

# *Reiki Plain and Simple* ©

A comprehensive Guide to Usui Shiki Ryoho

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## Reiki Master Training Manual

### SECTION ONE - Introduction

**For your Reference: A Quick Reference Reiki Glossary is available which explains Reiki Terms, Practices and Concepts.**

In traditional Usui Shiki Ryoho there are three levels. These are Level I, Level II and Level III. In level I, the emphasis is on self healing. You are given an empowerment to help you remember that you are and always have been reiki. You are taught the five principles (For today only, anger not worry not. Be grateful and humble. Do your work with appreciation. Be kind to all.) to assist you in keeping mindfulness and setting the intent. You are taught hand positions so that you can treat self and others. In the level II, you are taught the reiki symbols, emotional healing, distance healing and you receive another attunement. In the third degree, you are taught the reiki master symbol (Dai Ko Mio), what it means, given a third empowerment, and taught to attune others.

Some see level III as the completion of their reiki training. In reality there is nothing to complete, nothing to attain, and this gives you nothing you did not already have. It is not an end but a new beginning. It is a return to simplicity that we had when we learned Reiki I and had no symbols and just the energy. It is the greatest gift to be able to share Reiki with others and it is a joyful thing to do and share in attunements.

The symbol of third degree Reiki is the Dai Ko Mio which means the "great shining light". The goal of level three Reiki is to learn to live always in the light, to \*be\* the light.

Teacher curriculum for this manual includes the traditional Usui symbols, attunements and the knowledge to pass them. For those wishing to also study the Usui/Tibetan Symbols and system visit the [Usui/Tibetan Page](#). The Reiki Master or Level III consists of learning the master symbol, receiving the attunement, and learning the attunement process. For those wishing to learn the "Tibetan" symbols Fire Serpent, Dumo, and Raku, visit the [Usui/Tibetan Level IIIb Section](#) of this manual.

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## SECTION TWO -

### Learning and Using the Reiki Master Symbol

大  
光  
明

**Dai Ko Mio**

#### The Usui Master Symbol

The Usui Master Symbol has several meanings. The most common is "The Great Shining Light". Another translation might be "Great Being of the Universe Shine on Me." In Zen practice, I have seen it stated as "Treasure House of the great beaming Light," and is symbolic of one's "Buddha Nature" and of states of enlightenment.

Usui developed reiki from his experience on Mt. Kurama. He had a satori, a moment of oneness, an awakening, to his true nature. In that oneness, his previous training came together for him in a way such that he developed reiki.

The definition of Reiki can be read as "Universal Life Energy". This is the most common definition used in the Western World today. The Kanji can also be read to mean the Universal life energy/spirit coming together with us. In this meaning it represents our oneness with all. This is reiki. In reiki level III, we learn the Dai Ko Mio symbol. We are one with the great shining light, the universal life energy merged with our own. This does not come about by attunement, nor by a certificate paper, but through realization. There is nothing to attain, there is no goal to reach.

The DKM is said to represent the Amida Sanzon, a triune of love, light and harmony. These three together represented the ultimate source in the same way that the Father, Son and Holy Ghost do. The DKM is the "Great Shining light". This is the source. Once you know the Dai Ko Mio, you can use it for any Reiki use, even in place of the other symbols. This is both because as a triune symbol it contains the others, and because it is the first step in moving from symbol reliance to just using the energy. Use it everywhere and anytime you might want to use the others. Use the name of it as a mantra to meditate concentrating on the Ultimate source of all, the great shining light and let it illumine you. Perhaps then you will realize that you are it.

The Dai Ko Mio is a return to simplicity. The three other symbols together in one. Level one was the simplicity of Reiki, trusting in the source, and simply doing it. Level II is learning the ways the source manifests and expands our conception of what the source can do. Level III, with the Dai Ko Mio brings us back to the simplicity and the oneness. Reiki is in the doing and BEing. The realization is that there is no past and no future. With open hands, open minds and open hearts, our total focus and attention on the now. In this awareness, loving kindness and compassion \*is\* the expression of our awareness. We heal. The realization is that we are the great shining light, NOW, in this moment, in every breath, radiating to all. Healing is.

