



REIKI MANUAL: LEVELS II AND III

THE PATH OF TRANSFORMATION AND INNER MASTERY



SANANDO JUNTOS



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LEVEL 2: THE EXPANSION OF ENERGY AND DISTANCE HEALING

1- EXPANDING THE CHANNEL AND THE COMMITMENT TO SERVICE

Introduction: Welcome to the **Expansion**.

Reiki Level 1 was a beautiful awakening, a conscious connection with your innate ability to channel Universal Life Energy. It was a journey inward, focused on self-healing and recognising your own energy system.

Reiki Level 2, known as **Okuden** (or Inner Transformation), marks the true leap from self-healing to **conscious service**. If in Level 1 you became a lighthouse for yourself, in this level you become a lighthouse capable of illuminating others, regardless of distance or time.

The Level 2 attunement **triples the power of your channel** and grants you access to the **Sacred Symbols**—ancient vibrational keys that allow you to focus, direct, and expand energy with specific intention. These symbols are not magic; they are tools that train your mind and spirit to work with the subtle forces of the universe.

This level is an invitation to a deeper commitment:

- **Commitment to Personal Power:** Your channel becomes stronger, and with it, the necessity to maintain your own vibration at its highest point. The work of **energy self-management** becomes fundamental.
- **Commitment to Distance Service:** You gain the ability to transcend physical barriers, sending healing to those who need it, without limitations of space or time.
- **Commitment to Consciousness:** Every application of Reiki is an act that supports the person's journey toward the awakening of their own consciousness, reminding them of their original perfection.

Embrace Level 2 as a renewed vow to your spiritual development and your role as a healer in this world.



The Ethic of the Reiki Practitioner: Serving from the Heart



As your power as a channel increases, so does your **responsibility**.

The ethic in Reiki is not a rigid set of rules, but a moral compass that ensures your service is performed with the utmost **purity, respect, and alignment with the Light**.



1. **The Principle of Non-Intervention (Respect for Free Will):** Reiki is offered, never imposed. The golden rule is to **ask the person's permission** before sending them energy. If healing is at a distance, you must always ask permission from their **Higher Self** or Soul, recognising that only the recipient knows if that is the right time to receive it. If working with the past or future, always do so in alignment with the **highest good of the Universe**.
2. **Detachment from the Outcome:** Your role is to be a **pure channel**, not a healer. Universal Energy is what heals; you merely facilitate it. It is vital to practice detachment: do not take ownership of the other person's pain or process. Release the expectation of a specific outcome. Reiki always goes where it is needed most, and everyone's healing process is sacred and unique.
3. **Absolute Confidentiality:** Everything revealed during a Reiki session (hands-on or distance) must be kept in **strict confidence**. Your healing space is a sanctuary of trust. Never use a client's personal information for your benefit or judgment.
4. **Integrity of the Channel (Energy Self-Management):** Ethics begin at home. You have a responsibility to keep your own channel **clear, clean, and strong**. This means:
 - Practising the **Five Reiki Principles** daily.
 - Performing your **self-treatment** continuously.
 - Protecting and **grounding** yourself before and after each session (a fundamental use of the Cho Ku Rei).
5. **Humility and Gratitude:** Always remember that you are an **instrument, not the source**. Practice humility by recognising that Reiki Energy is a universal gift that flows through you. Always end your sessions by thanking the Energy, your inner guidance, and the person for the trust placed in you.



2- FUNDAMENTAL KEY: MANAGING OUR OWN ENERGY

The Empowerment of Understanding

A Level 2 and 3 Reiki practitioner doesn't just channel energy; they become a **Lighthouse of High Vibration**. If your own energy system is saturated, disorganised, or unprotected, two things can happen:

- **Energy Exhaustion (Burnout):** You sacrifice your own vitality, emptying your "cup" to fill another's. This is unsustainable and counterproductive.
- **Channel Contamination:** Low-vibration energies (fear, judgment, stress) adhere to your field and can subtly influence the healing you offer.

The empowerment of understanding means realising that keeping your own energy clean and strong is **not an act of selfishness**, but an act of responsible service and the basis of the highest ethic.

Only by managing your own energy field with mastery do you become a pure and transparent channel, which **maximises the effectiveness of Reiki** and positions you as a catalyst for the awakening of consciousness in those who trust you.





Essential Daily Practices for the Advanced Reiki Practitioner

Energy management requires discipline and consistency. Here are the practices you must integrate daily, not as a chore, but as a sacred ritual.

1. **Deep Anchoring and Grounding:** To support the strong energy from the symbols is necessary to have a solid base. Grounding prevents energy dispersion, centres you in the present, and ensures that dense energies you remove can be safely drained into the Earth.

Technique:

- **Intention:** Standing or sitting, close your eyes and state: "I anchor and ground myself in the here and now."
- **Visualization:** Visualize light roots (the colour that inspires stability, such as red, brown, or gold) extending from your feet and your root chakra.
- **Connection:** Feel these roots pass through layers of earth until they connect with the giant quartz crystal or the heart of the Earth.
- **Seal:** Visualize the **Cho Ku Rei** symbol at the base of your spine and over your feet, sealing the grounding. Feel the strength and stability.

2. **Aura and Field Cleansing (Kenyoku Ho Technique).** This Japanese technique, known as the "Dry Bath," cleanses your auric field of residual energies and ties you may have absorbed during the day.

Technique:

- **Step 1: Right Shoulder to Left Hip:** Place your right hand on your left shoulder and slide it diagonally across your chest to your right hip. Upon reaching, "shake off" the hand (releasing what was absorbed). Repeat on the opposite side. (3 times per side).
- **Step 2: Shoulder to Shoulder:** Place your right hand on your left shoulder and slide it down the arm to the fingertips. Shake off. Repeat with the other arm. (3 times per arm).
- **Final Seal:** Draw a large **Cho Ku Rei** over yourself, sealing your aura.

3. **Self-Treatment with Symbols** Self-treatment ceases to be optional and becomes the **basis of your power**. Dedicate at least **15 minutes daily** to channelling energy to your Being.



