



REIKI OKUDEN LEVEL TWO

TRAINING MANUAL



CREATED BY:



Ordinary Pioneer

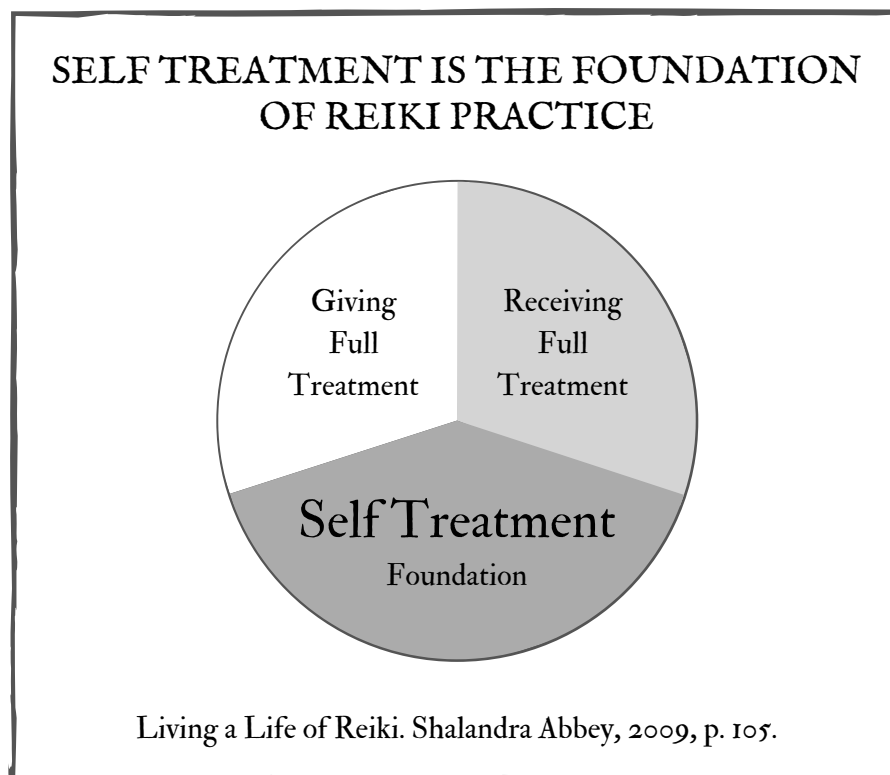


AN EMPASIS ON SELF-HEALING

Mikao Usui recognized that there is more to Reiki than hands-on-healing. Reiki is the Path of Enlightenment. For one to, not only experience the truest parts of themselves, but to grow in Spiritual Truths, one must maintain a dedicated Spiritual practice. As a Reiki Healer/practitioner, the more you practice, the greater the understanding, trust, and connection with the Truest Self/Divine Consciousness.

CREATING A FOUNDATION

As a new Reiki Level 2 practitioner, it may feel exciting to jump right into healing others. When we perform a full treatment on another being, healing is shared as the energies merge. When the practitioner is working through deep healing, there is a tendency to have a "spill-over" of energy and the session may be influenced by the unhealed parts of the practitioner. As we'll learn, approaching each session with Wholeness and Oneness creates purity and unattachment for the receiver. For this to be created, the practitioner must create a strong foundation of a self-healing practice.



KEEP IT SIMPLE

Carving out an hour a day for a Spiritual self-healing practice may sound divine but it's not always feasible for those who are employed full-time, have children, or any other responsibilities that limit one's "free time." As we journey deeper into Oneness, space will begin to clear, the sense of responsibility will diminish, and fear will transform into faith. Until then, living a life of Reiki means to incorporate Love Energy in all that we do. Sitting in traffic, before a meeting, when feeling stressed, and before bed can be simple ways to incorporate your practice and keep the energy flowing.

