

LEVEL 2

Reiki

**ADVANCED
PRACTITIONER
CERTIFICATION**

Reiki Level 2 Manual

A Complete Guide to the Second Degree

Usui Method of Natural Healing

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Reiki Level 2 Manual:
A Complete Guide to the First 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 Second 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 2nd Degree Usui Reiki
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An Introduction to 2nd Degree Usui Reiki



A Moment of Reflection

First degree Reiki is the beginning of an exciting and profound journey filled with self discovery, personal change, love, growth, new experiences and an immeasurable sense of bonding with a higher power.

It takes most people from a position of scepticism and propels them into a new understanding of life.

Reiki opens up doors to new dimensions, to things we never dreamt possible, and gives us access to the purest unconditional love available.

Reiki is pure energy; it is omnipresent, omnipotent and omniscient. Reiki is available to all who wish to tap into it, accept it, and become one with its energy and wisdom.

Words cannot adequately describe Reiki, it needs to be experienced. Every person experiences Reiki in different ways, which is why it is impossible to define Reiki clearly in words. Whether you experience Reiki as a treatment from a Reiki practitioner or by attending a workshop, it will change your life for the better if you are open to the energy and allow it to envelop your mind, body and spirit.

THE SECOND DEGREE

The second degree is the next giant step towards understanding and becoming fully attuned to Reiki.

Everyone who wants to study and master the second degree must first have already completed their first degree.

Students need to have been given the first degree attunements and the knowledge required to skilfully work with Reiki. Unlike the first degree, students normally would have obtained experience, skill and a level of intuitive understanding towards the unlimited power of Reiki.

Most second degree students no longer fear or harbour scepticism towards Reiki. They are normally enthusiastic and excited about the prospect of enhancing their skills and understanding. It is often recommended that the student/practitioner takes time after the first degree workshop to assimilate; and incorporate the teachings of Dr. Usui into their practice and daily life, before attending a second degree workshop. Make sure you are attending the second degree workshop for the right reasons.

Like the first degree, most people feel they are drawn at the appropriate time to the next level of Reiki. Often an event or strong feeling can direct you towards this new path. The main criteria for attending the workshop is that you personally feel ready to go forward with Reiki.

Trying To Understand How the Second Degree Works

It is almost impossible to explain how second degree Reiki actually works in a way that everyone can understand and accept it. To try to scientifically and logically grasp how the universal life force functions is beyond human intelligence. Like so many things in life, although we do not fully understand how they work we still use them to improve our lives.

Many people would find it extremely difficult to explain how electricity, televisions, faxes, computers, telephones and microwaves or the internet works for example. However, not being able to comprehend how they work doesn't stop people using them. Likewise, although no-one can completely explain how Reiki works it shouldn't stop you using and trusting in its ability to improve your life and the lives of the people you work with.

When you study, experience and work with the teachings and techniques of the second degree you will be able to make your own judgement on how you feel it works. Alternatively you could simply do what we recommend and just believe in its infinite wisdom and let go of any doubts and fears.

However, for those who wish a brief insight into the second degree we will attempt to justly explain our own understanding of how the second degree works.

How We Believe Reiki Works

- Reiki is omnipresent-present everywhere at the same time.

- Reiki is omnipotent-absolute and infinite power.
- Reiki is omniscient-infinite wisdom and knowledge.

The universal life force connects all living things together like a vast ocean. As droplets in this ocean we are communicating with and are connected to, all other droplets in this ocean on an unconscious level. Similarly, every cell in the human body has its own individual position and responsibility. However, each cell is also unequivocally connected to and is unconsciously communicating with all the other fifty-trillion cells in the body. Deepak Chopra, in his book Quantum Healing also talks about how the entire universe is connected.

He explains how particles that are separated by immense distances of time and space know what one another are doing. When an electron for example jumps into a new orbit on the outside of an atom, the anti-electron (positron) paired with it must also react no matter where it lives in the universe. Each particle in our universe has an intelligence that communicates across time and space.

Scientists studying the behaviour of monkeys on the coast of Japan noticed one day a particular monkey had begun dipping his sweet potatoes into salt water before eating them. Shortly afterwards they found all the monkeys within the colony were also dipping their potatoes into salt water.

The scientist assumed the monkeys were just copying each other until they discovered monkeys in other parts of the world had begun dipping their potatoes into salt water also. The monkeys were communicating through an unknown intelligence across time and space. The scientists labelled this intelligent communication Morphic Resonance.

Interestingly another study found when giraffes began causing serious damage to trees by eating more of the tree than normal, the trees responded by increasing the amount of tannin in their leaves. This defensive action made the leaves too bitter for the giraffes to eat. Scientists discovered the trees were communicating with gases – an energy with intelligence. Likewise, Reiki is also energy with intelligence.



No man was ever wise by chance. -Seneca

Lesson 2: Gassho the First Pillar of Reiki

The five Reiki principles which are taught in Reiki Level 1 are based on the three pillars of Reiki:

- Gassho: Pronounced - Gash-Show
- Reiji-Ho: Pronounced - Ray-Gee-Hoe
- Chiryō: Pronounced - Chi-Rye-Oh

In this lesson we are going to discuss the First Pillar of Reiki - Gassho.