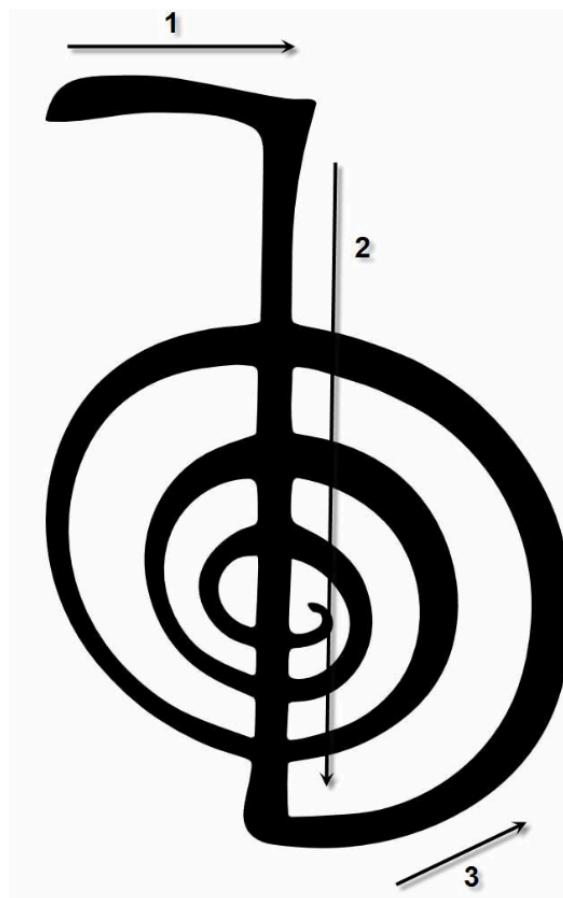
- Start by drawing the **Cho Ku Rei** on your hands to empower the flow.
- Use the **Sei He Ki** on your head (forehead, nape) to heal mental and emotional patterns that may limit you.
- Finish by visualizing the **Dai Ko Myo** (you will see this in Level 3) bathing your entire auric field, empowering your consciousness.

3- DEEPENING THE CHO KU REI

The Symbol of Power and Concentration (Empowerment & Expansion)

Although you already know it, the **Cho Ku Rei** is the most crucial tool of Level 2. It is not just the "light switch" to turn on Reiki; it is a **frequency accelerator** and a **protective seal**. It concentrates, seals, protects, and empowers.

- **Name (Mantra): Cho Ku Rei** (Pronunciation: Chó-Ku-Rei)
- **Meaning:** "The Energy is Here," "God is Here," "Putting All the Power of the Universe Here"





Uses and Applications

- **Empowering other symbols:** It should always be drawn first to "ignite" the energy before using the Sei He Ki or Hon Sha Ze Sho Nem, and at the end to "seal" the healing.
- **Cleansing and Charging Spaces:** Draw the **Cho Ku Rei** in the corners of a room to cleanse it of stagnant energies. Draw a large symbol on the door to seal and protect.
- **Charging Objects (Crystals, Food):** Draw the symbol over the object while holding your hands, charging it with energy for a specific purpose (protection, clarity, health).
- **Instant Self-Protection:** When you feel you are entering a dense environment or are about to interact with a person who drains you, draw a **Cho Ku Rei** on your solar plexus and a large one in front of you, like a shield of light.

4 - THE MENTAL-EMOTIONAL SYMBOL: SEI HE KI

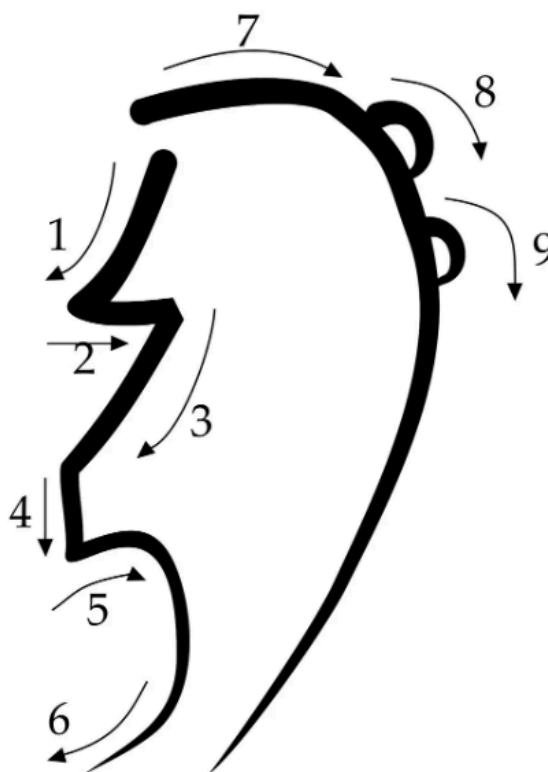
The Key to the Heart and the Subconscious Mind

If the Cho Ku Rei is the key that opens the energy, the **Sei He Ki** is the key that opens and harmonises the connection between the mind and the emotions. This symbol acts on the **mental and emotional bodies**, which are the origins of most of our physical imbalances. It cleanses, harmonises, purifies emotions, and reprograms.

The Sei He Ki helps us release **negative thought patterns, addictions, emotional traumas, and deep-seated fears** that reside in our subconscious. By cleansing and harmonising these levels, we facilitate an energy flow that brings us closer to our true essence and a state of peace.

- **Name (Mantra): Sei He Ki** (Pronunciation: Séi-Jei-Kí)
- **Meaning:** "The man and God become one," "The key to the Universe," "The earth and the sky unite."
- **Form:** Represents the wave or crest of the mind. Its shape balances the cerebral hemispheres (logic and intuition).
- **Element:** Water and Air.
- **Drawing the Symbol:**

It is crucial to practice drawing this symbol until it flows naturally, as its geometric form grants it its harmonising power



Important Note: Always remember to draw the **Cho Ku Rei** first to empower and seal the mental healing process with the Sei He Ki.

Advanced Uses:

Subconscious Healing and Reprogramming

The Sei He Ki allows you to go to the root of problems that are not physical in origin. By using it with clear intention, you can help **reprogram the software of the subconscious mind**.

1. **Healing Patterns and Addictions:** Addictions, destructive habits, and toxic relationship patterns are often programmed emotional responses. **Technique:** Place your hands over the person's head (or visualize). Draw the **Sei He Ki** and focus the intention on dissolving the pattern or addiction. Then, draw a **Cho Ku Rei** to seal and anchor a new positive pattern (e.g., "I choose health," "I deserve love").



2. **Harmonising Relationships:** You can send Sei He Ki to a relationship (past or present) to cleanse stagnant energies, resentment, or lack of understanding. **Technique:** Write the person's name or the word "Relationship" on a piece of paper. Draw the **Sei He Ki** over it, asking for the healing of the emotional bond for the highest good of both parties. Seal with **Cho Ku Rei**.

3. **Cleansing and Memory Retrieval:** The Sei He Ki is excellent for releasing the emotional impact of past events or for helping you remember forgotten information (exams, presentations, ideas). **Technique:** Draw the **Sei He Ki** on your forehead or on a book/notes. Ask: "I harmonise my mind to access the information I need."

Sei He Ki and the Awakening of Consciousness

The connection with the Awakening of Consciousness occurs when you manage to align the subconscious mind with the will of the soul.

