

PSR Seshu

# REIKI

Additional Reading Material for  
SECOND DEGREE CHANNEL

Compiled by  
**THE REIKI MASTERS &  
INDEPENDENT TEACHERS AND MEMBERS**

of  
**Reiki Association, Visakhapatnam**  
For private circulation only  
2001

### Ethical Principles of Reiki

- Just for today, I will live the attitude of gratitude.  
Just for today, I will not worry.  
Just for today, I will not be angry.  
Just for today, I will do my work honestly.  
Just for today, I will show love and respect for every living thing.
- What happens to good people when bad things happen to them?  
- They become better people.
  - The good news is...  
The bad news can be turned into good news...
  - When you change your attitude.
  - When God's goodness cannot be seen...  
... His mercy can be experienced.
  - Selfishness turns life into a burden, unselfishness turns burdens into life.
  - Never look at what you have lost.  
Look at what you have left.

Source : "The Be-Happy Attitudes" by Robert H Schuller.

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# ADVANCED REIKI PRACTICE

## FOREWORD

### Higher levels

Congratulations! You are now part of the second-degree workshop. You are going to learn to use Reiki at Antahkarana level. That is, you will learn to use Reiki as a combination of mental, intellectual, ego and tranquility impulses. You learnt Reiki healing only at physical level in the first-degree workshop. Now you will learn to use the system beyond time and space to unearth your own capacities significantly and enjoy total happiness. It is important to understand that **significant results are directly related to the level of Dharmic, continuous, efficient, effective, devoted and loving actions.**

With this advanced method you can harmonize your vibrations at physical and subtle levels with the Universe and draw much higher levels of health, happiness and prosperity. Since group karmic factor dominates in any individual's growth, Reiki family with team spirit is essential for outstanding improvements.

### Natural healing

You have already understood that for sound health, as soon as body indicates dis-ease we recommend natural healing methods first. Reiki is an ideal total system healing therapy. Reiki:

- Energies body and improves the working of endocrine glands for natural healing
- Improves the working of the cleaning system to maintain body in good condition
- Develops Anthahkarana to use it for effective and efficient working with right courage.

Usually people first rush to allopathic treatment for quick relief. Since Allopathic medicines are harmful and damage the body soon, these medicines should be used only when ill health becomes acute in emergency situations or when the patient is affected by a serious infection or in similar situations. As far as possible we should manage with natural healing methods like Usui System of natural healing using Reiki.

#### **Usui system at higher level**

Usui system is a step by step system of natural healing for organized and best possible improvements. In the first-degree workshop, we use Reiki primarily at lower (physical) level to harmonize cosmic manifestations of solids, liquids, heat and air for better health. There after one has the opportunity to enjoy the gift at a higher level on continuous basis through advanced Reiki practice at Anthahkarana (second degree) level. In the second-degree level, we can go beyond time and space to serve many people whom we love. The most important step, at this higher level is to improve the proportion of positive Anthahkarana impulses from mental level to intellectual level, then to ego level and finally to tranquility level. In second degree practice, after the empowerment, the channel uses Reiki at Anthahkarana level. For this he/she will be trained to transfer Reiki through visualization using symbols with intentions and mantras to provide desirable vibrations in all phases of life.

#### **Positive attitude**

You can add substance to the Reiki practice if you use Reiki to provide honest, continuous and most effective loving service using ethical principles. Have the right courage. You will be able to manage time and resources as custodian. We will normally be using a sizable proportion of our resources to serve society. For example, Ms Louise L. Hay could save herself from the clutches of cancer mainly with the support of right diet, positive

attitude and loving service. The workbook contains several exercises to help develop positive attitude in the participants.

#### **Exercise with peaceful mind**

This is an era of inactivity. Everything is made easy with little need for physical effort. As a matter of fact, we compound this problem of inactivity by keeping our mind under stress. To add happiness and years to your healthy living, we recommend daily use of Reiki and regular exercise through 5-Tibetan exercises or Suryanamaskaras or other similar exercises. We have therefore printed a small booklet for your guidance on this topic.

#### **Development of the highest order**

**Second-degree Reiki** system is also effective for continuous development. You start by giving honest, continuous and loving service. God in the form of energy will help you improve your communication and intuitive abilities. Consequently you develop purity of thought, word and deed. The suggested steps are:

1. Select a noble minded Reiki teacher for receiving higher level empowerment. The teacher serves the aspirants with Reiki as a noble profession and never markets Reiki. Such a teacher grows significantly in spiritual living.
2. Continuously increase the percentage of resources given out by you, through constant loving service. Use Reiki to serve effectively and with right courage. Prioritize the service. Activities with maximum need and those that require minimum resources but give maximum gains should get higher priority
3. Take Reiki as a noble profession : full time or part time. Integrate Reiki with one or more of the other natural, physical and Anthahkarana healing systems like exercise, massage,

acupressure, acupuncture, Tai chi, yogasanas, pranayama, meditation, and naturopathy for optimal results. Have total devotion to enjoy the service

4. Perfect the Art of living in line with what is prescribed in religious scriptures in respect of eternal values.
5. Finally, put in best of efforts to **reach enlightenment** stage where you will be in union with Cosmic Mother (Reiki) or Lord Almighty.

The material in this book provides useful knowledge and gives ideas on Reiki practice after Second-degree Reiki workshop. While we give initial help to the channels for growing with Reiki significantly, much depends on the efforts of the Reiki channels for enhancing their health, happiness, longevity and capabilities.

#### Acknowledgements

Mr. M.V.Subbarayudu, Mrs. Sangeeta Sehgal and other Reiki Masters and Teachers of our Reiki Association, Visakhapatnam have given considerable help in incorporating new topics and in editing the articles of this book. I sincerely thank all for their valuable services.

With Love, Light and Reiki,

Sept. 18<sup>th</sup>, 2001.

**Uppuluri S. Sastry**

## A JOURNEY FROM EGO TO SELF

Our Ego

The tie that strangles

Even as it bonds us

As it must

To this our temporary identity

On the stage of life

It separates us from our TRUE SELF

Like the waves, which have forgotten

They are the Oceans

We think we are separate and suffer

Reiki :- A gentle companion in our spiritual journey

From the ego to the self

Reconnects us to our true source -to the Brahmin.

It awakens us to the unity among everything there is

Fills us with a spontaneous joy and unconditional love.

That heals lifetimes of hurt.

Our deepest rage.

It gives us the strength the under standing to appreciate.

What it is that is happening in our lives

-The inevitability of it all

-The fruit of our karma

No longer happy because of this or that

We are happy because 'we are'

We find the joy- the fountain of love

The infinite knowledge

Within ourselves

It was but waiting to be discovered

## REIKI IS PART OF OUR TRUE NATURE

- Reiki means Universal Life Energy or God in Energy form. All beings (animate & inanimate) are bundles of energy.
- Balance & harmony in energy levels is health. Opposite creates blocks & diseases. Blocks removal and establishing harmony in energy levels restore health. Free flow of air and light is essential for well being. The simple and natural way to remove blocks, ill health and improve the working of our bodies system is by Reiki practice. 2<sup>nd</sup> degree method helps us to improve the system faster and much more effectively.
- You become second degree channel by Attunement at subtle body level and practicing the 2<sup>nd</sup> degree method to stable level through a minimum of 21 days' cleansing.
- For higher level flow of energy you should use Reiki with high intensity using symbols and mantras. You should also grow spiritually with continuous, honest, and loving service. That is, you should understand the art of living to much higher level in the ethical way and serve many more by efficient use of time and resources.
- **REIKI IS DIVINE & IS PART OF OUR TRUE NATURE.**

## HIGHER LEVEL GROWTH- 2<sup>ND</sup> DEGREE REIKI

One has to be truly blessed by the Divine to be inspired to do Second Degree Reiki. Traditionally, highly committed healers with Dharmic & devoted activity can only go beyond First Degree Reiki.

