands regardless of what you are doing with them. Once you feel Reiki flowing, begin chanting Dai Ko Myo three times either out loud or to yourself, followed by: "I establish my divine presence on earth," three times. Do this repeatedly allowing yourself to feel the power you are creating.



Usui Dai Ko Myo

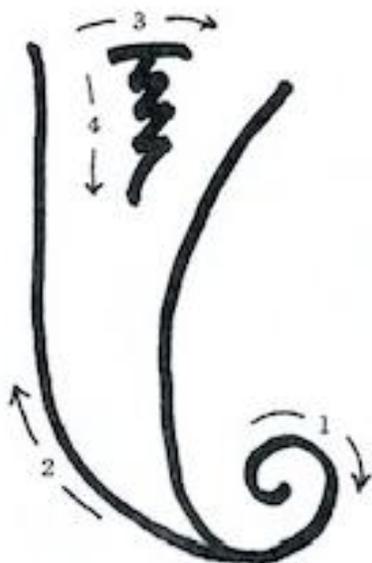
Reisho Style

Tibetan Master Symbol

The energy of this symbol is very similar in nature to the Usui Dai Ko Myo. However, many feel it has a gentler way of healing and yet it is more powerful. It is used in the attunement process as part of the Violet Breath. It can also be used as a treatment symbol. It creates a very holistic healing energy that has a higher vibration than the Reiki II symbols. It assists in healing a wider range of conditions more quickly and at greater depth. It has also been found to be useful in pulling out negative energy and because of this, it can be added to the symbols. To use this symbol for healing, draw it on the palms of your hands or visualize it in your mind or draw it in the air in front of you or on the client's body where healing is needed.

Tibetan Fire Serpent

This symbol is also used in the attunement process and is drawn down the back of the student. Doing this causes all the chakras to join together thus allowing the attunement energies to enter the person's energy system more easily. It can also be used in this same way for treatments. Before starting a Reiki treatment, draw the Tibetan Fire Serpent in the air over the front of the client's body with the arch over the crown and then coiling at the root chakra. This will join all the chakras together thus allowing the Reiki energies to flow more evenly throughout the client's system. This symbol can also be used as a regular treatment symbol. Draw it on your palms before placing them on the person. This is a powerful healing symbol, and clients often report feeling the energy undulating through them. This undulating action seems to be able to clear blocks more easily and travel more deeply into the energy system.



Tibetan Dai Ko Mio

(Lightening bolt has 7 lines)



Tibetan Fire Serpent

(Seven turns including coil and turn to right of coil. Coil has 3 turns.)

The Raku

The other Reiki III symbol is the Raku. Mrs. Takata did not use this Sanskrit symbol, but most or all American Reiki Masters use it today. Most Masters seem to have very little information on this figure, and do not realize its importance. It is only used in passing attunements, never in healing work. The symbol looks like a lightning bolt. Its definition is known as “banking the fire.” At the end of the attunement, the Raku is used to ground the receiver of the Reiki energy. This usually all you hear about this symbol but in fact it does much more. It activates the Hara Line, helping the student to bring the Reiki energy through her Ki channels, and grounds it in the Hara center (Tan Tien or navel).

During the attunement process also, the aura of the Master and student are joined, and something more happens while the auras merge. During these few moments, the Reiki guides use the energy to lift negative karma from the person receiving the attunement and the Reiki degree. The teacher doing the process receives what is released through her or his own aura and grounds it. The Raku at the ending of the attunement separates the auras. It also leaves both the Master and student with far more Original Ki energy than they each had before. This release of Karma during the attunement process explains the physical and emotional cleansing and reorganization that often follows.



Reiki Master Attunement Exercise

Contracting the Hui Yin

A muscular contraction of the Hui Yin (pronounced way yin) point is a necessary part of giving Reiki attunements. The Hui Yin point is between the anus and the genitals. When giving attunements, a special type of high frequency Ki enters your system and passes through the Hui Yin point as part of the process. This point must be held for the entire time you are giving the attunements to prevent Ki from escaping from this point. Therefore, it is important to practice holding this point to build up your coordination and muscular strength in this area.

