



Level II

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Reiki – A Review

Reiki is not a religion. It is not affiliated with any religion. It beholds no doctrines, creeds or contradictions to the Universal Laws of Consciousness and Love. No matter where the person may be in their life, Reiki will bring them to a point of harmony and balance.

Once an individual is attuned to Reiki through initiations, they are permanently linked to the universal life force of energy. When coming from a place of unconditional love along with a strong intent, simply placing one's hands on oneself, or another person, allows the energy to flow through the individual. It fills the Reiki practitioner's body first and then flows out through the practitioner's hands into the individual who is receiving the healing.

Reiki energy is derived from Source and forms the building of blocks of the physical universe. Because it comes from Source (which is in balance) the energy seeks to balance all that is imbalanced. It has no judgment. It is extremely powerful healing energy. It is one of the few forms of healing that can be used to heal oneself. Reiki does not conflict with other healthcare but enhances its results. It does not interfere with traditional medical treatment but facilitates benefits. Reiki speeds the healing process and provides a source of restoring energy while one is ill, under medical treatment, or in recovery.

Reiki healing is a pure energy form. When it is combined with the sincere desire of the healee, who is willing to affect a cleaning within their emotional and spiritual consciousness, a total healing can occur.

We must always remember that the energy of the God-Force is neutral and awaits the positive, productive empowerment by the healer. The Reiki practitioner plays an instrumental part in transformation, and yet ultimately it is up to the healee to manifest harmony and balance in their life.

The Reiki practitioner is a channel and must not allow the "Ego" to desire the healee well. The Reiki practitioner must be a clear vessel through which the healing energy flows. This allows for the highest Soul purpose to be the outcome of the healing,

Reiki is a tool for the use at any moment, anytime, anywhere for on-the-spot stress release, pain relief and quick energy, in short, Reiki is a holistic self-help technique for directing natural like energy. No special environment or equipment is needed, and age makes no difference. By following steps taught by a trained Reiki Teacher, anyone can direct the "light energy" of Reiki to meet individual needs.



How Does Reiki Heal

We are alive because of energy or Ki is flowing through us, Ki flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. The free and balanced flow of Ki is the cause of health. It is Ki that animates the physical organs and tissues as it flows through them. Ki nourishes the organs and cells of the body, supporting them in their vital functions. When the flow of Ki is disrupted, it interferes with the healthy functioning of one or more of the organs and tissues of the physical body. Therefore, it is the disruption in the flow of Ki that is the main cause of illness.

Ki is responsible for thoughts and feelings. When we have positive optimistic thoughts, we increase our flow of Ki and this causes us to feel better. However, when we have negative thoughts, our Ki is disrupted and diminished, and we do not feel as good. When negative thoughts become lodged in the subconscious mind, they create a permanent disruption of Ki. This happens when we either consciously or unconsciously accept negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and disrupt the flow of Ki. Various organs and tissues of the body can be affected depending on the site of the blockage. This diminishes the vital function of those organs and cells or the physical body and unless the blockage is released, a person could eventually become ill.

When a person receives a Reiki treatment, the Rei or God-Conscious part of the energy assesses where the person has blocks and then directs the healing energy, usually to the block that is nearest the hands. However, sometimes it will go to the block that is most important even if it is far from the hands. The Reiki energy then works with the negative thoughts and feelings that are blocking one's natural flow of Ki and heals them as well. This can happen in several ways. By flowing through the affected parts of the energy field and charging them with positive energy, Reiki raises the vibratory level in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens, and heals the energy pathways, thus allowing healthy Ki to flow in a natural way. Sometimes the entire blocking energy is lifted to a higher field of energy where it is processed. Other times, it is melted away or burned up. When a block is released, sometimes a person will feel a cold sensation and when it is melted or burned, a hot sensation. Once Ki is flowing naturally, the physical organs and tissues are then able to complete their healing process.

The Three Degrees of Reiki

There are three Degrees, or levels, of the Reiki Ray. Each possesses a unique radiation of energy set forth for a specific purpose in healing.



First Degree:

This degree is a permanent attunement to the Reiki Ray. Once initiated, it allows a person to channel Reiki energy for healing oneself and others. It requires no special invocation or alteration of the thinking process to “turn on” the flow of Reiki. By simply placing hands on and opening the heart to love, one automatically brings in the nearby Reiki Ray.

The first degree is the foundation of all three degrees.

Second Degree:

The second degree requires further initiations for attunement to the keys utilized in this level.

The student is trained to use appropriate Second-Degree Keys (symbols) which provide an increase of power from the Reiki Ray for absent healing including past and present (past lives etc.), the healing of situations, and mental/emotional healing. Almost all the symbols that are used in Reiki are mainly Sanskrit symbols.

Third Degree:

This degree designation is the level of Reiki Level III, a teacher of Reiki. It is also known by some as “Master Teacher”. To us, the word “Master” denotes “one who has all their own personal imbalances healed”.

The student is trained to use two additional symbols and is attuned to the full Reiki Ray. For those guided, the path of the teacher begins to unfold.

Advanced Reiki Training

This is not a degree or level of Reiki, but the techniques learned in this training require one of the symbols used in Reiki III training and one of the attunements. Therefore, they are usually taught just before the Reiki III level. The advanced training consists of psychic surgery and the crystal grid.

More About Degrees and Attunements

While everything that has life has Ki, a Reiki attunement connects the receiver in an increased way to its limitless source. Upon receiving the first attunement in Reiki I, the receiver becomes a channel for that universal healing energy. From the time of the attunement and through the rest



of their life, all one needs to do to connect with healing Ki is to place their hands upon themselves or someone else and it will flow through them automatically. The attunement, by placing the person in direct contact with the source of Ki, also increases the life force energy of the person who receives it. One experiences an energy that first heals the healer, and then also heals others without being depleted. In a few short minutes of the attunement process, the receiver of Reiki energy is given a gift that forever changes their life in every positive way.

The process of attunement or initiation is what sets Reiki apart from every other form of laying on of hands or touch healing. The attunement is not a healing session—it creates the healer. In Reiki I the student receives the first four attunements. They receive two additional attunements in Reiki II and one attunement in Advance Reiki and one attunement in Reiki III. Each degree's attunements increase the positive power of one's ability to channel Ki. It is the attunements themselves that are Reiki, and without this process, which must be passed directly from teacher to student, the healing system is not Reiki but something else.

Attunements are given one-on-one in person or by distant healing and may be done with or without ceremony. Either way, receiving an attunement is a gift. Receivers experience as many different things as there are students. Some perceive colors; others see pictures. Some re-experience past lives. Some are filled with light or a feeling of total peace, wonder or love. Some students may perceive more than others do. The sensations are definite but very subtle and gentle. When asked to place one's hands upon someone else to bring the energy through, the new Reiki healer may experience for the first time the Reiki characteristic of energy radiation through their hands.