SAMPLES OF SELF-HEALING SIMPLICITY

- *Practice Self-Reiki upon waking. Integrate any healing/guidance received while sleeping. Set your intention for the day, practice gratitude, and connect with the Reiki principle that is most present to practice.*
- *Before going to bed, integrating the guidance from the day and setting your intention for sleep healing.*
- *When triggered with anxiety, depression, anger, or grief, practice self Reiki, offering comfort, understanding, and unconditional love.*
- *When experiencing a physical ailment, offer yourself Reiki and ask for a deeper understanding of the healing you are being called to into.*
- *Before a highly emotional and/or energetic activity (conversation, event, interview), give yourself distant Reiki. Tap into how you feel both at that time and in the present and offer yourself Reiki. Trust that all is being orchestrated perfectly for your highest good.*
- *When a cycle is acknowledged in the present (i.e. repetition of an archetypal pattern, relationship type, or event), offer distant Reiki to heal and retrieve the part of your spirit caught in the past at the origin of the cycle.*



STEPS OF HEALING PROCESS

- SET THE INTENTION
 - This is your prayer. What are you desiring to feel, experience, express, embody around your Truest Self.
- DISCOVERY
 - Seeing through unattached, non-judgemental, unconditionally loving eyes. Asking questions such as: "What is this revealing to me about my True Self?" "What light/shadow am I expressing?" "What perspective am I stuck in?" "Where can I surrender to be in Harmony?"
- ASSESSMENT
 - Releasing the thinking mind, opening intuition and downloading guidance from your Truest Self, angels, archangels, ancestors, higher being, ascended masters and other guides.
- INTEGRATION
 - The straight step toward your Truest Self. What perspective are you being called to shift? What way of being are you ready to surrender to? What understanding are you awakening into? What is unfolding in your life?



REIKI SYMBOLS

Reiki training was performed orally in its origination and in secrecy as to keep the sacredness available only for those who sought the path of Enlightenment. As history went on and the knowledge of these teachings had become compromised through deaths of gurus and misinterpretation (think the telephone game), we are left in Western culture with only 5 of the hundreds of original symbols.

Mikao Usui discovered the formula for Reiki but was unable to use it until he was attuned after his 21 days of meditation, fasting and prayer on Mt. Koriyama in Japan. The symbols can be used to point a being to their Truest Self. Chujiro Hayashi viewed the symbols and mantras as "spiritual keys" to unlock that which is hidden within us.



Chu-Ku-Rei / cho kü ray / INCREASE POWER, PHYSICAL

Interpretation: "straight, direct, or correct spirit."

Sometimes referred to as the "Power Symbol." Generates focus.

The intention behind using the Chu-Ku-Rei is to direct a being straight to its True Self. It introduces honesty and truth. It can be used when one feels a loss or weakness of power. Chu-Ku-Rei is used in the present to aid in seeing things as they are.



Sei-He-Ki / say hay key / EMOTIONAL & MENTAL

Interpretation: "inclination to remember our innate True Self."

The intention behind using Sei-He-Ki is to release reliance on the external world to generate happiness. This symbol reminds us that true happiness lies within ourselves. When this is recognized, harmony within non-duality is experienced.



