

Class 5

Introduction to Reiki symbols
Meanings/Usage
Introduction to distance healing
Applications and examples
Group discussion

Meditation

Apply the “Three Pillars” in your meditation practice

Attunement

- The Reiki Level Two attunement is given at this time.
- When done meditate on experience.
- Journal experience.
- Notes:

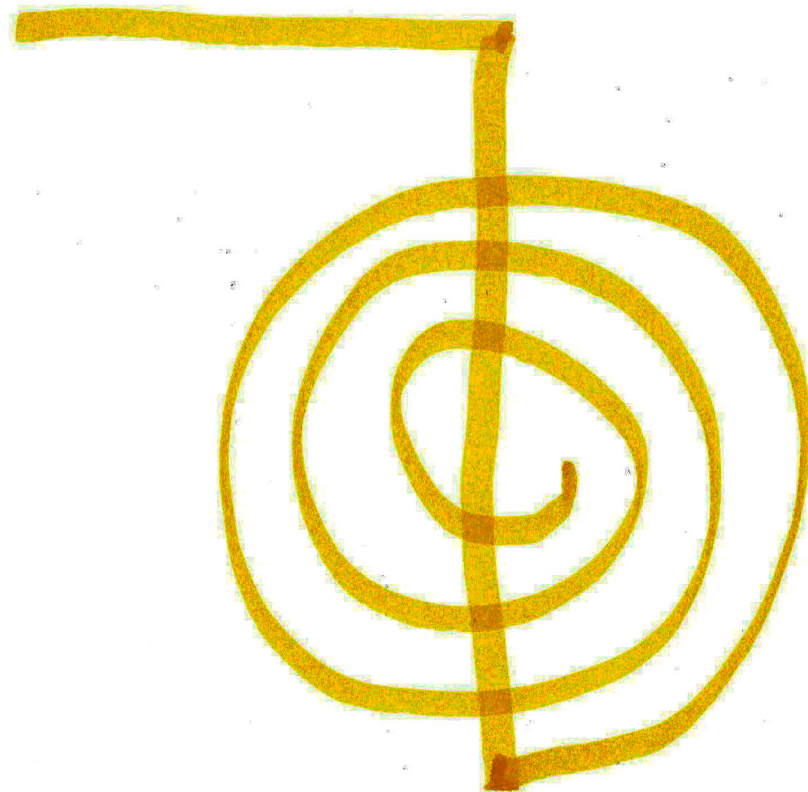
Discussion of assignments

- Share anything about attunement you wish but do not feel it is a requirement.
- Share any experiences you had between classes.
- Questions
- Notes:

Reiki II symbols

- There are three symbols which are introduced at level II training
- Choku Rei- power symbol or first symbol
- Sei Heki- mental emotional symbol or second symbol
- Hon Sha Ze Sho Nen- distant healing symbol or third symbol
- Say and Mantra 3 times.
- Notes:

Choku Rei



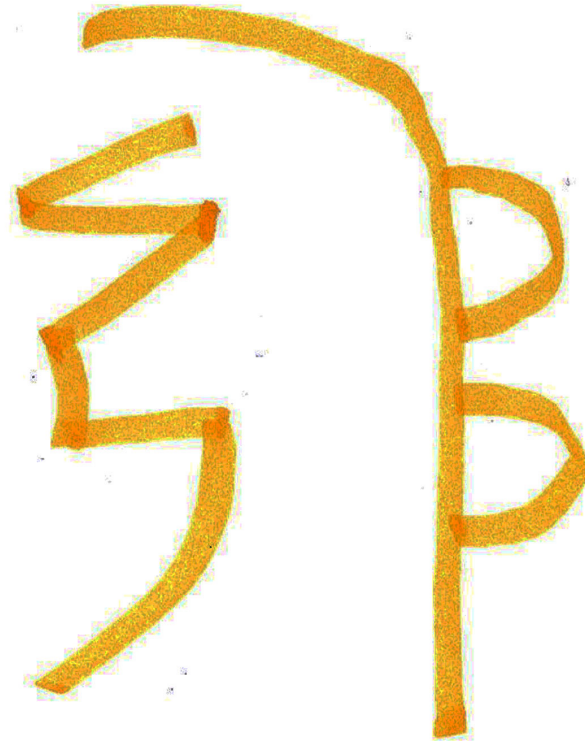
Choku Rei

- To Heal
 - Creative force
 - Power
 - Imperial command
 - Intuitive consciousness
 - Counter-clockwise – put the power here, God is here
 - Some reverse it: Clockwise – say increases power
 - Meditate on the symbol
- Notes:

Use of Choku Rei

- The power symbol
 - A true symbol in that it is not made from words
 - Meaning: varies imperial command or divine level of self, Choku: to heal Rei: refers to Creative Force being brought to action
 - Protection
 - Increase power
 - Heal, Manifest
- Notes:

