Reiki Shiki Ryoho

LEVEL II MANUAL

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REIKI II ETHICS

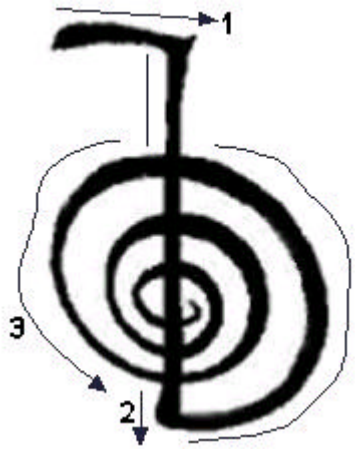
Reiki Over Distances:

When you send distant Reiki, understand that although some people tell you they want the Reiki, they might unconsciously reject it. Try to always place in your sending the intent that the energy be sent elsewhere if not accepted by the recipient. You can send to those in need, the universe, the Earth, or your choice.

If the recipient is not conscious, or you cannot get an answer from the person directly, ask their “Higher Self”. Now many ask, “What does this mean?” Some people say they have Reiki "Guides" or “Angels” that they ask and receive an answer from. My advice to you is to send some Reiki and if you feel uneasy or resistance, that should tell you it is not being accepted. If the Reiki pours from your hands then it is probably a safe guess that the recipient is accepting it.

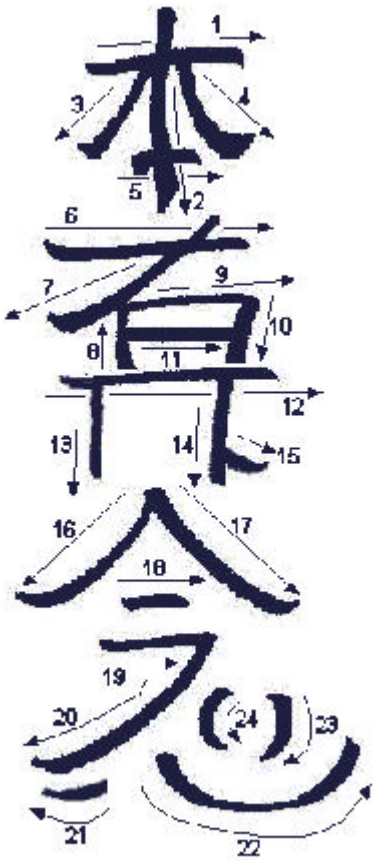
REIKI II SYMBOLS

With Reiki, once you reach Level II, three symbols are to be learnt. They are Cho-Ku-Rei, Sei-He-Kei, and Hon-Sha-Ze-Sho-Nen. These symbols are, in my opinion, a teaching aid so students can better grasp what energy they are attuning to. For example, if I were to say to you now, “I want you to draw more power/energy and try to help <Recipient> on the emotional level”, more than likely you may not understand what I mean. This is not a bad thing, you are simply learning, so the symbols are used. Remember, this is only my opinion… if you want to use the symbols at all times, do so. Personally I just “think” the name of the symbol when I want the particular effect associated with it. The following is a description of the three symbols you will learn:



Cho-Ku-Rei: (pronounced: *cho-koo-ray*) is the “Put more power here” or “More energy” symbol. This symbol is used when you want more power or energy for a particular healing. An example is when you are performing a healing for someone with a terminal disease or someone who is very ill. Cho-Ku-Rei is a traditional Reiki symbol and is originally from Mikao Usui’s teachings.

Sei-He-Kei: (pronounced: *say-hay-key*) is the “Emotional” or “Mental” symbol. This symbol is used when you want to heal the mental level of the particular recipient. It is also used in Distant Healing when you want to connect with the mind of the recipient to ask questions and receive answers to better help with their affliction/problem. Sei-He-Kei is also a traditional Reiki symbol from Mikao Usui’s teachings.