Some might think this a bit esoteric, or philosophical, or mystical. It is actually very simple, but it cannot be reasoned to, it cannot be sought after, it cannot be found. It simply is. Reiki is. In awareness there is only now. It is simple, be reiki. On every breath, in awareness, now. You have all felt it. In attunements, in that moment, you know it, you are it. Be it. On every breath.

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## SECTION THREE - Living Reiki, Being Reiki

It is almost a universal experience that we feel reiki as spiritual. Many have come to reiki as part of their "spirituality". Some believe it will give them enlightenment. Many of us define ourselves as "seekers". We "seek", we chase this elusive whirlwind thinking that some "thing", some teaching, some messiah, some teacher is going to give us that missing piece that will finally grant us, or let us "attain" enlightenment.

Many of us seekers are experience junkies, we seek experiences, we seek one spiritual "high" after another. We talk of our "path", we seek enlightenment. This is a trap, for all these searches take us away from ourselves, or put the responsibility for the realization of our true selves in the hands of others, or outside of ourselves. In seeking outside yourself you can never find. Enlightenment is where you are, where else could it be? You search for what you already are.

Your focus determines your reality. Where your awareness is, there you will be. Reiki level III is living reiki, being reiki. We are reiki. If you see reiki as separate, something outside of yourself, you are seeing illusion. If your awareness is reiki, then you will *\*be\** reiki. Be intimate with this moment, be reiki, simply be.

You will not find this in concepts, memories, fantasies, images, searching, and projections. You will not find it in more symbols, more systems, trademarks, businesses, arguments over whose system is "better", "stronger", "heals faster", or is taught by the "best" teacher. If you are looking for reiki as a business, spirit guides, more symbols, faster healing, secret symbols, hidden teachings, energy exchanges, crystals, arguments over who is "right" and whose way is "better", you will not find them here. These are conditioning, duality, things.

Reiki is one of many, many ways of seeing the truth, and that is healing. This is reiki. This is why it works. But don't expect reiki to do the work of removing the conditionings that veil awakening. Attunements do not equal enlightenment. Keep in mind that reiki is in the DOing and BEing. If what you are doing is not in oneness with reiki, but rather focusing your conditionings, attachments to outcome, desires and ego then might I suggest you refocus on simply being with reiki and letting it be as it is.

There are many paths people take. Do not take the path, be the path. You are reiki. In this moment Realize it, and then express it. Whatever you do, do it as an expression of this. When you work, when you play, when you sit, and stand, you are awareness, you are reiki, you are healing. In this your loving, peaceful and true nature will emerge. You heal. Do not do these for any goal, but simply for the sheer joy of it. Be reiki because you love to be reiki. Be reiki as an expression of your being, your awareness.

This is reiki in my practice, in my being. It is living reiki, being reiki. It is unlikely that you will see what is written above taught anywhere else in level III reiki. Others have different experiences, different practices. If you are a seeker, stop looking, be mindful and *\*be\** where you are. In the search you look for ***what you think you know about*** and because of this you do not see what *\*is\**, what is right in front of your nose, what you always were. Make everything you do an expression of reiki, of compassion, of your awareness in every moment, moment to moment. Do this not because there is anything to gain, anything to seek, anything to know, but for the love of it, for the sheer joy of it, as an expression of the oneness, awareness, awakening in your being. Reiki on every breath.

(For those that are interested in this kind of being, I would suggest you visit [light-mission.org](http://light-mission.org). There is material regarding meditation, mindfulness, Daily Readings sent via e-mail, private teachings, and a very kind and helpful discussion list.)



## SECTION FOUR THREE - About Attunements

Being able to teach reiki, and do the attunements are a large section of level III as it is taught here in the west. In this section we will discuss attunements, and then go over the process of doing them. The instructions are listed in a step by step, cook book manner.

There are many attunement sets that exist. The Usui attunements have been modified by many people who have intentionally or through the limits of memory added symbols, taken away parts, added parts and all sorts of other things. The dirty little secret of reiki is that any attunement will work. There are crown to crown variants, short forms, long forms, traditional forms, singular master attunements and many many others. All are reiki and all work. All reawaken in us that which we have forgotten.