The great obstacles to the elevation of consciousness are **fear, guilt, and the victim mentality**. The Sei He Ki acts as an emotional cleanser that allows us to release these chains.

By healing your emotions with this symbol, you make space for **intuition**. The integration of the Sei He Ki teaches you to listen to the wisdom of your heart, facilitating the connection with your Higher Self and allowing the true Light of your soul to manifest in your daily life and your service to others.

KEY AFFIRMATION:

"I release and harmonise my emotions. My mind is clear and at peace with my heart."

Write down the ones that resonate with you here:



5 - THE DISTANCE SYMBOL: HON SHA ZE SHO NEM

Transcending Time and Space

The **Hon Sha Ze Sho Nem** (HSSN) is the most mystical and advanced symbol of Level 2. It is the key that allows you to break physical barriers and temporal limitations. By using this symbol, your intention travels instantly to any person, place, situation, or time.

Its name is a powerful mantra that encapsulates the essence of Reiki: the inherent connection of all existence. It connects, facilitates distance healing, and allows for work with karma.

Distance Channeling

The Hon Sha Ze Sho Nem opens the portal for **remote healing**. The key here is **focused intention** and **mental connection**. You don't need to see the person; you only need permission and pure intention.

- **Name (Mantra): Hon Sha Ze Sho Nem** (Pronunciation: Jón-Sha-Se-Shó-Ném)
- **Meaning:** "The Supreme Being in me unites with the Supreme Being in you" or "**The past, the present, and the future do not exist.**"
- **Form:** It is often visualised as a human figure (the Being) connected through a ray of light (the Channel).
- **Element:** Ether / Spirit
- **Drawing the Hon Sha Ze Sho Nem Symbol:**



Basic Technique for Sending Distance Energy:

1. **Grounding:** Perform your anchoring technique.
2. **Channel Preparation:** Draw the **Cho Ku Rei** on your hands to empower your flow.
3. **The Bridge (Hon Sha Ze Sho Nem):** Draw the HSSN in the air or on your hands, naming the mantra three times.
4. **Connection with the Recipient:**

State the connection and name the person or situation. You have three main options to "send" the energy:

- **The Substitute Method:** Use a plush toy, a pillow, or a photo as a "substitute" and place your hands on it, applying the healing positions. You can also use your own body as a substitute, visualising and feeling that you are the person receiving the energy.



- **The Reduction Method:** Visualise the person in miniature in the palm of your hand and apply the positions there.
- **The Notebook Method:** Write the name or situation on a piece of paper, draw the HSSN over the paper, and hold it between your hands.

5. **Sending Energy (Sei He Ki):** While maintaining the connection, send energy for 10-20 minutes, using the **Sei He Ki** if the healing is emotional/mental.
6. **Sealing:** Draw the **Cho Ku Rei** at the end to seal the healing in the recipient and **close the channel**, separating your energy from the other person's.

Healing Across Time: Past and Future

The Hon Sha Ze Sho Nem asserts that "the past, the present, and the future do not exist" as separate lines, but as an energetic continuum that we can access. This is crucial for karmic healing and manifestation.

1. **Healing the Past:** You can send energy to heal the emotional and energetic impact of a past traumatic event. You cannot change the fact, but you **can change the energy that ties you to it**.
 - **Intention:** Send HSSN to the specific moment (e.g., "To my 10-year-old self during the accident"), asking for healing, peace, and forgiveness.
 - **Purpose:** This releases the emotional burden in the present, allowing consciousness to awaken without the baggage of old wounds.
2. **Shaping the Future (Manifestation):** The future is malleable. You can energetically "**charge**" a goal, an event, or a desired situation.
 - **Intention:** Send HSSN to the desired situation (e.g., "To my job interview next Tuesday").
 - **Purpose:** Visualise the desired outcome already manifested and filled with light. This does not force the result, but harmonises and empowers the best probabilities to align with your Higher Self.

REFLECTION: Sending Reiki to the past liberates your consciousness; sending Reiki to the future focuses you on your potential. Both are acts of mastery in the present.



6 - LEVEL 2 SESSION TECHNIQUES

Hands-On Session Protocol

| | SYMBOL | INTENTION |
|----------------------------|---------------------------------------|--|
| 1. Preparation | Cho Ku Rei (on hands and body) | Anchoring, protection, and empowerment of one's own channel. |
| 2. Start | Cho Ku Rei (on the person) | Activate the flow of energy in the person/recipient. |
| 3. Head (Mind) | Sei He Ki + Cho Ku Rei | Draw SHK on the head area (forehead, temples). Ask for the release of mental patterns. Seal with CKR. |
| 4. Solar Plexus (Emotions) | Sei He Ki + Cho Ku Rei | Draw SHK over the solar plexus. Ask for the healing of fears, anxiety, and stagnant emotions. Seal with CKR. |
| 5. Body | Cho Ku Rei (only) | Go through the standard positions, using CKR at each point to focus and amplify the energy. |
| 6. Closing | Cho Ku Rei (large) | Draw a large CKR over the person from head to toe. Seal the energy, protection, and the work done. |



Integration of Symbols in Practice

Once attuned to Level 2, your session work becomes more **focused and efficient**. The symbols act as catalysts, allowing you to direct energy not only to the physical body but also to the **mental and emotional causes** of imbalances.

The basic Level 2 protocol involves using a logical sequence of the three symbols:

- **Hon Sha Ze Sho Nem (Connection):** Used first in distance sending to establish the bridge.
- **Sei He Ki (Harmonization):** Used to work on the mind and emotions, cleansing patterns. The hands-on session incorporates the mental-emotional depth of the Sei He Ki.
- **Cho Ku Rei (Empowerment and Seal):** Used at the beginning to empower and at the end to seal, anchor, and protect the work done.

Distance Channeling Protocol

Distance work requires a high degree of visualization and intention. Remember the ethic of permission and working together with the person receiving the healing.

MASTERY TIP: In distance work, you can send energy not only to the person but to a specific goal (e.g., family harmony, clarity in a business, healing a house). Use the Hon Sha Ze Sho Nem to establish the connection with that goal.

Psychic Surgery with Intention (Introduction)

As a Level 2 Reiki practitioner, you can begin to experiment with techniques that use **mental intention to remove deep energy blockages**.

Psychic Surgery (also sometimes called "karma cleansing") is a technique where you visualize and use your energetic hands to:

- **Identify the blockage:** Intuitive feeling or sensing a dense area, a trauma, or a karmic tie.
- **Cut or Extract:** Use your hands as tools of light to "cut" or "extract" the dense energy. Seal your hands with Cho Ku Rei before starting.
- **Refill with Light:** After extracting the blockage, refill the empty space with **Sei He Ki** to harmonize and **Cho Ku Rei** to seal with high-vibration light.

