

A Manual of Second Degree Reiki & Healing People

靈
氣

The Usui system of
Reiki natural healing








Mark Stallabrass



www.healingpeople.net

A Manual of Second Degree Reiki & Healing People
© 2003 - 2017 Mark Stallabrass

Contents

Acknowledgements and thanks	1
Introduction.....	2
About Reiki healing	3
First Degree Reiki (Reiki 1)	3
Second Degree Reiki (Reiki 2)	4
Reiki Master/Teacher	4
Reiki Second Degree.....	5
Spiritual fundamentals	6
The ultimate reality.....	6
The meaning of life	6
The soul.....	7
The higher self or spirit.....	8
Free will versus destiny.....	9
Reincarnation.....	10
Karma	11
Psychism	13
Divine guidance.....	13
Psychic safety.....	15
Devotional practice.....	16
The great and the good	17
Gratitude.....	17
Compassion.....	17
Evolution	18
Meditation	19
Chakras.....	21
Human and spiritual chakras	22
Masculine and feminine chakras	22
 Crown chakra	22
 Third eye chakra	23
 Throat chakra.....	23
 Heart chakra.....	24
 Solar plexus chakra	24
 Sacral chakra	25
 Base chakra	25
Hand and foot chakras.....	26
Planes of consciousness.....	26
Balance and healing.....	26
Chakra balancing and healing meditation	27
Developing Reiki skills and knowledge.....	28
Commitment to self-awareness, healing and balance	28
Giving a hands-on Reiki treatment	30
Developing compassion	31
Articulating your understanding of Reiki and spiritual beliefs	32

The Reiki symbols	34
Using Reiki Symbols	35
Blessing things	35
The Power Symbol	35
The Mental/Emotional Symbol	36
The Distance Healing Symbol	37
Healing people.....	40
Beyond the physical.....	40
Sending distance healing	40
Psychic safety.....	41
Creating a sacred space	43
Preparing yourself for a Reiki treatment.....	43
Hands-on healing	44
Diagnosis and healing	44
A client consultation	45
Chakra system examination and healing.....	46
A holistic approach	48
Soul retrieval.....	49
Entity removal.....	50
Ghosts and spirit rescue	52
Ghosts	52
A separated soul fragment	53
Spirit rescue	53
Spirit rescue procedure	55
Healing animals	57
Medical, legal and financial considerations	58
Medical diagnoses	58
Contraindications of Reiki.....	58
Charging money	58
Professional indemnity and public liability insurance	59
Keeping client records	59
Progression to Reiki Master	60
Conclusion	61

Acknowledgements and thanks

I am extremely grateful to Chris, Paul and Robert who have been such profoundly positive influences on my life and my spiritual path and to those who have informed and inspired me with their writing and work.

For my divine guidance in the form of those Guides, Teachers, Masters and Angels who are always with me, who always love, help, encourage and reassure me, who give me insight, understanding and healing, I thank you and I thank God.

Introduction

This manual is intended for people who are studying to become a Second Degree Reiki healer and those who have been initiated into Second Degree Reiki. It continues from my Manual of First Degree Reiki & Self Healing and the information in that manual is an important and necessary basis for the work covered in this manual.

As with my Manual of First Degree Reiki & Self Healing, this manual contains information, explanations and techniques that are not a part of the Reiki tradition and this is why they are not simply called Reiki manuals. My Manual of First Degree Reiki & Self Healing includes information to aid the inner journey, understanding of the self and help to address issues at a soul level. That manual, together with my Course of First Degree Reiki & Self Healing guides students to a broader understanding of personal healing and spirituality and together with Reiki healing, to achieve greater balance and happiness. Likewise, this manual includes information which is not in the Reiki tradition but which is intended, along with my Course of Second Degree Reiki and Healing People, to give Second Degree Reiki trainees the skills to become competent healers of people and the confidence to set up a practice as a professional Reiki healer, if desired. This manual includes information on common pathologies of the soul and on how to apply Reiki for transformative healing. Second Degree Reiki healers will learn how to expand their healing capabilities through dedicated spiritual practice as well as through an understanding of how to help and guide others. I hope that this manual will serve Second Degree Reiki healers whom I have taught as well as those whom I have not had the blessing to teach.

Some people learn better by working through a sequence to progress one bit at a time and there are others who, like me, prefer to be able to see a bigger picture to begin with and then go into the detail of parts as they wish. So in this manual I present what I have learned about spiritual issues that are connected to healing work and try to put them into perspective so that Reiki Second Degree students have a broad-based knowledge of healing at this level.

About Reiki healing

There are three stages of Reiki:

- Reiki First Degree
- Reiki Second Degree
- Reiki Master/Teacher

The First Degree Reiki attunements are considered by many Reiki Masters to be the most important and the initiate receives four attunements. At Second Degree Reiki the initiate receives one attunement which considerably increases the power and flexibility of their Reiki healing. At Reiki Master/Teacher the initiate receives one attunement which enables them to give Reiki attunements to others.

I advocate that initiates leave reasonable periods of time between doing the three different levels of Reiki. There are many Reiki Masters who will give Reiki 1, 2 and 3 attunements to people over a very short period of time but I believe that this is unwise for most people. There is no doubt that Reiki attunements are real blessings for both the Reiki Master and the Reiki initiate and nothing can detract from this precious, divine gift; those who are attuned will always have the benefit of the attunement. The main issue with having the attunements close together is that the Reiki attunements can have a powerful effect on people and generally they need a period between attunements for the different aspects of their consciousness to adjust to and assimilate the new energies. The effects of the attunements vary considerably between people but for some they can be very profound, and even those who don't feel such effects, the attunements nevertheless create deep, lasting positive changes. I have found this to be especially true at Second Degree Reiki and at Reiki Master/Teacher.

The amount of training that Reiki initiates get at each level of Reiki varies considerably between Reiki Teachers but I like to give comprehensive training along with each Reiki level so that Reiki healers can fully engage with Reiki and with various aspects of healing.

First Degree Reiki (Reiki 1)

I will teach First Degree Reiki to anyone who has a sincere wish to learn Reiki. Just having the attunement will open people to divine energies whether or not they consciously use the energies for healing. Some of those who have had Reiki 1 may stop using it after a short while and others may continue to use it and progress to further levels. It is not for me to know how people's journeys will unfold but my commitment as a Reiki teacher is to teach those who are guided to me and to teach them as I see best.

I think that it's a good idea that Reiki First Degree initiates focus upon healing themselves and practice healing others with friends and family. I find that Reiki First Degree healers are not usually ready for professional practice and that it can take some time to get used to the Reiki energies and to giving Reiki healing treatments. Through embracing a journey of self-healing and self-discovery Reiki First Degree healers gain confidence and their healing becomes stronger.

I trust that people who feel that they want to learn Reiki are being guided to do so and will be guided to the right Reiki Teacher for them. If you feel that you should learn Reiki, then trust that it is right for you and that you will divinely guided to the right teacher. For some

people this may be the start or a part of a conscious spiritual journey and I find that Reiki is an extremely wise thing to do for people on such a journey. Learning about and healing the self with Reiki can bring insight into the working of the soul and physical, mental, emotional and spiritual aspects of human consciousness that help us to understand ourselves to and help others. We each come into a life with varying amounts of issues that require attention and healing. For most of us, finding out about ourselves, healing old pain and getting rid of fears is an on-going process that happens gradually. The Reiki First Degree attunement, together with determined attention upon self-healing will help to bring those issues to light, to heal them, making us healthier and happier than ever before.

Second Degree Reiki (Reiki 2)

At Reiki Second Degree the initiate receives another attunement which considerably increases the power of their healing. The Reiki 2 healer is given much more versatility in their healing; it may be sent to anywhere and into the past and the future and initiates learn to use Reiki in every aspect of their lives and learn to use sacred Reiki symbols in their healing.

Before giving a Reiki 2 initiation I require that people have made a continued effort in their self-healing and channelling Reiki energy. I would like the Reiki 2 initiate to show that they have practised healing on friends and family and have embraced the Reiki healing system and energies. I also require that Reiki 2 trainees are sincere in their wishes to use Reiki healing to heal others. I train Second Degree Reiki healers to a standard whereby they are confident and proficient enough for professional practice although a small proportion of trainees will choose to do this.

Reiki Master/Teacher

The Reiki Master/Teacher attunement enables the initiate to attune others for Reiki 1, 2 and Reiki Master/Teacher. The Reiki Master initiation is for those who have shown a commitment to Reiki healing and to their own spiritual development and that of others. Whereas there are those who may have the level 1 initiation and then may or may not practice Reiki, this should not happen at Reiki Master/Teacher. It is an affirmation that the initiate wishes to lead by example in the field of Reiki healing and to teach others. It is a step that is taken after careful consideration and with a deep sense of reverence for and commitment to the Reiki healing system.

Reiki Second Degree

An initiation into a degree is, as the name suggests, the initial step onto a higher stage. It is the beginning of another part of the Reiki journey that will require learning and understanding in order to make the most of it. Although I have been initiated into the degree of Reiki Master, this does not mean that I have mastered Reiki or even mastered myself. It is a step I have taken to signify my intent to practice at a higher level and to teach others. I feel that a Second Degree Reiki initiate should have the intent to practice Reiki on other people and also have the intent to move themselves to a higher level of Reiki and spiritual practice.

I fully believe that when we are initiated into Reiki, as if we were initiated into any spiritual commitment, that we are offering ourselves up to be instruments of divine will and this carries a degree of trust and faith. With Reiki we are offering ourselves to be instruments of divine healing and peace and at Second Degree Reiki we are affirming our commitment to this path. Many people can take First Degree Reiki and later decide that Reiki is not for them. I have known people who want or hope that a Reiki attunement will give them spiritual growth without effort - unearned spiritual merit. We should be aware that this is not the case. However seemingly powerful the effects of an attunement may be, we are deluded to think that the attunement takes us forward any more than is warranted. I believe that the Reiki Second Degree attunement happens at the right time for a Reiki healer and consequently many initiates are already at the right point in their soul journey for Reiki level 2 and so when it happens it can feel like they have arrived at an important destination. We undertake Second Degree Reiki knowing that we are committing to personal and spiritual development, to helping and healing others and to becoming ambassadors of Reiki.

I feel very strongly that we heal more by who we are than what we do. By moving through an inner journey of self-discovery and healing and through our intent to become healthier and happier we create a more rounded personality that shines with love and wisdom. Just by being like this we are setting an example to those that we would heal. Some of my Reiki First and Second Degree initiates who have persevered in making positive life changes as well as spiritual progress have, at first, incurred disdain from those close to them. Family and friends may feel fear about the impending changes to their relationships. However, with continued effort the Reiki healers have found that they gradually gain the respect of those in their lives who can see the positive effects that it is having upon them. Their friends and loved ones can see that the pursuit of truth and balance has led them to a better place and through this they wish to have some of the same and will ask them for Reiki treatments. Such is the effect of the Reiki healer who is committed to their own progression that they stir the desire for healing and positive life changes in others.

The Second Degree Reiki healer has incredible gifts in the field of healing that can be shared with the world and with people who want to receive healing. The initiate can routinely send healing to bless the world and the living things therein.

Spiritual fundamentals

The ultimate reality

I use the term *ultimate reality* to refer to the highest aspect of consciousness of this universe - that which is most divine. Some people may think of this as a supreme being or a state of nirvana or enlightenment.

Jews, Christians, Moslems and Hindus worship an omnipotent God while Buddhists and Taoists see the absolute as more of a state of consciousness. David Goddard, in his book *Tree of Sapphires* writes this: "There are potential drawbacks to thinking of the Supreme Reality as either a person or a state. Because all images are concepts based on finite experience...In conceiving the Absolute as a person, you embrace the idea, in your subconscious, that some things may be given or withheld by that person - that some beings are favoured and others not. On the other hand, when you conceive of the One Reality as a state, you imply that there is no personal relationship and that you must reach it unaided by the ineffable, solely by your own efforts." The Buddha did not answer the question of whether or not there is a God because he thought that the concept was a distraction - we do not need to contemplate this in order to become wiser and more loving or to become enlightened.

Many mystics believe that ultimate reality is something that can never be understood by the human mind - we can only start to glimpse suggestions of it in our moments of deepest meditation and greatest love but I feel that we are all inexorably connected to and a part of this divine universe and therefore we embody and ensoul divine principles.

Your beliefs are your own and your feelings may transcend words or explanations but I feel that meditation and contemplation of this issue is like seeking ultimate truth and is therefore worthwhile. To grow and develop our spirituality requires allowing positive changes and whatever our spiritual or religious beliefs are now we can trust that a process of wise growth can in no way diminish what we currently hold most sacrosanct.

Thoughts or prayers that have the highest intent are equally loving and wonderful whether they are intended for the universe or for a supreme being. We are each a part of this divine universe and our concepts of the ultimate reality does not make us any less divine or any less a part of it. Doubt is just the part of belief which is in transition from ignorance to understanding and from fear to faith.

I have found that truth unfolds for those who intend and try to find it. If you want to know the greater mysteries of the universe, then you can embark on the journey to discover it. The wise person tries to discover as much about their inner self as the outer world and universe because we can't know what we're seeing if we don't know from what perspective and through what lens we are looking.

The subject of ultimate reality is relevant to your journey through life because your destination defines your path.

The meaning of life

We are here to be as truly happy as we can and to grow more loving and wise through the opportunities and challenges that we have in our lifetimes. We are here to freely choose to love and as we do so we experience the happiness that this brings ourselves and others. We

learn that happiness comes from within ourselves and is reflected back at us by the world and the universe around us. We are here to be happy and to delight in the joys that life brings.

We are here to develop and grow - to expand our consciousness by becoming more loving and wise and it is possible to know and love this universe and everything in it. We are conscious on infinite planes of consciousness, from the physical planes that we can touch, through emotional, mental and spiritual planes of consciousness, right up to the ultimate reality or divine source.

The human incarnation is both challenging and rewarding and we have chosen this path for development of our souls. Our challenges cause pain but also growth and the rich rewards are inner happiness and outer harmony. The Earth is a place of stunning beauty with abundant life and amazing people and when we find enjoyment and happiness in any part of our lives here, then we are reaping the rewards of human existence.

Our souls learn through many lifetimes that inner balance brings happiness and harmony and that imbalance brings pain and suffering. We generally grow unevenly and this brings imbalance and pain which spurs our consciousness to grow in those areas that it has avoided due to fear. People, events and situations in our lifetimes both create fears within the soul and present us with opportunities to face them, grow and overcome them. Although most human lifetimes will inevitably entail some pain and suffering which we can strive to understand and overcome, our lives abound with unlimited potential for love and happiness. Learning about ourselves, other people, our relationships, the world and the universe brings wisdom, and loving these things brings harmony and peace.

The soul

What you imagine to be you – the thoughts, feelings, attitudes, beliefs that make you, the individual, is mostly your soul – the consciousness that temporarily occupies your body for this lifetime. The soul is what psychologists call the subconscious mind and it is a huge and powerful consciousness that has learned and grown through many lifetimes: perhaps even hundreds or thousands of lifetimes. Our minds are free to think any thoughts that we like but the thinking part of us is tiny compared to the vast consciousnesses that are our souls and our thoughts are influenced by our souls.

Our souls are conscious on a vast range of planes of consciousness and each part of this range is related to a particular aspect of the soul. The soul experiences its internal relationship with itself, its external relationship with other people and relationships with the earth and the universe.

The soul is the consciousness that is incarnated as you and the chakras are the main centres of consciousness of the soul. Each chakra has a consciousness of its own and is conscious on a range of planes of consciousness (or dimensions). Our complete soul is like a microcosm of the universe because we are conscious on all of the planes of consciousness, from the physical to the ultimate reality and it is through love and wisdom that we grow and become more conscious of the universe and everything in it.

Physical, mental and emotional problems (pain and suffering) arise through imbalances in the soul and we can discover what our imbalances are by examining and understanding ourselves. By examining our chakras it is possible to find out what fears and false beliefs we

have that create conflict and pain within the soul. Inner fears lead to imbalances and conflict within the soul and will not just manifest as mental, emotional and physical health problems but they will be reflected in the people, relationships, situations, world and universe around us. Our love and wisdom, and fear and pain is reflected back at us by everything in our lives. So by examining our lives we can find out about our inner love, wisdom, fear and pain and understand our souls better.

Choosing to think wise and loving thoughts can absolutely change our lives and can affect our souls, however our deepest fears will usually need more than positive thinking to be overcome. We can find out about our souls through examining our lives, meditating and seeking divine guidance. Fears are purged by painful situations in our lives but by understanding our fears we can make the process of finding balance and good health much easier. We attract to us the experiences that exacerbate our fears until we overcome them and we also attract the love and kindness that is within our souls and which radiate out to the world. Our souls learn and grow through many incarnations and become ever more loving, wise and conscious. Divine love is the foundation of the universe and the more balanced and conscious we become and the more this flows through us.

The higher self or spirit

We are each a part of our higher self, spirit or consciousness that is the greater part of us. Only a small part of your higher self is incarnated as your soul because the higher self is normally too vast a consciousness to fit into a human soul. Our higher selves are conscious of everything that our souls are and are guiding and experiencing the learning of our souls. However, our higher selves do not generally have the fear or pain that our souls do, depending upon their growth - their degree of love and wisdom – their degree of consciousness. But generally we can consider our higher selves as perfect, however small or great they are.

I once read that no more than 50% of the higher self can incarnate and that there is a limit to how much consciousness can actually fit into the current human soul. This made me wonder about my higher self and I asked for divine help with understanding this. One day I was lying down, contemplating my soul and suddenly it was as though my consciousness was transferred to my higher self. It was as though I was immense compared to my normal state. I could still feel my body but it was as though it was tiny compared to myself and it was as though I was remote yet connected. This, I knew was my higher self showing me that it was a much greater consciousness than my lower self – my soul. And then the situation reversed and I felt as though I was bloated, dense and heavy: I was being showed that no more of my higher consciousness could fit into my soul.

Every thought, word, deed, feeling and emotion of your life is experienced by your higher self. Every nuance and every action of your soul at every level is experienced by your spirit. You are not judged, you are just loved completely unconditionally and there is nothing that you can do to stop that.

I have been told quite clearly that my higher self is my main spirit guide and that it is more than 10,000 years old. It makes me feel safe and comforted to know that I am a part a great consciousness to which I am inexorably connected. I don't know if my higher self has another soul incarnated at the same time as me or how many incarnations my soul has had. I have more questions than answers but this seems like a healthy state.

Free will versus destiny

Your mind is free in that you have the choice of thinking any thought that you like, any time you want. But the thoughts that come in to your mind may be affected by many different factors, notably:

- your soul;
- your divine guidance;
- astrological influences;
- other people's choices.

So your will is free, but with influences upon it which can be overcome or ignored and you can ultimately choose what to think, say and do. Our lives are planned so that we will have the experiences that our souls need in order to learn and grow more loving and wise. Such plans are made by great consciousnesses who can predict most of our actions as well as those of others that affect our lives. We may have opportunities to make major changes in the courses of our lives but for some there may be little deviation from the required path.

The major choices that you make in your life may have already been anticipated and agreed with higher aspects of your consciousness and with the guidance of greater consciousnesses but you are mostly free to do as you choose. I'm sure that most people will have moments in their lives when their choice will significantly change things for themselves and others. Some such choices may seem small but can have effects that ripple through time and space. Ultimately there are no wrong choices. There may be choices that are wiser or more loving and those that are less so - choices that promote more love, peace and harmony and those that promote less. But ultimately all of our choices are learning opportunities.

In some cases the choices that significantly affect other people may have to be agreed with their soul and spirit and guides. So how can we have free will, if there are some things that are not allowed to be done to certain souls or their paths? Is there a divine will that that won't allow some things or insists on others? The short answer is 'yes'. Every good wish and prayer that intends divine blessings for people is, in effect, asking for divine intercession for the greatest good. If we pray that people are divinely helped we are effectively using our free will to ask that something good is done for people or a particular person or group. Just imagine how many prayers and blessings are said every minute of every day by people in acts of spiritual devotion.

I guess that there might be a conflict if I ask, for instance, that a person is helped to pass an exam when it would be for their good and for a greater good that they didn't pass it. This suggests that asking for 'blessings' for people is the wisest prayer for divine assistance in someone's life since our free will is then aligned with divine will.

Through your intent to be loving, wise and happy you can make conscious choices that guide you in the right direction and through your intent and thoughts you can guide your soul to a better and higher place. Through being mindful (aware of your conscious thoughts) you can get into the habit of thinking positive and loving thoughts that will in turn have a positive effect on your whole consciousness.

When we let go of control and intend that we are divinely guided, our thoughts and ideas that come to mind may be from outside of ourselves or from higher parts of our consciousness. This does not mean that we can go through life without having to be

responsible for our decisions and actions - we should get to know ourselves so that we know where our thoughts come from and whether they are based on love or fear.

Reincarnation

Your soul reincarnates again and again and has maybe lived hundreds or thousands of lifetimes as a human and after a lifetime there is normally a period of reflection and review in order to fully understand what can be learned from it. A soul may immediately reincarnate in rare circumstances. We may not be consciously aware of what has happened in our past lives but we may actually have conscious memories of them within our souls. My feeling is that our souls forget much of what has happened in distant past lives, just like we forget in our conscious minds much of what has happened earlier in this life.

It is possible for you to find out about your past lives. I have found out a little about a couple of my past lives but it has not been through specifically trying to find out about them. It has always been my intent that I learn about myself so that I can become more balanced and grow and teach others. To try to find out about past lives out of idle curiosity or for recreation could be unwise and might suggest a lack of value or interest in this life - a little like walking backwards to relive the past. The history of your soul has brought you to this point and your past is evident in the current state of your soul – perfectly divine, with all of its imperfections.

Our souls inevitably carry fears and pain across lifetimes and we are not born perfect. We can have a particular fear through many lifetimes until that aspect of our consciousness learns and grows enough to heal. Fears bring about imbalance in the soul which brings inner conflict and pain, which can manifest as mental, emotional and physical pain. These affect our moods, feelings and behaviour and might manifest as anything from a fear of emotionally engaging with others to depression or sociopathic behaviour. A balanced soul, however great or small, is a happy soul, with a healthy mind and body.

We have all been sinners and saints in our different lifetimes and someone who has fear, pain and conflict in their soul may hurt others but may have brought love and peace to others in previous incarnations. It is worth remembering this before we judge others and it is also worth remembering that we are all equal in this universe and no matter how great or small and no matter how balanced or imbalanced we are all but tiny children to the greater consciousnesses in the universe.

A wonderful shaman once told me about the how the tarot cards reflect archetypal human conditions and positions. The card with the number zero is the fool who goes through life with childlike joy, despite not being great, and has good humour, with an open heart. As the human soul goes through many lifetimes of growth, with challenges, opportunities events and conditions represented by other tarot cards, we may arrive at a lifetime represented by the greatest of the tarot cards – number 21: the world. This card represents oneness with the world and all things and the ending of a cycle and the end of a journey of many, many lifetimes. This soul embodies divine manifestation and love flows through them to light up the world. This soul is happy, loving and wise – a sage or spiritual master. But when they reincarnate next time they will go back to card 0 - the fool. The beautifully balanced soul may be an avatar of love and peace - wise and wonderful but is still a small child in this universe. Buddhists may see an endless cycle of reincarnation and suffering but I see growth

that takes us forward to an inevitable destination. We don't just go round and round in circles but rather we spiral ever upwards.

Hundreds of years ago, my soul was incarnated as a woman we can call Jane who was a herbalist and midwife in a village. She was aware of energies and knew something of the continuity of the soul after physical death. She had a daughter whom we can call Daisy with whom she had a strong emotional bond. As Jane lay on her death bed, with Daisy beside her, she made a deep and strong assurance to Daisy that she would always be with her. This was a conscious decision based on profound emotional feelings. In every life since then, when Jane's soul (that we will call Joy) and Daisy's soul (that we will call Grace) were incarnated at the same time, Joy would seek out Grace and although there were times when their love and this attachment was beneficial and happy, there were inevitably times that caused them pain. In one incarnation, when Joy found Grace, Grace had found someone else to be with and this sent Joy insane. This story of my soul demonstrates several important points. It demonstrates that if a conscious decision is made deep in the soul, based on misguided emotional attachments, it can have profound and far-reaching consequences for the soul. What Alice did was to effectively make a powerful contract from the depths of her soul, with another soul. It was learning for my soul over many lifetimes that helped it to understand and differentiate the emotional yearnings of the sacral chakra, the love of the heart chakra and higher divine love. It also demonstrates how souls can become entangled through making contracts based on unwise choices. To the spirit this is just a part of learning but to the soul it is a lesson in love, fear, pain and happiness that helps it to grow over many lifetimes to be more loving and wise. There is a happy ending to this story. I met Grace in this lifetime and we spent time together as partners. When we were guided to find out about our history together it was because we were ready to let go, heal the issues and break the contract, since our souls had grown beyond the need for it.

Karma

Karma is a way of helping our souls to grow over consecutive incarnations but is not solely a punitive system that some may interpret it as. We will inevitably accrue a karmic debt as our souls learn and grow and this debt will be repaid, in part, as we live consecutive lifetimes. The rest will be repaid when we reach a high level of spiritual excellence. In some lifetimes we may incur a greater net karmic debt than in others and in some lifetimes we may earn net karmic credit. Our karmic debts are accrued from actions (thoughts, words and deeds at every level of our consciousness) that cause pain or suffering to living things and karmic credit is accrued from actions that create love, happiness or harmony in living things. Unwise actions may arise from our fear or pain and wise actions from our love and wisdom but the karmic results of actions can be difficult for us to work out and it is not we who are the judges.

Take, for example the case of a parent who smacks their child as a punishment for wrongdoing. Does the smacking result from the parent's love and wisdom or from their fear and pain? What if this smacking results in the child being somewhat reformed and, as a result, doing wiser things in the future? What if, as a result of the smacking, the child incurs less karmic debt in the future? What if it exacerbates a deep fear within them and tips them over the edge into a downward spiral of poor behaviour?

We are only aware of a very small proportion of our behaviour. Our soul's consciousness may be in a constant power struggle with a soul that we know. We may have inappropriate

sexual relationships on the astral planes of consciousness (related to the sacral chakra) with someone with whom we would consider such behaviour outrageous. We may be having a balanced and loving relationship with someone we haven't physically met in this life yet. And even a seemingly wonderful, balanced, loving relationship may have aspects that we are not aware of that are challenging fears that we don't even know we have. All of our actions have karmic consequences.

Karmic debt repayment is required when it serves a purpose to help people to learn, grow, heal, love, find balance or otherwise do something positive. It is in this way that our misguided actions can ultimately serve as learning experiences and development opportunities so that our souls can grow and evolve. A karmic debt is not necessarily to a particular soul and we may repay our debt to anyone and in a multitude of ways - by our suffering and by good actions.

The greater the journey, the more debt that may be incorporated into it and the greater the rewards may be. I often think of the great Nelson Mandela who suffered for a great cause that brought about truth and reconciliation to help heal the wounds of a nation. I have no doubt that his pain and suffering was a part of a journey to a greater love that triumphed over fear.

Whether we realise it or not, every time we think, say or do something negative it causes us pain. We will feel that pain, whether or not we realise that it is a consequence of that particular thought, word or deed. We feel an immediate effect since it lowers our energy in some way and it also may have a negative effect outside us – on something or someone else. We may consciously learn through experience that these things cause us pain - we learn that lies escalate and that malicious thoughts just deplete us and that violence causes us suffering. And this conscious learning is to our minds what karma is to our souls. Karma is a way of giving a learning experience to our consecutive lifetimes so that our souls have a long-term way of gauging experiences and learning through them. Karma helps our souls to realise that good thoughts, words and deeds lead to happiness and vice versa. Without karma our souls may get stuck in a mode of painful existence lifetime after lifetime without ever getting out. But we should realise that our lifetimes are planned so that we have learning opportunities within each lifetime as well. And often the short-term learning opportunities mirror the long-term learning opportunities, in other words the lessons that we can consciously learn in a single lifetime may be the same lessons that our soul has been learning over many lifetimes.

When we have a painful experience we should look at the immediate lesson that we can learn and treat it as an opportunity for growth and know that the wisdom that is gained will be embedded in our souls for future lifetimes. It is not necessary to try to establish the karmic causes of our experiences because, as I have already written, they are always connected with a current imbalance in the soul that needs to be fixed. The lesson helps our souls to recognise the inner fear and pain which draws to us a similar fear or pain from another. I have learned that the way in which our souls learn and grow over many lifetimes is varied and tremendously complex and mostly beyond our recognition or understanding within a single lifetime. But with a more conscious life we may be able to see the hurtful actions of others not as injustices but as opportunities to reflect on our own issues. Likewise we can be happier knowing that our wise and loving actions create better future lives for ourselves and other people and that such merit comes from consciously engaging with the best parts of ourselves and others.

Psychism

Every person is psychic but we are psychic to varying degrees and in varying ways. The natural variation in psychism is the same in people as natural variation in height and hair colour and in all things in nature. The way and the extent to which people sense the subtle energies of chakras, of spirit guides or angels varies a lot. Some people are very psychic from birth and see or sense spirits all of their lives, while some people can try really hard but sense very little. Most people are somewhere in between and can sense energies or information when they are relaxed.

We sense energies beyond the physical in a variety of ways and at different levels of consciousness - through different chakras. The methods of perception are usually described as clairsentience for the crown chakra (sensing information), clairvoyance for the third eye (seeing information) and clairaudience for the throat chakra (hearing information). We are clairsentient at most levels of consciousness and we can sense emotional energies through the sacral chakra, for instance. In my experience the sensing of energies is rather complex and is not as straightforward as some people may think.

My advice to people is generally to learn to tune in to themselves and their spiritual guidance more clearly. This does not necessarily mean that you will clearly sense, see or hear a spirit guide and this is not necessary. Your spiritual guides will ensure that if you try to gain insight into yourself you will surely learn the truth. All that is required from you is faith in your divine guidance, trust in yourself and have determination to learn and the ability to look and listen for guidance in a variety of places. Some people can sense clear information straight away from their divine guidance and that is wonderful and certainly helpful for self-understanding but not essential. The ability to see, hear or sense spiritual information does not in itself make someone more loving or wise. Being psychically sensitive does not necessarily mean that someone is more spiritual or divinely connected.

A common question for those who are not so psychic is how do you know that what you are receiving is really divine guidance? The answer to that is it takes faith and trust in yourself. Generally those that question whether the guidance is divine or not are those who may have less faith and who are looking for proof. Divine guidance does generally not give proof, it relies on your faith and if you take a small leap of faith it will be rewarded. With a genuine, deep commitment to spiritual progression, using prayer to reinforce your desire for divine union, to understand yourself, to be rid of fear and to live a better life you experience a deep oneness and knowing. This does not mean that you can become complacent and accept the slightest feeling as divine guidance. We always need to be discerning. There is always the matter of trying to differentiate between what is divine guidance and what is from the mind. Even experienced psychics and mediums can get mixed up sometimes and attribute that which is coming from inside them to external guidance.

Divine guidance

Each and every consciousness is helped and guided by those that are greater than them to evolve and grow ever greater - more loving and wise. Each consciousness evolves and expands through the help of divine guidance.

Human existence on earth is especially blessed in that we are nurtured, protected, helped and guided by an abundance of great consciousnesses who watch over us every second of our lives. Such divine beings are divine representatives and there are great lords, masters,

teachers, guides, healers and protectors and they know every thought in your head and every aspect and nuance of your soul. These great and divine beings may or may not reincarnate but the ones around the earth have generally chosen to help and guide those souls which are incarnate.

The great lords, such as Jesus, Buddha and Krishna may be so vast that they encompass the world and every human with their love, wisdom, help and guidance and hear every prayer and connection with every human being at every moment. The lords guide the masters who guide the teachers, etc and so every consciousness is guided ever upwards. We should acknowledge the astounding love, wisdom and help of these great beings and honour them with humility but we should always remember that the source of all divine love is that which ultimately guides us.

I was aware from the start of my spiritual journey of a guide who was protecting me and I found out that this was my grandfather, whom I had never met. He was right beside me and I felt a tingling feeling in my leg when he was there. I felt protected, comforted, nurtured and blessed. He was modest when he showed me that he was not a great teacher or master but was with me for guidance during a specific time. Another spirit guide came to guide me when I became a Second Degree Reiki healer. My Reiki Master who gave me my Reiki attunement told me that he could see a man dressed as a jester who tickled him as he was teaching me and who tickled the side of my face to let me know that he was helping me with my healing work.

Angels and spirit guides have different histories and different purposes. Angels are pure, divine consciousnesses that have generally not incarnated as people, so angels have never felt fear or pain. Angels create, organise, manage and administer the universe. Angels have a different path to enlightenment than people. There is an angel for every aspect of the Earth and for every part of human life and endeavour and every person has a guardian angel.

I was giving myself healing one day, lying on my bed. I was concentrating on resolving heart chakra issues of love and forgiveness, something that I had put much work into. Suddenly I sensed a huge ball of light that flew into my room and touched me. At that instant my heart chakra had immense healing and I had a feeling of wonderful love and joy that made me feel incredibly happy. I knew that this was the mighty Archangel Raphael who blessed me. It was sometime later that I read about Archangel Raphael's golden healing ball that takes healing to people.

Our spirit guides and angels love us absolutely and unconditionally, no matter what we do. Your divine guidance is always there, with you and since they know every thought in your mind, you just need to think a prayer and it is heard, listened to and acted upon. Such consciousnesses work at the speed of thought and they respond instantaneously to your thoughts and prayers.

A friend of mine, when he was young was playing in a tree above some metal railings with spikes on the top. He fell and was falling straight towards the metal spikes. He clearly remembers being pushed sideways in mid-air (not by a person) so that he missed a spiky landing. Angels intercede whenever necessary so that our lives go according to a greater plan.

Spirit Guides and Angels work within hierarchical structures, with each one above being more loving, wise and powerful. So each consciousness has its own teacher and guide.

Everyone has at least one spirit guide who is with them all of the time. These wise and loving consciousnesses help you to develop as a person and spiritual being. If you ask your spirit guide to make themselves known you may feel their presence, hear their name or get a reassuring sign but even if you don't you can be assured that you are always blessed with abundant guidance. Such guidance can put a thought in your head at any time to guide you.

Near the beginning of my spiritual journey, at a time when I had less than no money, I was in a crowded shopping street before Christmas and I wanted to buy my father a book called *The Celestine Prophecy* but I simply couldn't afford it. I said prayers in my head as I walked along through the shopping crowds and then, suddenly there was a hole in the crowd and there, on the ground was a £10 note. I knew that it was intended for me and so I gave thanks and bought the book with it. I have no doubt that my divine guidance was giving me a message about the power of prayer and divine will.

You can find free daily guidance at www.healingpeople.net/guidance.php

Psychic safety

For most people on a wise spiritual path the issue of safety is not really an issue but it is a subject that there is some misunderstanding about. Many people who do Reiki healing or spiritual work are told to protect themselves in various ways and this can promote fear or even lead to poor practices.

Some people are very sensitive to energies and may feel unwanted energies around them. If we sense an unpleasant energy we are being intentionally allowed to sense it by our divine guides and protectors and they may be allowing only a limited effect of the energy to reach us. The reasons that we may be allowed to feel such energies will normally be connected with our own fears, growth and healing. One of the main reasons for such energies being able to affect us is because we have fear and pain that is in sympathy with that energy. Such energies may affect us to greater or lesser degrees, depending on the amount of our own issues and the strength of the external energy.

Even if we are not aware of such energies, we have energies around us most of our lives that are allowed to challenge us and provoke growth, even if they are mild and we don't notice them. We also have abundant loving energies around us all the time. Any relationship that is consciously challenging will almost certainly be working at all sorts of levels of consciousness to help us to grow. I have seen cases where people have consciously chosen paths to do spiritual work and despite being peace-loving people have encountered challenging energies at all sorts of levels of consciousness which are there to help them to purge fears.

The most important aspect of psychic safety is to know that you have protection all of the time and in order to understand challenging energies you need to become more self-aware and strive for balance. The deep desire and intent to know yourself will ultimately free you from fear. In this world there will always be misguided, fearful or even malevolent energies that can impose upon us but we are always protected from these energies by guardian angels and great teachers, guides and protectors who have all the power necessary to protect us as needed. Any energies that impose upon us are allowed through by these divine beings and the ones that aren't allowed through we won't be aware of because they will never even touch us.

People who are on a conscious spiritual path, just as those who are not, may have energies, relationships and situations that challenge them in order to help them learn, grow and heal. And every relationship involves complex exchanges of energies, some of which may seem unpleasant but which are always under divine authority and ultimately serve to help our souls to be rid of deep fears and pain. We will also have a great many benevolent energies with us at all times from incarnate souls as well as divine beings and their love and wisdom helps and guides us. All people are divine manifestations and we are all on spiritual paths. Our outer worlds (including our relationships with other people) reflect our inner worlds (our souls) and there are few people who are completely aware of every aspect of their souls enough to explain everything that they draw to them in their lives but this is something worth striving for. So if you encounter strange energies the wise thing to do is to meditate and pray for insight and understanding of why you have drawn this energy to you and how it is helping you. Also you should trust that any such energy is under divine authority.

People who are sensitive to the energies of others may be able to feel different energies around them. Sensing strong or unpleasant energies may be because the sacral chakra has unclear boundaries and is in the habit of reaching out to other people's sacral chakra energies. Or a person's heart chakra may be too open if they are on a mission to heal the world. In such a case what is really needed is understanding of the way that the person engages with others and working on clear boundaries. People who can feel the emotional pain of others probably have imbalances of the sacral chakra or heart chakra.

We don't generally feel the need for personal protection when we walk down the street but we might avoid certain places, situations or people. It is worth applying common sense and taking reasonable precautions as long as we have our fears in perspective.

Saying prayers and invoking divine blessings is a wise course of action. Here is a good meditation and affirmation of protection that you may or may find beneficial. Sit and meditate and imagine the eighth chakra - a golden chakra above your crown chakra and just outside your aura (about an arm's length around you and above you). This is the chakra which is your connection to your higher self and spirit guides. Send a chord of light up from your crown chakra to the golden chakra as you reach out for divine protection. Now bring down a golden light from the golden chakra and let it fill every part of your body and soul at every level of consciousness, so that every chakra becomes filled with golden light. Now let the golden light fill your aura to the very edge.

Devotional practice

I feel that it is very important to have a balanced and wise spiritual ambition. We should be aware that we have incomplete understandings of the greater mysteries of the universe and of spiritual truths and we should explore and expand our understanding through wise practice. By making a commitment to aiming our spiritual practice at that which is most divine, to that which is most pure and loving and which is above all else, we are aligning ourselves with divine love and we can be sure that we are always heading in the right direction, even if we still have challenges and difficult choices to make. We cannot fully understand ultimate reality but we are each connected to it and it permeates all human consciousness. If we have the faith to take even the smallest step in a direction that the highest part of ourselves tells us is right, then that faith will be rewarded.

The great and the good

Great consciousnesses incarnate all the time but sometimes very great beings incarnate with special missions - to teach, lead by example and leave a message and legacy of great love and wisdom. Consciousnesses such as Buddha, Jesus, Krishna are so great that people see their consciousness as a guide to growth and can worship them for the divine incarnation that they were. Such consciousnesses are indeed so great that they will be with us if we are committed to their path but we know that these great beings lead us to something beyond them - to the ultimate reality - and that our spiritual commitment should be to this. I believe that the great religions of the world ultimately lead us to the same place but by different paths. Through our many incarnations we have each been Buddhist, Christian, Hindu, Jew, Muslim, Taoist, agnostic and atheist and these have helped our souls to grow and have brought us to where we are today.

Our divine guidance comes through a hierarchy of great consciousnesses, or spirits, in the form of spirit guides, teachers, masters and lords. The greater consciousnesses know every aspect of your consciousness and can see your growth from your creation as a new consciousness to your current state. Furthermore, the greater consciousnesses can predict the choices you make and the response of your soul to internal and external influence. Great consciousnesses are great because of their love and wisdom, whether this was learned through living human incarnations or growing elsewhere in the universe. Whatever our spiritual or religious beliefs we can acknowledge and give thanks for these divine blessings - that those wise and loving beings choose to be with us and to help, guide, heal, protect, nurture and teach us. We can feel gratitude for our nurturing education and respect for our teachers and elders.

Gratitude

As souls on earth and in human incarnations we are blessedly protected and nurtured so that we can learn and grow. Our souls are protected from being thwarted by too much pain or suffering so that we are never given more than we can handle. Furthermore the pain and suffering that we create for ourselves and others is redeemed by great divine beings: that is to say that the pain that we create in ourselves and others is taken from us when we have overcome the fear that created it and it is transmuted through divine love. When we have grown beyond the need for particular fear or pain, it will leave us for good.

These are things to be grateful and thankful for and these alone can be the basis of a wise spiritual practice - feeling gratitude and giving thanks for these and other blessings. Whether or not you know who or what you are thanking, gratitude opens the heart and upper chakras to divine love.

Compassion

We all have compassion since we all have functioning heart chakras and tuning in to this compassion is a good way of developing it further. By engaging our compassion we are practicing compassion and are therefore developing it. With a quiet mind, in a meditative state you can intend that energy flows from the Earth to your lower chakras and into the heart chakra and from the universe into your upper chakras and into your heart. You can imagine your heart light radiant and shining through you own body as you feel a sense of acceptance of yourself as you are now while wishing progressively more love, happiness and

wisdom for yourself. Then you can intend the heart chakra light radiating from your heart beyond you in all directions as you feel a sense of acceptance of every person as they are now while wishing them progressively more love, happiness and wisdom.

Acceptance of yourself and others is an important part of compassion and comes from an understanding that we have all been through many, many lifetimes in which we have all made choices that have brought pain to ourselves and others and we have all done good things that have brought happiness to ourselves and others. Acceptance comes from an understanding that we have chosen a human incarnation in order to understand our divine essence and to fully realise our divine nature. We are all inseparable from the divine source, whatever you conceive that to be. Even people who seemingly have no sense of their spirituality or who deny it or who have malicious intent are still, ultimately divine beings. No person is better than any other since however great our consciousness, we are all but small children in this universe. Accepting all people as they are and as our equals can help us to develop compassion.