From this point on, the person who has received the attunement is a Reiki practitioner, with abilities opened in them that they did not know were there. The attunement does not give the receiver anything new. It opens and aligns what was already part of them. The process is much like plugging in a lamp in a house already wired for electricity. When the healer puts their hands down with the intent to heal, they have turned on the light.

Reiki Level I

In Reiki Level I, the attunement heals physical level dis-eases (illness and/or lack of ease or comfort in the body) in the person who receives it if they have already aligned and gained the wisdom from why they created the dis-ease in the first place. Their physical health often changes for the better in the months following in the initiation. Reiki Level I healing sessions are primary for self-healing. The Reiki Level I healer can also do healing for someone else who is physically present. Such healing is known as a direct healing – the healer must directly place their hands upon themselves or the other person.

It takes three or four weeks to adjust to the Reiki I attunement (or less for those on a spiritual path). During that time, the Reiki energy may turn on at odd non-healing moments. The person may feel spacey or tingly, have intense dreams including past-life dreams, or experience detoxification symptoms. These can include diarrhea, running nose, or increased urination. The person will still feel well despite these sensations. What is happening is that the energy is adjusting and increasing the new healer's capacity to channel it. More Ki energy is entering the aura and the body than one has experienced before, and the aura and chakras are clearing. If



the process becomes uncomfortable, doing a healing on oneself or another rebalances the energy and decreases the sensations. After receiving Reiki Level I, it is best to do as many healings as possible for at least the first month, including self-healing.

Reiki Level II

Reiki Level II attunement measurably increases the amount of healing energy, and the attunement focuses upon emotional and mental healing in the person who receives it. After the attunement, old emotions, un-healed, former situations, past lives, and negative mental patterns resurface to be fully healed at last. This can take as long as six months to complete. Although it is not always a comfortable process, it is positive and necessary. After this spiritual cleansing, the Reiki Level II practitioner is usually very aware of the presence of spirit guides or other spiritual beings guiding them in the healing process. Their intuitive and psychic abilities are usually measurably enhanced.

Healing with Reiki Level II adds considerable power to direct sessions. It also adds the methods and tools for doing healing with someone not physically present (distant healing). In Reiki Level II, three Reiki symbols are introduced and used for the first time. With Reiki Level II, the symbols are in the healer's aura and they emerge unconsciously through the hands when they heal.

Advance Reiki

Advance Reiki is not really a level per se. It offers one symbol and attunement from Level III. In this course you will learn some advance techniques to move deep into the roots of the dis-ease of your clients to assist them in their release.

Reiki III

Reiki III is the level assigned to the teacher's degree. Often referred to as a "Master" one is simply a teacher who has mastered a discipline. No ego or ownership is otherwise involved in the term. The attunement involves spiritual level energy and delivers spiritual healing to the person receiving it. This energy is pure joy! Oneness with all life and connection with Source. After the hard work that follows Reiki Level II attunement, Reiki Level III is a joyous gift. In doing healing sessions, the Reiki III practitioner experiences a further increase in their ability to channel healing energy, and their healing ability also reaches a higher level. Reiki Level III includes two more symbol keys and their method of passing attunements. This degree is recommended for the serious healer, and especially for those who wish to teach Reiki and make Reiki a major part of their lives.

The learning process begins with Reiki Level I. Once receiving the initial attunement; the person has only to place their hand/hands down to heal, either on a pain area or using the Reiki full-body hand positions. The Ki energy does the rest, without any direction, by flowing through the healer's hands. The healer may or may not know what needs healing, but the energy has intelligence far beyond human intelligence and will go where it is needed. It is not drawn from the healer or from the aura, but from Source. The healer places their hands on the series of positions that constitute a session. Reiki does the rest. The energy also heals on all the body's levels – physical, emotional, mental and spiritual. Reiki energy heals the whole person.



Second Degree (Level II)

Second Degree Reiki consists of information on three symbols and how to use them and to contact with spirit guides. As mentioned in the workbook for Reiki Level I, the section titled "About Reiki," the Reiki Level II attunement measurably increases the amount of healing energy. The attunement focuses upon emotional and mental healing in the person who receives it. After the attunement, old emotions, unhealed former situations, past lives, and negative mental patterns resurface to be fully healed at last. This can take as long as six months to complete. Though not always comfortable, the process is positive and necessary. After this spiritual cleansing, the Reiki Level II practitioner is usually very aware of the presence of spirit guides, angels or other spiritual beings guiding them in the healing process. Their intuitive and psychic abilities are usually measurably enhanced.

Healing with Reiki Level II adds considerable power to direct sessions. It also adds the methods and tools for doing healing with someone not physically present – distant/absentee healing. In Reiki Level II, three of the Reiki symbols are introduced and used for the first time. For Reiki Level II, the symbols are in the healer's aura through the attunement process and they emerge unconsciously through the hands during a healing. Reiki Level II begins directing their energies.

The symbols are the essence and formula of Reiki. They are the keys to using and passing on this healing system.

The symbols in Reiki are mainly Sanskrit symbols. There are five symbols (three in Level II and two in Level III). In Tibetan Buddhism, the five Reiki symbols are symbolic of the five levels of mind, the five levels of wisdom that culminate in enlightenment. Together they are the non-duality of mind and object and the emptiness from ego that achieves the highest level of the end of the path of enlightenment. Once achieved, this releases the Being from the wheel of incarnation.

After working with Reiki Level II, spirit guidance becomes more conscious. Until the guidance becomes conscious, it may appear to the healer as heightened intuition. Ask spirit angels for guidance and it will be there. It may come as intuition, inner knowing, a sensation in your hands or body, or you may feel the presence of spirit hands on top of your hands. Trust in what you are receiving and this will allow an even greater flow, communication, and guidance. As a result of this, in addition to your own spiritual and emotional cleansing, more complex situations arise with Reiki Level II than with Reiki Level I, but you will be ready for this. You never get more than what you can handle! As these complex situations arise, it will be a mirror to you of your own spiritual unfoldment and the beautiful being and healer that you are. These complex situations are a gift entrusted to you on the path to enlightenment. Always remember to come from a place of unconditional love in your being for the client and a trust and belief in yourself and



Source/God. With this focus and the intent to heal, there are no limitations, except what you place upon yourself. Source is not limited, so "ask, and you shall receive".

