

Level I Attunements

The purpose of an attunement or reiju is to align the student's energy level to resonate with their higher self which will make them a clear channel for Reiki energy.

In Reiki Level 1, the student is attuned through four initiations, to three symbols – the power symbol, Cho-Ku-Rei, the mental/emotional symbol, Sei He Ki and the distance symbol, Hon Sha Ze Sho Nen.

1st attunement in Level I

This attunement opens crown chakra to access and channel more Reiki energy which will assist in aligning the student's physical body to resonate at their natural frequency.

Your Position: Back of Student; Focus – Shoulders and Crown

- Stand behind student and place your right hand on student's shoulder. Connect your energy to the universal energy source by raising your left arm with hand facing upward (to receive universal energy) and visualize or draw the Master Symbol Dai Ko Myo above the student's crown chakra.
- With your left arm still raised, place your right hand on top of student's crown and silently say a prayer or set an intention.
- Hold your hands over student's crown
- (Optional: Hui Yin/Violet Breath) Position your tongue, take 3-deep breaths and contract your Hui-Yin. Visualize white light entering your crown, going through your tongue, down the front of your body to the Hui Yin point, then back up your spine to the centre of your head.
- Blow Violet Breath energy into student's crown chakra.
- As you are blowing, visualize and silently intone each symbol 3 times (CKR, SHK, HSZSN)
- See the symbols penetrate into student's heart, then along their arms to their hands. Wait until you feel the process is completed before continuing – use your intuition. Note: Release your Hui Yin after the blowing is completed

2nd attunement in Level I

This attunement opens the student's throat chakra with the intent of balancing the functioning of the nervous system and the ability to communicate personal truth.

Your Position: Back of Student; Focus area – Both Shoulders

- Continue standing behind student and place one hand on each shoulder, position your tongue, take 3 deep breaths and contract your Hui-Yin.
- Visualize the CKR and silently intone Cho Ku Rei 3 times, as you blow Violet Breath energy into each shoulder. See the symbol move down the student's spine; using your intuition, wait until you feel the process is completed and release your Hui Yin.

3rd attunement in Level I

This attunement balances the student's right and left hemispheres of the brain for clearer thinking and action.

Your Position: Back of Student; Focus Area – Occipital Lobe/Back of Head

- Continue standing behind student and place your thumbs on the student's lower part of head where it connects to the neck. Position your tongue, take 3 deep breaths and contract your Hui-Yin while blowing.
- As you blow, visualize the CKR and silently intone Cho Ku Rei 3 times. See the symbol penetrate the back of the head; wait until you feel the process is completed before and release your Hui Yin.

4th attunement in Level I

This attunement addresses the student's pineal and pituitary glands, with a focus on higher consciousness and intuition.

Your Position: Right Side of Student; Focus Area – Forehead and Back of Head

- Move to student's right side and place your left hand on the lowest part of the back of their head and place your right hand across their forehead, position your tongue, take 3 deep breaths and contract your Hui-Yin while blowing.
- Visualize the CKR and silently Intone Cho-Ku-Rei 3 times, as you blow the "Violet Breath" energy into both areas (back of head and then forehead). See the symbol

penetrate these areas; wait until you feel the process is completed before continuing and then release your Hui Yin.

The symbols are permanently sealed into the student's hands and energetic body.

Your Position: Kneel in Front of Student; Focus Area – Both Hands of Student Palms Facing Up

- Walk counter-clockwise to the front of the student. Kneel in front of student and place both their hands in open book position (palms open and facing upward) on their lap. Draw the symbols in each hand separately. Starting with the left hand, cup your hands like a funnel over the student's palm, and leave a small opening in the centre to blow the symbols into.
- Position your tongue, take 3 deep breaths and contract your Hui-Yin while blowing the "Violet Breath" energy into the first hand.
- As you blow, visualize the CKR and silently intone Cho Ku Rei 3 times.
- Then visualize the HSZSN and silently intone Hon Sha Ze Sho Nen 3 times.
- Lastly, visualize SHK and silently intone Sei He Ki 3 times.
- Visualize the three symbols penetrating into the hand. Release your Hui Yin after the blowing is completed
- Keep the left palm open and facing upward as you repeat the same procedure for the right hand
- Once the procedure is completed on both hands, with the palms still open, simultaneously with both your hands, gently tap both palms 3 times to seal the symbols.
- Gently close the student's hands into gassho/prayer position.
- When finished, walk counter-clockwise to back of student, and give a silent prayer of gratitude

This initiation completes the process allowing the energy channels to remain open.

Level II

The Level II attunement opens the student's heart chakra, which allows them to share and experience unconditional universal love and compassion.

1. Your Position: Back of Student; Focus Area – Shoulders and Crown

- Stand behind the student and place your right hand on the student's shoulder. Connect to Reiki energy by raising your left arm with hand facing upward to receive and visualize or draw the Master Symbol Dai-Ko-Myo above the student's crown chakra.
- With your left arm still raised, place your right hand on top of student's crown and silently say a prayer or set an intention.
- Position your tongue, take 3 deep breaths and contract your Hui-Yin. Visualize white light entering your crown, going through your tongue, down the front of your body to the Hui Yin point, then back up your spine to the centre of your head.
- Blow the "Violet Breath" energy into the student's crown chakra
- As you are blowing, visualize and silently intone each symbol (CKR, HSZSN, SHK) 3 times
- See the symbols penetrate into student's heart chakra and then along their arms to their hands; wait until you feel the process is completed and release your Hui Yin.