The empowerment given in the second-degree level increases the rate of the vibrating frequency of our gross & subtle bodies. Whereas the effect of the attainments of the 1<sup>st</sup> degree is mainly on the physical body level for setting off a lot of physical cleaning & energizing, the thrust of the 2<sup>nd</sup> degree attunement is on both the physical & subtle levels to effectively work for higher level cleaning and growth. We will then be able to put efforts and correct our Karmic disturbances. **We can also work for harmonizing our vibrations with the vibrations around us for significant improvement in health, happiness and prosperity of all willing people connected with us.**

Three symbols are taught at the second level, which add effectiveness and increase healing tremendously. The symbols enable the healed to draw Reiki irrespective of time and space. The applications are for better solutions in all types of activities.

**Healing using symbols can be a total healing for both the healer and the healed if noble, loving, dedicated practice from both sides is there for taking help from the Divine Energy Reiki. Please note that group karmic factor dominates and hence working with Reiki group/family with team spirit is necessary for outstanding results.**

Visualizing in a meditative state and sending energy to the person/situation needing healing basically does healing through distance. Distance healing can be done anywhere. It takes shorter time and gives amazing results if we work with nobility.

A question very frequently asked by a first level healer is whether doing second level really makes one a more powerful healer. The 2<sup>nd</sup> degree attainment actually furthers the vibratory frequency of one's physical and subtle bodies. As a result of this, more of divine energy in the energy body of the healer is transmitted. This enhances the capacity of the channel, to transfer more of life energy resulting in more and more miraculous healings.

Another common question is regarding the ideal time to do one's 2<sup>nd</sup> level. Every individual is unique, and as such we can say that the ideal time is when one develops enough confidence in 'Reiki as a healing technique and trust in the efficacy of Reiki. For higher level working, the person should develop strong desire to grow significantly with the help of Reiki system and develop mental, intellectual and spiritual capabilities to provide noble service to many.

Self healing with the help of symbols when done consistently root out mental and emotional traumas stored in the mind, which is the seat of almost all our problems and diseases. Old energy blocks that had continued to affect us in the present are dissipated. Emotional and mental patterns, which the healed has outgrown, is shaken out along with all that is not positive. The healed feels better and starts thinking positively. What is significant is that one is always happy with changes for better living.

Reiki 2 amplifies our awareness significantly. Most people experience a heightening of their intuitive abilities, which enable them to follow their own inner guidance to a much greater degree than before. Unconscious fears, old resentments, stored anger, worry, anxiety and such negativity will dissolve. As a result, almost all of life's burdens are lifted. Sense of peace, a wholesome self confidence and a non causal bliss is experienced by the healed. Interestingly, NO INDIVIDUAL EVER GETS, AT ANY POINT OF TIME, MORE THAN WHAT HE/SHE CAN HANDLE. In fact one feels empowered that we play a very significant role in shaping our present and future. The feeling of helplessness is quickly shed, as one feels more and more in control.

CONSISTENCY IN SELF HEALINGS- alone gifts healer with the mental and physical healings that they are hoping for. As a Reiki2 practitioner you can become a part of the healing of the world and its people.



## ETHICAL PRINCIPLES- SPIRITUAL GROWTH

The persons participation for spiritual growth is more thrilling than thinking in terms of healing at physical level only. The higher level working with the help of Reiki using Anthakarana and hands gives us the capacity to create better living for all connected in totality. Then:

- Good mental impulses help in controlling & minimizing material, sexual, emotional and egoistic desires. The result of self-control is our ability for showing divine love.
- Right intellectual impulses help in creative communication, teamwork and productive actions for increasing wealth with trusteeship attitude.
- Positive Ego helps in giving outstanding service to society.
- Balanced chitta impulses help in giving divine service to all.

You need to fulfil obligations with joy from all sides. We owe a debt to family, teachers, employer, friends, society and the human race itself. Work for maintaining harmony by managing desires (make them selfless to help all connected), resources and time to optimize productivity and avoid disturbances.

Evidently dedicated higher level Reiki practice using Anthakarana impulses give outstanding abilities. Then we can have better understanding to shoulder much greater responsibility.

Spiritual growth for real happiness is possible only if we take advantage of higher level Reiki practice.

### Disturbances:

Worry, anger, dislike, resentment, hatred and such **negative impulses are the bye-products of selfish attachments and egoistic mentality.** Due to these disturbances we face ill health physically, mentally and intellectually. Also we are not able to use our abilities, resources, and time productively considering the gains of all concerned. Hence most of the resources and time we have with us are underutilized. Instead of allowing disturbances managing us, we should think in terms of getting detached from disturbances and finding better answers keeping the happiness of all in mind.

### Gratitude with honest and continuous loving service:

Showing **gratitude in all possible ways continuously, honestly & with absolute love is noble duty** and not a favor. Better management of time and resources is important and is possible with higher level Reiki practice. Identify wastage of time & resources and avoid such wastage. Save time and resources on less important jobs by identifying ineffective usage and improve working methods to best possible level by combining or rearranging or simplifying them. Improve the results through important jobs by better mobilization of resources. Work with the attitude that all gains with your efforts will **please Lord Almighty** and in turn HE will give you all possible gifts. Something is wrong with **your attitude and honesty** if you do not feel happy or if you face disturbances.

## REIKI SYMBOLS - THEIR MEANING AND FUNCTION

Second degree Reiki channels receive three symbols. The symbols are profound energy keys - become useful and effective in self healing and form an essential requisite for distance / absent healing. These are the seats of energy, but used through the Master's empowerment. Reiki healing with the use of these symbols become more effective and powerful.

**The first symbol is HON-SHA-ZE-SHO-NEN**

**HON** - The centre, the essence, the source, the beginning, the start out of itself.

**SHA** - Shining

**ZE**- To walk in the right direction

**SHO**- The goal, aim, honest being

**NEN**- Silence, to be open in the deepest being of your nature (Who you are)

Hon-sha-ze-sho-nen is called the bridge symbol. It forms a bridge from the channel to the receiver for the Reiki energy to flow in a focussed and intensified manner. This symbol works with the conscious mind-the mental body. It opens the mind so that Reiki can operate beyond time and space.

Hon-sha-ze-sho-nen is eternal in nature and will not have any effect on time factor (that is past, present or future). This symbol is most important for distance healing. It is with this symbol mainly that we can create new positive

worlds. Some describe this symbol to mean -

- "Open the book of mind and now read"
- "The Divine in me salutes the Divine in you!"

**The second symbol is SEI-HE-KI**

**SEI** - State of embryo, things which are visible, source of external form

**HE-KI**- Root chakra to be balanced

Sei-he-ki removes hurdles and disturbances that disturb the working of divine energy. It harmonizes the factors for sound results. Regular usage of this symbol in our self-healing awakens us to the fact that we all have the seed of divinity within us.

The thrust of healing when using SEI-HE-KI is on the mental & intellectual bodies. By this we can remove stored pain and trauma by allowing ourselves to freely feel the pain and then released. The symbol addresses the emotional body. Its direct impact is on the emotional blocks in our energy body. It dissipates and balances them on the mental level and enable us to understand the art of living. The result on the physical level is to release anger, frustration, fear, grief, insecurities and stress (cause of all diseases) easily.

This symbol activates the divinity within us, strengthens the anthahkarana & body connection and integrates the two halves of our brain (the logical and the creative).

**The third symbol is CHO-KU-REI**

**CHO**- Curved sword (Sickle) which draws a curved

line

KU- To enter something & produce wholeness. To create space where nothing exists

REI - Spiral, essence, mystical power, that which is not explainable

Cho-ku-rei is called the power symbol. It boosts the Reiki energy being transmitted for significant healing. It acts as a catalyst, concentrating the energy being transmitted at the required spot and then making the energy of the universe concentrate/focus on the healing. The effect of healing using this symbol is experienced on the physical body.

*Please Note: Reiki symbols should not be discussed with Reiki I channel or therapists or with people who are yet to be initiated into Reiki II channel, as outside of Reiki II context, these symbols have no meaning.*

## APPLICATIONS

Second degree applications are for wider and enhanced levels of working as it is used more at subtle body level and there are no limitations of time & space (instant & significant flow of Reiki is possible to the destinations located in any part of the world). Very good spiritual living/meditation/ Tapasya is possible if we energize ourselves with Reiki using the symbols and mantras for the practice. Higher and better results are possible if we follow the "STANDARD PRACTICE" indicated below:

1. Start with sincere prayer to enjoy Reiki with peace of mind.
2. The intentions/ affirmations need be clear, pure, sincere & strong for correct analysis, search and solutions. Look for making them as noble for serving many effectively.
3. Visualize the destinations peacefully.
4. Cover the self and the destinations with Bright White Light, draw each symbol on them and chant the corresponding mantra thrice. All symbols are to be used for enhancing the energy flow and get desirable & deserved results.
5. Allow the flow of Reiki at each part for at least three minutes.
6. Indicate the completion of Reiki practice in the end by visualizing the withdrawal of mental & power symbols from the destination.
7. Take right action as per the Reiki intuitions or with the guidance of an enlightened Guru.

8. Work with balanced team and show gratitude effectively to those who help us in getting results.

To gain through Reiki and get outstanding corrections we need to understand God's language (through problems) and take corrective action (to live with ethical principles). What we plan is tentative only. What happens is the right answer which depends on our intentions, efforts and what we deserve.

#### **Practice with dedication for spiritual growth:**

Reiki practice need be performed with dedication (Like Puja) for spiritual growth and happiness (Ananda). Practice need be done as if God/ all connected know fully about the pure intentions, action plans and fair sharing of gains through the results. The love factor, sharing gains, tolerance, and pardoning attitude need be extended to all connected fairly. Puja, meditation and Tapasya have no value unless you give loving help/ service and avoid actions prompted by hatred and dislike. The objective is to have excessive appreciation from God/ all concerned, for the deeds and results. For such practice Reiki is made use of.

#### **DISTNACE HEALING THROUGH SYMBOLS**

Absentee healing in Reiki is basically a process of visualization in a lightly meditative state.

Follow the **standard practice** indicated above to use Reiki on all the parts of the body to heal from a distance. Thank Reiki on your and all the receivers' behalf

This is how energy/love/prayers sent. The symbols energize the healing intentions and the receiver and sender experience most wonderful results.

It is very important to remember that, although you can send Reiki healing from a distance, it should only be done with permission. You should send healing only to people who have requested you for Reiki healing or likely to accept the Reiki system. People who reject healing consciously or those in a coma sometimes welcome healing instinctively if the energy you are sending is being received. If the energy flow does not start, withdraw quickly and end the session with love.

If you are not sure whether healing you are sending is acceptable, send the healing with the intent that it will be accepted by free will. If the person refuses the energy, it can go towards healing earth, or some one else who needs it. This way we will not be violating any person's free will. Healers should remember that people/animals have a right to hold on to the disease if they want to.

It is also important to remember that every healer has his/her own methods of visualization. Different people, who visualize, may not do so in the same way, but all methods are correct. When healers first begin doing distance sessions, healings when reported might seem like coincidences. Somewhere along the line, however, doubts are put to rest as results are seen for the process. In distance healing, as in hands on healing, healing should be sent to the person and not to her ache, cut etc. as the energy knows when & where it is needed. We should let it go without limiting it to a symptom.

Always start with **Standard Practice** indicated above

#### **Long Method**

- Say altitude of gratitude

- Declare your body to be the body of the healee
- Do full body treatment (hands-on or distant) as per standard method, using the 3 symbols at each point
- Declare/affirm the receiver having been healed
- Close the session by thanking Reiki for healing the receiver and for the healing you have received

#### Short Method

- Say attitude of gratitude
- Imagine the person to be healed
- Cover him/her with divine Reiki light coming out of your heart chakra
- Draw each symbol on him/her and say it thrice
- Continue visualizing the energy flow (5-10 mts)
- If you know the organ/part of the body is diseased/need healing, concentrate on that part and visualize it as having been healed. Send energy for 10-15 Mts.- till the energy flows, all the time visualizing the person happy, healthy & peaceful.
- Close the session by withdrawing the symbols
- See the receiver happy, healthy & peaceful.

Thank Reiki for healing the receiver and for the healing you have received in the process

**IMPORTANT:** This method can be very effectively used to heal yourself, your past/present/future intentions.

ABSENTEE HEALING USING SHORT FORM TAKES MUCH SHORTER TIME AND IS EFFECTIVE. FOR ALL NON EMERGENCY SITUATIONS, 10-15 MTS OF HEALING SENT TWICE A DAY PROVES TO BE MORE THAN SUFFICIENT.

## SPECIAL APPLICATIONS

All applications need be practiced after following the **Standard Practice** indicated above.

- **Healing energy/emotional blocks.** Give Reiki energy with symbols to the affected part of body till it is healed
- **Healing specific tensions.** Visualize yourself with the tensions. Send healing to self with symbols as described in short method. Visualize yourself as happy and peaceful all the time giving yourself Reiki and then withdraw the symbols and close the session. Continue everyday until tension dissolves.
- **Healing the Aura.** This is done to dispel depression. Healing with the visualization technique. Imagine divine Reiki light flowing unimpeded through one's/receivers' aura. It helps to lift depression and heals many energy blocks even before they can manifest as disease in the physical body.
- **Healing withholds.** Lie down and place both hands on the navel and ask. 1) What is holding me back? 2) What is the truth about? 3) What is the fear about? Adequate number of such healing sessions will dissolve the fear and withholds, releasing one's potential
- **Programming Reiki:** It is done if one may not be available when an event or person would require Reiki. One can program Reiki by visualizing the event and/or person requiring Reiki, state the date, time, and the duration of requirement- Visualize the desired result and affirm that things have gone the way you have visualized them. Give Reiki with symbols for 15 Mts. or till energy

flows. Declare the intention as been whole and completely healed. Thank Reiki and close the session.

- **Manifesting Relationships:** If being done to manifest the ideal mate, make a list of qualities you desire in your intended mate and give Reiki with symbols using visualization techniques. Continue till desire is fulfilled.
- **Reiki Box:** Very effective way of giving Reiki to intentions. Express desired intentions as having been fulfilled on a slip of paper. Keep the paper in a small plastic box and give Reiki with symbols to the box for 15 minutes twice a day, requesting Reiki to heal you, your Reiki box and all the intentions in it. Continue till positive results. Express the intentions as affirmation that the desired result has already manifested i.e, if you want to do well in your exams write "I have done my exams extremely well" and so on.
- **Creating Future:** Create time decide what kind of a future it is that you exactly want visualize it with as much clarity as possible. Write down/visualize that what you want has already taken place i.e., that you are living you dream. Give Reiki with symbols every day - 15 minutes in the morning and 15 minutes in the evening till desired result is experienced.
- **Healing Relationships:** Visualize yourself with people you have had a misunderstanding with/broken up with/angry with. Visualize that you are sorting out your problems, explaining your attitude/stand. All the differences that meet away. See that you are hugging and loving each other. Give Reiki to this scene with symbols everyday, morning and evening for 15 mts every

time. You can expect some amazing results. You can use this method to heal relationships between other people who are dear to you and are not getting along.

- **Healing dead people :** Visualize the person as alive. Communicate whatever it is that he could not when he/she was alive. Be with the person for a while - all the while healing with Reiki symbols. Then visualize the person as dead - see him/her peaceful and complete. Close the session. Do this as many times as it takes for you to feel the hold. When you feel peaceful/complete about the sessions you can stop the healing.
- Perform all prayers/ pujas using Reiki as per 2<sup>nd</sup> degree method (so that we visualize the deity in live form) for contacting God and getting HIS blessings and Godly intuitions.
- Work for better spiritual growth under the guidance of any Sadguru and with the support of higher level Reiki practice

#### SOME OTHER USES

You can work for solutions on meetings, conferences, house/factory problems, trees/ plants, animals, machinery, etc

- Say attitude of gratitude
- Imagine yourself/person/persons/plants/animals fitting in your cupped palms. (An alternative is to take something symbolic of the person/photo of the person/persons in your hand)
- Imagine Reiki light covering what is in your hands

- Draw each symbol and say it thrice
- See the receiver/receivers happy, healthy & healed
- Give Reiki for 10-15 Mts. or till the energy flows.
- Affirm the healing and close by withdrawing the symbols.

The procedure can be extended for:

- Cleansing and purification environment.
- Making food, that seems questionable, safe for eating.
- Energizing food to increase the nutrition
- Clearing crystals,
- Boosting healing properties of medicines and reducing possible side effects.
- Changing negative habits/behavior patterns (to stop biting nails/bed wetting /quit smoking etc).
- Healing cravings of all kinds
- Clearing energy blockages.
- Clearing the disturbances of a room or a home.
- Increasing the qualities of a home for improving peace, love, health & prosperity of inmates
- Helping people to get rid of bad effects of spirits/ghosts if such feelings are felt.
- Manifesting abundance feeling.
- Fulfilling wishes which are positive and useful to all connected

## CREATIVE VISUALIZATION AND AFFIRMATION

Dion Fortune said " Magic is the art of changing consciousness at will". If this is true then, Reiki 2 is the intended magic that produces real results and transforms your life if you let it.

With the help of symbols taught in the second level and with positive affirmations you can create a life of your dreams, provided what you desire is ethical, harms none and is for the good of all concerned. And all this is possible by harnessing the power of mind ( i.e., creative visualization). The power of affirmation and the power of Reiki symbols are used for achieving the desired transformation.

All you need to do is to visualize very clearly what you want i.e, create a representation of what you desire in your mind - send Reiki energy along with Reiki symbols to heal the intention - and affirm that what you had desired and visualized has indeed happened.

This simple process is the most effective way to realize your fondest dreams.

Reiki 2 can be used to manifest success, material affluence and any other thing you wish to make your life more comfortable, fulfilling, peaceful & happy. While asking, do not limit your wish list to what you think you deserve or can afford. Practice continuous loving service to become a deserving person and go all out to take Reiki help at higher level.

## HIGHER LEVEL AFFIRMATION

Affirmations are positive statements one makes for succeeding in your work, attaining peace of mind and so on.

Our mind operates from our beliefs and our beliefs are products of our thoughts. We create our own realities without realizing that our realities are ultimately the product of the thought be comfortably hold in our minds. In the opening verse of the Dharmapada the Buddha says "Our life is shaped in our mind. We become what we think. An evil thought deprives you of gifts from Reiki and suffering follows as the wheels of a cart that follow the oxen that draws it.

What we do with affirmations is to program our mind with clear & creative methods of working and positive conditioning. If we persist, the affirmations miraculously start coming true. we become sensitive to life and its wonderful process.

It is a fact that it is in our hands to change for the better. Affirmations made with the best intention for all concerned bring to fruition what ever it is that we desire.

Remember:

1. Work sincerely to deserve the results.
2. State affirmations in the present perfect tense. For example "I am whole and completely healed in body, mind and spirit.
3. Have belief in what you affirm and that it will come true

4. Have your goal very clearly in your mind
5. Keep chanting the affirmation as often as you can
6. Affirming while in the meditative state speeds up the realization of your fondest dreams. (slow, deep breathing, coupled with counting backwards while make you slip into the samadhi state)
7. Remember to ask for thing that will be good for all and harm none.
8. You can form your affirmation according to the situation. One affirmation that can be said after you have finished spelling out your desire is "I ask for these things, or their equivalents or better for the good of all"

**Important: Convert affirmations to higher level intentions. When we ask the question:**

- Why?- the answer need to lead us to higher-level intention for real happiness to all connected.
  - How?- the answer need to lead us to the best possible way of acting on the intention
8. My life is getting better and better continuously.
  9. My life is an extraordinary blessing.
  10. I am grateful for being alive on this beautiful earth..
  11. I breathe freely as a loved child of the universe.
  12. I am loved and supported in every way by my creator.
  13. God is my father/mother/best friend and cares for me.



## THE POWER OF THOUGHT

The thoughts we hold in our mind and the words we repeatedly use create our experiences in our lifetime. It is our thoughts and what we say, that create our future. Our subconscious mind is like soil. It accepts all kinds of seeds - good or bad. If we work with good thoughts - Good follows and vice versa. Our sub-conscious mind is one with infinite intelligence and boundless wisdom. The thoughts we hold in our mind create our world. You are what you think you are. So choose happiness, light, peace, success and so on. Put your life energy behind good thoughts. There is tremendous power within you. You feel blessed when you develop confidence in this power. In short you can make all your dreams come true by harnessing the power of your thoughts with the help of Reiki.

You will enter the kingdom of happiness when you start thinking and feeling:

1. I take the responsibility to create my life.
2. I co-create my life along with the supreme power.
3. I will work with infinite power of unconditional love. Reiki flows through me and helps me to create much better life.
4. I use my mind to its full capacity to manifest my life as I want it.
5. I am a lovable person.
6. I enjoy living my life.
7. My life is abundant with opportunities to contribute meaningful to the world.

Start your day with the following prayer. It will make each day of your life a divine blessing!

*"Divine order takes charge of my life today and everyday. All things work together for my good. This is a wonderful day. I will be divinely guided all day long in whatever I do".*

## IMPORTANT POINTS TO REMEMBER

1. Improve Anthahkarana impulses for better health, happiness and prosperity. We can be happier only if we make people connected with us happier. Think of simple living, be in joyful mood and give continuous & honest loving service. Be large hearted while showing gratitude. Avoid dislike, resentment, criticism, guilt, lust, hate, envy, fear, anger, ego and such negative attitudes. Try to accept changes with the idea of converting them into useful, productive & workable answers.
2. Handle great tragedies with courage and positive impulses so that they become stepping stones for significant gains to many. Avoid junky food and junky thoughts.
3. Do not try to be a doctor. Always remember that we are only channels for the healing. Universal life force energy to flow through. Patients get healed because of the inherent capacity of human body to heal itself when it has enough energy to carry on its work at its disposal. We can only take credit for being concerned/offering ourselves to channel the energy for the recipient.
4. There is no substitute for daily self-healing. Miraculous physical and mental healings are reported generally only by people who dedicatedly and consistently heal themselves.
5. Reiki provides wonderful healings both as primary as well as supportive healing technique for diverse health

conditions. Encourage people to integrate Reiki with other therapies for optimum answers suited for the individual.

6. Reiki plays a major role in healing psychosomatic and stress related disorders. Miraculous healings have been reported for people suffering from these chronic and debilitating diseases.

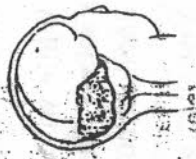
## SUGGESTIONS

1. In acute conditions, Reiki should be used as supportive healing technique. One should work in association with qualified therapists in serious cases.
2. Required dosage of drugs should be monitored at regular intervals by the concerned doctors, as Reiki reduces the need for drugs considerably.
3. After Reiki 2 empowerment and during the 21 days of cleanse process it is possible that you feel acute pain on your back in the root chakra / hara region or an enhanced sexual urge. This indicates that the Kundalini has been touched. At this point if you want to avoid sexual dissipation of energy and have greater spiritual growth, transform that energy to higher consciousness by doing the ENERGY CIRCULATION exercise given in this book.

## ENERGY CIRCULATION



1. Lie on your back with your knees raised and touching feet slightly apart, hands at your sides, palms up. Close your eyes.
2. As you take 12 breaths, imagine a black and white sphere inside your head, approximately the size of tennis ball.
3. As you take 12 breaths, imagine your genitals as dark blue.
4. As you take 12 breaths, imagine the occipital lobe of your brain as dark blue.



## CENTERING EXERCISE or GOLDEN BALL

Close your eyes - Sit erect comfortably - Inhale slowly through nose, exhale quickly through mouth and relax - Repeat this breathing and relaxing for two more times.

1. Imagine a fluid golden ball coming from above and entering your Sahasra or Crown chakra. This golden ball represents pure consciousness.

