

LEVEL 3

Reiki

**MASTER TEACHER
CERTIFICATION**

Reiki Level 3 Manual

A Complete Guide to the Third Degree

Usui Method of Natural Healing

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Reiki Level 3 Manual:
A Complete Guide to the Third Degree Usui Method of Natural Healing

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Authors & Publishers Disclaimer

Reiki is an ancient form of healing that is practised by the authors and numerous practitioners around the world. The information and techniques in this book do not constitute medical advice. Healing and medicine are two very different disciplines. You should always remember to seek medical advice from a qualified doctor or practitioner in the case of serious illness. While all suggested treatments are offered in good faith, the author and publisher cannot accept responsibility for any illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical practitioner.

Important Note to the Reader/Student

The purpose of this book is to give the reader a step by step guide to the teachings and disciplines associated with Third Degree Usui Reiki. We have purposely kept the information concise so the reader can quickly and easily understand and apply Reiki.

Wherever possible we have avoided adding personal beliefs that may differ from the traditional teachings of Dr Mikao Usui. The knowledge and information contained in this book is based on the original **Shiki Ryoho** Method of Healing developed by **Dr Usui** over two hundred years ago.

If you desire to use the teachings contain within this book to heal yourself and others you must first have received the necessary attunements from a Reiki Master.

Course Outline

Lesson 1: An Introduction to 3rd Degree Usui Reiki

Lesson 2: Reiki and Symbolism

Lesson 3: The Traditional Usui Reiki Master Symbol

Lesson 4: The Non-Traditional Usui Reiki Master Symbol

Lesson 5: Hatsurei Ho, Reiju, and Additional Reiki Techniques + Meditations

Lesson 6: Psychic Surgery

Lesson 7: The Reiki Attunement Ceremony

Lesson 8: Reiki 1 Attunements

Lesson 9: Reiki 2 Attunements

Lesson 10: Reiki 3 Attunements

Lesson 11: Fast Track - Combined Reiki 1, 2, and 3 Attunements

Lesson 12: Absent or Distant Reiki Attunements

Lesson 1: An Introduction to 3rd Degree Usui Reiki



Welcome to the Reiki Master Teacher Certification, the third and final course which is based on the original **Shiki Ryoho** Method of Healing developed by **Dr Usui**. The lessons contained within this course cover the information and techniques you will need to know and master in order to teach others about Reiki and pass on the gift of Reiki to your own students through the attunements.

Like our previous courses, our aim is to deliver the lessons in a simple and practical format so you can understand and assimilate the information quickly and easily.

Important note: No manual, home study course or even workshop training programme will ever be totally complete; there will always be more to learn. Our intention is simply to help you begin the journey. Where you end up, depends on you!

The Third Degree (Master/Teacher)

In a nutshell, the third degree consists of learning the master symbol, receiving the attunements, and learning and mastering the attunement processes so you can then pass on and teach the gift of Reiki to others.

Becoming a Reiki Master is not the end of the journey - it is only the beginning of your own personal and spiritual development. A Reiki Master is not suddenly a better or wiser or more enlightened person than anyone else, it simply means that as a Reiki Master/Teacher you are now able to pass on the gift of the universal life force to others. Hopefully, a person seeking to become a Reiki Master is already a kind, considerate and spiritually developed individual who is seeking to not only enhance their own life, but also the lives of others.

The third degree is a natural progression for those who want to teach Reiki. The more Reiki teachers we have; the more people will be introduced and drawn to Reiki. This is in our opinion - vital. The world as a community needs to learn to live together and come to realize that we are all connected and should live in peace and harmony. Reiki

can help heal some of the rifts and issues that drive us apart. The more people in tune with Reiki the better our world will undoubtedly become.

We personally do not believe that so called "traditional" Reiki Masters who can often charge as much as \$10,000 US dollars to an individual seeking to study Reiki, are helping to spread the word or the gift of Reiki. Reiki is a god given right. It is built into our genetic makeup - our very essence of being.

We as Reiki Masters/Teachers are just tools (let go of the ego), just like the Reiki symbols to be used to enhance and proliferate this natural healing method and way of life. We see no justification in making Reiki available only to the wealthy at the expense of often the most needy.

The most important pre-requisite to becoming a Usui Reiki Master/Teacher is the desire and intention to help others.

Good luck on the journey.