Hon-Sha-Ze-Sho-Nen / hón sha zá sho nén / REMOTE HEALING, SPIRITUAL

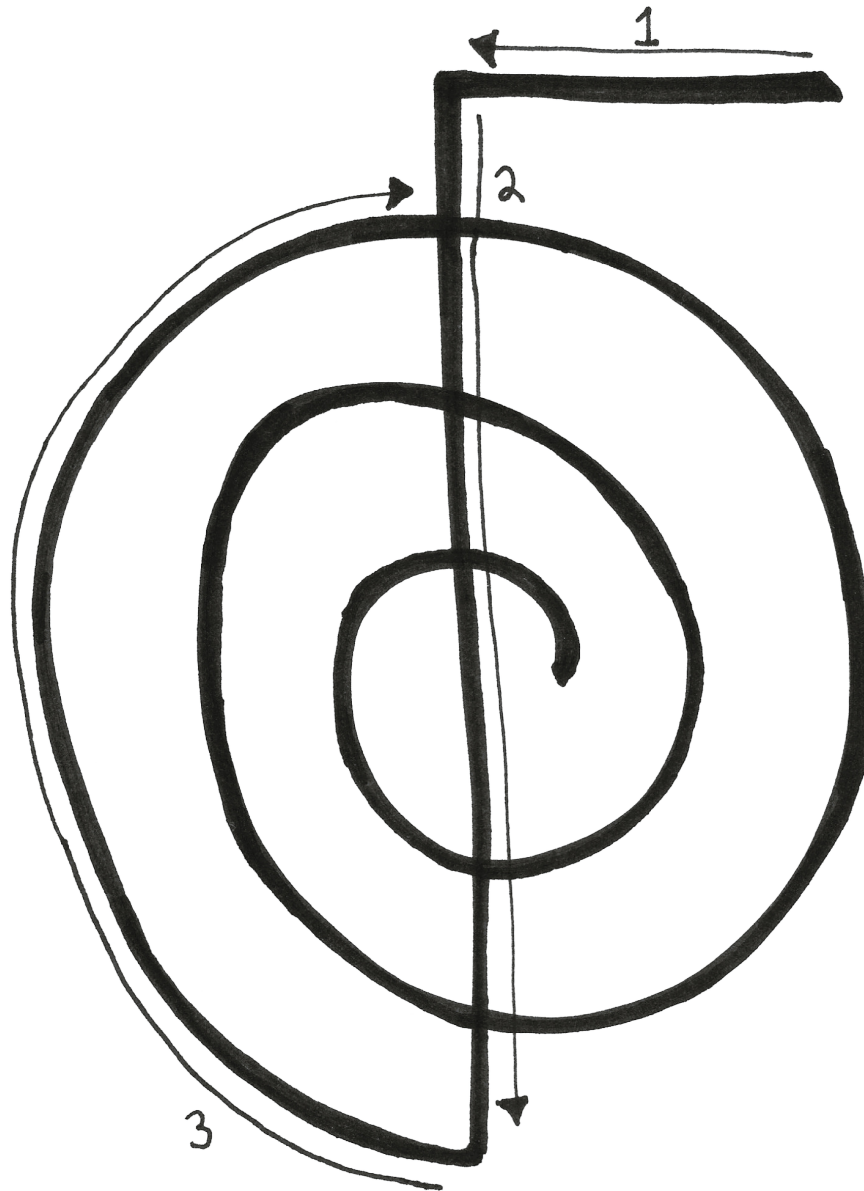
Interpretation: "I am of right/true mind."

Used often in distant/absent healings, Hon-Sha-Ze-Sho-Nen teaches us there is, in fact, no distance or separation in a state of Oneness; we are all connected. As we begin to recognize that a greater world exists beyond the 5 senses, we can heal anytime, anywhere- whether past, present or future; near or far. Non-duality teaches us that we are a shared being. Therefore, offering Reiki to another being who is physically separate, is actually guiding BOTH beings into a true state of being or "right mind".

REIKI SYMBOL PRACTICE

SYMBOL MANTRA: CHU-KU-REI

MANTRA MEANING: I AM THE TRUE SELF



REIKI SYMBOL PRACTICE

SYMBOL MANTRA: SEI-HE-KI

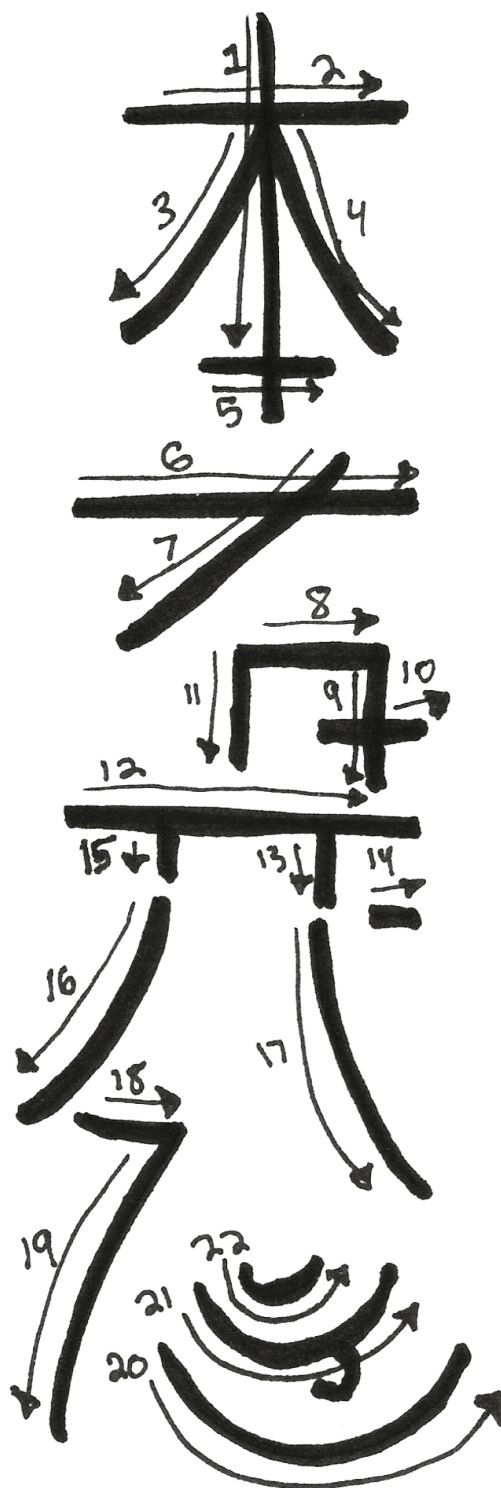
MANTRA MEANING: I AM IN HARMONY WITH THE TRUE SELF