Note:

When working with the symbols in Reiki Level II, do not concern yourself with the accuracy or perfection of drawing the symbols. Spirit guides will fix what may be incorrect. The intention is the important thing! If the intent is to bring healing and if a symbol is incorrect, the symbol will be fixed.

Extra Tidbits

- I. A second-degree practitioner can team treat with a first-degree practitioner. You always have first degree power. You must "bring in" second degree power.
- II. Always make the symbol once with the palm of the hand and say the related words mentally three times.
- III. Always make the symbols with the initiated hand(s). We initiate both hands as do most instructors.
- IV. When you use the Reiki Level II symbols, be sure to put one hand on the person (or object) and bring in the Reiki Level II energy by drawing the symbol with the other hand.
- V. The symbols in Reiki can be used in conjunction with each other and it is desired to do so in many situations.



The Symbols

Symbol #1:

Symbol #1 (Cho-Ku-Rei) is the one used to bring in 100% second degree power. This symbol means "current." The symbol and its related words make a statement to the universe: "Put the power here."

In Reiki Level II by visualizing this symbol, your ability to access Reiki energy is increased many times and even more so in Reiki Level III. You will probably use it with every healing. The spiral shape of this symbol represents Source energy and is powerful.

For an accident situation or spot treatment, make this symbol over the affected area. Say the related words three times in your mind and place your hands over the affected area.





Symbol #2

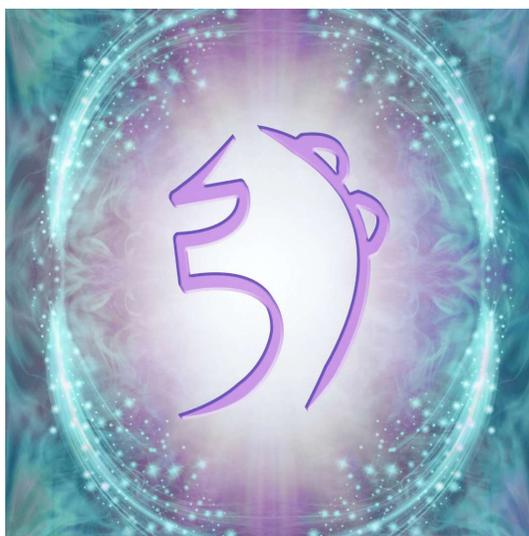
Symbol #2 (Sel-He-Ki) is used for mental/emotional healing. This symbol means "God and Man coming together." The symbol and its related words unlock the mental and emotional bodies and the subconscious of the client. This symbol brings divinity into human energy patterns and aligns the upper chakras.

When working with this symbol, the healee may have deep rooted emotions surface during or after the session. When these emotions surface, they will always mirror to the healee in some way--though at times very difficult to understand--what the root of the situation is that has caused sickness/dis-ease/disharmony in the body. To heal the sickness/dis-ease/disharmony, these roots must be discovered and healed by gaining the wisdom—or learning the lesson--that this sickness/disease/disharmony was created for.

Fear, grief, anger, frustration, and loneliness are all forms of emotions that surface, allowing the healee to believe at some level of their being that they are victims. Believing that you are a victim is an example of a lesson to be learned (wisdom to be gained). Embracing the truth about self--that we are divine aspects of Source--allows us to take responsibility of our own creations and thus not feel like a victim. This is a gaining of wisdom (learning the lesson) that allows for healing to take place.

A healee who has already learned the lessons attached to sickness/disease/disharmony can be healed very quickly with Reiki.

Symbol #2 can also be used for protection and purification, to guard a room against negative energy, to release spirit attachments and to clear negative energy.





Symbol #3

Symbol #3 (Hon-Sha-Ze-Sho-Nen) is used for absent healing and also for healing past and past life situations and the future. The symbol means "The Christ in me greets the Christ in you (or the God/Buddha in me greets the God/Buddha in you) to promote enlightenment and peace". It also means "no past, no present, no future". This symbol is also an entrance into the Akashic Records, the life records of each soul. It appears in the shape of a tall pyramid and resembles the human body. It is a tantric Buddhist representation of the chakras.

This symbol is the energy that transmits Reiki healing across space, distance and time. It is always used in distant or absentee healing. It can also be used for hands on healing when a sickness/dis-ease was created as a result of a lesson to be learned that we brought forth from a past life. It can also be used to heal a situation from the present life that happened in the past. The most intensive use of this symbol is in direct healing sessions.

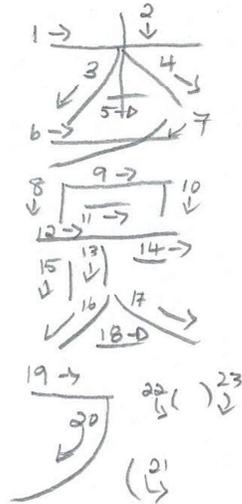
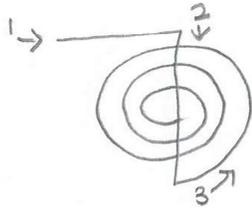
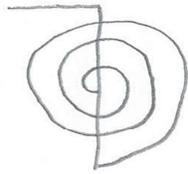
When using this symbol to heal past life situations, there is no attempt to deny the reality of that situation but to change the mental damage that remains today.

We can also use this symbol for the future to create a desired outcome of a situation.





Reiki Symbols





Giving a Complete Reiki Treatment

Before a client arrives, you may want to do the following:

- Meditate to prepare yourself to give a treatment.
- Clear and lighten up energy in the room by putting on some relaxing music and burning a candle.
- Clear yourself, protect yourself by igniting your inner light and set an intention

When the client arrives, you may do the following:

- Spend a few minutes talking with your client to gain rapport. Explain the Reiki process and hand positions and answer any question the client may have. You may want the client to read and fill out the Client Information Form.
- Engage the client in setting an intention for the session. This should include the making a commitment to fully participate in their healing by a readiness to let go of patterns that do not support them.
- To clear your energy and ground you wash your hands before and after the treatment. Make sure the client and you are both comfortable during the treatment. If you must sit in an uncomfortable position, it will slow the flow of Reiki. Especially make sure your arms and hands are relaxed. A Reiki table with chair will make giving a treatment more comfortable.
- Begin by gently moving into the client's energy field.
- Scan the aura for feedback of the energetic imbalances.
- Confirm your findings to yourself by asking the client what their symptoms are.
- Proceed with treatment using the following hand positions as a guide.
- During a treatment, the client might experience such things as movement in their body (twitching), temperature fluctuation, pulsations, third eye activity (seeing colors or visions), emotions and insights. If this occurs keep your hands in the same position until the process is completed.
- Some clients like to talk during the session. Acknowledge it but do not encourage it because it might be used as an escape so they will not have to take the responsibility for their own healing.
- At the end of the treatment let the client know by telling them to rest and you will be back in a few minutes. Leave the room (wash your hands) and return shortly. It is also very nice to return with a glass of water to help the client ground. Ask them how they are doing and what their experience was like. This is a time to share with your client your impressions about the treatment.