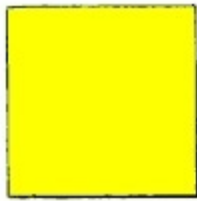


As I go through all kinds of feelings and experiences in my journey through life -- delight, surprise, chagrin, dismay -- I hold this question as a guiding light: "What do I really need right now to be happy?" What I come to over and over again is that only qualities as vast and deep as love, connection and kindness will really make me happy in any sort of enduring way. ~ Sharon Salzberg

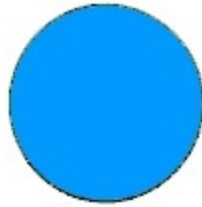
Lesson 2: Reiki and Symbolism

There are basically three different groups or types of symbols. Each group or type of symbol has its own unique set of beliefs regarding the nature of these symbolic forms:

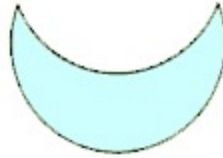
The first group of symbols are those in which the power or ability to create effect is inherent in the form of the symbol. These symbols are often found and used in sacred geometry or the tattwa's.



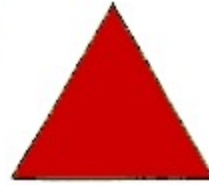
Earth



Air



Water



Fire



Spirit

The five Tattwa symbols:

- A Yellow Square representing Prithivi/Earth
- A Blue Circle representing Vayu/Air
- A Silver Crescent representing Apas/Water
- A Red Triangle representing Tejas/Fire
- A Indigo Ovoid representing Akasha/Spirit

Tattwa's along with to a certain extent Yantra Mandalas which are visual tools that serve either as centering devices or as symbolic compositions of the energy pattern of a deity as seen by tantric seers in their visions, are among those in which the actual shape or form is said to directly stimulate the subconscious energy patterns in the brain and energy body or physical and nonphysical reality.



A Yantra Mandala

These symbols are said to contain the power to awaken an ability or create a result or convey mystical information and realisation of themselves with no or little action or intention by anyone.

The second group envelopes the belief that certain objects and symbols like a Rosary or Prayer Beads can be charged or empowered by intention or ritual or proximity to holy places or people to contain the power to create an effect.



The third group of symbols are those that are tools or triggers which enable you to connect with; and harness an energy, a spiritual function or information etc, that exists separate from the symbol itself. The symbol is more like a light switch that can turn on the power. The symbol itself does not possess any power of its own. Most of the Symbols used in Reiki are Kanji's (written words which have esoteric symbolic meanings in some Buddhist traditions).

We believe that the Reiki symbols are part of the third group. They are tools, keys, on/off switches to facilitate connection with different aspects of the universal energy for healing. They do not themselves have power. There are often many different ways to draw a particular Reiki symbol but they are all equally effective in connecting to Reiki - the universal life force. If you look hard enough in your future Reiki study and research you will find many variations of each symbol, just remember that all variations will work and instead of worrying about which one is better simply focus of the intention and the purpose of the symbol.

The Reiki symbols are exactly that, symbols. They are not what they represent. The Reiki symbols represent specific energy properties and functions for healing and spiritual enhancement. When anyone who is attuned to Reiki visualises, draws or internally or externally intones the name of any of these symbols it helps them to connect themselves with the Reiki energy and activate the function and specific purpose the symbol represents.

The Attunements which are provided as part of this course will bestow an automatic ability to work with different levels of Reiki by intention and use words or thought as the activator as well as by consciously invoking the symbols.

Using direct intention to activate the symbols should not be seen as a default or easier substitute rather than assimilating the information and experience which you will gain

from studying and using symbols. It is not necessary to understand the meanings of the symbols completely or even to consciously use them to gain and share the benefits of the Reiki system. Though it can enrich your experience to explore the meanings further through study and meditation. The symbols remind us that there are ways to focus on different aspects of the Reiki energy when we use them correctly in our Reiki practice.

You may also use Reiki to focus on other aspects and purposes of the universal energy by direct intention. Other systems which have evolved from Reiki such as Seichim and Karuna use different symbols to focus on other aspects of the energy. However you can use Reiki for these functions without further attunements and with or without the use of the additional symbols.

