

INTRODUCTION.....	8
YOUR REIKI LINEAGES	11
PICTURE OF MIKAO USUI	13
OVERVIEW OF THE COURSE	14
USING THE COURSE AUDIO CDS AND DVD.....	15
<i>Audio CDs</i>	15
<i>DVD</i>	16
STUDENTS' EXPERIENCES	16
THE ORIGINAL SYSTEM.....	17
A FEW REVELATIONS.....	17
<i>Usui's System wasn't Called Reiki</i>	18
<i>Usui's System wasn't about Treating People</i>	18
<i>Usui's System didn't use Symbols</i>	18
ORIGINS OF USUI'S SYSTEM.....	19
OVERVIEW OF WHAT USUI TAUGHT.....	19
<i>First Degree (Shoden)</i>	19
<i>A Little about the Precepts</i>	20
<i>Second Degree (Okuden)</i>	21
<i>Zenki</i>	21
<i>Kouki</i>	22
<i>Treatment Techniques</i>	22
<i>Meditations</i>	22
<i>Master levels (Shinpiden and Shihan)</i>	23
EXPERIENCING ENERGIES.....	24
INTRODUCTION	24
SYMBOLS	26
SECOND DEGREE SYMBOLS	28
<i>Cho Ku Rei</i>	28
<i>Sei He Ki</i>	29
<i>Hon Sha Ze Sho Nen</i>	30
SOUL HEALING	33
<i>The Usui Master symbol</i>	33
<i>Uses of the Usui Master Symbol</i>	35
<i>Tibetan' Master Symbol</i>	37
PRODUCING BALANCE	39
<i>The Fire Dragon</i>	39
<i>Channelled Symbols</i>	40
<i>The Spirit Column</i>	41
FOCUSING ON THOUGHTS AND EMOTIONS	42
<i>The Mental Spiral</i>	42
<i>The Heart Chakra symbol</i>	43
DEALING WITH KARMA.....	45
<i>The Emotional Butterfly</i>	45
<i>The 'Grace' symbol</i>	46
SYMBOL MEDITATIONS.....	50
<i>Meditation #1</i>	50
<i>Meditation #2</i>	50

<i>Other Meditative Approaches</i>	51
STUDENTS' EXPERIENCES	51
THE REIKI KOTODAMA	55
<i>Background info</i>	55
<i>Why the Kotodama were taught</i>	56
<i>Kotodama Pronunciation</i>	57
<i>Kotodama Meditations</i>	58
<i>Comparing Kotodama and Symbol energies</i>	59
<i>Kotodama and Treatments</i>	59
<i>Kotodama and Distant Healing</i>	60
<i>Kotodama and Crystals</i>	60
<i>Using the Kotodama on your self</i>	60
<i>Kotodama and Chakras</i>	61
STUDENTS' EXPERIENCES	61
FREESTYLE PRACTICE	66
INTRODUCTION	66
TREATING AT REIKI1 & REIKI2 LEVELS.....	66
<i>First Degree</i>	66
<i>Reiki Second Degree</i>	67
THE USE OF INTENT	69
<i>Intent during Reiki Treatments</i>	69
<i>“Eye” and “Breath” Techniques</i>	70
<i>“Radiating” Reiki</i>	70
<i>Intent and Distant Healing</i>	71
<i>Distant Healing without symbols</i>	71
<i>“Remote Treatments”</i>	71
<i>The Self-Treatment Meditation</i>	72
<i>Intent and Hands-On Self-Treatments</i>	72
<i>Focusing on Organs and Chakras</i>	72
<i>Intent and the Nature of the Energy you Channel</i>	73
<i>“Frequency Setting”</i>	73
THE USE OF INTUITION	75
<i>Extending your Intuition</i>	75
<i>Basic Reiji Ho</i>	75
<i>Selective Reiji Ho</i>	75
<i>Imaginary Reiji Ho</i>	76
<i>Remote Intuitive Work</i>	76
<i>Remote Scanning</i>	77
<i>Intuition and Remote Treatments</i>	77
<i>Enhancing Your Perception</i>	77
<i>Directly Experiencing Someone's Chakras</i>	77
<i>Using Visual shortcuts/constructs</i>	78
<i>Exploring a Chakra's Levels</i>	79
<i>Looking Within</i>	79
<i>Experiencing One's Chakras</i>	80
<i>Internal Scanning by Flooding with Light</i>	80
<i>Using Intuition and Intent on one's Self</i>	80
<i>Using a Pendulum</i>	81
<i>Dowsing Chakras</i>	82

<i>Moving Beyond Pendulums</i>	83
<i>Other uses during Treatments</i>	83
<i>Other Questions to ask</i>	84
STUDENTS' EXPERIENCES	84
WESTERN 'ATTUNEMENTS'	88
BACKGROUND.....	88
MAKING SENSE OF ATTUNEMENTS	89
BASIC ATTUNEMENT FORMAT	90
THE MICROCOSMIC ORBIT AND THE VIOLET BREATH	91
<i>The Huiyin point</i>	91
<i>The Violet Breath</i>	93
<i>The Violet Breath</i>	94
THE SECOND DEGREE ATTUNEMENT	95
<i>Setting the Scene – detailed instructions</i>	99
<i>Opening the Student – detailed instructions</i>	101
<i>Putting the Symbols In – detailed instructions</i>	103
<i>Closing Things Down – detailed instructions</i>	107
<i>A Few Practical Points</i>	110
REIKI MASTER ATTUNEMENT	112
<i>Differences between Master and Second Degree attunements</i>	112
<i>Setting the Scene</i>	113
<i>Opening the Student</i>	114
<i>Putting the Symbols In</i>	115
<i>Closing Things Down</i>	117
FIRST DEGREE ATTUNEMENTS	118
<i>Differences between First and Second Degree attunements</i>	118
<i>Attunement #1</i>	120
<i>Attunement #2</i>	122
<i>Attunement #3</i>	124
SUMMARY OF ATTUNEMENTS	126
<i>Attunement Summary Sheets</i>	127
STUDENTS' EXPERIENCES	130
ATTUNING TO OTHER SYMBOLS	132
DO WE NEED TO 'ATTUNE' TO A SYMBOL?.....	133
HEALING ATTUNEMENTS	134
<i>Instructions</i>	135
TATSUMI'S RITUAL	137
<i>Introduction</i>	137
<i>Preparation</i>	137
<i>First Degree</i>	137
<i>Second Degree/Master levels</i>	138
JAPANESE EMPOWERMENTS	140
BACKGROUND.....	140
USUI AND THE ORIGINS OF REIJU	141
GIVING REIJU	143
<i>Introductory Stage</i>	143
<i>Individual Empowerments</i>	146
FIRST DEGREE EMPOWERMENTS.....	152

SECOND DEGREE EMPOWERMENTS.....	152
' <i>Buddhist approach</i> '	152
' <i>Shinto approach</i> '	152
<i>Where does that leave the Reiki symbols?</i>	153
MASTER LEVEL EMPOWERMENTS.....	153
THE BENEFITS OF REIJU EMPOWERMENTS	154
WESTERN REIJU VARIATIONS	154
STUDENTS' EXPERIENCES	155
DISTANT CONNECTIONS.....	157
<i>Distant Reiju</i>	157
<i>Distant Attunements</i>	160
' <i>Intention Attunements</i> '.....	160
SELF-EMPOWERMENTS	162
<i>Distant Reiju on yourself</i>	162
<i>Using your 'Energy Body'</i>	162
<i>Self-Empowerments 'from the inside'</i>	162
MEDITATIONS.....	164
OVERVIEW OF USUI'S MEDITATIONS	164
<i>First Degree</i>	164
<i>Second Degree</i>	164
<i>Master Level</i>	165
MINDFULNESS.....	165
THE HARA DEFINING EXERCISE.....	167
<i>Makoto No Kokyu – the breath of truth</i>	167
<i>Makoto No Kokyu, Part Two</i>	170
MASTER LEVEL MEDITATIONS	171
<i>The Energy-Ball Self-empowerment</i>	171
<i>Other Master meditations</i>	171
MICROCOSMIC ORBIT MEDITATION	172
<i>Simplified version</i>	172
<i>Microcosmic Orbit Diagram</i>	173
<i>Part One of the Longer Meditation</i>	174
<i>Part Two - Manifesting Goals</i>	174
<i>Part Three</i>	175
LOTUS REPENTANCE MEDITATION	176
<i>Outside the meditation hall or spiritual practice area</i>	176
<i>Inside the meditation hall or spiritual practice area</i>	178
MISCELLANEOUS WESTERN TECHNIQUES.....	181
REIKI 'PSYCHIC SURGERY'	181
<i>Instructions</i>	181
REIKI AND CRYSTALS	184
<i>Distant Healing using Crystals</i>	184
<i>Creating and using a 'Reiki Grid'</i>	184
THE ANTAHKARANA.....	186
<i>Uses of the Antahkarana</i>	187
<i>Meditation using the Antahkarana</i>	187
<i>The Antahkarana symbols</i>	188
APPENDIX.....	189

ANTAHKARANAS.....	189
REIKI ARTICLES AUG 2000 – NOV 2003	190
<i>Symbols and Beyond</i>	191
<i>Symbols and Attunements</i>	192
<i>Intelligent Energy?</i>	193
<i>Distant Attunements</i>	195
<i>Working with Intuition</i>	198
<i>Restrictions on Reiki</i>	200
<i>Simplicity and Sandwiches</i>	202
<i>The Importance of Intent</i>	204
<i>A Simple Way with Symbols</i>	206
<i>The Kaizen of Reiki</i>	207
<i>Remote Treatments</i>	210
<i>Feng Shui your Reiki</i>	212
<i>Mindfulness and Compassion</i>	214
<i>Breath of Earth and Heaven</i>	216
RUNNING REIKI COURSES.....	218
REIKI FIRST DEGREE.....	220
<i>Reiki1 Course Schedule</i>	220
REIKI1 PRACTICAL EXERCISES	221
<i>Feel Energy Between your Hands</i>	221
<i>Feel Energy on a Partner’s Hand</i>	221
<i>Feel Energy on a Partner’s Head & Shoulders</i>	222
<i>Push Someone off Balance using Energy</i>	222
<i>Play with ‘Energy Balls’</i>	223
<i>Reiki1 ‘Homework Sheet’</i>	224
REIKI SECOND DEGREE.....	225
<i>Reiki2 Course Schedule</i>	225
REIKI2 PRACTICAL EXERCISES	226
<i>Draw Symbol over the Palm</i>	226
<i>Draw energy down from a Symbol above you</i>	226
<i>Channel energy Intensely from a Symbol above you</i>	227
<i>Send Reiki with the eyes</i>	228
<i>Reiki 2 ‘Homework Sheet’</i>	229
REIKI MASTER COURSE	230
MASTER COURSE SCHEDULE	230
REIKI MASTER COURSE PRACTICAL EXERCISES	232
<i>Working with the Symbols</i>	232
<i>The Importance of Intent</i>	233
<i>Master Course ‘Homework Sheet’</i>	235
MISCELLANEOUS	236
COURSE CERTIFICATES	236
BUSINESS CARDS.....	236
REIKI LEAFLETS.....	236
RECOMMENDED BOOKS	237