I have seen some people into the bells and whistles attunement experience. They burn incense, have music, special lighting, candles, perform ceremonies to the goddess, catholic rituals, kaballah..... All of that is nice, and may provide the recipient with grand ceremony, but remember they are not necessary. My preference is SIMPLICITY. I do not play music. I do not burn incense. In my opinion, the more simple the better, anything else detracts from the experience of the attunement and the connection to the Reiki Energy. As in all things, you decide how you wish to do them.

The only real important parts of the attunement are mindfulness and intent. Keeping mindfulness means staying focused on simply doing the attunement. It means keeping the intent clear, free of attachment to outcome, free of expectations, worry, need, separateness. It is just BEing Reiki, sharing it, and in that oneness the illusion of separateness is no more. It has been said that the attunement can be done by intent alone, if the intent is clear.

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## SECTION FIVE - A Reiki Attunement Method

There are many attunement methods. Some changes have come about in people remembering the process differently. Other changes have come about as people changed or modified the ritual of the attunement to suit their or their student's needs. I personally have in my possession over a dozen "Usui" attunements, at least three "traditional" attunements (all different), Usui/Tibetan attunements, Tibetan/Usui attunements, Short forms, and others.

What follows is an attunement set that I developed. This attunement is an amalgam of the various attunements that I know. This method seemed to develop naturally for me, and intuitively seemed to be easy to perform and simple to do. It uses a standard form for all three levels. This is offered here for your review. As in all things, use the attunement that resonates best with

you. If you are interested in different attunements, or wish to learn other attunements, my e-book *The Reiki Attunement Guide* is available for download at [MightyWords.com](http://MightyWords.com). Use the link below to the AngelReiki Bookstore at [MightyWords.com](http://MightyWords.com). Understand that this e-book is merely a supplement to this manual. All the information you need to do Reiki is included in the free, "Reiki Plain and Simple" e-book you are presently reading.

When learning to do attunements it is important to practice. There are a number of possibilities for this. One is to have a person to practice on. If you have a friend who has reiki they would be a good candidate. You can do them to the level they are for practice. You can also do self attunements. You can use a proxy for these, such as a teddy bear, or you can simply perform them visualizing yourself receiving them. Take your time and learn the steps. Some find having the attunement process on notes before them comforting when they do the attunement.

## *Usui Reiki Attunement*

This is an attunement process that I developed. It is in the Usui Tradition. This attunement is used for all three levels with the modifications for the second and third level in parenthesis. This attunement is a synthesis of elements from many different attunement sets that I had done and evolved over a time from my practices. It is easy to do, flows well, and easy to learn and remember.

The first level attunement is repeated 4 times with a minimum of an hour between attunements. Attunements may be repeated as often as the person likes. They are always pleasant to receive. Reiki Shares and other gatherings of practitioners are a good place for the beginning reiki teacher to practice.

### Beginning

Begin by saying the principles. "For today only, anger not, worry not. Be Grateful and Be Humble. Do your work with appreciation. Be kind to all. Place the hands in Gassho, bow and connect to the reiki source. BE reiki. You are the great shining light, BE it, resonate it. Be mindful and keep your intent on being and sharing reiki with this person.

Some find that drawing the Power Symbol on their palms, Crown and Heart Chakras, intending them to open to the Reiki Source and Light helps them connect to reiki. Cleanse the room by drawing the four Usui Reiki symbols in the air in front of you. This not only can cleanse the room but also helps you focus, and sets the tone for the beginning as a sacred event.

### Part One

On the back, draw the Cho Ku Rei from slightly above the top of the head and

down the back of the student, ending at the base of the spine. Place both hands on top of the head to get an energetic rapport with the student.

Breathe in visualize the Dai Ko Mio. Exhale the Breath into the Crown Chakra blowing the Dai Ko Mio in gold into the Crown Chakra, and move it through the middle of the student's head, and into the base of the brain. You can guide it with your hand.