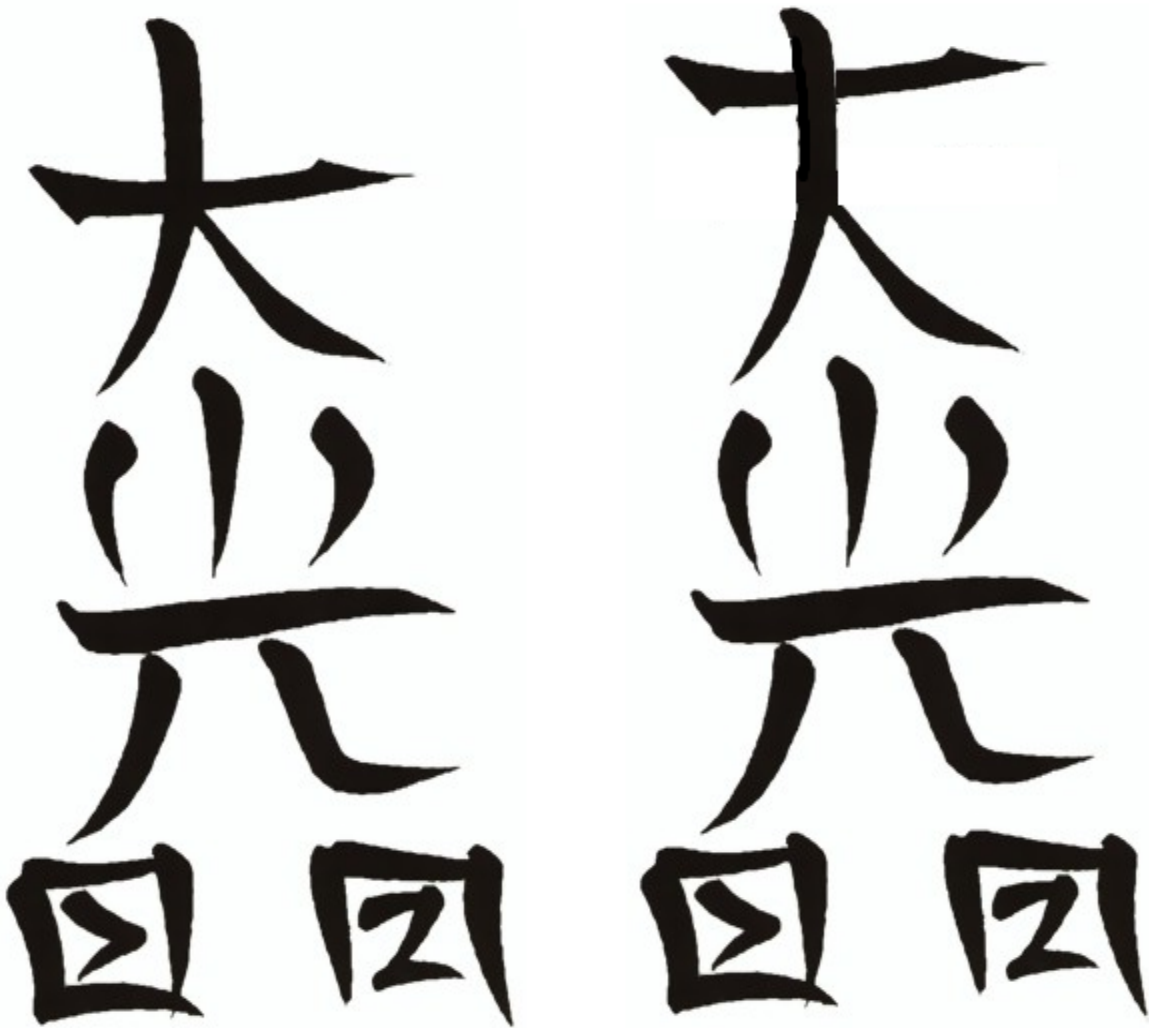
The method of becoming attuned so you had the ability to use Reiki has changed over the years from the way it was originally taught and practiced at the Japanese Reiki society. In Reiki Ryoho you would meet weekly with fellow members and a master, have a lesson or lecture and possibly practice and or receive healing treatment after which you would do the hatsurei ho meditation during which the master would give you and the other members "Reiju" an empowerment which helps to connect and deepen your connection to Reiki energy usually this is done gradually in accordance with your own personal development. Possibly after a period probably of a year or more of this practice and study you might be invited to learn the second teachings.