- When booking appointments allow extra time between clients to allow the client to complete their process without feeling rushed.
- When rescheduling another healing session you might do two things, firstly, ask the client to call when they feel they would like another treatment (to not create dependency), secondly, make another appointment at a time interval that seems appropriate for them to process in between treatments.



Instructions for Reiki Level II Healing Session

(In Person)

Client Lies on Back

Place one hand on the person. With the other hand, make Symbol #1 (Cho-Ku-Rei) over the front of the body from the shoulders to the feet. Say the related words 3 times mentally. Then proceed to give the regular treatment.

Note:

If you should be called away from the client during the treatment, make the symbol and say the words again when you return before you resume the treatment.

When you begin with the head, however, you must choose which head method to use (depending on whether mental, emotional healing is needed).

Physical Body Treatment:

Make Symbol #1 over the crown of the head with the palm of the hand and say the words in your mind 3 times. Proceed with regular head treatment.

Mental & Emotional Body Treatment:

- I. Invoke Symbol #1 (Cho- Ku-Rei) and its words.
- II. Place one hand under the head at the base of the skull, invoke Symbol #2 (Sei-He-Ki) over the crown of the head and call the related words.
- III. Invoke Symbol #1 (Cho-Ku-Rei) again and its words.
- IV. Place your other hand across the crown of the person's head so that the two hands make a cross or 'T.' The moment that you place your hand over their crown you are in direct contact with their subconscious mind. Because of this, it is especially important to be totally centered and to come from a space of unconditional love. This is a serious responsibility. Whatever you think goes directly into their subconscious mind. If you find your mind beginning to wander, immediately remove your hand from the crown to break contact. You can replace it to continue treatment, if necessary. Do not misuse this power. Remember: What you send out returns to you tenfold. Be sure that the thoughts you send them are for their highest good; not necessarily what you desire, but for their greatest good.



- V. When your hands are in position, call the client's full name in your mind 3 times and say mentally, "It is my intention to help you in a way that is in your highest and greatest good and I am asking your permission to do so." If they do not give permission, stop the inquiry and proceed with regular head treatment. If they do give permission, then mentally ask them to reveal whatever you need to know to help them. You will know!

After treating the head, continue with the regular treatment for the front of body.

Client Lies on Stomach

Place one hand on the person. With the other hand, make Symbol #1 over the client's back, from the shoulders to the feet. Call the words mentally 3 times and then give the regular back treatment.

(Absentee Healing)

When using absentee healing, it is good to have some general information about the person - name, sex, age, location, etc. A photo would be good to have. However, none of these things are necessary as the healing energy can be directed to them with even little or no information.

It is important that the person must either ask for healing treatment or you may ask them at a soul level for permission. If a person refuses treatment, do not proceed. You may try again later. You must have permission either from the person or from the soul of that person. You will know. Use your intuition/intuitive knowing. (If you are still not sure at this point, proceed with the healing and ask the spirit guides to send the healing to the earth in the event permission is not granted).

Note:

Shamanic teachings and the Code of Ethics say that in NO way should you ever do an Absentee Healing without the verbal permission of the client. The difference between Healing and Sorcery is permission is given in a healing; whereas, the latter is without permission. This piece of knowledge is for you to sit with. See what feels in alignment and identify your truth.

Once you have permission, proceed with the Absentee Healing Treatment.

In this method you can use the following tools:

- Visualization
- A doll
- A stuffed animal



- Use your treatment table--imagine the client is laying on it

Method of Treatment

- I. Get permission.
- II. Visualize the person lying on their back on a table in front of you. You are seated at their head or use your doll and/or stuffed animal as a substitute.
- III. Using your power hand, draw Symbol #1 (Cho-Ku-Rei) in the air over the crown of the person's head and mentally repeat the symbol 3 times.
 - i. Draw Symbol #3 (Hon-Sha-Ze-Sho-Nen) on top of the first symbol and mentally repeat its name 3 times.
 - ii. Finally, draw Symbol #1 (Cho-Ku-Rei) again on top of the previous two symbols and mentally repeat its name 3 times.
- IV. Still visualizing the person on a table, begin the treatment by holding your hands around each of the body zones (see diagram at end of book) for 5 - 6 minutes each or until your hands indicate it is time to move.

Note:

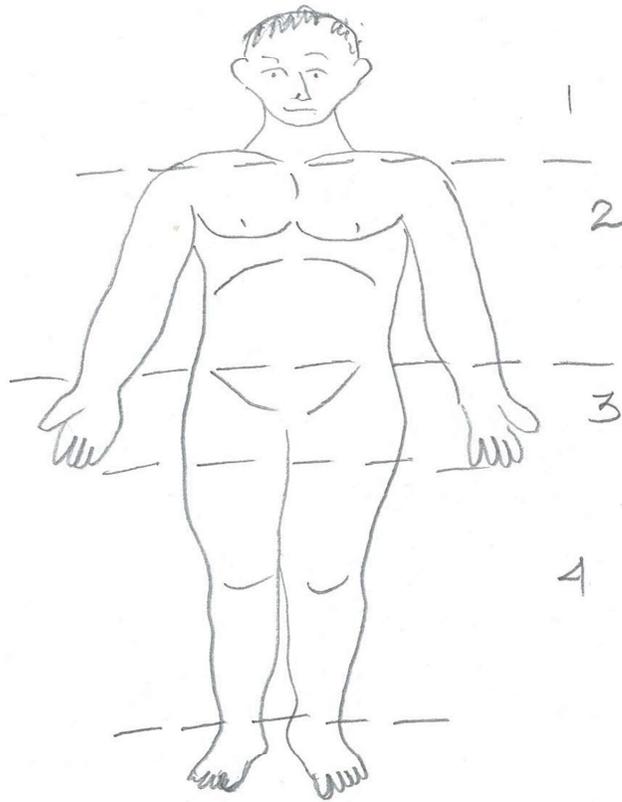
You may wish to visualize yourself sitting beside the person's body after you finish the head zone, if this would be a more comfortable position for you.
- V. To keep track of the person's progress you may wish to take notes about each area. However, this is not mandatory. Your hands will 'turn off' when you take time to write notes. To re-engage hands simply visualize them again on the person's body.
- VI. After all body zones have been treated, visualize the person floating between your hands in a ball of purple light. Slowly close your hands. If resistance is met, do one of the following:
 - i. Do entire treatment over.
 - ii. Ask where the imbalance is and treat that area only.
 - iii. Ask permission to continue at a designated time in the future. It is particularly important to keep the appointment when making a commitment to another soul.