Hon-Sha-Ze-Sho-Nen: (pronounced: hone-sha-ze-show-nen) is the “Absentee” or “Distance” healing symbol. This symbol is used in all Distant Healings exclusively. Hon-Sha-Ze-Sho-Nen is another traditional Reiki symbol from Mikao Usui’s teachings.

Note: Make sure to follow the numbered steps when drawing the symbols.

REIKI ABSENTEE/DISTANCE HEALING

Reiki Absentee/Distance healing is used when the recipient is either not nearby or cannot be touched/visited, i.e. Abuse or burn victim(s), people far away, etc.

There are roughly 9 steps to Absentee/Distance healing with the easiest way using a proxy such as a pillow or teddy bear as the "recipient".

The procedure is as follows:

i. Hold hands up parallel to each other (palms facing each other with a small gap). Say in mind, "<*NAME HERE*>, would you please present your thought form between my hands," Repeat question 3 times.

ii. Say in mind, "I bless the Divine Spirit (or God) in you. This healing energy is given in love. It is yours to accept or reject. If you reject this energy, let it go to <*YOUR CHOICE HERE*>".

iii. On the face of the thought form, draw a **Cho-Ku-Rei**, **Hon-Sha-Ze-Sho-Nen**, and then a **Cho-Ku-Rei** again.

iv. Place the thought form in front of you on the proxy, with the head positioned to the left if you're right handed, and the opposite if you are left handed. This is just for ease and is not a strict rule, so whatever side the head is on is up to you.

v. Indicate to the proxy in your mind, "I'm going to place your thought form on this <*PROXY NAM*E>", eg. pillow. Move the thought form up and down the proxy to work on it. Make sure to tell the thought form what you are doing.

vi. Draw a **Cho-Ku-Rei** over the proxy (body) and start hand positions for the front of the body. Write down each position you are working on and any thoughts/pictures/words/feelings that come to you. Make sure to ask questions to initiate/maintain communication and if any "extras" need doing.

vii. Move the thought form so that the proxy is now the recipient's head. Make sure to tell the thought form what you are doing. Draw a **Cho-Ku-Rei** over the crown area. If you have a need to/are talking to the recipients subconscious, also draw a **Sei-He-Ki** then another **Cho-Ku-Rei**. Ask in mind, "May I please speak with <*NAME HERE*> subconscious mind". Repeat question 3 times. "Does subconscious mind have anything to say to conscious mind?". When finished, thank the subconscious for communication, and then proceed.

viii. Turn proxy over, again explaining to the thought form what you are doing. In this case, working on the legs and feet. Draw a **Cho-Ku-Rei** over the proxy and perform the positions for the legs and feet.

ix. Turn the proxy over, thank, bless, and then dismiss.

The procedure for Absentee/Distance healing is now finished.

Note: If you leave the proxy for any period less than one hour, draw a **Cho-Ku-Rei** and resume where you left off. If the proxy is left for more than one hour, call in the thought form again. Also, draw a **Cho-Ku-Rei** over each position that you do.

EXERCISE USING THE SYMBOLS

The following is an exercise to know/feel the symbols and their related energy written by Taggart King. I highly recommend you try this! All credit for this goes to you Taggart!!

Also, if you are on the Internet, go to his site! The link is www.reiki-evolution.co.uk

A Way With Symbols

© *Taggart King August 2002*

In the West we like to make things complicated, and you can read about the complicated way that we have ended up using the Reiki symbols in my article 'Simplicity and Sandwiches' which was published in our February 2002 Newsletter and which can be found on our web site. The way that most of us now use symbols is a world away from the simple approach that Usui used. So how can we work with symbols in a way that echoes more the way that Usui taught his students?

Well firstly, Usui taught symbols to a very small number of people, just in the last few years of his life. The vast majority of his students were taught in a very different way. Most of his students were given meditations to use so that they could, over a long period of time, become more and more familiar with the three energies taught at second-degree level, for example. Once they were thoroughly familiar with the energies, once they had *become* the energies again and again, then they were given a shortcut – a trigger – to connect them to those energies. The triggers that they used were ancient Shinto mantras called kotodama, or jumon, not symbols.

