

SUSPENDED SOLUTIONS

**REIKI MASTER/TEACHER  
TRAINING COURSE**

## **SUSPENDED SOLUTIONS MASTER/TEACHER LEVEL**

### **REIKI MASTER ATTUNEMENT**

The master, power, mental/emotional and distance symbols are placed in the hands while they are in prayer position. They are also placed in the palms. While completely placed, you will be able to activate the master symbol.

You will be able to give Reiki I, II and Master Level Attunements after the process has been completed.

What takes place After a Master Level Attunement

- The healing energy in you will flow will be stronger than it previously was and also vibrate at a more intense level. Your energy will also continue to expand at your own pace.
- Your personal and spiritual growth will expand to higher levels.
- You will have a Master Symbol that will make stronger your other Reiki Symbols
- You will achieve a greater unity with yourself and the universe.
- Your consciousness of the intensity of the power of Reiki will expand.
- You may acquire more intuitive and psychic abilities.
- The attunement and symbol will be at your beck and call to help you when you need them.
- You will feel more whole, complete and fulfilled after the process.
- The use of the Master symbol enhances all the qualities of Reiki.
- Further changes unique to you, will manifest themselves.

## THE REIKI MASTER SYMBOL

### DAI KO MYO (DKM)

Pronounced Dye Ko Meoh

The master level directly affects higher spiritual body template and can lead to immense transformation and healing on all levels.

The Usui Dai Ku Myo is a powerful symbol which can be used to connect a complete range of positive energy frequencies. It can also be used to instantly clear away negative energy.

#### Meaning

Dai Ku Myo can be translated as "**the Great shining light**" or "**the treasure tower of light**" In some Buddhist practices it symbolizes the "Mystic law " or one's "Buddha Nature" or state of enlightenment.

#### It has also been further defined as:

- Dai means great
- Ko means Bright
- Myo means Light Great shining light
- The treasure tower of light Great Beings of the Universe shine on me!
- The temple of the Great Ray of Light Great Light of the Universe that guides me

1. The universe is a body consisting of light and vibration. The 4<sup>th</sup> symbol functions to subtle vibration of love, healing and harmony for all beings by resonating with conscious energy in a higher dimension.

2. This symbol is considered to be a very sacred one and given the highest expressions like "God inviting symbol", "The symbol for guiding spiritual awakening" But the value of the symbol lies mainly in its function of connecting to a sacred being and becoming part of it. The source/higher dimension which the symbol represents is honorable, the symbol itself is just a tool.

**Action:**

- Self-empowerment Energy intensifier Energizing Protection Harmonizing Cellular and genetic healing.
- Acts mainly on the superior chakras (throat chakra, third eye chakra and crown chakra).
- Rebalances the flow of energy from crown chakra to root chakra Purification.
- Increases intuitive and creative abilities.

## **How To Use The Masters Symbol**

The Dai Ku Myo symbol can be used, with or without other Reiki symbols for all purposes of Reiki functions

- Empowerment Increases intuitive and creative abilities
- Spiritual connection – Helps one increase and activate a state of meditation.
- Energy – The symbol can be drawn above a client's head to increase energy in case of tiredness.
- It is also used as a manifestation booster.

DKM is used for manifestation by drawing the symbol to activate its energy and clearly visualizing what you intend to manifest.

## **Energizing Crystals**

A crystal can be energized by holding it in one hand and using the other to draw the following symbol sequence:

DKM +CKR+SHK+HSZSN+DKM – Try as much as possible not to interrupt the energy and let it flow as much as necessary.

## **STIMULATION OF LEARNING AND MENTAL CLARITY**

Apply DKM + CKR + DKM above persons head – Try as much as possible not to interrupt the energy and let it flow as much as necessary.

## **DISTANT HEALING WITH USUI MASTER SYMBOL**

Can be done using one of the following ways:

Apply DKM, say DKM three times, the name of the person/people who you are transferring healing to and indicate their location, then let the energy flow as uninterrupted as possible.

Use any of the following combinations:

DKM + CKR

DKM + HSZSN + SHK + CKR

DKM + CKR + SHK + HSZSN

## **Preparing for a Reiki Attunement**

A process of Reiki attunement is one of empowerment. It opens your crown, heart and palm chakras, and connects you to the infinite source of Reiki energy. During the attunement and for some time after, changes will be made by the energy to open your system, enabling you to channel Reiki. An emotional and toxic release can take place as part of the healing.

A process of purification is recommended to allow the attunement energies to work more efficiently and create greater benefits for you.

It is also advised that you avoid alcohol, the night before receiving a Reiki attunement, and that you eat light food, avoiding red meat if possible.

Try drinking as much still water as possible to cleanse your system as the day of your attunement approaches. And remember, a process of purification is recommended to enable the attunement energies work more effectively for you and create greater energies.

A Reiki attunement is an initiation into a sacred, metaphysical order that has been present on earth for millennia. By becoming initiated, you become part of a group of people who use Reiki to heal themselves and each other, who are also working together to heal the earth with Reiki. Becoming part of this group gifts you the opportunity to receive help from the Reiki guides and other spiritual beings who are also working towards these goals.

## **USUI REIKI ATTUNEMENTS**

The traditional Usui Attunement Process include the following:

The system presented to the world by Mikao Usui is one that enables everyone to establish the much-needed link with the divine source, a connection which enables them develop their mind, body and spirit at their own pace.

### **The Attunement Process**

Clear and charge the energy of the room with Reiki before the students arrive and the class begins. We also call upon the ascended masters and our guides to help make for the best class and attunement process possible. And to have the best possible class and attunement process, it is advisable to call upon your ascended master and guides for their help.

### **Reiki Attunement Process**

1. Using the Reiki symbols, prepare your room and yourself.
2. Let the students seat on a chair with their feet flat on the floor and their backs straight without relaxing on the chair
3. Clearing: Opening prayer with a bell, invoking your favourite Reiki spirit for guidance, etc.
4. Announce what Reiki level attunement it is and what the attunement is for.
5. Rest hands on each other's shoulders, allow your energy to settle and combine. Student's hands may be on their knees or in prayer pose. Let your students know you will be moving their hands during the attunement as well as blowing air.
6. Tighten your Root Lock (perineal muscles) and place your tongue behind the upper front teeth. (maintain throughout attunement)\*\*\*
7. Inhale > Draw Fire Serpent/Raku down back



8. Exhale > Inhale violet breathe > visualize white energy flowing through your crown chakra, down your front, up your spine and around to your third eye. Allow the energy to turn iridescent indigo blue/violet > let the Tibetan Dai-Ko-Myo (usually white) appear in the center of your mind's eye. Blow the symbol and surrounding blue/violet through recipient's crown chakra, guiding it down to the base of the brain with your dominant hand.
9. In the order below, draw the symbols over recipient's head, guiding each into base of brain by visualizing it, while repeating name of symbol three times silently:
  - Usui Dai-Ko-Myo
  - Sei-He-Ki > Bring recipient's hands in prayer pose over head.
    - i. Reiki I – Cho-Ku-Rei
    - ii. Reiki II – Cho-Ku-Rei, Hon-She-Za-Sho-Nen
    - iii. Reiki III - Cho-Ku-Rei, Hon-She-Za-Sho-Nen, Fire Serpent/Raku
10. Bring student's hands down to heart chakra
11. Move to the front of your student
12. "Laser" Tibetan Dai-Ko-Myo and Cho-Ku-Rei into the third eye.
13. Draw the appropriate symbol for that particular attunement into the top of your student's feet THREE times, tapping feet and repeating symbol name silently.
  - Reiki I – Cho-Ku-Rei
  - Reiki II – Cho-Ku-Rei, Sei-He-Ki & Hon-She-Za-Sho-Nen
  - Reiki III - Cho-Ku-Rei, Sei-He-Ki & Hon-She-Za-Sho-Nen, Usui Dai-Ko-Myo, Fire Serpent/Raku & Tibetan Dai-Ko-Myo

14. Open the student's hands, hold both palms on one hand and draw the appropriate symbols as noted above. Then tap the palms three times while silently repeating the names
15. Bring student's hands into prayer pose, hold them with your hands, inhale and blow energy, starting from recipient's Root Lock, up through crown chakra, back down to root lock, and back up and away.
16. Move student's arms from prayer pose and place across his/her chest.
17. From the back of your student, place your hands on his/her shoulders.
18. Create in your mind's eye, a red/orange fire ball at the base of student's spine.
19. Repeat the following mantra: You are a wise and loving channel for Reiki energy.
20. Picture the ball moving up your student's back – it may change colors, ending in golden white.
21. Picture huge bronze doors closing over the fireball at the base of their brain. Bring your thumbs together gently at the base of student's brain as the doors finally close.
22. Picture a huge green Cho-Ku-Rei over lock of door, over the seal of the door, dissolving into a solid lock.
23. Allow energy to settle. In the process of settling, students may experience emotional or energetic shift.
24. For the last time, move to the front of your students. "Shine" energy to recipient, thank your guides for a successful attunement, and announce: This Reiki (whatever level) attunement is complete.

## **The Hui Yin and Violet Breath**

The Hui Yin and Violet Breath are generally not considered Traditional Techniques. You can pass attunements with or without using them. But some people feel the attunements have a more powerful effects when these techniques are employed in the process.

This is most possibly the case because the Hui Yin is a chi kung technique called the Microscopic Orbit. When using this, your chi becomes part of the mix while the attunement is being carried out.