This technique requires practice, energy maturity, and must always be used with respect and detachment.



| | SYMBOL | ACTION AND MEANING |
|--------------------------------|---------------------------------|--|
| 1. Grounding | Cho Ku Rei (on self) | Anchoring and empowering your hands and intention. |
| 2. Connection (The Bridge) | Hon Sha Ze Sho Nem | Draw the HSSN. Name the recipient and visualise the connection (the bridge of light). |
| 3. Treatment | Sei He Ki (within the bridge) | While maintaining the HSSN connection, direct energy with SHK. Send emotional and mental healing to the person. |
| 4. Empowerment and Maintenance | Cho Ku Rei | Draw CKR over the connection or the substitute to amplify the energy flow. |
| 5. Closing | Cho Ku Rei + Hon Sha Ze Sho Nem | Thanks for the energy. Gratitude moment. Recognise we are channels for the divine energy, not the source, but the source is within. Draw a large CKR over the visualised recipient (sealing). Break or close the HSSN bridge with intention. |



7 - THE LEVEL 2 INITIATION RITUAL

The Purpose of the Opening

The Level 2 initiation or attunement is a sacred, energetic event performed by the Reiki Master. This ceremony is not symbolic; it is a **vibrational adjustment** that produces **permanent changes** in your energy system.

What happens energetically during the Initiation?

- **Channel Amplification:** The initiation expands and seals your central energy channel, **tripling the intensity** of the Reiki flow you can channel.
- **Integration of Symbols:** Your Master seals the symbols **Cho Ku Rei, Sei He Ki, and Hon Sha Ze Sho Nem** into your hands, heart, and mind. This gives you instant access to their vibrational frequency without the need for deep meditation every time you use them.
- **Time-Space Connection:** The connection of your Third Eye and your Heart is empowered, allowing you to transcend the limitations of time and space to perform distance healing.

By receiving this attunement, you commit to being an **Active Channel** that uses these powerful tools for deep healing and service to others.

Preparation and Attitude for the Ceremony

The attitude with which you receive the initiation is as important as the ritual itself. Prepare your body and spirit:

- **Clear Intention:** Before the ceremony, meditate on your purpose. Why have you chosen Level 2? Maintain the intention to receive the energies and wisdom of the symbols for your highest good and the good of all beings.
- **Open Heart:** Allow the energy to flow without judgment or expectation. The more relaxed and open your heart is, the deeper and more harmonious the attunement will be.
- **Days Before:** It is recommended to avoid alcohol, drugs, and reduce meat consumption in the preceding days to keep the body's vibration as high and clear as possible.

During the ceremony, relax, breathe deeply, and trust the process. Allow the universal energy to make the necessary adjustments in your auric field and chakras.



The 21-Day Cleansing Cycle

As in Level 1, the Level 2 initiation begins a **21-day energy cleansing cycle**. This period is crucial for settling the new frequencies into your system.

Why does this cleansing occur? The increased vibration of Level 2 acts as a powerful "detox." The amplified energy begins to remove energy blocks, thought patterns, and emotional residues that no longer serve your evolutionary path.

What you can experience:

- **Physical:** Vivid or altered dreams, changes in appetite, mild detoxification symptoms (headache, short cold).
- **Emotional/Mental:** Feelings you thought were overcome may resurface to be definitively released. It is a period of great honesty and liberation.

Recommendations for the 21 Days:

- **Be Kind to Yourself:** Rest when you need to.
- **Daily Self-Treatment:** It is mandatory to dedicate time to self-treatment, using the sequence of the learned symbols. This helps to integrate the energy more smoothly.
- **Hydration:** Drink plenty of water to help the body release physical and energetic toxins.

The end of these 21 days marks the total integration of the symbols and your full capacity as a Level 2 healer.



II. MODULE LEVEL 3: INNER MASTERY

8. Inner Mastery: The Commitment to the Great Light

Congratulations on reaching Level 3 (**Shinpiden**). This level is not just a diploma; it is a deep commitment to yourself to **embody the essence of Reiki** in every aspect of your life.

If Level 1 was the awakening of the channel and Level 2 was the expansion of power and distance, Level 3 is **Inner Mastery**. At this point, you don't just use Reiki—you **become the Reiki**.

Mastery is not about having more power over others, but about having **full authority over your own energy** and your path of consciousness. By receiving the attunement for this level, you access the Master Symbol and elevate your vibrational frequency to a state of **Unified Consciousness**.





The Purpose of Level 3 is twofold:

- **Maximum Empowerment:** Integrating the Master Symbol to multiply your channelling capacity and perform healing at the deepest level: **the spiritual**.
- **Service to Consciousness:** Assuming the role of being a **Channel of Pure Light**, actively working for the collective awakening and fulfilling your own life purpose.

The Purpose of Consciousness: Being a Channel for Awakening and Expansion - A living bridge to evolution

Humanity is in a process of **Awakening Consciousness**, moving from living from fear and separation to living from love and unity. As a Level 3 Reiki practitioner, your role in this process becomes vital.

- **Energy Management and Consciousness:** Everything you learned about managing your own energy in Level 2 now becomes your mastery practice. Keeping your cup full and clean is no longer just an ethic, it is your contribution to the planet. A clean and grounded Master is a pure channel who can radiate the frequency of the Master Symbol to the world.

By working on yourself, you elevate the vibration of your environment. When you apply Reiki to others at this level, your intention goes beyond physical or emotional relief; your intention is to **remind the Soul of its perfection**, its truth, and its inherent capacity to awaken.

Mastery is Serving, not Directing. The true master needs no recognition. They work in humility, allowing the Great Light to flow through them for the highest good. It is a commitment to silent service that supports the path of every being toward their own liberation and awakening.

9. THE MASTER SYMBOL: DAI KO MYO - Usui system

The **Dai Ko Myo** (DKM) is the Master Symbol and the culmination of the symbols in the Usui system. By attuning to it, you receive the energy of **Spiritual Mastery**.

This symbol acts directly on the **Soul and the Body of Light**, healing karmic roots and wounds of the Spirit. It heals the soul, aligns life purpose, empowers all other symbols, and raises consciousness.

