

Reiki Training Curriculum

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TIMELINE

6 hours

1. Reiki attunement and karmic healing (Level 1)	30 mns
2. Grounding, opening your chakras, and channeling energy	30 mns
3. Activating your chakras and clearing your energy system and lower chakras	60 mns
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12. Self practice exercises (21 day period)	15 mns

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13. Supporting media

CONTENTS

1. Reiki attunement and karmic healing (Level 1)

1.1. Attunement Part 1: Formal Usui Reiki Attunement (Level 1)

These instructions are for the Reiki Master performing the Reiki attunement for level 1 students. They are not meant to be used by the students until they have completed their Reiki Master certification. They are shared in this manual for the purpose of understanding and enhancing the awareness and efficacy of the Reiki attunement process by helping the students become

consciously aware of the process and how it interacts with their energy system and the intention it holds. Being consciously aware of divine energy and the changes it creates in your energy system will empower you to receive and channel more quality divine energy.

Detailed process

Step 1: Have the student sit straight and comfortably on a chair, eyes closed, hands in prayer position with both thumbs pressing into the heart.

Step 2: Press your hands into your heart into a Goshō/ Namaste position and ask the student to take a couple of slow, deep, relaxing breaths with you, so that their energy state aligns with you.

Step 3: Call upon your and their spirit guides, call upon your and their angels, call upon ascended masters and benevolent forces of light, call upon Spirit or God to come down and help you with this attunement in order to achieve a state of being where you and they are open to Spirit and what Spirit offers you and them.

Step 4: Start opening the student's crown chakra like a book and take a moment to channel energy through their crown chakra.

Step 5: Start by drawing the Reiki Power Symbol, Cho Ku Rei, above their crown and press it in.

Step 6: Draw the Reiki Emotional/ Mental Healing Symbol, Sei He Ki, above their crown and press it in.

Step 7: Draw the Reiki Distance Healing Symbol, Hon Sha Ze Sho Nen, above their crown and press it in.

Step 8: Move to the front of them, hold their hands with yours in prayer as you blow all three symbols into their crown chakra.

Step 9: Move back to the back of them, and draw the Master Symbol, Dai Ko Myo, above their crown and press it in.

Step 10: Move to the front of them, hold their hands with yours in prayer as you blow the Dai Ko Myo symbol into their crown.

Step 11: Draw the Reiki Power Symbol, Cho Ku Rei, in front of their heart and press it in pushing their hands into their heart.

Step 12: Draw the Reiki Emotional/ Mental Healing Symbol, Sei He Ki, in front of their heart and press it in pushing their hands into their heart.

Step 13: Draw the Reiki Distance Healing Symbol, Hon Sha Ze Sho Nen, in front of their heart and press it in pushing their hands into their heart.

Step 14: Draw the Master Symbol, Dai Ko Myo, in front of their heart and press it in pushing their hands into their heart.

Step 15: Take their palms down, resting them separately on their lap, palms facing up.

Step 16: Draw the Reiki Power Symbol, Cho Ku Rei, into their right palm and tap forcefully 3 times to push the symbol in.

Step 17: Repeat on the left side. Draw the Reiki Power Symbol, Cho Ku Rei, into their left palm and tap forcefully 3 times to push the symbol in.

Skip to Step 24 for Level 1 students.

Step 18: Draw the Reiki Emotional/ Mental Healing Symbol, Sei He Ki, into their right palm and tap it in 3 times to push the symbol in. (Level 2 only)

Step 19: Repeat on the left side. Draw the Reiki Emotional/ Mental Healing Symbol, Sei He Ki, into their left palm and tap it in 3 times to push the symbol in. (Level 2 only)

Step 20: Draw the Reiki Distance Healing Symbol, Hon Sha Ze Sho Nen, into their right palm and tap it in 3 times to push the symbol in. (Level 2 only)

Step 21: Repeat on the left side. Draw the Reiki Distance Healing Symbol, Hon Sha Ze Sho Nen, into their left palm and tap it in 3 times to push the symbol in. (Level 2 only)

Step 22: Draw the Master Symbol, Dai Ko Myo, into their right palm and tap it in 3 times to push the symbol in. (Master Level only)

Step 23: Repeat on the left side. Draw the Master Symbol, Dai Ko Myo, into their left palm and tap it in 3 times to push the symbol in. (Master Level only)

Step 24: Close their hands, palms together, and place their hands back into prayer position, pressing into the heart, and blow all the symbols (only the Reiki Power symbol, Cho Ku Rei, for level 1 students) into all of their chakras, blowing towards the heart with the intention of the symbols moving into each chakra.

Step 25: Move back behind them, place your hands above their crown chakra and close their crown chakra like a book again.

Step 26: Bring your hands back to your heart chakra, pressing them in and congratulate them and let them know that they are now attuned to Level (1,2, or 3 = Master) of Reiki. And that they are attuned to love and light.

Step 27: Silently thank the spirit guides, angels, ascended masters, benevolents forces of light, you called upon, Spirit and God for helping and guiding you and the student being attuned in the Reiki attunement process.

Benefits

The benefits of getting your Reiki Level 1 Attunement are plentiful. Through the attunement, you become more receptive to receiving, channeling, and transmitting divine healing energy. In addition to being exponentially attuned to divine energy, the benefits you receive from the attunement positively influence you on the physical, mental, emotional, and spiritual of your being, mostly through the energy transmission you receive during the attunement which opens, clears, and remove blockages from your central channel (sushumna) and optimizes your energy system to receiving, channeling, and transmitting divine energy.

1.2. Attunement Part 2: Karmic Healing through Lords of Karma Request and Meditation

Process

Relax and sit comfortably on a chair or on the floor, close your eyes and connecting to your heart, and with intention, begin to repeat the following request:

'Dear Lords of Karma, please clear, heal, and release any and all negative karmas limiting my capacity to receive, channel, and transmit divine energy for the purpose of healing myself and supporting and facilitating the healing of others. Please clear, heal, and release any and all parts of my system that are not in alignment with this healing and the release of the negative karmas that would prevent me from receiving, channeling, and transmitting divine energy and healing myself and others. Please apply all items from John's list that are in my highest and

best good and that are applicable to this specific healing request. Please heal, clear, and release any negative karmas that could come as a result of this karmic healing request and bring this healing into the present now. Thank you, Lords of Karma. Thank you, Thank you.'

Benefits

Using the Lords of Karma prayer request as part of, and in addition to, your reiki level 1 attunement ensures that any subconscious and unconscious energy blockages due to unknown and unresolved karmas are cleared, healed, and released in order to optimize your Reiki attunement and augment your capacity to channel (qualitatively and quantitatively). This process is not part of any Usui Reiki or/and Reiki Tummo curriculum and has been designed and added by Dexter and Alessandrina for the students of their energy healing curriculum with the intention of enhancing your experience of energy healing and accelerating the development of your healing capacity and your spiritual healing and growth.

2. Grounding, opening your crown and hand chakras, and channeling energy

2.1. Grounding

a. Feet and grounding meridian point

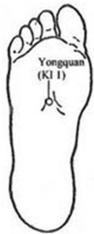
Before opening the crown and hand chakras, which are key to reiki (divine energy) channeling, it is important to ground yourself before you even begin a healing. Being grounded allows you to stay present, connected, supported by the earth, and 'feeling' while you receive and channel divine energy. Grounding yourself is simply the process of becoming aware of the energy that flows from the core of the earth all the way to the soles of your feet and up through your feet and legs into your energy system. Without this awareness, we tend to get ungrounded and go into our minds and stop being present and 'feeling'. Being grounded is important because it helps you feel supported, in your body, feeling good, and to manifest in the physical form so that you can integrate and experience the spiritual nature of your being and your connection to divine energy into your everyday life, not just when you are facilitating energy healing for yourself or others.

Detailed process

In order to optimize grounding, become aware of Bubbling Spring K 1, the acupuncture point located on the sole of your feet as illustrated in the image below. The more conscious you are of this point where the energy from the earth flows through your feet, the more intentional and aware you can become of receiving and channeling it, and increasing its flow over time.

You can touch this point in order to increase your awareness of it, and then walk around barefoot as you remain aware of this point and of the energy that flows through it. For an additional method of increasing grounding, you can, for instance, walk barefoot in the grass, at the park or in your garden, or on the sand at the beach. Choose a location with good, pure, and clean energy to avoid picking up on negative energy while grounding.

For a more in-depth grounding exercise, refer to the end of your manual for a grounding meditation you can use to ground yourself before conducting a reiki energy healing session.



c. Bubbling Spring K 1

On the sole of the foot, approximately one third of the way down, between base of second toe and the heel.

b. Root chakra

In addition to grounding yourself through your feet, it is useful to become aware of your root chakra, your first major in-body energy center, located at the base of your spine, in the area of your tailbone. This happens to also be where your kundalini energy is stored and remains dormant until it has been released through kundalini awakening and activating practices such as the ones taught in this reiki energy healing training. These practices allow you to intentionally channel kundalini energy up the central channel (sushumna) for healing and spiritual growth, as well as to aid in the practice of reiki energy healing on yourself and others.

Below is an image of the root chakra, depicting how energy flows up from the legs into the root chakra. If you were to expand the red triangle all the way down to the feet, you would see a log cone of red energy, comprising your feet and legs. The energy that flows up into the root chakra comes directly from the center of the earth and with intentional focus more and more of it can be channeled into your feet, legs, and root chakra to ground and energize you in a balanced way.



Increasing your awareness of your root chakra and the energy that flows up the root chakra helps you remain grounded and present in your physical body and allows you to manage any and all karmic energies as they bubble up through this chakra both during and outside of energy healing sessions.

The simple intention of becoming aware of, and feeling, the energy at the level of the root chakra sensitizes you over time to its function and to the energy that flows through it and to become aware of which energies are useful and which ones are not. Over time, as you build this increased

sensitivity, it can help you mitigate any negative energies and karmas, remove blockages, as well as optimize earth energy flow through this energy center for grounding, safety, and stability.

Developing awareness and energy in the root chakra enables you to become more present, grounded, and to feel safe, secure, and at peace more consistently.

If you'd like to develop such awareness, sensitivity, and balanced energy build-up in the root chakra, refer to the root chakra clearing process in section 3.3: Clearing your lower chakras.

c. Channeling up earth energy for grounding

After having developed your awareness of your feet chakras, and more specifically Bubbling Spring K 1, the point where energy flows up your feet from the core of the earth, and of your root chakra, you can start to intentionally channel earth energy through both for optimal grounding.

While standing, sitting on the floor, or even sitting on a chair for comfort, and remaining aware of Bubbling Spring K1 in your feet chakra and of your root chakra, begin to visualize, imagine, or feel energy from the core of the earth as beautiful green light energy moving from the core of the earth into the various layers of the earth until it reaches your feet and begins to flow up your feet through Bubbling Spring K1, up and around your legs, and into your root chakra.

Over time, as you develop this practice, you may be able to visualize, imagine, or feel the quality and essence of the energy as well as its movement through space and through your body. For now, simply focus on intending to channel the energy up Bubbling Spring K1 into your feet, legs, and root chakra and then up your central channel (sushumna), all the way to, and out of, your crown chakra (at the top of, and up to 6 inches above, your head). As the energy from the core of the earth moves up your central channel, it nourishes and strengthens all your body systems, glands, and organs and builds your life force, vitality, and energy system, helping you become more grounded, healthy, and present.

Visualize, imagine, or feel more and more earth energy flowing up from the core of the earth, up Bubbling Spring K1, through your feet and legs, into your root chakra, up your central channel (sushumna), all the way up and out of your crown chakra.

As you continue receiving and channeling more and more earth energy from the core of the earth, the flow becomes faster and greater, as your central channel starts opening up and widening in order to receive more and more of this healing and grounding energy. Remain relaxed and grounded, connecting to feelings of safety, stability, and security, feeling good in your body right now. If you wish to, you can visualize, imagine, or feel the energy as it exits your crown chakra, flowing down to the sides of your body, all around your body 360 degrees, and through your body. As it reaches your feet, it moves into the earth and joins existing energy from the earth under your feet, building more and more earth energy in your body.

Once you feel grounded, relaxed, safe, and secure, you are now ready to open your crown and hand chakras in order to get ready to channel reiki healing energy through your palm chakras.

2.2. Opening your crown and hand chakras

a. Opening your crown chakra

Opening your crown chakra enables you to receive, intentionally channel, and then surrender to divine energy from the cosmos as it flows into your crown chakra. Once divine energy enters your crown chakra, it can descend into your central channel (sushumna), and into your heart chakra, where it can then be intentionally directed into your arms and hands to be channeled and transmitted through the palms of your hands (palm chakras) for healing purposes.

Opening the crown chakra allows for more divine energy to flow down through the crown into the central channel (sushumna), heart chakra, and palm chakras for energetic channeling and transmission during your reiki energy healing sessions.

Any blockages at the level of the crown chakra, the central channel (sushumna), and the heart chakra will limit or diminish the quality and quantity of the energetic channeling and transmission. The various meditation and energy healing practices offered in the training have been specifically designed and tailored to remove these blockages over time through consistent intentional practice.