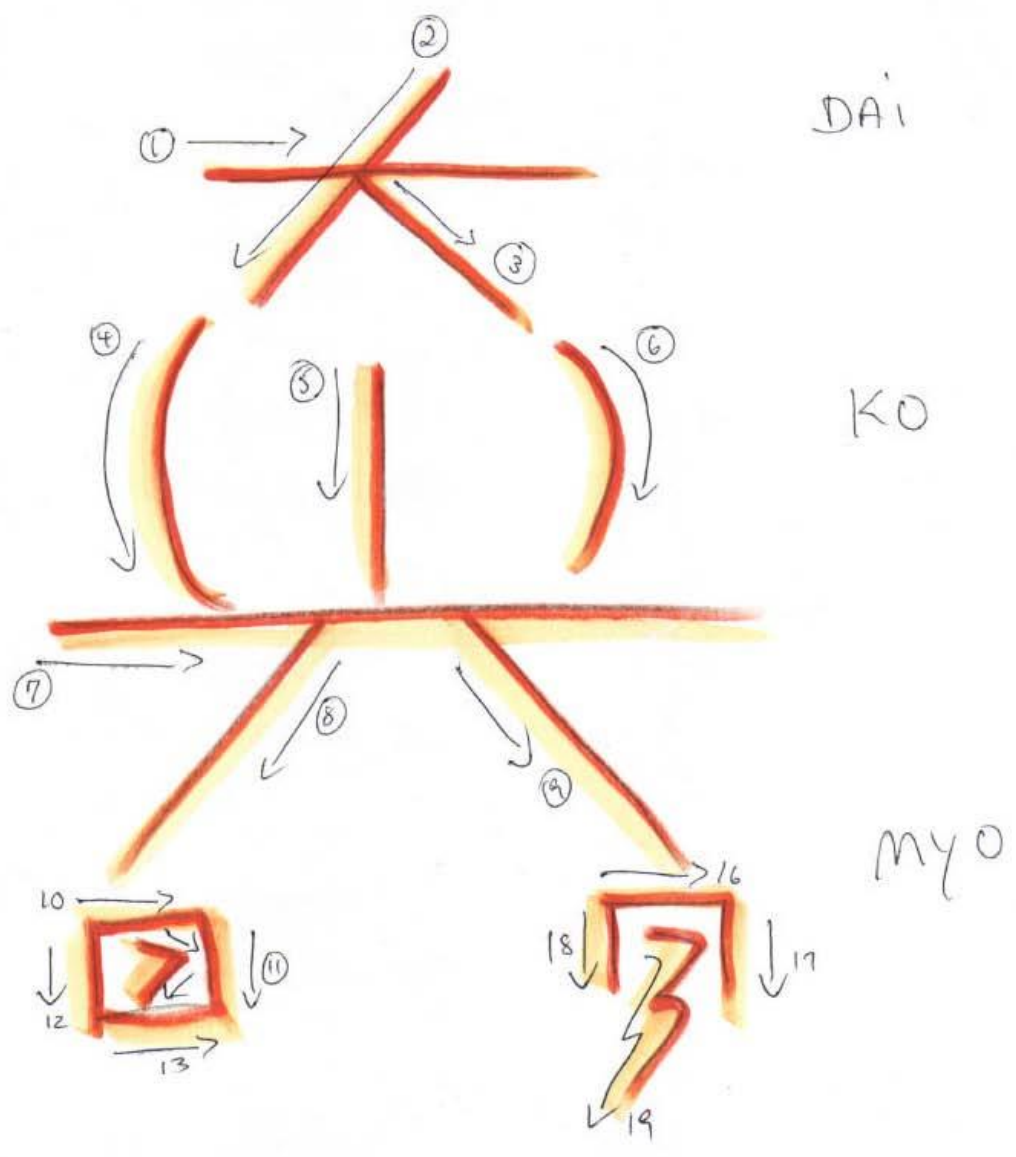
### **The Hui Yin**

The Hui Yin point is located between the anus and the genitals. To perform this technique, the point is contracted the tongue is placed behind the soft palate behind the upper teeth. I have witnessed some master speculate that when using the Hui Yin and violet breaths when passing attunements, a unique high frequency Chi enters the system and passes through the Hui Yin point.

### **The Violet Breath**

Picture a white mist surrounding you. Then contract the Hui Yin point by contracting the point between your anus and genitals, then place your tongue against the soft palate behind your upper teeth. Breathe in and visualize a white light coming down your chakra, down through the tongue, down the front of your body which is the functional channel, through the Hui Yin point and up the spine (Governing channel), to the center of the head. Visualize the white mist filling the head (this is usually called the Microcosmic orbit).

Now imagine the mist turn blue, then indigo and begin rotating clockwise. As the mist rotates, visualize it turn to violet. In the Violet light/mist, visualize the Dai Ko Myo (see it as golden).



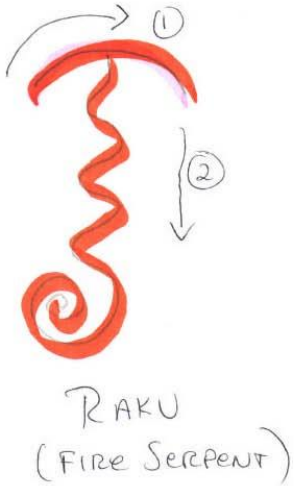
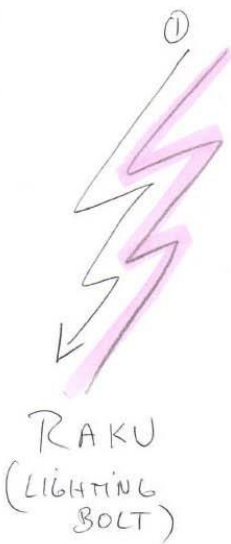
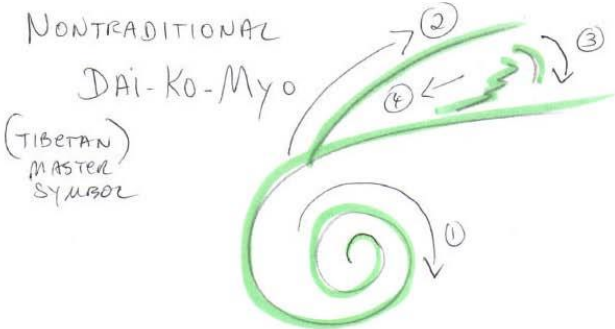
DAI

KO

MYO

DAI-KO-MYO  
 USUI MASTER SYMBOL  
 (TRADITIONAL)

**Other Master Symbols**



RAKU: FOR PASSING  
ATTUNEMENTS ONLY

## **SUGGESTED PROFESSIONAL CONDUCT:**

Reiki practitioners behave themselves in a manner that is both ethical and professional. They perform only those services for which they are qualified and represent their education, certification, professional affiliations and other qualifications honestly. They do not claim to practice medicine or psychotherapy except they are licensed by their country or province to do so.