As the ball reaches Sahasra or crown chakra, imagine that the ball is floating in crown chakra, witness the beautiful colors of the golden ball and the violet crown chakra mixing effectively.

The Crown is centre for spiritual growth and is the centre for self realization.

While witnessing the mixing of the colors in crown chakra - Inhale slowly through nose, exhale quickly through mouth and relax.

2. Visualize separation of the golden ball from crown chakra. Witness its movement to third eye or Ajna chakra which is indigo in color. While the golden ball floats in Ajna chakra witness the mixing of yellow color of the ball with the indigo color of the chakra.

Ajna chakra is centre for intuition.

While witnessing the mixing of colors in Ajna chakra - Inhale slowly through nose, exhale quickly through mouth and relax.

3. Visualize separation of the golden ball from Ajna chakra. Witness its movement to throat or Vishudda chakra.

which is blue in color. While the golden ball floats in Vishudda chakra, witness the mixing of yellow color of the ball with the blue color of the chakra.

Vishudda chakra is centre for communication.

While witnessing the mixing of colors in Vishudda chakra - Inhale slowly through nose, exhale quickly through mouth and relax.

4. Visualize separation of the golden ball from Vishudda chakra, witness its movement to heart or Anahatha chakra, which is green in color. While the golden ball floats in Anahatha chakra, witness the mixing of yellow color of the ball with the green color of the chakra.

Anahatha chakra is centre for love and compassion.

While witnessing the mixing of colors in Anahatha chakra - Inhale slowly through nose, exhale quickly through mouth and relax.

5. Visualize separation of the golden ball from Anahatha chakra. Witness its movement to Solar plexes or Manipura chakra which is Yellow in color. While the golden ball floats in Manipura chakra witness the mixing of yellow color of the ball with the yellow color of the chakra.

Manipura chakra is centre for wisdom and power.

While witnessing the mixing of colors in Manipura chakra - inhale slowly through nose, exhale quickly through mouth and relax.

6. Visualize separation of the golden ball from Manipura chakra. Witness its movement to Hara or Swadhistan

chakra which is orange in color. While the golden ball floats in Swadistana chakra witness the mixing of yellow color of the ball with the orange color of the chakra. Swadistana chakra is centre for feelings and sexual energy.

While witnessing the mixing of the colors in Swadistana chakra - Inhale slowly through nose, exhale quickly through mouth and relax.

7. Visualize separation of the golden ball from Swadistana chakra. Witness its movement to root or Muladhara chakra which is red in color. While the golden ball floats in Muladhara chakra witness the mixing of yellow color of the ball with the red color of the chakra.

Muladhara chakra is centre for security and survival.

While witnessing the mixing of the colors in Muladhara chakra - Inhale slowly through nose, exhale quickly through mouth and relax.

8. Visualize separation of the golden ball from Muladhara chakra, Witness its movement back to hara or Swadistana chakra which is orange in color. While the golden ball floats in Swadistana chakra witness the mixing of yellow color of the ball with the orange color of the chakra.

This centre is the safest place and the golden ball representing our consciousness will be left here.

9. After Visualization of the ball at Swadistana chakra at stable level slowly open your eyes and come back to the normal state.

Breathe and relax in a usual way. (Now express your feelings and share experience.)

## AILMENTS AND HEALING

### GENERAL

This section lists ailments the Reiki therapist is likely to encounter, and effective treatment procedures. Work for chakra balancing often.

Except in case of accident or emergency, all that follows should be used in conjugation with and after a normal treatment of HEAD, FRONT and BACK positions. For body fluids problem work on 13 & 22.

For healthy body & Mind, eat considerable amount of raw vegetables sprouted pulses ( green gram and red gram) and fresh fruits.

Eat them only after effectively cleaning, to avoid infection & insecticides. Do not eat junky food.

Healing using Reiki System	Anthahkarna Impulses	
	Avoid	Have
<b>Accident (general injury)</b> Treat 9 & 13, then to stabilize the body treat 1,4,8,9,20 & 22	Rebellion & Violence	Peace & love
<b>Acne</b> Treat 1,5,6,8,9,10,13,14,22 & Spend additional time on 13	Dislikes	Divinity & love
<b>Adhesions</b> Place hands over the afflicted area to release adhesions. Reiki will not heal anything severed by surgery. Reiki will help to ease post operative pain and simulate the body's own healing processes, as well as eliminate shock.	Anger & rigidity.	Self confidence, flexibility & Joy

<p><b>Aging</b> Have general good health practices and frequent Reiki full body treatment. If the client is over 40 years old, suggest taking 1000 units of vit. E, B- complex &amp; vit C daily.</p> <p><b>AIDS</b> Daily whole body treatment is essential. Give extra time on 1,4,7,8,9,14 &amp; 17.</p> <p><b>Allergies</b> Allergies with Asthma, Bronchitis and Emphysema due to the lungs never cleared from childhood bronchitis. Mucus-producing products should first be removed from the diet like cow's milk products, white sugar, flour, chocolate, carbonated drinks and red meats.</p> <p>Treat 1,5,8,10,13,14 &amp; then 11 (the delicate membrane lining the thorax) for 30 minutes. For ASTHMA treat client for 2 1/2 days, for EMPHYSEMA 30 days. Also, client need to practice breathing exercises. If consecutive treatment are not possible, don't begin.</p> <p><b>Anemia</b> Treat 1,2,5,10 &amp; 12. Suggest eating raw vegetables, and drink fresh fruit juice for 7 days.</p> <p><b>Anorexia Nervosa</b> This hysterical condition due to loss of appetite requires 2nd degree Reiki, since the mind &amp; the whole body must be treated.</p>	<p>Fear of rejection</p> <p>Feeling defenseless uncared &amp; Sexual guilt</p> <p>Denying own Power</p>	<p>Love &amp; liking all situations</p> <p>Love life, feel important &amp; capable</p> <p>Peace &amp; friendly outlook</p>
<p>Treat 1,4,6,9,13,14,17,18,22 and suggest eating raw vegetables. In the female, lower back pain can result from a tipped uterus. Refer to "MENSES".</p> <p>For severe back injuries begin by thoroughly treating the back and sides of the neck and then move hands down the back at hand - width intervals.</p> <p><b>Baldness</b> Reiki, in conjunction with diet, works in regenerating growth of hair. Place hands over the bald spots. Protein intake should be increased. Vitamin E oil should be massaged in to the scalp. Also, suggest the client consume 2 cups of soya milk daily. Patience works.</p> <p><b>Bedwetting</b> Treat 1,4,6,9,13,14,18,22. Have client to start &amp; stop urination several times</p>	<p>Controlling of Anger &amp; feelings</p>	<p>Safe feeling, joy &amp; liking to live.</p> <p>Wonderful feeling, Joy &amp; self - acceptance.</p> <p>Tension, Distrust, fear &amp; trying to control all.</p> <p>Fear of parent Present or past life.</p> <p>Show love &amp; compassion.</p>