In the West we do it backwards by comparison: we are given a trigger (a symbol) to connect us to an energy that we are not familiar with, and with which we may never become familiar, depending on how we have been taught to use the symbols. Usui had his students become the three energies again and again and again, and when they were ingrained, when they were innate, only then would you be given a way of connecting to the energies that were already within you.

The energies were also viewed somewhat differently. The first energy was not seen as some sort of 'Power' energy, in the way that the first symbol is seen as the 'Power' symbol in the West. The first energy was simply earth energy, energy of the physical body, a physical healing energy. The second energy was seen as heavenly energy and the third energy was said to produce 'oneness'. Usui's students learned to get to grips with these energies through meditation, so how can we learn to experience earth energy and celestial energy? Well we can do this by using the symbols…

Try this solitary exercise: sit comfortably in a chair with your eyes closed and your hands resting in your lap palms uppermost. In your mind's eye, visualise the first symbol up in the air above you, and say its name silently to yourself three times. Now imagine that cascades of energy are flooding down onto you from that symbol, cascading into your head, your torso, your hands; endless cascades of energy or light keep on flooding into your body. Do this for several minutes. How does that feel? What impressions do you get of the energy? Where was your attention focused? What were your thoughts?

Now repeat this exercise using the second symbol, again visualising it up in the air above you, saying its name three times, and drawing down endless cascades of energy into your body. How does this feel by comparison? What impressions do you get of the second energy? Where is your attention focused? What is going on in your head?

If you have a Reiki friend to hand, you can do this exercise together: one person sits comfortably in a chair and the other stands behind. The person standing up is going

to send energy from the first or second symbol in quite an intense way. What they do is this: 'charge' your hands with the energy of the first symbol, say, by drawing the symbol over your palm, saying the name three times, and press your hands together to 'transfer the effect across' to he other hand. Now in your mind's eye draw out the first symbol up in the air above you and say the name three times. Move your hands so that they are hovering alongside the recipient's temples, and imagine that you are drawing down cascades of energy from the symbol above you, which flood into your crown, through your arms and out of your hands into the recipient. Keep on visualising. How does the energy feel as it comes through your hands? What impressions do you get in your body? How does it feel for the recipient? What adjectives can they use to describe the essence of the energy that they have received?

Now repeat this exercise using the second symbol. How does this differ from the first energy?

Having carried out this exercise countless times and with many, many students, I can generalise about the sort of impression that most people tend to get from the two symbols, the two energies. Maybe you will notice some, though not all, of these experiences.

The first energy seems thick, dark, heavy, dense, solid, maybe oppressive or claustrophobic sometimes, hot, fierce, coarse, penetrating, with pressure and slow pulsation, your focus is on your physical body.

The second energy seems soft, light, gentle, ethereal, like soft fluffy clouds or marshmallows, cool, blue, expansive, exhilarating, and uplifting.

What you have experienced is the essence of earth energy and the essence of heavenly energy, and these are two energies that you have available to you when treating others. These energies are the essence of Usui's system at second-degree level. The first energy focuses on the physical body, and the second focuses on thoughts and emotions. They are so different, so distinctive. Try using them on their own, just one energy, just one focus, without mixing symbols together. Keep things simple and uncluttered by focusing like a laser beam on one thing at a time, and see what happens. And with time, and with familiarity with the two energies, try producing those energies directly, using intent, and see what happens.

MY VIEWS/OPINIONS

Congratulations on making it to Reiki Level II! It is good to see that you are on the track to knowing yourself better and being more loving toward others. Well done!

All I can really say here is practice, practice, practice!! And then practice some more! In my opinion, the more you use Reiki, the more intimate you become with it and the stronger your connection will be. If you like to meditate, meditate on each symbol until you feel you are the symbol, or are intimate with it.