In addition to the reiki level 1 attunement you received during this training, a period of 21 days (minimum) is usually required in order for your energy system to be optimally receptive and functioning before you can receive and optimally channel and transmit divine energy. Of course, this process doesn't happen overnight. It is part of your self-cultivation practice and is constantly being refined over your lifetime and your many lifetimes as your energy system is cleared of karmas, traumas, pain, and blockages and becomes increasingly resonant and aligned with divine energy, thus increasing your healing capacities and accelerating your spiritual development.

Detailed process

In order to open your crown chakra, first become aware of the space 6 inches above your head. Feel the energy there. What does it feel like? What do you sense? Can you tune into the divine energy right above the crown of your head? Now, using the chart below, locate the exact point where divine energy enters the head cavity down into the crown chakra at acupuncture point, Bai Huai Du 20.

Focus on the energy there as it flows down from the cosmos into your crown chakra, down into your head cavity. Intend and ask that only divine, pure energy flows into your crown chakra.

In order to increase the quality and quantity of divine energy flowing down into your crown chakra, bring your hands above your head and, using your fingers, visualize, imagine, and create an opening starting at Bai Huai Du 20, pulling your fingers and hands away from the center out to the sides, then come back to the center at Bai Huai Du 20 and now pull from the center towards the front and back of your head as if you were opening a tightly closed bag.



a. Bai Huai Du 20

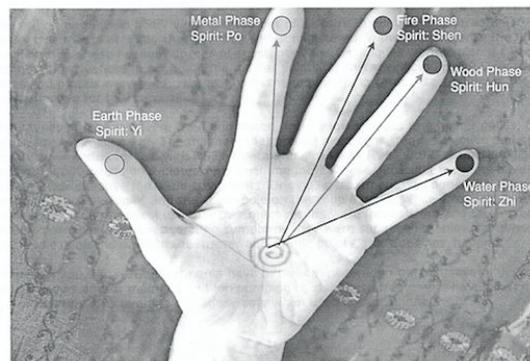
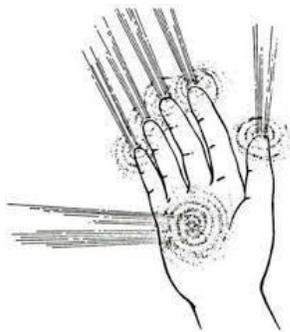
Fold ears over. From the tip of the fold bring fingers up to the top of the head. Du 20 is where they meet.

Opening your crown chakra in this way will allow for more and more divine energy to flow down through your crown into your central channel (sushumna) to be used to clear your energy system and for healing yourself and others.

b. Opening your palm chakras

Now that your crown chakra is open, let's open your hand chakras as well so that they can start channeling and transmitting divine energy during your reiki energy healing sessions.

There are different ways of opening and activating your palm chakras. For the sake of simplicity and efficacy, we have chosen to focus on one easy and highly effective process. If you want to reduce the length of the process over time, use the very first part of the technique taught here, which is what is used in Usui Reiki and Reiki Tummo and other healing methodologies



Detailed process

Start by simply becoming aware of the center of your palms and the center of the tips of your fingers as depicted in the pictures above.

Next, while remaining aware of the acupuncture point, Lao Gong, at the center of your palms, through which energy is channeled out of your palms, start by using your right hand to open your left palm chakra and then use your left hand to open your right palm chakra.

To do that, simply bring all the fingertips of your right hand held together close - without physically touching the center of your other palm - to the Lao Gong of your left hand, and intentionally separate the fingers apart with the intention of opening your left palm chakra. Repeat the exact same process using your left hand to open your left palm chakra.

If you want to more optimally open your palm chakras, move onto the next part of the process. Using your right index finger, and cradling the left little finger into the other 4 fingers of your right hand, begin to rub the upper part of your little finger (third and further out section of the finger) upwards 7 times, move onto the next (ring) finger and repeat the same process 7 times, then the middle finger, then the index finger, and finally finish with the thumb of the left hand. Start again at little finger all the way to the thumb of your left hand, using your right thumb to rub and activate the tips of your fingers 7 times in total. This means that you'll be rubbing the tips of each finger of your left hand for a total of 49 times. Once you've completed this process for your left hand, move to your right hand, and now using you left thumb, repeat the exact same process with all the fingers of your right hand for a total of 49 times for each finger. Notice the tingling you feel in your fingertips and how sensitive you feel to the energy built up at your fingertips.

To finalize the process, the palms together, facing each other, and start turning your hands side to side, keeping the palms touching as the fingers alternate left to right and right to left for a total of 49 times. Once you've completed this process, notice how warm, energized, and pulsating the palms of your hands have become. Feel the energy in your palms and enjoy the feeling.

Now that your crown and palm chakras are open, let's start channeling divine energy together.

2.3. Channeling energy

a. Intending to channel

Now that you've learned how to ground yourself, feel safe, stable, and secure as a result, opened your crown and palm chakras, let's start channeling divine energy through your palms.

Intending to channel through the palms of your hands is a simple process that simply entails placing your hands in front of you, arms out to the front and relaxed, elbows slightly bent, and intending for energy to flow through your palm chakras. You may feel nothing at first. Or you may already be sensitive to energy and feel the energy flowing from the center of your palms as

well as your fingertips. No matter what you feel right now, know that in time, your sensitivity to energy and your capacity to feel, channel, and transmit divine energy through your palm chakras will increase and build as you intentionally develop your self-cultivation practice.

Notice how the more you intend to channel and transmit energy, the more energy will flow through your palm chakras. As you self cultivate, and clear your crown chakra, central channel (sushumna), and heart chakra - which you will learn to do during this training - you will be able to increase and enhance the quality and quantity of the flow of divine energy you can channel and transmit through your palm chakras.

b. Letting go to channel

While intending to channel and transmit divine energy is a great way to start getting in touch with the energy you can channel and transmit, it's only the very beginning part of the process. If your intention is to channel divine energy for the purpose of healing yourself and others through reiki energy healing and accelerating your spiritual evolution, then letting go is the next step in the process of channeling and transmitting more and more quality and quantity of divine energy.

Letting go means not forcing the flow of energy, not directing or controlling it, and not believing that you are causing the energy to flow. Instead, you become a conduit (empty vessel) for divine energy to flow through you however it chooses to. Divine energy is infinitely intelligent, without limitation, or boundary of space and time.

See if you can feel the difference between when you consciously intend to channel and transmit divine energy as opposed to when you completely let go and allow for divine energy to flow through you and to be channeled and transmitted however it does. Remember again and again that divine energy has complete, unlimited intelligence, and therefore it intuitively knows where it is most useful and needed by whoever is receiving it. It knows where to go and why. Surrender to the intelligence and have faith in the healing powers of divine energy.

In the next few chapters, and through the practice of various exercises and techniques, we will talk about how to move into the place of letting go and surrender that brings about the best results in quality and quantity of flow of divine energy.

c. Channeling

As you continue to practice the art of letting go and surrendering, you will be able to channel and transmit more and more quality and quantity of divine energy without effort, through the simple act of surrendering to divine energy itself. This will develop your faith and your capacity as a healer, i.e. an empty and optimal vessel for divine energy to flow and express itself. You don't need to force anything, the more you let go, the more energy you channel. As your capacity to let go and surrender continues to increase, so does your capacity to channel.

3. Activating your chakras and clearing your energy system and lower chakras

3.1. Chakra activation meditation

Through this meditation, you will learn how to activate your crown, heart, and palm chakras in order to be able to receive, channel, and transmit more divine energy for spiritual evolution and healing. This activation of all these chakras is essential to the process of energy healing, channeling, and transmission.

a. Activating your crown chakra

Once you've opened your crown chakra in the way we described in the prior section, 2.2.a, it's easy to then activate your crown chakra. It's necessary to open your crown chakra before activating it, although over time, with self-cultivation, both processes can occur simultaneously.

Detailed process

Start by relaxing and becoming aware of the energy at the top of your head and up to 6 inches above your head. You may feel tingles and become aware of the energy in that area. As you continue to relax and remain aware of the energy right above and at the top of your head, gently place your hands about 6 inches above and to the sides of your head, with the fingertips of both hands close together, but not touching. Close your eyes, and visualize, imagine, or feel energy flowing from your hands into your crown chakra. As more and more divine energy begins to flow through your palm chakras into your crown chakra, you also feel divine energy directly flowing into your crown chakra separately from the energy that's flowing through your palm chakras. Smile and notice how the energy flow from your hands and into your crown increases as you smile. Let go and feel the energy flowing into your crown chakra increase even more. Enjoy the activation of your crown chakra and feel the energy flowing down into your head cavity and your central channel (sushumna), making its way down into your heart chakra, your palm chakras and all the other chakras along the way and after that. Keep your focus especially on your crown chakra, the section of your central channel (sushumna) from the crown chakra to your heart chakra, your heart chakra, the meridians flowing from your heart to your hands via your arms, and your palm chakras.

b. Activating your heart chakra

The process of opening our heart takes time and practice. It is a matter of releasing the blockages, traumas, pain, and karmas that have been accumulated there throughout this life and multiple lifetimes before. In the following process, you will learn to open and activate your heart chakra for the purpose of healing. In general, the more you open your heart in your daily

life, the more capacity you will gain to receive, channel, and transmit divine energy for healing and to support your spiritual evolution.

Detailed process

In order to open and activate your heart chakra, begin by relaxing your entire body and focus in particular on the space where your physical and spiritual hearts are located. Intend to relax more, letting go of any tension at the physical, mental, or emotional level of your being. Now, smile. As you smile, see how much more relaxed you become and enjoy the space and lightness that result in your body and heart. Continue to relax and smile, and focus on all the wonderful feelings that you feel in your heart. Let memories, images, sensations come to the surface and let them continue to open, activate, and expand your heart chakra. Surrender to those wonderful feelings. It feels so good to feel good. As you continue to relax, smile, and surrender, visualize, imagine, or feel, divine energy flowing down into your crown chakra and your head cavity, and through your central channel (sushumna). Feel your crown chakra activating more and more as divine energy flows through it, allowing for more and more energy to flow down into your crown, head cavity, and central channel (sushumna) and move down into the space of your heart. Feel the section of your central channel (sushumna) between your crown and your heart expand exponentially, allowing for more and more divine energy to flow more rapidly down your central channel. As you continue to focus on, and then surrender to, divine energy moving into the space of your heart, visualize, imagine, or feel your heart chakra as a vortex of energy spinning clockwise to the front of your body, allowing more and more energy to move into your heart, and counterclockwise at the back of your body, allowing more and more energy to flow out of your heart. Feel new, pure, and clean energy flowing in clockwise at the front of your heart, and tension, impurities, and stress flowing out counterclockwise at the back of your heart. Your heart becomes brighter and lighter with each and every breath you take. Continue to visualize, imagine, or feel your heart chakra open and expand more and more. You may feel your heart's electromagnetic field expand outside of your physical body and into the space around you. Enjoy the healing benefits of this experience of openness and expansion and how much divine energy is now flowing into and through your heart.

c. Activating your palm chakras

Once you've opened your palm chakras in the way we described in the prior section, 2.2.b, and activated your crown and heart chakras, you can now start activating your palm chakras.

Detailed process

Softly straighten your arms, keeping them soft and relaxed, elbows slightly bent, throughout the entire activation exercise. Now, with your arms, extended in front of you and relaxed, become aware of divine energy flowing down into your crown, through head cavity, and continuing its journey through your central channel (sushumna), down into your heart. As divine energy reaches your heart, feel your heart relax and open more. Your heart feels light and spacious. Relax, smile, and surrender to divine energy, and visualize, imagine, or feel your heart

expanding even more. Become aware of how good it feels when your heart opens and expands. As you continue to relax, smile, and surrender to divine energy, feel energy moving from your heart into your arms, down your arms through your heart meridians, into your hands and palms. Notice how active your palms feel. You may become aware of a tingling sensation in the center of your palms and your fingertips. Focus on this feeling as you smile and notice how the tingling sensation increases as you do. Next, surrender to the tingling sensation and feel even more divine energy flowing through your palm chakras and fingertips. Continue surrendering to divine energy flowing through your palm chakras and enjoy all of the wonderful feelings that brings up and the healing you receive through this process.

3.2. Clearing your energy system

a. Kundalini activation

Clearing your energy system is a fundamental part of healing and being able to receive, channel, and transmit divine energy. This process doesn't happen overnight. It's forever unfolding and refining, and it's part of our evolutionary process as souls. When you clear your energy system, you are consciously choosing to heal, clear, and release karmas, traumas, painful memories, blockages, and other detrimental energy dynamics that would otherwise continue to negatively and often unknowingly influence and affect your energy system. Clearing your energy system is invaluable. It allows you to become a more and more empty vessel and to receive more and more divine energy with less and less of the distortions that karmas, traumas, painful memories, blockages, and other non optimal energy dynamics create. Activating your kundalini energy supports the process of clearing your energy system and is very simple and effective.

During the reiki attunement you received at the beginning of your training, your kundalini energy started being activated and released. Kundalini energy is a form of spiritual energy that is intelligent and facilitates you in clearing past karmas and blockages from your energy system. Once this energy starts flowing in response to the attunement you receive (it sometimes can happen spontaneously, or by accident, too), you can intentionally accelerate and refine this process and, with it, the quality of the energy flow and the results you get from so doing.