In the Hayashi-Takata lineage called Usui Shiki Ryoho the symbols are of more importance. The system was set up to teach Reiki faster than the lengthy training in Reiki Ryoho. There was more emphasis on symbols and hand positions so that students could connect to Reiki in order to work in the Hayashi clinic before they developed the ability to sense the energy of clients. This is also probably why an attunement process was developed similar to the initiations used in many healing and spiritual traditions in order to greatly accelerate, the clearing and connection and ability to work with universal energies. The Reiki Masters that Madam Takata trained were taught with this emphasis on the symbols and were also sworn to secrecy about the Reiki symbols and other practices.



Life shrinks or expands in proportion to one's courage. ~ Anais Nin

Lesson 3: The Traditional Usui Reiki Master Symbol



2 Versions of the Dai Ko Myo (DKM)

THE Reiki MASTER SYMBOL - DAI KO MYO

Pronunciation: dye-ko-me-o

Alias: The Master Symbol or DKM

It is the most powerful symbol in the Reiki group. It can be used only by Reiki Masters. This symbol is used to heal the soul. Since it deals with the soul and our spiritual self it heals disease and illness from the original source in the aura or energy fields. It helps to provide enlightenment and peace. It also allows you to become more intuitive and psychic. With practice this symbol can bring profound changes in one's life.

The DKM symbol is a composition of three kanji's. The kanji's compose the mantra "dai ko myo". Simply translated, it means "great bright light" or "great shining light". It may also be interpreted as "great enlightenment". It represents the divine and the source for Reiki. This symbol may simply be called the "satori symbol". This symbol is used in Buddhism and is found written in Buddhist temples; therefore, although it is sacred, it is not secret. Japanese people who are not devoted Buddhists recognize these three kanji together. Modern Japanese would pronounce it as "dai ko mei" instead. This symbol was chosen because Usui knew its inner meaning. Some say this symbol means "Great Being of the Universe, shine on me" or "Treasure House of the Great Beaming Light", but these are simply embellished translations of "great bright light". Like the third symbol (the HSZSN), we can look at the meaning of each kanji separately. The definitions below are taken from an online Chinese dictionary.

The first kanji ("dai") is an adjective meaning "big, large" or "great, grand". It is an adverb meaning "greatly".

The second kanji ("ko") is a noun meaning "light". It is also an adjective meaning "smooth, glossy". It is also an adverb meaning "merely, purely" or "completely".

The third kanji ("myo") is an adjective meaning "bright, light" or "clear, evident". It is also a verb meaning to "understand, know".

From this you can clearly see that "dai ko myo" means "great bright light". The Japanese definitions of the kanji are the same as above. To draw this symbol, you should

follow the same rules as shown in the Reiki 2 Module: Left to Right and Top to Bottom (more details below) Most variations of this symbol are badly written versions of the kanji, which are properly shown above.

In Essential Reiki, Stein has a variation in which the third kanji of this symbol is just a double of the kanji on the right in "myo". Essentially it looks like the kanji for "moon moon", which is unfortunate because it leaves out the kanji for sun in the whole symbol. The sun kanji is significant to the symbol as it relates to the idea of enlightenment. Stein does not actually use this symbol as she mistakenly thinks of another symbol as a replacement for the DKM, when in fact, her replacement has a different function than DKM. The symbol she uses as "DKM" is from the Usui/Tibetan tradition, and when she was given the symbol she was not taught its meaning nor given its correct name, dumo. The Usui/Tibetan tradition uses dumo to reflect the idea of mastery along with dai ko myo (although, their version of the DKM has been distorted from the actual kanji above).

To confuse the issues further, Stein has drawn her "dai ko myo" (dumo) differently than the Usui/Tibetan tradition, turning the symbol clockwise 90 degrees and emphasizing the spiral portion of the symbol, as she associates the Usui/Tibetan symbol with the idea of the eternal goddess in paganism and goddess-centered spirituality.