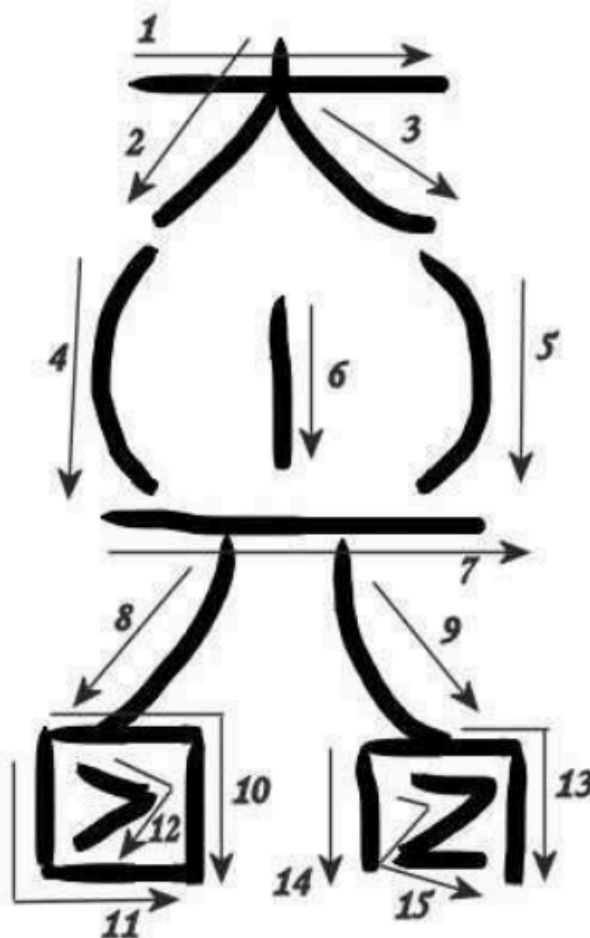


Name (Mantra): Dai Ko Myo (Pronunciation: Dái-Ko-Mió)

Meaning: "Great Bright Light" or "Great Being of the Universe, shine upon me."

Form: Represents a complex dimensional key, connecting the Earth with the highest spheres of Consciousness.

Element: Spirit / Pure Consciousness



Drawing the Master Symbol

The Dai Ko Myo must be drawn with reverence and deep concentration, as it is what connects you with your lineage of masters and with Usui Sensei Mikao. The following version is from the Usui system.



Essential Use: Total Empowerment

The Dai Ko Myo becomes your main ally, as its use **maximizes the effectiveness of everything you already know how to do.**

- **Channel Empowerment:** Draw the **Dai Ko Myo** at the beginning of every self-treatment or session. This instantly elevates the vibration of your channel and ensures that the energy flowing is that of the highest consciousness.
- **Activation of other symbols:** When you use the DKM, you are ensuring that the Cho Ku Rei, Sei He Ki, and Hon Sha Ze Sho Nem operate at their maximum potential and in perfect alignment with the recipient's spiritual purpose.
- **Soul and Purpose Healing:** Direct the DKM to the **Crown Chakra** or the **Soul Star Chakra** (above the head). Ask that the recipient's life purpose be manifested now or that the karmic ties that impede their evolution be healed.

The Tibetan Dai Ko Myo: Symbol of Spiritual Fire and Divine Connection

The **Tibetan Dai Ko Myo** (sometimes known as Dumo or the Fire Serpent) is a potent variation of the Master Symbol used in the Usui/Tibetan and other specialized Reiki systems. It represents a different energetic approach than the traditional Japanese Usui Dai Ko Myo, focusing heavily on internal energy circulation and spiritual purification.

1. Attunements and Initiations

- **Opening the Channel:** This is its most frequent and critical application. Masters use the Tibetan Dai Ko Myo to **open the student's central energy channel** (the main channel running through the spine) to receive the Reiki energy during the attunement process.
- **Integrating the Energy:** It helps to anchor and integrate the high-frequency energy of the Reiki symbols into the student's physical and energetic body, preparing them to hold the Master vibration.

2. Deep Soul Healing and Cleansing

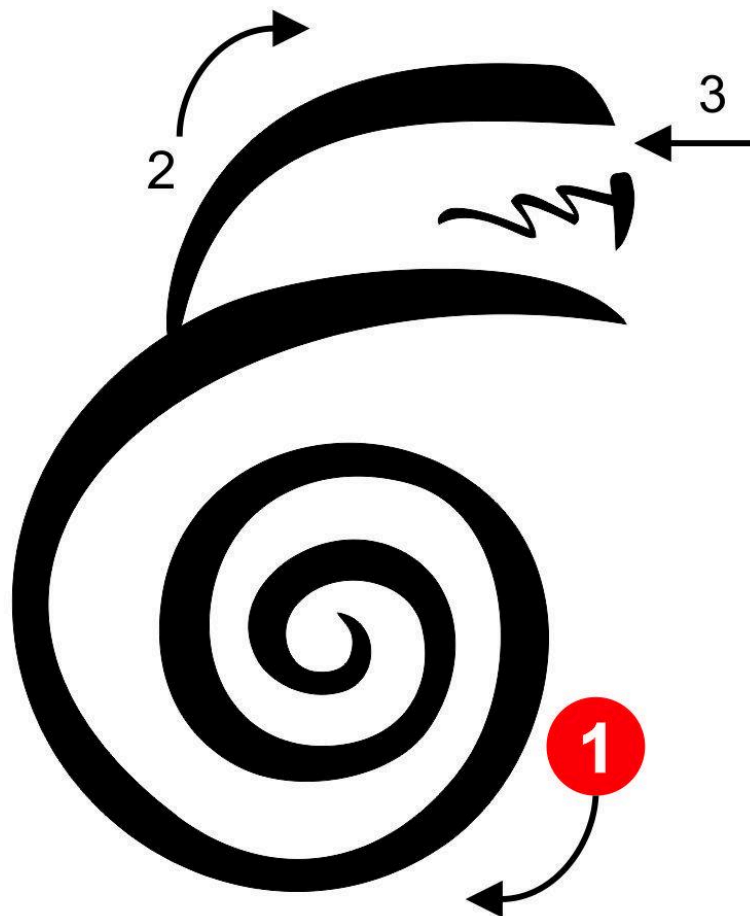
- **Removing Energetic Blockages:** The symbol's association with Kundalini fire allows it to cut through and **burn up deeply entrenched energetic blockages** and negative patterns held within the inner self, mind, and soul



- **Karma and Past Life Healing:** It is often applied with the intention to intensify the healing of **karmic issues** and past-life trauma by channeling high-vibrational light directly to the root cause of imbalance.
- **Chakra Activation:** It is highly effective for stimulating and balancing the **Crown Chakra** and the **Soul Star Chakra**, enhancing one's connection to Divine consciousness and wisdom.

3. Energy Amplification and Grounding

- **Enhancing Treatment:** When used in a standard healing session, the Tibetan Dai Ko Myo dramatically **amplifies the flow and purity of the Reiki energy**, making the treatment more effective, particularly at the spiritual level.
- **Creating Protection:** Drawing the symbol over the front, back, and sides of the body can create a **powerful shield of light** and high-vibrational energy, offering strong spiritual protection.