Gassho – Placing the Two Palms Together



Gassho literally means “two hands coming together.” It is a ritual gesture formed by placing the hands - palms together, in the ‘prayer’ or ‘praying hands’ position as illustrated above; and is the most fundamental and also the most frequently used of all the hand gestures (also known as (in-zou) and (mudras)) in the practice of Buddhism.

Gassho implies recognition of the oneness of all beings and is used to:

- Express Gratitude and Respect
- For focus; to prevent wandering of the mind
- To bring oneself into dynamic balance
- To express the One Mind - totality: congruence of being.

There are actually two primary forms of the traditional gassho: They are known as:

Formal Gassho



This is used in formal situations such as rituals and religious services. The hands are brought together in front of the face, fingers straight pointing up, palms pressing together. Elbows are raised, forearms at about 30° angles to the floor; fingertips at about the same level as the top of the nose, but hands roughly a fist's distance in front of the tip of the nose. The eyes are focused on the tips of the middle fingers.

The formal Gassho helps establish a reverential, alert attitude. This gesture is used to show reverence.

Mu-shin ('No-Mind') Gassho



This form of gassho used primarily in greetings. Here, the hands are held loosely together - the tips of the fingers/thumbs still touch, yet there is a slight space between the palms. The forearms are at about 45° angles to the floor. The hands are still held at the equivalent of approximately one fist's distance in front of the tip of the nose,

but the hands are lower, in front of the mouth - the fingertips at a level just below the nose.

The eyes are focused on the tips of the middle fingers. Many people also perform mu-shin gassho with hands positioned in front of the chest at a level just above the heart. Beyond the 'Standard/Primary' Gassho, there are a number of other special versions of this found in Buddhism.

For example:

- The Lotus Gassho - this is almost identical to mu-shin gassho, however the fingers are bent slightly more and the tips of the middle fingers are held about an inch apart. The Lotus Gassho is primarily used by priests during particular ceremonies or rites.
- The Diamond Gassho - also called the 'gassho of oneness with all life' - this is almost identical to mu-shin gassho, however the fingers are perfectly straight and interlocked. As with the Lotus Gassho, the Diamond Gassho is primarily used by priests during particular ceremonies or rites.

Dr Usui Taught His Students the Gassho Meditation

Dr. Mikao Usui taught a meditation called the Gassho Meditation. This meditation was practiced at the beginning of every Reiki workshop and meeting.

Usui, instructed his students to practice the meditation each morning and evening for 5-20 minutes. Gassho is so simple, that anyone can practice it alone or in a group meditation.

We recommend you try it; then only if you enjoy it and find it beneficial, commit to practicing it every day for at least thirty days. During this time you could also keep a Meditation Journal to record your experiences with Gassho, and details of any benefits you have noticed over the course of the month. Many find the Gassho Meditation brings more focus and clarity into their lives and enables them to become more relaxed, centred and more productive and creative during in their daily life.

The Gassho Meditation (Take Time out 5-20 Minutes a Day)

- Sit down, close your eyes and place hands together in front of your chest (prayer position).
- Focus your attention at the point where the two middle fingers meet.
- Let go of everything else. If your mind wanders, acknowledge the thought, let it go and just refocus returning to the point where your middle fingers meet.
- Repeat the five reiki principles either aloud or internally.

- If you find it uncomfortable to hold your hands in Gassho for 5-20 minutes, simply let your hands (kept together) slowly drop down onto your lap finding a more comfortable position to continue the meditation.
- You may observe energy in the form of heat, cold or images, just let it go and return your focal point to the tips of your two middle fingers.
- If you need to adjust your posture; move slowly, deliberately and consciously. It is easier and better to meditate with a straight spinal column, keeping your head still.
- If you suffer from back problems or find it difficult to sit still; try sitting on a straight back chair with a few pillows for comfort.

- Alternatively, you can sit on the floor on a few cushions with your back against a wall. You could even meditate while lying down on a sofa or bed, but you may find you fall asleep, which at night is OK, but in the morning could leave you late for work or other engagements.



What is healing, but a shift in perspectives? ~ Mark Doty

Lesson 3: Reiji-Ho the Second Pillar of Reiki

Translated into English, Reiji means “indication of the Reiki power.” Ho means “methods.” Reiji-Ho consists of three short rituals that are carried out before each treatment:

Fold your hands in front of your chest in the Gassho position with your eyes closed. Now connect with the Reiki power. This is very simple: Ask the Reiki power to flow through you. Within a few seconds, you will become aware of the Reiki energy flow. It may enter through your crown chakra or you experience it in your hands or heart chakra. Second Degree practitioners or Reiki masters can use the distance healing symbol to connect with the Reiki power. Repeat the wish three times in your mind that Reiki may flow, then send the mental-healing symbol and seal it all with the power symbol. As soon as you feel the energy, continue on to the next step.