Wishing progress towards ever greater happiness for people is another aspect of compassion that can help us to develop. We can surely see that the evolution of humanity is a process of us realising our divine nature and becoming more loving and kind towards each other. We are inevitably moving forwards in this regard and by creating an image of another person or even all people as being completely happy, we can form wise desires and intent for the progress of others. Forming specific ideas of what would make people happy is obviously unwise but there are certain things that we can wisely wish for others. Balance is a wise thing to wish for ourselves and others since this would rid us of inner conflict and pain. Likewise harmony is a wise desire for ourselves and others since this suggests wise and loving relationships with all people, with all things and with the universe. Wishing ourselves and others progress includes the idea of our souls becoming more loving and wise and these are fundamental to our ever increasing happiness.

Evolution

If you believe that our souls are each progressing, this brings about the notion that positive change and evolution is the way we are going and that we are moving onwards and upwards. We are becoming greater and our consciousnesses are learning to embrace our true divine nature more fully. As we grow we can allow our spiritual beliefs, attitudes and practices to change and evolve. This doesn't mean that we should just neglect a chosen path but rather that we can develop our practices to explore our spirituality further.

With wise devotional practice the greater mysteries of the universe can be revealed. Great religions have mystical aspects - for instance Islam has Sufism and Judaism has Qabalah - but this does not mean that you need a religion to develop your spirituality in a wise way.

The way to move forward to become more spiritually aware and healthier and happier is through devotional practice. The wisest intent is to know yourself and seek divine union and if your prayers and practice are to this end, then you are doing something wise and wonderful with your life. If you additionally want to commit to help others, then ask how best you can serve a divine purpose and the answer will come.

Meditation

Meditation can be done in many different ways and for many different reasons, but one thing that most meditation techniques have in common is that the normal chatter in the conscious mind is stopped. This is easier said than done and this part alone can take practice. With a quiet mind and stillness comes the ability to do different things in such a meditative state. You could focus on the inner self (for example the chakras), on things outside the self or you could just be still and quiet. Meditation does not necessarily entail a deep or hypnotic state, for instance gardening and walking can be done in meditative states when the mind is quiet.

Meditation can incorporate devotional practice through prayer, worship or reciting mantras or religious texts which can displace the chatter in the mind and elevate the consciousness in different ways. Many spiritual disciplines incorporate meditative practices that may be prescriptive and related to specific rituals or levels of practice or mastership. I find that prayers before meditating help most people: I pray for help and guidance in my meditation and for insight and understanding into myself and the world and universe around me. My intention is for divine union at all levels of my consciousness from the physical to the highest.

Meditation is truly an essential part of a path to understanding the self and to spiritual growth. Meditation combined with prayer is a powerful way of bringing love, peace and healing to the self and others. Through meditation we can direct our consciousness for a multitude of good purposes to promote happiness and wellbeing. In stillness we can become aware of levels of the consciousness that we were not aware of when thinking or trying to make things happen.

Meditation can be a way of becoming conscious of different aspects of the self - of our many levels of consciousness but it can also be used to become conscious of things outside ourselves on these planes of consciousness. So meditation can be about an inner journey or an outer journey. We can learn to meditate on specific aspects of consciousness through directing ourselves to feelings connected with that aspect. For instance the heart chakra and its planes of consciousness can be stimulated by focusing on love and compassion for ourselves and all beings. Meditating on the crown chakra may involve our spiritual connection and meditating on the universe or the absolute, however we conceive of it. Meditating on the base chakra and on the physical realms can help us to become more grounded and connect with divine principles of the Earth.

Through meditation it is possible to engage more fully with our own intuition and guidance from higher parts of our consciousness. Likewise it is also more easy to discern divine guidance from outside ourselves. Meditating with a quiet mind and being in a receptive and open state can help to connect with spirit guides and other divine beings.

I believe that the inner journey is as important as the outer journey and that wise meditation practice should involve both of these aspects. It is our inner fears that can block out aspects of our consciousness and it is a good idea to at least have an understanding of these, even if it takes time to resolve them. Without this understanding our meditation may always be incomplete or avoid important aspects that have unresolved problems. I have known experienced meditators who concentrate on certain aspects of consciousness, such as the crown chakra, while ignoring other aspects that have blatant problems. Without self-awareness and an intent of inner balance our meditation practice may always be incomplete

or we may not achieve the greatest benefit. Furthermore spiritual practice should always be tempered with grounding practice - connecting the base chakra and feet to the Earth - otherwise we can become disconnected from life and create a host of physical, mental and emotional problems.

A master Tantric practitioner called Tilopa gave six Words of Advice to his disciple Naropa and I find these useful aids for my students:

- Don't recall - let go of what has passed;
- Don't imagine - let go of what may come;
- Don't think - let go of what is happening now;
- Don't examine - don't try to figure anything out;
- Don't control - don't try to make anything happen;
- Rest - relax right now and rest.

To learn meditation may best be done at first in a class or a group while being guided through the process or there are also a multitude of guided meditations available on video and audio. Meditating alone may be a little more difficult to start with but this varies tremendously between people and gets easier with practice.

You can find free guided meditations at www.healingpeople.net/guidedmeditations.html. I can help you to learn meditation and guide you through a variety of meditations via Skype and if you have questions or would like to learn to meditate then contact me.

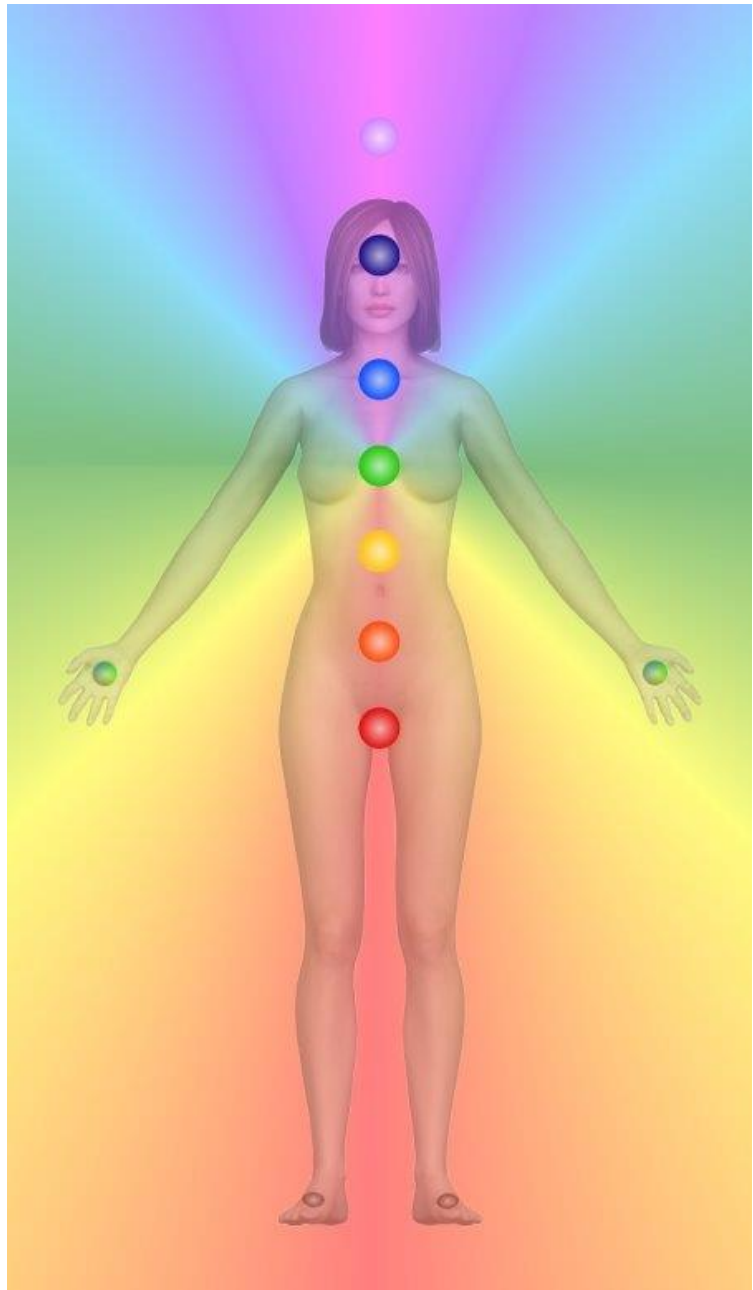
Chakras

The chakras are the centres of consciousness that make up the human soul. Chakra is a Sanskrit word meaning wheel and the chakras can be seen to be coloured, circular energy spheres or discs. The chakras are actually vortices of energy, with the central five chakras being horizontal and having the pointed part of the vortex at the spine and the open part of the vortex at the front of the body. The base chakra has the pointed end of the vortex at the coccyx and the open end at the genitals. The crown chakra has the pointed end of the vortex at the top of the head and the open end directly above. Each chakra vortex spins round and the spin is opposite for adjacent chakras and is contrary in men and women. Facing a woman her heart chakra would appear to spin clockwise and her solar plexus chakra would spin anticlockwise and vice versa for a man. Chakra sizes vary enormously between people but in adults can often be 7cm-10cm (3"-4") in diameter.

Chakras are in different dimensions to our physical selves

– they are at higher planes of consciousness. The chakras are the colours of the rainbow – red, orange, yellow, green, blue, indigo and violet. Red light has the lowest frequency and violet the highest; just as the red chakra is to do with the physical planes of consciousness and violet is connected with the highest planes.

Our chakras behave in ways that can be a little difficult to imagine, to start with. Each of our chakras is conscious, aware and engages with different aspects of life and our being. Chakras are conscious and intelligent but not in a way that is always obvious. A sacral chakra feels basic and deep emotions but will not have the slightest idea about love of the heart or the logic of the solar plexus. The sacral chakra is passionate and feeling but can no more be conscious of logic than the heart chakra can understand the base chakra need for physical survival. Energetic information flows up and down the chakras as they talk to each other and interpret the information and learning from adjacent chakras. They each have different roles




to play and they constantly sense and communicate with energies on their planes of consciousness.


The chakra system is as complex and sophisticated as it is beautiful. The chakras are centres of the lower consciousness or the soul and are the subconscious mind. They contain memories and learning of our lifetime and some previous lifetimes and they contain our deepest feelings at different levels of our being. Together the major chakras form what we feel and know to be ourselves – or minds and our feelings. Our souls learn through our experiences and our chakras experience things on many different and subtle levels that we may not be aware of in our conscious minds.