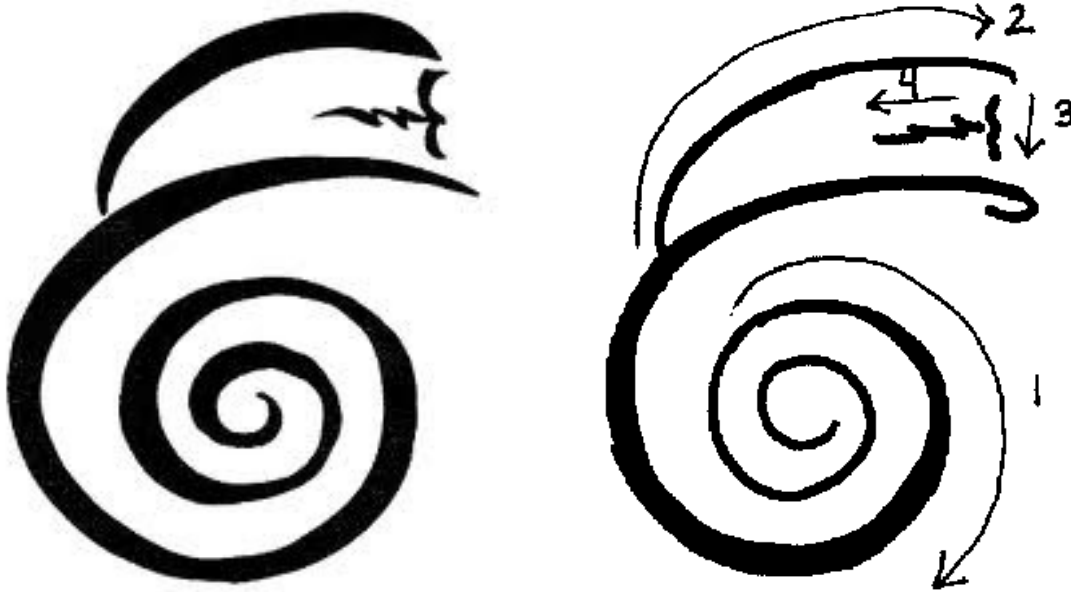
There is another symbol also called "dai ko myo" used in Barbara Weber Ray's organization, The Radiance Technique. This symbol is quite similar to dumo. Aside from Stein and Ray, there does not seem to be too many replacements for this symbol nor as many variations as there is with the HSZSN symbol. The DKM symbol is predominantly used during each attunement to connect you to Reiki and may be used for treatments as well along with the other symbols. In fact, it may be used instead of any of the other symbols as this symbol represents the source for Reiki. Use your intuition to guide you in using this symbol. Meditation on the DKM may illuminate and help you to understand Reiki.

Please Note: You can choose to use all four symbols in a healing session or none at all. In others words you do not need the symbols to give Reiki healing - after all, you can give Reiki healing after the Reiki One attunement. Remember that the symbols are taught as a tool to aid in focusing your energy and attention. Of course the symbols can often help healing, but really it's only because it helps direct you to the healing that is needed.

Get to know the symbols well and use them often enough to help you focus your energy, but do not become overly dependent on the symbols as once you Reiki knowledge, skill and understanding develops you can work just as effectively without them. Reiki as Usui used it was simple and easy. There were few rules. It was straightforward and uncomplicated. This is how Reiki should be. Reiki of course needs to be flexible and

adaptable to both the practitioner and the recipients' needs, but Reiki shouldn't be changed, modified or adapted to the point of unnecessary complication.