Detailed process

One simple way of activating your kundalini energy is to channel divine energy through your palm chakras towards and to the front of your tailbone (at the level of your root chakra) with the intention of allowing kundalini energy to flow from your tailbone through your central channel (sushumna) all the way up and out of your crown chakra.

Visualize, imagine, or feel more and more energy activating in the area of your tailbone and releasing upwards, healing, clearing, and releasing karmas and blockages along the way as it makes its way to and out of your crown chakra. As you continue to channel divine energy to your tailbone, visualize, imagine, or feel that more and more kundalini energy continues to

release and moves through your central channel (sushumna) healing, clearing, and releasing more and more of the karmas and blockages in your energy system. Visualize, imagine, or feel that as the kundalini energy makes it way up towards and out of your crown chakra, your central channel continues to open, clear, and expand, allowing for more and more kundalini energy to flow upwards and out of your crown. Relax, smile, and surrender to the energy as it makes its way up, opening and expanding your central channel (sushumna) along the way and thus allowing for more and more kundalini energy to be released in order to facilitate your healing, spiritual evolution, and increase your capacity to receive, channel, and transmit more and more divine energy.

b. Divine energy clearing

Divine energy clearing is the process of first intending to clear our energy system by opening ourselves up and channeling divine energy into our system.

Detailed process

Divine energy clearing can be achieved by simply sitting down comfortably, focusing on the energy flowing down from your crown chakra into your head cavity and down into your central channel (sushumna) and visualizing, imagining, or feeling the healing effect of divine energy moving down through your system from the crown of your head all the way down to your root chakra and feet as it clears karmas and blockages along the way.

In addition to the visualization, imagining, or feeling of the downward flow of divine energy, you can use your palm chakras to channel energy directly to your crown chakra with the intention of directing it into your head cavity and down your central channel (sushumna).

Next, allow yourself to surrender to divine energy and the healing you are receiving as more and more divine energy flows into your crown effortlessly and heals, clears, and releases any energies, impurities, karmas, traumas, pain, and blockages that are influencing and affecting your energy system in any way. As you simply surrender to the flow of this energy, more and more divine energy moves into your crown chakra, down into your head cavity and into your central channel (sushumna). Visualize, imagine, or feel your central channel expanding as more and more divine energy flows through your system more and more rapidly. Visualize, imagine, or feel negativity, impurities, and blockages being pushed out from the center of your body out through your skin and completely out of your body, through the various body layers, and out of your auric field. You can intend or feel that this 'impure' energy is being directed into the earth, down into the core of the earth where it can be recycled and transmuted. Your energy system is getting clearer and clearer as you continue with this process. You may visualize, imagine, or feel the core of your being and every cell of your body and the energy in your auric field illuminated with pure, brilliant white colored energy as more and more divine energy continues to flow through you, healing you at all levels of your system and dimensions of your being, without resistance or effort on your part.

3.3. Clearing your lower chakras

In order to be an optimal vessel and conduit for divine energy, it is important to clear, heal, and optimize the functioning of the 3 lower chakras, namely the root, sacral, and navel chakras. In many healing traditions, spiritual paths, and religions, these lower chakras are disregarded as they are seen as unimportant or unevolved. This approach disregards and neglects the energy system and operates as if it was actually possible to only operate in the upper chakras only without integrating the lower chakras while in the physical body. Unfortunately, this oversight leads to imbalances, incongruencies, and inconsistencies in the energy system of the practitioner, disharmonious intra- and inter-personal relationship dynamics, and greatly reduces the quality of one's consciousness and capacity to receive, channel, and transmit divine energy.

Your lower chakras are part of your energy system. They will continue to exist and to influence you until you transcend physical form. They are important, and their optimal functioning matters. Therefore, addressing the recorded traumas, painful memories, karmas, blockages, and imbalances in the 3 lower chakras is essential to the clearing of one's energy system and therefore your capacity to heal yourself and others optimally. The following practices which are part of kundalini awakening processes and curriculums are not traditionally used or taught in Usui Reiki and have been integrated into many other healing methodologies such as Tibetan Reiki (Reiki Tummo), Qi Gong, and other Daoist and Taoist disciplines. They are very effective at clearing, healing, balancing and optimizing the functioning of the lower chakras, thereby offering the possibility of integrating one's energy system optimally and harmonizing the functioning of all chakras for optimal health, higher levels of consciousness, and healing capacity and channeling of divine energy.

a. Root chakra clearing (KAP)

There are different ways of clearing, healing, and balancing the energies at the root chakra. We will focus on one such technique in order to, over time, heal, clear, and integrate this chakra to operate optimally within the complete energy system.

Detailed process

Start, either sitting or laying down, and focus your awareness at the level of your feet, legs, and pelvic floor all the way up to the area of your tailbone. As you focus your awareness in this area of your body, visualize, imagine, or feel harmless, warm red lava-like liquid moving up into your feet and legs and into the pelvic region of your body. Feel the warm and loving energy of the lava-like liquid moving through those areas clearing, healing, and releasing any impurities and blockages present in your feet, legs, and pelvic region. Feel this area of your body getting strong, healthy, and stable. Now visualize, imagine, or feel your feet, legs, and pelvic floor turning into rock. As they turn into rock, you feel grounded, safe, and secure. You feel yourself stable and supported by the earth. This is your foundation for healing, growth, and evolution. The more stable, grounded, and safe you feel, the more capacity you have of processing out negative energies and optimally receiving and channeling divine energy, undisturbed.

b. Sacral chakra clearing (KAP)

Once you've cleared your root chakra of pain, trauma, karmas, and blockages, move on to your sacral chakra to also clear this energy center of any negativity and blockages.

Detailed process

Find a comfortable place, where your body and mind can be most relaxed. Bring your focus into the space above your tailbone, in the region of your lower abdomen (below your belly button). This is the area of your second chakra, your sacral chakra. By simply bringing your focus into this space, you are already consciously intending to uncover and heal any negative energetic patterns, karmas, traumas, and painful memories. Visualize, imagine, or feel flowing water in this space, like a fresh river or a gentle waterfall moving through this space. Connect to the energy of water and feel the refreshing and healing properties of water running through this space, cleansing, healing, and balancing your second chakra. Feel the fluidity, openness, and spaciousness in this area of your body and let yourself experience harmony, connection, and self worth in this space. When the second chakra is balanced, you feel worthy and deserving of love, abundance, and relationships, you feel connected to yourself and others, and you experience balanced and harmonious relationships all around, in all dimensions of your being.

c. Navel chakra clearing (KAP)

After clearing your first and second chakra, move onto your third chakra.

Detailed process

Begin by taking a couple of slow, deep breaths while intentionally relaxing the area of your abdomen. Balancing your navel chakra starts by intentionally focusing your attention in the space of your abdomen, in the area of your belly button (a little above and below). Focusing in this space, relaxing it, begin to visualize, imagine, or feel a fire burning in this space. This fire is gentle and comfortable. It warms you from within. Feel this fire lovingly burning away impurities, karmas, negativity, and imbalances in this space. As more and more negativity is burned away, you feel more and more balanced energy in this space. As you balance your navel chakra, you feel empowered, clear, and filled with a sense of personal strength and confidence without the unwanted excesses or extremes of ego dynamics, simply feeling good being who you are and being in your physical body.

This last clearing concludes the lower chakra healing practice. It's useful to practice lower chakra clearing and balancing once a day, especially in the first 21 days after you complete your level 1 reiki energy healing training. That said, it is recommended to continue to clear, heal, and integrate your 3 lower chakras for as long as it takes to have them in complete balance and harmony (this can take lifetimes and it's simply a star to follow.) As with anything, enjoy the journey that takes you there rather than being focused on the destination.

As an alternative to the kundalini awakening process described above to clear, heal, and integrate the 3 lower chakras, you can use the recommended guided meditations listed at the end of this manual for the very same purpose. You can also alternate between both methods or use any other proven and reputable chakra clearing/ cleansing and balancing method focused on the lower chakras in order to achieve the same goal.

4. Increasing sensitivity to energy, enhancing the energy flow, and developing your energy system through meditation

4.1. *Increasing sensitivity to energy*

The more sensitive you are and become to energy, the easier it becomes for you to feel energy and channel divine energy during energy healing sessions. The following practices aim at increasing your sensitivity to energy and developing your energy system so that it can continue to receive and channel more and more divine energy over time. The more divine energy you can receive, channel, and transmit, the greater your capacity to heal and help yourself and others clear, heal, and integrate your energy system and the energy system of people you choose to support and facilitate.

a. Feeling the energy between your palm chakras

This simple technique increases your sensitivity to energy and over time helps you receive, channel, and transmit more divine energy as a result.

Detailed process

Sitting comfortably, extend your arms out while remaining relaxed and place your hands so that the palms of your hands face each other. Keep the palms facing each other, and simply notice if you can feel the energy in between your palms. Relax, smile, and see if you can feel the energy more. Surrender to the energy, and notice the energy in between your palm chakras even more. This is the very starting point in becoming sensitive to the energy of your palm chakras and being able to channel more divine energy through your palms over time.

b. Reiki channeling to the palm chakras

This is a very simple technique that helps increase the energy flow from your palm chakras so that you can increase both the quantity and quality of divine energy being channeled through your palms over time.

Detailed process

Sitting comfortably, calm and relaxed, extend your arms out comfortably and place your palms facing one another. As you intend to channel divine energy through your palm chakras, relax some more and smile. As you relax and smile, notice the flow of energy emanating from your palms increasing. Relax into the energy and enjoy the benefits of channeling divine energy

from one palm to the other, and vice versa. Now, letting go of your intention to channel altogether, surrender to divine energy and notice how much more divine energy flows out of your palm chakras as you do. Feel more and more energy building in the space between your palms. Continue in this way for about 3-5 minutes total, enjoying the relaxation and all the wonderful feelings and healing benefits derived from channeling divine energy through your palm chakras.

c. QiGong energy building practice for the palm chakras

This simple technique increases your sensitivity to energy, helps you cultivate and build energy and your capacity to direct divine energy to any part of the body that needs it. It also helps increase both the quantity and quality of divine energy being channeled through your palms.

Detailed process

Standing or sitting, feet about hips apart, ground yourself through your feet and tailbone. Imagine a flat triangle being formed between your tailbone and feet, and this triangle deeply anchoring and grounding you to the earth. Gently relax your legs so that your knees are slightly bent if you're standing. Now, extend your arms, while remaining loose and relaxed, and place your hands about hip-width apart, palms facing each other. Next, begin to gently move your palms away and then towards each other, away and towards each other, repeatedly. As you inhale, move the palms away from each other - further than hip-width apart. As you exhale, bring the palms in towards each other, just a few inches away from each other. Move slowly and consciously in synchronicity with the breath, noticing the energy in between your palms more and more. As you continue for about 3-5 minutes with this exercise, feel more and more energy building in between your palms and notice that it becomes more and more difficult to pull your hands away and towards each other. You may feel the 'weight' and density of the energy that has built up in between your hands. Repeat this exercise as often as you wish in order to build your capacity to feel and handle larger volumes of divine energy during healings.

4.2. Enhancing the energy flow

a. Reiki Tummo practice : Relax, Smile, Surrender (RSS)

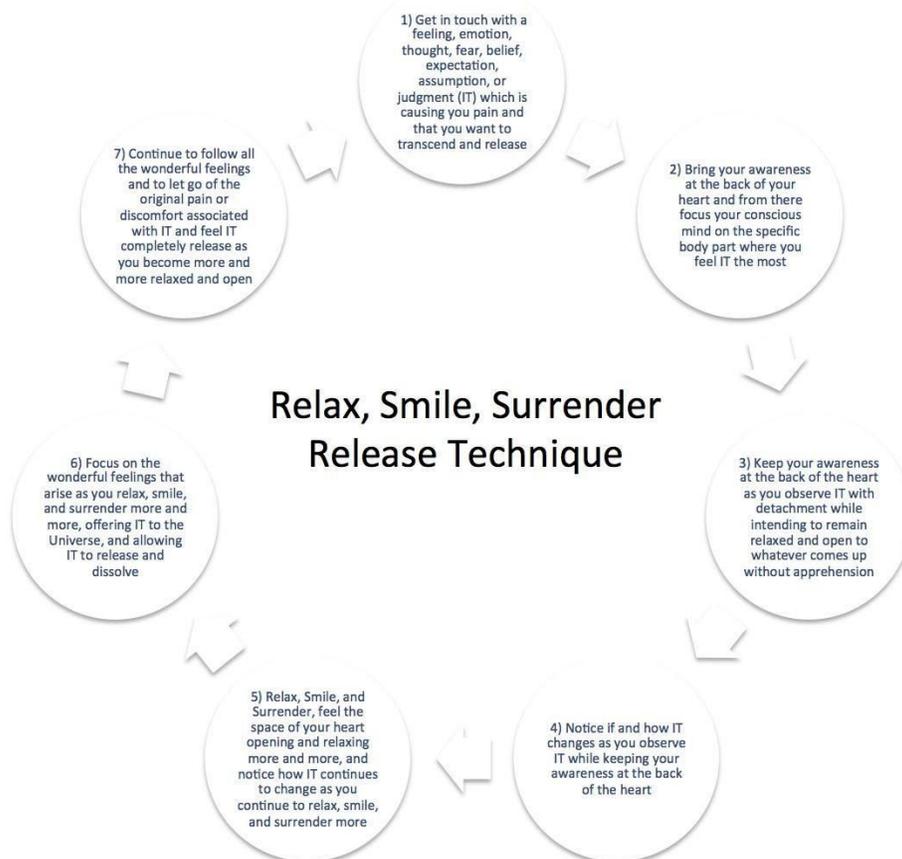
This practice, which is at the foundation of the healing system of Tibetan Reiki (Reiki Tummo), is not only beneficial in increasing and enhancing the energy flow in your system, it also supports the process of love, acceptance, and forgiveness of self and others, and of letting go. It can be used to enhance relaxation, reduce stress and anxiety, release negative patterns of thought and emotion, and feel good in general. It has 3 simple steps as follows.