Above the head, draw the Usui Master Symbol and repeat "Dai Ko Mio" three times. Again visualize the symbol moving into the Crown Chakra, through the head and into the base of the brain, guiding it with your hand. Do the same with the Sei Hei Ki, the Hon Sha Ze Sho Nen, and the Cho Ku Rei.

Signal the student to raise their hands held in prayer position to the top of their head. Draw the Power Symbol in the air over the hands. Then picture the Symbol moving into the hands, down into the Crown Chakra, through the head, and into the base of the brain saying the name of the power symbol three times and guiding the Symbol with your hand. (Repeat this with the Sei Hei Ki and Hon Sha Ze Sho Nen for level II, and with the Dai Ko Mio for level III.)

## Part Two

Move to the front and place the students prayer held hands in front of the heart. Draw the Power Symbol in the air in front of the middle of forehead (brow or third eye chakra). Then picture the Symbol moving into the brow chakra. Guide it in with the hand if you want. Say the name of the power symbol three times. (For Level II do the same with the Mental/Emotional Symbol and the Distant Symbol. For the Master Level, use all four symbols, remembering to repeat the name of each symbol three times).

Draw the Power Symbol in the air in front of the heart chakra. Then picture the Symbol moving into the heart chakra. Say the name of the power symbol three times. (For Level II do the same with the Mental/Emotional Symbol and the Distant Symbol. For the Master Level, use all four symbols).

Next open the student's hands like the cover of a book so they are next to each other palms up facing the ceiling. Place your left hand under their hands and with your right hand draw out the Power Symbol on the hands on the Palm. Say the name of the power symbol three times. Then place your hands on theirs and let the energy flow. (Only the Power symbol is placed in the hands in level I, the Distant symbol and mental /emotional symbol are placed in the hands in level II, and all four of the symbols are placed in the palms in the Master level.)

Bring the student's hands together in prayer position, and move them back in front of the student's Heart. Blow over the hands, down to the Solar Plexus, then up to the Third Eye and Crown, and back over the hands.

### Part Three

Move behind the student. Place your hands on the student's head. Use a positive affirmation and repeat it to yourself three times, Intend it to be accepted by the student. (Some examples might be: "You are a perfectly attuned", "you are a competent Reiki Healer", or "you are filled with Divine Love and Wisdom", or any other affirmation that is significant to you or the student. You can say them out loud if you prefer.

Place your hands together with the index fingers touching and the thumbs together. Both your hands will be open, palms down, fingers pointing toward the front of the recipient. Let the reiki flow and flow. Be Reiki. Do this for a minute or so, experiencing the moment with them.

Move your hands to the student's neck, and then place the right hand on top of the head and the left at the base of the skull. Visualize a door and then draw the power symbol on it and see the door being closed. Say to yourself, "I seal this Attunement with Divine Love and Wisdom". Intend that the Process is sealed and complete and the student is now forever connected directly to the Reiki Source. You can say, "you forever connected to the Reiki source."

You can say, "We have both been blessed by this attunement".

### Part Four

Move back to the front of the student. Hold your palms toward them. Visualize a white mist surrounding you. Breath in and be filled with this white light mist of reiki. Blow the mist at the student allowing the final energy of the attunement to bless the student.

Say, "the attunement is complete".

Some suggest that afterwards wash the hands to ensure that the energetic connection with the student is broken.

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## **SECTION SIX - Performing Distant Attunements**

### **Distant Attunements**

Occasionally, there are times when we as Reiki Masters would like to share Reiki with someone (a friend, family member, loved one) and the limits of distance prevent us from being there with them. Distant Attunements are one way to bridge this gap and to allow us to be able to share this great gift with others. Understand fully that Distant Attunements are not part of Usui's,

Hayashi's or Takata's teachings. Distant attunements are a non-traditional technique that is a logical extension of Distant healing and the distant symbol.

Distant Attunements are also possible and appropriate and just as perfect as their hands-on counterparts. It is done by using the distant symbol and visualization and intent. The Master/Teacher visualizes the symbols entering the Crown Chakra of the recipient and move through the aura. He or she can visualize each of the attunement steps, and see and feel them taking place. You can use a picture of the person or a teddy bear or other representation to assist when doing them.