Personally, I really love distance healing as it removes my anguish at not being able to help (however big or little) those people that are far away. It really feels nice to think I'm not that insignificant and that practicing Reiki does make a difference.

Shane - Reiki Teacher (Level III/Master)

Questions & opinions gratefully accepted! Email me: shanes_reiki_info@iprimus.com.au

REIKI RYOHO GAKKAI - TIMELINE

It is claimed that Mikao Usui formed the Gakkai when he started his school in Tokyo. This is (apparently) not true, the Gakkai was formed after Usui's passing.

Today the various leaders are listed back to Usui himself stating that he (Usui) was the first Chairman.

The reason Usui's name was used as the first chairman was probably in his memory. (These are listed below). This was not what he would have liked and would have brought unwanted attention to himself and his family.

Some doubt exists about whether Usui actually started the Gakkai and it seems possible that the second listed chairman, Juzaburo Ushida, may have created the society himself. This was after Usui's death and probably when the memorial was erected.

When Usui moved to Tokyo he opened a treatment centre and school, not a society or association.

During the war the Gakkai moved its headquarters to different places in order not to be detected. It is not clear why they kept moving unless due to the bombing of Japan.

The Gakkai disbanded after the war. This was because it was a banned society during the occupation.

It is not yet clear when the Society re-established following the war, however it may not have been until the 1950's.

It should be noted that several of the leaders were naval officers and some may have been active during the war.

Ms. Koyama's husband was also a naval officer.

This may have caused a problem during the occupation by the Allied Forces.

Hayashi sensei and Eguchi sensei left the Gakkai due to its militarist nature.

Some of the Leaders of Reiki Ryoho Gakkai that operates today.

< **Usui Reiki Ryoho Gakkai** >

1st Leader Mikao Usui (1865 - 1926)
2nd Leader Juzaburo Ushida (Rear Admiral 1865-1935)
3rd Leader Kan'ichi Taketomi (Rear Admiral 1878-1960)
4th President Yoshiharu Watanabe (School Teacher) died 1960)
This was for a very short period and Taketomi returned to office
5th Leader Houichi Wanami (Vice Admiral 1883-1975)
6th Leader Kimiko Koyama (1906-1999)
7th Leader Masaki Kondo (Present Chairman and a University Professor)

It has been said that after the Gakkai HQ was destroyed by the air bombardments during WWII, each Gakkai Teacher continued to teach individually issuing their own certificates.

Mr. Hiroshi Doi was first taught by one of these teachers, he was not told it was called Reiki but Usui Teate.

1. Mikao Usui (1865.8.15 - 1926.3.9)

Buddhist name is "Gyohan".
Usui wrote "Reiki Ryoho (treatment/method) Hikkei (manual)" in about 1920.
He had a son named "Fuji" who died on July 10th, 1946 (39 years old).

2. Juzaburo Ushida (born in Kyoto)

1911(Meiji 44).12.1 Rear-Admiral, 1905.8.5 Captain, class of honour 4
1905.8.5 Commander of Akitsu, 1905.12.29 Senior Adjutant of Naval General Staff
1908.2.20 Commander of Okishima, 1908.4.7 Commander of Nisshin,
1908.11.20 Commander of Asahi, 1910.12.1 Sernior Adjutant of Naval General Staff,

1911 (Taisho 1).12.1 The Chief of Staff, 1911.12.1 Special Commander (?)
("Tokumei" in Japanese), 1912.5.31 Reservist (?) ("Yobi" in Japanese)

3. Kan'ichi Taketomi (born in Tokyo)

1923 (Taisho 12).12.1 Rear-Admiral, 1918.12.1 Captain
1918.12.1 The Chief of Staff of Ohminato Harbour, 1919.12.2 Inspector of Kure,
1923.1.20 Captain of Settsu, 1923.10.1 Captain of Settsu Special Service Vessel,
1923.12.10 Special Commander (?) ("Tokumei" in Japanese),
1924.2.25 Reservist (?) ("Yobi" in Japanese)