<p><b>Arthritis</b> Arthritis is due to an inactive bladder, allowing urine retention in the body that in turn causes calcium to deposit in the joints. Treat 1,5,8,10,13,14 (extra time) 17 &amp; 22 (longer than usual). Then treat the afflicted areas until the calcium deposits break down &amp; be removed by the renal system. Suggest the client to drink three liters water daily. Suggest the client maintain his mineral intake.</p> <p><b>Back Pain</b> For pain in the small of the back, treat 1,4,8,9,13,14,17,18,22 and suggest eating raw vegetables. In the female, lower back pain can result from a tipped uterus. Refer to "MENSES".</p> <p>For severe back injuries begin by thoroughly treating the back and sides of the neck and then move hands down the back at hand - width intervals.</p> <p><b>Baldness</b> Reiki, in conjunction with diet, works in regenerating growth of hair. Place hands over the bald spots. Protein intake should be increased. Vitamin E oil should be massaged in to the scalp. Also, suggest the client consume 2 cups of soya milk daily. Patience works.</p> <p><b>Bedwetting</b> Treat 1,4,6,9,13,14,18,22. Have client to start &amp; stop urination several times</p>	<p>Criticism, resentment &amp; unloved feeling</p>	<p>Feel safe, forgive self &amp; love all</p> <p>Safe feeling, joy &amp; liking to live.</p> <p>Wonderful feeling, Joy &amp; self - acceptance.</p> <p>Show love &amp; compassion.</p>
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<b>Bells Palsy</b> Treat 1,2,5,8,9 Cheeks, mouth, jaws and behind the ears.	Control of anger & feelings	Express freely with joy.
<b>Bleeding Gums, Mouth sores</b> These ailments are often due to excess acidity. Treat whole body plus extra on mouth.	Fear & Lack of joy	Love & approval for self & others
<b>Brain Damage &amp; Tumor</b> Treat whole body. Devote much time to treat the head and side of the neck to promote circulation and an adequate blood supply. Also suggest blood Replenisher juice.	Fear, self hatred & rejection	Trust, O.K. for need to release past, love for self & others
<b>Breast Lumps</b> Treat Fully body & 14 for 20 mts. (Even if ovaries haven been removed.) Then treat the breasts for about 20 minutes.	Refusal to love & overprotection	Importance to love & care for all
<b>Broken Bones</b> Treat immediately. Place your hand around the break if possible. The bones will often realign themselves. After the break has been set and cast, treat 1,4,8,9,17 & through the cast.	Rebellious & reject authority	Respect & love people.
<b>Burns</b> Place hands over the burn immediately to prevent blistering. & treat until the pain goes away. Treat 1,4,7,8,10,17,22 &24.	Feeling unloved, Criticism & Resentment.	Peace & harmony. Feel good
<b>Callouses &amp; Corns</b> These ailments may result from maladjustment of the spine and /or potassium deficiency. Treat 1,5,8,9,17,18,20,21 and 23 and add one tsp. apple cider vinegar in a glass of water.	Fear of security, hardened concepts & Guilt.	Open to change avoid fear of change & be receptive to good.

<b>Cancer</b> CARRYOUT REGULAR FULL BODY TREATMENT EXTRA TIME ON POINTS 6,8,9,14 & 17	Deep hurt, hatred dejection, deep secret.	Forget past, be loving, & forgive lovingly.
<b>Colds</b> Treat 1,5,6,10,12,13,14 & upper lungs; then pleuras along the sides of the torso., head and back.	Hurry, disorder, confusion & sensitive.	Relax, be peaceful, have harmony.
<b>Colic</b> Place the body's face down, putting one hand under its stomach and the other on it's back. Hold until gas is released and the baby goes to sleep.	Mental irritation, impatience & annoyance.	Have peaceful & loving thoughts.
<b>Coughs and Pleurisy</b> Treat 1,5,6,8,10,12,13 and 14 upper lungs and pleura and 7	Desire to bark at many.	Develop positive & loving impulses.
<b>Congenital Defects</b> Birth defects can be helped by whole body treatment if begun when the child is young, but are seldom cured. Neo Natal treatments have a better chance of lifelong success.	Karmic problems, incompleteness & negative impulses.	Accept everything with love. Live with joy in odd situations.
<b>Cysts and Builds</b> Treat Whole body then on afflicted areas. Place Kleenex tissue over the area to absorb secretions.	False growth & nursing hurts.	Do the best, be simple & love all.
<b>Cuts</b> Grasp and treat the injured area to seal opening and stop bleeding. Clean cut, bandage and treat 1,5,8,9,&17.	Resisting rules & going for own laws.	Have safe & harmonious work.
<b>Detached Retina</b> Treat Points 1,2,6,8,9,14 &17.	Refusal to see reality & feel dark future.	Enjoy present & avoid worry

<b>Diabetes</b> Treat Points 1,3,8,9,& 14 or 24 then 12 for 30 min.	Dissatisfaction, sorrow & no sweetness feeling.	Enjoy present & make life of all sweet.	Have cool & calm temperament.
<b>Drug Addiction /Overdose</b> The client must be in a withdrawal program. For overdose treat point 20 then whole body. Second degree Reiki recommended.	Not loving self & fear.	Enjoy good living & love life.	Develop courage, strength & skill.
<b>Ears</b> Lift flaps of ear canals. Place middle finger in each ear and rest the hands alongside of client's head behind the ears.	Fear of hearing facts.	Hear with love & tolerate.	I move forward in life with joy & ease
<b>Deafness, Bleeding Ear, Viral Infections</b> Treat 1,3,5,8,9,17 & under the jaws. Results are slow	Rejection, stubbornness & avoiding other's views.	Listen to divine views & rejoice with all.	Love, Peace & courage.
<b>Edema</b> Treat Points 1,4,8,9,14,21 and 22.	Holding to possessions.	Detached living.	Equanimity, love & trusting habits.
<b>Energizing &amp; rebalancing</b> Treat Points 1,4,8,9, & 17 and adrenals.	Not feeling good.	Work for total happiness.	Love, liking & trust.
<b>Epilepsy and convulsive Disorder</b> Treat Head 1,4,8,9, & 17	Self-violece & rejection of life.	Have peace & enjoy life with many	Have the sufferer drink as much water as possible.
<b>Eyes</b> Eye defects correspond to problems in the pancreas, thyroid, ovaries or prostate. Treat whole body.	Avoiding to see past, present & future.	Everything is for ultimate advantage live with love & job.	Accept all with liking, feel comfortable & have clean thoughts.

<b>Fever</b> Treat upper lungs and sides of the chest to heal the lung pleura. Follow with 1,2,5,7,17,18,20,21 and 23.	Anger, hatred & dislikes.		Have cool & calm temperament.
<b>Food poisoning</b> Treat 1,5,8,9,10,12,13,14,22 and 23.	Control by others & feeling defenseless.		Develop courage, strength & skill.
<b>Foot problems</b> Treat 1,5,8,9, & 14 of the same side of abdomen.	Fear of future & avoiding work.		I move forward in life with joy & ease
<b>Frostbite</b> If there is no time for whole body, treat on adrenals and afflicted area.	Unsafe & careless habits.		Love, Peace & courage.
<b>Gall Bladder &amp; Liver</b> Treat points 1, 4,8, 9, 10 & 17 until a release in the gall bladder	Bitterness, anger & emotional		Equanimity, love & trusting habits.
<b>Hair</b> To grow hair treat effected areas & points 1,2,5,8,9,14,16,17 & 22	Fear, tension & trying to control everything.		Love, liking & trust.
<b>Hangover</b> Treat 1,4,8,9,10,12,&15.	Doubts, dislikes & tensions.		Have the sufferer drink as much water as possible.
<b>Headache Migraine / Headache tension</b> Treat 1, 2, 5, 8, 9, 10, 12, 13, 18, 20, 21, 23, 24.	Dislikes, resisting actions, self-criticism & sexual fears.		Accept all with liking, feel comfortable & have clean thoughts.



<b>Head Injury</b> Treat 1,2,4,5,8,9,17,&21	Feeling of guilt & anger.	Be positive & appreciate others.
<b>Heart Attack</b> This is an EMERGENCY situation. Treat immediately by placing one hand gently over the heart and the other on point 12.	Excess desire for money, sex & position	Be contented & minimize desires.
<b>Heart Problem</b> Treat 1,4,9,12 (longer), heart area, 13 & 14.	Get worked up & is emotional.	Enjoy life at all times & be happy.
<b>Hemorrhoids &amp; rectal fissures</b> Treat whole body and then point 24 placing middle finger directly over anus with hand lying between buttocks and other hand across base of spine. Treat for many days.	Deadlines working fear of burden & anger.	Be at ease, enjoy work & love people.
<b>Hiccups</b> Rise hand over head and stretch diaphragm. Hold one hand over diaphragm and other below. Hold until hiccups stop.	Hurry, tensions.	Be peaceful and relax
<b>High Blood Pressure</b> Treat 1,5,8,9,12 & 17. Place hands over lightly on the sides of the neck and over carotid artery and then on liver.	Holding on to unsolved problems.	Be peaceful & release past.
<b>Infection</b> Treat through Kleenex tissue over boil, sore or contaminated area.	Irritation, anger & annoyance.	Be peaceful & harmonious.
<b>Laryngitis</b> Treat 1, 5, 8, 9, 17 & then treat the throat.	Dislike authority & avoid expression.	Appreciate bosses & communicate well.