Sei Heki



Sei heki

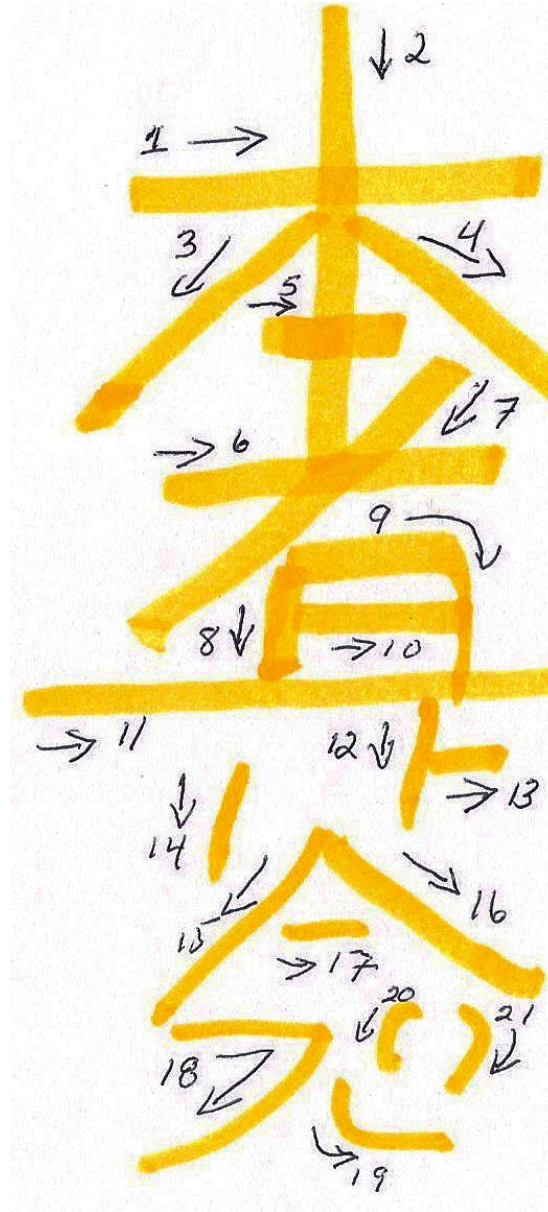
- Translated into Japanese characters means “correcting habits”
 - The original source is ancient India Siddham script.
 - In Siddham it means dissolving attachments of the mind.
 - This is used specifically for mental emotional healing.
- Notes:

Use of Sei Heki

- Mental/emotional symbol
 - A true symbol in that it is not made from words
 - Meaning: correcting habits or mental healing
 - Dissolve habitual patterns
 - Meaningful re-orientation
 - Resolve envy, jealousy, rage, greed, and illusions
 - Restore balance in relationships or release connections to others
- Notes:

Hon Sha Ze Sho Nen





Hon Sha Ze Shô Nen

- It is made up of 5 Japanese words – Kanji (used as symbol)
 - Meaning: hon- book, basis, root, origin, true; sha- person, human being; ze- this , correct, being; shô- correct, improve, *positive*, normal; nen- sense, meaning, feeling, wish, belief
 - In Chinese it is four words
 - I have positive belief
- Notes:

Use of Hon Sha Ze Shô Nen

- Distant healing symbol
 - Transcend time and distance
 - Connect to past or future
 - Connect to remote location or person
- Notes:

Distant Healing

- Doing energy work on person , living entity, situation or place at a physical distance
 - Back to basics – the universe is really all energy – therefore we are connected
 - Symbol 3: Hon Sha Ze Shô Nen
 - Enkaku Chiryô Hô
 - Western techniques
- Notes:

Enkaku Chiryô Hô

- The Japanese view it differently
- Notes:
- Okuden Japanese Technique
- We are all one!
- Enkaku: distant, remote
- Chiryô: treatment, cure
- Hô: method
- Become or be aware you are one with others therefore no connection necessary

Visualization in Distant Healing

- Close your eyes and visualize or imagine connecting to the recipient via a cable, cord, bridge, spiritually, etc.
 - Do symbols in your mind
 - Send energy to specific locations or in general for 5 minutes
 - Disconnect and ground with idea energy continues to flow as long as needed.
- Notes:

Teddy Bear Concept

- Close your eyes and visualize or imagine connecting to the recipient via a cable, cord, bridge, spiritually, etc.
 - Draw the symbols
 - Using a Teddy bear or other type of surrogate perform a Reiki session.
 - Disconnect and ground with the idea that energy continues to flow as long as needed.
- Notes:

Photographs or Names on Paper

- Close your eyes and visualize or imagine connecting to the recipient via a cable, cord, bridge, spiritually, etc.
 - Draw symbols.
 - Place photo or paper between hands or under hands on knees, do Reiki.
 - Disconnect and ground with the idea that energy continues to flow as long as needed.
- Notes:

Reiki Box -- Talisman

- Reiki Box – a solution to address many recipients simultaneously.
- Talisman – on sheet of paper write down persons name, place or desire in violet, draw in corners 1st symbol, draw on sides, top and bottom 2nd symbol, over your wish draw large 3rd symbol. Do Reiki on paper.
- Notes:

Group Healing

- When a group comes together for any purpose a synergistic effect occurs
- Sit in circle
- Three pillars
- Make positive context statement of what your desired result is
- Draw symbols as appropriate
- Send energy for that purpose
- Gasshō (so be it and so it is) (we give thanks)
- Notes:

Symbols

- Let's practice drawing them:

Choku Rei Sei Heki Hon Sha Ze Shô Nen

Practice Group Distant Healing

- Protect you space.
 - Sit in circle
 - Protect you space.
 - Three pillars
 - Make positive context statement of what your desired result is
 - Draw symbols as appropriate
 - Send energy for that purpose
 - Gasshō (so be it and so it is) (we give thanks)
- Notes:

Assignments

- Practice drawing symbols on paper then in air with palm of hand
 - Visualize them
 - Use them with Reiki for their purpose
 - Experiment with them
 - Do some distant work
 - Practice, Practice, Practice
 - Journal, Journal, Journal
- Notes: