



REIKI MASTERY MANUAL

YOUR EXPANSION INTO SERVICE AND THE EVOLUTION OF THE ENTIRE COSMOS

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SANANDO JUNTOS



WHAT DOES IT MEAN TO BE A MASTER in Sanando Juntos?

The word "Master" resonates within our souls with the promise of profound guidance, of a teaching that leaves a lifelong mark. However, over time, its luster has dimmed when used to feed the ego, seeking reverence, followers, or superficial gains.

At the heart of **Sanando Juntos**, Mastery is stripped of its pedestal and revealed as a sacred commitment: **to be the light that helps others ignite their own.**

Mastery is a Soul Commitment

Being a Master is a path, a way of life, an evolutionary spiral where giving and receiving are infinitely intertwined. It is the decision to selflessly transmit every piece of wisdom, but above all, it is the humility to never stop learning. Only by capitalizing on every life experience—every joy and every challenge—do we manage to broaden our understanding and become a clearer channel.

The True Master of Sanando Juntos:

- Does not seek to be served, but **to serve**. Their greatest reward is the autonomy of their student.
- Does not seek followers, but **co-creators**. Their mission is to help each person find their own light, to become their own master, and to express themselves freely in this wonderful earthly journey.

The Courage of Self-Mastery

The path of Mastery does not pursue perfection, for as children of the Creative Source, we are already perfect in our essence. Instead, we seek **consciousness**.

Through constant self-observation of our thoughts and actions, the Master gives themselves permission to modify and transform those aspects that feel limiting. It is inner work that never ceases—a commitment to grow and evolve in order to guide from truth and personal experience.

We do not seek Universal Love; we ARE it. We seek to express that love on Earth, in every word, in every touch, finding the path that helps us grow as a tangible manifestation of Oneness.



The Seal of Reiki Mastery

Being a Reiki Master is more than knowing symbols and rituals; it is a **vow of integrity**. It involves having the essential knowledge obtained from tradition, readings, and, most importantly, hours of experiential work with Universal Energy. But above all, Mastery demands **commitment and ethics** in the use of this energy: in the laying on of hands, in the words you share, and in your own life.

By Teaching, You Are Enlightened

The Japanese word *Sensei* reminds us that the Master is "one who has been born before," the one who has walked the path. However, when we teach, we become students once again.

Teaching a class is like being in a permanent examination. It forces us to prepare with excellence and to refine our ability to respond. One only truly understands something when they have to explain it to another. Their doubts and questions are the beacons that illuminate our own gaps, allowing us to perfect ourselves and realize how much we still have to learn.

Dear Master: If you feel the call to initiate people on this path, remember that the first person you must work on is yourself. Your inner work is the foundation of your teaching.

Allow yourself to be human. If insecurities or fears arise at the beginning, breathe; it is normal. It happened to me: fear tried to accompany me in those first steps. But know this: **constant practice is the only path to confidence**. With every initiation, with every workshop delivered from the heart, that practice will reveal the security and peace necessary to share this light with total fullness.

Trust the process, trust the Energy, and trust yourself, for you are already the perfect channel!

REIKI ETHICAL CODE AND CONDUCT: Honoring Your Path

This Code is not a chain of rules, but a love letter to your own integrity and to the Reiki Path. It is the compass that illuminates the practice of **Sanando Juntos** as a system of harmonization that respects the sanctity of every being.

Your commitment to these lines is how you honor the gift of Mastery. However, always remember that the highest Ethics reside in your heart and your intuition.



These principles are the foundation; your inner light—your own expression of Mastery—is the final code that must guide you. We invite you to find and honor your own codes: whatever feels right for your soul and your channel is your path of truth.

The Pillars of Conduct

Your interaction with every being—patient, colleague, or student—must be woven with the purest threads of the Being:

1. **Integrity and Transparency (The Light of Truth):** Act with unwavering honesty, where every word and intention is a pure reflection of your soul. Be transparent regarding the characteristics, duration, and realistic expectations of the treatment.
2. **Universal Respect (The Embrace Without Judgment):** Respect is the deepest form of love. Offer energy without any distinction of age, condition, or belief. Deeply respect each person's spiritual or religious path without trying to impose your vision.
3. **Confidentiality (The Vow of Silence):** What is shared in the healing space is sacred. Protect your patient by maintaining the strictest confidentiality and professional secrecy. Be a safe sanctuary for their story.
4. **Genuine Kindness and Discretion:** Maintain a warm, compassionate, and professional demeanor. The Master of Sanando Juntos is an open heart, full of compassion for those who seek it.

The Role of the Channel: Clean and Conscious

The environment in which the treatment takes place must be a temple of containment—a high-vibration space where the patient feels safe. Remember that you are a pure channel, not the source. Your function is to facilitate the flow, not to interfere with the other's river of life:

- **Reiki is accompaniment, not a sentence:** Reiki treatment is non-interventionist, non-manipulative, and non-diagnostic. The Master simply facilitates Universal Energy so that the patient's body activates its own regenerative processes. **Do not diagnose!** Honor the limits of the practice and entrust that task to trained health professionals.
- **Speak from Hope, not from Promises:** Share the benefits and transformative potential of Reiki with honesty. However, never proclaim a cure or guarantee therapeutic recovery. Honor the boundaries of your practice.
- **Sacred Boundaries:** You have the right to reserve the initiation or continuation of treatment if you feel a patient is in a state that compromises safety or the atmosphere of the work. Trust your intuition to protect your energy and the sacred space.



Preparing the New Master (The Wisdom of Activation)

When you initiate a student, guide them with this wisdom and love: **Purification is Liberation:** Inform them clearly and lovingly about the purification process that occurs after attunement. Warn them of the possibility of a temporary increase in symptoms during the first few days. Remind them that this is not a setback, but the glorious proof that the Energy is releasing what no longer serves them. It is an act of deep healing in progress.

Master, Trust Yourself!

These principles are the structure. But true Mastery blooms when you trust your own voice and your channel. Your ethics are the footprint of your soul on Earth.

The Sacred 21-Day Commitment

As a newly attuned Master, live a period of 21 days of deep self-healing and energetic alignment. This is not a waiting period, but a vow to yourself to integrate the vibration of Mastery into every cell of your being.

This three-week process is crucial for two fundamental reasons:

1. **Full Channel Activation:** It is the time your energetic system needs to fully integrate the symbols, resonance, and frequency of the Master level. It allows the channel to expand, cleanse, and stabilize at the new intensity.
2. **Self-Mastery in Action:** During these 21 days, you are purifying yourself profoundly, healing any blockages or resistance that might interfere with your teaching.

Your emotional, mental, and etheric bodies are readjusting. It is a period where the first person you heal is yourself, so that you may later serve others from a place of greater purity and truth.

REIKI FAMILY TREE: The Root of Our Light

Every Master becomes a vital link in a chain of transmission that traces back to the very origin of the practice. Knowing your lineage is to honor those who kept the flame of Reiki alive so that today you can ignite your own and that of others.

Your Mastery is a gift that travels through time, connected to each of these hearts:



DR. MIKAO USUI



DR. CHUJIRO HAYASHI



SRA. HAWAIO TAKATA



PHYLLIS LEI FURUMOTO



CAROL FARMER



LEAH SMITH



WILLIAM RAND



CLAUDIO MARQUEZ



GABY RAMOS



JOHANNA CABRERA



TAMARA ISA



DAMIAN GABRIEL ARUJ



MATEO JULIAN KRENZ



HONORING THE LINEAGE THROUGH PRACTICE

This family tree is a reminder that we are part of something vast and eternal. The best way to honor our Reiki ancestors is through our daily practice.

Master, do not forget yourself:

- **Seek your Connection:** Perform self-treatment every day, even if only for a moment. Go to your inner meeting space, connect with the Source, and cleanse your channel.
- **Walk the Experience:** It is immensely valuable to attend sessions or participate in Reiki exchanges, living the experience of the energy from all levels.
- **Your well-being is the foundation:** Never forget yourself, for you are the most important person. A Master with a clean channel and a nourished heart is a brighter beacon for the world.

VITAL REMINDERS FOR THE MASTER: The Essence of *Sanando Juntos*

Beyond symbols and rituals, Mastery in *Sanando Juntos* is affirmed in daily practice and the quality of your presence. These are the pillars that will sustain you in service.

The Discipline of Self-Love

A channel of light can only remain open and pure if the Master honors themselves.

- **Your Sanctuary of Light:** Your Reiki space, whether physical or mental, must be a place of light and purity in every sense. Energize it, infuse it with your essence—that unique imprint that makes you who you are. The most important thing is authenticity: **Be yourself!**
- **We are our most important asset:** Do not forget yourself. It is essential to perform self-treatment daily, even for a few moments. Go to your meeting space, connect, cleanse, and recharge.

The Art of Conscious Presence

Real healing happens in the **Here and Now**.

- **Listen with the Heart:** Your dedication to each person is total. More than words, it is attentive presence that heals. Listen not only with your ears but from the heart, attending to both what is said and what is asked.



- **Pure Channels:** It must always be clear: we are channels of energy, not the Source—even though the Source dwells within us. Never feed the ego by thinking that we are the ones producing the change. Healing comes from the Universal Source; you are the bridge.
- **Heart Wisdom:** Always remember that Reiki proceeds from the heart, not the head. The system is assimilated and deeply understood when practiced, not just when studied.

A New Perspective on Healing

As a Master, your vision expands to embrace the totality of the being and the purpose of challenges:

- **Illness as a Teacher:** We must understand illness not as a punishment, but as an act of total stillness; a loving call that allows us to look into a different reality and readjust our path. Illness often manifests as a release reaction; the body is working to expel what is not aligned or seeking to correct and regenerate it.
- **Seeing the Whole Being:** See the person in their full humanity and totality (body, mind, and spirit). Your mission is to remind them of their own infinite capacity for internal healing.

The Joy of Constant Evolution

There is no rush on this journey; remember "**just for today.**" This path is a pleasure to be felt and lived at every step. Enjoy the process: you can go slowly, performing sessions or attuning a family member. Feel every step, because the joy of Mastery is in the journey.

2. THE AWAKENING OF THE LIGHT: Attunement and Vibrational Transition

In a Reiki Workshop, we go far beyond theory and practice. The heart of the encounter is the sacred ritual of **Attunement**, where key energy centers (chakras) are activated within you so that you become a conscious and crystalline channel of Universal Healing Energy.

Simple Overview of the Chakras

It is vital to have deep knowledge of the different energy systems that operate in coordination with specific glands and organs. These relate to the different bodies: physical, mental, emotional, auric, causal, and transcendental.



1. **Root Chakra (Muladhara):** Red. Located at the perineum. Element: Earth. Mantra: **LAM**. Governs the skeletal system, muscles, and blood. Represents basic trust. *Affirmation: "I am one with all that is. I am safe and secure."*

2. **Sacral Chakra (Svadhishthana):** Orange. Pelvic area. Element: Water. Mantra: **VAM**. Associated with reproductive organs, the urinary system, and legs. Capacity: Joy and enjoyment. *Affirmation: "I love and honor myself and I enjoy life."*

3. **Solar Plexus Chakra (Manipura):** Yellow. Stomach area. Element: Fire. Mantra: **RAM**. Regulates the digestive system. Quality: Personal Power. *Affirmation: "I am the powerful creator of my reality and I love it."*

4. **Heart Chakra (Anahata):** Green. Center of the chest. Element: Air. Mantra: **YAM**. Controls the circulatory, immune, and respiratory systems, and the thymus. Quality: Affectionate capacity. *Affirmation: "I love and accept myself, totally and completely, just as I am."*

5. **Throat Chakra (Vishuddha):** Blue. Throat area. Element: Ether. Mantra: **HAM**. Related to the lymphatic system, thyroid, and parathyroid glands. Quality: Creativity. *Affirmation: "I am the author of my life. The power of choice is mine."*

6. **Third Eye Chakra (Ajna):** Indigo. Between the eyebrows. Element: Light. Mantra: **OM**. Governs the pituitary gland and the face. Quality: Intuition. *Affirmation: "It is safe for me to see the truth."*

7. **Crown Chakra (Sahasrara):** Violet. Top of the head. Element: Space. Mantra: **AUM**. Governs the pineal gland and the head. Quality: Transcendence. *Affirmation: "I am One with the present moment. I am divine eternity."*



Deep Cleansing: Raising Your Frequency

Attunement is an act of cosmic love that initiates a deep and loving cleansing throughout your Being. You instantly access a higher vibration, connecting more clearly with the Creator Source. It is like tuning a radio to a frequency you couldn't hear before.

The Courage of Transformation

As your vibrational level rises, a natural and liberating phenomenon occurs: *"There are people, situations, or habits that, although you wanted to let go of, seemed to cling to you. Now, by being on a different frequency, these energies will simply follow their course, moving away naturally to make space for the new."*

Sensations: The Whispers of Energy

The student may experience a wide range of sensations:

- **Intense Heat:** In the hands or body, indicating the flow of Energy.
- **Contrasts:** Momentary coldness, indicating release.
- **Inner Vision:** Seeing bright colors or images at the Third Eye.
- **Flows:** Feeling energy move through the system or vibration in a specific chakra.
- **Pure Emotions:** Deep joy, peace, or emotion.

A Reminder from the Heart: While these experiences are beautiful, they are not necessary for the initiation to have worked. The real proof of attunement is the change that occurs in your life afterward.



FIRST DEGREE REIKI ATTUNEMENT

General Considerations for All Attunements

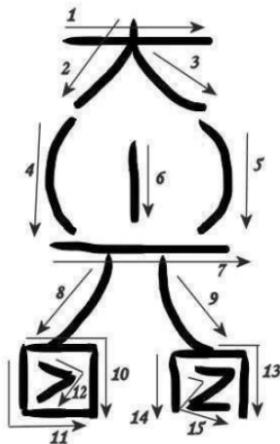
Preparation and Opening of the Student The beginning of the attunement is a moment of surrender and stillness, where the student prepares to receive the light. As a Master, your guidance should be gentle and supportive.

- **The Open Heart Posture:** Ask students to find a posture that is comfortable and sustainable for them, allowing them to remain still without fatigue. They should keep their eyes closed throughout the process and their palms together at heart level (**Gassho position**). This posture symbolizes reverence toward the Energy that is about to awaken.
- **Inner Focus:** Recommend they concentrate on a place that brings them peace, tranquility, and joy. They may mentally repeat the **OM** or **AUM** mantra, or simply focus on conscious breathing, gently bringing their attention to the flow of life.
- **The Master's Guidance:** Inform them beforehand that, during the process, you will take their hands for a moment to lift them above their head. This is part of the connection with the Source.
- **Silence and Opening:** Remind them that they should only open their eyes when you, the Reiki Master, indicate that the attunement has concluded.

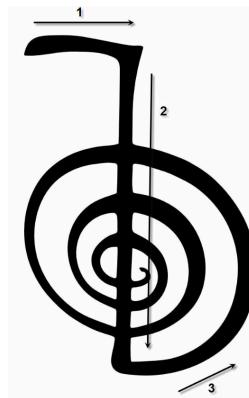
Preparation of the REIKI Master

The Master's First Step: Activating the Intention Every attunement is an act of high magic that begins with the Master's conscious preparation. Before touching the student's energy field, you must center your own energy and honor the intention.

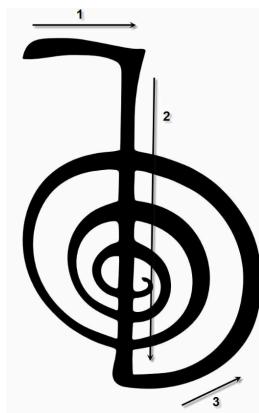
- **Centering the Self:** Stand in a place of respect behind the person to be attuned.
- **Posture of Reverence:** Place your hands in the **Gassho posture** (palms together at heart level) to center your intention and connect with the Source.
- **Preparing the Channels:** Begin the activation of your palms by drawing the Reiki symbols.
- **Palm Activation:** With your intention and visualization, draw upon your palms (first on one, then the other):



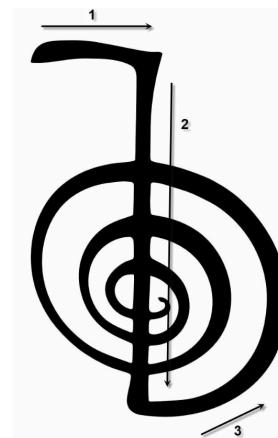
FIRST: Draw the **Master Symbol**, name it three times, and then do the same on the other palm, naming it three times upon finishing.



SECOND: Draw **Symbol Number 1** on one palm, naming it three times, and then on the other palm, naming it three times.



THIRD: In front of you, draw **Symbol Number 1** covering the aura, passing through all energy centers from top to bottom—from the crown to the level of the root chakra. Once drawn, name it three times.

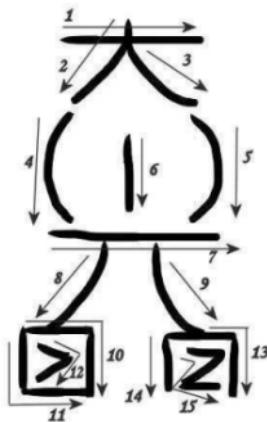


FOURTH: Draw **Symbol Number 1** in each energy center, starting from the root chakra. Name it three times for each symbol drawn.



PREPARATION OF THE ROOM

Work from left to right / clockwise. Draw the six Reiki symbols in the air of the room to seal and protect the space.

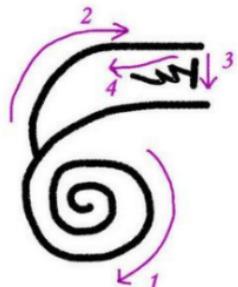


1. First, draw the **Master Symbol** and name it three times.

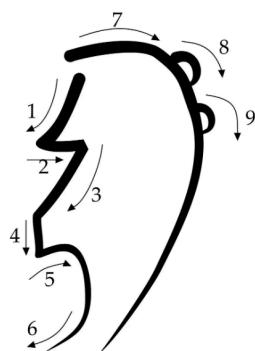
2. Next, draw the **Tibetan Master Symbol**.
Name it three times as well.



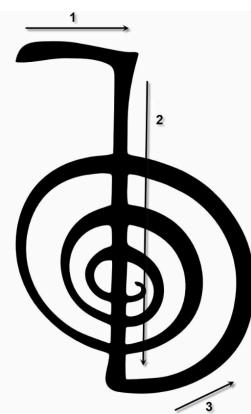
3. Beside it, following a clockwise direction, draw the **Ningizida Symbol** and name it three times.



4. Beside it, draw **Symbol Number 1** always with the palm and fingers together; name it three times.



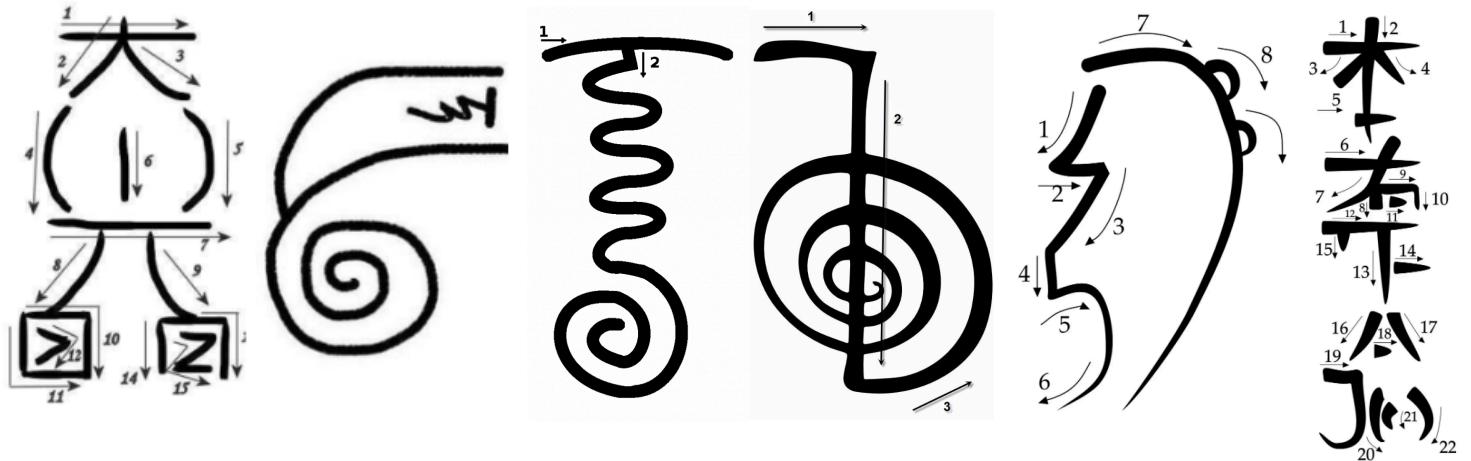
5. Beside it, draw **Symbol Number 2**, also naming it three times.





6. Finally, draw **Symbol Number 3**, naming it three times.

THE PROTECTION OF THE SPACE IS NOW COMPLETE, WITH THE SYMBOLS PLACED IN THE FOLLOWING ORDER, FROM LEFT TO RIGHT:





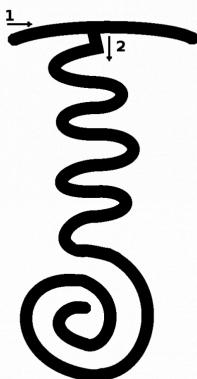
FIRST DEGREE REIKI ATTUNEMENT

FROM BEHIND

The student and Master are behind each other with hands in **Gassho** position at heart level; both must be barefoot.

1. The Master, standing behind the student, may place their hands on the student's shoulders or keep them at a slight distance, manifesting the following intention (silently or aloud):

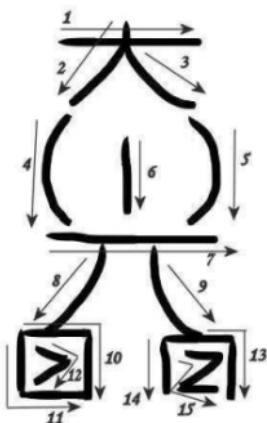
*“(Name of the person): This channeling is to attune you to the **FIRST DEGREE OF REIKI**. “May you, with joy and grace, be a powerful channel for the manifestation of divine energy on Earth.”*



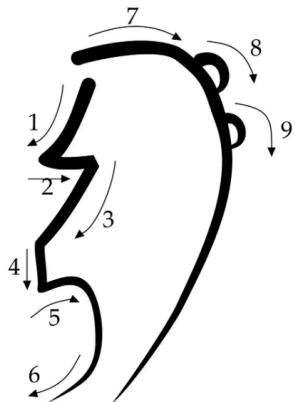
1. Draw the **Ningizzida** symbol behind the student, from the crown to the tailbone, maintaining a distance of about 10 cm from the physical body. Upon reaching the tailbone, name the symbol three times.



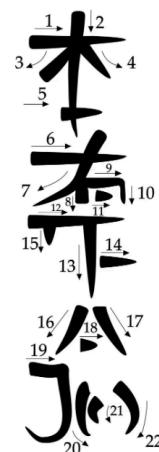
2. Place your hands over the student's crown (you may touch or hover) and begin performing three **Huiyin breaths**. On the third exhalation, separate your hands and blow the **Tibetan Daikomyo** symbol over the receiver's crown. With your dominant hand, guide the symbol to the base of the skull and name it three times.



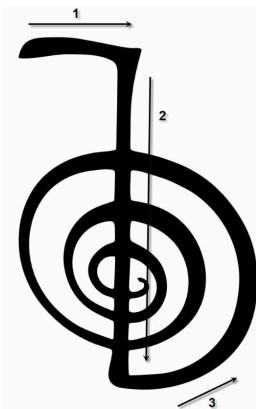
3. Return to the receiver's crown and draw the **Master Symbol** vertically. Once drawn, guide it to the base of the skull and install it by naming it three times.



4. Draw **Symbol Number 2** (Sei He Ki) vertically over the receiver's crown, guiding it to the base of the skull, where you name and install it three times.



5. Draw **Symbol Number 3** (HSZSN) vertically over the receiver's crown, guiding it to the base of the skull, where you name and install it three times.



6. Remaining behind, take the student's hands (which are in the Gassho position), raise them above their head, and hold them with one hand. With the other hand, draw **Symbol Number 1** (Cho Ku Rei) above the student's hands.

The Seal of Consciousness

7. With gentleness and reverence, continue holding the student's hands, guiding the purified energy of the symbol to the **base of the skull** (which connects the soul to the physical body). Install this protective light there, naming it three times, to seal the connection between the spine and the center of consciousness.



Return to the Inner Temple

8. With a tender and conscious movement, place the student's hands back into the **Gassho posture** at the center of their heart. This silent pause is a preparation for the next step—a moment for the student to center their Being before the activation of their hands.

The Awakening of the Healing Hands

9. Now, stand **in front of the person**. With a gentle touch, take their hands and open them, revealing their palms. With the highest intention, draw **Symbol Number 1** across both palms. Name the symbol three times and begin a powerful visualization:

Observe how the energy of this symbol—the light of healing—travels from their palms, ascends through the arms, embracing the inner channel of light, until it anchors in the wisdom of their Heart.

The Blessing of Mastery (From Behind)

10. Position yourself behind the student once more. With your hands on their shoulders (or slightly hovering within their auric field), seal the intention. In that sacred silence, proclaim with the deepest conviction of your heart (mentally):

“You are now a reliable and successful First Degree Reiki practitioner.”

The Heart's Offering (From the Front)

11. Return to the front of the student. Direct your palms toward their being like a warm embrace of energy. Breathe in universal love deeply and, as you exhale with the purest intention, mentally manifest your sacred wish:

“Through this attunement, may this person heal, cleanse, find greater freedom, and experience profound peace.”

Return to the Here and Now (The Transition)

12. With a soft and loving voice, announce to the student that the activation ritual has concluded. Invite them to take their time, breathe deeply, and return—when they feel ready—to their space and the present moment.



SECOND DEGREE REIKI ATTUNEMENT

FROM BEHIND

Student and Master are positioned one behind the other with hands in **Gassho** at heart level; both must be barefoot.

1. The Master, standing behind the student, may place their hands on the student's shoulders or keep them at a slight distance, manifesting the following intention (silently or aloud):

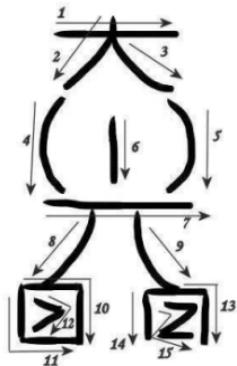
*"(Name of the person): This channeling is to attune you to the **SECOND DEGREE OF REIKI**." - "May you, with joy and grace, be a powerful channel for the manifestation of divine energy on Earth."*



2. Draw the **Ningizzida** symbol behind the student, from the crown to the tailbone, maintaining a distance of about 10 cm from the physical body. Upon reaching the tailbone, name the symbol three times.



3. Place your hands over the student's crown (you may touch or hover) and begin performing three **Huiyin breaths**. On the third exhalation, separate your hands and blow the **Tibetan Daikomyo** symbol over the receiver's crown. With your dominant hand, guide the symbol to the base of the skull and name it three times.



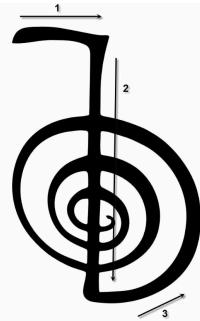
4. Return to the receiver's crown and draw the **Master Symbol** vertically. Once drawn, guide it to the base of the skull and install it by naming it three times.



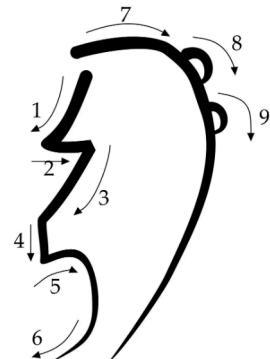
5. Draw **Symbol Number 2** (Sei He Ki) vertically over the receiver's crown, guiding it to the base of the skull, where you name and install it three times.



6. Draw **Symbol Number 3 (HSZSN)** vertically over the receiver's crown, guiding it to the base of the skull, where you name and install it three times.



7. Remaining behind, take the student's hands (which are in the Gassho position), raise them above their head, and hold them with one hand. With the other hand, draw **Symbol Number 1** (Cho Ku Rei) above the student's hands.



8. Draw **Symbol Number 2** vertically over the receiver, above their hands, guiding it to the base of the skull, where you name and install it three times.

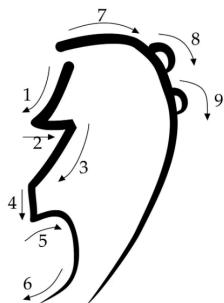


9. While still holding the student's hands, draw **Symbol Number 3** well above their hands. Then, install it at the base of the skull, naming it three times.

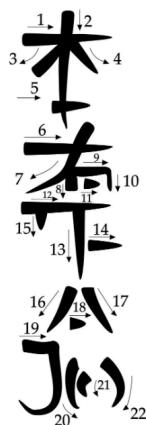


FROM THE FRONT

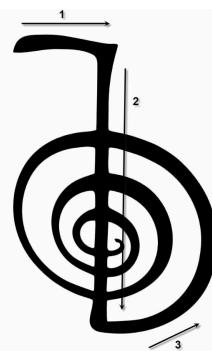
10. Stand in front of the person, gently take their hands and open them, letting their hands rest upon yours as a support. Draw the **Tibetan Daikomyo** symbol across both palms, naming it three times and visualizing the symbol traveling from the palms, through the arms, to the heart.



11. Then, draw **Symbol Number 2** across both palms, naming it three times and visualizing the symbol traveling from the palms, through the arms, to the heart.



12. Finally, draw **Symbol Number 3** across both palms, naming it three times and visualizing the symbol traveling from the palms, through the arms, to the heart. Then, close their hands and bring them back to the **Gassho** position.



Touch and Visualization

13. Gently place your thumbs at the **base of the student's skull**. Visualize **Symbol Number 1** (Cho Ku Rei).



The Closing

Maintain contact and inwardly declare:

“I am grateful that this process remains sealed in your heart with your infinite love and wisdom.”

Move back to the front of the person, ready to embrace their field. Place both palms facing them as an offering of light.

Inhale deeply, nourishing yourself with universal peace. As you exhale, mentally manifest—with the utmost conviction of your heart—the highest wish for their path:

“May the light of this attunement allow you to heal deeply, cleanse your path, be a freer spirit, and find the peace that resides at the center of your being.”



THIRD DEGREE REIKI ATTUNEMENT

FROM BEHIND: Student and Master are positioned one behind the other with hands in **Gassho** at heart level; both must be barefoot.

1. The Master, standing behind the student, may place their hands on the student's shoulders or keep them at a slight distance, manifesting the following intention (silently or aloud):

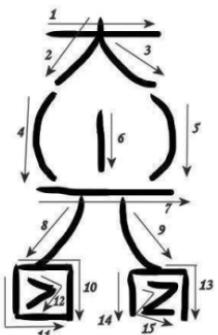
*"(Name of the person): This channeling is to attune you to the **THIRD DEGREE OF REIKI**." - "May you, with joy and grace, be a powerful channel for the manifestation of divine energy on Earth."*



2. Draw the **Ningizzida** symbol behind the student, from the crown to the tailbone, ensuring you maintain a distance of about 10 cm from the physical body. Upon reaching the tailbone, name the symbol three times.



3. Place your hands over the student's crown (you may touch or hover) and begin performing three **Huiyin breaths**. On the third exhalation, separate your hands and blow the **Tibetan Daikomyo** symbol over the receiver's crown. With your dominant hand, guide the symbol to the base of the skull and name it three times.



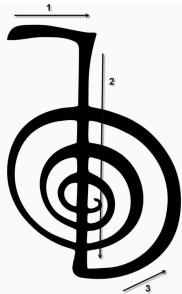
4. Now, return to the receiver's crown and draw the **Master Symbol** vertically. Once drawn, guide it to the base of the skull and install it by naming it three times.



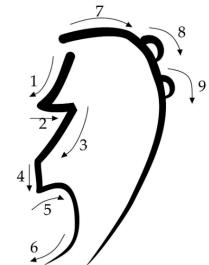
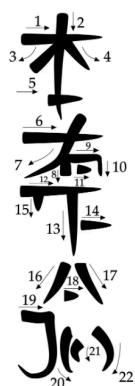
5. Mientras que con una de nuestras manos tomamos las manos del/la receptor/a, con la otra dibujamos el Daikomyo tibetano por arriba de las manos del alumno.



6. Luego dibujo el símbolo Ningizida siempre por arriba de las manos del receptor y lo llevo a la base del cráneo y lo nombro tres veces.



7. While still holding their hands above their head, draw the **Cho Ku Rei** above the student's hands, install it at the base of the skull, and name it three times.



8. Then, draw **Symbol 2 (Sei He Ki)**, always above the receiver's hands, and bring it to the base of the skull to install it and name it three times.

9. Still holding the initiate's hands, draw **Symbol Number 3 (HSZSN)** well above the student's hands and install it at the base of the skull, naming it—as always—three times.

10. Gently place the student's hands in the **Gassho position** in front of their heart.

FROM THE FRONT

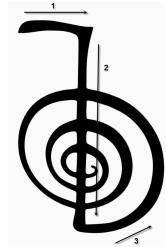
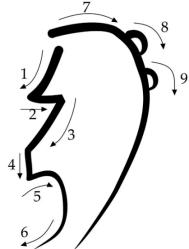
Stand in front of the person, take their hands and open them, providing yours as a loving and secure support. Draw the **Tibetan Daikomyo** symbol across both of their palms, naming it three times and visualizing the symbol making a journey of Master Light from the palms, through the arms, until it anchors in the heart.



Then, draw the **Ningizzida** symbol across both of their palms, naming it three times and visualizing the symbol making a journey of protection from the palms, through the arms, to the heart.



Draw **Symbol Number 1 (Cho Ku Rei)** across both palms, naming it three times and visualizing the symbol making a journey of power from the palms, through the arms, to the heart.



Draw **Symbol Number 2 (Sei He Ki)** across both palms, naming it three times and visualizing the symbol making a journey of harmony from the palms, through the arms, to the heart.

Finally, draw **Symbol Number 3 (HSZSN - The Connection Symbol)** across both palms, naming it three times and visualizing the symbol making a profound and timeless journey from the palms, through the arms, into the wisdom of the Heart.



Close their hands and bring them back to the **Gassho** position.

FROM BEHIND

Stand behind the person, place your hands on the student's shoulders or maintain a slight distance and say:

"You are now a reliable and successful Third Degree Reiki practitioner. Your path of light and expansion is successfully sealed."

FROM THE FRONT

Return to the front of the student, ready to consecrate the process with the highest intention. Place both palms facing their being in a gesture of offering and deep respect.

Inhale the energy of the Source deeply, and as you exhale, mentally and heartily manifest the highest and most luminous wish for their existence:

"May the light of this attunement allow you to be happier, freer, healthier, and above all else, to find the unshakable peace that resides at the center of your Being."

Place your hands in **Gassho**, bow in gratitude, and conclude the ritual.



REIKI MASTERY ATTUNEMENT

FROM BEHIND

Student and Master are positioned one behind the other, with hands in **Gassho** at heart level; both must be barefoot.

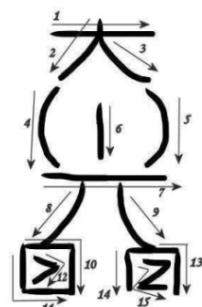
1. The Master, standing behind the student, may place their hands on the student's shoulders or keep them at a slight distance, manifesting the following intention (silently or aloud): "(Name of the person): *This channeling is to attune you to REIKI MASTERY.*"



2. Draw the **Ningizzida** symbol behind the student, from the crown to the tailbone, ensuring you maintain a distance of about 10 cm from the physical body. Upon reaching the tailbone, name the symbol three times.



3. Place your hands over the student's crown (you may touch or hover) and begin performing three **Huiyin breaths**. On the third exhalation, separate your hands and blow the **Tibetan Daikomyo** symbol over the receiver's crown. With your dominant hand, guide the symbol to the base of the skull and name it three times.



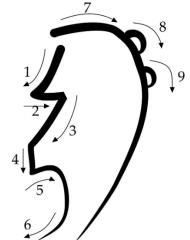
4. Now, return to the receiver's crown and draw the **Master Symbol** vertically. Once drawn, guide it to the base of the skull and install it by naming it three times.



5. Next, draw the **Ningizzida** symbol, always above the receiver's hands, and guide it to the base of the skull, naming it three times.



6. While still holding their hands above their head, draw **Symbol 1 (Cho Ku Rei)** above the student's hands, install it at the base of the skull, and name it three times.



7. Then, draw **Symbol 2 (Sei He Ki)**, always above the receiver's hands, and bring it to the base of the skull to install it and name it three times.



8. Still holding the initiate's hands, draw **Symbol 3 (HSZSN)** well above the student's hands and install it at the base of the skull, naming it—as always—three times.

FROM THE FRONT

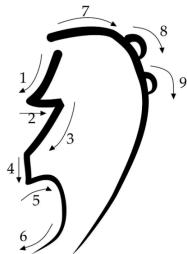
1. Stand in front of the person, take their hands and open them, providing yours as a loving and secure support. Draw the **Tibetan Daikomyo** symbol across both of their palms, naming it three times and visualizing the symbol making a journey of **Master Light** from the palms, through the arms, until it anchors in the heart.



2. Then, draw the **Ningizzida** symbol across both of their palms, naming it three times and visualizing the symbol making a journey of **protection** from the palms, through the arms, to the heart.



3. Draw **Symbol Number 1** across both of their palms, naming it three times and visualizing the symbol making a journey of **power** from the palms, through the arms, to the heart.



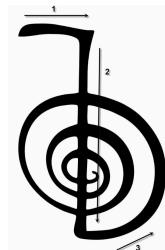
4. Draw **Symbol Number 2** across both of their palms, naming it three times and visualizing the symbol making a journey of **harmony** from the palms, through the arms, to the Heart.



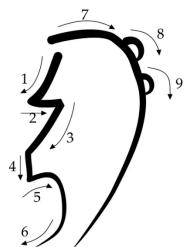
5. While holding the receiver's hands with one of your hands, draw the **Tibetan Daikomyo** above the student's hands.



6. Next, draw the **Ningizzida** symbol, always above the receiver's hands, and guide it to the base of the skull, naming it three times.



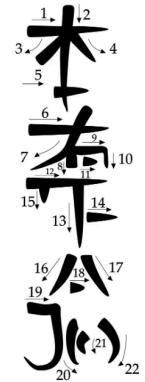
7. While still holding their hands above their head, draw **Symbol 1 (Cho Ku Rei)** above the student's hands, install it at the base of the skull, and name it three times.



8. Then, draw **Symbol 2 (Sei He Ki)**, always above the receiver's hands, and bring it to the base of the skull to install it and name it three times.



9. Finally, draw **Symbol Number 3 (The Connection Symbol)** across both palms, naming it three times and visualizing the symbol making a **profound and timeless journey** from the palms, through the arms, into the wisdom of the Heart.



10. Close their hands and bring them back to the **Gassho position**.

FROM BEHIND AGAIN

Stand behind the person, place your hands on the student's shoulders or maintain a slight distance and say:

"You are now a powerful REIKI Master."

FROM THE FRONT

Move back to the front of the person, ready to embrace their field. Place both palms facing them as an offering of light.

Inhale deeply, nourishing yourself with universal peace. As you exhale, mentally manifest—with the utmost conviction of your heart—the highest wish for their path:

"May the light of this attunement allow you to heal deeply, cleanse your path, be a freer spirit, and find the peace that resides at the center of your being."

"My deepest wish is for you to be a guide of light on the path of many, and may life honor you with joy, grace, and blessings for your good intentions, for choosing to be light, and for being a channel for divine love."



DISTANCE ATTUNEMENT: The Bridge of Light

In **Sanando Juntos**, we believe there is no "better" way to attune than another. The true difference does not lie in physical presence, but in **absolute presence** during the activation process—the attention and the ability to maintain focus without mental wandering.

The Master's Integrity: The Invisible Factor

The effectiveness of the energy we channel is directly related to our inner commitment. A Master is someone who cultivates themselves every day; the more we work on our own evolution, the more powerful and pure the frequency we deliver becomes.

You can be physically in front of a student with a scattered mind, or you can be thousands of miles away and be deeply present and committed to their soul. **Real presence is of the heart, not the body.**

Evolution and Adaptation

Reiki, like everything in the universe, is dynamic. Although symbols were traditionally secret and initiations were only in-person, today's collective consciousness allows us to open new doors. What once seemed impossible is now a necessary tool that adapts to current times. Distance attunement is part of that natural evolution toward unity.

Preparation for the Sacred Bond

For a distance attunement to be successful, it is essential that both the Master and the student are in sync:

- **Mutual Connection:** It is important for the student to be connected, either through meditation or self-treatment, while you perform the ritual. (In my personal experience, I use guided meditation as support so the student remains centered while I perform the attunement).
- **Opening the Portal:** The first step is to "open the door" to the time-space-free field. Find a comfortable place, breathe, and center yourself.
- **Symbol Activation:** Draw the three Reiki symbols in the air (or over the names of the people), repeating each one three times.
- **Notice to the Universe:** Declare your clear intention to the universe that you are going to attune specific people to this level of Reiki.



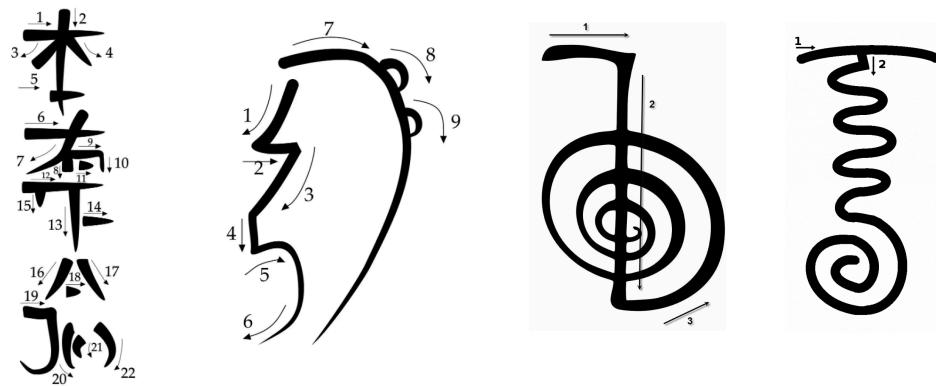
During the Process

When working with this distance tool, it is normal to experience physical reactions such as yawning, tearing, or burping; these are signs that the energy is moving and cleansing.

Always remember to advise your student that sensations may vary and that, even if they do not perceive anything physical, the activation of their channel is **fully effective and real**.

Steps for Distance Initiation (All Levels)

1. **Opening:** Open the distance Reiki channel as you learned in Level 2. First, **Hon Sha Ze Sho Nem**, then **Sei He Ki**, and finally **Cho Ku Rei**.
2. **Visualization:** Project the image of the student (you can use a surrogate or visualize them in front of you).
3. **Execution of the Ritual:** Perform exactly the same steps as in the in-person attunement.
4. **Closing:** Give thanks to the Supreme Guidance and close the channel with love.





3. THE AURA: The Sacred Mirror of Your Being

The aura is not just a concept; it is a living, subtle energy field that permeates your physical body and expands beyond it. It possesses its own consciousness, which is a faithful reflection of your true essence. By understanding it, you realize that you do not end where your skin ends: you are a being expanded into the space that surrounds you.

Soul Memory in Your Energy Field

Your entire history is written within your aura. It is an open book where every experience, every breath, and every lesson is imprinted—not only from this life but from all your past incarnations.

- **The Record of Experience:** Those with clairvoyant abilities can perceive images, feelings, and memories within the aura as if they were "films of the soul."
- **The Consciousness of Expansion:** Just as you can feel your feet or the back of your neck simply by thinking of them, through meditation, you can begin to feel your aura. This perception is a wonderful experience that restores your true spiritual power and strength.

The Origin of Healing: Beyond the Physical Body

In **Sanando Juntos**, we teach that the physical body is merely the last place where an imbalance manifests. Illness is born first in the aura. Often, these are "seeds" of karma or negative energy (negative Ki) originating in the unconscious. If these seeds are not cleansed, they take root in the chakras and eventually manifest in the physical body.

This is why the infinite value of Reiki lies in its ability to heal at all levels. We do not limit ourselves to relieving a physical symptom; we travel to the aura to heal the root cause, achieving real and lasting transformation.

The Aura as a Dynamic Field

Your energy field is flexible and breathes with you:

- **In moments of discouragement:** If you feel tired or dejected, your aura may retract, protecting itself at a distance of 60 to 90 cm.



- **In moments of light:** After a Reiki session or an attunement, your aura expands with joy, potentially reaching several meters, bathing everything around you with your light.

A tip for your practice: Keeping your aura clean is not just an act of energetic hygiene; it is an act of self-love. When you treat your aura with Reiki, you are healing your past, balancing your present, and protecting your future.

ENERGY SCANNING: Feeling the Subtle Bodies

To heal deeply, we must learn to "read" the different layers of light surrounding the being. Each layer vibrates at a different frequency and is located at a specific distance from the physical body. While scanning, we look for **Byosen** (sensations of blockage, heat, tingling, or emptiness).

The Layers of the Field and Their Distances

As you position your hands, the distance will indicate the plane on which you are working:

- **Etheric Body (At skin level - 5 cm):** The energetic mold of the physical body. Here we feel ailments already manifested or about to manifest physically. It feels like dense heat or a strong vibration.
- **Emotional Body (5 cm - 15 cm):** Where our feelings and reactions reside. Scanning at this distance can detect knots of anguish, fears, or stagnant emotions. It is sometimes perceived as a cold breeze or a pressure pushing against the hand.
- **Mental Body (15 cm - 30 cm):** The layer of thoughts and beliefs. Obsessive thoughts or mental stress feel like erratic or "electric" energy here.
- **Spiritual Body (More than 30 cm):** Our connection to the Source and the Higher Self. It is a very subtle and harmonic vibration; blockages here are usually life lessons or purpose-related issues.

"Sanando Juntos" Scanning Technique

1. **Heart Centering:** Before starting, join your hands in **Gassho**. Ask permission from the person's Higher Self and visualize yourself as a pure channel.
2. **The Sensitive Hand:** Place your dominant hand (or both) over the patient's crown, about 20-30 cm away. This is the "master" distance to begin feeling the general field.
3. **The Slow Descent:** Begin to lower your hands slowly toward the feet, maintaining a constant speed. Do not touch the physical body; let the aura speak to you.



4. Identifying Depth:

- If you feel a "jump" or resistance at 20 cm, the blockage is **mental**.
- If the sensation appears at 10 cm, it is an **emotion** needing release.
- If the sensation is very close to the body (2-5 cm), there is a **physical organ** or area urgently requesting Reiki.

The Language of Your Palms

- **Extreme Heat:** Excess energy or inflammation.
- **Cold or Emptiness:** Lack of energy, depression, or an old blockage.
- **Tingling/Pins and Needles:** Stagnant energy that needs to flow.

AURA CLEANSING AND HARMONIZATION TECHNIQUES

Once the state of the energy field is identified, we proceed with the cleansing.

1. **Auric Sweep (Expanded Kenyoku-ho):** Place your hands 10-15 cm from the body, starting from the head. With smooth but firm movements—as if sweeping away invisible lint—move your hands toward the feet and then outward.
2. **Aura Combing:** Ideal for when the patient feels mentally confused. Imagine your fingers are a comb of light. Pass your hands through the layers of the aura with long, fluid movements to "untangle" energetic threads.
3. **The Dome of Light Technique (Sealing):** Draw a large **Cho Ku Rei** (Symbol 1) over the patient's entire body. Then, trace an imaginary oval of light surrounding them completely. Declare mentally: *"This field remains clean, sealed, and protected in the light of unconditional love."*
4. **Cleansing with the Master Symbol (Daikomyo):** Trace the symbol over the crown chakra and visualize its brilliant white light descending like a waterfall through all layers of the aura, dissolving any shadows.

The "Sanando Juntos" Touch for the Master: "Remember, dear practitioner, that upon finishing any cleansing technique, you must clear your own hands. Shake them gently toward the earth or wash them with fresh water. We are channels: we let the light pass, but we do not keep the burdens of others."



THE INFINITE CIRCUIT: The Microcosmic Orbit and the Hui Yin Point

In Reiki Mastery, we cease to be simple receptors to become conscious generators of light. To sustain the high frequencies of attunement, the Master must know and activate their internal energy circuit.

The Microcosmic Orbit: The Flow of Life The microcosmic orbit is an ancient technique that joins the two main channels of our body: the functional channel (which descends down the front) and the governing channel (which ascends up the spine). When these two channels connect, energy circulates in a continuous ring, nourishing all organs, balancing emotions, and expanding consciousness. It is like creating an "internal generator" that allows you to channel Reiki for hours without becoming exhausted, as the energy is recycled and empowered within your own interior.

The Sacred Key: The Hui Yin Point For the microcosmic orbit to be complete and for energy not to "escape," we need to close the circuit at both its ends.

The Upper Bridge: It is achieved by placing the tip of the tongue on the palate, just behind the upper teeth. This joins the channels in the head.

The Lower Bridge (Hui Yin Point): The Hui Yin point is located in the perineum (between the anus and the genitals).

The Hui Yin breath: consists of performing a gentle contraction of the muscles of the perineum (similar to Kegel exercises) while you inhale. By contracting this point:

- You close the "lower door" through which vital energy usually leaks.
- You drive the Reiki upward through the spinal column.
- You exponentially increase your vibration before performing an attunement.

The Master's Ritual: Activating your Power

In *Sanando Juntos*, we practice this breath not as a physical effort, but as an act of presence:

- **Centering:** Sit with a straight back and place your tongue on the palate.
- **The Sacred Contraction:** Inhale gently and contract the Hui Yin point. Feel how the energy ascends through your spine like a caress of white fire to the crown.
- **The Descent:** When exhaling, keep the tongue in its place and feel how the energy descends through your face, chest, and abdomen, returning to the starting point.



- **Sustaining the light:** During an attunement, the master maintains this contraction and the tongue on the palate. This ensures that the energy passing through them is of the highest purity and that their own field remains protected and radiant.

Reflection for the Master: "The Microcosmic Orbit is the reminder that we are a universe in miniature. By making your own light circulate, you become an invincible channel, capable of delivering infinite love without ever losing your own balance."

THE HOLISTIC BALANCE: The Path of Mastery

In *Sanando Juntos*, we understand that healing is not an isolated event, but a state of harmony between our three dimensions: Body, Mind, and Spirit. As practitioners and masters, our responsibility is to care for this triune temple so that the energy of the Source flows without obstacles.

The Physical Temple: Nutrition and Conscious Movement

Our body is the sacred container of energy. If the container is neglected, the frequency we channel weakens.

- **Conscious Nutrition:** It is not about rigid diets, but about listening to the body. By choosing foods with high vibration (living, natural, and honest), we tune our biology with the light of Reiki.
- **Physical Activity with Presence:** Practices like Yoga, Tai Chi, or Qi Gong are "meditation in movement." These disciplines stretch not only the muscles but also our energy meridians, allowing Ki to circulate freely. Moving the body with awareness is a way of honoring the life that inhabits us.

The Mental Temple: The Art of Meditation

The mind is like a sky; thoughts are only clouds. Meditation teaches us to be the sky, not the cloud. **Different Forms of Silence:** There is no single way to meditate. In *Sanando Juntos* we value:

- **Contemplation:** Observing nature or silence without judging.
- **Meditation in Movement:** Performing daily tasks (washing dishes, walking, working) with full attention.
- **Sacred Focusing:** The use of Mantras (sounds of power) to elevate mental vibration and Yantras (sacred geometry) to focus internal vision and order the chaos of thought.



The Spiritual Temple: Devotion and Scientific Prayer The spiritual is the thread that unites everything. Without a living connection to the Source, Reiki becomes just a technique.

- **Practices of Devotion:** Cultivating a grateful heart through daily connection with the Universe. Devotion is recognizing the divine spark in each being.
- **Scientific Prayer:** Unlike the prayer of supplication, Scientific Prayer is an act of conscious affirmation. It is knowing that what we ask for is already a reality in the spiritual plane. It is aligning our thought and feeling with Divine Truth, decreeing with absolute faith that harmony, health, and peace are already present here and now.

The Dance of Balance "Holistic balance is like a dance. If you take care of your nutrition but neglect your thoughts, the body will feel heavy. If you meditate but forget devotion, the soul will be thirsty. By uniting physical care, mental peace, and spiritual connection, you become a Crystalline Channel and your simple presence begins to heal those around you."

THE POWER OF THE DECREE: Scientific Prayer

Scientific prayer is the affirmation of the Divine Truth here and now. We do not ask, we declare.

- **For Abundance:** "God is my infinite provision. Everything I need manifests now. Thank you, Father."
- **For Health:** "My body is divine perfection. I Am vibrant health in every cell. Thank you, Father."
- **For Protection:** "I Am light in expansion. Only good surrounds me and only good comes from me. Thank you, Father."
- **For Peace:** "I Am the peace that surpasses all understanding in every situation of my life. Thank you, Father."

Mastery in the world: Relationships as a Mirror

The path of the Master does not end on the Reiki table; it is put to the test in our social relationships. In *Sanando Juntos*, we see every person we interact with as a teacher or a mirror.

- **The Relationship as a Sacred Practice:** Every encounter is an opportunity to practice compassion and active listening. A master seeks to see the divine spark even in those who seem to be in conflict.



- **The Silent Service:** Sometimes, our greatest attunement is simply maintaining peace in a difficult conversation or sending mental blessings to those around us in daily life.

THE SACRED ALCHEMY: Consciousness and Sexual Energy

As masters, we must understand that sexual energy is the same vital energy (Ki) in its most potent and creative state. It is not something foreign to spirituality; it is a center of power that, cultivated with fullness, is the key to transcendence.

The Art of the Creating Energy Traditions like Tao and Tantra teach us that sexual energy is not just biological, but a tool for spiritual ascension:

- **Consciousness and Presence:** When sexuality is lived with love, respect, and full presence, it becomes an act of deep meditation. It is the union of the polarities (feminine and masculine) within us and with the other.
- **Transmutation of Energy:** Just like in the Hui Yin Breath, the Master learns to mobilize this energy from the lower centers toward the higher centers (heart and crown). This elevation refines our vibration, allowing us to reach states of expansion of consciousness and spiritual ecstasy.
- **Creative Power:** This energy is the same one that creates worlds. By honoring it and caring for it, the Master enhances their capacity for manifestation and their healing strength. "Cultivating your sexual energy with purity of intention is honoring the sacred fire of life. It is the art of turning desire into devotion and union into enlightenment."

THE CELESTIAL ALLIANCE: The Master and Divine Assistance

By reaching Mastery in *Sanando Juntos*, you understand that you are never alone. Behind every laying on of hands, every attunement, and every breath of healing, there is a vast organization of unconditional love working in the subtle dimensions. As masters, we are the physical anchor of a divine mission that transcends our human understanding.

The Doctors of Heaven and Interdimensional Beings

In the invisible planes, there exist the so-called "Doctors of Heaven" or Etheric Healing Teams. They are interdimensional beings, many of them ancient masters of medicine and spirituality, who have transcended the physical plane and now dedicate their existence to assisting in deep healing processes. When you invoke their presence, they work on the etheric body of the patient, performing adjustments that our physical hand cannot reach. They operate with light technologies and sound frequencies that restore the original matrix of perfection in the soul.



The Hierarchy of Light: Archangels and Ascended Masters

Our work is intertwined with that of the Ascended Masters, beings who, like us, walked the Earth and achieved mastery over matter. Following the teachings of Metaphysics, we recognize those in charge of specific missions for the evolution of humanity.

- **Jesus, the Master of Masters:** We recognize Jesus (the Master Sananda) as the maximum person in charge and Chief Guide of the Divine Mission on this planet. His energy is the highest standard of Unconditional Love and the reminder that "these things and even greater shall you do." He is the lighthouse that guides every reiki master toward healing supported by Christic energy.

The Celestial Court: Archangels and Angels in Healing

Our work is intertwined with that of the Archangels, architects of light who guard the rays of creation. Invoking them not only elevates the vibration of the session but attracts specific qualities of the Universe toward the heart of the student or patient.

Archangel Michael (Blue Ray): We invoke him at the beginning to establish an unbreakable circle of protection. With his sword of blue light, he cuts bonds of dependency, fears, and any discordant energy that prevents the soul's advancement.

Archangel Raphael (Green Ray): He is the doctor of heaven. His hands bless ours so that our channeling is precise. He works directly on the regeneration of organs and the balance of physical health.

Archangel Gabriel (White Ray): the messenger of purity and ascension. We invoke him to purify the student's channel and so that communication between master and disciple is clear, sacred, and full of hope.

Archangel Uriel (Ruby-Gold Ray): He is the archangel of provision and peace. He helps us root the spiritual energy into the Earth, providing the practitioner with everything necessary for their mission and bringing serenity in moments of crisis.

Archangel Ariel (Pink Ray/Nature): Known as the "Lioness of God," she connects us with the healing of Mother Earth and the elements. It is fundamental to invoke her to harmonize the physical body with the rhythms of nature and strengthen the flow of vital energy (Ki).

Archangel Jofiel (Yellow Ray): Assists us with wisdom and enlightenment. He opens the student's crown so that the knowledge of Reiki is understood not only with the mind, but with the soul.



Archangel Chamuel (Pink Ray): the archangel of Unconditional Love. His presence is essential to heal heart wounds, grief, and so that the attunement process is an embrace of divine tenderness.

The Aligned Attunement Decree

To ensure that only these presences of the highest vibration participate, the Master must establish this sacred filter: "I Am closing my field and this sacred space to every influence that does not come from the Original Source. I now invoke the Archangels (name the chosen ones) to guard this act of love. I declare that only the Christic Energy and the assistance of the Ascended Masters under the command of Jesus have permission to manifest here. Thank you, Father, because so it is and it is already done."

Protection of Links and Decrees of Light

For our channeling to be pure and safe, the Master must be a guardian of their own portal. Not all energy circulating in the invisible is aligned; therefore, we establish Decrees of Light that act as impassable filters. Before each session or attunement, we must seal the link:

"In the name of the Sacred Presence, I Am, I invoke the Law of Divine Protection. I only allow the entry and connection of energies, beings, and guides that are 100% aligned with the Original Source of Unconditional Love. Any frequency lower than the Christ Light is dissolved now. I Am a pure, protected, and blessed channel. Thank you, Father, so it is."

The Commitment of Co-Creation

Working with divine assistance requires humility. The Master does not "cure"; the Master facilitates a space where Divinity acts. By connecting with these beings of unconditional love, your consultation becomes a temple and your table becomes an altar. Remember always: you are an ambassador of the Light on Earth. When you finish your work, give thanks to the Doctors of Heaven, the Angels, and the Ascended Masters, knowing that their love has flowed through you to bless one more soul on this beautiful journey back home.