Reiki Shiki Ryoho

LEVEL III "MASTER"/TEACHER MANUAL

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REIKI III SYMBOLS

With Reiki, once you reach Level III, the last symbol is to be learnt. This is the Dai-Ko-Mio. The following is a description of the symbol you will learn:

Dai-Ko-Mio: (pronounced: *dye-co-me-oh*) This symbol is the "Master" symbol and is used in all healings; self or otherwise. Dai-Ko-Mio is a traditional Reiki symbol and is originally from Mikao Usui's teachings.

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

ATTUNEMENT SEQUENCES

For each level of Reiki there are Attunement sequences. Instructions to pass on these Attunements are not generally taught until Level III "Master"/Teacher. The reason for this is that usually only a "Master" can attune someone into different levels of Reiki, but there are exceptions. These being that some people are naturally gifted at healing and as such are already in tune with the Universal energy, or they have been attuned by Distance Attunement(s), or even that they have attuned themselves; I have never experienced this myself, but I don't disbelieve it because everybody's energy connections are different and some people may be able to do this.

The Attunement sequences vary between levels with Level I having four sequences, Level II having one sequence, and Level III also having one sequence. The following is an illustrated description on how to do the Attunements for each level:

REIKI LEVEL I (4 Attunements)

First Attunement :

Step 1. Lift up your left arm with palm open. With your right hand draw the Dai-Ko-Mio over the Crown Chakra

Step 2. Now place your right hand on top of the Crown Chakra while your left hand remains extended. Visualize the Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order. Hold that position for a moment allowing the energy to flow.

Step 3. Walk around to the front of the Initiate. Using your left hand, clasp their hands from around the back where the thumbs are and pull hands up to a position easier for you to work with. While still clasping hands, bend over to be about eye level with the Initiate's hands and place your right hands fingertips to the Initiate's fingertips. Maintain hand positioning while visualizing the Dai-Ko-Mio, Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order.

Step 4. With your right hand, clasp the top of the Initiate's fingers by folding your hand over the top of their hand and visualize the Dai-Ko-Mio, Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order.

Step 5. Keeping the same hand positions, lift the Initiate's hands near to nose in order to have access to their Throat Chakra. Adjust your standing position and draw the Cho-Ku-Rei with your right-hand. Draw in a deep breath through the nose. Blow out 1/3 of breath over the Heart 1/3 over the Throat and 1/3 over the Third Eye (all in short bursts).

Step 6. Release Initiates hands, placing them over Initiate's heart and step back. Allow as much time to pass as you feel then say to the Initiate "You can open your eyes whenever you are ready. This concludes the first part of the first degree Attunement."

Second Attunement/Third Attunement :

Preparation and positioning are the same as in the first Attunement with the addition that you will also touch the Initiate's shoulders. The steps for the Second and Third Attunements are identical. These Attunements will not only set up the flow of Reiki, but they help clear the Initiates Chakras as well

Step 1. Lift up your left arm with palm open. With your right hand draw the Dai-Ko-Mio over the Crown Chakra.

Step 2.Now place both hands on the Initiate's shoulders with both thumbs on either side of the prominent bone at the base of the neck. Visualize the Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei, in that order. Hold that position and allow the energy to flow through all the Chakras.

Step 3. Walk around to the front of the Initiate. Using your left hand, clasp his/her hands from around the back where the thumbs are and pull hands up to a position easier for you to work with. While still clasping hands, bend over to be about eye level with the Initiates hands and place your right hands fingertips to the Initiate’s fingertips. Maintain hand positioning while visualizing the Dai-Ko-Mio, Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order.

Step 4. With your right hand, clasp the top of the Initiate's fingers by folding your hand over the top of her/his hand and visualize the Dai-Ko-Mio, Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order.

Step 5. Keeping the same hand position, lift Initiate's hands near to nose in order to have access to their Throat Chakra. Adjust your standing position and draw the Cho-Ku-Rei with your right hand. Draw in a deep breath through the nose. Blow out 1/3 of breath over the Heart 1/3 over the Throat and 1/3 over the Third Eye (all in short bursts).

Step 6. Release Initiates hands, placing them over Initiate's heart and step back.