Practice contracting the muscles in this area twenty times in a row and then holding them as long as you can. Also practice contracting these muscles continuously while you go about your daily activities. As you continue, it will become easier and easier and you will be able to contract them for longer periods of time. Also your muscular coordination will develop so that you will be able to isolate the different muscle groups into back, middle and front. It is the middle area that is important to hold for the attunements.

Preparations Before Beginning an Attunement

Before actually beginning the attunement, follow these steps:

1. Before students arrive, draw all 4 of the main Reiki symbols: Choku Rei, Sei-he-ki, Hon-Sha-Zi-Sho-Nen, and Dai-Ko-Myo on each wall ceiling and floor. Draw Choku Rei in each of your chakras as well.
2. After you have taught the class and introduced whatever symbols you are attuning, briefly explain the attunement process to your students and especially that you will be touching their head, shoulders, hands, etc.
3. If you choose, you can open a Reiki Wheel, inviting the Reiki Guides of each direction to join you. You can also state which attunement you are doing.

4. Have the students place their hands in the Gassho (prayer) position and lead them in a centering/grounding meditation.
5. Draw the 6 Reiki symbols in the air in the center of the room intending that their energy fill the room.
6. Draw the Tibetan Dai Ko Mio, Usui Dai Ko Myo and Choku Rei on your palm chakras. Draw Choku Rei down the front of your body.
7. Move behind the student, place your hands on their shoulders, meditating briefly to gain rapport. Then pray out loud or to yourself, asking for the help of your Spirit Guides, Reiki Guides and helpers, and the angels and archangels. Silently state to yourself and your Reiki Guides which attunement this will be.

The Violet Breath

The Violet Breath is used to place the Tibetan Dai Ko Mio into the base of the skull for attunements. It is the use of the Violet Breath and the use of the Master Symbol that begins the attunement process.

1. Contract Hui Yin point and place your tongue on the roof of your mouth. (You will hold this for the rest of the attunement.)
2. Draw in a breath imagining it as white light coming down through the crown chakra, through the tongue, down the front of the body (Functional channel) through the Hui Yin point and up the spine (Governing channel) to the center of the head. Imagine the white mist filling your head.
3. Allow the white mist to turn to blue and to begin rotating clockwise. As it rotates, imagine it turning violet.
4. Within the violet light picture the Tibetan Dai Ko Mio.
5. Place your hands on the top of the student's head and blow the Tibetan Dai Ko Mio and violet light into the student's crown chakra. The tongue remains at the top of the mouth as you blow out and you continue to hold the Hui Yin point.
6. Proceed to whichever attunement you are doing.

Violet Breath



1. Place your hands on top of the student's head, mediating briefly to gain a rapport.

White light comes down through the top of the head as you breath in.



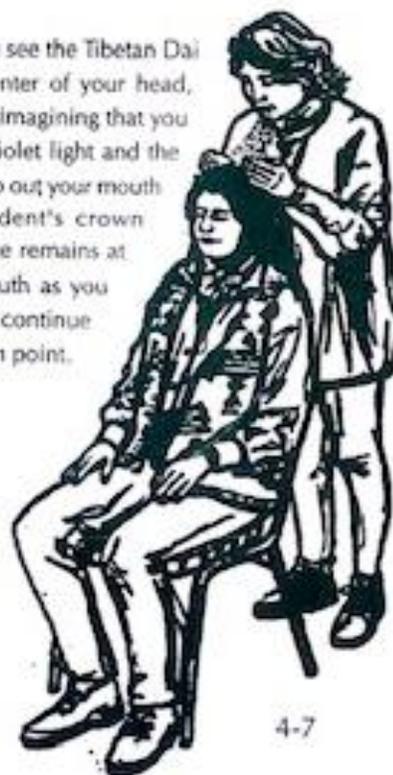
2. Place your tongue to the top of your mouth and gently hold the Hui Yin point. Breath in, imagining white light coming down through the top of your head and flowing down the front of your body, through the Hui Yin point, then up your spine into your head. Imagine your head filling with white light.