- VII. With hands completely closed, bow in reverence and respect (or give thanks) for this sacred moment. You are finished.
- VIII. As with all forms of Reiki, a minimum of 3 treatments is recommended. (Ask for guidance on this from your spirit helpers).



Body Zones Used in Absentee Sessions





Testimonials

Reiki Heals Chemical Burns by Mike Willett

This story is for all Doubting Thomas' of the divinity of Reiki. In December 1997 I was working with a liquid in my lab at a chemical company that reached 550 degrees F. and it blew up in my face. I stepped under the safety shower. The liquid covered my face, neck, chest, and left arm. I ran to the mirror to see skin sliding down my face and my lips were white and cracking. I was rushed to the hospital where they applied only cold compresses and later antibiotics. The doctor reported second, and third degree burns on my face and neck. I went home and looked in the mirror and asked God not to leave me looking like this.

I had received Reiki I & II in 1989. I started to apply Reiki on my face and used it several times during the day for the entire week prior to my return visit to the hospital. I returned with no noticeable scars or discoloration to my face. I did not even have the typical pinkness of the new skin that accompanies a burn.

In April of 1998 I became a Reiki Master. I thank God for intervening and all my Reiki guides that have helped me to realize that intent and prayer can carry you beyond physical boundaries.

Healing Relationships with Reiki by Laura Ellen Gifford

As we progress on our journey through life, many opportunities are presented to develop relationships with other people. When we are small children, we form our relationship with ourselves, our parents, siblings, and other family members. When we, go to school we add our friends, peers, and teachers to our lives. As young adults, romantic relationships often become the focus. If we choose to marry, or otherwise commit ourselves to another person, the romantic relationship brings us almost back to the beginning, as we now have new family members and friends to relate with.

Reiki is an amazingly effective tool to assist in creating and nurturing successful relationships in your life. The first step is to recognize that each relationship is a living creation. It is a special blend of energies between people. Once you recognize the relationship as a life form, it becomes much easier to detach your thoughts and emotions and be able to serve as a channel of healing energy which is directed to the relationship.

When there is an imbalance in a relationship, it is very often rooted in power issues, and/or fear. The first step in healing a relationship with Reiki is to identify the areas of weakness or imbalance. You need to focus on the action of identifying these areas. It is often helpful to select an object that can physically represent the relationship. Items like pictures, crystals, or gifts the parties have given to each other can serve very effectively in this role.



The purpose of selecting an object is to focus the healing energy more clearly when you are working on the relationship, and to give you a point of reference to visualize when conflicts arise. For example, you may wish to select a quartz cluster to represent your family relationship with your parents, or a tantric twin crystal for a life partner. By selecting the object to use in your meditations and healing work, you can bring the energy of it to you through visualization by simply thinking of the object.

Often there are weaknesses in relationships that produce symptoms which are very much on the surface, and only glimpses of the real issues. As the Course in Miracles teaches us; "I am never angry for the reason I think I am." We attract relationships into our lives to assist with our growth. A common way this happens is for a person who faces lessons of power and control to select a relationship with either a very controlling, or a very docile person. Learning to bring this energy into balance is vital for the relationship to survive, or to transform peacefully.

To determine the issues, you need to work on to heal your relationship, select the object which represents the relationship. Find a special place to keep it, an altar, a table, or shelf, where you can keep other items away from it, so the energy field is not disrupted. If you want to carry your object with you keep it in a special carrying case, or perhaps a scarf. Find a quiet time and place where you will not be interrupted by the telephone, or other people. Sit or stand before the object in a comfortable position and create a prayer of intent. Something like:

"Creator, Infinite Spirit, Mother Father God, I request the presence of the Angels and Archangels of Healing, my Reiki guides and forces, and the purest and most holy spiritual guides. I ask that these energies gather with me at this time for the purpose of healing the relationship of (name all parties involved). I ask that I be guided to determine the imbalances in the relationship, and that the lessons needed be made clear so all concerned may grow with Divine Love. Thank you for this guidance, Amen."

Then draw all the Reiki symbols you are attuned to over the object and invoke the sacred name of each symbol three times as you draw them. (If you are a Reiki Level I practitioner you can do this without the symbols.) Then draw the symbols on your palms, crown, third eye, throat, and heart chakras. When this process is complete ask the Reiki energy to flow fully and completely through you for the purpose of clarity and healing this relationship. Let the energy flow as long as you can feel it.

The first time you empower the object it is good to try to allow at least 30 minutes for this work. Subsequent work can be accomplished sometimes in 5 minutes, but try to allow at least 15 minutes.

When you feel the process is complete seal it in Divine Love and Healing. It is important to then acknowledge the healing that has taken place by giving thanks to all the guides and forces which assisted you and send Reiki back to them. This is to balance the energies between you and your guides, and to create a complete acknowledgement within your entire spiritual, mental, emotional, and physical being that your prayer has been answered and the healing has taken place. This signals to your mental and emotional being to be aware, on the conscious level, when issues present themselves in the relationship, that they are being offered as opportunities



to heal. As each issue comes up ask why it is presented to you, what is the source of your discomfort with it, and how can you perceive it in a positive, light?

You will be presented with the answers in many forms, so be open and aware. God speaks to us in infinite ways.

Often problems in relationships are simply related to the perspective in which we see things. We each live in our own Perspective Reality, based on our experiences. When we can step into another's Perspective Reality and see the situation through their eyes, based on knowledge of their experiences, it is much easier to understand one another. When we understand something, we no longer fear it, and our relationship is healed. Remember, Reiki always produces results on some level, and no prayer goes unanswered. Wishing you much peace and joy in all your relationships.

In the Light of the Creator ... We See Only Love



Additional Supportive Information ***(This is not part of the Dr. Usui teachings)***

Soul Groups

A 'Soul Group' is a collection of similar frequencies of the same vibration that form a collective consciousness. All parts are thus one and the one knows all its parts. The number of parts in a soul group varies from a few hundred to millions depending on the size and required expression that the group is seeking. There are countless soul groups that are evolving at their own speed or direction, depending on their requirements or desires. When the group has achieved its desired quality, it then unites with other equally balanced groups to form larger more powerful groups, which brings another higher creative exploration available to the "body."

Backtracking to the group, these parts also have fragments or slivers of expression that seek expression and experience in the physical and non-physical lives. Parts of the group that need healing or balancing are chosen to incarnate. That is who you are! Connecting to Source is a connecting to the 'larger group' of yourself. That is not say that, "ALL THAT IS" does not come into play. It is to say that in this third dimensional place, if you connect to your group, it will be the most outstanding experience you could ever have! So much so that, people confuse the experience as 'touching God.'