Allow as much time to pass as you feel then say to the Initiate "You can open your eyes whenever you are ready."

Fourth Attunement :

Preparation and position are the same as in First, Second, and Third Attunements

Step 1.Raise up your left arm with palm open. With your right hand draw the Dai-Ko-Mio over the Crown Chakra.

Step 2. Now move counter clockwise to the side of the chair. Place one hand on Initiates Forehead and one on the back of the head. Visualize the Dai-Ko-Mio, Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order.

Step 3. Walk around to the front of the Initiate. Using your left hand, clasp their hands from around the back where the thumbs are and pull hands up to a position easier for you to work with. While still clasping their hands, bend over to about eye level with the Initiates hands and place your right hands fingertips to the Initiate's fingertips. Maintain hand positioning while visualizing the Dai-Ko-Mio, Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order.

Step 4. With your right hand, clasp the top of the Initiate's fingers by folding your hand over the top of their hand and visualize the Dai-Ko-Mio, Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order.

Step 5. Keeping the same hand position, lift Initiate's hands near to nose in order to have access to his/her Throat Chakra. Adjust your standing position and draw the Cho-Ku-Rei with your right hand. Draw in a deep breath through the nose. Blow out 1/3 of breath over the Heart 1/3 over the Throat and 1/3 over the Third Eye (all in short bursts).

Step 6. Release Initiate's hands, placing them over Initiate's heart and step back.

Allow as much time to pass as you feel then say to the Initiate "You can open your eyes whenever you are ready."

This concludes the First Level Reiki Attunement.

REIKI LEVEL II (1 Attunement)

Attunement :

Preparation and Position are the same as in the First Levels Attunements.

Step 1. Lift up your left arm with palm open. With your right hand draw the Dai-Ko-Mio over the Crown Chakra.

Step 2. Now move to the side of the chair. Place one hand on Initiate's forehead and one on the back of the head. Visualize the Hon-Sha-Ze-Sho-Nen, Sei-He-Ki, and Cho-Ku-Rei in that order.

Step 3. Walk around to the front of the Initiate. Using your left hand, clasp their hands from around the back where the thumbs are and pull hands up to a position easier for you to work with. While still clasping their hands, bend over to be about eye level with the Initiates hands. Maintain hand positioning while visualizing the Dai-Ko-Mio

Step 4. Open the Initiate's hands, placing them palms up on the knees. Take one hand and draw (with your right hand) the Hon-Sha-Ze-Sho-Nen over their palm and clap the hand with yours. Now draw the Sei-He-Ki over the Initiate's palm and clap the hand with yours. Next draw the Cho-Ku-Rei over the Initiate's palm and clap their hand with yours. Return the Initiate's hand to their knee. Take up the Initiate's

other hand and repeat all of Step 4 on the second hand.

Step 5. Hold both of the Initiates hands together and lift them near to their nose in order to have access to their Throat. Adjust your standing position and draw the Cho-Ku-Rei with your right hand. Draw in a deep breath through the nose. Blow out 1/3 of breath over the Heart 1/3 over the Throat and 1/3 over the Third Eye (all in short bursts).
Step 6. Release Initiate's hands, place them over Initiate's heart and step back. Allow as much time to pass as you feel then say to the Initiate "You can open your eyes whenever you are ready."
This concludes the Second Level Attunement.

REIKI LEVEL III "Master"/Teacher (1 Attunement)

Attunement :

The positioning is the same as for the other Reiki Attunements.

Step 1. Walk to the back of the Initiate. Take a deep breath and hold while placing the tip of your tongue at the back of your upper front teeth. Lift up your left arm and hand with the palm open. With your right hand, draw the Dai-Ko-Mio over the Crown Chakra. Reach forward with both hands and clasp Initiate's hands and release held breath by blowing into the Crown Chakra

Step 2. Perform ALL four of the First Level Attunements with the following amendments:
Blow into the Crown Chakra prior to moving to front of Initiate to work on hands. This means that the held breath will be blown into the Crown Chakra four more times from in back of the Initiate.

