

Levels of Reiki Training



Three Things To Note About Reiki

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Definition of Reiki

2

Foundational Principles

3

Symbols & Attunements

Reiki: Universal Life Force Energy

靈
氣

"Rei": Universal

The spiritual *wisdom* and consciousness that guides all life in the universe.

"Ki": Life Force

The vital *energy* that flows through all living things, similar to *Chi* or *Prana*.

Reiki Principles

- 1 Just for today, I will be kind.
- 2 Just for today, I will be grateful.
- 3 Just for today, I will not anger.
- 4 Just for today, I will not worry.
- 5 Just for today, I will do my work honestly and diligently.

Sacred Reiki Symbols

Reiki symbols are an important part of the teachings in the Usui lineage and a **core element in Reiki training**. These Sanskrit-based Japanese forms have been **passed on through generations** of Reiki masters and Reiki providers around the world in the century since Dr. Mikao Usui developed the ancient energy healing system in Japan. These symbols were once kept secret and were only revealed to Reiki providers through attunement. Today they can easily be found, but still **require attunement by a Reiki master to activate**. Once activated, the Reiki symbols are believed to help the Reiki provider **focus and align with intention and purpose**.

Sacred Reiki Symbols

Reiki symbols are known both by their intention and their Japanese name, which relates to its role in the energy healing modality.

- The **Power Symbol** (*Cho Ku Rei*)
- The **Mental/Emotional Healing Symbol** (*Sei He Ki*)
- The **Distance Healing Symbol** (*Hon Sha Ze Sho Nen*)

} Given during
Level 2 Training

- The **Master Symbol** (*Dai Ko Myo*)
- The **Completion Symbol** (*Raku*)

} Given during
Level 3 Training

Attunements

The practice of attunement is an important step that any Reiki student must receive before providing Reiki sessions, even if they have many years of experience in energy healing.

The purpose of attunement is to **clear and expand the central energy channel of the Reiki provider**, so that universal life force energy **can flow through them**.

The **Reiki symbols do not have any inherent power in them until they are activated** for each reiki provider through attunement by a Reiki master.

Attunements

Preparation: a meditation exercise using relaxing music, breathing, and visualization to enter a deep state of relaxation.

Opening your energy field: The Reiki master opens your palms and sends energy into your hands. This makes you more sensitive to giving and receiving energy healing.

Imprinting: The teacher imprints the Reiki healing symbols into your energy field by drawing the sacred symbols onto each of your chakras with their hands.

Attunements last for a lifetime!

The Three Levels of Training

Level 1: Shoden (Beginner)

Learn foundations of Reiki, receive first attunement, practice self-healing techniques. Treat yourself, friends, and family.

- Understanding energy flow
- Basic hand positions
- Self-treatment protocols

Level 2: Okuden (Intermediate)

Receive symbols for distance healing, mental-emotional healing, and power enhancement. Begin treating others professionally and work across time and space.

- Three sacred symbols
- Distance healing techniques
- Emotional release methods

Level 3: Shinpiden (Master/Teacher)

Deepen your spiritual practice, receive Master symbol, learn to attune others. Commit to teaching and sharing Reiki with the world.

- Master attunement process
- Teaching methodologies
- Advanced healing techniques, like Reiki “surgery”

Certificates & Lineage for Dan Bena



Usui Reiki
Masters
proudly trace
their training
lineage back to
Mikao Usui.



I was certified Master/Teacher by **Lisa Powers**, and my name will follow hers.