



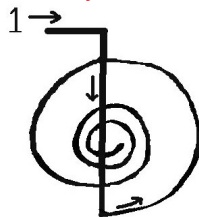
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<http://www.lyndacward.com>  
<http://reiki30.weebly.com>

Reiki is hands-on healing. Once attuned into Reiki you will have it for life. Before proceeding with other attunements it is important that you have been attuned to at least Level 3. Reiki Level 1 opens you up to channelling Reiki. Reiki Level 2 is Practitioner Level. You can now do distance work and charge for your services. Reiki Level 3 allows you to start attuning others. With each Level you are able to use certain symbols.

To receive attunements, just relax (i.e. lay flat down on your bed and get relaxed). When you are ready just state the appropriate phrase (as below). Do the attunements in order.

**Reiki Level 1 Attunement:**

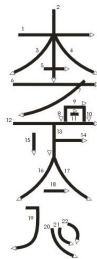
Just relax, state aloud: "I am now ready to receive the Reiki Level 1 attunement sent to me by Lynda Ward".



Cho Ku Rei  
Pronounced: Cho Koo Ray  
(Power Symbol)

**Reiki Level 2 Attunement (Practitioner Level):**

Just relax, state aloud: "I am now ready to receive the Reiki Level 2 attunement sent to me by Lynda Ward".



Hon Sha Ze Sho Nen  
(Distance Symbol)



Se He Ki  
Pronounced: Say He Kee  
(Emotional/Mental Symbol)

**Reiki Level 3 Attunement (Master/Teacher Level):**

Just relax, state aloud: "I am now ready to receive the Reiki Level 3 attunement sent to me by Lynda Ward".



Dai Ko Myo  
Pronounced: Day Koo Meo  
(Master Symbol)

See other downloads ([www.lyndacward.com](http://www.lyndacward.com) - Reiki page) for Reiki Level 4 – Where you can start creating/channelling your own systems.

**An example of how to do healings – But experiment with different methods:**

**Treating others** – Rub your hands together to get the flow started. Quietly state to yourself "I ask that my Reiki Guides, Archangels, Angels, Ascended Masters and all beings of light assist me with this healing session. Thank you". (I then work on just the shoulders, chest & knees personally as Reiki goes to where it is needed. But what follows is the full way). Place your hands on/or just above recipients head and quietly state to yourself: **"Reiki" and then appropriate symbol names, 3 times each for your level of Reiki** for a few minutes. Then move your hands to next position, the eyes. Proceed in the same way as previous, working on every body part. Once you have gone from head to toe, get recipient to turn over. Do the same as before by going from head to toe. When finished, quietly to yourself thank all those that helped you. Also say to yourself "I'm grounded now".

**Self healings** - Rub your hands together to get the flow started. Quietly state to yourself "I ask that my Reiki Guides, Archangels, Angels, Ascended Masters and all beings of light assist me with this healing session. Thank you". Place your hands on the problem area for a few minutes and quietly state to yourself: **"Reiki" and then appropriate symbol names, 3 times each for your level of Reiki**. Do this for all body parts that are a problem. When finished, quietly to yourself thank all those that helped you.

**Distance healings** – Reiki follows your intent and focus. State "Hon Sha Ze Sho Nen, Hon Sha Ze Sho Nen, Hon Sha Ze Sho Nen. (RECIPIENT) will now receive a Reiki distance healing".