To briefly describe the connection with the physical body energetics to the group, I must start with the third dimensional body again. You, as physical form, have layers of different energetic bodies and collective energies to create through focused consciousness a physical creation called the human form in the Third Dimension. Your composition is not restricted to only this third physical dimension, but energetically transcends at the present into five dimensions, and so on. The fact is that you are a spirit having a human experience; not a human having a spiritual experience. Or another way to express this. This is to conclude that your consciousness is not in your body: your body is in your consciousness. Your consciousness basically is focusing during the day (or wake period) on your physical form. When you sleep or 'out of body project,' you are expanding your awareness consciously to a larger state. In theory you are not really leaving your body--you are still in it--but awareness has expanded to connect with other realities. So, the most expanded state possible would be to bring your awareness in conscious contact with your source or highest self. This highest self is on spiritual levels and is referred to as a 'Soul Group.'



The Nine Bodies

First Body - Physical Body

It is the densest of all the nine bodies in the third-dimensional frequency of the Earth plane. It is the body temple and is the vehicle that transports the soul and all eight higher bodies. It is created out of the thoughts, feelings, words, and actions of the individual who governs it. This body must learn discernment before it can connect to the higher electron frequencies in the auric field.

Second Body - Emotional Body

This body includes an intricate system of energy fields that produces vibrational frequencies that affect both the mental and physical bodies. It is the source of power that moves the electron force when one is in alignment with the Higher Self. This body must learn discipline and independence and detach from all that is not a part of the perfected plan before it can unite with the higher frequencies that surround it.

Third Body - Mental Body

This body receives the thought processes of the Universal Mind and processes the information through a filtering system which is in the pineal gland of the brain. The mental body and mind are not the same. The mental body is the resonance field within the auric shield that collects the data and transfers them for use to other systems within the other eight bodies. Mind energy is the God Force that surrounds the mental body. The highest form of communication that can be transmitted to the mental body comes in the form of symbols. The mental body must integrate the highest symbols into its essence before it can unite with the higher frequencies surrounding it: Truth and service to others.

Fourth Body - Causal Body

This electromagnetic field comprises a source of power that wraps itself around the lower three bodies for the purpose of shielding the lower bodies from harmful forces that exist on the astral plane. It is the veil, so to speak, and yet serves as a filter for higher thought-forms that come through to enlighten the individual on the spiritual path. The causal body is the connecting link to the oversoul. It contains the power to merge the vibrational frequencies of the lower three bodies into a higher vibration, thus producing the foundation for the successful merging of the Twin Flame within that must be united before ascension can be realized. An understanding and commitment to one's greater mission in life must be absorbed into this body before the individual can advance on the spiritual path.



Fifth Body - Higher Mental Body

This body guides the symbolism and force of the Higher Self to and through the lower bodies and states of consciousness. It is the part of the mental body that is connected to the heart of the Christos and that which directs life to evolve to higher states of existence. The higher mental body receives its messages from the Higher Self through a series of impulses sent down from the Seventh Dimension. One's ability to receive clear messages through the higher mental body is determined by the degree to which the causal body has absorbed the lower, discordant frequencies of the three bodies that exist below it. When all is in alignment, messages flow clearly and the individual proceeds to fulfill God's will before the will of the ego. Obedience and courage to a higher purpose in life are the keys to master, within this body, before one can advance further.

Sixth Body - Directional Force Body

This body directs or guides one's mission on Earth. The directional force body receives the flow of electrons from the Higher Self and deflects or transforms these signals in such a way that the lower bodies can interpret them. This body is connected to the higher thought forms of the universe and is more closely aligned with the individuals who reside on higher levels of spiritual mastery. This is also the body through which the Ascended Masters communicate from the etheric through the seventh level of the God Plane. Silence and devotion must be learned before this body aligns with the lower five, as detailed above.

Seventh Body - The Higher Self

This is the body that works to ensure that all alignments of the lower bodies are complete, even through the physical plane. The Higher Self contains the individual's Light Body and constitutes the Oneness connection to the All. Some believe this body is synonymous with the level upon which the Ascended Masters reside, but many fall short in this understanding. The Higher Self is likened to the vehicle that can be used to transport the soul through the gateway to the dimension where the Ascended Masters reside. It is the perfected body of the Christos, which awaits to take the individual home to the Father's mansion of many rooms. Before one can integrate the Higher Self into the lower six bodies, service to humanity must be complete and one's legacy must be left on Earth. In other words, one must be complete with his or her mission.

Eighth Body - Energy Vortex Body

The body wraps itself around the lower seven bodies and keeps the individual connected to the planes of consciousness that provide higher guidance. It is a level of beingness that is beyond direct communication to the lower seven bodies. It is the body that is aligned with the guardian angels, angels who so lovingly guide individuals on their paths. The energy vortex body constitutes the passageway for ascension, as it is the link between the Higher Self and the



Great Central Sun. For this body to merge with the lower seven bodies, Light must permeate one's consciousness to such a degree that the Third Eye always remains fully illuminated.

Ninth Body - Electron Body

This body vibrates to the same degree as the etheric. This body has the power to totally transform the lower eight bodies into Light and perform the ascension process. The electron body provides the ultimate experience for the soul, which has toiled for so many lifetimes to reach Shamballa, the home of the Ascended Masters. This body holds the prayers of the faithful and is the reason why you have come to Earth. It is the ultimate. It is the All.

Dimensional Healing

Dis-ease (not at ease)

When you suppress and ignore your issues, your body receives and retains the unconscious metaphors of which is ignored. This may be expressed through physical symptoms that bring your unconscious issues to conscious awareness. The body has a specific kind of consciousness through which messages are clearly delivered. In fact, your body itself is a living metaphor that mirrors your mind, emotions and spirit. However, the body also remembers all it has experienced and, consequently, holds the consciousness of the past within it, including past wounds and traumas. It is not only the physical body (the 1st Body) but also the other eight etheric bodies that are involved. These other bodies are:

2 nd Body - Emotional	6 th Body - Directional Force
3 rd Body - Mental	7 th Body - Light
4 th Body - Casual	8 th Body - Vortex
5 th Body - Higher Mental	9 th Body - Electron

It is the etheric bodies. with mis-qualified energy or blockages, that are the source of physical symptoms. To understand a brief description on the effects mis qualified energy has on the particular body, let's look at the emotional body.

