



# Traditional Japanese Reiki



# Second Degree

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### **Jumon and Shirushi - Reiki Symbols (concepts)**

**The Reiki symbols are a combination of pictograms (images) and mantras (words),** just like a series of letters in the alphabet combine to make words.

The combination of pictures and words creates intentions and concepts.

**The symbols engage our five senses to clarify intentions.**

When working with the symbols, first meditate with each one until you can sense and feel the unique vibration and energy of each one. This could take some time before you feel comfortable and are able to recognize each one clearly.

**The power of the symbol is in the mantra and meaning;** it is not the symbol itself that holds the power, just like a rabbit's foot or a lucky charm does not hold the magic.

**It is the thoughts and actions, as well as destiny, that create the outcomes.**

Many try to manifest outcomes by using affirmations (mind over matter), this is only working with thoughts and statements.

**Reiki Afforematons, precepts and symbols** work energetically on many levels and dimensions to create the momentum of the inspired actions that create your reality.

**Reiki is about aligning to the frequency of that which you desire and** allowing life to unfold as it is meant to, with no attachment to the outcome. It is about having clear intentions or visions, but it also leaves the doors open for infinite possibilities to show up for you.

When manifesting, you are only working with what you physically know and desire currently, it does not allow for that which you are not yet aware of or know exists.

**Reiki is about inviting happiness and good health into your life, regardless of what that is.**

**Reiki is being comfortable embracing the unknown and trusting all will work out perfectly.**

# Symbols



- *AFFIRMATIONS,  
the way they were written in 1890`s*
- *The ESSENCE and FORMULA of REIKI  
founded by USUI*
- *The KEYS to using and passing on  
this HEALING SYSTEM*
- *All things PROFOUND  
and life affirming are SIMPLE,  
REIKI is an extremely simple method,  
comprised of essentially symbols*
- *Symbols are made of PICTOGRAMS and  
present CONCEPTS, just like a series of letters  
of our alphabet make up a word concept*
- *Japanese give a NUMBER to each symbol,  
a NAME, and a MANTRA to be  
repeated three times*

- *The number and name of the symbol  
ESTABLISH our INTENTIONS*
- *The symbol ENGAGES our FIVE SENSES  
to CLARIFY INTENT*
- *The MANTRA is a tool to clarify our intent  
at a DEEPER level as  
the SOUNDS VIBRATE within our body*
- *The MANTRA is ALWAYS  
repeated THREE times, or  
in MULTIPLES of three*
- ***SYMBOLS ARE SACRED NOT SECRET***
- ***ALWAYS TREAT SYMBOLS WITH  
RESPECT, THEY ARE SACRED  
REPRESENTATIVES OF A  
VERY ANCIENT ENERGY.***





## Use of Symbols

Symbols direct Reiki Energy to the following....

1<sup>st</sup> Symbol .... **Physical body in healing**

*Activates general available energy.*

*Used wherever energy is lacking ie body treatment*

2<sup>nd</sup> Symbol .... **Emotional body or Subconscious**

*Adds a quality of harmony, peace and balance to the etheric body ( chakra system ) and is used for emotional healing*

3<sup>rd</sup> Symbol.... **Mental body or the Conscious mind**

*Works at a mental level. It opens up intuition and strengthens the ability to "see" It is connected to the Third Eye (6<sup>th</sup> chakra) and is used in distant healing, when energy and thoughts are sent to people who are physically absent*

Use SYMBOLS when you feel they are needed,  
let your intuition guide you

SYMBOLS must be memorized so you can draw them  
exactly as they appear and know the mantra and meaning.

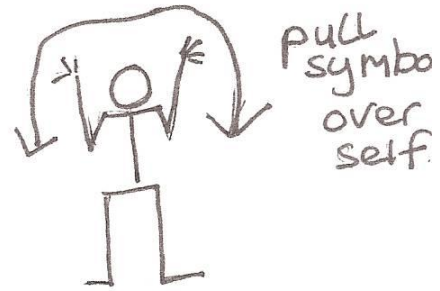
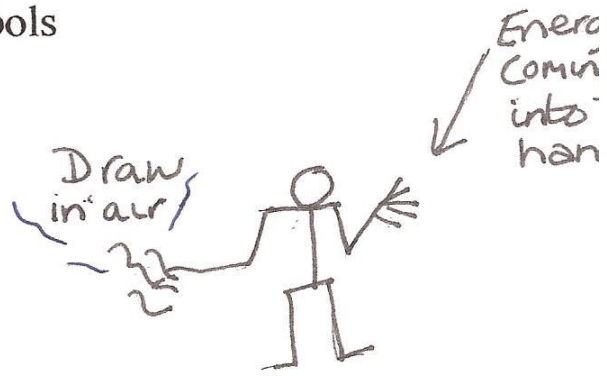
Say them by name in your mind,  
visualize them as clearly as possible.

Practice drawing them with your hands in the air.  
use whole hand not a finger.

The Chakras from which energy flows are primarily  
in the palms of your hands.

## Use of the Symbols

- 1 Centre yourself
- 2 Hold left hand with palm face up, elbow close to side
- 3 Draw the symbol in the air in front of you with right hand
- 3 Pick it up and pull it over your head with both hands
- 4 Repeat the mantra 3 times
- 5 Say the meaning



- At the beginning of a session, when working with a client or a friend
- a) Draw the Power Symbol in front of you, pick it up and put over your head
  - b) Draw the appropriate Symbol in the air in front of you, pick it up and pull it over your client or friend

*Note: If the client can see what you are doing, mentally draw the symbol and mentally pull the symbol over yourself, then mentally draw the symbol and mentally pull over your clients head as you gently lay your hands on your client or friend.*

*Sometimes clients get worried when they see these actions. They do not need to see them, or... they may perceive them to be ritualistic and worry "what are you doing"*



# #1 Symbol      POWER

Mantra              CHOKU REI

Meaning            I command the Rei (I command MY UNIVERSE)

Likely Pre-Tibetan origin, from the country of Bon.  
( a culture 40,000yrs before Christ)

Can also mean... beginning, the first step, the first experience  
Or the light switch

Always..

pull it over you  
to empower yourself in any situation,  
at the beginning of the day or  
at the beginning of a session



Use to assert yourself.

Only Universe you can control is your own

Driving..."traffic is perfect for me"

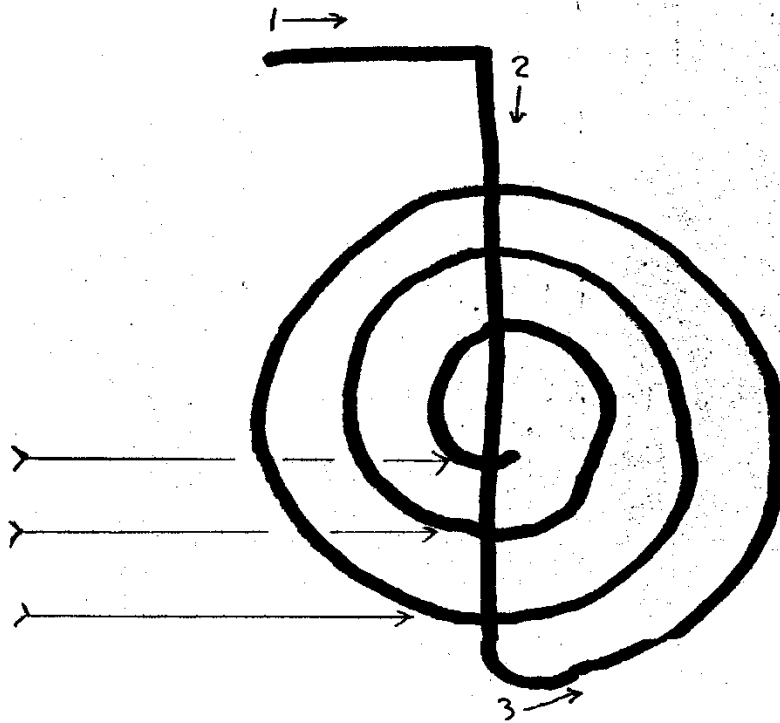
Before a meeting, do Choku Rei to empower yourself.

Power to the mantra NOT the symbol,  
( *if give to symbol, you give the power away*)

Say Mantra x 3    Meaning x 1.    (3 times, takes you out of duality)

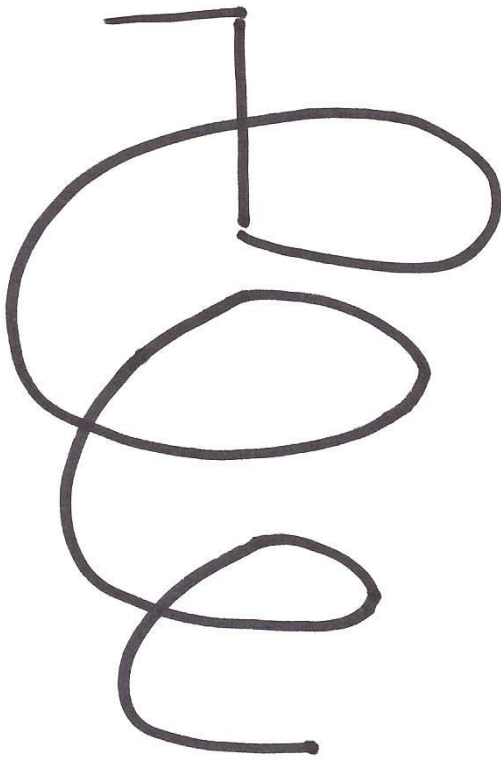
Say Mantra x 3 as you draw the symbol  
Then say Meaning x1

**#1 Symbol - POWER**



**Choku Rei**

We create ENERGY as we speak  
WORDS are ENERGY frequencies.



3 DIMENSION

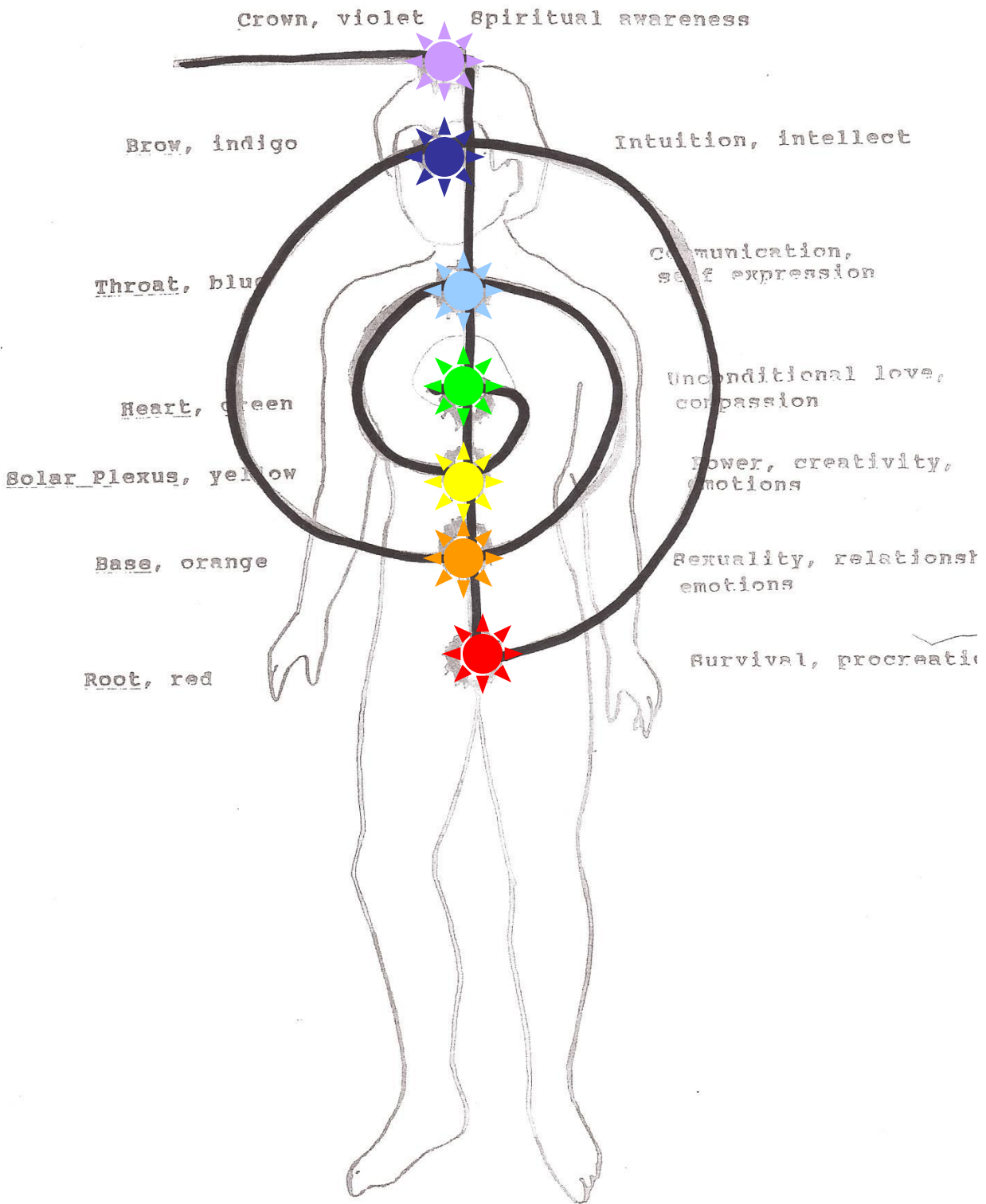
Anti clockwise releases .

Clockwise brings in the energy .

↑ pull up from the ground

↓ pull down from the Universe

7 MAJOR CHAKRAS





### **The first symbol, Cho Ku Rei, is the Power Symbol**

The most foundational of all the symbols  
that is sometimes translated as  
"Place the power of the universe here."

Some students draw this symbol  
over a part of the body to amplify energy,  
and to intensify healing there.

Some practitioners draw or visualize it  
at the start of a session  
to "switch on" the flow of Reiki.

#### **The power is "Self-Empowerment."**

It is not power over others.

**It is Standing Strong in the TRUTH  
of WHO you are at HEART.**



## **Standing Strong in Who You Are; Fully Empowered.**

**Standing in your own power means BEING TRUE to WHO you are,**  
making choices from your own values and sense of self  
rather than from fear, approval-seeking, or the expectations of others.

**It's the difference between living reactively  
or living from a heartfelt, consciously chosen response.**

**It matters because when you don't stand in your power.**

It diminishes you, depletes your energy, and causes conflict within.  
Saying yes when you mean NO, shrinking to avoid conflict.  
Being driven by fear, rather than KINDNESS and LOVE,

**What it looks like from the outside is often quieter than people expect.**

It's the person who speaks calmly, clearly, and confidently.  
Doesn't feel the need to over-explain, defend, or prove anything.  
Disagrees without becoming defensive or triggered.  
Doesn't scramble to fill a silence or seek reassurance after saying something true.  
Simply walks away from things that diminish them, without any drama.

**What it feels like on the inside is a kind of settledness.**

A groundedness in the body rather than a spinning quality in the mind.  
It is the stillness within, "The still point" or place of neutrality.  
It feels like knowing where you end and someone else begins, "The Bubble"  
Like your "yes" means something because your "no" is real.

**In energy terms,** standing in your own power means your energy field is  
coherent and congruent. You feel calm at your very core.

You are fully self-aware, in the moment, and consciously choosing  
how you live your daily life. **JUST FOR TODAY**

**The most important thing: it's not a destination. It's a practice of returning.**

You drift, you give yourself away, you people-please — and then you notice,  
and you come back. **The observing, witnessing, and noticing is THE POWER.**



# # 2 Symbol HARMONY

Mantra SEI HEKI

Meaning Balance and Harmony

Likely Sanskritic, one of the Indic languages developed directly from Sanskrit or the older Vedic.

( Vedic, of or related to Vedas, the language with the Veda or Hindu history is written between 1500BC and 500BC )

Only... drawn on the head

Use for emotional harmony  
at the beginning of a session or as it is needed.



The symbol aligns the upper chakras

Reiki energy goes to where healing is needed, to every level of physical, emotional, mental, and spiritual bodies. By using the Sei Heki, the emotional aspect is specifically addressed and this often is the key to the healing

Sei Heki can be invoked for protection and purification,  
to clear negative energy,  
to guard a room against negative emotions.

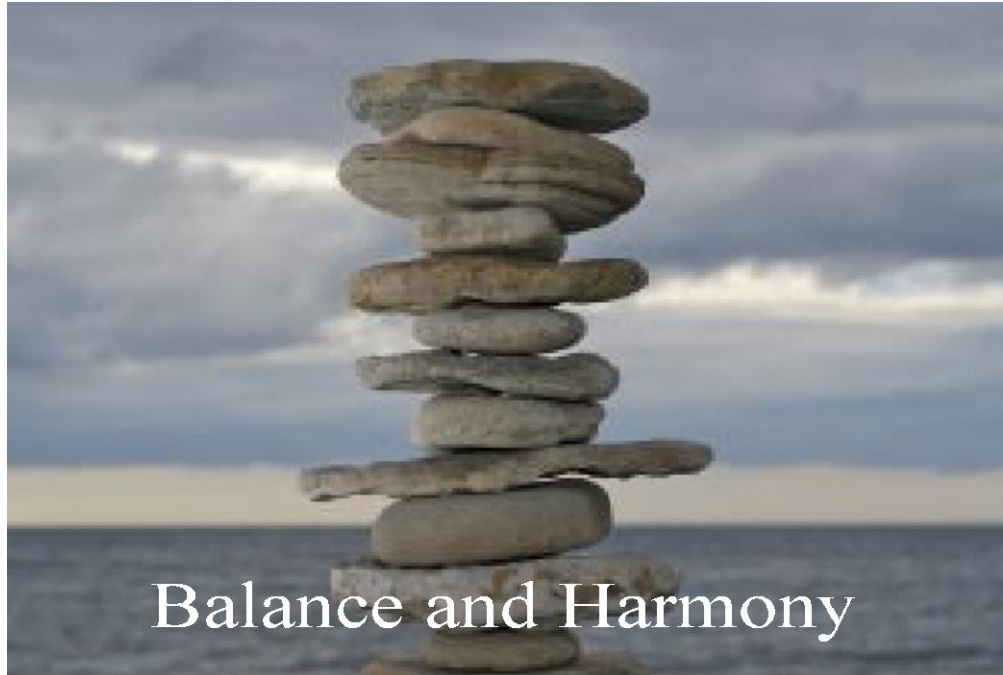
Power to the mantra NOT the symbol,  
( if give to symbol, you give the power away)

Draw the symbol first, then say Mantra x 3, Meaning x1

**#2 Symbol - HARMONY**



**Sei He Ki**



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**The second is Sei He Ki, is the Emotional Symbol.**

**Its name means something close to  
"The earth and sky meet."**

This symbol works both on the mental and emotional layers of a person.  
The awareness it creates, helps to release old patterns,  
heal emotional wounds, reduce anxiety, and support mental clarity.

It creates a sense of CALM and EASY FLOW,  
As it brings everything  
back into balance and harmony, back to PEACE.

**Balance and Harmony align with the precepts –  
“inviting blessing happiness” and “the spiritual medicine of many illnesses.”**



# Creating and Restoring Balance and Harmony within.

This is about your relationship with yourself,  
others, and the world around you.

It is knowing who you are,  
recognizing when something feels off or out of alignment.

**It is not about everything being perfect;** it is about being able to navigate anything that presents in life, without being pulled too far from one's own truth.

**When things are in balance and harmony, life has a quality of flow rather than friction.**

**It matters because without balance,** a person can be stuck in a situation, a relationship, or a habitual pattern. Working too much without a time-out to play will take its toll. Balancing SELF, life, family, work, health, and play can be a challenge, but it is essential.

**The body signals it first:** fatigue, tension, illness.

**Then the emotions follow:** anger, resentment, emptiness, overwhelm.

**Imbalance is the soul's way of pointing at something that needs attention.**

**What it looks like is a life where rest is as valued as effort.**

Giving and receiving move in both directions as an energy exchange.

You can be fully present in one moment without the next moment already pulling you out of it. Being present with presence is empowering. **JUST FOR TODAY**

It looks like boundaries that aren't walls, and openness that isn't self-abandonment.

**What it feels like is spaciousness, which is comforting and nurturing.**

It feels like enough, not perfect, not complete, but genuinely sufficient in this moment.

There's an ease in the body, a quiet in the mind that isn't emptiness but rather a kind of clarity. **It feels like calm within the chaos, and you are at peace.**

**Restoring Balance** isn't adding something new;

It's removing what's in the way of what was always there.

**Harmony** is less something you achieve  
and more something you keep returning to.

Like tuning an instrument, not once, but as a daily, gentle practice of listening to what's off, and making small adjustments before small drift becomes a large fracture.



# # 3 Symbol      DISTANCE

Mantra                      HON SHA ZE SHO NEN

Meaning                    My spirit sees your spirit

Kanji

Only drawn..... to bring forth a person living or deceased  
such as for distance healing or to bring a situation  
past or future into the present.  
Connects with the higher self, to events in the past or future.  
or to prepare for a future event or to clear the past.



The Hon Sha Ze Sho Nen is

... the energy that transmits Reiki Healing across distance,  
time and space.

...an entrance to the life records of each soul, and therefore  
its most important use is healing karma.

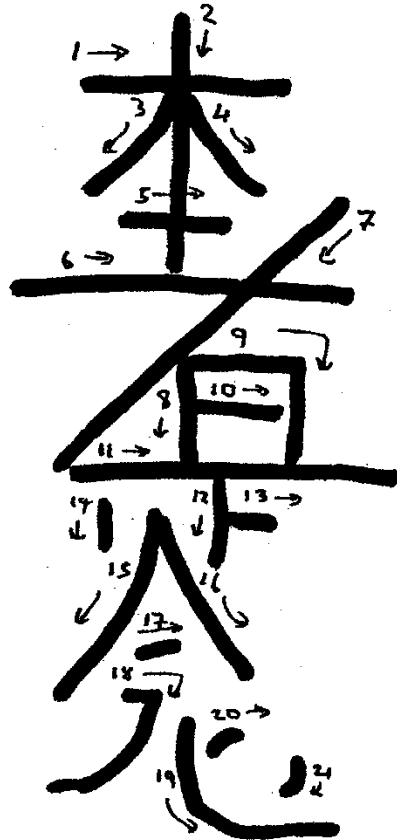
...it heals the past, present and future  
in this and other lifetimes

Power to the mantra NOT the symbol,  
( *if give to symbol, you give the power away*)

I AM - able to communicate through time and space  
in all directions, and on all levels of being.

Draw the symbol first, then say Mantra x 3, Meaning x1

**#3 Symbol - DISTANCE**



**Hon Sha Ze Sho Nen**



**Reiki Energy is always available**

**Just reach out to connect  
or  
Just THINK and BE Reiki**

**It travels through time and space  
through all directions,  
through all dimensions,  
through all levels of consciousness  
and on ALL levels of Being**

# #3 SYMBOL - DISTANCE

本

HON  
Book,  
source,  
origin.

者

SHA  
Person.

是

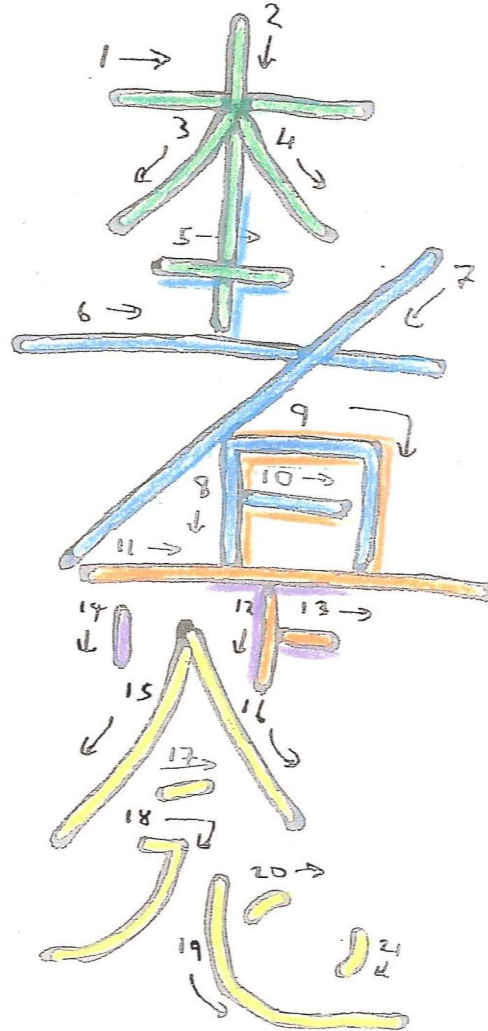
ZE  
Right,  
just.

正

SHO  
Correct.

念

NEN  
Thought,  
idea,  
wish.



Hon Sha Ze Sho Nen

Origin of Pure Thought



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### **The third is Hon Sha Ze Sho Nen, the Distance Symbol**

It is often considered the most mystical.

This symbol transcends time and space, allowing a practitioner to send Reiki healing across physical distance, across time (to past trauma or a future event), or to people who aren't present.

It's activated before connecting to a distant recipient.

Most practitioners only use it for sending Reiki to others only, **but it plays a major role in Self-Reiki and self-healing.**

Connecting to this symbol is like using a telephone

In that we don't have to know how it works to be able to communicate.

We just know it works.

Trust is an important element of this symbol.



## Communicating through time and space.

**Hon Sha Ze Sho Nen, the Distance Symbol  
is perhaps the most philosophically profound of the symbols.**

**Its importance lies in what it implies:  
that healing is not bound by physical proximity, and that time and space  
are not the barriers we experience them to be in ordinary life.**

**The core teaching embedded in this symbol is  
that at the deepest level, we are not separate.  
We are ALL the same energy in motion.**

The name translates roughly as "the Buddha in me recognizes the Buddha in you"  
**An acknowledgement that beneath the surface of individual identity, there is a shared  
field of consciousness that is infinite.** This is why the symbol opens the possibilities of  
communicating without limits, and why Distance Reiki works across a room, country,  
or across decades of a person's life. **Reiki is limitless in its potential.**

**Its importance in practice is enormous.**

It means a practitioner can send healing to someone in a hospital, to a relationship that  
is strained, to a past trauma that still echoes in the present, or to a future event that  
feels daunting, a surgery, a difficult conversation, an exam, or a difficult challenge.  
Healing doesn't have to wait for the body to be present in the room.

**On a personal level, this is one of the most beautiful, kindest gifts to SELF.**

**What it feels like**, both to give and receive, is often described as a sudden warmth or  
shift in the chest, a sense of being held or hugged from a distance, or an unexpected  
wave of calm that arrives with no obvious cause.

Recipients frequently report feeling the session without knowing it had begun,  
which is one of the more quietly remarkable aspects of working with this symbol.

**In a wider sense**, Hon Sha Ze Sho Nen is a reminder that love, intention, and care are  
not limited by the physical. That is both its practical use and its deeper gift.





## Hon Sha Ze Sho Nen — The Interdimensional Self Beyond Time and Space

**Hon sha ze sho nen- as Self Journey.**

The original Usui teachings of  
ORIGIN of PURE THOUGHT.

### **First, What Is Being Dissolved?**

Before exploring how this symbol opens the self to timeless connection, it is worth naming what it dissolves: the **small "I"**, the identity assembled from memory, fear, story, and habit. This **is the ego-self** that believes it is located at a specific point in time, in a specific body, with a specific past. Hon Sha Ze Sho Nen is the invitation to **set that construction down**. Freedom ... To Be **"FREE of ME"** Free of limiting thoughts.

### **Hon Sha Ze Sho Nen**

What it really means: ***"My original nature is pure mind."***

It's not about sending energy somewhere.

**It's about returning to who you truly are  
before your ego, your stories, your wounds.**

## **Pure Thoughts, No Ego**

**Your ordinary mind** is constantly busy — judging, worrying, remembering, planning. That is the ego-mind. It creates the feeling of being a small, separate "me" stuck in time.

**Pure mind is what exists *underneath* all that noise.**

When you let the mental chatter go, what remains is open, clear, and free.

**That is your original nature.** That is what this symbol points to.

## **Beyond Time and Space**

Time and space feel real because the ego creates them.

"I am here, not there. I am now, not then."

**But in pure awareness — no ego, no chatter — those walls dissolve.**

**You are not only this moment.**

**You are a being of consciousness, and consciousness has no borders.**

This is what "interdimensional" actually means — not science fiction, but the simple truth that your awareness is not trapped in a single point.

## **For Your Own Inner Journey – Returning to Natural State of Pure Mind.**

When you turn this inward for self-healing, three things become possible:

**Meeting your past** — In a quiet, ego-free mind, you can sit with painful memories without judgment. You become a peaceful presence for your younger, hurting self. The charge around old wounds begins to soften. You free yourself from yourself.

**Releasing old patterns** — You don't fix the past. You simply stop fighting it. Pure, open awareness dissolves what resistance could not.

**Connecting to your future self** — The version of you that is already whole and free is not far away. In stillness, that wiser self can guide you — not through words, but through a deep inner knowing.

## ***The Simple Practice***

*Sit quietly. Let thoughts come and go without following them.*

*Rest in the awareness that watches everything.*

*From that stillness, hold whatever part of you needs love,  
past, present, or future,*

*with complete openness and no judgment.*

*You are not travelling through time itself.*

*You are simply recognizing that all of you exists right now, in this stillness.*

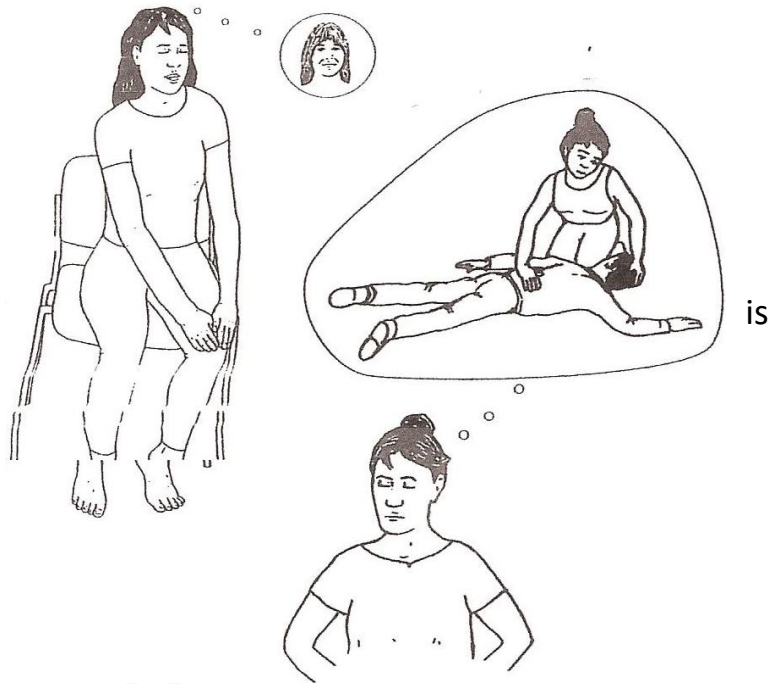
*You are always in this here and now; this is the catalyst moment.*

***That is the gift of Hon Sha Ze Sho Nen.***

## DISTANT HEALING

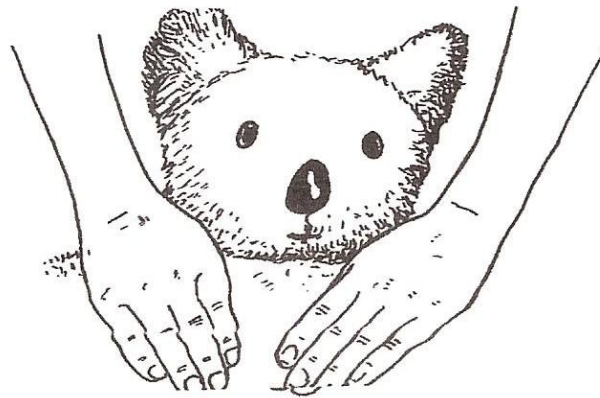
Caution, when sending distance reiki to others, Using your own body not recommended.

**Imagine the person** you wish to send reiki to.  
**Imagine working on** them as if they were present.

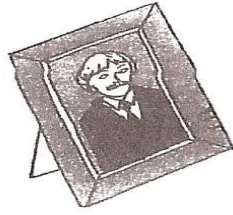


**USE A TEDDY BEAR** to represent a person.  
It most resembles a human body.  
Sometimes you just feel like giving hugs

A teddy bear can be used to give self-treatment,  
or if you wish to have a conversation with yourself



**SHAKE OUT ENERGY WHEN FINISHED**



If you do not know the person...  
Have a picture at the side of you

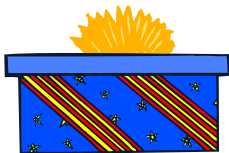


To connect to whatever  
you WANT to connect to you;  
put it in front of you.  
ie future event or past event

Be separate physically and emotionally when doing Distant Healing  
Always disengage... shake bear to release energy

ENERGY GOES THROUGH TIME AND SPACE

ENERGY FOLLOWS THOUGHT



Create your own Reiki Box





## 3 Mantras

1 CHOKU REI -- Power Symbol

I command MY Universe

*I am in control of myself*

2 SEI HEKI -- Harmony symbol

Balance and Harmony

Be at Peace with yourself

*I totally accept myself*

3 HON SHA ZE SHO NEN -- Distance Symbol

My Spirit sees your Spirit

I can connect with anyone alive,  
about to be born, or dead

*My thoughts go through time and space*

# I AM

**I am ... in charge of my own Universe  
I am ... Empowered**

**I am ... totally at peace with myself  
I am... accepting of myself**



**I am... able to communicate within and without.  
I am ... able to connect through time and space,  
in all directions, all dimensions,  
and on every Level of being:  
physical, mental, emotional, and spiritual.**



## Activities with the symbols for yourself.

### **Cho Ku Rei — Power**

Draw the symbol in the air before you, or simply see it in your mind.

**Then place both hands on your lower belly and breathe into that space.**

**This is your centre of presence and agency.**

**Contemplate:**

*Where in my life am I giving my power away?*

*Where am I living from fear rather than from choice?*

*Where do I need to stand strong in my truth?*

**Sit with whatever arises without fixing it.**

Then set a single intention for the day-

*one small act that is entirely your own choice, made from your values.*

Carry that intention like a quiet flame. Empower yourself

### **Sei He Ki — Emotional harmony**

Move your hands to your heart. Draw or visualise the symbol. Breathe slowly.

**Contemplate:**

*What am I feeling beneath the surface today?*

*What old pattern is asking to be seen rather than repeated?*

*Where do I need to Realign myself?*

**You are not trying to resolve anything.**

Simply witness what is there — grief, anxiety, longing, tenderness — and let it be present without acting on it or pushing it away.

Offer it a moment of compassion as you would offer to someone you love.

This is the practice. Empower Yourself

### **Hon Sha Ze Sho Nen — Connection**

Draw or visualize the symbol. **Let your awareness expand**, beyond your body, beyond the room, out into the web of relationships and moments that make up **your life**.

**Contemplate:**

*Where do I need my care today — near or far?*

*Is there a past wound I can send peace to?*

*Is there something ahead I can meet with calm intention rather than dread?*

**Spend a moment sending quiet, wordless care to whatever comes to mind.**

No effort, no dramatic gesture, just a warm, steady attention directed towards it.

**You are both the sender and the receiver. Empower yourself.**



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**Reiki levels 1 and 2 are the foundation of Reiki.**

**The beginning of your Self Journey to You.**

**Reiki has helped me to liberate myself.**

**My Freedom 55 was Free to be me**  
what others thought no longer defined me  
If you like me, fine; if you don't, fine.

**My Freedom 65 was Free OF me**  
I no longer limited myself.

**Set yourself FREE,**  
Spread your wings and take flight.  
BE FREE as a BIRD and Fly

**Consciously creating REALITY**  
**HERE nd NOW.**



## The Sacred Unity of All That Reiki Is

Reiki is not a collection of separate parts.  
The precepts, the symbols,  
the practice of Gassho,  
the profound peace of Anshin Ritsumei,  
the awakening of Satori.  
These are not steps on a ladder,  
each one above the other.  
They are facets of a single diamond.  
Different angles of light refracting the same truth.  
Different doorways into the same room,  
the room you have been trying to find your entire life,  
the room that turns out to be  
the innermost chamber of your own heart.

Let us review them and feel how they form not a system, but a song.

**A complete, luminous, ancient song that the universe has been singing to itself** through the form of every human being who has ever closed their eyes, placed their hands together, and chosen, in the radical simplicity of that gesture, to **remember**.

**Reiki is REMEMBERING.**

## **Gassho**

### **The Gesture That Contains Everything**

Of all the sacred practices in Reiki,  
perhaps none is more simple or more profound than Gassho.

**Two hands, pressed together, at the heart.  
That is all. And yet, in that gesture,  
an entire universe of truth is expressed.**

When the left hand and the right hand meet at the center, something beyond the physical occurs. The two sides of the self, masculine and feminine, giving and receiving, doing and being, the self that faces the world and the self that faces the infinite comes into union.

The division that drives so much of human suffering, the constant negotiation between what we are and what we think we should be. is momentarily, gracefully, resolved.

**In Gassho**, we bow, not in submission, but in recognition.

Recognition of the life force moving through us.

Recognition of the teacher before us.

Recognition of the student within us.

Recognition that we are simultaneously the wave and the ocean,  
the drop and the rain, the particular and the universal.

**Gassho says, without words**, what all the words in all the spiritual texts of all of human history has been trying to say:

**"I see the light in you, because I am learning to see the light in me.**

And in this seeing, in this sacred moment of mutual recognition,  
we remember together what we could not quite remember alone."

**Begin every practice in Gassho. End every session in Gassho.**

**Begin and end every day in Gassho**

**Meet every moment of genuine presence in the inner Gassho  
of a heart that has remembered its own wholeness.**

**For Gassho is not a gesture you perform. It is the posture of the awakened soul,  
hands together, heart open, fully present, fully home.**

## **Satori**

### **The Lightning Bolt of Coming Home**

And then, in a moment that cannot be planned, cannot be forced, cannot be manufactured by any amount of technique or sincerity or dedicated practice, Satori.

**The sudden, complete, total recognition of what you are.**

Not as a thought. Not as a belief adopted. Not as a conclusion reached by careful reasoning. But as a direct, immediate, self-evident knowing that strikes like lightning and illuminates everything simultaneously,.....

**The whole landscape of your being, seen at once, in an instant of absolute clarity.**

**This is it. I am this. I was always this. There was never anything else.**

**Satori is not an experience you have. It is the recognition of the one who was having all the experiences. It is awareness, turning toward itself, and seeing,** with a shock of recognition that is also a shock of the most profound laughter and the most profound tears, that it was never what it thought it was.

Not the wound. Not the story. Not the seeker.

Not even the one who was doing the spiritual practice.

**Pure awareness. Pure love. Pure light. Boundless. Birthless. Deathless. Free.**

In the Zen tradition, they say that before enlightenment, chop wood, carry water.

After enlightenment, chop wood, carry water. **The outer life may look the same.**

**But the one living it has been fundamentally, irrevocably transformed, not into something more, but into the recognition of what was always already the case.**

**The extraordinary thing about Satori in the context of Reiki is this:** you do not have to wait for the lightning bolt. **Every session of Reiki is a small Satori. Every moment of genuine stillness is a taste of it. Every clearing of a block, every release of an old wound, every precept lived honestly, every Gassho offered with full presence, each one is a micro-awakening. A small step of the veil lifting. A brief, beautiful glimpse of the sun that is always shining behind the clouds of the conditioned self.**

**And these small Satoris accumulate. They deepen the grooves of remembering.**

They make the truth more familiar, more accessible, more home. Until one day, in a session or a sunrise or a perfectly ordinary Tuesday, the veil lifts completely.

**And you see. And having seen, you cannot unsee. And having known, you cannot unknow. And having come home, the wandering, beautiful and necessary as it was, is finally, peacefully, joyfully over.**

## **Anshin Ritsumei**

### **The Peace That Needs Nothing**

There is a state of being that Usui Sensei described as the ultimate destination of Reiki practice. He called it Anshin Ritsumei, and its translation carries the weight of an entire lifetime's practice:

**"Complete peace of mind. Finding one's life purpose.  
Living in absolute security, regardless of circumstances."**

This is not contentment. This is not the temporary relief of problems resolved. This is not even the hard-won peace of someone who has done their healing work and emerged calmer and wiser.

**Anshin Ritsumei is the peace of the infinite, recognizing itself as the ground of the finite.** It is the peace that lives beneath all joy and all sorrow, beneath all gain and all loss, beneath all the becoming and unbecoming that constitutes a human life. It is what remains when every strategy for finding peace has been exhausted and dropped, and in that exhausted, humble, open-handed dropping, peace itself rushes in like light through an opened door.

**To live in Anshin Ritsumei is to have found your life purpose,** not as a career or a role or an achievement, but **as a quality of being.**

**The purpose is to be fully, authentically, radiantly yourself.**

**To allow the life force to move through you without obstruction.**

**To be a clear channel for the love and light** that you are, offering it naturally, generously, without agenda, to every person and situation your life brings to you.

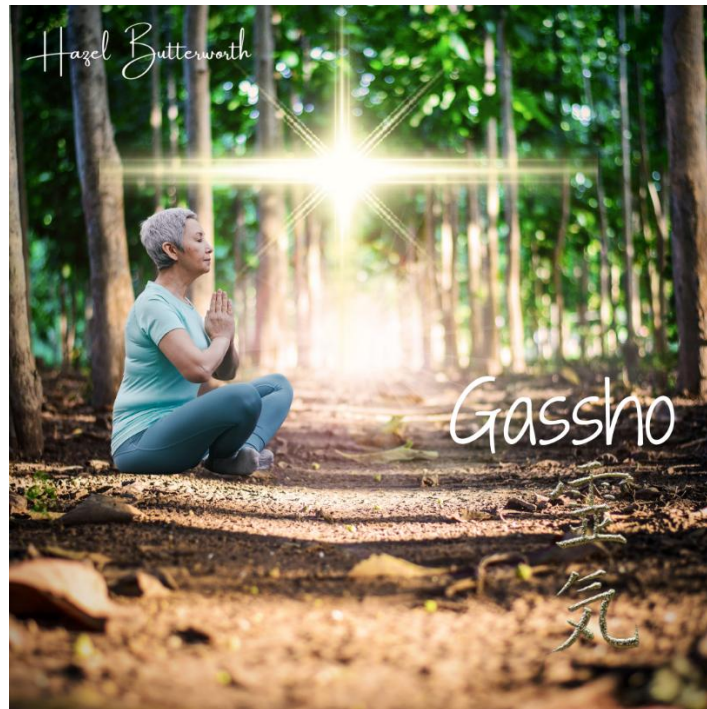
**It is to stand in the middle of an uncertain world with a certainty that has nothing to do with outcomes.** A certainty that is rooted not in having the right circumstances, but in knowing the right self, the true self, the eternal self, the self that is the same yesterday, today, and in all possible tomorrows. **BE YOU consistently.**

**Gassho opens the door to Anshin Ritsumei**

**The precepts point towards it.**

**The symbols** transmit their frequency.

**And Reiki,** session by session, clearing by clearing, layer by layer of the forgetting dissolved, **is the path that walks you gently, inevitably, lovingly toward it.**



## The Precepts

### The Map of the Remembering

Usui Sensei did not give us the precepts as rules.  
**He gave them, as a description of what a human being looks like  
when they are living from their true nature.**

**Just for today** — I AM FREE of ANGER.

**Just for today** — I AM FREE of WORRY.

**Just for today** — I AM GRATEFUL.

**Just for today** — I AM DILIGENT and HONEST.

**Just for today** — I AM KINDNESS, I am compassionate to myself and everything.

Plus Inamotos

**Go Placidly without praise or blame. A cup of Tea, a cup of Enlightenment.**

**Notice the revolutionary simplicity of just for today.** Not forever. Not perfectly. Not as an achievement to be earned. **Just this day. This breath. This moment.**

**Because the present moment is the only place where your true self actually lives.**

The ego lives in the past and future — in regret and anxiety, in defence and anticipation.

**But the true self lives only here, only now, only in the luminous immediacy of what is.**

## **Each precept is a gentle loosening of the ego's grip.**

**Be Free of anger**, not as suppression, but as the recognition that anger, at its root is always the pain of forgetting your own wholeness. When you remember who you are, the world loses its power to diminish you. And what cannot diminish you cannot truly anger you.

**Be Free of worry** — not as denial, but as the deepest act of trust. Trust in the intelligence of the life force that moves through you. Trust that the same awareness that holds the galaxies in their courses holds you, precisely, tenderly, without fail.

**Be grateful** — because gratitude is the natural fragrance of a heart that has remembered its own abundance. You cannot be simultaneously grateful and empty. Gratitude is the felt sense of the infinite expressing itself through the finite, and recognizing, with wonder, how extraordinary that is.

**Be diligent and honest** in your work, because when you know yourself as love and light, your work becomes an act of love. It becomes the place where the infinite expresses itself uniquely through you, your irreplaceable gift, offered faithfully to the world.

**Be kind and compassionate**, because compassion is simply love that has learned to recognize itself in another face.  
When the veil of separation thins,  
when you touch the awareness  
that lives behind both your eyes and mine,  
how could you be anything other than compassionate?  
We are the same light, dreaming different dreams.  
Compassion is the natural response of one part of the infinite  
recognizing itself in another.

**Be placid** without praise or blame, without judgment, without expectations. Allow and embrace what is; never try to manipulate or force anything.

**The precepts are not the path to your true self.  
They are what your true self looks like,  
walking through the world.**

## **The Symbols**

### **The Language of Light**

**The symbols of Reiki, Cho Ku Rei, Sei He Ki, Hon Sha Ze Sho Nen, and the great Dai Ko Myo (learned in level three) are not tools of power; they are not techniques of control; they are not magic spells to be wielded by those who know the secret. They are the universe's love letters to itself.**

**Cho Ku Rei — the power symbol, is the spiral of life force condensing into form.**

It is the reminder that the infinite is present. That the same energy that births galaxies is available in this moment, in this body, in this breath.

It grounds the transcendent into the tangible and says:

**the sacred is not elsewhere. It is here. It is now. It is this.**

**Sei He Ki — the harmony symbol, is the meeting of heaven and earth within you.**

The upper and lower aspects of your nature, spirit and matter, the eternal and the temporal, come into sacred union. It heals the ancient split between the spiritual and the human, between who you truly are and who you have been told to be, and **restores the knowing that you were never divided. You were always whole.**

**Hon Sha Ze Sho Nen — the distance symbol — dissolves the illusion of separation across space and time.** Its deepest meaning: "The Buddha nature in me acknowledges the Buddha nature in you, we are, and always have been, one." It is the energetic demonstration of the truth that love is not limited by distance, because love has no outside. It is the medium in which everything exists. To send Reiki across the world is simply to remember that **the world was never truly across from you. It is you.**

**Dai Ko Myo —the great shining Light, (learned in level three) is the truth that all the other symbols are pointing toward.**

**It is the awareness recognizing itself.** It is the moment when the seeker realizes they were always the light they were seeking, and the search, beloved and exhausting, finally **rests in the wordless JOY of having found what was never lost.**

**Together, the symbols form a complete cosmology of remembering, from the grounding of spirit in matter, through the healing of inner division, across the dissolution of all separation, into the final recognition of the one light that is all things. They do not give you power. They remind you of the power you already are.**



**Self Reiki**  
**A Self Journey back to YOU**

**Reiki is coming home to yourself.**  
**Remembering the truth of who you are.**

**Returning to your NATURAL STATE of BEING.**  
**PURE LOVE, PURE TRUTH, PURE LIGHT.**

**Oh what a beautiful journey it is**  
**to discover that what you were seeking**  
**already existed within you.**

**“I am home.”**



## **We began as LIGHT**

**We moved through the world and gathered shadows,**  
beautiful shadows, necessary shadows.

The shadows of a being learning what it is  
through the experience of temporarily forgetting.

**We carried those shadows faithfully,** even lovingly,  
because they were the curriculum.

They were the way the infinite chose to know itself  
more deeply, more tenderly, more completely,  
through the experience of limitation, of longing, of loss,  
and of the aching, sacred search for something we could not name  
but could not stop seeking.

**And then, through the grace of this ancient practice,**  
**this living transmission of universal love,**  
**we began to remember.**

**The precepts** showed us how the true self moves through the world,  
without anger, without fear, with gratitude, with honesty,  
with compassion so natural and so complete, it needs no effort,  
because it is simply what love does when it is unobstructed.

**The symbols** gave the infinite a language,  
not to contain it, but to point toward it.  
To say, in the sacred geometry of light:  
"Here. Look here. Through this symbol, through this frequency.  
Through this transmission of Dai Ko Myo (level three), look at what you are.  
Look at the great shining light that is looking."

**Gassho brought** us back, again and again, to the posture of remembering,  
hands together, two made one, the divided self returning  
to its own wholeness in the simple, revolutionary act of presence.  
**Of being here, fully and without reservation,  
in the only moment that has ever existed.  
This one. Now. Always now.**

**Anshin Ritsumei** revealed the destination,  
not as a place to reach but as a nature to embody.  
The absolute peace of a being  
who has stopped fighting its own existence.  
Who has laid down the lifelong argument with what is.  
Who has found, in the very center of the life they are actually living,  
the life force itself, the universal love that was always present,  
always sufficient, always enough, and rested there.  
Not in resignation, but in the deepest, most active,  
most luminous form of surrender:  
**The surrender of the small self into the vastness of the true self.**

**And Satori**, that lightning recognition, that sudden homecoming.  
The AHA moments of joyful knowing revealed the truth  
that everything else was pointing toward.  
That you were never the seeker.  
You were always the sought.  
That the love you were looking for  
was the love that was doing the looking.  
That the light you were reaching toward  
was the light of the awareness that was reaching.  
**That the home you have spent your whole life trying to find  
was the awareness in which the whole life was appearing.**

**You are not on a spiritual path.  
You are the spiritual path, walking itself home.**

**You are not trying to heal.  
You are the healing, recognizing itself.**

**You are not reaching for the light.  
You are the light, remembering that it was never dark.**

**The precepts  
are the way you live this truth.**

**The symbols  
are the language in which this truth speaks.**

**Gassho  
is the gesture in which this truth bows to itself.**

**Anshin Ritsumei  
is the peace in which this truth rests.**

**Satori  
is the moment in which this truth wakes up inside the dream  
of a human life and laughs with the joy of finally,  
completely, utterly knowing itself.**

**And Reiki,  
this ancient, humble, luminous river of universal love,  
is the grace by which all of this becomes  
not merely possible,  
but inevitable.**



**Breathe in.**  
**Place your hands together at your heart.**

## **Gassho.**

To the light in you,  
from the light in me.  
To the love that you are,  
recognized by the love that I am.

To the one awareness,  
meeting itself here,  
in this practice,  
in this moment,  
in this breath,  
and remembering,  
with the quiet thunder of the deepest knowing:

We are not separate.  
We were never separate.  
We are the one light,  
dreaming itself into two hands pressed together,  
at the heart,  
in gratitude,  
in love,  
in the eternal, sacred remembering  
of what we always were.





## **The Sacred Remembering - Reiki & The Infinite Self**

### **You Were Never Broken**

Before we talk about self- healing,  
we need to understand something profound.

**You were never actually broken.**

**Not once.**

**Not ever.**

What happened is this:  
You arrived in this world as  
pure, boundless awareness  
a Divine Spark of the infinite,  
wearing a human costume.

And then,  
gradually, beautifully, painfully,  
life taught you to forget.  
It taught you that you were  
Separate, Small, Limited.  
That your worth was conditional,  
your safety uncertain,  
and your potential is defined  
by what others could see.

**Reiki doesn't heal you.**  
**It reminds you**  
**that you never needed healing,**  
**only remembering**

**Returning to Truth. Being True to Self**

Most people spend their entire lives  
performing a version of themselves  
built from other people's expectations,  
old wounds, and survival strategies.

We become so fluent  
in the language of who we *should* be  
that we lose the thread back to who we *are*.

**Reiki works in the body's energy field,**

the place where your  
deepest truths are stored  
not as thoughts,  
but as *sensations, feelings, and knowing*.

When energy begins to move freely through you,  
something extraordinary happens.  
The performed self gets quieter.  
The masks feel heavier.

**And beneath all of it,  
something stirs,  
a quiet, unwavering presence  
that has been watching all along,  
patient and unhurried,  
waiting for you to turn toward it.**

**That presence is you.  
Your original self.  
Unchanged by every hardship.  
Unmarked by every failure.  
Untouched by every unkind word ever spoken over you.**

**Being true to oneself** isn't a decision you make with your mind.  
It's a **remembering that happens in the stillness** that Reiki creates.

When your energy is clear and flowing,  
Inauthenticity becomes uncomfortable.  
You begin to naturally release  
relationships, habits, and stories  
that no longer reflect who you truly are.  
Not because you forced it,  
but because;  
**Truth, once felt, is impossible to unfeel.**



### **The Doorway to Inner Peace**

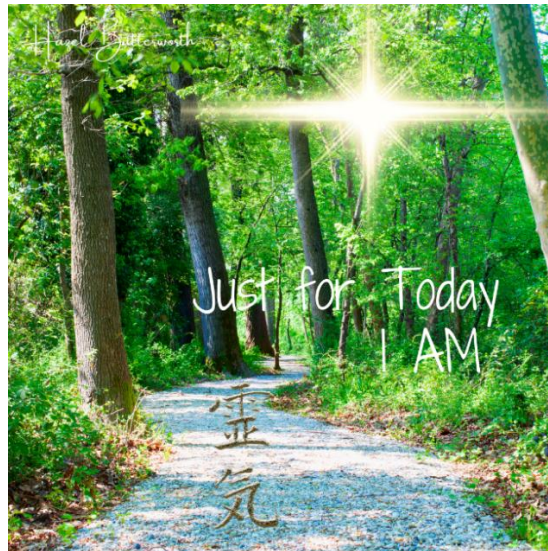
Inner peace is one of the most misunderstood things we seek. We tend to think of it as something we'll find once everything is resolved, once the relationship is fixed, the career is settled, and the anxiety is gone. We place peace somewhere in the future, always just beyond reach. But Reiki reveals something different.

**Peace is not a destination.  
It is your natural state,  
the one that exists beneath every thought,  
every emotion, every story you carry.**

When a Reiki session begins and the energy starts to flow, the nervous system softens and the constant hum of mental chatter slows. And in that space, even briefly, you touch something that has no problem with anything. Something that isn't waiting for life to be different. A stillness that exists *within* the movement of everything. This is the peace that surpasses understanding that mystics and sages have spoken of across every tradition.

**It was never somewhere else.  
It was always here,  
living underneath the noise, the worry, the striving.**  
Reiki thins the veil between you and that peace until, over time, you carry it with you, not as an absence of challenge, but as an unshakeable foundation beneath it.

**You stop being a person who searches for peace.  
You become a person who *is* peace, moving through,  
a sometimes turbulent world. A Calm within Chaos.**



**We Are Eternal — The Infinite Nature of Who We Truly Are.**

**Here is perhaps the most extraordinary thing Reiki quietly teaches,  
not through words, but through direct experience:**

**You are not your body.  
You are not your thoughts.  
You are not your story.  
You are the awareness in which  
all of those things appear and dissolve.**

The body ages. Thoughts come and go like clouds.  
Stories change with every new chapter of life.

**But *you*, the one who notices all of it, has never changed.**  
That awareness has never been born, and therefore can never die.  
**That awareness, vast, silent, luminous, is what you truly are.**

**When Reiki energy moves deeply through a person, something ancient recognizes itself.**

People describe it in different ways, a feeling of expansion beyond the body,  
a sense of timelessness, a quiet knowing that they are far larger than the life they've been living.  
This is not imagination. **This is the infinite self, briefly remembering its own nature.**

We are not human beings having a spiritual experience.  
We are **eternal spiritual beings, temporarily having a human experience,**  
borrowing bodies, borrowing names, borrowing stories,  
**while our true nature remains forever untouched, unlimited, and free.**

**Reiki opens the door to this recognition.  
Not by taking you somewhere else,  
but by dissolving just enough of the illusion of smallness  
that the infinite can shine through the cracks of the ordinary.**



### **Awareness Experiencing Itself**

**This is the deepest mystery, and perhaps the most beautiful.**

**What is this universe, ultimately?**

Science and mysticism are beginning to agree on something remarkable,  
**at the most fundamental level, existence is awareness.**

**Consciousness experiencing itself through infinite forms.**

The flower. The ocean. The stars.  
The child laughing. The elder dying. You. Me.

**All of it, ONE awareness, playing every part, telling every story,  
feeling every feeling, through the magnificent diversity of form.**

**You are not a person in a universe.**

**You are the universe, experiencing itself as a person.**

**And Reiki, in its quiet, unhurried way, creates the inner conditions  
for this truth to be felt rather than merely understood.**

In deep Reiki states, the boundary between *self* and *everything else*  
becomes thin, and then, sometimes, disappears entirely.

**What remains is not emptiness; It is *fullness*.**

**A presence so complete it needs nothing.**

**A love so total it excludes nothing.**

**This is what the mystics called enlightenment.**

**What the sages called liberation.**

**What a child feels naturally before the world teaches them otherwise.**

## Living From This Understanding

When you begin to truly know yourself  
as eternal, infinite awareness,  
not as a concept,  
but as a living, breathing, felt reality,  
everything transforms:

**Fear softens** —  
because what is there to fear,  
when you are infinite?

**Judgment fades** —  
because you begin to see your own awareness  
looking back at you from every face.

**Creativity explodes** —  
because you are no longer creating from a place of lack,  
but from the limitless source itself.

**Love becomes effortless** —  
not something you do,  
but something you *are*

**Suffering loosens its grip** —  
not because life stops being hard,  
but because you are no longer *only* the part of you that hurts.

**Purpose clarifies** —  
because aligned with your true nature,  
you feel the natural pull of your unique gift to the world.





## The Invitation

Reiki is not a religion.  
It asks nothing of your beliefs.

It simply offers a hand,  
a channel of universal energy,  
and says:

***"Come back to yourself.  
Come back to the stillness.  
Come back to the love that you are made of."***

And in that returning,  
slowly and profoundly,  
**you remember what you always were.**

**Boundless, radiant, eternal awareness,  
dreaming itself into human form,  
finding its way back home,  
one breath,  
one heartbeat,  
one healing at a time.**

**You are not on a journey  
to become something.  
You are on a journey  
to remember everything.**

## The Journey



## Third Degree Reiki

The Third Degree may be taken after at least 3 months of self-journey.  
How do you know if you are ready? ... “You will know.”  
Check in with yourself, your higher self, and your heart.

### **First Degree The Body -**

What is Reiki? How to tune into Source Energy. - **DOING**

### **Second Degree The Mind –**

Consciously connecting to Source Energy - **THINKING**

**These two levels make up the Foundation of Reiki.**

### **Third Degree The Spirit -**

Accepting Reiki, accepting yourself. - **BEING**

**This level gives you the Freedom and the Ability to live your life fully.**

### **Reiki Practitioner The Helper –**

Giving sessions, setting up a business. - **HELPING**

### **Reiki Master Teacher The Mentor –**

Sharing your wisdom with others. - **MENTORING**

### **Life is meant to be enjoyed,**

You deserve Health, Wealth, and Happiness

Enjoy Life. Celebrate “Who you are,”

Be “The Best that you can be”

Make a difference in the World

**Reiki will give you the means to create this,  
all you have to do is embrace it.**