Distant Attunements are easy to perform if you are familiar with a "hands-on" attunement procedure. There is no special procedure to perform, just some slight modifications to the regular attunement set you are familiar and comfortable with. The modifications will be described below.

Some people have difficulty with the concept of distant attunements, and have some issues with the process. These are discussed in my article on this web site on [Distant Attunements](#).

## Distant Attunement Procedures

1. Use your regular attunement set that you are familiar and comfortable with.
2. This practice is best done by either arranging a set time with the person for them to receive, or to be on the telephone or on-line with them.
3. Have them meditate, pray or other activity to clear the mind and prepare for about 20 minutes prior to the start time of the attunement.
4. You must both state clearly that the intent for the attunement to be done.
5. Begin the attunement as usual. State clearly that you intend to attune the person. Draw the Hon Sha Ze Sho Nen in the air and state that you intend this to be fully empower the person.
6. Some people use a teddy bear, photo or other proxy to gain an energetic rapport with the person to be attuned. This can be helpful. You can also just "feel" the sense of them and do it. These are nice ways to "feel" the connection, but simply intend and will the attunement to be done, and perform it. Trust the divine source and the reiki attunement will be done.
7. Perform the attunement. Visualize doing it. See the symbols and draw them as usual.

Following these easy steps will fully allow someone via distance to be attuned to reiki.



## SECTION SEVEN - Attunement Issues and Concerns

Here are some notes about attunements in no particular order. These are practices that you can do during attunements that you may be led to do, or issues regarding the process.

1. Do the principles before starting. Say them several times. Have the person say them with you. They remind us, to "not worry", to do our work with appreciation, to be grateful and humble. It is a wonderful way to begin.
2. All attunements are unique. They are individual. Sometimes you will have feelings to do something or another that might not be in the "script". Trust your intuition and do them.
3. It is the energy that you share. The symbols set the intent and mindfulness.
4. Some teach that if you feel blockages or the hands not heating up, you can place the person's finger tips against your palm and send the energy up to the heart, or blow up from palm to heart to open the channel.
5. Some like to use the Raku Symbol after attunements to "disconnect" from the other person, or make sure to "mentally" disconnect from the other person by intent.
6. Remember that Intent is the key for a "perfect attunement". You are just a channel, sharing the oneness of reiki with the recipient. You cannot mess up! Forgetting a step or action is not going to matter. The reiki source will make sure that it is right and trust that it will.
7. When you finish giving an attunement, it is likely that you will feel exhilarated. You should not feel drained. Make sure you separate yourself from all expectations. Do the attunement with the intent that the person be perfectly attuned to Reiki. Let the Reiki do the work. Do not strain, or try to put your own energy into the process. Do not use your energy, let the Reiki do the work. It has been my experience that when people first do attunements, that they tend to be concerned that they will do it "right" or that it won't work. Some may feel the need to prove it works when they first attune others. My suggestion to keep your intent clear. It is also my experience that when people try to make sure it works, they tend to push and thus push their own energy. Stay in the moment, attention on the attunement. The symbols help you keep mindfulness.
8. The easiest way to perform the attunement is for the student to sit on a chair with their feet on the floor. Have the students hold their hands with palms

together at chest height (namaste or Gassho position), and tell and show them where you will touch and what you will do with their hands.

9. You can do the Attunements without symbols. Only attempt this if you have sufficient experience with the energy and with doing attunements. The empowerment that Usui used was called Reiju and was a symbol-less attunement. The level one attunement of the Alliance that I was taught is done without symbols. Usui's reiju is done without symbols.

10. Do not use your own energy. We do this when we are attached to outcome. When we worry if we are doing it "right", when we fret and worry that it won't work, that people will be disappointed in the result, we are attached to the outcome. People who want to ensure that the attunement "takes" or "works" are likely to push. This push is not reiki, it is your own energy. You can deplete yourself doing this. Detaching from outcome means, intending to pass the attunement, and then keeping right mindfulness while doing it. Stay focused totally on what you are doing, moment by moment.