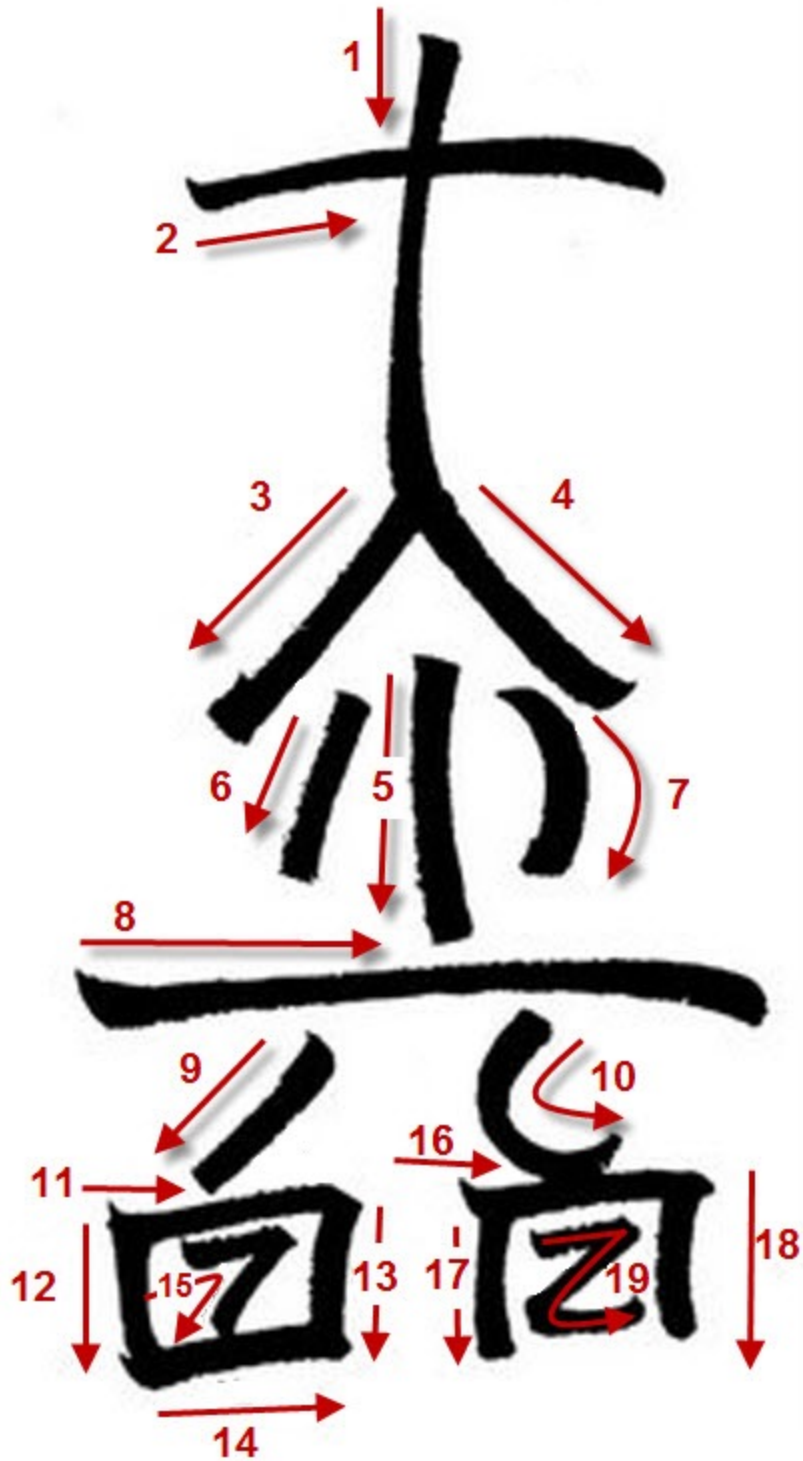
The Modern DKM Symbol



Directions for drawing the traditional DKM symbol follow on the next page.