Step 3. Perform the complete second degree Attunement with the following amendments:
Blow into the Crown Chakra prior to walking to side of Initiate. After drawing the other three Symbols and clapping, Draw the DAI KU MYO into Initiate's hands and clap with yours. When breath is blown, blow from Root Chakra to Heart Chakra, then Throat Chakra to Third Eye.
Step 4. Let go of Initiates hands, place them over their heart and step back. Allow as much time to pass as you feel then say to the Initiate "You can open your eyes whenever you are ready."
This concludes the "Master"/Teacher Third Level Attunement.

MY VIEWS/OPINIONS

Congratulations!!! I'm proud that you have persevered this far and taken the final step and become a "Master"/Teacher! May your journey be full of wonderful experiences and insightful explorations into self. Always remember the principles, always. Incorporate them into your life, breathe them, **BE** them and fare well. My loving thanks that you are another healer on this planet.

Shane - Reiki Teacher (Level III/Master)

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

GLOSSARY

B

Byosen (pronounced: *be-oh-sen*) – the art of scanning. [Also Look At: **Scanning**]

Blood Exchange – a massage technique (similar to lymphatic drainage) that is said to increase the number of red blood cells in the body of the receiver. Be careful using this in business unless you are a trained masseur, as legal complications may arise.

C

Cho-Ku-Rei (pronounced: *cho-koo-ray*) – a Reiki Level II symbol used for drawing more energy to a particular area, destination, or task. The "Power" symbol.

Chujiro Hayashi – one of Mikao Usui's Reiki students who later became a Reiki Master and taught Hawayo Takata.

D

Dai-Ko-Myo (pronounced: *day-ko-me-oh*) – a Reiki Level III/Master symbol used in ALL healings once learned. It is the "Master" symbol.

G

Gyosei – are verses of poetry used to clear the mind and help such things as Stuttering. [Examples: **Page 17; Healing Guide: 17. Stuttering**.]

H

Hawayo Takata – a lady of Hawaiian origins who was a Reiki student of Chujiro Hayashi and later became a Reiki Master. Brought her "version" of Reiki to the western world (*Reiki Shiki Ryoho*)

Hatsurei-Ho – is a traditional way to connect to the Reiki energy and is still taught in the Reiki Ryoho Gakkai schools in Japan today.

Hon-Sha-Ze-Sho-Nen (pronounced: *hon-sha-zay-show-nen*) – a Reiki Level II symbol used in/for all absentee/distant healings.

I

Intent – Reiki is an intent driven system. Intent is the key to using Reiki in healing and Attunements.

M

Mantra – is a sentence or word(s) chanted over and over in the mind (or out loud) to clear the mind.

Mikao Usui – Developer of Reiki. Born August 15th, 1865 in the Yamagata district of Gifu prefecture in a village called Yago. Usui studied Buddhism at the school and temple on Mt. Kurama as a child.

Mudra – is a hand position used in meditation or focussing.

P

Precepts – the principles of Reiki. [Also Look At: **Principles**]

Principles - There are many different sets of these. These are designed to help empower the student and to bring about an awakened mental and spiritual state. The most accurate translation might be, "*The Secret Method of Inviting Blessings, The Spiritual Medicine of Many Illnesses, For today only do not anger, do not worry. Be Grateful and Do your work with appreciation. Be kind to all living things. In the morning and at night, with hands held in prayer, Think this in your mind, and chant this with your mouth*."

R

Reiki (pronounced: *ray-key*) – a system of self-mastery/realisation and healing. Reiki translated literally means "Universal Life Energy".

Reiki Ryoho Gakkai – is the name of the original teachings of Mikao Usui and is still practiced/taught in Japan today. They are very secretive.

Reiki Shiki Ryoho – is the name of the Reiki technique predominately taught in the western world.

Ryoho (pronounced: *ro-ho*) – means method of healing.

S

Scanning – is where someone who has learnt Reiki Level I (or more) places their hands directly into the recipients' energy field, about 2 to 6 inches above the skin, and moves their hands from crown to feet and back "scanning" for anything that feels "different". These are sensations like: warmth, tingling, thoughts about a particular area, cold, etc.

Sei-He-Ki (pronounced: *say-hay-key*) – a Reiki Level II symbol used in emotional and/or mental healing. The "Emotional/Mental" symbol.

Shiki (pronounced: *shi-key*) – means a system (western-style).

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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