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**For those wishing more information about attunements or learning different Attunement Rituals, my e-book *The Reiki Attunement Guide* is now available at [MightyWords.com](http://MightyWords.com). Understand that this e-book is merely a supplement to this manual. All the information you need to do Reiki is included in the free, "Reiki Plain and Simple" book you are presently reading.**

**If you would like to purchase the attunement guide, Use the link here to the AngelReiki Bookstore. The Reiki Attunement Guide is at the top left. It is available as "e-matter" so you can download your copy today in less than 5 minutes!**

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## **CLOSING**

This concludes the Reiki On-Line Manual. It is my hope that it helps people understand Reiki, as well as leads people to study reiki. If you are new to reiki, I encourage you to find good training and practice once you receive the attunements.

May this be of benefit.

Be Well, Be Mindful.

Vinny Amador

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# Reiki Ryoho Plain and Simple

## A Guide to Usui Reiki Ryoho

### Reiki Ryoho Plain and Simple Site Index

### *Tendai Buddhist Teachings*

It is said that Usui studied Tendai Buddhism from childhood on. It is believed that he may have been ordained. Tendai (or T'ien T'ai in Chinese) is a school of Buddhism.

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#### Introduction

Tendai Buddhism originated in China and original teachings come from the Lotus Sutra as expounded by Chih-i. Tendai was brought to Japan by Dengyo Daishi who incorporated elements of meditation and Mikkyo (esoteric teachings).

#### Index of Techniques

Tendai was a middle path between the Hinyana and Mahayana schools of Buddhism. The two paths in Tendai were study of the Lotus Sutra Teachings and Meditation.

#### Level One Manual - Shoden

#### Level Two Manual - Okuden

The practice of Tendai consisted of Buddhist Precepts, Lotus Sutra Teachings, Mikkyo (esoteric teachings), and Meditative Disciplines.

#### Level Three Manual - Shinpiden

It is my strong suspicion that part of what is reiki comes from the Tendai Mikkyo tradition.

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#### **Supplementary Information**

Tendai Buddhism -  
Usui was a Tendai  
Buddhist  
throughout his life.  
This section  
contains links and  
other information  
regarding Tendai.

It is said that Usui was performing Tendai Meditative practices on Mt. Kurama when he developed reiki. There are others that are claiming that the Tendai Lotus Repentance Meditation is the actual practice that he was using at the time of his satori. (This practice is also known as Samantabhadra Repentance Meditation or Ritual.)

In Tendai there are 4 main meditations that Tendai Priests and followers follow. (These descriptions are by no means thorough and are just summations.)

A 90 day sitting meditation contemplating the buddha nature. This is to bring about a one pointed mind or insight.

A 90 day walking meditation where one chants the name of Amida Nyorai.

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A Sitting and Walking meditation. Part of this involves chanting in a spiritual place for 7 days. The other part, and the one that interests me as someone involved in reiki is where the student spends 21 days doing the Lotus Repentance Meditation. This is what some sources are now claiming Usui was doing on Mt. Kuryama.

The final meditation is a Tendai here and now meditation .

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### **Tendai and other Links**

For more information on Tendai Buddhism and meditations, please explore the links below:

[Lotus Sutra Translation](#)

[Lotus Sutra \(short version\)](#)

[Tendai Teachings](#)

[Tendai-US.org](#)

[Tendai Ceasing and Contemplation Meditation - Zazen Shikan Taza](#)

[T'ien T'ai Buddhist Coffeehouse Links](#)

[Tendai Buddhist Open Teachings](#)

[Nichiren's Coffeehouse and Gohonzon Gallery](#)

[The Virtual Enryakuji](#)

[Tendai History and western Psychology](#)

[The Lotus in China and photos of the Lotus Repentance Practice](#)

[The Vow of Samantabhadra](#)

[Vajrasattva's 100-Syllable Mantra](#)

[The Candle of the Latter Dharma - Attributed to Dengyo Daishi, Founder of the Japanese Tendai School of Buddhism](#)

[Buddha Shakyamuni - Repentance Meditation](#)

[Bodhi Web](#)

[Explaining Buddhist Repentance Meditation](#)

[Lotus Visual Meditation \(fun\)](#)



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