



Reiki Master



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Personal Introduction to Reiki Master

There are many reasons you might be drawn to becoming a reiki master. Maybe you are looking to complete your training as a natural progression; reiki one, reiki two, then reiki master! Maybe you are looking for permission, a certificate, that says you are an amazing healer. Maybe you don't know why you are here but you know you need to be here. Maybe you are very clear why you are here, and you know that this is a piece of the puzzle or that this is part of your journey. Maybe you are ready to further your next step in your spiritual evolution or healing process.

Each of these reasons are equally as valid as the next. The only thing I ask is to set all ego aside. Becoming a reiki master is a very humbling experience. Being a Reiki Master doesn't mean that we have everything figured out. If anything it means the opposite. It opens the door to a vast library of information. It gives us permission to access the vast and immeasurable amounts of data beyond our third and fourth dimensional awareness. It gives you the courage to follow your curiosity and find your niche or higher calling.

The Reiki Master Attunement invites our higher selves into our awareness. It opens our mind and removes veils to seeing or sensing higher frequencies. It helps us sense our healed state. It also helps us to sense our friends, family members, and clients as already in the healed state. Reiki is the light that illuminates the path to get from here to the healed state. It opens our eyes to our psychic senses and information beyond this place in time. It allows us to see that everything is connected and that separation is an illusion.

As a Reiki Master, we have a greater ability to help ourselves and others heal. We gain access to dimensions that are influencing these heavier and slower dimensions. There is a trickle-down effect where often energy beyond our awareness is affecting our current state of balance. If we bring awareness to these faster vibrations, then we can heal our denser selves.

Reiki Master gives us permission to teach others. Every time I teach reiki to another I learn reiki more fully and deeply myself. Reiki starts to make sense on a much deeper level where it starts to resonate at my core. It stretches me and reshapes my practice. It attunes me as I attune others, leveling up my abilities and my practice. It makes my weaknesses apparent so I know where to focus my learning. It makes my strengths apparent so I know where to focus my appreciation and gratitude.

Being a reiki master does not mean that "we made it" and that we get to stop growing and healing or showing up to do the work. Being a reiki master means that WE NEED to keep growing and healing and show up even more because the work is more important!



Being a reiki master is a choice, but it is a choice that we will need to make every moment of every day. Reiki Masters are most effective if they teach by example. We have the tools to grow, heal, and evolve. We have the awareness of compassion, understanding, and forgiveness. We sense energy, vibration, and light. If we show up for ourselves, and apply these tools in our everyday lives then we will be examples of the healed state, of healthy and happy people, of ethical and balanced humans. We take responsibility for our actions and are willing to look more deeply into ourselves. We are willing to face whatever comes up with the knowing that whatever comes up, all of this pain and suffering, is happening “for us”, not “to us”. We are able to have complete compassion for ourselves and our mistakes, therefore having complete compassion for all others and their mistakes. We understand that we are here to learn, grow, heal, and evolve so that we can help others learn, grow, heal, and evolve as well.

It is deeply fulfilling to share the gift of reiki with others. I truly and deeply believe that energy healing is part of my higher purpose and soul journey. It brings me so much joy to share this gift with others. I see and feel the difference that lightworkers are making on this planet, and it is a deeply rewarding gift that I am part of this change. It is the biggest gift to me to see reiki students graduate to the reiki master level and to embrace this gift in every aspect of their lives. I fully witness how hard this journey is but it is worth every ounce of pain or suffering along the way. This path helps us remember our higher selves, that we are fragments of Source, and are here to Remember.

To our journey of learning, growing, healing, and evolving.

With Love, Light, and Harmony,

💜🦄Crystal



Reiki Master Level:

At a reiki master level, we receive our reiki master symbols which help us heal beyond the physical body. We learn how to teach reiki and attune our own students. We also learn what it means to be a reiki master, how to develop our intuition, and tips on directing consciousness.

Included in this workshop:

- Classroom instruction
- Handouts for course
- Reiki Master Attunement
- Reiki Master Certificate
- Usui Lineage

Reiki Master Attunement

In the Traditional Usui Reiki system, a student would study under a reiki master for months, sometimes years, before the reiki master would deem the student as ready for the reiki master attunement. The reiki master symbol, Dai Ko Myo, was strongly guarded as a secret, given to those who exhibit worthiness. Now, as reiki has become more popular and there are many more reiki masters, the symbols are more readily available. As reiki has found its way to the Western world it has adapted its traditional approach to a more contemporary system. It used to be illegal to write the master symbol down, but now you can search on the internet for the symbol or find it in print in any reiki manual.

The reiki master attunement itself has evolved over the years as well. You can still learn and teach the traditional attunement methods, as best remembered by the students of Mrs. Takata, or you can attune with simpler and less ritualistic attunement. Many Reiki Masters are the most comfortable attuning their students with the same way that they themselves were attuned. Every Reiki Master will have their own method of being attuned, and it can greatly differ from teacher to teacher. Some have elaborate rituals where they follow step-by-step traditional methods. Some use a simplified approach using the direct power of intention. Some may perform remote attunements as well, using the same Distance Healing channels.

The Reiki Master attunement method I use is a combination of these methods. I will start by asking you to go into a meditative state and connect to reiki. I will give you some mental homework to keep your mind centered in the present moment. For example, I may ask you to repeat “I receive the Reiki Master Attunement” in your mind, or I may ask you to hold space for the other students.



I will attune students one at a time, unless the class is very large where I will do a group attunement.

During each individual attunement I will be guided by my reiki master spirit guides to perform each step that is in each student's highest good. I will almost always start the attunement by making sure the student is grounded and connected to Source. On rare occasions my guides will direct me to do something before this step.

The next time during the attunement would be to place the Dai Ko Myo symbol in the crown, the heart, and the hands. Sometimes I will need to place the symbol in additional chakras or at the bottom of the feet. If the student's energy system is not receptive I may ask them to bring their awareness to a certain area of their energy system and give them mental affirmations such as "I receive", "I surrender", or "I allow".

I will use the Dai Ko Myo on each student with the direct intention of widening and strengthening their connection to the reiki energy, attuning them to the maximum amount of reiki energy that is in their highest good. This amount will be guided by my intuition. This amount will change from student to student. As an analogy, one student who has practiced very little might be attuned to 200 Amps of reiki energy, while a student who has practiced a lot might be attuned to 1,000 Amps of reiki energy.

During the reiki master attunement, I will also be clearing the pillar of light, balancing the chakras in all active dimensions, and expanding the heart. I will also psychically share all of my knowledge as a reiki master as a direct download into the student's energy system. This may cause rapid-eye-movement or eyelids to flutter. This is very normal during a direct download. It will often take time to unpack this download consciously.

I will use the Raku symbol (the lightning bolt) to recharge the newly expanded energy system and to ensure the pillar of light is clear. This acts as a grounding and recentering tool to finish the individual attunement.

After all students have received the attunement, I like to conclude my reiki master ceremony with a water ritual. (Water is so amazing after a reiki treatment, especially an attunement!!!) I will guide the master students to attune the water with the reiki symbols, and then drink the water with the intention of it reaching every cell of their being. This is a fun way of double-checking the attunement to make sure that the symbols are embedded in the energy body, as well as the student's first practice attunement.

Reiki Master Detox



Reiki attunements can cause symptoms such as cellular detox. For example, If a student jumps from 200 Amps to 1,000 Amps of reiki energy, then this student is more likely to have a detox than a student jumping from 800 Amps to 1,000 Amps. When we suddenly access more reiki energy, our heart has expanded exponentially, or our vibration is much faster than before the attunement, there will be lots of relatively heavy or dense energy released from the body. Traditional reiki suggests that you support your body by doing a 21 day cleanse after your attunement. In my experience, this detox is often mild and lasts only a few days. Drinking lots of water and resting, sleeping, or going for walks can dramatically help the body through this process. You may also support the body by making mindful choices about food, alcohol, and drugs. This reiki master attunement is a great opportunity to release lower-vibration habits in your life.

While some of this detox can be physical, at the reiki master level it is often mental or spiritual. I ask my students to be very mindful of their thoughts over the next few days. You might be releasing or dissolving thought patterns. As these negative or lower-vibration thoughts arise it helps to be aware of them and that they are old patterns you are releasing. To support this process, imagine that you are recycling or throwing out these old thoughts and then replace them with the opposite or highest vibration thoughts. You are welcome to send all unwanted energy to Earth for her to recycle it for you, or to Source for him to carry it away, or you can use your intention to dissolve it. My favorite is to turn it into glitter or sparkles!

Dimensions of Consciousness

To the best of my awareness, there are 27 dimensions of consciousness. The one you are most familiar with is the third dimension, this is your physical body. The odd-numbered dimensions could be considered heavens, which are unstructured and organic. The even-numbered dimensions could be considered information superhighways or heavily structured and organized. For example, your body and your spirit are unstructured and your consciousness is the network connecting and communicating between the two.

Most likely you will be working in one of the first seven dimensions:

The **first dimension** is your primitive body, in this time. You will be in this dimension to help people get out of fight-flight-freeze mode.

The **second dimension** is your subconscious, it observes and guides your primitive body to survive. You will be in this dimension to release subconscious beliefs and to teach the body to heal itself.



The **third dimension** is your identity or expression of yourself. This is where we start to define things with words and labels, such as “my name is Crystal”, “I am a human” and “this is a car”. We believe our thoughts are real, that they are us. We strive for more than just survival, we achieve. You will most likely be in this dimension to retrain the thoughts and to remove judgment and balance ego.

The **fourth dimension** is your consciousness, observing this body. This is also your mental planes and auric fields. It governs where you focus your awareness. You will be in this dimension to help people release limiting thoughts and to rebuild healthy mental patterns. Many of our spirit guides are in 4D

The **fifth dimension** is your spirit, your lightbeing which is incarnated here to have a human experience. You will be in this dimension to harness the power of light, to discover your soul purpose, and to know what you are really feeling. This is find your truth

The **sixth dimension** is often referred to as Oneness, because this is when we first realize that we are connected to everyone. This is your superconscious. This is like a spiritual internet. We can access information from our soul and past lives.

The **seventh dimension** is your Soul. This is a version of your higher self where your spirit split off from to have this human experience. This is all of your past lives. We can remember past lives and sense our higher purpose. It is easier to remember why we separated from our higher self to come to Earth. You will be in this dimension to heal our past karma. You will be able to stream information from the Akashic records.

You can train your awareness of dimensions by finding the center of your being, the heart, and slowly widening the perspective. It is possible to hold awareness of multiple dimensions of reality at the same time. Similar to the way you can feel your foot at the same time you can feel your hand. This takes practice with intention.

Master Symbols

Dai Ko Myo Symbol



Dai Ko Myo

Great Enlightenment. Inner Knowledge and Truth. Healing the Soul

The dai ko myo is the Master Symbol. It has been drawn in many ways. This version is the most accepted way, as several of Mrs. Takata's students got together, compared the various versions, and agreed on this version.

The dai ko myo (DKM) is considered to be the highest vibration and most powerful of the reiki symbols. This is the symbol we use in attunements at all levels. It has the ability to connect us to reiki energy, which helps us heal our body, mind, and spirit. It can heal the aura, the chakras and any disease that originates from our subconscious beliefs.

During an attunement this symbol enters into our Crown Chakra and illuminates the truth of who we *really* are. It allows us to realize our Divinity and connection to Everything, taking us back to God, whom we were never truly separated from. "Dai" means Big or Great, "ko" is a noun for light, and "myo" means bright light - it also translates to clear or evident and is a verb for understanding, or knowing. Simply put, the Dai-Ko-Myo means "Bright Shining Light" or "Great Enlightenment". It signifies

enlightenment, inner knowledge, and truth. This symbol is also known as the "God Inviting Symbol" or the "Symbol for guiding spiritual awakening."

At the beginning of the Traditional Usui Reiki system, a student would study under a reiki master for months, sometimes years, before the reiki master would deem the student as ready for the reiki master attunement. The reiki master symbol, Dai Ko Myo, was strongly guarded as a secret, given to those who exhibit worthiness. Now, as reiki has become more popular and there are many more reiki masters, the symbols are more readily available. As reiki has found its way to the Western world it has adapted its traditional approach to a more contemporary system. It used to be illegal to write the master symbol down, but now you can search on the internet for the symbol or find it in print in any reiki manual. And now it is possible to learn the entire reiki system for less than \$1,000 in as little as one weekend.

Raku Symbol



The Raku symbol is something that has been added to reiki. This symbol was not a part of the traditional reiki practice until years later. This symbol, often referred to as the “fire serpent”, is primarily used to help a student ground their energy system after receiving an attunement. Some reiki master teachers use this symbol at the beginning and the end of a master attunement.

It can also be called the “lightning bolt” because it looks similar and has a similar path. Set the intention of grounding, then draw the symbol starting at the top (near the head) and sending this symbol down the spine into the earth. The symbol allows the attunement to reach all and remain inside all seven chakras.

I will also use this lightning bolt when I need some extra intense focused energy on a specific area, similar to

electrocuting or jump-starting a stopped chakra. This symbol is very strong and should only be used when the recipient has a strong connection to earth and the reiki master has a clear connection to reiki energy.

There are some variations of this symbol. My teacher taught me to add seven additional zigzags to the tail, one for each chakra. This is very effective in clearing the pillar of light during a session. As with all symbols, follow your intuition or higher guidance in when to use the symbols while maintaining the original intention of the symbol.

Who is a Reiki Master?

At the reiki master level, you receive awareness beyond the physical body. This allows you to heal illnesses, limiting beliefs, karma, etc. in yourself as well as others. This expands your understanding to include higher dimensions. Reiki Level one and two attune you to the fourth dimension or higher. Reiki Master attune you to the fifth dimension or higher.

When you are a reiki master you are confident in your ability to connect to reiki and to assist yourself and others in healing. In general healing is moving from an imbalanced state to a balanced, resonant, or harmonious state. This process can look widely different whether we are healing a chakra in the third dimension or a mental belief in the fourth dimension, or past life karma in the seventh dimension. A reiki master can facilitate this healing across time, space, dimensions, and/or past lives. One does not need to be a specialist in all of these, nor any of these, to be considered a reiki master. You just need to find your own specialty or purpose as a healer.

Ultimately, a reiki master is someone who can surrender to the present moment and allow higher guidance to come through. Reiki Masters often have the awareness and the confidence in themselves that they will always be able to facilitate the healing called upon them in the moment. This requires a certain amount of faith in the bigger picture and showing up to do the work.

Master or Teacher?

Some Reiki Master Teachers distinguish between the reiki master and the reiki master teacher by offering a reiki level three as well as a reiki master teacher class. Traditionally a reiki master attunement gives you permission to teach, so these are one in the same, you are a reiki master teacher.

