



DEVMANI REIKI
SECOND DEGREE

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REIKI SECOND DEGREE BOOK

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HISTORY

USUI SHIKI RYOHO

THE USUI SYSTEM OF NATURAL HEALING

Reiki is a generic word in Japan, and is used to describe any type of healing work based on life force energy. It is not exclusive to the system of healing based on Dr. Usui's method. The system of healing that evolved from Dr. Usui's method is called the Usui System of Natural Healing or Usui Shiki Ryoho. It is a type of Reiki.

Since neither Dr. Usui nor Dr. Hayashi left written instruction about Reiki, the only source of information on the Usui system of Reiki comes from the verbal instruction Mrs. Takata passed on to her students.

The Usui System of Natural Healing has evolved over. In its current state, it is much more organized and structured than the simple, flexible, intuitive method practiced by Dr. Usui. The following is a description of the evolution of the Usui System of Reiki.

During this mystical experience on Mt. Kori-yama, Dr. Usui received the ability to do Reiki treatments, the Reiki symbols and the ability to pass Reiki on to others. Later he added the Reiki Ideals and the Idea that one needs to receive compensation for a treatment. Dr. Hayashi added the standard hand positions, the three degrees and their attunement processes. Mrs. Takata added the fee structure. The required waiting periods between classes were added by members of the Reiki Alliance after Mrs. Takata passed on. Phyllis Furomoto, the current Grand Master has stated that the Usui system may continue to evolve.

After Mrs. Takata's transition, a few teachers began making changes in the way they taught Reiki. Most of the changes were beneficial, and the addition of knowledge and healing skills the teachers had learned from other systems or had acquired from students to progress. Some took the Third Degree and divided it into several small parts and calling each new part a new degree and charging additional money. Often, the fact that they had modified the Usui system was not mentioned and when their students became teachers, they began teaching what they thought was pure Usui Reiki when in fact it was not. In this way, many varieties of Reiki have developed with some thinking they have the only authentic version of Reiki when actually what they are teaching is a modified form.

The Reiki Alliance

The Alliance was formed in May of 1983. It does teach Reiki as some think, but in simply a support group for Reiki Masters. While it suggest that its members follow a set of guidelines and teach the Usui system as they define, it in only requirement for membership is Reiki Mastership . Because of this, many in the Alliance are teaching a modified from of Usui Reiki. It considers Phyllis, Furomoto, Mrs. Takata's granddaughter, to be the Reiki Grand Master. There are approximately 300 members worldwide.

MEDITATION: THE SCIENCE OF WISDOM

Meditation is path of Spiritual Enlightenment, intellectual acuity and wisdom. It is an expansion of conscious thought focused pn a single point. Well practiced in India. Meditation has helped create an oneness in global consciousness. Man must look within himself for answers which had been made puzzling after living in a complex world. Look at yourself from inside out instead of outside in. Self –awareness in looking the distractions of the outside worlds.

Meditation purifies Space which in filled with thought forms light to darkness, both positive and negative. Through meditation and Reiki we cleanse the pollution, the gross and enhance the positive thought forms. We clear our own space and the space around our planet.

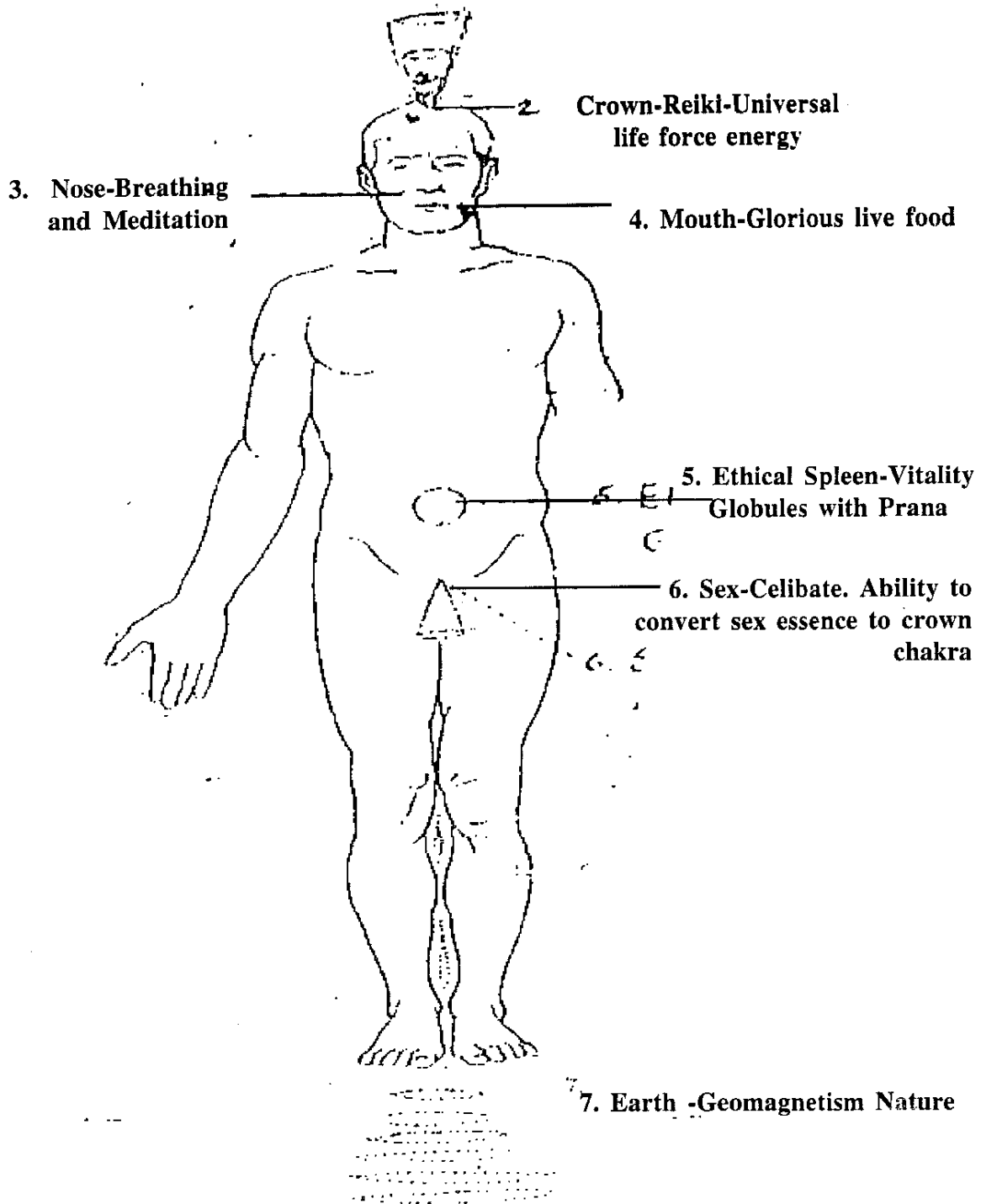
We are a living ocean of energy -a hologram of the universal whole. Through Reiki and meditation , we gradually become increasingly aware of this energy , active and latent and learn to harness, manipulate and control it for our own transformation , enabling us to contact higher forms of energy , not accessible to us before.

Meditation helps us communicate with our higher self, our master and other like thoughts and vibrations. Like Reiki, meditation is a tool for self –transformation –high voltage energies are assimilated by the body and expressed in creative living. Meditation lifts our consciousness to touch Universal and cosmic ideas. Through Reiki and meditation our expansion of consciousness and oneness with all created life , create the desire to heal, to serve and to uplift to our own awareness.



MAN'S SOURCES OF ENERGY

1. The sun is our main source of energy on earth



THREE DIMENSIONAL CRYSTAL TRIANGLE MEDITATIONS

- I. Relax and quieten sill vibrations within your self.
- II. Align yourself and create the 3 dimensional crystal triangle
- III. Cleansing exercise.
 - A. Visualize the rays of your master pouring down on you from the apex, cleansing your outer bodies.
 - B. Draw your master's radiation of love and light down through the Crown Chakra, down the spine to the base chakra. Clean the base chakra, its petals and stem –visualize it rotating slowly in a clockwise direction. It releases all impurities back through the Apex of the crystal triangle for uplift ment. Repeat the cleansing for all other chakras. After cleansing and activating all the chakras, visualize them all rotating in rhythm and in one straight line. Feel your whole being filled with love and light and send this out your loved ones.

The three Dimensional Crystal Triangle has all colures in harmony.

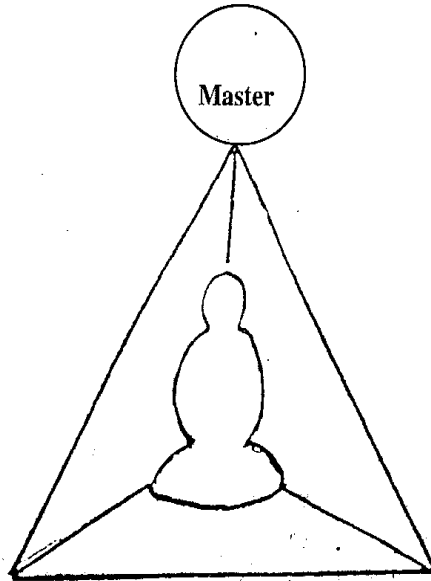
It is used for the following purposes:

Protection in any environment.

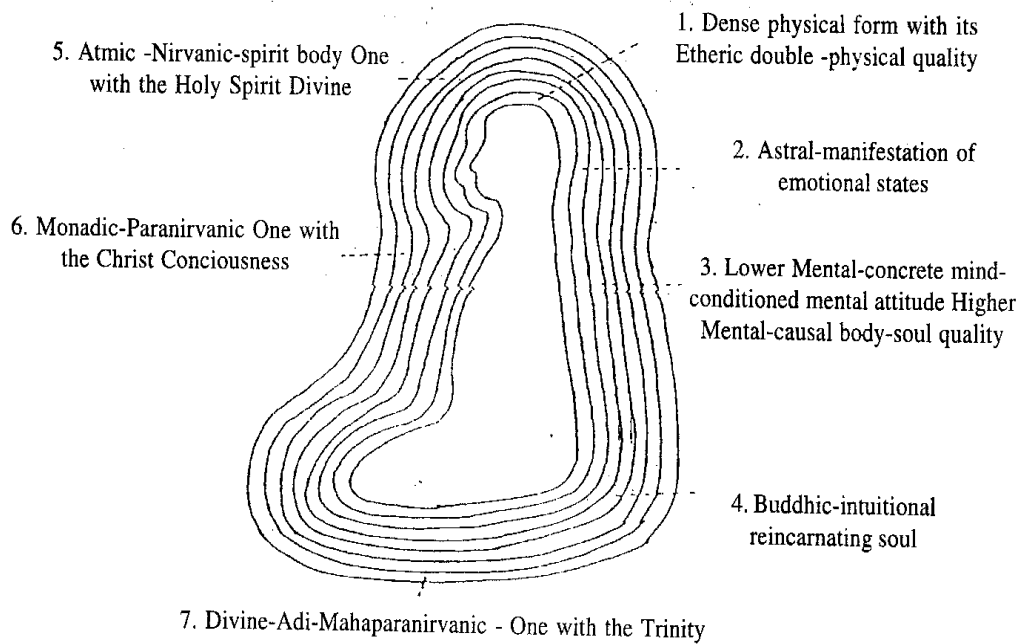
- A. Before or during meditation – form and stay within it.
- B. During cleansing of the outer bodies, chakra, etc.
- C. Permanent protection and control of your own reaction speciation especially in undesirable situations.



THREE DIMENSIONAL CRYSTAL TRIANGLE MEDITATION



7. AURIC BODIES OR LEVELS OF CONCIIOUSNESS



MEANING & FUNCTIONS OF SYMBOLS

1. Hon Sha Ze Sho Nen

Hon : The centre, the essence, the source, the beginning, the start out of itself.

Sha : Shining.

Ze : To walk in the right direction.

Sho : The goal, aim, honest being.

Nen : Silence, to be open in the deepest being of your nature (who you are).

Hon: Sha Ze Sho Nen acts as a bridge for energy to flow. Though important particularly in absent Healing. It is used always.

2. Sei He Ki

Sei : State of embryo, things which are invisible, source of external form.

He Ki: Root Chakra to Be Balanced.

3. Cho ku Rei

Cho : Curved sword (sickle) which draws curved line

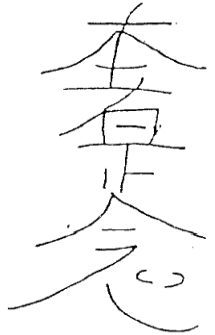
Ku : To enter something and produce wholeness, to produce space where nothing exists.

Rei : spiral, essence, mystical power, that which is not explainable.

Cho Ku Rei is the power symbol used for amplification of energy. It is a catalyst and activator. Do not discuss symbols with Reiki I Therapists or with non- Reiki persons as outside of Reiki II Context, the symbols have no meaning.

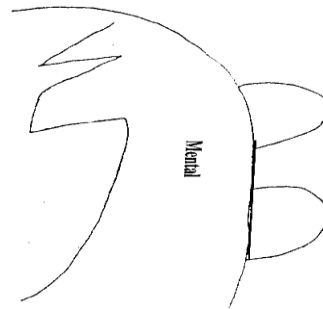


Hon Sha Ze Sho nen

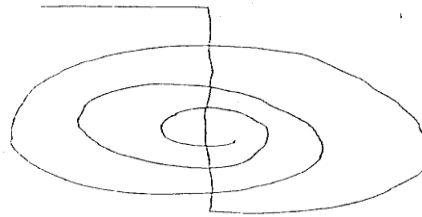


Absent Healing

Sei He Ki



Cho ku Rei



Increase Power

The Symbols

Reiki symbols are sacred and secret. It is part of the Reiki tradition that they be kept confidential. They are only revealed to those who have taken Second degree Reiki and received attunement that empowers them. However, their purpose and usage can be discussed without violating this trust.

The attunement actually empowers the symbols so that they will fulfill their intended purpose; without the attunement, the symbols do not seem to do much. This has been tested many times. Students are given the symbols to memorize before the attunement process. Many are psychic and some are able to see and feel the Reiki energies. All report similar effects. Before the attunement the symbols don't seem to have an influence on the Reiki energies. After the attunement, the effect is definitely there.

Reiki symbols are transcendental in nature. Rather than affecting only the subconscious mind as most symbols do, the Reiki symbols connect directly to the God-consciousness. Whenever a Reiki symbol is used by someone who has Second degree Reiki, the God-consciousness, or Rei responds by changing the way the Reiki energy functions. This process has been created by a divine

covenant or sacred agreement between God and those who have Second degree Reiki. A person does not have to be in an altered state for the symbols to work. They work automatically, every time they are used. They are like keys that open doors to higher levels of awareness/manifestation.



The symbols must be drawn and used correctly to activate them. Reiki symbols have their own consciousness so it is possible to meditate on them, and receive guidance on how to use them directly from the symbols themselves. This often results in people discovering new way to use the symbols.

You do not have to be in any altered state of consciousness when you are using any of the symbols. All you have to do is draw it once (physically or mentally) and say it (verbally or mentally) three times.

The Distant Healing Symbol

The symbol is used to send Reiki to others at a distance. This means you can send it to people across the room, across town, or even in other parts of the country, or the world. Distance is no barriers when using symbol, sometimes a picture of the client is used in conjunction with the symbol.

The distance symbol can also be used to bridge time. You can use it to send Reiki into the future. If you know will be involved in an important activity in the future and you know the date and the time of the event, you can self Reiki to the event do that it will no there to help you when the time comes. When it is used in this way, the reiki energy stores up like a battery. When the time comes, its healing energy descends down to surround you and helps you. People have used this technique to help them with job interviews, tests, and trips to dentist, surgery or other important events.

The Mental/Emotional Symbol

This symbol is used to do emotional mental healing. It is used to balance the right and left sides of the brain, bringing harmony and peace. It is especially useful for healing relationship problems. It can be used with any sort of emotional/mental distress such as nervousness, fear, depression, anger, sadness etc. Psychically, the effect of this appears as energy sometimes in the form of a bubble coming out of the heart chakra of the practitioner for emotional healing or out the solar plexus chakra for mental healing. Sometimes these two energies work together and mix in front of the practitioner before surrounding and/or entering the client. This symbol can be used to heal addictions as well as problems with weight loss, and smoking. It can be used to improve the memory and is especially useful at those odd moments when

one forgets where one left the car keys or the name of someone you want to talk to. It can also be used to enhance the use of affirmations, causing them to enter more deeply into the subconscious mind.



Healing Unwanted Habits Weight Loss, Cigarettes, Alcohol, Drugs, etc. The mental/emotional Symbol can be used to change or eliminate unwanted habits. Write your name on a piece of paper along with the unwanted habit and the mental/emotional healing symbol. Then hold the paper between your hands treating it with Reiki. This will send Reiki to the parts of your mind and emotions that relate to the unwanted habit, and will begin healing them. Do this off twenty minutes or longer each day. Carry the paper with you. If you feel the unwanted compulsion come up during the day. Take out the paper and Reiki it. Example: If you want to loose weight, write your name on the paper, the word "Food", and the, mental/emotional healing symbol. Reiki the paper each day, and also before each meal. You will find it much easier to eat less, and only healthy foods. You could also use the words "healthy weight loose" on paper or create another appropriate phrase yourself.

The Power Symbol

The power symbol is used to increase the power of Reiki. It can also be used to seal the space around the client and prevent the healing energies from leaking away. This can be seen psychically and appears at times as a box of white light or at other times as a sphere of gold light surrounding the client. It can be used anytime while giving as a treatment but is especially effective if used at the beginning to increase the power and at the end to seal in the healing. The power symbols can be used to clear a room of negative psychic and seal it in light, making it a sacred space. It can be used to protect yourself, your car, your home, your children or anything you value. Because Reiki works on all levels, the protection it provides is also on all levels and includes protection from physical harm, as well as protection from verbal, and emotional confrontations, and from psychic attack.

This symbol can also be used to send Reiki onto the past. If you had a traumatic experience in the past and know the approximate date, you can use the distant symbol to send Reiki back to heal the trauma. It often helps if you have a picture of yourself close to the time the trauma occurred. If you don't know the date and don't have a picture, it will still work by naming the problem and asking that Reiki go to the cause and heal it. This technique can also be used to heal problems that stem from past lives.

You do not have to be in any altered state of consciousness when you are using any of the symbols. All you have to do is draw it once (physically or mentally) and say it (verbally or mentally) three times)

SYMPTOMS OF INNER PEACE

1. A Tendency to think and act with Trust rather than from fear and based on past experiences.
2. An ingrained ability to enjoy each moment.
3. A loss of interest in judging other people.
4. A loose of interest toward what other people think about what you do for your life.
5. A loss of interest in judging yourself.
6. A loss of interest to worry (Very serious)
7. Frequent episodes of overwhelming gratitude.
8. Frequent episodes of Smiling with eyes connect to your hearts.
9. Experiencing frequent encounters with receiving love from others, along with a strong urge to give love back.
10. Increasing tendency to take responsibility to create your reality with positive Thoughts and Feelings.
11. Feelings connected to and always being assisted by your inner guidance, higher self and God, Goddess all that is.

Presented by Reiki Master Glen Dunning.

SHORT FORM OF ABSENT HEALING

- Say attitude for gratitude.
- Imagine the person to be healed.
- Cover him/her with white light coming out of your heart.
- Write his name under the picture.
- Draw first symbol and say thrice.
- Draw second symbol and say thrice.



- Draw third symbol and say thrice.
- If you know the particular disease or area concentrate on that part of the body and see that the disease or the part is healed.
- See the patient happy, healthy and peaceful.
- Give Reiki for five to ten minutes.
- Keep on visualizing the person as happy, healthy and peaceful and intend that he/she is out of the problem or disease.
- After five-ten minutes of at the appropriate time as you feel, close with three symbols.

Express thanks to Reiki and to the patient.

Short form of Absent Healing can be done to anyone, anything or any past, present or future; to intentions, conferences, trees and plants, machinery, atmosphere, ozone, universe, poverty, fear, doubt, roads, famine, soil, farms, factories, offices, household, equipment, food articles.....

LONG FORM OF ABSENT HEALING

Here you take self treatment as we do after degree but on every point you draw each symbol and say thrice. Advantage of second degree is that when you treat yourself you can simultaneously send distant Reiki to other persons, events, intentions etc. by declaring.

- This part of my body is equivalent to similar/any other part of other person's body;
- This part of my body is equivalent to any good intentions.

You may also treat yourself while giving touches Reiki to any other person in the similar fashion.

Metal Method of Healing

Have little conversation with patient & generate an affirmative sentence e.g.

I love myself as I am.

I forgive myself as I am.

I am happy and healthyEtc.

Do short form of Reiki on each Chakras and insert this statement. Let patient & you both speak this sentence on each Chakra.



PROGRAMMING REIKI

If you are not available when a person or event requires Reiki, You can program it. Write down the date, time, event or person requiring Reiki, result required. White light.....Reikisymbols. Declare the event or person is receiving the Reiki at the required date and time. Or visualize a Reiki link between calendar, clock and the event/person.

INTENTIONAL REIKI

Visualize the patient OT event. White light.... Reiki..... Symbols. E.g. if see an accident and do not wait there, you visualize the scene, give Reiki and heal the event and the spot.

REIKI BOX

Another method of giving Reiki to intentions. You express you intentions about a person, an event or a thing, express it in writing on a slip of paper as an affirmation, and put it in the Reiki Box. Give Reiki for fifteen minutes twice a day. Attitude of Gratitude.....white Light.....ReikiSymbols. Go through affirmation provided for putting in you Reiki Box and practice preparing affirmations .Close with white light.....Reiki.....symbols.

CREATING FUTURE

Prepare a Calendar showing date, time, event, concerned people and expected results. Attitude of Gratitudewhite Light.....Reiki Symbols. Give Reiki for fifteen minutes twice a day till you get results. You can also put this calendar in the Reiki Box.

• HEALING RELATIONSHIPS

Visualize the persons who do not get along well. See them hugging and loving each other. White Light..... Reikisymbols.

HEALING DEAD PEOPLE

Visualize the dead person as alive. White LightReiki.....symbols. Communicate whatever you wanted to say and hank not said. See the person as dead; see the person as complete, wholesome and peaceful. Close with white lightReiki.....symbols.