View from the back

3. After your head is filled with white light and while holding the breath, imagine the white light begin to rotate in a clockwise direction as viewed from the back of the head (moving up on the left side and down on the right). As it rotates, imagine it changing quickly from white to blue to violet. Then imagine the Tibetan Dai Ko Mio in the center of the head. The Tibetan Dai Ko Mio does not rotate.

4. As soon as you see the Tibetan Dai Ko Mio in the center of your head, exhale vigorously imagining that you are blowing the violet light and the Tibetan Dai Ko Mio out your mouth and into the student's crown chakra. The tongue remains at the top of the mouth as you blow out and you continue to hold the Hui Yin point.



4-7

Reiki Master Preparatory Meditation

This is a modified form of the Taoist Microcosmic Orbit Meditation. It works with the seven basic chakras including their back sides along with energy channels on the front and back of the body. The purpose of this meditation is to open and clear the chakras and create a clear pathway for energy to flow throughout your system. This is a preparatory format so you can begin to prepare your body to hold and run the higher energies of Reiki in order to pass on attunement to others. It can take a student 4 to 6 months to open the energy pathways, but because Reiki has been added, namely the use of Choku Rei, the process is greatly accelerated.

This meditation is designed to begin to prepare your body to run Reiki energy. We will be using the basic Reiki I and II attunements that you already have, specifically Choku Rei. Later we will add the Master Symbols to increase the frequency of the energy you run through your body. However, this practice needs to be in place, the pathways cleared, and your body prepared before you begin to run a higher frequency. Doing this exercise will allow higher energies to flow more easily and strongly. Doing this will also allow higher energies to be fully and prevent problems caused by too much energy in the head or other parts of the body. It will also purify and/or release any negative energy from within yourself that you may have created or attracted. By circulating your energy, the negative energy is transmuted in the chakras as it passes through them and may also be released from the chakras. This happens automatically as you circulate it. This is a very worthwhile meditation and will create harmony and balance at the same time it brings in greater levels of clarity and vitality.

The channel on the front of the body is called the “Function” or “Conception” channel and starts at the tongue and flows down the front side of the chakras to the root chakra and the HuYin point. The back channel is called the “Governor” channel and starts at the Hui Yin point and flows up the spine through the back sides of the chakras to the top of the head and ends at the top of the mouth. These channels are normally unconnected, but by placing the tongue to the roof of the mouth and lightly contracting the Hui Yin, the channels connect and form a circuit or what is called the microcosmic orbit.

Part I

1. To enhance this meditation you can also open a circle and call in your Reiki Guides, and/or place one of the Antahkarana symbols under your feet. Choose the one you feel guided to use.
2. To begin with, it is flat on the floor with your feet. Focus on your root chakra and the chakras on the bottom of the feet and send roots down to the earth to maintain a good grounded connection to the earth and to draw energy up from the earth.
3. Call in and/or draw the 3 Reiki II symbols on your hands and place them on your legs intending that these energies will continue to flow throughout the meditation.
4. Say a prayer to God/Goddess, your Reiki Guides, and/or any enlightened being giving thanks for the healing and higher consciousness they are sending you.
5. Steadily hold an image of the Choku Rei on your solar plexus chakra. If thoughts arise, gently brush them aside and return to the image of Choku Rei. Do not be disturbed if thoughts arise as this is natural, but as soon as you realize thoughts are present, let them go and return your attention to the image of Choku Rei on your solar plexus chakra. As you continue to practice this meditation, your ability to hold the image for longer periods of time without thoughts will improve. By steadily holding this image in your mind, your mind will become calm, steady and powerful. The chakra will also open, clear, and heal. Hold this image for approximately 2 to 5 minutes.
6. Then move your attention down to the sacral chakra and repeat step 4. Continue this process with each chakra moving down to the root and then up the spine all the way around to the heart chakra.
7. As you proceed with this process, you may notice different sensations at each chakra point. You may feel heat, or coolness, see colors or images etc. These are indications that healing or releasing is taking place. The important thing is to not be distracted but continue to steadily hold the image. If you have any trouble visualizing, just do the best you can. As you continue, your ability to visualize will improve.