Becoming a true reiki master involves teaching others. Every time you teach reiki to another, you will learn reiki more fully and deeply. Every time you attune a student you will be attuned as well, leveling up your abilities and your practice. Having students is kin to having kids, where they are the best mirrors and teachers. They reflect your energy system back at



you so you can more clearly see yourself. It is also one of the most rewarding and fulfilling experiences to see your student graduate!

Ultimately, it is up to you to believe when you have reached the level of reiki master. You will be a reiki master when you have confidence in yourself that you ARE a reiki master. When this happens I would be honored to give you your Reiki Master Teacher certificate. This piece of paper is only to have others recognize what you already have come to recognize within yourself.

Living as a Reiki Master

Being a reiki master is an everyday part of life. It is not about being perfect, but it is about being perfectly imperfect. It is about effort and showing up to do the work. Here is a list of things you can do to live as a reiki master:

- Commit to a regular meditation and reiki routine
- Be willing to look at your higher self and do the work
- Be Humble
- Keep studying, learning, and doing many sessions
- Learn new skills
- Follow your curiosity
- Focus on what brings you joy
- Add more tools to the toolkit
- Learn deeper spiritual healing techniques
- Develop your psychic abilities

You do not need to do all of these things, nor hold so tightly to any of these things that you forget to enjoy life. These are general suggestions to encourage your forward momentum along your path.

Strengthen the aura

As a healer, we are often plagued by over-giving and depleting our energy system. In addition to self-reiki, here are ways that you can keep your energy system and aura strong and full of light:

- Healthy diet
- Exercise
- Resting and sleeping
- Positive thinking
- Breathing deeply
- Spending time outside



- Spiritual practice, prayer or meditation
- Physical practice, yoga, thai chi, qigong
- Non-cluttered environment
- Processing emotions
- Healing body work
- Therapy/Counselor

Keeping your aura strong and your vibration up will help you from attracting low vibration entities. This will prevent you from picking up on unwanted emotions or energies from your clients, but also from other dimensions. Yes, demons, poltergeists, and ghosts exist! The best way to protect yourself from these things is not protection, as protection requires you to lower your vibration to match theirs, but to raise your vibration. As you keep your aura full of light and work on healing yourself low-vibration entities can't even see you! If you stay in this place of love and harmony then these entities will not even exist in your reality!

Reiki to Food and Water

As a reiki master, you now know how to give reiki to anything and everything. I highly recommend you give reiki to yourself at least once a day, but, especially, give reiki to your food and water. While your vibration is going up, our water and food sources are going down in general. Practice giving reiki to your food and water EVERY MEAL. I guarantee this will not only help you to keep your vibration high and your energy system full of light, but it will also greatly improve your digestion. This will help you get the most out of every bite.

When to Refer Out

Part of having an energy healing practice, or dabbling in healing, is to know when you are able to handle a situation or not. There are some things that will inevitably come up that you will not be qualified to handle. For example, as a reiki master you are not allowed to manipulate the physical body of a client. If your client needs to stretch, needs physical therapy, or needs a massage, refer out.

Many of my clients come in with chiropractic issues. Often reiki will release the energy blocks in the spine and the spine will return to its healed state or neutral position. Sometimes it doesn't. Refer out to a chiropractor that can make the physical adjustment after you make the energy adjustment. Do not adjust anyone's bones or diagnose anything without a corresponding license. I might say "My intuition suggests that you might benefit from a chiropractor looking at your C-3."

Spiritual healing and mentoring is very different from counseling. I encourage you to refer clients to a counselor, psychiatrist, or psychologist for any mental issues beyond the energy system. This is often a very sensitive subject and it requires some finesse. Reiki can



dramatically help bi-polar, compartmental, or schizophrenic disorders by understanding and healing the root cause of these, but we are not allowed to diagnose these disorders, not interfere with their treatment.

Reiki works amazing with all other healing modalities, especially Acupuncturist, acupressurists, nutritionists, naturopaths, and other all types of doctors. I legally advise all clients that reiki is not a substitute for a regular health care team, but can partner very well with it!

Developing your Intuition

Intuition is your inner voice of guidance - it's wise, and always wishes the best for you. And it's always present. Intuition is all about "knowing things" - through images, visions, inner voice, dreams and feelings in your heart - you know what must be done. The more you practice Reiki, the easier it is to hear your intuition. And the more you listen to your intuition, the better your life becomes.

The intuitive guidance might come in many forms. For example:

- You may see the place or organ of the body with your mind's eye (in a similar way you can imagine an orange fruit). For example, if you see a kidney, place your hands upon kidneys.
- You may think of an area of the body - within microseconds, the body part will pop up in your head. Place your hands there. For example, if you think of a right leg, place your hands on the right leg.
- You may hear the name of the body part - our mind works in mysterious ways. You may hear the word "lungs" with your inner voice, or you may hear a love song speaking of your heart - so place your hands either on the lungs or on the heart.