AFFIRMATION / MANIFESTATION

From the Lord God of my being. I now know:

That I have released all fears, angers and guilt's from conscious and my subconscious mind.

That I have accepted abundance into my life with gratitude.

That I have surrendered to myself and to changes without resistance.

I AM NOW A MAGNET FOR GOOD AND POSITIVE THOUGHTS

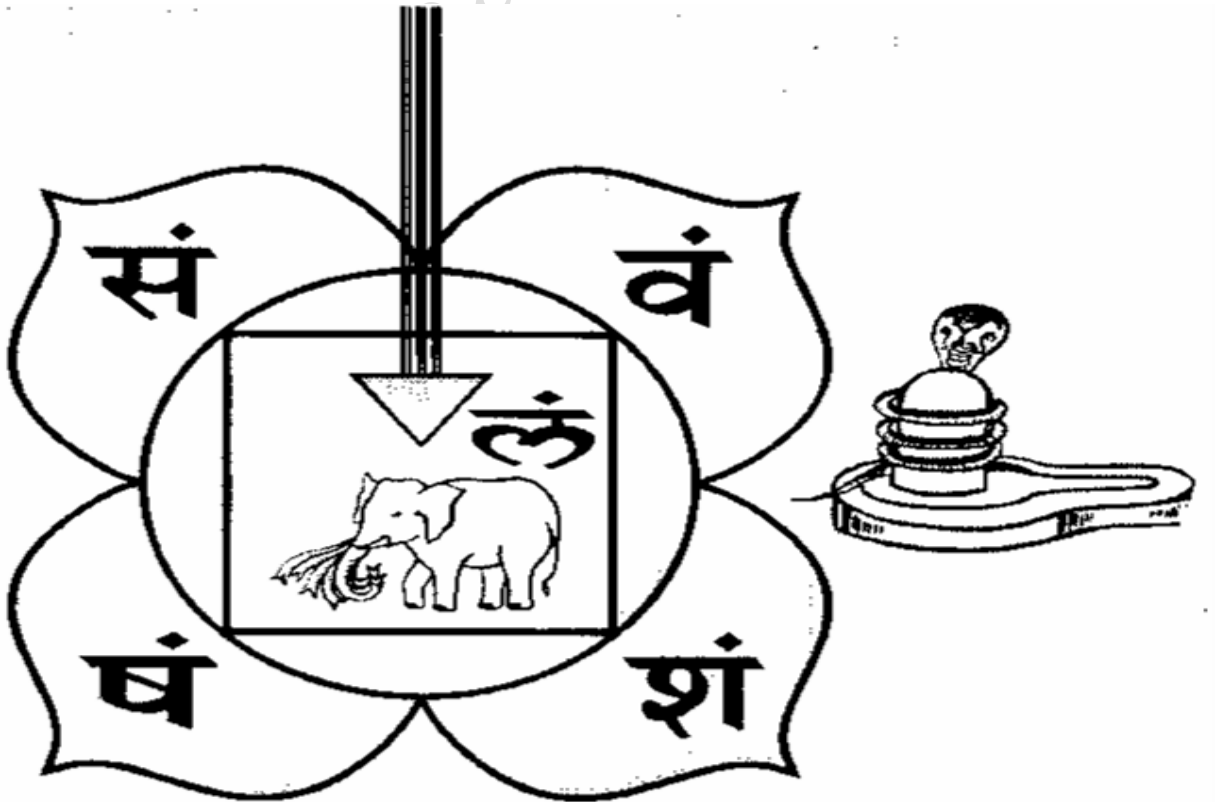
I AM NOW A MAGNET FOR GOOD AND POSITIVE FEELINGS