Most people will have imbalances in their chakra systems. Imbalances are due to fears within our souls that happen as our souls grow. Our chakra systems reflect every level of our mental, emotional, physical and spiritual selves and every facet of our being. The outer world that we experience is a reflection of our inner selves and through understanding inner selves we can make positive changes to the way that we experience life and the world and universe around us. It is useful to know about chakras because we can sense them in meditation and thereby find out about inner imbalances and focus healing on them. We can learn about the soul from the chakra system and find out through an understanding of them how we can make positive changes to our attitudes and beliefs to bring us into balance and heal mental, emotional and physical problems.

There are many false beliefs about chakras and one such idea is that chakras can be open or closed. Chakras are always working although they can become more or less more active, alert, receptive or expressive, depending on circumstances or requirements. A chakra that underfunctions is normally due to inner fear in that aspect of consciousness that requires healing.


Human and spiritual chakras


 The top three chakras relate mainly to our spiritual selves and the third eye chakra is the centre of our higher chakras.

 The heart chakra is like a mediator between our physical and spiritual selves.

 The lower three chakras relate mainly to our human selves and the sacral chakra is the centre of our lower chakras.

Masculine and feminine chakras

 All of the chakras may be expressive and receptive; however the crown, throat, solar plexus and base chakras are more connected with masculine principles and are more expressive and forceful.

 The third eye, heart and sacral chakras are more connected with feminine principles and are more receptive and creative.

Crown chakra

The violet or white crown chakra is the part of our consciousness that is connected to the universe and the highest aspects of consciousness - ultimate reality. The crown chakra is the

centre of spiritual purpose, universal oneness and divine union. The crown chakra responds to prayer, spiritual commitment, devotional practice and meditation. The pure divine love of the crown chakra doesn't feel like love as we normally know it - it feels more like openness, stillness, peace and oneness with all things. The ethereal, intangible and dream-like quality of our connection to the highest can transcend the illusion of reality so that we can move beyond time and space and all things.

For many people a feeling of faith in the divine unknown and the ability to reach out to it with a wise spiritual practice based would make for a healthy crown chakra. The crown chakra can also be healthy in people who have a sense or acceptance of their spirituality, even if they have no overt spiritual practice or they cannot explain what they feel. People who confine themselves to strict religious dogma may create problems in their crown chakras. People who get angry about religion or with spiritual reality, such as believing in spirit guides or angels, may well have damaged crown chakras. Such damage may be because in a recent life they died for their religion or felt deserted by their deity. The crown chakra can be healed by sustained acts of faith such as honest prayer and seeking divine union in meditation.

Third eye chakra

The indigo or purple third eye chakra is a higher, spiritual centre of consciousness related to higher learning, wisdom and discernment. The third eye chakra is the centre of intuition, insight, dreams and clairvoyance through which we can see and understand energies at all levels of consciousness, whether or not we see clear images clairvoyantly. The third eye aids great cosmologists, philosophers and mathematicians to see the universe with truth and wisdom. This chakra sees energies all around us and tells us the blunt, dispassionate truth with piercing insight. The third eye bestows vision - of a bigger picture, with detail and clarity and it helps us to visualise our dreams and imaginings.

The third eye is very much connected with seeing the truth about ourselves and the world and universe around us. Eyesight problems as well as other problems in the upper head can indicate third eye fear and pain. Such imbalances can be healed by sustained effort with meditation and visualisation and this can be challenging since it requires inner acknowledgement of many things that may have previously been fearful to see, such as bad habits, poor behaviour or unhealthy relationships. Being willing to see ourselves, people, the world and the universe the way it is can take courage if we lack a sense of unconditional, divine love that accepts everything just the way it is. The third eye guides us on a wise path and third eye problems can allow an aimless, undependable person with little idea or vision about their path.

Throat chakra

The throat chakra is the blue centre of consciousness connected with truth, justice and communication. This chakra is about self-expression and being true to our ever-changing selves. The throat chakra is about expressing our whole selves - our physical, mental, emotional and spiritual feelings, needs and desires. The throat chakra is about communication - not only the way that we express ourselves but also the way in which we listen to and hear others. The throat chakra can be merciful or punitive, depending on the judgement and can give us the power and strength to fight for justice. It is from the upper

chakras that the throat chakra learns to trust in ultimate divine justice through karma. This chakra can receive audible spiritual information through clairaudience.

People who are able to express their individuality in creative ways, even if they push the boundaries of acceptability are certainly engaging their throat chakras. People who feel that they cannot say what they need to or be who they are have throat chakra problems, as do people who talk too much and don't listen enough. Ear, mouth, jaw, neck and throat problems indicate throat chakra imbalances. People who hear voices clairaudiently which is not their inner voice or divine guidance indicates a throat chakra issue rather than insanity. A sense of injustice can indicate throat chakra issues, as can saying hurtful or vengeful things but these may be because of an under-functioning heart chakra.

Heart chakra

The emerald green heart chakra is located in the middle of the chest which is the centre of love, happiness and beauty. The heart chakra bestows understanding, acceptance and forgiveness of ourselves and others and sees the divine beauty in people and in life. The heart is also the centre of hope and courage - the ability to overcome despair and find perseverance. The heart has virtue and grace to care for living things and the world. The heart chakra is the centre of our being and has information coming from spiritual chakras above and human chakras below, so understands both worlds. The spiritual divine love that accepts all things as they are and the passion and desire of the human being combine in the heart to create compassion - the desire for health and happiness of people and living things. The self-love aspect of the heart chakra is usually sensed as a rose pink colour.

People who are controlling, live in their heads or who see things in black and white are living more from the solar plexus chakra and this indicates a heart chakra that is not working properly. Vengeance comes from the throat chakra and this can indicate a heart chakra that is unforgiving. Cholesterol, heart and lung problems are mostly connected to heart chakra issues – self-love and other love. The heart chakra gives and receives love which should not be confused with the emotions of the sacral chakra: heart chakra love has higher expectations and a higher tolerance.

Solar plexus chakra

The solar plexus chakra is the sunny yellow centre of our refined personality, character and ego. It is connected with intellect, logical thought and control which can manifest intelligent and successful actions. It is the centre of our sense of personal power and inner strength and a healthy solar plexus chakra confers a sense of self-belief and integrity. Your solar plexus chakra sees yourself as a sovereign being with free will, self-determination and independence and knows that you are in charge of your life and nobody can control your thoughts. This chakra gives a sense of being organised, capable and mentally active and agile.

This is a more masculine chakra and men who are imbalanced may tend to work more from this chakra. A person who feels disempowered will have a diminished solar plexus chakra which can lead them to be pushy, arrogant or controlling in order to compensate or just be timid and lacking in confidence. Some people may defer to the more feminine, emotional sacral chakra or the loving heart chakra than engage or exert their true power, due to lack of self-esteem. Men particularly can engage in confrontation at the solar plexus level which is

about ego, power and will. Tense shoulders and neck can be from a defensive posture caused by solar plexus problems. Thinking too much and being too controlling may be linked to lack of engagement of emotions, creativity and passion of the sacral chakra below or lack of love and trust of the heart chakra.

Sacral chakra

The sacral chakra is the orange centre of emotions, vitality, desire and passion. It is the centre of sexuality, sensuality and pleasure. This is also the centre of the inner child that can be selfish, playful, changeable, jealous, inconsistent, engaging and endearing. The sacral chakra is the creative, emotional power that is engaged when we sing, dance and make love and when we create and enjoy beautiful things. This chakra makes the powerful passion and vitality that moves us to enjoy life rather than just survive. The emotions of the sacral chakra can be raw, wild, untamed and sometimes overwhelming, and finding appropriate and creative ways to express these feelings is healthier than trying ignore or subdue them. The sacral chakra

This is a more feminine chakra and in women represents the female archetype. People (women more than men) who are not grounded properly may live too much in the the sacral chakra and become too emotionally-centred. This can be because the earthiness of the unemotional base chakra seems difficult to reconcile with the emotions. For some people the sacral chakra can be over-empathic and can sense and soak up other people's emotions which causes health problems in the lower abdomen, sacral spine and hips. A sacral chakra that is under-engaged can lead to lack of empathy or emotional intelligence and a lack of vitality, fun and pleasure in life.

Base chakra

The base, or root chakra is the chakra which roots our souls in our bodies and the physical plane and through our feet to the Earth. It expresses our physical needs which, at its most basic level, are to eat and procreate and fight or flight. It is an emotionless chakra which is the centre of our safety and security as physical people in our bodies and on this Earth. We are each an important part of the earth and welcome to its abundance. Our bodies are made from the Earth and it supplies our food, clothing and shelter - everything that we need to physically thrive here. The base chakra is about feeling comfortable in our skin and in our physical environment. Since money is a kind of basic survival energy, this too is base chakra issue. The base chakra affects our skin, bones and muscles and signs of a healthy base chakra are healthy skin, a strong and healthy body and strong legs and feet. The base chakra is also about sex; not so much the making love of the sacral chakra but more of a physical urge.

The base chakra wants the most healthy food: it is the sacral chakra that eats for pleasure which there is nothing wrong with, in moderation. There are a great many people - especially spiritually aware people - who are ungrounded and suffer skin complaints, lack of money, etc. Fears of scarcity may come from times of hardship in this life or another and can affect the base chakra and attitudes about receiving abundance. Even some people who have money may not spend it on creating a healthy and comfortable environment for themselves due to base chakra fears. People with leg or foot problems may have base chakra issues. Fear of the physical world and seeing it as a place of danger, whatever its origin, is a base chakra issue. People who live with the threat of physical danger may have enlarged

base chakras but many people with comfortable lives, remote from their food sources and the land or not looking after their bodies, the base chakra may be diminished.

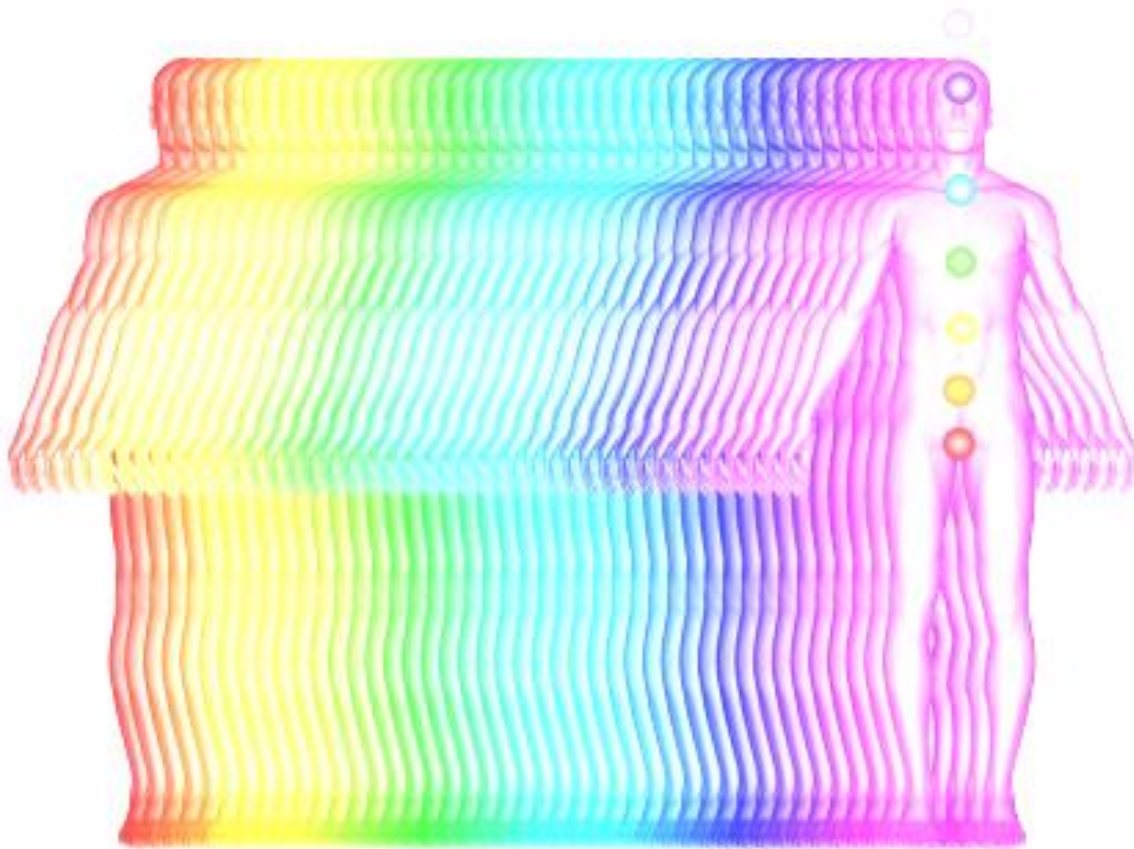
Hand and foot chakras

There are chakras in the hands and feet that are smaller than the seven major chakras. The hand chakras are connected to the heart chakra and throat chakra via the arms.

The foot chakras are connected to the Earth and to the base chakra. Well grounded people will find it easy to feel a sense of connection with the Earth through their feet.

Planes of consciousness

The chakras are centres of consciousness but there are infinite planes of consciousness between the crown and the base chakras. Furthermore the consciousness of each of these chakras is not just restricted to the area of the chakra but it extends throughout the whole body and even out into the aura (about an arm's length all around us).



Balance and healing

Balances and imbalances within the soul are shown within the chakra system before they manifest as physical problems and can often be sensed during meditation. The colour, size, shape and feelings that you get from a chakra are all indicators of what's going on within them. For instance a dark colour of chakra suggests that there is pain that is ready to leave and be healed. A chakra that is too small suggests that is under-engaged and can be healed by engaging that aspect of consciousness in a healthy and balanced way. Conversely a chakra

that is too large suggests over-engaging with that aspect of consciousness. It is unlikely that just one chakra is out of balance since the chakras are a system and a lack in one aspect of consciousness is often compensated for by over-engagement in the aspect of consciousness of an adjacent chakra. A chakra that is diminished is usually due to a fear and will result in some kind of pain. The fear creates pain which may be a permutation of mental, emotional, spiritual or physical pain. The pain is there to help our souls to recognise the fear and to grow accordingly. When a fear is overcome and growth is happened, healing can happen instantly - just like magic.

Here are just a couple of examples of chakra imbalances.

- A sacral chakra that is yellow (the colour of a healthy solar plexus chakra) would suggest over-thinking or controlling the emotions and deep feelings.
- A base chakra that is orange would suggest attaching emotions to what should be an emotionless aspect of consciousness.
- A horizontally elongated heart chakra is usually a sign of someone who wants to heal the world. This could indicate an upper chakra problem since faith in life and the universe bestows a sense that life is a process of development and our pain is needed to help us grow.
- A sacral chakra that is horizontally elongated suggests over-engagement with emotions and particularly with other people's. This could be because of a lack of heart chakra engagement.

The chakra system is complex and this is just an introduction but it is worth getting to know yourself this way. The chakra system is a good way of understanding our souls and I routinely use chakra examination of my healing clients. Together with a perspective about someone's life, their physical, mental, emotional and spiritual health and their fears, problems and worries, it is a way of understanding people and helping them to improve their inner balance and their health.

Chakra balancing and healing meditation

You can find a guided meditation for discovering, healing and balancing your chakras at www.healingpeople.net/guidedmeditations.html.

Developing Reiki skills and knowledge

Here we will consider and explore the Reiki skills and knowledge that you have already acquired and practiced and those that you may wish to develop further. As a Reiki Second Degree healer you are given divine help and guidance with your Reiki healing. As I was initiated into Second Degree Reiki my Reiki Master told me afterwards that I had a new Reiki spirit guide who was dressed like a jester and tickled him during the attunement! I felt this guide's presence from the day of my attunement whenever I gave or sent Reiki or even thought about it. He was assuring me and helping me to understand that every time that I intended Reiki to be sent over a distance to a recipient, it was done and that every time that I gave a hands-on Reiki treatment he was there to help out. It was at this time that I also understood that what was required of me was to use Reiki and try my best when using the symbols and with my focused intent on healing. As long as I put in effort at drawing the symbols properly, intending Reiki healing for recipients and expanding my loving kindness, I would be helped by my divine guides.

My thoughts and feelings on this have not changed. I know that every time I use a Reiki symbol, give a Reiki treatment to a client, give an attunement or write about Reiki I am being helped and guided so that it is done as it needs to be done. I aspire and strive to be a more balanced soul, a better Reiki healer and teacher and through this intent I am given the help and guidance to improve. You can be assured that you will always be helped in your Reiki work and all that you need to do is try. Just as the flow of the universe is to continual evolution, so too we can strive to never stay still and try to develop and improve ourselves and our Reiki practice. The way that you choose to use Reiki and develop is up to you and your path is your own but I have learned from my divine guides that the more you create a wholesome Reiki discipline, the more you will become a Reiki disciple.

Personal and spiritual learning and development are essential but there are also some practical things that we can do to develop our Reiki practice. So here we will consider what skills and knowledge are used in Reiki healing and what areas we can strive to develop.

Commitment to self-awareness, healing and balance

You should be aware that your outer world is a reflection of your inner world and that you attract to you people who in some way mirror you. So it follows that if you are a person who is committed to self-understanding, self-healing, attaining inner balance and harmony with all, so you will attract people who also want this; people who can help you or who you can help by using Reiki healing. The inner journey of self-discovery and self-awareness should continue, even when you feel that you have reached a state of reasonable balance. What I have found is that there are a great many more people who think that they are well balanced than actually are. Those people who think that they have reached a place of balance are probably those who have stopped looking for imbalances within themselves or maybe those who never really had the courage to start. I am sure that there are a good many people who have been on considerable inner journeys to discover their deepest fears and have succeeded in growth and healing to overcome them. Such people may have reached a place where they feel that they want a rest from a traumatic journey and perhaps justifiably so. But if such people think that they have achieved balance or have rid themselves of all inner fears, conflict or pain then they are almost certainly kidding themselves.

Reiki is an incredibly powerful tool and you can have it hanging in the garage on the toolboard, have it hanging from your toolbelt for show or you can learn to use it to its fullest extent, to continue the analogy, and learn your way around all makes and models of cars, learn their common faults and learn how to repair them properly. This includes ensuring that your car, whatever make or model, is running as well as it possibly can. I like this analogy, having been a mechanic, and I can take it further. I have met people who say "if it ain't broke, don't fix it" meaning that you shouldn't play around with something that seems fine. I found in my engineering work that those were the sort of people who were afraid to face the problems that were possibly there, out of plain view. This could be because they don't understand how it works and they fear that if they find a fault it will take resources to fix it that they don't have. It may take a serious breakdown and major work to fix something that could otherwise have been fixed more easily through a major overhaul. This is analogous to being aware of our imbalances and striving to fix them now, before they become a greater problem and cause even more pain and suffering in this life or beyond. The more that people protest that they are fine, the more I am convinced that they are in denial of deep issues. The more that people tell me that they have conquered a fear, the more I feel that they have only scratched the surface of it. It is my experience that when we give ourselves over to divine assistance and pray and strive for insight into ourselves, for healing, balance, peace and happiness that our issues are revealed to us a bit at a time and healed a bit at a time. When you think that you have reached the end more will be revealed in due course and so the process of striving for balance and healing continues. It is a blessing that you, in this life have spiritual insight and awareness and it is worth using this knowledge and applying it for your own benefit and for others whom you help. All people are spiritual beings and divine manifestations, even people with seemingly no sense of their spirituality but if you do have a sense that you are more than a physical being then it is worth using this conscious wisdom to help yourself and others.

This does not mean that you have to be in a continual self-critical state but rather that you should have an underlying intent for self-discovery and development. Neither does this mean that you should see your journey as a constant struggle but rather as an opportunity to successfully rise to a series of challenges that bring deep meaning and fulfilment to your life and that bring adventure to your journey. And let us not forget the rewards that come with such success - happiness in ways that you have never previously known, not in this life or previous ones since your soul will grow greater than ever before. The path to balance and healing is the right path. It is the only sure way to real growth and ultimate peace and happiness.

Paolo Coelho, in his book *Like the Flowing River*, talks about climbing mountains. He suggests that you don't listen to other people's opinions about which mountain to climb but just make sure that you are happy with the choice yourself. He says that it may be quite a distance to reach the mountain and that you should seek advice from others who have climbed that same mountain before. You should pay attention to the detail of the path while enjoying the beautiful changing landscape. Remember to have faith that you will succeed and recognise that the top is further than you think. Be joyful when you reach the top for you have found a new inner strength. Find another mountain to climb and share your experiences with others.

Every person is guided on a journey that will help their soul to learn and grow in each lifetime. Any karmic debt that we are to repay or obstacles that we encounter are there to

serve us in helping our growth. The more of a conscious journey that we take, the better that we may understand the challenges that we face and the opportunities that we have.

Giving a hands-on Reiki treatment

I hope that as a First Degree Reiki healer most people will have practiced giving Reiki treatments to themselves and other people. The extent to which First Degree Reiki healers will have done this of course will vary. I consider a hands-on Reiki treatment to be the bread and butter of Reiki: an essential basic skill that epitomises Reiki practice.