Part 2

1. After completing part one, place your tongue to the roof of your mouth and lightly contract the Hui Yin point.
2. Visualize a beautiful ball of white light in your solar plexus.
3. Then imagine the ball of white light moving down to the sacral chakra, then to the root chakra, then up the spine through the back sides of each chakra to the crown and down through the tongue and down the front. See this ball of light traveling around and around the energy pathway. The flow is always down the front and up the back.
4. Continue visualizing the ball of light traveling around the energy pathway for 10 minutes or more.
5. When you are ready to end the meditation, intend that the energy will continue to flow in this pathway. Then release the tongue and the Hui Yin point. Take a deep breath and open your eyes.

The value of this meditation increases with regular use. Over time you will find an increase in your ability to concentrate, increased vitality, better sleep, improved health and ability to deal with stress, and most of all, it will increase the strength of your Reiki energy! I suggest you use it every day for at least two weeks to experience its value. Even better, incorporate it into your daily practice in preparation for your Reiki Master Attunement and Practice.

Reiki Master Preparation Checklist

If you are serious about making Reiki a business and/or a way of life that includes being a Reiki Master, there are a few simple but IMPORTANT practices that you should try to adhere to:

- DO REIKI! If you are not working actively on clients, at least work on yourself daily. This will go a long way to raise your vibration, clear your own blockages, and keep you in the Reiki vibration.
- Even if you are working on clients send yourself Reiki on a regular basis. I find doing this at night before I go to sleep is a good time and a way I always remember to do it.
- Do the Reiki Meditation regularly. Shoot for 5-7 times a week. The more you do this meditation, the more you will begin to build the energy necessary to hold space for others to receive attunements. This meditation can propel your spiritual practice forward in ways you cannot imagine.
- Practice doing the violet breath. Once you get this down, you can use it in Reiki healings to clear stubborn things that don't want to leave.
- PRACTICE DRAWING THE MAIN REIKI SYMBOLS so you can do it without looking: Choko Rei, Seheki, and Hon She Ze Sho Nen.
- Practice contracting and holding the Hui Yin.
- Attend Reiki shares and/or receive Reiki.

Code of Ethics for the Aquarian Reiki/Shamanic Practitioner

The following is borrowed from Shamanic Breathwork, by Linda Star Wolf. It “is considered a new paradigm code of ethics for anyone who identifies with living, serving, and working on a path of higher consciousness.” I consider it a must for anyone who practices any form of healing modality during this time of intense change upon the planet.

- Be honest, work on yourself, live your truth, don’t use others, make mistakes, make amends, listen to feedback, and move past defensiveness.
- Become a spiritual warrior.
- Have a heart and a mind—use them both.
- Be open to support from your spirit guides.
- Live inside your body—be juicy.
- Take your own advice—live and lit live.
- Take things as they come—one day at a time...and forgive yourself when you do not.
- Be mindful and spontaneous at the same time.
- Move past one-sidedness.
- See the beauty and perfection in EVERYTHING!
- Be open to change and LET GO! Be open to joyfulness.
- Believe in yourself, in others, and in synchronicity and grace.
- Let gratitude fill you up and let it flow to others.
- Show the same patience to others that the universe has shown to you.
- Be flexible and tolerant; include yourself.
- Become a shadow dancer—the light, the dark, no difference.
- Never take advantage of others, remember the law of karma.
- Seek to empower those you serve.
- Avoid comparing yourself and your gifts with others.
- Let go of competition and scarcity consciousness—believe in abundance.
- Hold the vision for those who seek your guidance. Offer them loving kindness.
- Do not take others hostage to your ideas of who they should be.
- Do not enable others to stay as they are.
- Let there always be an equal exchange of energy between you and those you serve, so as not to create confusion or a “less than” relationship.

- Feel your loving feelings and body responses for others.
- Have loving boundaries. Never shame another for loving, sexual, and nonsexual feelings.
- Create a big safe container in which these bright, beautiful souls may cook so the fires of transformation can work their magic on us all.
- Remember, we are all traveling on the wheel of life back to where we came from, doing the best we can.
- So treat others as you want to be treated—with consideration, dignity, and respect, no matter who they are. Remember we are ALL God/Goddess's favorite child.*

*Adapted from Shamanic Breathwork, by Linda Star Wolf