Dai Ko Myo

Traditional Version with Arrows showing how to Draw the Symbol

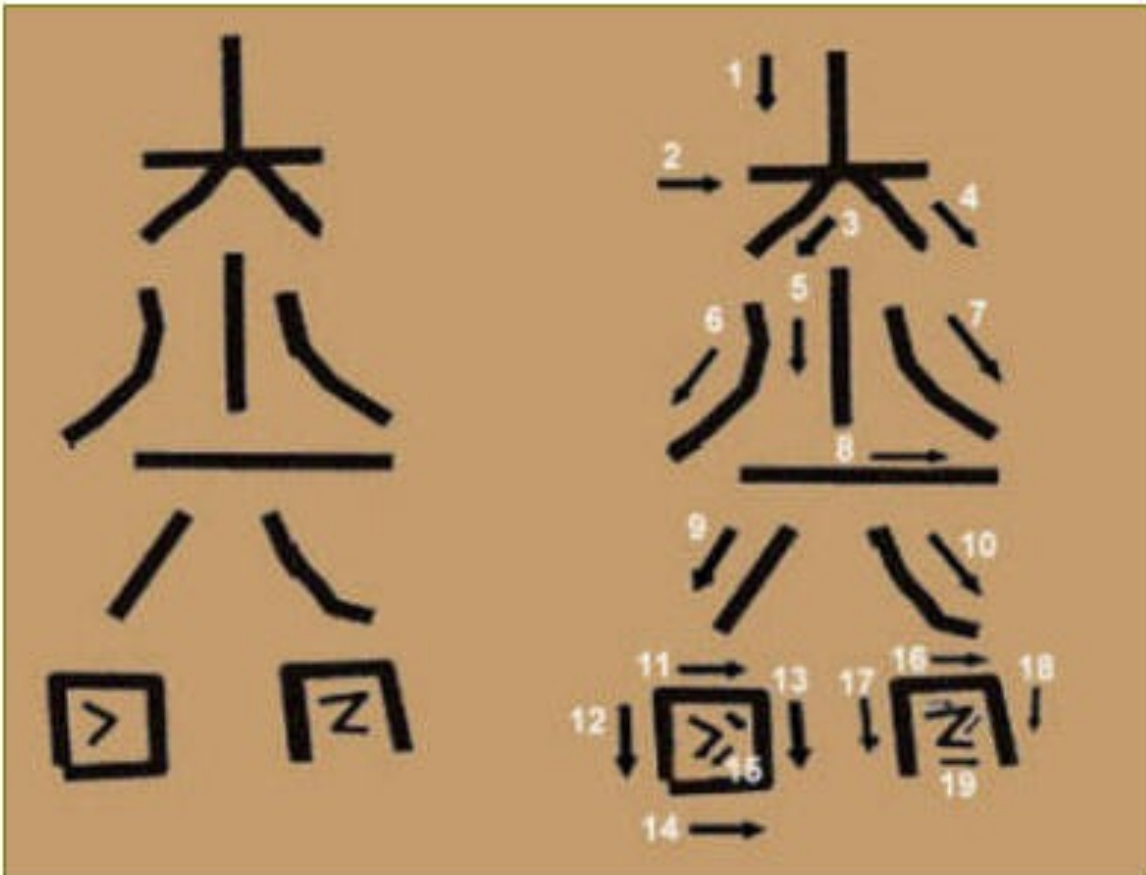


How to draw the DKM Version 2

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(Also Considered Traditional by Some RM's)

We Do NOT use this version of the symbol.



PLEASE NOTE: It doesn't matter which version of the DKM you choose to use, Always remember it is the intention that is of paramount importance, ALL versions of the DKM symbol will work.

Dai Ku Myo - Empowerment - The Master Symbol

The Dai Ku Myo symbol represents empowerment; intuition, creativity and spiritual connection, it enables recognition and clarity about your true path in life. The DKM master symbol is used for activating the initiation and attunement of others to Reiki. This is the only symbol added in traditional Usui Reiki during the Master training workshop. There are a couple of additional symbols that are not originally part of Usui system that many teachers have added and we will discuss them later in this lesson.

DKM activates a powerful energy for Self Empowerment and is used for opening Spiritual connection and intuition and cellular healing. Once you are attuned to this energy you can use it for treating yourself and others each time you activate Reiki. It is said to

work at the cellular and genetic levels and is valuable for treating Migraine Headaches. Many people have also found that the Level three Reiki Master/Teacher Attunement increases their intuitive and psychic abilities.

We have heard the DKM referred to as the vocational or life purpose function because it often seems to initiate dramatic changes in career and lifestyle. The DKM can also be used to help Manifest or attract your goals, dreams and desires into your life. To use the DKM for manifestation you activate this energy by drawing/projecting or intoning the symbol and then clearly visualize what you intend to manifest into your life or future. However, this will not bring you things that are not in accord with your high self and soul purpose.

The spiritual bodies affect the physical body. Healing at the Master level is thought to directly affect the higher spiritual body template and can lead to immense transformation and healing on all levels of being and possibly at times, Miracles.

It is taught in many healing modalities that all disease comes from blocks forming in the energy body. Reiki treatment will help remove these blocks, free stagnant energy, restore energy to depleted areas and improve the function and stability of the energy body. This contributes to physical healing and emotional, mental and spiritual wholeness. We use the Usui DKM constantly. It calls in a complete range of the most positive energy frequencies possible in each specific situation. It can also be used to clear away negativity and as a protective symbol. One focus of this symbol is the healing of the soul. The physical body reflects the condition of the spiritual body, and one can often effectively heal disease at its causal root, or spiritual level, with the DKM.