Emotional healing is a fundamental part of our spiritual growth. When parts of the emotional body are fragmented by traumatic emotional experiences earlier in this life as well as past lives, the growth is to reconnect these fragments. Each fragment part is connected with an emotional pattern--like anger, resentment, agitation or fear that relates to the fragment experience. Energetically, the fragments create blockages--psychologically blocking our conscious awareness--because the fragmented parts exist in the unconscious part of our mind in most people. The unconscious mind represents as much as 90-95% of their awareness, so they truly have little real understanding of themselves and their motivations. Some on the spiritual path want to bring in more light without focusing on emotional healing. This is not possible and prevents many people from moving forward on their spiritual journeys.



To align a person to their soul energy for a healing you can take two directions: Firstly, by either approaching it from a physical direction with Reiki and physical healing energies; Secondly, by your "soul source" downward. After all there is only balance at the soul level, so it makes much more sense to tap off from that energy source to the person to be healed. All conscientious healers know that the cause of the disease is almost impossible to fully understand or single out. For example, it could come from 'karmic energy' from some other lifetime or another person's energy that they have adopted due to guilt or attachment. Only spirit really knows what is needed. Never listen to me or any other healer who claims that they know what the answer is. That is the reason why Dimensional Healing is so valuable: It comes from the person's personal source and not from outside energy sources. As time accelerates, it is important for a person to connect all nine levels of their bodies so that complete healing and balancing is created. If mankind is to step into the next level of evolution, there is no option other than balance on all levels.

To explain Dimensional Healing, I have to start by comparing it to other healing modalities. I cannot overemphasize that all healing modalities--Reiki, Sakara, Amideus, etc.--are valuable, needed healing tools at this point in mankind's evolution. These original healing modalities, with exceptions of Angelic Light, are universal three-dimensional healing rays that have been accessible for thousands of years. Dimensional Healing works this way: The practitioner facilitates or channels in a direct connection to a person's essence soul group (their highest aspect of the soul). As you understand by now, symptoms are the result or product of aspects of a person's energy fields or bodies that are out of balance with its soul group.

Dimensional Healing supplies only the healing energy from your very source which is a pure and a very personal connection to you and to only yourself. The healee can feel immediate results or, depending on the degree of the blockages that have been set up through a person's lifetime, it may take hours, days, weeks or longer. But it will happen! From a moment in time, a direct connection was made for that person to their source. Even if they are not consciously aware of the connection or experience that has happened to them, they will have a signature of source energy that can be referred to and associated with all levels. Now and in the future.

Reiki energy is a physical ray; not a personal healing ray, although it consists of the "building blocks" of energy that makes the physical body and universe. Your essence core or soul group does not belong per se to the physical universe. But it does belong to a larger ALL THAT IS universe, the healing ray. Dimensional Healing is specific to the individual's signature ray of energy. It is very personal. Reiki can take blockages and mis-qualified energy but if the person is not ready for healing, what may happen is that mis-qualified energy is taken out thus creating a void or emptiness that the person may unconsciously fill with the same type of mis-qualified energy or something similar. What happens with Dimensional Healing is it does not matter if the healee is ready to accept healing or not. The signature from their source is implanted like a seed. The seed will take root whenever that person gets to a level of acceptance where they are willing to accept change and are able to use this gift.

The practitioner uses similar techniques as Reiki Level I. There can be a direct hand contact on the body or in the auric field or a combination thereof. Angelic beings or guides are



channeled into the room to do the healing. These angelic beings are part of a person's soul group and a direct conscious link will be made to the healee.

A session can take half an hour to one and a half hours and will include an introduction to what they may experience, but not necessarily what they *will* experience. During the healing they will be guided to open and accept these healing energies (Dimensional Healing) so that the healing can be fully integrated. These healings are very personal. Everyone is unique. Everyone will have their own experiences. One might experience the healer's energetic hands inside their body (as light beings present, colors, sounds, body vibration, etc.) At least **three** sessions are recommended but time should be allowed in between sessions for integration and assimilation.

Not only is Dimensional Healing for physical healing, ~~but~~ **It** is also for people who want to spiritually evolve and connect with their source. It is an excellent tool to be used in the ascension process because you connect very directly to your personal source (soul group). There are people who are approaching a dimensional shift. This type of healing is valuable to them because it is an all-encompassing spiritual connection that can be applied to the process.

Dimensional Healing is a new modality that was brought into this world now because this is a period in the world's history where it is crucial that people connect to their source. All healing modalities are valuable tools that will resonate with individuals who need that specific type of energy. The diversity of physical and spiritual expression is too large to say that only one or two healing types are the answer. Therefore, it can be said that Dimensional Healing is another "flavor" that can be offered to people so that the "gaps" between the different modalities can be filled.



Teach Yourself How to Use a Pendulum

What Is a Pendulum?



A pendulum is a weight that can freely swing from a pivot point. The one shown directly above is an example of a pendulum in its most basic form - a simple rock tied to a piece of chain or string. Whether it's a rock on a string or a handcrafted work of art, a pendulum is a versatile, typically portable device that utilizes gravity and momentum to respond to energy in a way that is meaningful to the pendulum user.

Pendulum Anatomy

A basic pendulum is made up of two essential parts--a weight-stone and a string--or in the example above, a weight-stone and a chain. There is an optional third part as well: A fob, also known as the "holding piece". The fob is not essential to the operation of the pendulum, but having one improves the pendulum's handling a great deal.

A Very Brief History of the Pendulum

Pendulums have an amazing range of uses and have been employed by many different cultures for thousands of years. The oldest known record of pendulum use is eight thousand years old, recorded in ancient cave drawings in Algeria. Chinese emperors used pendulums to predict the future. Moses used one to discover water hidden in a rock. Pendulums have fallen in and out of favor over the years, and at times were outlawed and feared. There are a lot of misconceptions about pendulums even today – fears that make some people leery of their strange “power;” others, entranced by it. There is nothing to fear here! It is human energy, working in concert with the natural world around you that makes the pendulum swing in a meaningful way.

Where Does a Pendulum Get Its Answers and How Does It Work?

Ideally, you want your pendulum to get its answers from your "higher self"--a.k.a. your intuition. Each time you use your pendulum, you need to cite the source of the pendulum's answers to



ensure that you're getting information that comes from your intuition. (This is covered in the how-to guide below.)