I AM NOW A MAGNET FOR GOOD AND POSITIVE ACTIONS ALL

THAT I WISH TO MANIFEST

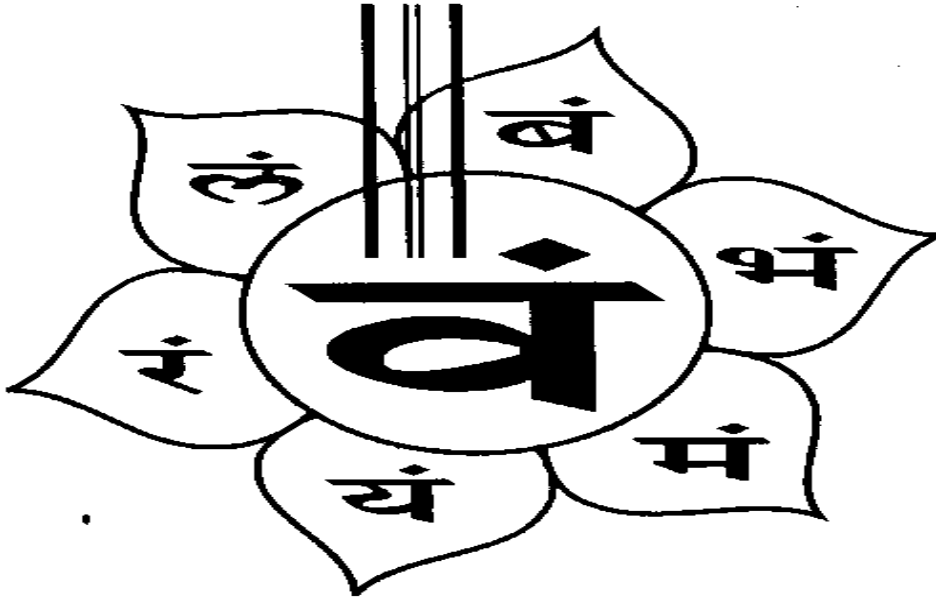
I AM NOW IN A STATE OF RECEIVERSHIP FOR THIS. SO BE IT.

