

Reiki Level 1

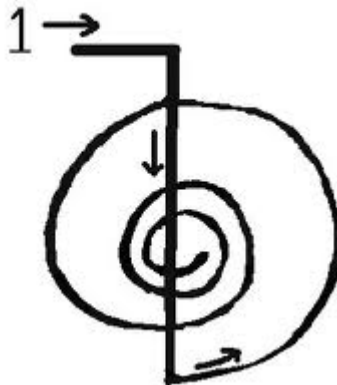
Reiki Levels 2 and above are pretty much the same. INTENT is the MAIN key, you use the other symbols (according to your Reiki level).

Once attuned to Level 1 you can heal friends and family. Use the Cho Ku Rei symbol (as below).

Practice as much as possible. You can draw the symbol with your fingers into the air a few times (i.e. 3 times) before doing a healing. Or you can mentally or aloud state symbol name, in order to activate. **Please experiment**, see what way really works for you. Some people online say the symbols make no real difference, it's just a way to focus your intent. In Reiki, **INTENT is everything**. As long as you have the intent to heal etc, that will be enough.

You could also try drawing the appropriate symbol over a problem area a few times.

There are also websites where you can order Reiki based necklaces etc, based on the symbols.
Just Google search: i.e. Reiki Necklaces.



There are MANY books/ebooks online that you can also purchase. These books/ebooks explain in detail the various ways that you can do Reiki healings and attunements (attunements are once you get to level 3, at least).

—

Reiki Level 1 enables you to self heal and work directly on friends and family. After attunement, practice.

Reiki Level 2 enables you to work on anyone, also you can now do distance healings.

Reiki Level 3 enables you to do the above, also to attune others to Reiki Levels 1,2 & 3.

—

Reiki Level 1 Symbol: Cho Ku Rei (power symbol)

Reiki Level 2 Symbols: Se He Ki (mental & emotional symbol) & Hon Sha Ze Sho Nen (long distance symbol)

Reiki Level 3 Symbol: Dai Ko Myo (master symbol)

Any problems/queries etc: email me at - wardlynda@ymail.com
I will get back to you as soon as possible.