REIKI SYMBOL PRACTICE

SYMBOL MANTRA: HON-SHA-ZE-SHO-NEN

MANTRA MEANING: I AM RIGHT MIND





JOSHIN KOKYU HO MEDITATION

Joshin Kokyu Ho is a meditation taught by Mikao Usui to his students with the intention of guiding them into unity between the body and Divine Consciousness through the breath. Usui believed the breath to be the bridge into this unity due to the Ki (life energy) that travels with the breath.

Joshin Kokyu Ho is translated to mean "the breathing method for cleansing the Spirit."

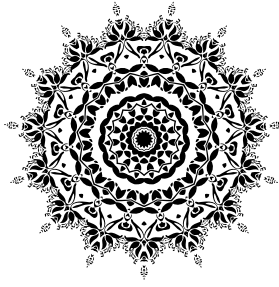
PRACTICE:

- Sit tall and comfortable. Place your hands in your lap or on your knees with the palms facing upward.
- Inhale Reiki (life energy) through the nose. Feel the bright healing energy traveling down into the "hara" (energy center just below the navel).
- Exhale and send the Reiki energy, the breath and the mind into one area of the body.
- Repeat, staying with one area of the body, traveling to different areas or expanding into the entire physical form.
- When ready, inhale Reiki into the Hara, and expand the energy, the breath and the mind out into your energy field/aura. Repeat.
- When ready, inhale Reiki into the Hara and expand the energy, the breath and the mind out of the body, through the skin and into infinity. Repeat.

NOTE: HARA means stomach, center, true center, center of our True Self

Frans Stiene(Reiki Author and Teacher)Based in Holland, et al. "Insights into Jōshin Kōkyū Hō." International House of Reiki, 25 Feb. 2021, https://ihreiki.com/blog/insights_into_jshin_kokyuu_h

Usui, Mikao. The Original Reiki-Handbook of Dr. Mikao Usui: For the First Time Available Outside of Japan: The Traditional Usui Reiki Ryoho Treatment Positions and Numerous Reiki Techinques for Health and Wellbeing. Lotus Press, 2011.



REMOTE REIKI HEALING

*The past is already past. Don't try to regain it. The present does not stay.
Don't try to touch it. From moment to moment. The Future has not
come. Don't think about it beforehand.*

*-P'ang Yun, in Stephen Addiss, Zen Sourcebook: Traditional Documents
from China, Korea, and Japan*

HEALING THROUGH TIME

The thinking mind understands time as linear. We have clocks, calendars and the sun to help us understand a progression of singular moments. Healing does not follow a linear timeline. What we see as the past and future is actually embedded into our experience of the present moment. A singular event of the past, such as a breakup, is held by a person in the present if they see their former partner and are transported back into the depths of their emotional response they felt the moment the break-up occurred. Same is for the future. One who is seeking to open a business is "manifesting" in the present by thinking, feeling, and embodying the moment the business is open.

ILLUSION OF SEPARATION

We can easily see ourselves as separate from others because our 5 senses tell us so. "I couldn't see you before, but now I can. You were over there, and now I see you over here." We can also see ourselves separate from our past and future selves for the reasons stated above. "That was THEN and this WILL BE but I am NOW." Reiki teaches us that there is no separation; we are all the essence of Divine Light. With this understanding, we can SEE that someone is sitting across from us, but have a deeper UNDERSTANDING that the Divine Light flowing within one, is the same Light that flows in all. Therefor, both sitting beings are simply expressions of the same Loving Light, with different perspectives!