METHODS FOR SYMBOL ACTIVATION

The DKM can be activated in any of the following ways:

- By drawing the DKM with your palm centre
- By drawing the DKM with your finger
- By visualizing the DKM
- By drawing or projecting the DKM with or from your third eye
- By intoning internally or externally the symbol's name three times: DKM - DKM - DKM.
- You can use whatever method you wish or prefer, but remember always as with everything Reiki it is the intent that counts and is of paramount importance.

Where to apply the DKM during a healing session?

First draw or project the DKM symbol on your own hands/palms and then draw or project the same symbols on to:

- The clients crown chakra
- The areas to be treated (if known)
- The clients hands/palms

If you find it difficult to remember the full pronunciation Dai Ko Myo or you do not want to be seen drawing the DKM symbol, silently intone the “alias” DKM three times, as all methods have the same energy, and as always intention is the key.

Using the Reiki Master Symbol

As already discussed The Usui Master Symbol (DKM) has several meanings. The most common is ‘The Great Shining Light’. Usui developed Reiki from his experience on Mt. Kurama. He had a satori, a moment of oneness, an awakening, to his true nature. In that oneness, he created Reiki.

The most common definition of Reiki can be read as “Universal Life Force”. However, the Kanji can also be read to mean the Universal life energy or spirit coming together with us. In this meaning it represents our oneness with all. This is true Reiki.

During the third degree, we learn the Dai Ko Myo symbol. We are one with the great shining light; the universal life force is merged with our own. This does not come about by simple attunement or a paper certificate, but through realisation. There is nothing to attain, there is no goal to reach – just oneness.

The DKM is said to represent love, light and harmony. These three together represented the ultimate source in the same way that the Father, Son and Holy Ghost do. The DKM is the “Great Shining light”. This is the source. Once you know the Dai Ko Myo, you can use it for any form of Reiki healing or purpose, even in place of all the other symbols. This is both because as a triune symbol it contains the others, and because it is the first step in moving from symbol reliance to being one with Reiki – the energy of life.

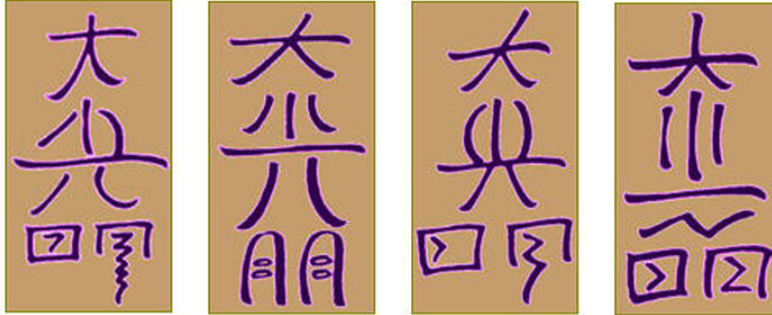
Use the DKM everywhere and anytime you might want to use the other symbols. Use the name of it as a mantra to meditate, concentrating on the Ultimate source of all. Embrace the great shining light and let it illuminate you. Perhaps then you will come to realise that you are yourself Reiki.

Variations of the DKM

There are a number of different symbols that are also called the DKM or have been given a new modern name or interpretation. These variants were not taught by Dr Usui

and are not used by most traditional Reiki Masters. We personally do not use any variations of the DKM in our practice or workshops but mention them here simply for your information.

Most People who use the Traditional DKM only use the other so called master symbols when doing attunements. Once you are attuned to Reiki Master/Teacher level you can choose to either ignore the non traditional symbols completely or if you prefer you can experiment with them and decide what is right for you and your practice.



I hope you enjoyed this excerpt from the Manual!

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<http://www.sacredwellness.co/reiki-teacher-business-package>

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- Reiki Level 2
- Reiki Level 3 Master Teacher

These are the same manuals that I use in my Reiki workshops, and I've received nothing but positive feedback about them from my students. Plus, you'll also receive my expert guidance from years of teaching Reiki workshops, which I've compiled into The Sacred Wellness Reiki Training Guide!

The Sacred Wellness Reiki Training Guide is an indispensable tool for all Reiki Teachers, and it specifically addresses the curriculum found in these manuals. I've included my own commentary on each manual, plus suggestions on how and when to perform attunements, how to facilitate student practice sessions, and how to plan your topics for each of Reiki Level 1, Reiki Level 2, and Reiki Level 3 Master Teacher workshops.

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