<b>Learning and memory</b> Spend additional time on 1,2 & 4 and carotid artery. Place one hand over navel and other the above it.	Less liking to knowledge / situations.	Enjoy learning & give due importance to jobs.
<b>Mastoiditis</b> Treat full body and them behind the ears.	Anger, frustration & refusal to understand.	Work with peace, love & harmony.
<b>Measles</b> Adults- whole body immediately, children - whole body after 24 hrs. Spend extra time over eyes.	Irritation, anger & annoyance.	Be peaceful & harmonious.
<b>Moles and Warts</b> Treat 1,2,3,5,8,9 & 17. Pinch Gently between fingers.	Hiding hate & ugly feelings.	Express sincerely & have confidence.
<b>Motion sickness</b> Treat all points & then gall bladder.	Fear for health etc.	Feel safe & have courage.
<b>Mucus excess</b> Treat longer on 1,5,6,8 & 9.	Disturbed & confused thoughts.	Release past and be open minded.
<b>Multiple Sclerosis</b> Treat whole body for prolonged periods at least once a day with extra time on 1,4,8,9,10 & 17.	Deep hatred, inflexibility & fear.	Love, detachment & joy.
<b>Mumps</b> After whole body treatment place hands on testicles or ovaries for 30 min. The throat, jaws and lymphatic areas should also be focussed on.	Swallowed anger & inability to speak up.	Free expression with joy.
<b>Nasal Polyps.</b> Treat 1,2,3,6,8,9 & 17. Then place fingers on nose cartilage for several minutes.	Longing for love, help & recognition.	Give love & help. Do not expect in return.

<b>Pyorrhea</b> Treat whole body for 5 consecutive days, and then jaw bone and teeth as well as under lower jaw. within 5 days pus will be emitted from the gums. Then rinse pus from the mouth with tepid water.	Wishy-washy nature. Anger & helpless feeling.	Dedicated work detached out look & love.
<b>Radiation Exposure/Sunburn</b> Treat whole body and them afflicted area, especially spleen.	Unsafe habits	Safety temperament.
<b>Scars</b> Place hands over scar tissue.	Sensitivity & worry.	Generous & detachment.
<b>Shingles</b> Place hand below sternum and over left shoulder blades on the back. Treat all afflicted areas.	Fear, Tension & sensitivity.	Peaceful, relax & trust.
<b>Sickle Cell anemia</b> Treat Joints, treat full length of arms and legs and then cover entire body.	Unhappy for every thing.	Joy, love & trusting God.
<b>Sinusitis</b> Treat 1,2,3 pressure points above each eyebrow 5,6,8,9 & 17.	Irritable & dislikes.	Contentment & adaptability.
<b>Snake bite</b> Cut skin at bite, suck area several times, spitting out the venom. Treat bite and if possible the blood vessels between heart and would,	Careless habits.	Cautiousness & courage.
<b>Spinal Problems</b> Treat 1,5,8,9,17 back of the neck sides and entire length of the spine.	Inflexible & strong dislikes.	Open mind & flexibility.
<b>Stroke</b> DO NOT treat for 21 days after stroke. On 22nd day treat 9, 10,12,13,14. Then 1,2,5 & 8. Maintain treatment for 4 consecutive days.	Dejected, excessive desire, resistance to change & ego.	Minimize desires, enjoy simple living.

<b>Nose Bleeding</b> Treat 1,2,3,6,8,9 & 17. Prop client at 45 degree angle. Hold ice-bag on the neck and with other hand make list with thumb on the top and press the nose cartilage between the thumb and first finger to close nostril.	Unsafe thoughts and lack of love & help	Safe habits, love & gratitude.
<b>Obesity</b> Treat whole body and extra on thyroid	Fear and insecurity	Deserve & receive. Then God will help.
<b>Pancreatic problems</b> Treat point 1,8,9, 12 (extra) & 17.	Bitter feelings & lack of sweetness in life.	Satisfaction & joy in all situations.
<b>Parkinson's disease</b> Give full head treatment and affected appendages.	Desire to control everything.	Delegate & relax. Try to trust people.
<b>Planter Warts</b> Soak feet for 20 min in warm water. Apply 2-3 of liquid vitamin E to the wart. Treat top and bottom of foot for 7 days @ 30 min/day or till wart disappears.	Criticism & hatred.	Lavishness in love & appreciation.
<b>Pneumonia</b> Treat 1,2,5,7,8,9,10,12,13,14 & along with sides of chest.	Emotional desperate & tired of life.	Divine impulses and avoid resistance to change.
<b>Pregnancy problems</b> Treat 1,4,5,8,9,10,12,13 & 14.	Sensitivity, tension & worry.	Love, joy & hear philosophy and do divine jobs.

<b>Veneral Diseases</b> After whole Body treatment, spend extra time on affected areas. Also treat lymph gland.	Abuse of senses.	Divine thoughts & self control.
<b>Vericose Venis</b> Treat 1,2,3,5,8,9 & 17. Then one hand on inside of affected leg which it joins the crotch and other hand on point 14. Treat for 20 min.	Hate, discouragement & stress.	Ahimsa, gratitude & joy.
<b>Vertigo/Dizziness</b> Treat whole body for 5 days. Ten 1,3,5,8,9,14,17 & 24 for many days.	Scattered thinking & failing to appreciate.	Organize thinking.