4. Houichi Wanami (born in Mie)

1935 (Showa 10).11.15 Vice-Admiral, 1931.12.1 Captain
1923.12.1 Submarine ("sensuikou" in Japanese) School Head Teacher / Submarine Commander, 1926.8.1 Chief of Kure Submarine Equipment, 1926.12.1 Submarine School Head Teacher, 1927.11.15 Captain of Jingei, 1928.12.10 Submarine Staff,
1931.12.1 5th Team Leader of Submarine, 1932.11.15 Vice Commander of Submarine, 1934.11.15 President of Submarine School, 1935.11.15 Vice-Admiral,
1936.3.16 Special Commander (?) ("Tokumei" in Japanese),
1936.3.30 Reservist (?) ("Yobi" in Japanese)

According to Mr. Hiroshi Doi, traditional Gakkai meetings are usually started with chanting the Affirmations and sometimes singing of the Gyosei, Poetry of the Meiji Emperor, all part of the original Usui system.

According to Arjava Petter – “In Japan, the 'Usui Reiki Ryoho Gakkai' has been teaching his system ever since, but it did not spread widely.”

The Society is not interested in passing information to the rest of the world. At a time when *some* people in the west are attempting to “trade mark” Reiki and associated titles for themselves (the Reiki Alliance, for instance, tried this in 1997) This is definitely a shame for those of us attempting to prevent this “control” from happening.

IMPORTANT LEGAL REMINDER/DISCLAIMER: some of the positions/remedies require touching of private areas. *This is not recommended* for anyone you are not intimate with. Even then, ask permission. If you use these positions, you *do so at your own risk* and accept all responsibility for your actions.
I WILL NOT be held liable for people’s lack of common sense. You have been warned!!

SUGGESTED READING

The following are different books on Reiki, it's various techniques, it's history, and it's application in life.

Arnold, Larry, and Sandy Nevius.
Reiki Handbook: A Manual for Students and Therapists of the Usui Shiki Ryoho System of Healing. Pittsburgh: PSI Press, 1982.

Burack, Marsha.
Reiki: Healing Yourself and Others: A Photo-Instructional Art Book. Encinitas, California: LoRo Productions, 1995.

Clay, A. J. Mackenzie.
*The Challenge to Teach Rei*ki. Byron Bay (New South Wales, Australia): Dimensions, 1992.

Gleisner, Earlene F.
Reiki in Everyday Living: How Universal Energy is a Natural Part of Life, Medicine, and Personal Growth. Laytonville, California: White Feather Press, 1992.

Haberly, Helen.
Reiki: Hawayo Takata's Story. Olney, Md.: Archedigm Publications, 1990.

Honervogt, Tanmaya.
Reiki: Healing and Harmony Through the Hands. East Roseville (New South Wales, Australia): Simon & Schuster, 1998.

Lubeck, Walter.
The Complete Reiki Handbook: Basic Introduction and Methods of Natural Application. 1st Edition ed. Twin Lakes, Wisconsin: Lotus Light, 1994.

Muller, Brigitte, and Horst H. Gunther.
A Complete Book of Reiki Healing: Heal Yourself, Others, and the World Around You. Mendocino: LifeRhythm, 1995.

Petter, Frank Arjava.
Reiki Fire: New Information About the Origins of the Reiki Power; a Complete Manual. Twin Lakes, Wisconsin: Lotus Light, 1997.

Rowland, Amy Z.
Traditional Reiki for Our Times: Practical Methods for Personal and Planetary Healing. Rochester, Vermont: Healing Arts Press, 1998.

Stein, Diane.
Essential Reiki: A Complete Guide to an Ancient Healing Art. Freedom, California: Crossing Press, 1995.

Please Note: Some of the information in this manual was gathered from various sites on the Internet. Some of these sites being:-

- www.angelreiki.nu/
- www.threshold.ca/reiki/home.html
- www.groups.yahoo.com/group/grassrootsattunements

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