You do not have to be in a reiki session in order to develop your intuition. You can incorporate into everyday tasks, such as which grocery store to go to and when to leave for your appointment.

Spiritual Path

Intuition is important, not just for the practice of Reiki, but for your entire spiritual development. A lot of people rely on teachers, masters and gurus, listening to their words. The more beneficial thing to do is to ask yourself what must be done - because you know it. Or should I say, your intuition knows it - you just need to learn how to listen.

By listening to your intuition, you open yourself to the flow of *Kaji* - a spiritual force that guides you through your spiritual growth. It's not the same thing as Reiki. Your intuition guides you to the best teachers, best books, best workshops, best events and experiences, all of which are lessons, meant to help you with your own life.



Listening to your intuition is the best thing to do on the path of spiritual development - whether it's a path of Reiki or some other path. But to do so, one must learn how to put the mind in a state of peace. You can achieve this through a regular practice of the Gassho meditation.

Psychic intuition

Ego and intuition often go head to head, especially in the 3D world where we label things as good or bad. Often things that are not understood are labeled as bad. For no reason other than to avoid stones being thrown from the third dimension or lower, we must ask for permission before we give psychic readings. While you are in a session with a client, or random information comes through while you are meditating on the couch, it is best to ask permission before sharing psychic information. I can almost guarantee that all information coming in is in the highest good of all parties, but how and when we share the information can make the difference between whether it is accepted or rejected.

Most clients, friends, and family are willing to hear the information if you lead with, "Hey, a message came through while meditating. Would you like to hear it?" This can be the difference between them feeling violated or them being open and ready to receive the message. I highly encourage asking permission to give any psychic healing or psychic information. It can avoid lots of problems with a simple step.

When a message comes through, it is important not to interpret the information. For example, if I am giving reiki to Jane and an image of a pink flamingo comes up. As long as I have her permission I will let her know "I see a pink flamingo". She might reply back, "Oh my! That's my grandmother saying hi!" Unless I am very clear that this message is from her grandmother, I should not interpret the message of the pink flamingo. Maybe to me a pink flamingo reminds me of the City Zoo. How is that relevant to Jane's grandmother? Be cognizant whether the message is for your client, for you, or for someone unrelated to either.

Intuition is one of those things that is not absolute. Most commonly intuition is to set us on a heading rather than get us to a destination. The best example I can use for this is that intuition is like a compass heading, or the pathway of our intentions, and our intentions are like the North Star. We might not ever get to the North Star, but we will be guided to walk towards the North Star to reach the destination that is in our highest good.

Because of this, Intuition or psychic information is not always "accurate". Intuition seems to be whatever information I need to know at the time to guide me to take my next step. This means that intuition will sometimes be "right", aka Hits, or "wrong", aka Misses. Sometimes these hits or misses are also because of our interpretation of the intuitive clues. The context and who the message is for is often a big part of the interpretation. If I were to receive the



message of the pink flamingo myself it would mean something totally different than if I knew the message was for my client.

Often, our intuition gives us a small piece of information in the bigger picture. The more practice we have, and the more understanding we have of the bigger picture, then the more clear the intuitive hits will be. Knowledge and curiosity has a huge role in building the framework of your intuitive language. If you are curious about chakras, study chakras, and practice working with chakras, then your intuitive information will most likely come to you in the language of chakras.

The Universe is a place of contrast and duality. Intuition may often show us the worst-case-scenario as well as the best-case-scenario, so that we can find the middle pathway. When information comes to us about the future, this is often the case. It is to prepare us and to help us learn from the extremes, so that we don't have to make the same mistakes. Intuition about the future is rarely accurate when we are trying to read the future as a neutral observer. But the Universe is so amazing that we can be a co-creator of the future and have a more accurate investment in the future. If we have hope for the best-case-scenario of the future then we can influence the current moment to help create this future. Sometimes the difference between the healed state and pain and suffering is hope for the healed state.

Vibration

At some point along your journey you will come to realize that everything is merely energy and vibration. We have talked alot about energy so far, but not a lot about vibration.

Imagine that you are a clarinet. When wind passes through your instrument you play the sound at the vibration of a musical note C.

Maybe all of your best friends are playing different instruments, but they are also playing the note C. Or they might be playing notes that are harmonious to your C, such as other notes on the C major scale. When you play these two notes together then they sound great! This is called resonance.

Maybe your neighbor or coworker whom you can't stand vibrates at a B, a half-note below you. If you play a B and a C at the same time, it sounds awful! Like nails on a chalkboard. This is dissonance.

Over time your vibration slowly raises or lowers based on life-choices and level of awareness. Ideally your friends and family would be raising or lowering their vibration at the same rate. Sometimes this is not the case. At one point in life Jane might be your best friend. At another



point in life hanging out with her is like nails on a chalkboard. Sometimes our vibration ebbs and flows in relation to our relationships. Maybe this month I'm raising my vibration, maybe next month they are raising their vibration. Maybe some months you are on the same vibration and maybe sometimes you two are dissonant. This process is very natural.