To explain how it works, let's use an old-fashioned radio as an analogy: Your body is the radio antenna, your intuition is the radio receiver--and signal descrambler. The pendulum is the radio speaker. Your body, the antenna--with its many senses--is constantly picking up data (seen and unseen) from the world around you. This information is unconsciously conveyed to, stored in, and processed by your intuition. When you "ask your pendulum" a question, your intuition looks at the vast array of data it has at its disposal and transmits the answer to the question by way of a signal, using your body's nervous system. The signal runs down your arm, through your wrist and out through the pendulum. The pendulum--your radio's "speaker"--announces the answer to your question using a signal which you "listen to" with your eyes by observing the direction and intensity of the pendulum's swing. Continuing with the analogy, we consider a weak pendulum swing to be a "quiet" response and a big swing, a "loud" one. In fact, when you're using your pendulum, you can tell it to "answer louder" if it's not swinging big enough to discern the signal.

How To Use a Pendulum: A Step-By-Step Guide

Learning to use your pendulum is easy and it will not take long before you master the skill. Practice does help though. So, in the beginning, start with easy questions to get the hang of it.

1. *Make your mind ready.* Free yourself of internal and external noise. Relax and focus. Clear your mind of worries. Quiet, non-lyrical music (music without words) can help, along with other meditational aids like candles, incense, and crystals. But these things are not required. In fact, you can use your pendulum anywhere at any time!
2. *Position yourself and your pendulum.* Ideally, you should sit up straight and if possible, put both feet flat on the floor. Grasp the top bead or fob between your thumb and forefinger. If you prefer, you can grasp anywhere along the chain, as long as you leave at least 2 to 3 inches between your fingers and the pendulum's weight stone. Arch your wrist slightly, steady your forearm--but not your hand--on something solid, like the edge of a table or arm of a chair. Let the pendulum just dangle. Try to hold it very still. Do not worry if your hand shakes a little. It won't affect the outcome.



3. *Program your pendulum's signals.* You only need to do this step once unless you decide to make changes afterward. Before asking any questions, you must establish signals for each of these answers:

- Yes
- No
- Maybe (interpreted as "I don't know" or "I don't want to say")

Here are some common, easy-to-read signals that you may choose to use:

- front to back (like a head nod common for "yes")
- side to side (like a head shake - common for "no")
- clockwise circle
- counterclockwise circle

Some people like to ask the pendulum to choose the signals. I believe you will be more successful if you **specify those signals yourself**. If you use more than one pendulum, you'll want to use the same signal set for each pendulum.

To begin, decide what your three signals are and then demonstrate them one by one: (1) Tell your pendulum what you want it to use for "yes" as you demonstrate what the signal looks like (and feels like). (2) Do this for "no" while demonstrating it. (3) Finally, repeat the process for "maybe".

Here's an example of how to program the "yes" signal: Holding the pendulum in position say, "When I ask a question and the answer is "yes", move like this, in a clockwise circle" (if that is the signal that you chose for yes). Say this as you swing the pendulum in a clockwise circle.

4. *Verify the signals.* To test out the trustworthiness of your programmed signals, ask a couple of test questions, such as "Is my name Billy?" or "Is today Tuesday?" Basically, you want to verify that 'yes' is yes and 'no' is no. If the signals are not coming out clearly, return to Step 3 and reprogram the pendulum.
5. *Program your pendulum's source.* Include this step every time you use your pendulum. Establish where the answers will come from. If you skip this step, your pendulum will only access your subconscious mind. You really want it to tap into your intuitive or higher self. At the beginning of each session say, "**I call upon the higher self to answer these questions. I seek only absolutely truthful answers, which are aligned with the highest and greatest good for all concerned.**" It is up to you whether you say this out loud or in your head. Do what you are comfortable with and, of course, feel free to tailor this language as you see fit.



6. *Ask your question.* Ask questions that can be answered by a 'yes' or 'no' response. Be as specific as you can in your phrasing. Avoid asking for opinions or using the words "should" or "supposed to" in your questions.
7. *Wait for the answer.* Be patient. Concentrate on your question (closing your eyes may help). Do not concentrate on what you think the answer should be or will be. **Remain detached about the answer and focus only on receiving a correct, unbiased answer.** When the pendulum swings, look at it: Observe its direction. This is your answer. If it doesn't move right away, give it time. If the signal is unclear, try rephrasing the question and do it again. When the pendulum swings with great force, it is answering loudly. If it swings with only light force, you can interpret this as a quiet, perhaps less committed response.
8. *Clear the pendulum at the end of each question.* Touch its weight on the palm of your free hand or another surface. This signals that your question has been answered and you are ready to move on to the next question.

Protect your pendulum when not in use. A great way to do this is to wear it on a neck chain. That way it will receive your energy all day long and will be readily attuned to your body's energy and vibrational level. Or you can keep it in a pouch, safely protected.

Helpful Tips:

1. Relax, enjoy the connection.
2. Be open, neutral, and do not try to predict answers.
3. Be clear in the way you phrase your questions.
4. Be patient, be present.
5. To get a stronger response, say "respond louder please" or "be clearer".
6. Cup your other hand underneath the point or weight stone to help focus energy.

Here are some sample questions you can ask:

- Is it in my best interest to buy this item?
- Will I enjoy the stories in this book?
- Will it rain in (name of your town) tomorrow?
- Is this a healthy food choice for me to eat currently? (Ask while holding pendulum over the food.)
- Is it in my best interest to attend the (insert event name here) tomorrow night?

Want to start out slow and easy? Get to know your pendulum by asking light, easy questions that you may not necessarily know the answers to. You may be surprised by the answers. Here are some ideas:

- Is it in my best interest to _____?
- Is right now a good time for me to use my pendulum?



- Is it okay if I call you _____? (pick a name for your pendulum)

How To Use the Pendulum for Reiki



When I first started my Reiki practice, I needed confirmation that what I was receiving as messages were true. I found that using a pendulum allowed me to assess the client's blockages and where they were located in the body zones (chakras). It also helped me determine when the blockage was released, receiving confirmation that the work was complete.

Method Of Use for Client Treatment

1. Complete the scan of the client.
2. Complete the Reiki symbols and ask permission.
3. Take out your pendulum and place it approximately one foot above the chakras. Ask the pendulum if the chakra is in balance.
 - i. Make your way down the body to each chakra: crown, third eye, throat, heart, solar, sacral and root.
4. Focus treatment on the areas that you received a message that was out of balance.
5. Once you feel the session is complete, take out your pendulum again. Place it over the chakras and ask to see if each chakra is now in balance.

Method To Determine If You Are in Balance for Absentee Healing

1. Complete your personal scan or absentee client's scan.
2. Complete the Reiki symbols and ask permission.
3. Take out your pendulum and use a chakra chart. Place the pendulum over each chakra area on the chart and ask if the chakra is in balance.
4. Focus treatment on the areas that you received a message that was out of balance.
5. Once you feel the session is complete, take out your pendulum again. Place it over the chakras and ask it if the chakras are now in balance.



Chakras