Detailed process

The first step is to close your eyes and relax, which can be achieved by becoming aware of and releasing any tension and stress in your physical body. As you create more and more space by releasing tension, you become more and more relaxed, open, and serene. The second step in

the process is to smile. Notice how much more relaxed you become when you smile. You might even become aware that as you smile, the area of your heart becomes open and light. See how much more you can smile, and how much more relaxed and open you become. The more you smile, the more relaxed and open the area of your heart becomes. You might feel the area of your heart expand more and more. This is the heart's electromagnetic field expanding as a result of your relaxing and smiling more. As you smile and feel your heart open and expand, follow the feelings, the lightness, and the goodness you experience. Keep following the good feelings as your heart continues to expand. Third and last, surrender to the feelings, the relaxation, and the opening of your heart and enjoy the myriad of physical, mental, emotional, and spiritual benefits of your heart opening more and more. If you wish, extend your arms out while remaining relaxed and feel how strong the energy flow is from your palm chakras. In addition, you can turn your palms towards your heart and continue to increase the flow of divine energy to your heart chakra, leading to more and more divine energy flowing through you and being channeled by you.

Chart



4.3. Developing your energy system through meditation

a. Clearing the central channel through breathing

In addition to clearing the lower chakras of accumulated pain, traumas, karmas, and blockages, it's very useful to clear the central channel (sushumna) where kundalini, earth, and divine energy move through your energy system. The more clear, open, and wide the central channel (sushumna) becomes, the more capacity it has to receive and handle more quantity and quality of energy moving through it. A very simple and effective approach to achieving this goal for beginning energy healers is through intentional breathing and guiding of pranic energy through the central channel (sushumna). This technique involves slow, deep, rhythmic breathing, with the intention of moving the breath up and down the central channel, starting at the crown of the head all the way down to the feet.

Detailed process

Begin by breathing in from the crown to the third eye (at the center of the forehead) and breathing out from the third eye to the crown. Continue focusing on the breath moving in and out in between the crown and the third eye for about 2 minutes. Become aware of the energy building up in this space and of this area becoming more active, clear, and illuminated as you breathe and focus on this space. Through this focus, you are merely directing the life force through this space and clearing this area of your central channel from stagnant energy, pain, trauma, impurities, karmas, and blockages while also clearing and activating the chakras in this region. Next, repeat the same process between the crown and your throat chakra. Breathe in through your crown all the way to your throat, breathe out from your throat all the way out of your crown. Focus on the energy moving up and down this area and feel the area becoming more active, clean, and illuminated as you continue in this way for about 2 minutes. In addition to the energy building up in this area of your central channel (sushumna), you might notice the activation and clearing of your crown, third eye, and throat chakra. Now, inhale through the crown all the way down to your heart chakra, and exhale from your heart all the way out of your crown. Continue inhaling and exhaling following the energy guided by your focus on the breath moving through your central channel (sushumna). Feel this area become clearer, brighter, and illuminated as more and more breath and energy move through it. Simultaneously, your crown, third eye, throat, and heart chakras are being activated, cleared, and balanced. Next, guide the breath and energy from the crown all the way to your navel chakra on the inhale, and back out from the navel to your crown on the exhale. Another two minutes of this back and forth directing of the breath and energy through this portion of your central channel (sushumna), and you feel it getting lighter, brighter, and illuminated. The same is true of all the chakras along the way, which now include the navel chakra, which all become activated, cleared, and balanced. The breath now moves down from your crown to your sacral chakra on the inhale and back out from the sacral chakra all the way to, and out of, your crown on the exhale. Experience this section of your central channel (sushumna) getting clearer, wider, and more illuminated with each and every breath, and the chakras along the way, which now include the sacral chakra, getting

activated, cleansed, and balanced. Next, repeat this same process to include your root chakra, then your knees, and finally your feet. Each time you add a new portion of your central channel (sushumna), which normally ends at your root chakra, you repeat the same process of moving the breath and energy up and down for about 2 minutes total with the intention of clearing, widening, healing, and illuminating the central channel as well as activating, clearing, and balancing the chakras along the path of the breath and energy flow. Once you have reached the feet, you can either stop here, or you can reverse your path and start moving back up your body, subtracting the lower portion of the central channel every time until you're back at the crown of the head, the last portion being between the crown and the third eye chakra. This exercise is extremely effective in clearing the central channel and activating, clearing, and balancing the chakras along the way. Practice it as often as you want.

b. Releasing additional kundalini energy up the spine through channeling

The more kundalini energy flows up from the area of the tailbone into your energy system, the more karmas, pain, traumas, and blockages will release from your energy system. In addition to channeling divine energy directly to the area of the tailbone with the intention of allowing for more kundalini energy to release, the following practice is recommended in order to achieve and increase smooth and consistent kundalini flow.

Detailed process

Begin by sitting comfortably and relaxing. Grounding your feet into the floor if you're sitting on a chair, or grounding your tailbone and pelvic area, if you're sitting on the floor. Now, focus on the area right above your head and at the top of your head, your crown chakra, and visualize, imagine, or feel divine energy flowing down into your crown. As divine energy moves into your crown, it makes its way down your head cavity into the central channel (sushumna), clearing, healing, and illuminating each area and body system, gland, and organ along the way. As more and more divine energy moves down your central channel (sushumna), it expands and allows for even more divine energy flow into your system. The flow of energy continues to increase both in quantity and quality. Visualize, imagine, or feel divine energy flowing all the way down to the area of your tailbone where kundalini energy is stored. As divine energy reaches this space, it activates your kundalini energy and triggers its release. As you become aware of the activation and release of kundalini energy in this part of your system, connect to its energy and intention. Kundalini energy is an intelligent energy designed to promote and support your spiritual growth and evolution. As your kundalini energy continues to activate and release, it now makes its way up your central channel (sushumna), located alongside and slightly to the front of your spinal column, and moves upward towards and out of your crown. Visualize, imagine, or feel more and more kundalini energy moving up through your central channel (sushumna) and out of your crown chakra, clearing, healing, and removing blockages along the way. As more and more kundalini energy is released and flows up and out of your crown chakra, your central channel (sushumna) continues to expand more and more, allowing for even more kundalini energy to flow up and out of your crown. Let the healing take place and enjoy

feeling how your energy system responds to the kundalini energy. By intending and then surrendering to divine energy moving down the central channel to the tailbone, more kundalini energy is activated and released up the spine for clearing and healing, widening the central channel (sushumna) in order to allow for more and more divine energy to move through your system and accelerate your personal healing, spiritual evolution, and healing capacity. Continue in this way for at least 5 minutes and then gently open your eyes. You can test the flow of divine energy through your palm chakras after this practice by intending to channel and then surrendering to the channeling and observing the quality and quantity of the energy flow.

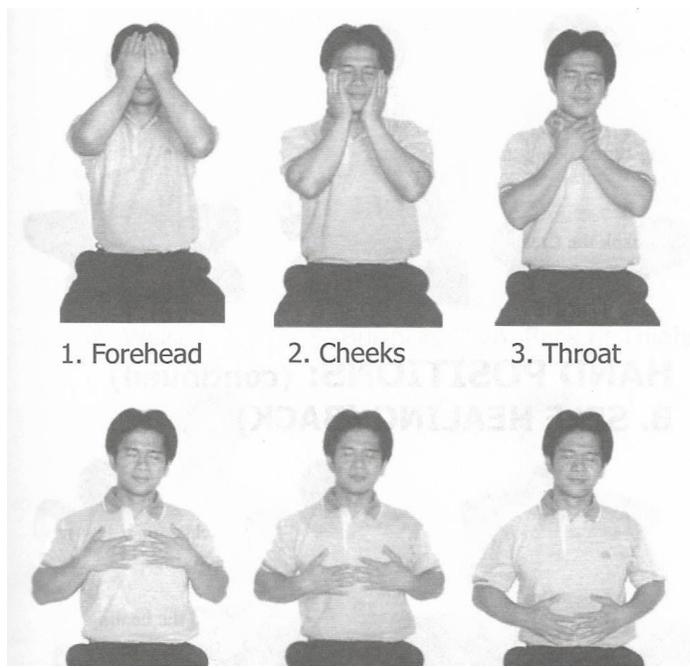
5. Physical areas to channel to, hand positions, and opening and closing rituals during healing sessions to optimize healing

5.1. Physical areas to channel to

a. Front of the body

During an energy healing session, always start with the front of the body and from top to bottom since the energy in the lower chakras is more dense (earthly karmas move up through the feet into the lower chakras first). If you start from the bottom, you will be dragging dense energy up and working against the flow of divine energy, which flows down from the crown chakra, which can slow down and complexify the healing process. If you're channeling the energy to someone other than yourself then ask them to lie on their backs so that you can start to channel divine energy to the front of their body, from the top of their head all the way down to their feet.

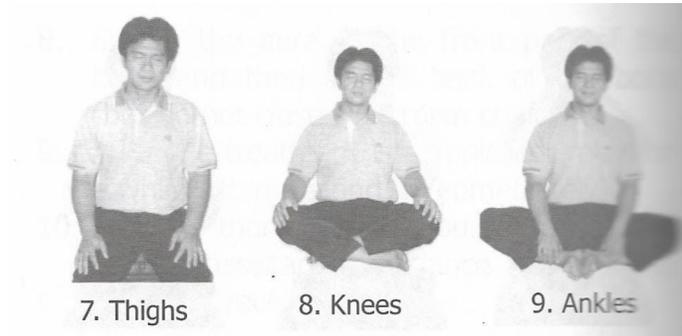
There are a total of 9 hand positions as depicted by these pictures from Reiki Tummo Level 1.



Those are:

1. Forehead
2. Cheeks

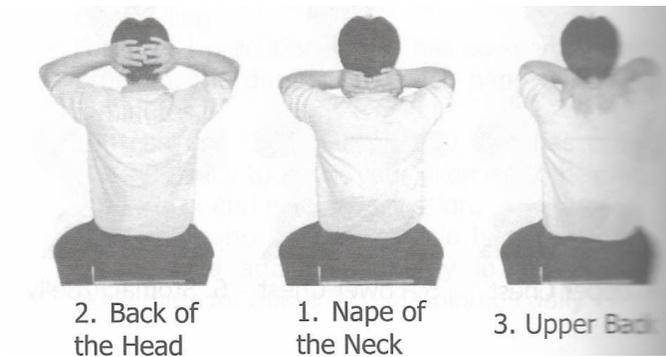
3. Throat
4. Upper Chest
5. Lower Chest
6. Stomach/ Belly
7. Thighs
8. Knees
9. Ankles

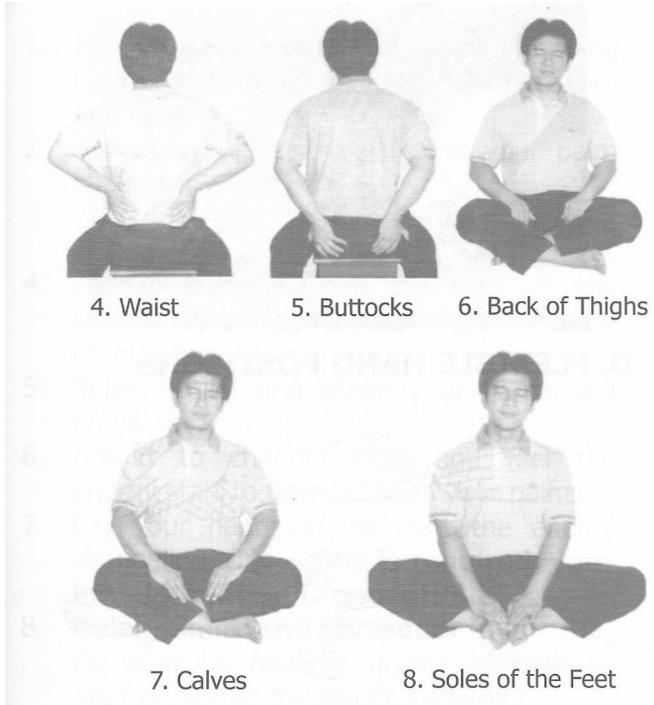


b. Back of the body

After you've completed the energy healing at the front of the body, you can now start channeling to the back of the body. Again, work your way through from top to bottom like you did with the front of the body. If you're channeling to someone other than yourself, very gently place your hand on their shoulder to get their attention, tell them to keep their eyes closed, and softly whisper and ask them to very gently and slowly turn on the table to lie on their front so that you may channel to their back now.