When you learn reiki, and show up to do the work, It is highly recommended to help your relationships to do the work as well. This will help them to grow as much as you so that your vibrations don't become dissonant and you get to keep your friendships, even as you grow, heal, and evolve.

Entrainment is another term that you might come across. This is when a weaker energy system changes its vibration to match a stronger one. This can happen in a few different situations. Let us say there is a party where everyone is having fun. If you want into the party it is much easier to be happy than grumpy. There is a strong energy helping you to be happy. Similarly, if you are happy and walk into a party of grumpy people, there is a good chance that you too will become grumpy.

But let's say that your energy system is very strong, your aura is full of white light, and then you want into a grumpy party. There is a good chance that you will be the "life of the party", and pick the party up to a higher vibration. The party and the other attendees modulate their energy system to match yours.

Changing your vibration can happen through intention. In general, raising your vibration requires you to bring your awareness to the present moment (root chakra), connecting to Source (crown chakra), and opening your Heart (heart chakra). To raise your vibration even more you can balance all of your chakras and to focus your mind on things that bring you joy and happiness. If you do this often enough it becomes easy and is very blissful to stay in the present moment.

Even inanimate objects have vibration. Even water can have various vibrations based on its interaction with its environment or its contaminants. Food, especially, has a crucial role in our vibration. It is best to eat foods that match or raise our vibration. With the huge quantity and availability of lower-vibration foods, such as heavily processed foods or fast foods, as well as conventionally grown produce full of pesticides and grown in nutrient-depleted soil, it becomes increasingly difficult to find foods that raise our vibration. I recommend following your intuition in the vibration of foods before you consume them. As a general rule of thumb, local and organically grown foods are going to support your vibration better than imported or conventionally grown foods.

This is true for all things. Try to be conscious of where things come from, what processes it goes through to get to you, and what intentions are placed upon it. A hand-stitched wool

jacket from the farmers market is often much higher vibration than a designer label coat from a sweatshop in a third world country.

As you become more aware of vibration and frequency you will be more able to make better conscious decisions about all of your choices in life, from water and food to friends and clothes, and everything in between. Just remember, it is not about being perfect, but about making conscious choices that are in your highest good. Sometimes fast food or a glass of wine or a jacket from a sweatshop is in your highest good. Trust in the present moment and your intuition to make the best decision with the information that you have at the time.

Directing the Consciousness

I find it incredibly profound when I can engage the consciousness of a client during a healing session. Whenever we can co create together our outcomes are often exponential, compared to us doing the same work apart. This might be why group activities are so powerful. In the consciousness world one plus one does not equal two, it is closer to four! Consciousness multiplies exponentially. Can you think of a group activity where the results were absolutely amazing?

With that being said, there is a great responsibility that comes with directing consciousness. It is all too common to see peaceful protests get out of hand or crowd mentality escalate. When you can surrender to the present moment and the higher self, then go for it! You can make dramatic and amazing changes! If you are not able to surrender to the present moment and the higher self it is better to limit engagement.

For example, if you are working with a client who is healing from PTSD, during an energy session it might come up. Maybe you can see what the trigger is, can help them see the trigger, and guide them through the healing process. You might say things like, “I encourage you to follow that thought” or “What is happening for you when that comes up”. You might also direct them to connect their root chakra and to feel safe before thinking about this traumatic event. I assure you that I am not a counselor, and I know very little about the human psyche. But what I do know is how to follow higher guidance to help someone heal. I somehow have the gift of channeling messages from Source in real time to help someone take their next step on their path of healing.

Please, do not make stuff up. Know your own limitations. Only direct the consciousness if you are connected to a higher source.

Use Caution

If you are not 100% sure about the energy of the words that you are using, do not say anything! It is better to have a silent session than to say something that damages the consciousness or ego. If you are completely in-tune with your higher self and channeling a source of light, then go with the flow. Do not translate, interpret, analyze, or process. This can be harmful to the consciousness.

Use Gentle Words

Here are some suggested words that are generally safe in directing the consciousness: melt, soften, relax, allow, surrender, move, direct, send, receive, give, connect, release, imagine, change, love, light, harmony, resonate, remove, gently, softly, subtly, ease, safe, bliss, joy, comfortable, melt into, relax into, dissolve, stitch, repair, leave, ascend, depart, human, solution, good, adopt, celebrate, energy, energized, healthy, balanced, let it go, ascend, transition, pass on, heal, pass, clear, free,...

All of these words are generally positive or neutral. Try to avoid words that are generally negative or have bad connotations.

Imagination

Directing your client's Imagination can be a great way to help them heal. For example, if your client has been betrayed it may look like a stab wound in their heart. You can direct their imagination to help you stitch up their wound with a needle and thread made out of light.

Positive affirmations

Engaging the mind with positive affirmations can undo many negative beliefs. I often encourage affirmations to engage the consciousness. One of my mentors highly recommends "What if..." questions. For example, "What if I love myself", "What if I am in the healed-state", "what if I feel fulfilled right now", etc. Other affirmations work amazingly too such as "I am safe, I am here, I am connected", or "I am loved, adored, and cherished." Ultimately, whatever affirmation resonates with you is going to be the one that is most effective for you. For some reason the affirmation "I am a special unicorn" encouraged me to laugh and feel magical!