## **HEALTH HISTORY AND REFERRALS:**

Reiki practitioners keep accurate client records. This includes profiles of the body mind and health history. They discuss any problem areas that may contraindicate use of Reiki, and refer clients to appropriate medical or psychological authorities when indicated (although I do not know of any such condition which contraindicates the use of Reiki. Also, not all practitioners do keep detailed health profile of clients. This practice is mostly carried out by practitioners who practice a clinical model. The practitioners who carry out a less formal practice may keep little or no records at all of clients' history

## **PROFESSIONAL APPEARANCE:**

Reiki practitioners adhere strictly to clean and professional appearance in terms of their bodies and the clothes they wear, the linens and equipments they use and their office environment in general. They strive to provide a relaxing atmosphere, giving attention to reasonable scheduling and clarity about fees.

## **COMMUNICATION AND CONFIDENTIALITY:**

Reiki practitioners maintain clear and sincere communication with their clients and keep everything they know about their clients, whether medical or personal, strictly confidential. They clearly disclose technique used, appropriately identifying each in the scope of their professional practice.

**INTENTION AND TRUST:**

Reiki practitioners are encouraged to clarify their intention to make therapeutic change of a holistic nature possible and to develop the ability to focus mindfully on the Body mind self. Also, they are encouraged to maintain trust in the practitioner-client relationship, they are encouraged to ask caring questions about the client's well being and to establish clear boundaries and an atmosphere for safety.

**RESPECT OF CLIENTS:**

Reiki practitioners respect the physical and emotional state of the client, and do not insult clients through actions, words or silence, nor take advantage of the therapeutic relationship. They in no way participate in sexual activity with a client. They consider the client's comfort zone for touch and for degree of pressure and honor the client's requests as much as possible within personal, professional and ethical limits. They acknowledge the inherent worth and individuality of each person and therefore do not unjustly discriminate against clients or colleagues.

**PROFESSIONAL INTEGRITY:**

Reiki practitioners present Reiki professionally and compassionately, representing their practice accurately and ethically. They conduct their business sincerely, and do not give fraudulent information nor represent themselves to their students or clients, they do not act in manners that is demeaning to the nature and positive intentions of Reiki.

**AWARENESS:**

Reiki practitioners stay completely away from alcohol and drug abuse. These substances should never be used during professional activities.

**PROFESSIONAL EXCELLENCE:**

Reiki practitioners pursue professional excellence through regular assessment of personal and professional strengths and weaknesses, and by continued education and training to strengthen themselves and attain a higher level of awareness.

**STUDENT RIGHTS:**

Reiki Teachers respect the right of each student to choose their own healing path and their initiating master.



## **WHAT TO TEACH IN REIKI CLASSES**

When you become a Reiki Master/Teacher you will be able to teach your own Reiki classes to students as soon as you are confident in your abilities to pass attunements.

The following is a guide to what I teach in my classes. You will of course be guided on how to structure your own classes..

### **REIKI I**

- The story of Reiki and what Reiki is.
- About a Reiki attunement Cleansing process after an attunement.
- The Principles of Reiki.
- How to conduct a Reiki treatment.
- Reiki hand positions for treating self and others.
- Importance of an energy exchange for services.
- Preparation for a Reiki attunement.
- Lineage - Each student should have a lineage which is a list of teachers tracing from them to their teacher and so forth till it gets back to Mikao Usui.
- I teach everything in Reiki I manual or handout
- It is best to wait one month or more between Reiki I & Reiki II attunements.