There are a total of 8 hand positions as depicted by these pictures from Reiki Tummo Level 1.



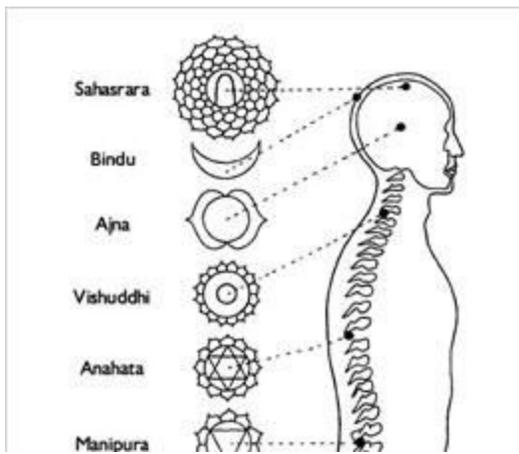


Those are:

1. Back of the Head
2. Nape of the Neck
3. Upper Back/ Shoulders
4. Lower Back/ Waist
5. Buttocks
6. Back of the Thighs/ Hamstrings
7. Calves
8. Soles of the Feet

c. Chakra pairs (optional)

After completing channeling to the front and back of the body, you can optionally choose to activate and balance the chakras. This is a great way of closing an energy healing session as it gives you the opportunity to assess any outstanding imbalances at a more fundamental level (the level of the chakras themselves) and balance the entire energy system after clearing it of existing blockages. Chakras can be balanced in pairs as follows:



The pairs of chakras are best attuned together are:

1. Root and Crown chakras
(Mooladhara and Sahasrara)

2. Sacral and Throat chakras
(Swadhisthana and Vishuddhi)
3. Navel and Heart chakras
(Manipura and Anahata)
4. Third Eye chakra (front and back)
(Ajna)

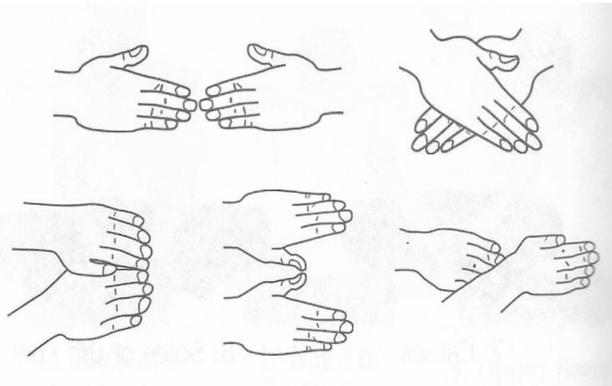
During the chakra balancing exercise, all the chakras are channeled to and balanced in pairs, except for the Third Eye chakra, which you'll channel divine energy to both at the front and back of the body. When channeling divine energy to the pairs of chakras, you'll channel it to the front of the body only, visualizing, imagining, or feeling the energy moving in clockwise to the front of the chakra while old, stagnant, and disharmonious energy moves out counterclockwise from the back of the chakra. Visualize, imagine, or feel the energy that comes in activating, clearing, and balancing each chakra pair as you channel energy to them. You may feel the build up of energy in the chakras as you continue to channel divine energy to the chakra pairs and activate and balance them by doing so. You can stop channelling when you feel that the energy in the chakra pairs is smooth, balanced, and harmonious. You will get a sense for this over time as you practice. Another to determine that you can stop channeling to the chakra pairs is to notice when the energy is no longer flowing out of your palm chakras, i.e. you are no longer channeling. This means that the chakras are activated and balanced and that you can move to the next pair of chakras to activate and balance. The same is true of channeling to body parts and regions at the front and back of the body. When the energy stops flowing from your palm chakras, the channeling has ended and the energy healing in that part of the body or/ and energy system is complete.

5.2. Hand positions for channeling

a. Individual Healing

When channeling energy to the front and back of the body and to the chakra pairs, you have the option to use 5 different hand positions. No position is better than another, so feel it out. See what feels most organic to you from moment to moment, and also what makes sense depending on the part of the body that you're channeling to and where you're located in relation to this body part.

The 5 hand positions to use during an energy healing session are as follows:

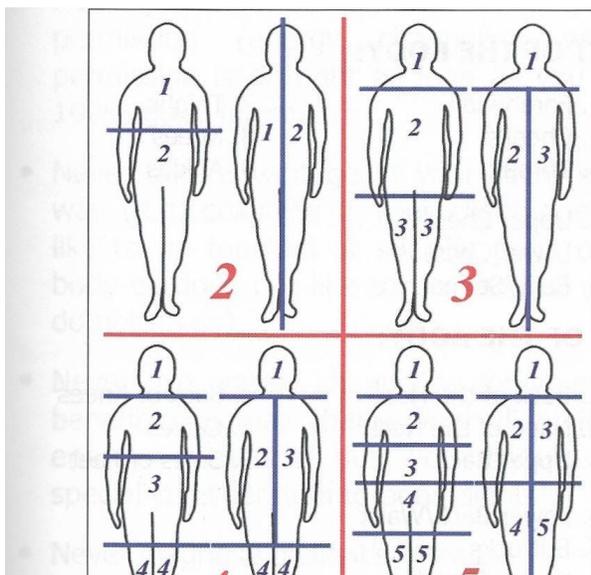


1. Hands with fingers facing in
2. Hands overlapping each other
3. Hands side by side, thumbs overlapping
4. Hands side by side, thumbs touching
5. Hands staggered, front and back

b. Group Healing

During a group healing session, where more than one healer is channeling energy to a person, you can use any of the 5 hand positions used in individual healing, as illustrated above. Use your intuition to choose which one feels most natural to you from moment to moment, and works best with the rest of the group. The most important part of a group healing session is that everyone in the group works in harmony and that the energy is synchronized with the group leader's energy. The group leader is responsible for conducting the opening and closing rituals and starts, after performing the opening ritual, by channeling to the crown while all the other healers assume their positions to channel divine energy to the other body parts accordingly.

Below is a visual representation of how to divide the positions of the various healers depending on how many healers are present and participating in the group healing session. You can apply variations to the positions as depicted in the picture below. A maximum of 5 or 6 healers is a good number of healers in group healing in order to prioritize the quality of the healing through synchronization and group resonance rather than quantity.



1. If two healers are working together, they can divide their positions between top/ bottom or right/ left

2. If three healers are working together, they can divide their positions into top/ middle/ bottom or head/ right/ left

3. If four healers are working together, they can divide their positions into top/

upper middle/ lower middle / bottom or head/ middle right/ middle left/ bottom

4. If five healers are working together, they can divide their positions into top/ upper middle/ middle/ lower middle/ bottom or top/ middle right/ middle left/ lower right/ lower left

5.3. Opening and closing rituals

a. Opening ritual for healing sessions

If you are channeling divine energy to someone other than yourself, place yourself right where the crown of their head is. Close your eyes, take a couple of breaths and ask the person you are about to channel energy to (we will call them the client here) to also close their eyes and start focusing on their breaths with the intention of both slowing it down and lengthening it. Next, placing your hands at the center of your chest in namaste, pray for guidance, calling upon Spirit or God, your and their spirit guides, angels and archangels, and any other benevolent energies that are in resonance with God and light to come and guide in this healing. If you haven't opened your crown and palm chakras yet, open them and start to relax, smile, and surrender so that you may also open your heart. Next, open the client's crown chakra in the same way that you would open yours. After you've opened their crown chakra, open their aura, first at the front of the body and then at the back of the body. When opening the aura of your client, place your hands, palms together, and extend your arms out in front of you and visualize, imagine, or feel that as you separate your hands apart - to be wider than the client's physical body - you are opening their auric field. Repeat this process 3 times intending to open the aura at the front of the body, top, middle, and bottom. And then, repeat the same process 3 times to open the aura at the back of the body, top, middle, and bottom. In all 6 movements of your arms, you are staying in the same position, standing behind the crown of the client with your arms simply hovering way above their head. You're never in direct physical contact with the client's body through any part of the process. Finish the opening ritual by channeling some energy to the crown for smooth energy flow. It's useful to add here that reiki energy healing does not require physical touch and therefore you never need to be in direct contact with the physical body of the client to channel divine energy. Touching and direct contact does not make the energy channeling better or more effective, though some clients may prefer the physical touch. You can ask the client what their personal preferences are, i.e. direct or indirect contact during the energy channeling, while remaining aware and respectful of any sensitive part of their body that are best not physically touched. Communicate clearly to the client that direct contact is not necessary in order for the energy healing to occur. It's useful to be aware that in many states and countries, you need a license to touch in order to have direct physical contact with a client during a healing session. Check what applies in your state or country in order to comply with local and federal laws and operate in the most conscious and useful way. It's important that you use your conscious wisdom and discernment when working with clients in such personal interactive dynamics, and remember that direct contact does not improve the healing.

b. Closing ritual for healing sessions

Once you've completed channeling to the back of the body, or finished the chakra pair balancing, you can start working on the auric field itself. Standing at the back of the head of the client, draw an imaginary oval shape all around the body of the client, without moving. Simply draw an oval into space and visualize it expanding about 3 feet around the client's physical body. Then, moving your hands in space right in front of you, open and close your fingers as if you were fluffing a fluffy pillow. You are building up and fluffing the auric field of the client through this process. Visualize, imagine, or feel the auric field of the client expanding more and more as you continue with this process. Now, smooth out the auric field of the client so that the energy from the healing and the fluffing is properly balanced and shared throughout the entire body and aura. To do this, bring your hands towards your heart, fingertips facing each other and palms facing out away from you. Then move your hands away from you as if you were sweeping space with your hands. You are sweeping their auric field and smoothing out the energy through this process. Repeat this 3 times intending to sweep the front of the body and auric field, center, sides, and further to the sides. Repeat the same process another 3 times now intending to sweep the back of the body and auric field, center, sides, and further out to the sides. Now, placing yourself by the right shoulder of the client, bring your hands in prayer position and point your fingertips towards their heart as if directing energy into their heart. You are now channeling energy through your fingertips directly to their heart with the intention of sending them love, guidance, fortitude, and anything that might be supportive of their process of healing. Surrender to divine energy to guide that process and to help them with whatever they need most. Finish the healing by closing your eyes, bringing your hands in prayer position (namaste) at your heart and praying to thank Spirit, God, spirit guides, angels and archangels, and any benevolent forces and entities who offered help and guidance during the healing.

6. Opening the heart, releasing past pain and trauma, and using the RSS technique to increase energy channeling (quantity and quality)

6.1. *Opening the heart*

Opening your heart is key to both your healing process, spiritual evolution, and increasing your capacity to receive, channel, and transmit divine energy to facilitate the healing of others. There are many different ways to open your heart. The first way to open your heart is to intend to accept yourself, love yourself, forgive yourself, and appreciate yourself in all circumstances no matter what has happened in the past, is happening right now and your interpretations of it, or what you project might happen in the future. Being patient with yourself and compassionate to yourself in this process of life is key to enjoying the experience of opening your heart and achieving the results you want, whatever they may be. In addition to embracing this approach of self-love and self-worth, which is forever refinable, here's a meditation that will further support you in achieving your intention of opening your heart.

a. Open heart healing meditation

Find a comfortable position, either sitting or laying down. The most important part of this process, as with any meditative process, is that you are relaxed. Intend to relax and to feel good right now. Now, close your eyes and send a wave of relaxation from the top of your head all the way down to your toes. Visualize, imagine, or feel that any tension in your body dissolves as this wave of relaxation moves from the top of your body all the way down to your toes. Feel yourself relaxing more. Next, focus on the space of your heart, simply noticing how your heart feels right now. Relax into the space of your heart and notice any tension, pain, or discomfort in this area with the intention of dissolving it by breathing into it and mentally creating space through the breath and your intention to relax. As tension dissolves and space is created, feel your heart opening and expanding. You may sense energy building in this space. You may start feeling the energy of love, kindness, gentleness, patience, openness, expansion, compassion, lightness, joy, happiness, and deep peace in this space. Go with the feelings, follow the feelings, merge with the feelings. Now, as you continue to feel your heart opening and expanding, visualize, imagine, or feel a vortex of energy spinning clockwise to the front of your heart. This vortex of energy enters your heart and spins clockwise in the space of your heart. As it does, your heart starts to feel lighter and lighter and expands exponentially more. It's as though your heart is expanding outside of your physical body and into the space around you and it fills the space around you with love. More and more love flows into your heart through this vortex. You may visualize the color of this energy vortex as a swirl of golden and deep green light. Continue to visualize, imagine, or feel this beautiful vortex of energy moving into your heart, filling your heart with love and deep peace. As more and more love pours into your heart, it overflows to each and every body part, every cell of your body, your aura, and the space around you. If you wish, you can visualize, imagine, or feel that you can send this love to all beings, objects, things, planets, universes, and anything else that comes up in your consciousness at this time. You may start by sending this love to the people that you love and feel most connected to, and then expand your intention to include anyone and everything you want and choose to from moment to moment. Simultaneously to the love that the vortex of swirling golden and deep green light that is pouring into your heart and everyone and everything around you, pain, trauma, negativity, karmas, and blockages clear, heal, and release through the back of your heart through a vortex that's moving in a counterclockwise fashion. As this vortex continues to pull negativity out of your heart, you feel shame, guilt, sadness, depression, loneliness, anger, resentment, bitterness, disappointment, fear, stress, anxiety, confusion, uncertainty, overwhelm, heaviness, and hatred leave you. Your heart, body, and whole being feel lighter and brighter as all negativity continues to dissolve. You feel as though your heart is opening and blossoming like a lotus flower. Continue with this exercise for about 10 minutes total and practice it as regularly as possible, at least once a day in the 21 first days after completing your level 1 energy healing certification training.