Be Passive

When giving intuitive feedback, it is always better received when you share the messages as a perspective, rather than a know-it-all. Using words like I see, I feel, I sense are a passive approach to sharing information. For example, I might say,

“Intuitively, I see a yellow balloon” rather than you telling them “You need a yellow balloon.” Much of our psychic information cannot be validated or proven, and because we are not certified to diagnose any medical conditions, we cannot use words that are definitive. This passive tense helps us save our practice.

Ask Questions

Ask questions rather than give statements. For example, “Do you clench your teeth?” instead of telling them “You clench your teeth.” The former can easily be validated while the latter can easily be negated.

Psychic Surgery

Often during energy sessions we will be guided to repair the energy system, the physical body, or some part of their higher self with some surgery. Only do this when you are in tune with your higher self or have a clear connection with your intuition. If you are guided to do any surgery of any kind, use instruments made of light. I simply use my intuition to pretend that I am holding something made out of light plus consciousness. You might use a needle and thread made of light to stitch up an old karmic wound. Set the intention that it will dissolve when it is no longer needed.

Do not install tangible things in the body “we are putting a metal gasket into your heart chakra to keep it open”. Your intuition would never direct you to put something heavy or tangible into a body unless you are a 3D doctor. Use only things that are non-tangible or are soft and malleable. This is very real! Do not do anything with your imagination that would harm a person in the real world. Do not cut, slice, splice, remove any tissue, muscle, organs etc. Our imagination is just as powerful, if not more powerful, in creating our present reality than the 3D world itself. Keep this in mind when you are doing psychic surgery. Use only things made of like or are soft and malleable. I will sometimes refer to things as orange wax, warm water, or flexible silicone. When possible use things made of light.

Check the Work

Whenever I have finished a session, I always double check my work. The most important things are that the client’s chakras are balanced and their heart is overflowing. It is a disservice to your client if you leave them imbalanced or with their heart depleted. Sometimes I have allowed my sessions to go beyond the allotted time so that I can check my work and to refill their heart.

Sometimes during a session you will refill someone’s heart chakra, but there is a leak that you didn’t catch. If at the end of the session you double-check to make sure their heart is full, and



it is already depleted, this tells you that they have a leak in their heart chakra. Repair the leak, refill it, then check again to make sure their heart chakra is overflowing!

Guides

There are many types of spiritual allies to help us in healing ourselves and others. You might be drawn to a specific type of guide. Not all of these will be accessible to you. I am personally drawn to my spirit guides and Healers.

- Spirit Guides
- Teachers
- Project guides
- Emotional guides
- Spiritual directors
- Protectors and guardians
- Gatekeepers
- Working Guides
- Healers
- Angels
- Ancestors
- Soul family
- Masters, Saints, Prophets
- Power Animals
- Earth Spirits
- Earth Elements
- Fairies
- Pure Energy Beings
- Light beings
- And many more...

Channeling

There seems to be two main ways of receiving information from higher dimensions: Downloads or Channeling.

Just as it sounds, downloads are like downloading a large file from the internet. Sometimes you have to unpack, translate, or decode the information before it is readily accessible.

Channeling is more like streaming a movie on Netflix. It is a constant stream of information that you have access to through intention. The source of the channel might change, as well as the channel you are receiving on. Initially when you channel you might only get bits and



pieces or are only able to channel for a few seconds at a time. With practice you can channel for up to days at a time.

Student for life

As a reiki master, you agree to practice for life! This means you will always be learning. And if you follow your intuition, you will always be guided to the right books, workshops, videos, etc. to learn exactly what you are ready to learn. As long as you are willing to look as yourself and to know that there is always something more to learn, grow, heal, or evolve, you will be on your spiritual path and be worthy of the term master. Follow your curiosity, and encourage your students to do the same!

Healing Order

Over the years, I have found myself developing an order on healing myself or others. Most of my time my intuition follows this general outline:

I am connected to reiki at all times

Periodically attune yourself to reiki to increase the volume of your connection

I am me and I release anything that is not me.

I release all energy cords that are not in my highest good

Do not cut, Plug them into Source

I am grounded in all dimensions

If not, ground the energy system with the root chakra

I am connected to the bigger picture in all dimensions

If not, connect the energy system with the crown chakra

Earth energy can get up to the heart in all dimensions

If not, clear the blocks in the lower chakras, pillar of light, or the Earth-energy channels

Source energy can get down to the heart in all dimensions

If not, clear the blocks in the upper chakras, pillar of light, or God-energy channels

My pillar of light is clear in all dimensions

If not, clear the blocks

All of my chakras are balanced in all dimensions in all directions

If not, go through the chakras one-by-one

My heart is overflowing in all dimensions

If not, check for blocks, burdens, leaks, wounds, grief, etc,

Check for and remove burdens, especially:

Emotional burden: chest

Physical burden: shoulders



Deep-seated emotions: pelvic bowl
 Grief: heart or pelvic bowl
 Check for and release fasciae:
 Worthiness: tip of sternum
 Identity: Third chakra, stomach, ribs, core
 Compassion: heart, chest, ribs
 Worthy of God: crown of head
 Worthy of being here: tailbone
 Check for heavy, dark, or damaged spots in all dimensions
 Trauma, negative emotions, or limiting beliefs
 My heart energy is flowing in all directions:
 Self (out the front and around to the back)
 Others (hugging others and receiving a hug from others)
 Being here
 hugging God and receiving a hug from God
 Hugging the Earth/Universe and receiving a hug from the Earth/Universe
 My giving and receiving pathways are clear
 Place hands together and send energy from your heart down your right arm, right hand,
 into your left hand, left arm, and back into the heart. Complete the circuit.
 My entire Self is full of light in all dimensions
 Filling our "bubbles"/bodies with light
 The center of my Self is aligned to the center of my heart in all dimensions
 My awareness is seated in the center of my heart
 My awareness is expanded to include all of me
 My third-eye lenses are focused on- and cross the center of- my pineal gland
 My third-eye is tuned to the frequency of my highest good.

If everything feels balanced, see if the heart is ready to expand
 Heart breathing and expansion meditations
 After expanding the heart, upgrade pillar of light and all chakras
 It is common to upgrade root, crown, and third chakra every time the heart expands

Healer Ethics

Receiving Money

If this is a gift to humanity, then how can I charge money for it? Money is how we exchange energy in today's society. Without an energy exchange of some sort then the healer can't keep healing and the client won't receive the healing. It is necessary to receive an energy exchange.

Value Yourself

Reiki, although is not always tangible, is life changing. You are helping people heal. Make sure you are valuing yourself, your time, and your services. If you do not value yourself then you will attract people that will not value you.

Healing Everyone

With reiki, you can help everyone heal, but not everyone wants to be healed. They have free will. Respect their wishes. No means no. Using reiki on someone without permission is a form of psychic attack.

What You Do With It

Learning reiki and having access to reiki knowledge is not enough. Use it! On your self, on others, on the Earth, on the entire universe! It is not about having the energy that makes you a master, but what you do with it.

Reiki is Permanent

Once you get the attunement you will always have access to reiki energy. It is possible to get an un-attunement, but it is like turning off a light-switch. That switch has already been wired and installed, it will always be there, just waiting for you to flip it back on.

Student Teacher

A student is placing their trust in you as a teacher. Especially during the attunement process. Do not place other symbols, such as an obedience symbol, or any other energies without their permission prior.

Teaching Reiki

Giving Attunements

Many perform a ritual for the attunement ceremony. Some rituals are very advanced and intricate. Some are more simple and subtle. Most reiki masters do whatever ritual their reiki master taught them, or the way they themselves were attuned.

Keep in mind what is an appropriate amount of ritual that is comfortable for both you and your students. I see very little point in a 10-hour ritual. A 10-minute ritual has the same result. Sometimes excessive rituals will deter future students and might be uncomfortable to your current students. I recommend that you do as much “ritual” as you need to in order to get your intention to the right level. Sometimes feathers, drums, sage, water, rattles, chants, and headdresses in one attunement can be too much or overwhelming. Keep it as simple as needed for your attunement to be effective.

Traditional Method

Traditional attunements follow precise rituals designed by some of the earliest reiki masters. They are very specific on how to sit, which symbols to use when, and what words to say. There are several traditional reiki attunement rituals. I can provide for you the complete

Simple Method

This might be a simplified version of the traditional method, focusing more on following your intuition and higher guidance, rather than performing every step perfectly of a long and elaborate ritual. This is often referred to as the direct intention method.

Remote Attunements

Can be performed just like remote energy healing, over the same channels and pathways. Can be done through direct intention individually or as a group. If you do it as a group healing, make sure you double check the attunement with each student.

Other Attunements

Each reiki master will attune their students slightly differently. My reiki master attuned me with a large group attunement, but individually having us access kundalini energy. It was very different from traditional reiki, and it is a system that I currently do not use to attune my students. I would be happy to share this attunement process with you if asked.

Attunement Detox

It is important to tell your students about detox symptoms. Encourage your students to limit the detox side-effects by:

- Drinking lots of water
- Adding Lemon or mineral salt
- Getting lots of Sleep
- Taking a Bath- epsom salt and/or baking soda
- Sweat it out - sauna, steam room, or running
- Gentle walking
- Fiber in your diet helps bind to the toxins
- Limit intake of toxins (food, air, water, environment)

Encourage your students to ask for help if they are struggling with detox symptoms. Ask them to schedule a session with you. If the detox is major or is persistent encourage them to get medical care. It could be something unrelated.

Printable Symbols







Raku

Lightning Bolt Symbol . The Completion Symbol . Grounding After a Session





大
空
明

Dai Ko Myo

Great Enlightenment . Inner Knowledge and Truth . Healing the Soul



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