REMOTE REIKI HEALING CONT'D

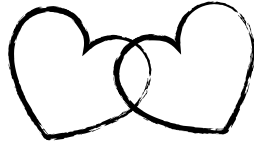
SELF REMOTE REIKI HEALING

Remote self Reiki healing can be used to heal our perspectives and attachments of the past, present and future. When working through trauma release, we can chant the mantra HON-SHA-ZE-SHO-NEN, visualizing ourself back in that feeling space of trauma and offer ourselves unconditional love, compassion, gratitude and comfort. When anxiety and fear presents itself around an anticipated event, we can chant HON-SHA-ZE-SHO-NEN and visualizing ourself in that space and setting an intention for peace and calm.

With practice, the past and future will morph into an overall experience of the present moment, shifting our perspective and seeing all time and space healing in one sacred moment.

PRACTICE REMOTE HEALING

- Set up your Reiki session like any other.
- Discover your intention or area of healing you'd like to focus on.
- Chant HON-SHA-ZE-SHO-NEN three times, drawing or visualizing the symbol.
- Visualize yourself transported into the time and space of your choosing (NOTE: This can be an actual experienced event or fabricated).
- Visualize the healing energy of Reiki surrounding you then and now simultaneously, bridging the illusion that you are separate from yourself, and drawing you back as One to your Truest Self.



SHARING REIKI WITH OTHERS

JUDGING THE MIRROR

When one holds a mindset of separateness, judgment is naturally introduced. In a state of Oneness, we see that what is in One is in the Whole. We are mirror reflections of each other. When one judges another for how they dress, for example, they are judging the insecurity held within their own being. When two beings come together in conflict over a disagreement, many times we can begin to see the root of how they feel is mirrored; both want to feel safe, loved and at peace.

HEALING TOGETHER

Sharing Reiki with others requires an understanding of Oneness. Laying hands on another, channeling Reiki into their being is not one GIVING Reiki to another. It's sharing in the Reiki Healing experience. It's healing both the healer *and* the receiver by connecting experiences and showing both beings the way to the True Self. With this, it becomes important to remain in a state of unattachment to the story and simply witnessing from Right Mind (or a Higher Knowing) the path of healing for both you and the receiver.

TRIGGERS

Most of us are not fully enlightened beings and therefor will be triggered now and again when sharing Reiki with another. THIS IS OK. If in a state of Oneness, we can walk through the healing together and continue the session. If emotion arises, step back, administer self-reiki, and continue. If the time has not come yet for you to support another during this area of their healing, pass it by with gratitude for revealing this truth in your own journey, and continue the healing or end the session.



SHARING REIKI WITH OTHERS CONT'D

BEFORE YOU BEGIN

- Creating a sacred space as if you would for your own healing.
 - Choose no music or music that feels intentional for the receiver.
 - Consider using tools such as incense and/or crystals to enhance their intention
 - Create a comfortable, cozy and safe setting. Offer the receiver a chair, bed or massage table. Have blankets, pillows and bolsters available for them to use.
 - Remove distractions such as TV, phone, computer.
- Prepare yourself for healing
 - Meditate in Gassho for 5-20 minutes to enter a state of Oneness.
 - Give yourself Reiki. Reiki the space.
 - Set your intention for the healing.
- (optional) Connect with the receiver's energy
 - Before the receiver arrives, you may receive intuitive messages and guidance around their healing. This can be anything from them needing special accommodations to visits from ancestors.

PRE-SESSION MEET AND GREET

- It can be helpful for both the healer and receiver to connect with pre-session discussion. They may need to release a story from their day, cry, or share something from their heart. Offer them the space to share if they choose.
- Discover their intention, if they have one, for receiving Reiki. If needed, guide them into discovering their intention (remember, we're healing (making whole), not curing).
- If they are new to Reiki, walk them through what the experience might be for them (refer to Reiki 1 handbook).
- Offer them to sit, or lay down in the space prepared for them. They may be more comfortable laying on their side, belly or back. Reiki can be offered in whatever position they are most comfortable in.
 - Note: You can always have them change positions mid-session. If they are on a table, help them transition if needed so they do not fall off the table.

ENDING THE SESSION

- Always end with gratitude. Pause with hands in prayer position to give thanks to the divine guidance and healing.
- Face the receiver and bow to symbolize gratitude for two Divine Spirits coming together.
- Place both hands on the receiver and gently bring them back to the world.
- Give space to share your finding and listen if they'd like to share on their experience.