2. Your Position: Kneel in Front of the Student; Focus Area – Hands in Prayer Position

- Walk counter-clockwise to the front of student, place student's hands in prayer/gassho position and then cup your hands, in prayer position, around student's hands with your own finger tips touching each other like a pyramid.
- Visualize the CKR and intone it silently 3 times.
- Visualize HSZSN and intone silently 3 times.
- Visualize SHK and intone it silently 3 times.

3. Your Position: Kneel in Front of the Student; Focus Area – Left Hand on Heart

- While still at the front of the student, place the student's left hand over their heart and have them keep it there while you sandwich their right hand between yours (one above and one below)
- Visualize and intone Cho-Ku-Rei 3 times, then do the same for HSZSN and SHK

4. Your Position: Kneel in Front of the Student; Focus Area – Hands in Prayer, Hold with Left Hand over Heart

While in front of student, place student's hands in prayer/gassho position and hold with your left hand; place your right hand over student's heart. Then with your left hand press student's hands (still in prayer position) against your right hand at their heart center.

- Visualize and intone the CKR 3 times, then do the same for HSZSN and SHK

5. Your Position: Kneel in Front of the Student; Focus Area – Right Hand on Heart

- While kneeling in front of the student, place the student's right hand over their heart and have them hold it there. Then sandwich the student's left hand between yours (one above and one below)

- Visualize and intone the CKR 3 times, then do the same for HSZSN and SHK
- As you intone the symbols, visualize each symbol going into the student's hand

6. Your Position: Kneel in Front of Student; Focus Area – Hands in Prayer, Hold with Right Hand over Heart

While still in front of the student, place the student's hands in prayer/gassho position and hold with your left hand. Place your right hand over student's heart and then with your right hand, press student's hands against your left hand

- Visualize and intone the CKR 3 times, then do the same for HSZSN and SHK

When finished, walk counter-clockwise to back of student, and give a silent prayer of gratitude

Master Attunement

In the Master/Teacher Level, the student is attuned to the Master symbol Dai-Ko-Myo, through one attunement. The focus of this attunement is to enable the student to manifest insightful vision and compassion with the intent of helping others.

1. Your Position: Back of Student; Focus Area – Shoulders and Crown

- Stand behind the student and place your right hand on the student's shoulder. Connect to Reiki energy by raising your left arm with hand facing upward (to receive) and visualize or draw the Master Symbol Dai Ko Myo above the student's crown chakra.
- With your left arm still raised and left hand facing upward, place your right hand above the student's crown chakra and silently say a prayer or intention.
- (Optional) Position your tongue behind your upper teeth, take 3 deep breaths and contract your Hui-Yin. Visualize white light entering your crown, travelling through your tongue, down the front of your body to the Hui Yin point at Root Chakra, then back up your spine to the centre of your head.
- Visualize and intone the DKM silently 3 times Dai Ko Myo as you blow "Violet Breath" energy into crown. See the symbol penetrate into student's heart and travel along their arms into their hands; wait until you feel the process is completed before continuing and release the Hui Yin.

2. Your Position: Kneel in Front of Student; Focus Area – Hands in Prayer

- Walk counter-clockwise to the front of the student and place the student's hands in prayer/gassho position and sandwich/cover your hands over the student's in prayer position, with your fingertips touching each other like a pyramid
 - First, visualize the DKM and intone silently 3 times. Repeat this process with the CKR, HSZSN and SHK
3. Your Position: Kneel in Front of Student; Focus Area – Left Hand on Heart
- While at the front of student, place student's left hand over their heart and have them keep it there while you sandwich their right hand between yours (one above and one below)
 - First, visualize the DKM going into the hand and intone out loud 3 times. Repeat this process with the CKR, HSZSN and SHK
4. Your Position: Kneel in Front of Student; Focus Area – Hands in Prayer, Hold with Left Hand over Heart
- While at the front of student, place student's hands in prayer/gassho position and hold with your left hand; place your right hand over student's heart. Then with your left hand press student's hands (still in prayer position) against your right hand
 - First, visualize the DKM and intone it out loud 3 times. Repeat this process with the CKR, HSZSN and SHK
5. Your Position: Kneel in Front of Student; Focus Area – Right Hand on Heart
- While in front of the student, place student's right hand over their heart and have them hold it there. Then sandwich student's left hand between yours (one above and one below)
 - First, visualize the DKM going into the hand and intone out loud 3 times. Repeat this process with the CKR, HSZSN and SHK
6. Your Position: Kneel in Front of Student; Focus Area – Hands in Prayer, Hold with Right Hand over Heart
- While still at student's front, place student's hands in prayer/gassho position and hold with your right hand. Place your left hand over the student's heart center and then with your right hand, press the student's hands against your left hand
 - Visualize the DKM and intone out loud 3 times. Repeat this process with the CKR, HSZSN and SHK
 - Walk counter-clockwise to back of student, and silently say a prayer of gratitude