6.2. Releasing past pain and trauma

Opening your heart through the processes described above is essential to the healing of past pain and trauma. In addition to this process, we recommend the following meditation, which focuses more specifically on forgiveness so that you can free yourself from any pain, trauma, karmic patterns, imbalances, and blockages that might be limiting you in any way in the present moment. Following is some information about the Ho'oponopono mantra, how it works, how it came to be, and how it can help you heal and spiritually evolve, as well as a detailed description of when and how to use it.

b. Ho'oponopono meditation

How to release past painful memories through the power of forgiveness

From the moment we are born and until the day we die, we accumulate painful memories. It's important to realize that these memories include interpretations of events as well as feelings and emotions we experienced at the time. If these interpretations are not shifted to be more conscious and constructive and the emotions are not cleared, they remain buried in our subconscious mind where they continue to influence us without our even knowing that it is happening. If these painful interpretations and recordings keep accumulating, it can get to a point where we feel overwhelmed, depressed, desperate, lost, confused, resentful, sometimes even bitter or hateful, or worst, suicidal. The first thing to remember about these painful memories is that as real as they may feel, they are not an actual representation of reality.

Every time you've experienced pain in your life, it was in reaction to an interpretation about what was happening. If you shift the interpretation, the associated pain, feelings, and emotions can also be shifted and completely released. Of course, we are not minimizing in any way the trauma and challenges that we all experience in the face of accidents, violence, abuse, or death. What we are saying is that, our interpretive process transforms what could otherwise simply be a sensory stimuli, i.e. an experience through our senses, into a painful experience. To the point where, if we continue to mentally, emotionally, and psychologically, hold on to our pain, we experience suffering.

Understanding this process is fundamental if you want to eventually completely free yourself from pain and suffering, which you can if one of your intentions in life is to achieve the transcendence of suffering. Ultimately holding on to any pain, and memory of pain, only leads to more pain, i.e. pain turns into suffering when we keep our focus, whether consciously or subconsciously on it.

We do not need to hold onto pain and painful memories in order to ensure that we won't feel pain again or to avoid other painful circumstances. We do not need to embrace a fear-based perspective of life in order to navigate our physical, mental, emotional, and spiritual state of being, relationships, and life, or to achieve our intentions and goals. We do not need fear of pain to minimize our interaction with pain and achieve a pain-free existence. And there is no real value in holding on to any past pain and painful memories - except to learn not to do it

through the pain of it - if our intention is ultimately to enjoy a peaceful, loving, kind, and fulfilling existence.

The most aligned and intentional way of dealing with pain is ALWAYS to heal it and let it go. And the most powerful way of letting go of pain is to choose to release all memories of pain from the past by forgiving anything that has ever happened to us, whether we feel that we caused it, or that someone or something external to ourselves caused it. One of the ways that we can do this is by using the Ho'oponopono mantra.

The Ho'oponopono mantra is a very simple and highly effective mantra that integrates the power of unconditional love, accountability, forgiveness, and gratitude. All four of these attitudes have the power to truly shift your internal emotional state and your level of consciousness. The spiritual practice of the Ho'oponopono mantra was first developed in the Pacific Islands and later brought to Hawaii, where it gained great popularity as a factor of growth, healing, and change, both internally and externally. The meaning of Ho'oponopono is 'to make right, to repair.'

By cultivating unconditional love, taking full accountability for ourselves and our actions, choosing to forgive no matter what has happened, and expressing gratitude for the healing that we receive through this change of perspective and emotions, we can permanently cleanse and release all negative beliefs, judgments, painful memories, and fears that otherwise remain buried in the unconscious and subconscious parts of our minds.

By accessing painful memories at those levels of our system with the intention of releasing them, we begin to free ourselves from them, the energetic blockages that were created by and with them, and eventually we are no longer influenced by them in our day to day life, leaving us free to make truly conscious choices in our relationships and life.

Using the Ho'oponopono mantra will help you shift out of fear and judgment, negative thoughts, limitations, destructive patterns, feelings, and emotions into a more clear, objective, conscious, wise and discerning decision making process.

The premise of Ho'oponopono is taking 100% self-accountability for all external manifestation, i.e. everything that happens in your life. We are a co-creator of every life situation we manifest. This process of self-accountability means becoming aware that our process of interpretation of life and of our day to day circumstances are tainted by our fears, judgments, expectations, and beliefs, which are themselves based on previous memories (in ourselves or the collective consciousness, which includes the unconscious, which are not even aware of for the most part.)

Through the process of realizing that the way that we choose to interpret life is greatly influenced by our conditioning and unknown external factors, we gain the capacity to release all judgment, blame, shame, guilt, resentment, disempowerment, and even hatred of self and others. The process of becoming aware of any inner limitations in our process of understanding

ourselves and others, and choosing to forgive, is a fearless and powerful practice that empowers us to make conscious choices that lead to greater inner peace, joy, love, health, happiness, and more harmonious relationships.

The Ho'oponopono mantra is very easy to use and can be applied to the healing and release of different negative emotions and memories as follows: (1) Healing our relationship to ourselves, by identifying places within ourselves (unhealed child parts) where we may not be loving ourselves, and how they influence the decisions we make in our life, (2) Healing our relationship to others, by identifying relationships that carry old or new hurt, and where we are applying judgment, expectation, and fear to our interpretive process, rather than love, acceptance, and forgiveness, (3) Healing a character trait/ 'negative' quality we dislike in ourselves, and which we have a judgment of, and an aversion to, due to our fear of how it might also impact us negatively (i.e. making us more 'abandonable' and less acceptable by others.), and (4) Healing a character trait/ 'negative' quality we dislike in another, and which we have a judgment of, and an aversion to, due to our fear of how it might impact us negatively (i.e. also making us 'abandonable' and less acceptable by others if we were to have it too.)

When using the Ho'oponopono mantra, you can choose to use any one aspect that you wish to heal in any of these 4 categories, and apply the Ho'oponopono mantra to it. The mantra has 4 parts, and each part is practiced consciously and progressively, i.e. the healing builds upon itself as we apply love, accountability, forgiveness, and gratitude to that which we wish to heal.

When doing the mantra, it's important to be willing to allow yourself to feel the negative emotions and feelings that arise within your mind, body, and heart, and to let all of them surface in order to get an accurate reading for what you feel and the level of intensity of the negativity and emotional charge that is attached to the situation (person, self, negative character trait, perceived flaw, lack, perceived wrongdoing, etc.) The 'emotional charge' that you feel is your 'gauge' when it comes to checking how fast and efficiently you are releasing the energy around a certain situation. Every time you complete the first part of the mantra, and before moving onto the the next part of the 4-part mantra, it's useful to assess and confirm that there was a measurable and permanent energy shift in you (a release of the painful memories and the associated interpretations, feelings, emotions, and pain.) This will allow you, over time, to access a new perspective on the situation and the experience of a less 'emotionally charged', clearer, and more harmonious internal state towards the situation you are wanting to heal. Over time, as you use this mantra, you can completely and permanently release all the painful memories associated with a specific situation, judgment, belief, or fear.

Detailed process

Find a comfortable place where you can relax and let go. Allow for the pain of the memories you are wanting to heal to come up and feel the feelings and emotions fully without trying to escape, repress, or suppress what you feel. Now, focus on the mantra and begin with (1) the first part of the mantra, which is simple. You will repeat 3 powerful words, 'I LOVE YOU'

By expressing unconditional love to and for anything, you literally transform it and your relationship to it. You give it the essential unconditional quality it needs to be free and open, i.e. LOVE. Without this first step, it is not possible for the person, self, or element, to be able to be fully open and receptive to receive an apology and to heal. So repeat this part of the mantra until you feel a shift within yourself of how you feel about the situation you are wanting to heal. Next, start repeating (2) the second part of the mantra, which is also simple. It's based on the premise that, whether consciously or not, negative emotions arise as a result of some pain and hurt that need to be acknowledged and heard before they can be healed and permanently released. Focusing on what you feel, begin to repeat the second part of the mantra, 'I AM SORRY', until once again you feel a shift in your internal emotional state and regards to the situation you are wanting to heal. Whether you consciously understand or not what part you have to play in the pain or hurt of yourself or another, or in the negative emotions and feelings that arise as a result of this pain, acknowledging the pain/ hurt by saying 'I am sorry.' is a crucial step in the healing process and the release of the negative emotional charge that exists around the hurt. Now, still focusing on any underlying uncomfortable emotions, begin to say (3) the third part of the mantra, which is also extremely powerful, as it enables for the power of forgiveness to express itself and heal us and our relationships with others and the world as we experience it. Repeat, 'PLEASE FORGIVE ME' as you continue to connect to how you feel. Humbly, you ask yourself, or another, to forgive you for any fear, expectation, belief, or judgment that you hold against yourself or another, or the character trait that, you or the other embodies, so that there is no longer an opposing force that sustains the existence of the negative emotion that was previously judged and rejected. Finally, you end the practice with (4) the fourth and last part of the mantra, which is the ultimate expression of one of the most powerful forces in the Universe, i.e. that of Gratitude. Repeat 'THANK YOU.' while connecting to the powerful healing that you are receiving through this process. By expressing gratitude to yourself, to another and to the Universe for granting you the opportunity to release negative emotions and feelings, pain, and painful memories from your energy field, relationships, and life, you gain access to a new level of inner peace, joy, love, and happiness that is not attached to any external circumstances.

Practice this mantra as often as you can, whenever you find yourself judging or resenting yourself, someone else, or something in yourself or someone else, to quickly clear the energy both within yourself and externally, and start enhancing all your relationships and your life.

6.3. *Enhancing energy channeling using the RSS technique*

b. Reiki Tummo: Relax, Smile, Surrender practice - surrendering more

The daily practice of the relax, smile, and surrender technique, which we've already described twice in this training manual, will help you not only heal yourself and learn to let go, it will also support you in enhancing your energy system's capacity to effortlessly receive, channel, and transmit more divine energy by surrendering to it. This process, like all of the processes described in this manual, is forever refinable and can continuously be improved as you practice.

Over time, you will have trained yourself to be in a state of relaxation, where your heart is open and divine energy can flow through your system consistently and effortlessly. This is most useful for your health, your overall well-being, spiritual development, and in being a greater conduit to divine energy when healing yourself and others.

The more you relax and smile, the easier it becomes to surrender as all mental projections and fears tend to dissolve as you do so. Training yourself to relax, smile, and surrender will lead to this being your automatic response and default state in life and during your energy healing sessions. Continue to practice and to remember that at the core of the healing you receive and facilitate is the relax, smile, and surrender practice. The more you relax, the more reasons you'll find to smile, and the more you smile and feel good about yourself, your life and being in the present moment, the easier it will be to surrender. And the more you surrender, the more divine energy will flow through you, helping you to surrender even more.

7. Intention in healing

7.1. Clearly defining an intention

You may have heard that intention is everything. Intention is what guides and directs our energy in whichever we we intend it to be. Having the intention to heal yourself, others, to direct divine energy to areas of pain, discomfort, traumas, karmas, and blockages is a very useful intention to have. Ultimately, when receiving, channeling, and transmitting divine energy, the most useful and effective intention is to be in alignment with God/ the divine/ Source/ the Universe. Whatever name you call it, setting an intention to be in alignment with pure, supreme consciousness is going to bring about the highest and best good, because supreme consciousness has unlimited, infinite intelligence and unlike our minds, it is unlimited. Any intention that we create from our mind is going to be limited by that same mind that creates it. And therefore, setting the intention to let supreme consciousness guide the process is going to bring about more aligned results with the highest and best good of all beings and things.

7.2. Letting the intention guide the energy

Once you've set this intention, there's no need to control it or how it's going to manifest and unfold. You can let go and let the intention guide the energy, trusting that supreme consciousness is all-knowing, all-powerful, and all-present.

7.3. Surrendering the energy and intention to divine intelligence

The final step after letting go is to completely surrender to divine energy and without thought, questioning, or doubt to trust in its unfoldment. In healing and any matter of life, surrendering consciously and in faith to supreme consciousness is always going to bring about the highest and best good, even though we may think or feel differently.

8. Self healing (practice)

This section is for practice only. For specific details of physical areas to channel to and hand positions, refer to section 5. Practice self-healing every day in the first 21 days after you've completed your reiki training certification.