Pray for the recovery and/or health of the patient on all levels, let Reiki do what is required. Raise your hands up (still in Gassho) in front of your third eye and ask the Reiki power to guide your hands to where the energy is needed.

Then use and follow your intuition. This technique guides your hands like magnets to the places on the body that needs treatment. Trusting your intuition when you first practice Reiki can be either easy or difficult. Trust in the phenomenon that is Reiki. Totally detach yourself from seeking after possible outcomes; just let go and believe in Reiki. Invite and allow Reiki to ‘call’ (i.e. guide / draw your hands automatically - spontaneously) to any areas of the recipients body that may be in need of treatment. Allow your hands to move where they are drawn - let go - trust - resist the urge to ‘do’. When it comes to letting Reiki guide you, different people may receive their guidance in different ways. Some may simply experience pure spontaneous movement - as if being ‘pulled’ magnetically; some may experience images in the mind’s-eye of where treatment is needed; others may ‘hear’ where Reiki is needed, and so on. If nothing seems to happen - if you are not aware of ‘receiving guidance’ (and when first performing Reiji it isn’t always necessarily that obvious) recall the precepts: ‘...’don’t worry...’ It will come in time - and when it does, you will know. Reiki will guide you. Reiki will flow - and as usual, the flow will taper off when the area has taken sufficient treatment - and then your hands will be ‘called’ to the next area.

When there are no more areas requiring treatment (or, as is sometimes the case, there are no areas at all requiring treatment) your hands will be guided to rest, palms down, on your thighs / in your lap. Conclude Reiji Ho by once more performing gassho.



REIJI-HO

Step 1:

Hands in Gassho;
Connect to Reiki

Step 2:

Pray for the Recipients Health
& Well Being. Raise Hands to
Third Eye ask the Reiki power
to guide your hands to
where the energy is needed.

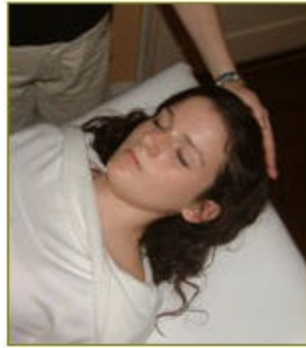
Step 3:

Use Your Intuition



Healing is simply attempting to do more of those things that bring
Joy and fewer of those things that bring pain. ~ O. Carl Simonton

Lesson 4 – Chiryō the Third Pillar of Reiki



Chiryō means “treatment” in English.

The person giving the treatment holds their dominant hand above the client’s crown chakra (see photo) and waits until there is an impulse or inspiration, which the hand then follows.

During the treatment the reiki practitioner uses their intuition; giving free rein to their hands, sensing painful areas of the body to work on and moving from those areas only when they no longer hurt or until the hands lift from the body on their own and move onto a new area to treat.

The Breath

The bridge between the body and consciousness is the breath. In all esoteric traditions, there is knowledge of the special meaning of the breath. Just as we breathe in oxygen for basic survival, we also inhale the universal life force which nourishes and cleanses our mind body and spirit.

Dr Usui taught a breathing technique called Joshin Kokyuu-Ho which means breathing to cleanse the spirit.

Joshin Kokyuu-Ho

Begin by sitting down comfortably and relaxing your body, keeping your spine as straight as possible.

Inhale slowly through your nose. Imagine that as well as breathing in air through your nose, you are also drawing Reiki energy through your crown chakra.

Become aware of how you experience Reiki being drawn through the crown chakra, while you continue to breathe calmly and serenely.

Over time with practice, the positive effect of this exercise and a strong feel of the energy flowing through you will become more apparent.

During this breathing exercise you will feel your entire body being invigorated and enriched with Reiki energy. Draw your breath deep down into your belly, down to the

energy centre just below the navel. In Japan, this centre is called Tanden, and the Chinese call it Tantien.

The Tanden (Tantien)

The Tanden is the centre of the body, the seat of a person's vitality.

Hold your breath and the energy you have drawn in with it in the Tanden for a few seconds.

Your aim is to supply the body with love and energy. Be gentle.

While holding your breath, imagine that the energy from the Tanden spreads throughout your entire body and energising and invigorating it.

Now exhale through your mouth. While doing this, imagine that the breath and the Reiki energy not only flow out of your mouth, but also from your fingertips and the tips of your toes and out of your hand and foot chakras.

This is how we become a clear channel of Reiki. The energy flows into us from the cosmos and back again to the cosmos. The energy cycle from the macrocosm to the microcosm, and vice versa, has been completed.

In Tai Chi and Qigong, the following is always recommended for similar breathing exercises: Keep the tongue on the roof of your mouth, touching your front teeth while inhaling and then let it come down and rest on the bottom of the mouth while exhaling.

Experiment with this technique while you treat yourself or others.



A painful time in our life is what I call a "healing crisis." We are letting go of something old and opening to something new. ~ Shakti Gawain

I hope you enjoyed this excerpt from the Manual!

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