MOOLADHARA CHAKRA

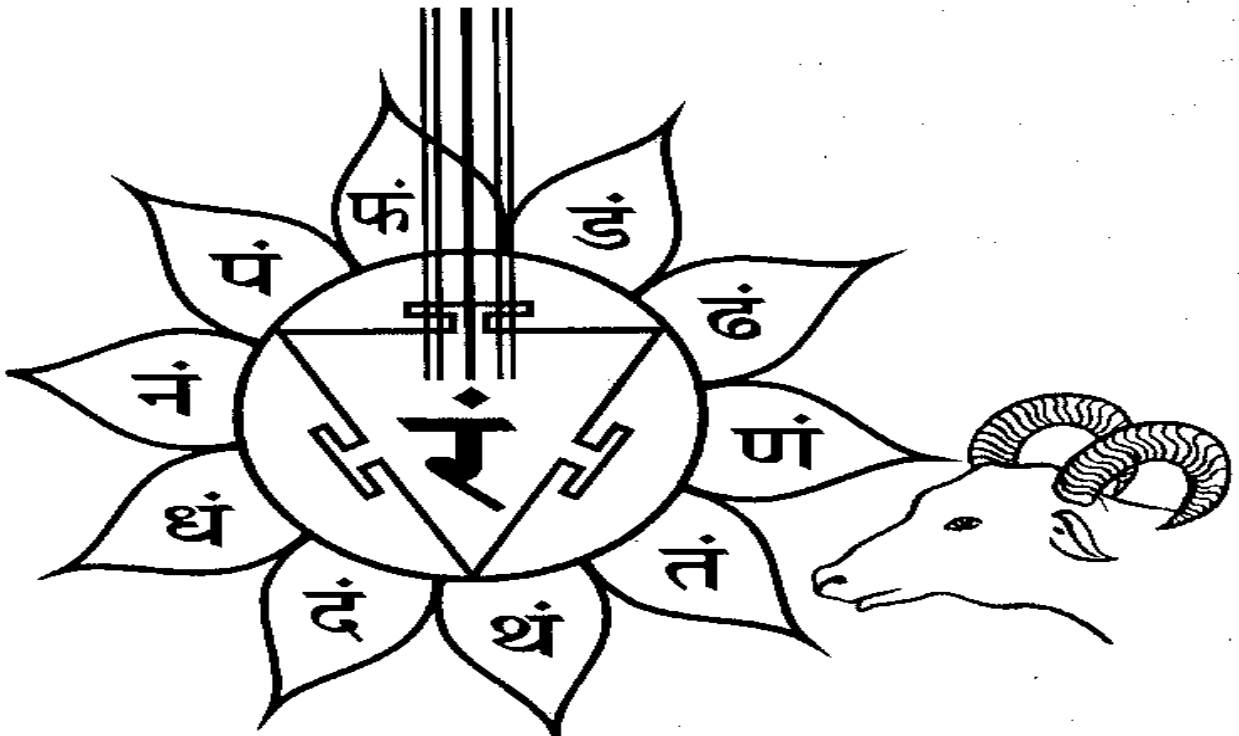




SADHISTHANA CHAKRA

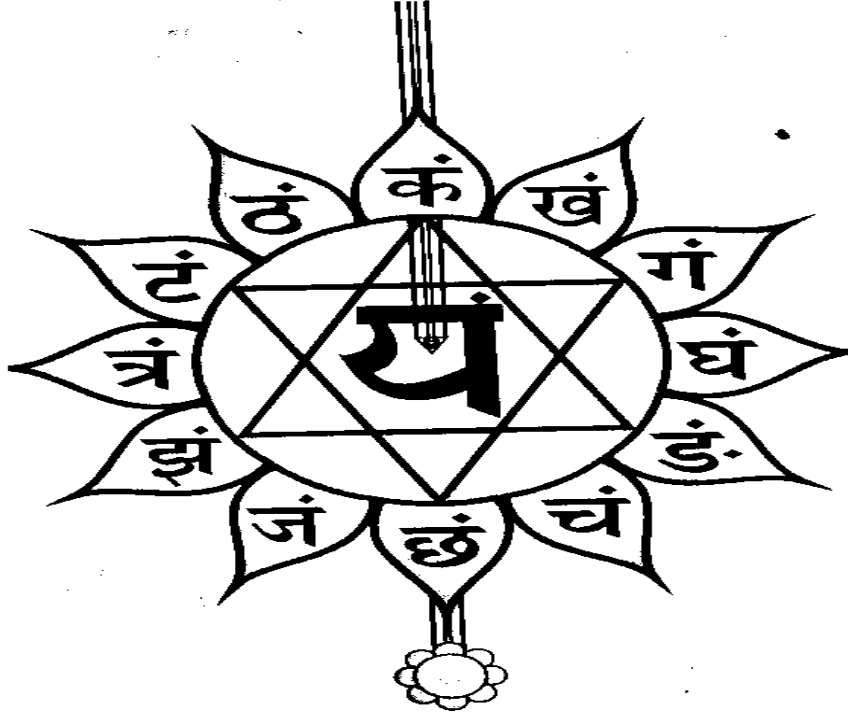


MANIPURA CHAKRA

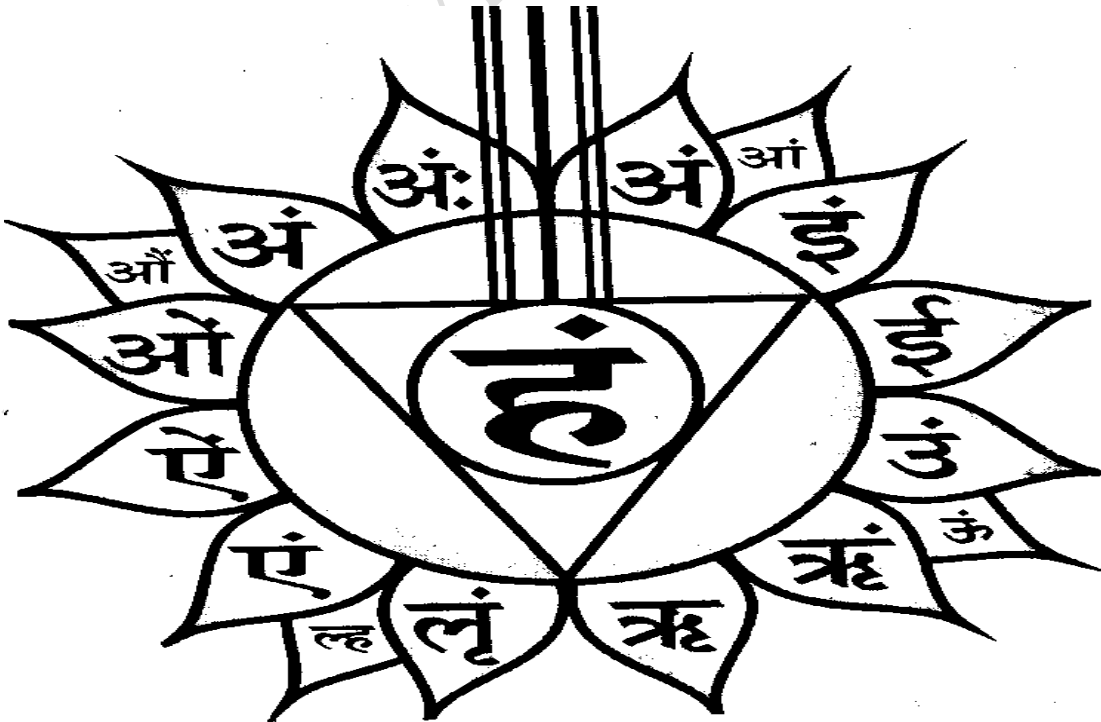




ANAHAAT CHAKRA



VISHUDDHA CHAKRA





AJNA CHAKRA



SAHASRAR CHAKRA