8.1. Channeling to the front of the body

Finding a comfortable position, begin by opening your crown and palm chakras. Next, practice opening your heart and using the Relax, Smile, Surrender technique to open and activate your heart. Then perform the opening ritual as described under 5.3.a. and start channeling to the front of your body as described in section 5.1.a using any of the hand positions listed in 5.2.a.

8.2. Channeling to the back of the body

Continuing from channeling to the front of the body, begin to channel to the back of your body as described in section 5.1.b using any of the hand positions listed in 5.2.a. If you find it difficult and uncomfortable to channel to any body part at the back of your body, you may place your hands anywhere to the front that is near (or not) to this body part and intend for divine energy to be channeled there. Once you've set the intention to channel to this body part, surrender to divine energy and let it guide the process. If you do not have a specific area of your body that you feel needs special attention, then you can move on to the closing ritual and finish the healing. If you have an area of your body that you want to place a specific focus to, move on to the instructions below under 8.3. and then perform the closing ritual as described under 5.3.b. to end the healing session.

8.3. Channeling to a specific area

Before channeling to any specific part of the body in order to support and accelerate the healing of that part, begin by doing a full body healing following the front and back of the body protocol. Once you have done that, then channel to the body part that is experiencing pain, disharmony, or imbalance. The average time to channel to a specific body part is about 20 minutes. That said, if the issue is minor you can channel for only about 5 minutes. And if the issue is more critical, 40 minutes of energy channeling is recommended. Ultimately, divine energy flow will be your indicator of when to stop. Usually, once the part has received all the energy it needs to heal, the flow of divine energy from your palms into that part will stop all by itself, indicating that the part being healed doesn't need any more energy at this time. When healing a major problem, you may be required to repeat the energy healing multiple times, sometimes consecutively until the issue has been resolved. Continue with the energy healing and channeling for a few days, or a few more sessions spread over time (use your own discernment, which will grow over time to assess what is most useful and aligned and ask God, Spirit, and spirit guides and angels for guidance in this process) even after the imbalance has been

resolved and the pain or discomfort has disappeared. This will ensure that this area of the body that was priorly weakened and a target to illness is restored to balance, not just the part. This will ensure permanent healing to take place and reduce the risk of a recurrence by healing the physical body and the auric field where the illness, sickness, or weakness first originated. After channeling to a specific body part, you may channel again rapidly to the front and back of the body in order to rebalance the energies or conclude with a balancing of chakra pairs exercise. End the healing session with the closing protocol described under 5.3.b.

9. Healing others (practice)

This section is for practice only. For specific details of physical areas to channel to and hand positions, refer to section 5. Practice healing on others at least once a week (3 times) in the first 21 days after you've completed your reiki training certification.

9.1. Channeling to the front of the body

Using a massage table, or a bed or chair (if you have no other option), ask the client to lie on their back, relax, and close their eyes. Proceed to open your crown and palm chakras and opening your heart if you haven't already done so that day. Next, using the Relax, Smile, Surrender technique, start performing the opening ritual as described under 5.3.a. and start channeling to the front of the body of your client as described in section 5.1.a using any of the hand positions listed in 5.2.a.

9.2. Channeling to the back of the body

Once you've finished channeling to the front of the body of your client, begin to channel to the back of their body as described in section 5.1.b using any of the hand positions listed in 5.2.a. If after asking directly to the client at the very beginning of the healing session, they have not notified you of any pain or discomfort in any specific area of their body that they are wanting you to focus on, then you can move on to the closing ritual and finish the healing. If there is an area of their body that they want special help with for you to focus upon, then move on to the instructions above under 8.3. and then perform the closing ritual as described under 5.3.b. to end the healing session.

9.3. Channeling to a specific area

Refer to section 8.3. above and apply the exact same instructions to the healing of a specific body part in the client you are performing the healing on.

9.4. Channeling in group healing with a group leader (synchronizing the energy)

See Section 5.2.b. describing how to channel energy when working as a group in group healing and use section 9.1, 9.2, and 9.3. to follow the healing protocol for an individual you are performing a healing on in a group setting.

10. Practice and refinement

10.1. Daily practice

a. Daily self healing

Practice self healing as described under section 8 once a day in the 21 days following your reiki energy healing certification training.

b. Weekly healing of others or group healing with others

Practice individual or group healing of others as described under section 9 once a week (for a minimum of 3 times) in the 21 days following your reiki energy healing certification training.

10.2. Energy development

a. Daily chakra opening and clearing

Use the techniques described under section 2.2. every day in the first 21 days after completing your reiki energy healing certification training.

b. Daily Kundalini awakening process (Five Secret Smiles)

Use the techniques described under section 3.2, 3.3, and 4.3, in order to enhance your kundalini awakening process and your capacity to heal, receive, channel, and transmit divine energy. In addition and optionally, use the Five Secret Smiles meditation (see list of meditations at the end of this manual) as often as feasible in order to enhance this process and the results you get from it.

11. Environment and energy protection for healing

11.1. Creating the ideal environment for healing

a. The ideal set up

Consciously choosing where your reiki healing space will be and how it will be set up is a very special thing to do. Approach it with love, relaxation, care, patience, conscious wisdom and discernment and let the space evolve with you over time. If you feel anxious, worried or

concerned that you may not find the 'right' place or that it might not have the 'perfect' energy or feng shui, clear this concern as soon as it arises and focus on your creative energy and what you want to bring into existence rather than worrying about what might go 'wrong' or might not be 'good enough' according to your or others' standards and expectations.

If you have an extra room to dedicate for reiki energy healing, that's great. If not, choose a space in your home that is used less often and that you find peaceful, calm, and refreshing. It's useful for the room to receive a lot of natural light, where possible, and that it can be closed off from such light during energy healing sessions in order to offer a relaxing and less sensory stimulating environment for your clients. The natural light before and in-between sessions will keep the vibration of the room high and open.

Serene pastel colors or white for the walls, an inviting and large opening / doorway to the room/ space that leads into a more intimate and cozy space that brings up feelings of introspection, self-nurture, and inner peace is useful. Choose an open, inviting, and serene space where the energy flows smoothly.

Here are a few additional guidelines that can further enhance the energy of the space you create and turn it into a sacred space and sanctuary for love, self-nurture, and healing:

- (1) Place a few spiritual symbols, protective deities, as well as healing stones and crystals in the room for inspiration, protection, and in order to create a meditative state.
- (2) Add Himalayan salt lamps or natural candles to boost and uplift the energy and ambiance, cleanse the air, and in order to promote inner peace and relaxation.
- (3) Burn copal, frankincense, or Buddhist healing incense (that have been prayed upon) before and during reiki energy healing sessions (make sure not to smoke out the room and ask the clients if they're comfortable with the scent and smoke first) in order to burn out impurities and negativity.
- (4) Place a few containers of purified water with real sea salt, including one under your healing table, as well as orgonite devices for energy and EMF protection, to draw out negative energies from the room and during the healing session.
- (5) Light a candle for the reiki healing session in order to receive guidance, support, and protection from the light and the universal forces of light for the healing.
- (6) Use a comfortable, plush rug underneath the table to keep clients feet warm as they get on and off the massage table and in order to soften the atmosphere of the room.
- (7) Add a few living plants for ambiance, energy, and a natural feel.
- (8) Use heavy blankets on the reiki table in order to create a sense of warmth, love, nurturing energy, abundance, and security for the clients.

Remember that these are just guidelines, and that you can modify, add, take out as you see fit with your personal preference. Ultimately, what is most important is your intention, warmth, disposition, and capacity to be in rapport and compassionate and caring to your clients. The

rest is simply an additional external reflection of your inner state of alignment with loving, nurturing, caring, and healing energy and intentions.

b. Ongoing cleanliness of the healing space

In addition to cleaning the room physically - especially the floors - changing the sheets and blankets you use after each healing session, and keeping the energy light and clean, you can focus on clearing the energy of the room by cleaning your reiki energy healing space as follows:

- (1) Burn a balanced and breathable quantity of quality incense, copal, frankincense, or sage after each reiki energy healing session.
- (2) Play or/ and recite the triple mantra for protection or the Tibetan healing mantra to raise the frequency of the space (Hung Vajra Peh) in the room at least once a day.
- (3) Use the protection prayer for energetic protection and spiritual guidance.
- (4) Remember to prepare yourself for healing by increasing your sensitivity to what you feel before, during and after each session, tuning into your intention and higher self, and releasing the effects of each session with clients once the session has ended.
- (5) Use the Tibetan healing mantra to clear yourself of negative energies you may have picked up on during the healing (Om Vajra Sattva Hung) after each session.
- (6) Once a week, burn sweetgrass in your healing room to bring loving, sweet, and high vibration energies into your healing space and practice.

c. Sealing the healing energy in the room

Clearing the space of the room where you conduct your Reiki energy healing sessions is key to creating a meaningful, safe, loving, and highly effective experience for your clients. Depending upon your Reiki level, there are different ways to clear your space, including using Reiki symbols as part of your space purification process if you are level 2 or higher.

For Reiki level 1 practitioners who feel ready to start giving energy healing sessions and build energy for their Reiki level 2 training, it's highly recommended that you ask a Reiki level 2 or Reiki Master practitioner to purify your healing space for you, using Reiki symbols. Unfortunately, other methods learnt in Reiki level 1 may not be sufficient to create a comprehensively, energetically safe environment where you and your clients can enjoy receiving your Reiki energy healing treatment without any negative influences. If you are only trained at Reiki Level 1 and you wish to follow the procedure and accompany the Reiki level 2 or Reiki Master practitioner performing the space purification process for you, you can use your intent and Reiki and follow the procedure as given below while omitting the symbols.

The process can be done either as a visualization, or by actually walking around the healing space that's being cleared. When asking a Reiki level 2 or Reiki Master practitioner to clear the space for you, ask them if they could use the following process (most likely, they will be familiar

with it since it is taught in Reiki level 2 or/ and Reiki Master training):

Detailed process

Step 1: Sit or stand at the center of your healing space and effortlessly tune into what you sense in the space around you. Whatever you feel - including any non-harmonious energies - is ok. It can all be cleared through the process described below and it's nothing to be concerned about.

Step 2: Using a compass, find out where the four directions, East, North, West, and South, are, relative to the room's corners, so that you can work within the context of geographical space to create the healing effect you desire in the healing room. If you're uncertain about the orientation in the room, simply follow the natural contours of the room, starting in any corner and moving counterclockwise from corner to corner.

Step 3: Burn sage, a healing incense, copal, or frankincense and light a candle prior to beginning with the space purification process.

Step 4: Standing in the center of the room, facing East. Place a power symbol into your palms and place your hands in prayer position in front of your mouth, fingertips just below the nose (Gassho), (Many people also perform Gassho with hands positioned in front of the chest just above the heart.) Close your eyes and feel the energy of the power symbol and connect.

Step 5: Once you feel connected, start creating the sacred space by drawing a power symbol into the Eastern corner of the room.

Step 6: Next, tracing your hands along the walls in a counterclockwise direction, draw energy to the next corner of the room, facing North, and place another power symbol.

Step 7: Move to the next corner, facing West, and place the power symbol there.

Step 8: Then, move to the next corner, facing South, and draw a power symbol in it.

Step 9: Finish by getting back to the original corner, facing East, where you first started and seal your intent by repeating the placement of the power symbol in that corner.

Step 10: Now, stand again at the center of the room, facing East, and tracing from above, place the distant healing symbol, the emotional/ mental symbol, and the power symbol down into the room. Visualize the placement of the energy as a four-sided pyramid being energetically constructed in the space of the room.

Step 11: Then place your hands in prayer position in front of your mouth, fingertips right below the nose (Gassho), (many people also perform Gassho with hands positioned in front of the chest just above the heart), and ask for guidance from Spirit and your spirit guides as well as for the highest and best good of anyone who enters this healing space. You may also use this

healing prayer: "I am the presence calling on all those that love me, guide me, and support me to be with me now. I invite the brothers and sisters of the Reiki lineage, in particular Masters, Mikao Usui, Chujiro Hayashi, and Hawayo Takata. I ask for their guidance and to ensure all that takes place here is of the very highest and best good at all times. I call on the healing power of Reiki to flow now to where it is needed most."

Step 12: Proceed with the Gassho Meiso (meditation) in order to call upon and manifest divine energy and feel it building up within you and expanding out to fill the space.

Visualize light expanding from your heart and continuously filling up the space you are purifying as you perform the Gassho Meiso (meditation).

Tune into the energy of Gassho, which implies recognition of the oneness of all beings. This gesture is also used to show reverence to Buddhas, Bodhisattvas, Spirit Guides, Teachers, and Hierarchy of Light.

Gassho Meiso is generally performed seated in seiza, or hero pose, sitting down on one's heels. If this is uncomfortable for you, and therefore distracting or agitating, use any seated posture that feels most comfortable to you, including simply sitting on a chair.

Close your eyes, let your hands rest in your lap, and 'hara-center' yourself by focusing your awareness on your seika tanden - an area deep inside your body mid way between your navel and the top of your pubic bone.