SHARING REIKI WITH OTHERS CONT'D

REIKI SESSION

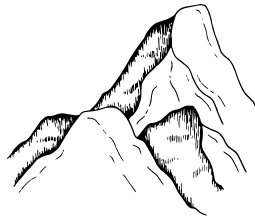
Sharing Reiki with another is similar to Self-Reiki. Take mental note of the guidance received, Allow the sensations, colors, and visions to guide you. Incorporate Reiki symbols as intuitively called in a state of Oneness.

Use your intuition on sharing any guidance that comes up. Some guidance you may feel called to share and others are offerings of insight for the healer on how to guide the receiver.

You do not need to take notes during sessions. You will remember any guidance you need to share with them. If you forget, there is a reason. Ensure the receiver that they also do not need to remember all guidance given. It is now embedded in their being.

DOS AND DON'TS

- Ask each receiver if you have their permission to do hands on healing.
- Use caution when closing your eyes as to not touch any sensitive areas accidentally.
- Be mindful about touching the throat or eyes as these may be triggering areas for the receiver. Never touch private/sensitive areas unless permission has been given by loved one.
- Deep healing work: Be in communication with the receiver on how deep they want to go if emotional trauma is present. Assure them that you are simply the guide and they are in control with how deep they'd like to heal at this time. There is no time limit on healing.
- Never suggest to a receiver that they have a serious health issue, even if your intuition is telling you exactly what it is. Instead you can inform them you are picking up blocked or concentrated energy in a certain area of their body and suggest they see their healthcare professional.
- Never offer visions of the future as reality. While you may see glimpses of their future, know that this is only one timeline into the future. Make no guarantees and keep any insight on the future open and general. Their intuition can fill in the rest.
- Release what you think you know. Be curious, open and without expectation for each session.
- If you are overcome by emotion, pause, ground and clear before returning to the healing.
- Wash hands before and after each client.
- Be mindful about touching feet then head. Use hand sanitizer in between.
- Never press on the client's body unless you are trained in doing so or Spirit guides you for a loved one. Understanding laws and codes to protect yourself can be helpful.



GROUNDING AND PROTECTING

When the root chakra sends its force outward, it connects with the environment and with other people...It can exude a sense of safety and groundedness, making others feel physically secure. It can be a bridge from one person's passion to another's. Or it can convey threat, hostility, and aggression. Its connection to others is primal and basic.

-Donna Eden, Energy Medicine

GROUNDING

Grounding, also known as "earthing," is when we unify our body's energy back with the energy of the Earth. If you think in terms of electricity, we are "charged" with the energies around us (i.e. other's emotions, situations, cosmic forces...). When we ground, all that energetic static that has made itself at home in our energy field, is given back to the Earth.

Grounding before a session ensures we are a neutral force of healing, unattached, and unaffected by the energies around us. We are one with the divine and simply a conduit for healing. Grounding after a session sends any of the receiver's energetic debris back to the Earth so we don't carry it with us.

WAYS TO GROUND

- Meditate in Gassho
- Pray/set your intention to be connected to Earth's energy.
- Feel your feet on the ground and visualize the energy of your being traveling into the Earth as roots
- Hold grounding elements such as Black Tourmaline, Obsidian, Petrified Wood
- Literally walk in the Earth, barefoot in the grass or dirt.

Eden, Donna, and David Feinstein. *Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality*. Jeremy P. Tarcher/Penguin, 2008.



GROUNDING AND PROTECTING CONT'D

PROTECTING ONE'S ENERGY

Protecting from another's energy is NOT to say that their energy is "bad" or "toxic." It simply means that it is theirs to experience just as your energy is yours to experience. We don't want to hold onto another person's energy just as we don't want to wear their prescription glasses for too long. Their experiences (glasses) were created perfectly for the user and will cause discomfort for others. To protect ourselves means that we understand that, while we are One, our experiences and perspectives are unique. What is mine, is mine and what is yours, is yours.

We are all empaths which means we all have the ability to step into another person's shoes and share in their experiences. We are able to share in other's joy, grief, anger, fear, despair, anxiety and even physical ailments such as headaches and stomach aches. Empathy is a gifted tool for Oneness, not a burden or curse. We can use our gifted empathy as needed to connect deeper with others by acknowledging it without attachment.