Key Meaning

- **Translation:** Similar to the Usui version, it translates generally to "**Great Shining Light**" or "**Great Enlightenment**."
- **Energetic Focus:** Its distinct, coiled, and zigzagging structure is often associated with the **Kundalini energy**—the coiled spiritual fire at the base of the spine—and the central energy channel (**Sushumna Nadi**). It is a symbol of **Universal Fire** and the direct connection to the Divine.
- **Purpose:** To activate, purify, and channel this intense spiritual energy to bring about deep soul-level healing, spiritual awakening, and alignment with one's highest purpose.

10. ADVANCED USE OF THE DAI KO MYO AND MANIFESTATION

Deep Integration: Total Session Empowerment

The Dai Ko Myo (DKM) is not just another symbol; it is the **essence of Mastery**. In a healing session, its correct use integrates and maximizes the action of the other symbols.

| SYMBOL | SPECIFIC FUNCTION IN LEVEL 3 | USE IN CONJUNCTION WITH DKM |
|--------------------|---|--|
| Dai Ko Myo | Heals the spiritual level and raises consciousness. | Se dibuja al inicio y al final de toda laDrawn at the beginning and end of the entire session.. |
| Cho Ku Rei | Empowers, seals, and anchors the energy. | Used in combination (DKM + CKR) to multiply power in a specific area. |
| Sei He Ki | Harmonizes mind and emotions. | Used (DKM + SHK) to dissolve emotional blocks with high-vibration light, facilitating forgiveness and karmic release. |
| Hon Sha Ze Sho Nem | Connects at a distance and across time. | Used (DKM + HSSN) to send Master Light to past or future situations, healing the karmic root of problems. |



Mastery Bubble Technique: Before starting any healing (hands-on or distance), draw the DKM in the air in front of you, name the mantra three times, and visualize a bubble of **silver-white light** descending and completely enveloping you. You are now working from the frequency of Mastery. Seal with **Cho Ku Rei**.

Dai Ko Myo and Conscious Manifestation

The DKM works with the energy of **life purpose** and **Unified Consciousness**. By aligning your intention with this Great Light, you not only heal but you manifest the highest state of your Being.

1. **Alignment of Life Purpose:** When one is not aligned with the soul's purpose, they experience stagnation or frustration. **Technique:** Draw the DKM over your Heart Chakra and your Crown Chakra. Ask: "May my highest purpose manifest now with clarity and Light." The DKM energy dissolves the doubts and fears that prevent you from following your true vocation.
2. **Creating High-Vibration Goals:** For manifesting material or personal goals, the DKM ensures that these goals are aligned with the highest good.
Technique: Write your goal or dream on a piece of paper. Draw the **Hon Sha Ze Sho Nem** to send it to the future, then the **Sei He Ki** to harmonize any emotional resistance, and finally, the **Dai Ko Myo** to bathe it in Master Light and ensure it manifests in the highest possible way. Seal with **Cho Ku Rei**.

11. The Completion Symbols: RAKU / (Nigi-Zida/Nigi-Zeda)

The Raku symbol (often called the Fire Serpent or Lightning Bolt) is typically used in the initiation ceremonies of the Master Teacher level to **ground and seal the energy** between the student and the Master and to **break the energetic connection** once the attunement is complete.

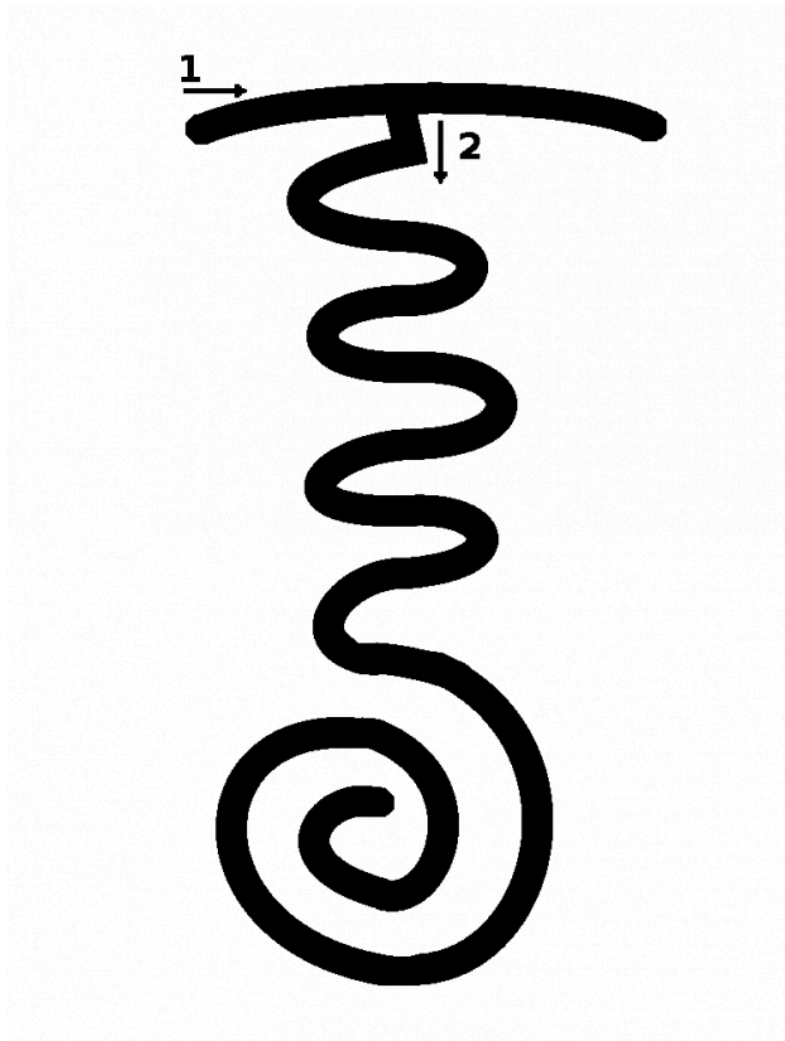
- **Name (Mantra): Raku**
- **Meaning:** "To bring to a successful conclusion," "To finalize."
- **Use in Healing:** While primarily an attunement symbol, the Raku can be used in advanced healing work to **ground the client's energy** after an intense session, ensuring they are fully present and anchored in their body before they leave. It draws the excess energy down and out through the feet.
- **Drawing the Symbol:** The symbol is drawn from the Crown down the back of the body to the feet, resembling a lightning bolt, often visualized in a violet or white light.



The Nigizida Symbol (Nigi-Zida/Nigi-Zeda)

The Nigizida symbol is less common but is a powerful tool for **emotional cleansing and purification**, often associated with specific Japanese techniques for toxic energy removal.