For a few moments, simply 'be', silently and restfully 'watching the breath' by loosely focusing on the natural rhythm of your breath, without forcing it or trying to consciously breathe. Simply be aware that you are breathing effortlessly.

When you feel ready, eyes still closed, bring your hands together in Gassho. Gently move the focus of your awareness from seika tanden to where the pads of the middle fingers touch.

Continue silently and restfully 'watching the breath'.

Let go of everything else and of anything that comes up. There is nothing else.

Maintain this awareness for as long as you feel inspired to so do.

Step 13: Once you have created the space and manifested the energy through the Gassho Meiso (meditation), start developing mindfulness and becoming increasingly more attuned to the energy of the room using the Gassho Kokyu-ho (hand breathing) process described below:

This process, like Gassho Meiso (meditation), is also performed seated in seiza, or hero pose, sitting down on one's heels, unless this is uncomfortable for you.

Close your eyes, let your hands rest in your lap, and 'hara-center' yourself again by focusing your awareness on your seika tanden – the same area you focused on earlier deep inside your body mid way between your navel and the top of your pubic bone.

For a few moments, simply 'be', silently and restfully 'watching the breath' by loosely focusing on the natural rhythm of your breathing. Without effort or trying to consciously breathe, simply be aware that you are breathing effortlessly.

When you feel ready, keeping your eyes closed, once again bring your hands together in Gassho and gently move the focus of your awareness from seika tanden to where the pads of the middle fingers touch.

With your body still breathing effortlessly, become aware that as you inhale, the crystal clear Reiki light is being 'breathed' in through your hands and pours straight into your seika tanden.

Right before your body begins to exhale, be aware of the crystal clear Reiki light again and feel it growing stronger and brighter in your seika tanden.

As your body exhales, be aware that the crystal clear Reiki light is being 'breathed' out from your seika tanden - and out through your hands.

Continue with this process for as long as you feel inspired to so do.

Step 13 completes the entire space purification process. Your space is now flowing with protective divine energy and you are ready to receive clients for energy healing in this space.

Note

In using the 3 main Reiki symbols in the space purification process, understanding the significance and meaning of each Reiki symbol is useful in enhancing the quality of your intent.

Power Symbol

The power symbol is directly connected to the elements of earth, water, fire, air, space, light, and consciousness. As such, it can be seen as the journey of Spirit to Earth, harmonizing and balancing all the elements of creation on that journey.

When you draw the power symbol into your environment, you give direction to your intention and you get to energetically create a sacred space in which you can manifest an abundance of healing and transformative energy.

Distance Healing Symbol

The distant healing symbol is a reminder that there is no actual separation between you and

your Buddha nature, i.e. your oneness with all that is. It therefore empowers you to use your intention to draw forth your innate connection to the Universal Intelligence and love for the purposes of healing.

Emotional / Mental Healing Symbol

The emotional / mental healing symbol has deep associations to the essential quality of compassion. As such, it can be viewed as a symbol of our intent to purify and cleanse emotional and mental residues that may have become stuck in a space.

11.2. Maintaining the ideal environment for healing

a. Clearing during sessions

Keeping your healing space clear is easily achieved by (1) intending to be in alignment with divine source throughout the session (2) praying for protection and guidance before each session (3) lighting a candle for guidance (4) burning incense as the session is proceeding and (5) repeating the Tibetan mantra for energy protection and healing (Hung Vajra Peh) while channeling divine energy during the entire session.

b. Regular clearing in between sessions and clients

Regular clearing in between healing sessions can be helpful in preventing for the accumulation of negative energy from one session to another. This clearing can include: (1) burning another incense in between sessions or airing out the room (2) changing linens or freshening them up with an energy clearing spray or a few drops of essential oil (3) repeating the Tibetan mantra for energy clearing and purification (Om Vajra Sattva Hung) right after your session has ended.

c. Energy protection for healing

This is achieved both by praying for protection and reciting mantras as described under section 11.2. a & b above.

11.3. Energy protection for healing

a. Asking for protection

This process is described under the opening ritual under section 5.3.a.

b. Using mantra for healing and protection during a healing session

This process is described under clearing during sessions in section 11.2.a.

c. Clearing yourself after a healing session

This process is described under regular clearing in between sessions and clients in section 11.2.b.

d. Using mantra for clearing yourself after a healing session

This process is also described under regular clearing in between sessions and clients in section 11.2.b.

12. Self practice: daily exercises (21 day period)

- Grounding
(see section 2.1.c)
- Opening and clearing your chakras daily
(see section 2.2.a & b and section 3)
- Opening and clearing your central channel
(see section 4.3.a)
- Increasing the kundalini flow
(see section 4.3.b)
- Self healing (21 positions)
(see section 8)
- Opening the heart and developing self love
(see section 6)
- Developing intuition and self trust
(see recommended meditation in the Supporting Media section below)
- Daily white light meditation to connect to divine source
(see recommended meditation in the Supporting Media section below)
- Mantra practice for higher states of consciousness
(see recommended meditation in the Supporting Media section below)
- Inner alchemy and generating feelings internally for kundalini cultivation
(see recommended meditation in the Supporting Media section below)
- Service to others
(serve and love others in whichever way resonates and feels good to you)
- Intentions and alignment
(define clear intentions for yourself, your life, and your healing intentions)

13. Supporting media

1. Reiki attunement and karmic healing (Level 1)

1.1. *Attunement Part 1: Formal Usui Reiki Attunement (Level 1) - n/a*

1.2. *Attunement Part 2: Karmic Healing through Lords of Karma Request and Meditation - n/a*

2. Grounding, opening your crown and hand chakras, and channeling energy

2.1. Grounding

- a. Feet and grounding meridian point - n/a
- b. Root chakra - n/a
- c. Channeling up earth energy for grounding

Short version:

<https://www.theepicself.com/meditation/personal-growth/beginners-grounding-guided-meditation-for-beginners/>

Long version

<https://www.theepicself.com/meditation/stress-anxiety/grounding-guided-meditation/>

2.2. Opening your crown and hand chakras

- a. Opening your crown chakra
<https://www.dropbox.com/s/vaetee0thupj3ca/Crown%20Chakra%20Activation.aif?dl=0>
- b. Opening your palm chakras
<https://www.dropbox.com/s/25ugo82r7yl1vo7/Palm%20Chakra%20Activation.aif?dl=0>

2.3. Channeling energy

- a. Intending to channel - n/a
- b. Letting go to channel - n/a
- c. Channeling - n/a

3. Activating your chakras and clearing your energy system and lower chakras

3.1. Chakra activation meditation

<https://www.theepicself.com/meditation/personal-growth/chakra-rebalancing-guided-meditation/>

3.2. Clearing your energy system

- a. Kundalini activation (kundalini energy)
<https://www.theepicself.com/meditation/energy/kundalini-breathing-energy-circulation-guided-meditation/>
- b. Divine energy clearing (divine energy)
<https://www.theepicself.com/meditation/energy/divine-energy-guided-meditation/>

3.3. Clearing your lower chakras

- a. Root chakra clearing (KAP) - alternate meditation
<https://www.theepicself.com/meditation/personal-growth/root-chakra-safety-security-guided-meditation/>
- b. Sacral chakra clearing (KAP) - alternate meditation
<https://www.theepicself.com/meditation/personal-growth/self-worth-guided-meditation/>
- c. Navel chakra clearing (KAP) - alternate meditation
<https://www.theepicself.com/meditation/personal-growth/willpower-balanced-ego-guided-meditation/>

4. Increasing sensitivity to energy, enhancing the energy flow, and developing your energy system through meditation

4.1. Increasing sensitivity to energy

- a. Feeling the energy between your palm chakras - n/a
- b. Reiki channeling to the palm chakras - n/a
- c. QiGong energy building practice for the palm chakras - n/a

4.2. *Enhancing the energy flow*

- a. Reiki Tummo practice : Relax, Smile, Surrender (RSS)
<https://www.theepicself.com/meditation/fear/fear-release-at-the-heart-guided-meditation/>

4.3. *Developing your energy system through meditation*

- a. Clearing the central channel through breathing
<https://www.theepicself.com/meditation/health/cleansing-breath-guided-meditation/>
- b. Releasing additional kundalini energy up the spine through channeling
<https://www.theepicself.com/meditation/energy/kundalini-energy-accessing-power-insight-guided-meditation/>

5. Physical areas to channel to, hand positions, and opening and closing rituals during healing sessions to optimize healing

5.1. *Physical areas to channel to*

- a. Front of the body - n/a
- b. Back of the body - n/a
- c. Chakra pairs (optional) - n/a

5.2. *Hand positions for channeling*

- a. Individual healing - n/a
- b. Group healing - n/a

5.3. *Opening and closing rituals*

- a. Opening ritual for healing sessions - n/a
- b. Closing ritual for healing sessions - n/a

6. Opening the heart, releasing past pain and trauma, and using the RSS technique to increase energy channeling (quantity and quality)

6.1. *Opening the heart*

- a. Open heart healing meditation (*energy vortex visualization*)
<https://www.theepicself.com/meditation/personal-growth/cleansing-the-heart-guided-meditation/>

6.2. *Releasing past pain and trauma*

- a. Ho'oponopono forgiveness healing meditation
<https://www.theepicself.com/meditation/relationship/forgiveness-with-hooponopono-guided-meditation/>

6.3. *Enhancing energy channeling using the RSS technique*

- a. Reiki Tummo: Relax, Smile, Surrender (surrendering more) - alternate meditation
<https://www.theepicself.com/meditation/stress-anxiety/smiling-guided-meditation/>

7. Intention in healing

7.1. *Clearly defining an intention - n/a*

- 7.2. *Letting the intention guide the energy - n/a*
- 7.3. *Surrendering the energy and intention to divine intelligence - n/a*

8. Self healing

- 8.1. Channeling to the front of the body - n/a
- 8.2. Channeling to the back of the body - n/a
- 8.3. Channeling to a specific area of the body

Minor issue:

<https://www.dropbox.com/s/t132qyv9lyup7u/Negative%20Energy%20Cleansing%20Minor%20Problem.aif?dl=0>

Serious issue:

<https://www.dropbox.com/s/z6caxy65t7tdwf9/Healing%20of%20a%20Serious%20Health%20Issue.aif?dl=0>

9. Healing others

- 9.1. *Channeling to the front of the body - n/a*
- 9.2. *Channeling to the back of the body - n/a*
- 9.3. *Channeling to a specific area - see tracks listed under 8.3. above*
- 9.4. *Channeling in group healing with a group leader (synchronizing the energy) - n/a*

10. Practice and refinement

10.1. Daily practice

- a. Daily self healing - n/a
- b. Weekly group healing with others - n/a

10.2. Energy development

- a. Daily chakra opening and clearing - alternate meditation
<https://www.theepicself.com/meditation/personal-growth/chakra-exploration-emptiness-guided-meditation/>
- b. Daily Kundalini awakening process (Five Secret Smiles)
<https://www.theepicself.com/meditation/success-money/cultivating-positive-emotions-guided-meditation/>

11. Environment and energy protection for healing

11.1. Creating the ideal environment for healing

- a. The ideal set up - n/a
- b. Ongoing cleanliness of the healing space - n/a
- c. Sealing the healing energy in the room - n/a

11.2. Maintaining the ideal environment for healing

- a. Clearing during sessions - n/a
- b. Regular clearing in between sessions and clients
<https://www.theepicself.com/meditation/personal-growth/removing-mental-obscurations-mantra-meditation/>

- c. Energy protection for healing through the use of the triple mantra for protection
<https://youtu.be/Tc25VygRoVs>
<https://www.theepicself.com/meditation/protection/energy-protection-mantra-meditation/>

11.3. Energy protection for healing

- a. Asking for protection
<https://www.theepicself.com/meditation/protection/protection-prayer-guided-meditation/>
- b. Using mantra for healing and protection during a healing session
<https://www.dropbox.com/s/pwf1m42ibk9gkr0/02%20Hung%20Vajra%20Phat.m4a?dl=0>
- c. Clearing yourself after a healing session
- d. Using mantra for clearing yourself after a healing session
<https://www.theepicself.com/meditation/personal-growth/removing-mental-obscurations-mantra-meditation/>

12. Self practice: daily exercises (21 day period)

- Grounding (see above)
 - Opening and clearing your chakras daily (see above)
 - Opening and clearing your central channel (see above)
 - Increasing the kundalini flow (see above)
 - Self healing (21 positions) - n/a
 - Opening the heart and developing self love
<https://www.theepicself.com/meditation/relationship/self-love-guided-meditation/>
 - Developing intuition and self trust
 - Daily white light meditation to connect to divine source
<https://www.theepicself.com/meditation/health/white-light-breathing-guided-meditation/>
 - Mantra practice for higher states of consciousness
<https://www.theepicself.com/meditation/personal-growth/spiritual-consciousness-understanding-knowledge-and-wisdom-mantra-meditation/>
 - Inner alchemy and generating feelings internally for kundalini cultivation (see above)
 - Service to others - n/a
 - Intention and alignment - n/a
 - Music for Reiki Healing sessions
(<https://www.youtube.com/playlist?list=PL4SNNCSP2ErsQJ8-9uFKqyyTrQFsaDIga>)
-