### **REIKI II**

- Nature and purpose of Reiki Symbols.
- Distance Healing and how to use Reiki symbols such as Hon Sha Ze Sho Nen

- Reiki II symbols and practice
- Preparation for a Reiki attunement
- Reiki I and II manual or handout

### **REIKI III**

- Reiki Master Symbol and how to use it.
- Process of passing Attunements
- How and what to teach in Reiki I, II & III classes
- Importance of an energy exchange for treatments and classes/attunements Preparation for a Reiki attunement Reiki I, II and III manual or handout

## **The Importance of an Energy Exchange**

When Dr. Usui first received the empowerment which he had sought for so long, to perform miraculous healings, his original intention was to move to the beggar's quarters to serve the poor.

He reasoned that if he healed them, they could become responsible citizens who would hold a job and support themselves.

Unfortunately, his charitable adventure was not a success as he, over time, discovered that many of those beggars returned after having experienced a taste of life on the outside and decided they'd rather remain beggars than shouldering the responsibilities of taking care of themselves.

By just giving away healings, he had further impressed the beggar pattern in many of them. People need to give back for what they receive, in order to fully appreciate what has been given.

Usui thus uncovered two very important factors. The first was that a person should be the one to ask for a healing and not the job of a healer to try helping where healing is not wanted. The second is that there should be an exchange of energy for the healer's time. This is so that the receiver is not kept feeling indebted for services rendered and so he is obliged to share energy in a variety of form in order to free himself of an obligation to kindness and instill a sense of investment in him towards the end result.

The exchange of energy may or may not be in form of money. It can be some of trade. If the person is a family member, there is normally an exchange of energy taking place all of the time and so there need not be a request for specific reimbursement.

There should also be an exchange of energy for Reiki classes. Precious time and energy should not be wasted sharing energy and information with people who are not interested in receiving it.

Another aspect of exchange of energy has to do with the concept of tithing. Tithing is a sharing of what we have with others –giving back and showing appreciation to the Universe for what we have received.

Treatments can be sent to war or disaster areas of the earth, helping to create a more positive and loving energy, which can help excel the healing process for that area.

## **Non-Traditional Reiki Usage**

### **Heal your Past**

Reiki can be sent to your past, to deal with bad situations in your past that have really left their mark – e.g. a bad argument with a family member that has produced effects that ripple down the years.

By imagining the situation and sending distant Reiki to it, you are dealing with and healing the effect that the situation has had on you in terms of the way you think about what happened.

You are healing the effect that it has had on your emotions, and the way that you interpret what happened. **You are not sending Reiki 'back in time'.**

You can imagine yourself in a childlike state to 'heal the inner child'.

### **Send Reiki to the Future**

Reiki can be sent to your future, for example a public speaking engagement or job interview, intending that you will be washed with loving empowering Reiki when you arrive.

## **BREATH OF THE FIRE DRAGON**

1. Contract the Hui Yin (perineum) and place the tip of the tongue to the roof of the mouth (hold throughout).
2. Take 3 (or more) kidney breaths (Sapphire blue in, white out).
3. Breathe in white mist to your root chakra. Hold breath. The white mist comes up through the nerve bundles in the center of your spine. Let the desired symbols turn white, sapphire blue, purple and gold. Blow symbol and breathe directly into desired treatment area.

### **Reiki Chi Ball (Best used on the spine)**

- Hold hands together to activate your energy
- You can also draw Cho-Ku-Rei on your palms
- Breathe in the Reiki energy and let it come into the palms and fill you.
- Bring your hands down in front of your chest, palms facing toward each other and about one inch apart.
- While continuing to focus on the Reiki Source slowly move the hands your hands apart.
- Visualize, intend and will that a ball of Reiki form between your hands
- Continue to move your hands further apart until the Reiki Ball is the size of a softball.
- Now move your hands and place them accordingly:
  - Place one hand at the base of the brain
  - Place the other hand at the coccyx
  - Now let the ball of Reiki flow from hand to hand
  - Clearing and healing all areas of the back and spine