EMPATHY

The grace of compassion is powerful stuff. Compassion doesn't open your heart. It takes over your heart and it never leaves. Compassion is one of those Graces that can hurt the carrier unless it is correctly used. The pain of others is too much to carry unless you do something to lessen their burden.

I give that to you as a warning. Compassion is meant to be used, not store.

-Caroline Myss, Intimate Conversations with the Divine

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GROUNDING AND PROTECTING CONT'D

SURROGACY

Surrogacy during Reiki sessions means using an object, other person, or the self to transmit Reiki energy. Using a surrogate for distance healing can help the mind imagine the healing and will the energy to flow where needed, however, there are costs to consider. Using an inanimate object (such as a stuffed bear) can represent the person receiving but can hold onto lingering energy if not cleared post-session. Using someone else's body as a surrogate to heal another at a distance can have the same side effects. Energy meant to be cleared may become a parasite to the living surrogate, as well as create a difficulty in distinguishing whose energy is whose. The same challenges may also be introduced when using one's own body. Until one is fully trained in distinguishing and separating energies, consider keeping healing sessions simple or using an inanimate object that is easy to clear in between sessions.

PROTECTING DURING HEALINGS

When you feel sudden symptoms arise during a healing...

- Acknowledge the sensation and recognize that it is not your own.
- Acknowledge any insight the sensation has to offer you about the receiver.
- Consciously will the sensations to leave your body. You can do this by visualizing light coming in through your crown and down to your feet, clearing all outside energies along the way.
- Yawning, coughing, stretching and deep breathing can also release excess energy.

PROTECTING AFTER HEALINGS

After each healing, cleanse and protect yourself and healing space by...

- Releasing their energy by washing your hands with cold water, touching the Earth, holding protective crystals, praying/setting the intention.
- Clear the energy of the air by using Reiki and/or sound healing, smudging, crystals...
- Clean the bedding or wipe down the chair or floor mat.
- Meditate, pray, dance, sing, self-heal in the space.



GROUNDING AND PROTECTING CONT'D

BURNOUT

Many healers go through stages of burnout when they take on more than they are releasing by not grounding/protecting. You can experience burnout after a single session or after many, in a large group, or when you are overexerting your time and energy.

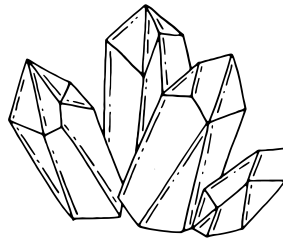
Burnout occurs to alert the healer that they are out of balance and it can manifest as insomnia, an overactive mind, irritability, resentment, depression, illness and/or disease. To heal burnout is simple; return to Reiki and the True Self. Step back from healing others, meditate/pray, rest, nourish the body and releasing attachments are all ways to return to the flow of Reiki.

CORD CLEARING & ATTACHMENTS

We develop attachments throughout our journey to help us feel safe and loved. Over time, if these attachments aren't healed, Spirit guides us to clear by introducing mental or physical vibrations or illness. We can develop attachments to people, situations, memories or ideas. Attachments are sometimes referred to as cords. Cords can be visualized as energetic connections from one being to another energy source (person, situation, memory, idea...).

One who has shadows, or unhealed parts of their being, are open to cord attachments. Healing the shadow, clears the cord. In healing, we can begin understand the purpose of our shadow attributes and transform them into light, eliminating the need for attachments to feel safe and loved; we simply feel whole and complete with the inward light within!

Some cords can be cleared by simple acknowledgement of their existence. You can use a brushing motion with your hands or cleanse with crystals or smudging. Deeper cords may require shadow work and inner child healing.



USING TOOLS IN HEALINGS

Traditionally, Reiki does not teach the use of tools, however with the exploration of energy healing, it can be educational to learn the different vibration and intentions behind certain tools.

- Crystals
- Pendulums
- Incense, essential oils, smudge sticks
- Sound bowls, tuning forks, chanting, sound frequencies
- Light frequencies
- Oracle and tarot cards

As we journey closer into non-duality, we begin to recognize that we are an embodiment of any and all frequency called upon for a healing. We *are* Reiki! To continue to open up to the power originating within, consider limiting or removing the use of tools.