- **Name (Mantra): Nigizida** (Nigi-Zida)
- **Meaning:** "To squeeze and cleanse the body of toxic energy."
- **Use in Healing:** It is used with the intention to **squeeze out and remove deeply embedded negative energies** or toxic residue that may be stuck in the client's aura or organs. It is a more direct and forceful cleansing symbol than the Sei He Ki.
- **Technique:** Visualize drawing the Nigizida over the blocked area. Then, use your hands to "squeeze" the dense energy, imagining it compacting, and then quickly "throw" it into the Earth for transmutation. Always follow with the **Dai Ko Myo** and **Cho Ku Rei** to refill the area with Great Bright Light and seal it.





12. CONSCIOUS BREATHING FOR DEEPER SESSIONS

The use of **Conscious Breathing** (*Breathwork*) is the fastest and most effective technique for a Reiki practitioner to **elevate their personal frequency** and access deeper states of channeling and intuition. It is the key to entering a state of **Active Presence**.

The Importance of Breath

The breath is the **link between the physical body and the subtle energy body (the Aura)**. Consciously controlling the breath allows you to:

- **Purify the Channel:** Deep, rhythmic breathing (like the **Harakiri** or *Tanden* breathing) cleanses the body's energy channels (*meridians*), ensuring the Reiki flows powerfully and purely.
- **Anchor the Present Moment:** The breath is always in the "now." Focusing on the inhale and exhale is the most effective way to eliminate mental chatter and **anchor your mind in the session**.
- **Intensify Intention:** Breathing your intention. Inhale the healing energy you wish to channel and exhale the Light towards the recipient.

The Hara/Tanden Breathing Technique

This is a specific technique for abdominal breath, focusing on the *Tanden* or *Hara*—the energy center below the navel) used to cultivate and store spiritual energy.

1. **Posture:** Sit comfortably with a straight spine, hands resting on your thighs or in the *Gassho* (prayer) position.
2. **Focus:** Place your full attention on your **Tanden/Lower Abdomen** (approximately 2-3 inches below the navel).
3. **Inhale:** Inhale slowly and deeply through the nose, visualizing the universal energy (Ki) entering through the Crown Chakra and settling in the Tanden, expanding the abdomen.
4. **Hold:** Hold the breath for a few seconds, feeling the energy accumulating and heating up in the Tanden.
5. **Exhale:** Exhale slowly through the mouth (or nose), feeling the energy (Ki) flow from your Tanden, through your arms, and out through the palms of your hands.
6. **Use in Session:** Perform this breathing 3 to 5 times before starting a session (hands-on or distance) and whenever you feel your mind wandering.

“The breath becomes the power of your intention”.



13. MASTERY TECHNIQUES

1. Advanced Psychic Surgery (Blockage Extraction)

In Level 3, your ability to feel, diagnose, and remove dense energy is sharpened.

- **Preparation:** Draw the DKM and CKR on your hands.
- **Diagnosis:** Pass your hands through the recipient's auric field, looking for areas of density (sensation of cold, weight, stinging).
- **Extraction:** With the clear intention of removing the energy that does not belong to the recipient, use your fingers as energetic pincers or scalpels. "Cut" and "extract" the blockage, depositing it into the Earth to be transmuted.
- **Refill and Seal:** Refill the empty area with the **Great Bright Light** of the **Dai Ko Myo** to ensure that only the highest vibration occupies that space. Seal with **Cho Ku Rei**.

The Crystal Grid (Power Table)

This technique allows for **continuous and automatic healing** to be sent to multiple people or situations (the manifestation list) for an extended period.

- **Elements:** You need a central generator crystal (large point), 6-8 clear quartz point crystals (programmable), and the Master Symbol.
- **Process:** Create a geometric matrix (e.g., Flower of Life, Hexagram, or Circle) with the crystals. Program the central crystal with the grid's intention. Draw the DKM over the entire grid.
- **Connection:** Place the names, photos, or intentions (written on paper) inside the grid. Use the **Hon Sha Ze Sho Nem** to connect each intention to the grid.
- **Activation:** Draw the **Dai Ko Myo** and the **Cho Ku Rei** over the entire grid. The grid will now constantly radiate energy, acting as a beacon of healing and manifestation.

The Violet Breath Technique

This technique is typically taught in Master Teacher training, but it is a Level 3 healing tool used to **seal the energy** with the highest vibration of Consciousness.



Process: After drawing the symbols on the recipient, inhale deeply. As you exhale, visualise a **bright violet light** (the flame of transmutation) coming out of your mouth, covering the healed area and sealing the work with the power of the DKM.

14. THE EFFECTIVENESS OF CHANNELER PRESENCE IN DISTANCE HEALING

The true power of the Hon Sha Ze Sho Nem (HSSN) is not the symbol itself, but the **consciousness, intention, and presence** you maintain while using it.

The Routine as a Path to Intuition

| ROUTINE STEP | PURPOSE |
|--------------------------|--|
| 1. Grounding/Intention | Anchors the practitioner in the present. |
| 2. Channel Opening (CKR) | Activates the energy flow in your hands. |
| 3. The Bridge (HSSN) | Creates the time-space connection. The routine begins here. |
| 4. Treatment (SHK/CKR) | Directs the focused healing energy. |
| 5. Closure (CKR + HSSN) | Seals the healing and breaks the energetic tie. |

The Supreme Effectiveness: Pure Presence

In a distance session, the effectiveness is directly proportional to your **ability to be fully present**. If your mind is distracted or you are doubtful, the energetic bridge will be weak. Mastery means:



Mental Focus: Use the **Conscious Breathing** (Section 12) to anchor yourself. Visualize the client as if they were present (using the Substitute or Reduction method). *Presence eliminates distance.*

Emotional Detachment: The HSSN ensures that the connection is made between **Higher Selves**. This is crucial for maintaining detachment from the outcome (Ethic #2). Do the work and trust that the energy will go where it is needed most.

SUMMARY OF SYMBOLS

| SYMBOL | KEY MEANING | QUICK FUNCTION |
|----------------------------------|---|--|
| Cho Ku Rei (CKR) | "The Power is Here" (Connection) | Empower: Multiplies energy. Seal: Finalizes treatments. Protect: Cleanses spaces and the Aura. |
| Sei He Ki (SHK) | "Man and God Become One" (Harmony) | Harmonize: Cleanses and balances emotions and mind. Reprogram: Useful for addictions and patterns. |
| Hon Sha Ze Sho Nem (HSSN) | "The Past, Present, and Future Do Not Exist" (Connection) | Distance: Creates a healing bridge without limit of space. Time: Karmic Healing (Past) and Manifestation (Future). |
| Dai Ko Myo (DKM) | "Great Bright Light" (Mastery) | Elevation: Heals the soul and spirit. Empower: Maximizes the effectiveness of all symbols. Consciousness: Connects with the higher purpose. |



Recommended Use Sequence

Use this formula as a guide for advanced Level 3 treatments, hands-on or distance:

1. **Master Activation:** Draw the **Dai Ko Myo** on your hands and Aura to elevate the frequency.
2. **Connection/Cleansing:**
 - **Distance:** Draw **Hon Sha Ze Sho Nem** to establish the bridge.
 - **Hands-on:** Draw **Cho Ku Rei** on the area to work to ignite the energy.
3. **Focused Treatment:** Use **Sei He Ki** for deep mental/emotional healing or to release patterns.
4. **Final Seal and Empowerment:** Draw the **Cho Ku Rei** and the **Dai Ko Myo** (or only the CKR) over the area or the recipient to anchor the healing at the highest frequency.