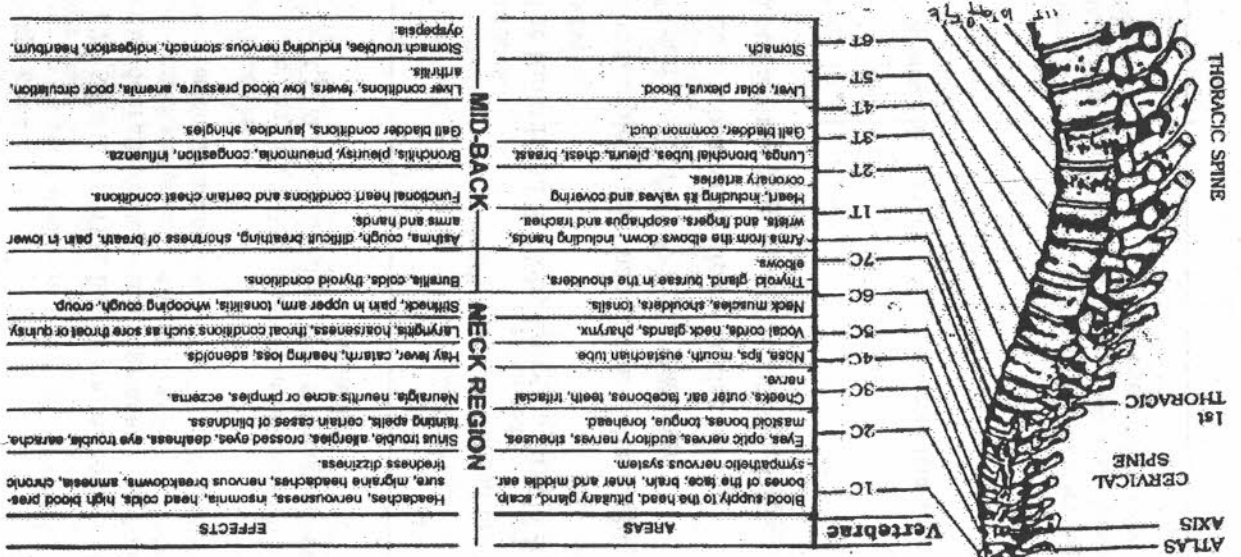
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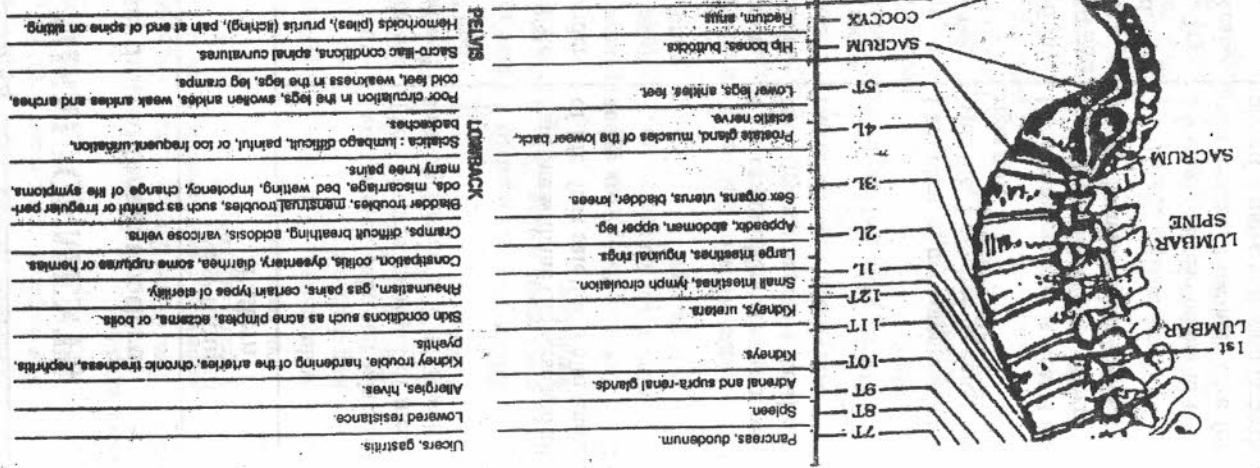
<b>Stuttering</b> Whole body preferable by 2nd degree Reiki channel.	Inferiority & insecurity.	Free expression & contentment.
<b>Throat (sore)</b> Place hands over front and sides of throat and lymphatic areas under ears.	Fear to express & stored anger.	Express freely & develop liking to all
<b>Thyroid gland problems</b> Treat whole body. Place one hand on the base of throat. Also treat 21.	Dejection & humiliation	Confidence & easy going.
<b>The Doutoureux</b> Do not touch face for first 3 treatments. Hold hands 1/4 inch above skin. Treat 1,2,5 then under chin and over lips. Contact healing can be used thereafter.	Fear & shyness.	Feel safe & be friendly
<b>Tongue problem</b> Treat 1,5,6,8,9 & 17 with pressure on tops of big toe.	No taste for job & feelings.	Accept well & enjoy life.
<b>Tonsils</b> Treat 1,2,3,6 and then lower jaw for 10-20 min.	Fear, emotional & stifled.	Divine thinking & work with dedication.
<b>Ulcers</b> Treat whole body and extra over painful area.	Inferiority & sensitivity	Calm & love with courage
<b>Vaginitis</b> Treat whole body for few days, Then treat 1,4,5,8,9 and place one hand over vagina and another in middle point 14.	Anger at mate & sexual guilt	Find reason to appreciate & control desires.

## 8. EFFECTS OF SPINAL MISALIGNMENTS

So many people have back problems that are so diversified that it would be helpful to list the spine and all the vertebrae as a separate category. Please study the accompanying spinal chart with its mental equivalents listed below. As always, use your own wisdom to ascertain the meaning that is most helpful to you.



Misalignments of spinal vertebrae and discs may cause irritation to the nervous system and affect the structures, organs, and functions which may result in the conditions shown above.



## 9. SPINAL MISALIGNMENTS

### Probable Cause; desired thought pattern

Vertebrae	Probable Cause	New thought Pattern
Cervical Spine		
1-C	Fear, Confusion, Running from life. Feeling not good enough. "What will the neighbour say?" Endless inner chatter.	I am centered, calm and balanced. The Universe approves of me. I trust my Higher Self. All is well.
2-C	Rejection of wisdom. Refusal to know or understand. Indecision, Resentment and blame. Out of balance with life. Denial of one's spirituality.	I am one with the Universe and all of life. It is safe for me to know and to grow.
3-C	Accepting blame for others. Guilt, Martyrhood. Indecision. Grinding one's self down. Biting off more than one can chew.	I am responsible only for myself and I rejoice in who I am. I can handle all that I create.
4-C	Guilt, Repressed anger. Bitterness. Bottled-up feelings. Stuffed tears.	I am clear in my communication with life. I am free to enjoy life right now.
5-C	Fear of ridicule and humiliation. Fear of expression. Rejecting one's good. Overburdened.	My communication is clear. I accept my good. I let go of all expectations. I am loved and I am safe.
6-C	Burdens. Overload. Trying to fix other. Resistance. Inflexibility.	I lovingly release others to their own lessons. I lovingly care for myself. I move with ease through life.

7-C Confusion. Anger. Feeling helpless. can't reach out.

#### Thoracic spine

1-T	Fear of life. Too much to cope with. Can't handle it. Closing off from life.	I have a right to be me. I forgive the past. I know who I am. I touch others with love.
2-T	Fear, pain and hurt. Unwillingness to feel. Shutting the heart off.	I accept life and take it in easily. All good is mine now.
3-T	Inner chaos. Deep old hurts. Inability to communicate.	My heart forgives and releases. It is safe to love myself. Inner peace is my goal.
4-T	Bitterness. A need to make others wrong. Condemnation.	I forgive everyone. I forgive myself. I nourish myself.
5-T	Refusing to process the emotions. Dammed-up feelings, rage.	I give myself the gift of forgiveness and we are both free.
6-T	Anger at life. Stuffed negative emotions. Fear of the future. Constant worry.	I let life flow through me. I am willing to live. All is well.
7-T	Storing pain. Refusal to enjoy.	I trust life to unfold before me in positive ways. It is safe to love myself.
8-T	Obsession with failure. Resisting your good.	I willingly let go. I allow sweetness to fill my life.
9-T	Feeling let down by life. Blaming other. A victim.	I am open and receptive to all good. The Universe loves me and supports me.
10-T	Refusal to take charge. Needing to be a victim. "it's your fault."	I claim my own power. I lovingly create my own reality.
		I open myself to joy and love, which I give freely and receive freely.

- 11-T Low self-image. Fear of relationships.  
I see myself as beautiful and loveable and appreciated. I am proud to be me.
- 12-T Disowning the right to live. Insecure and fearful of love. Inability to digest.  
I choose to circulate the joys of life. I am willing to nourish myself.
- Lumbar Spine  
1-L A crying for love and a need to be lonely. Insecurity.  
I am safe in the universe and all life loves me and supports me
- 2-L Stuck in childhood pain. See no way out.  
I grow beyond my parents' limitations and live for myself. It is my turn now.
- 3-L Sexual abuse. Guilt. Self-hatred.  
I release the past. I cherish myself and my beautiful sexuality. I am safe. I am loved.
- 4-L Rejection of sexuality. Financial insecurity. Fear of career. Feeling powerless.  
I love who I am. I am grounded in my own power. I am secure on all levels.
- 5-L Insecurity. Difficulty in communicating. Anger. Inability to accept pleasure.  
I deserve to enjoy life. I ask for what I want and I accept with joy and pleasure.
- Sacrum Loss of power, Old stubborn anger.  
I am the power and authority in my life. I release the past and claim my good now.
- Coccyx Out of balance with yourself. Holding on. Blame of self. Sitting on old pain.  
I bring my life into balance by loving myself. I live in today and love who I am.

## ANYWAY

People are unreasonable, illogical and self centered. Love them anyway.

If you do good, people will accuse you of selfish ulterior motives. Do good anyway.

If you are successful you will false friends and true enemies. Succeed anyway.

The good you do today will be forgotten tomorrow. Do good anyway.

Honesty and frankness make you vulnerable. Be honest and frank anyway.

What you spend years building may be destroyed overnight. Build anyway.

People really need help but may attack you if you help them. Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you've got.

## ANYWAY