From Routine to Intuition: The goal of practising this routine diligently is not to be rigidly bound by it, but to train your mind to **enter the distance state instantly**. When you can perform all the steps in your mind with a single, clear intention, you have reached **intuitive channelling**. This comes from consistency, not from complexity. **Trust your intent more than the drawing.**

THE LEVEL 3 INITIATION: THE SEALING OF THE PATH TO MASTERY

The Final Vibrational Leap

The Level 3 (**Shinpiden**) attunement is the deepest act of consecration in the Usui Shiki Ryoho system. It is not simply a certificate; it is a ceremony that aligns your energy system with the **highest frequency of the Dai Ko Myo**.

What does the initiation transform?

- **Activation of the Dai Ko Myo:** The Master Symbol is permanently sealed in your Aura, your Crown Chakra, and your hands, integrating its "Great Bright Light" frequency into every cell of your Being.
- **Unity with Spirit:** Your connection with the Source, your Higher Self, and the Lineage of Masters is exponentially strengthened. You become the **conscious manifestation** of Reiki energy.

By receiving this initiation, you declare your willingness to **live from Consciousness** in every moment, honouring the power you now embody.



Master Integration and the 21-Day Commitment

The 21-day cleansing and settling cycle after Mastery is often the most intense and transformative, as the DKM energy works on the **karmic and soul level**.

During Integration, you may experience:

- **Life Clarity:** Obsolete life patterns or relationships that no longer serve you may dissolve. You will have unusual clarity about your mission or purpose.
- **Deep Past Healing:** The DKM may bring karmic memories or deep wounds to light to be transmuted.
- **Energetic Ecstasy:** You may feel periods of intense joy, high vibration, and spiritual connection.

Mastery Commitment: During these 21 days, and henceforth, your **daily self-treatment** with the Dai Ko Myo and the other symbols is your anchor. This is the act that ensures the Great Light is integrated into the Earth through you, fulfilling your role in the awakening of consciousness.

FINAL REFLECTIONS: ENERGY AS A WAY OF LIFE

Living the Path to Mastery: The Daily Awakening

You have completed the formal journey through the Reiki Levels, but the real path has just begun. **Reiki Mastery is not a goal, but a way of life.**

Your body is now a **transformer of very high-frequency energy**. The work of a Level 3 Reiki practitioner is to be the **living example** of the Five Principles:

- Just for today, do not worry.
- Just for today, do not be angry.
- Just for today, be grateful.
- Just for today, work honestly (on your spiritual path).
- Just for today, be kind to all.

Every time you apply Reiki, you are not just sending healing energy; you are sending the reminder of the **Unity and Perfection** that resides in everyone. By managing your energy and living from the light of the Dai Ko Myo, you become a fundamental piece in the process of global Consciousness Awakening.



The Power in Your Hands

The symbols you have received are sacred keys that allow you to act in multiple dimensions:

- **Physical:** With the basic Reiki flow.
- **Mental/Emotional:** With the **Sei He Ki**.
- **Time/Space:** With the **Hon Sha Ze Sho Nem**.
- **Spiritual/Karmic:** With the **Dai Ko Myo**.



Always remember the **Key to Empowerment**: Your ability to help others is directly linked to your **own energy management**. Allow yourself to be the purest vessel possible, and the Light will flow through you without limits.



APPENDIX: RECOMMENDATIONS FOR THE REIKI PRACTITIONER / HOLISTIC THERAPIST

Ethics of Professional Practice

Your commitment to this path makes you a professional in energetic health. It is vital to maintain integrity and respect in all your interactions.

- **Establish Clear Boundaries:** Never mix your role as a therapist with that of a partner, intimate friend, or authority figure. The relationship must be purely professional, maintaining the necessary distance for objective healing.
- **Transparency in Fees:** Be clear and honest about the cost of your sessions or courses. Value your energy and your time; healing energy is free, but your time and professional training have a value that must be honoured.
- **Do Not Promise Cures:** The word "cure" is medical. As a Reiki practitioner, your role is to be a facilitator who supports the client's natural healing process and alignment with their own consciousness. You must always recommend that the client continue with their conventional medical treatment.
- **Refer When Necessary:** If a client presents a serious pathology or psychological problem that exceeds your scope of action (or if you feel you cannot help them), it is your professional responsibility to refer them to a doctor, psychologist, or psychiatrist.

Creating Your Sacred Workspace

The environment where you offer your sessions must reflect the high vibration you work in. It is a space that helps the client anchor themselves in peace and trust.

- **Energy Cleansing:** Before and after each session, cleanse the space. Use the **Cho Ku Rei** and the **Dai Ko Myo** in the corners, ceiling, and floor of the room. Burn sage or palo santo and ventilate well.
- **Anchoring Elements:** Include elements of nature (plants, quartz, water) and symbols of peace or spirituality that resonate with you.
- **Music and Aroma:** Use low-frequency music (binaural, classical, instrumental) that induces relaxation. Use essential oils (lavender, sandalwood) to create a calming atmosphere.
- **The Reiki Table:** Ensure your couch or workspace is always clean and disinfected. Before the session, draw the **Dai Ko Myo** under the table to charge it with Master Light and the **Cho Ku Rei** on the surface to empower the healing.



Presentation of Your Services

Your professional practice is an extension of your spiritual path. Communicate your service from integrity and truth.

- **Communicate Your Focus:** When promoting your sessions, emphasize that your work focuses on self-energy management, healing emotional patterns, and supporting the awakening of consciousness (the pillars of your course).
- **Distance Sessions:** When offering distance healing, be clear about the **Hon Sha Ze Sho Nem** technique and how energy transcends space. Remind the client of the importance of being relaxed and receptive during the agreed-upon time.
- **Courses and Workshops:** If you are going to teach Reiki levels, use the **Dai Ko Myo** to bless your manuals (including this one) and your teaching space, ensuring that only the highest vibration information is transmitted to your future students.