I feel that it's very important to give myself regular Reiki treatments and I tend to give myself Reiki every day. Lying in bed is the easiest time and place for me to do this and even if I don't do a full Reiki treatment I feel that this is important. Sometimes it may be third eye, heart and sacral or maybe wherever I feel that it is needed. How can I tell others that Reiki is a wonderful gift and an amazing healing system if I don't use it on myself?

However much I send Reiki, teach, attune Reiki healers or engage in other spiritual practice, giving hands-on Reiki treatments to others is a practice that takes time, skill and unconditional love. It requires compassion, an investment of time and effort by both people and some physical effort. Giving a hands-on Reiki treatment requires more inter-personal skills than sending healing to someone at a distance. For my clients I like to give them the opportunity talk about their worries or problems before treating them (although sending them healing while they talk) and this also takes skill, patience and compassion.

When giving and receiving a hands-on Reiki healing both parties can be still, with quiet minds and just be present in a moment of grace and beauty. The more that we practice hands-on healing, the more adept we become and the more we can relax and enjoy it. By accepting Reiki healing and by channelling Reiki healing both people are bringing divine love and healing to themselves and, ultimately, to all living things. Both people are connecting with the highest aspect of their consciousness and are accepting divine healing for their whole being.

Here is a quotation by C G Deuter, a Reiki Master and wonderful musician, that is written in the CD cover of his album Reiki Hands of Light:

"Reiki to me is a space of doing with not-doing, very much like making music, surrendering to something greater. Allowing the life energy to flow through you. With that it becomes a trans-personal experience and gives a feeling and taste of one-ness of all life."

So I recommend that all Second Degree Reiki trainees or initiates keep hands-on Reiki treatments as an important part of their Reiki practice.

Whether or not you want to practice Reiki professionally and give treatments to complete strangers, you can always actively seek other Reiki healers to exchange treatments with. This is a very worthwhile practice because as well as the obvious benefits of the giving and receiving Reiki treatments it is useful to share experiences, thoughts and practices with another Reiki healer. It also stops us from becoming insular and encourages us to expand and deepen our Reiki practice. The energy is free and the time that it takes is a wise investment in a healthy soul.

It is also very useful to go out of your comfort zone and ask a Reiki healer that you don't know if they would exchange Reiki with you. Getting used to giving Reiki treatments to a

stranger is a good way to help us to improve confidence and may help to expel poor habits and refine our good practices.

If you don't know where to find a Reiki healer you could ask a local professional practitioner if they would like to exchange Reiki or if they know anyone who might like to.

You can also give Reiki treatments to friends and family and this is a great way of sharing the blessing of Reiki healing with people whom you love. For people and families that have busy lives, taking the time to give a hands-on Reiki treatment is an act that speaks clearly to those close to you of your compassion and love for them.

Developing compassion

I hope that by now you have no doubt that compassion is prime requirement of healing. Remember that divine love, the stuff of the crown chakra, seeks to change nothing because it is a state of absolute oneness and acceptance of all things: complete unconditional love. The aspects of our consciousness connected with our lower chakras engage with human feelings and the heart lives in between these and can desire positive change. The heart can see the divine in all living things and desire them to be free of pain. I think of compassion as being divine love with passion - acceptance of people as they are while desiring them to be healthier and happier. This joyful state is the compassion of the heart which brings healing to people and all living things.

Remember that the Reiki attunements mean that the healing that flows through us does not all need to come from us. As Reiki healers we are channels for divine healing and we may not know what part of a person is being healed or why it is happening. It might be that for their past 10 lives they have been working on overcoming an issue that they have now addressed and they can have this healed. It may be that a moment of Reiki healing for a client will start a journey of immense healing for them. It may be that the healing goes through a client to heal a relationship. As Reiki healers we cannot control this and should not try to; in fact we do not even need to understand it. As Reiki healers we can accept that what is for the greater good is complex and that the healing energy that is channelled by us goes to where it is needed, to do what it should. The Reiki healing that is given to people comes from divine will and is for the meritorious achievements of their soul. All that is needed is the simple intent to heal which arises naturally. However, we can enhance the healing by developing our compassion so that additional healing is given. Remember that the human consciousness grows by learning love and wisdom and the greater the consciousness, the more it can have a positive effect on other people. Compassion comes from the healer's heart and compassion is at the heart of healing.

We all have compassion since we all have functioning heart chakras and tuning in to this compassion is a good way of developing it further. By tuning in to our compassion we are practicing compassion and are therefore developing it. With a quiet mind, in a meditative state you can intend that energy flows from the Earth to your lower chakras and into the heart chakra and from the universe into your upper chakras and into your heart. You can imagine your heart light and radiant and shining through you own body as you feel a sense of acceptance of yourself as you are now while wishing progressively more love, happiness and wisdom for yourself. Then you can intend the heart chakra light radiating from your heart beyond you in all directions as you feel a sense of acceptance of every person as they are now while wishing them progressively more love, happiness and wisdom.

Acceptance of yourself and others is an important part of compassion and comes from an understanding that we have all been through many, many lifetimes in which we have all done unwise things that have brought pain to ourselves and others and we have all done good things that have brought happiness to ourselves and others. Acceptance comes from an understanding that we have chosen a human incarnation in order to understand our divine essence and to fully realise our divine nature. We are all inseparable from the divine source, whatever you conceive that to be. Even people who seemingly have no sense of their spirituality or who deny it or who have malicious intent are still, ultimately divine beings. No person is better than any other since however great our consciousness we are all but small children before God. Accepting all people as they are can help us to develop compassion.

Wishing progress towards ever greater happiness for people is another aspect of compassion that can help us to develop. We can surely see that the evolution of humanity is a process of us realising our divine nature and becoming more loving and kind towards each other. We are inevitably moving forwards in this regard and by creating an image of another person or even all people being completely happy we can form wise desires and intent for the progress of others. Forming specific ideas of what would make people happy is obviously unwise but there are certain things that we can wisely wish for others. Balance is a wise thing to wish for ourselves and others since this would rid us of inner conflict and pain. Likewise harmony is a wise desire for ourselves and others since this suggests wise and loving relationships with all people, with all things and with the universe. Wishing ourselves and others progress includes the idea of our souls becoming more loving and wise and these are fundamental to our ever increasing happiness.

Articulating your understanding of Reiki and spiritual beliefs

It is worth considering your beliefs about yourself, Reiki and spirituality and being prepared to articulate them in some way. If you instantly balk at the thought of this and think that this is absolutely unnecessary then I ask you to consider why that is. There are a couple of exercises related to this that I give to my Second Degree Reiki students, although many find it challenging and don't want to do it. The more that they protest, the more that I insist that they do it and the more they get out of it! The first exercise is to make a personal prayer (see appendix 1) and the second is to make a personal mission mantra (see appendix 2).

There are good reasons for being able to articulate your thoughts and feelings about Reiki and spirituality. The first is that as a Second Degree Reiki healer you should be able to clearly explain your Reiki practice and spiritual beliefs to others, whether they be to potential Reiki clients or people who may be interested in learning Reiki. There are a great many people whose healing credentials, practice and intent are unclear or even unwise. For someone who wants your help to ask you to explain yourself is not unreasonable and it is worth you considering how you might do this in a clear and truthful way. You can consider how you represent Reiki and your spiritual beliefs, however intangible your feelings and beliefs are.

Another good reason for being able to articulate your beliefs is that in so doing you are making manifest the highest parts of your consciousness - you make your faith and spirituality tangible and real and you bring it alive in the lower planes of consciousness. It can be very difficult to express such ethereal feelings but doing this can help you to get a measure of yourself and understand yourself better. It can also act as a gauge of your progress as you change and grow.

How do Reiki beliefs and practice fit in with Christian, Muslim, Jewish, Hindu, Sikh, Buddhist and Taoist faiths? I do not mean that people with specific religious or spiritual beliefs have to justify their use of Reiki but rather that we should have an awareness and understanding of what we actually feel and believe and we can strive to articulate these to people who want to listen. As Second Degree Reiki healers we embody divine Reiki principles and we can choose to walk in this world not wearing Reiki as a cloak to cover our spiritual insecurities but with Reiki radiating from us as a part of our divine truth.

This becomes more meaningful when it comes to our spiritual and devotional practice. Being able to express our beliefs in words, pictures, poems, prayers, mantras, yantras or music can help us to define devotional practice that can elevate our souls. This can become ingrained in our consciousness to such an extent that just the thought of this particular expression can help us to get into a meditative, spiritual or Reiki state.

The Reiki symbols

The Reiki symbols are a very important aspect of Second Degree Reiki and the information here really just forms a basis for practice with the symbols which will expand with experience, divine guidance and imagination. Remember that Reiki is divinely guided and for the greatest good so that you can't really go wrong when using the symbols but you should try to use them as best as you can. Use them with intent, love, commitment, self-belief and faith.

The symbols are sacred but not secret. The symbols have been skilfully empowered by great masters as channels for divine healing and they reside in you because of your attunement. You are assisted in their use by divine Reiki Guides who will help you to use the symbols and especially will help you to send distance healing. Remember that your guides know every thought in your mind and so all you need to do is think or imagine and Reiki will flow through the symbols to the blessed recipient.

Each time you use a Reiki symbol you bring more divine love and healing to Earth: the same as when you give hands-on healing or say a prayer - you are making the world a better place. So use the symbols abundantly and with gratitude. Bless everything in in your life and beyond with Reiki, using the Reiki symbols or your hands. When you use the symbols feel that they are an expression of your love and a manifestation of your divine purpose. As you are a channel for divine love, peace and healing, the symbols flow through you and out into the world, each one bringing divine blessings.

Usui Second Degree Reiki initiates learn to use three sacred symbols:

- the power symbol;
- the mental / emotional symbol;
- the distance healing symbol.

You will have learned how to draw them and how to say their sacred names.

The Reiki symbols used and taught by different Reiki teachers may vary in appearance but this does not affect the way that they work. Draw the symbols the way that your Reiki Master showed you.

A Reiki Second Degree healer I knew told me that she was often worried that she was not drawing the symbols properly when using them but that she was constantly reassured by her Reiki Guide who would tell her that he would 'fix it'. Here I say again that if you do your best, then the rest will be done for you.

It is worth restating that the symbols and the information on how to use them would not make anyone a Reiki healer without the attunement since the symbols do not work without the attunement. The attunement process actually empowers the Reiki healer to use the symbols for their intended purpose. I have read accounts of people who have been attuned to Reiki healing without human intervention and through spiritual forces. This is what happened to Dr Mikau Usui and I myself have experienced attunement to a divine spiritual collective by spiritual forces. While it may be possible for people to be attuned to Usui Reiki by other means, we can say that generally it is an attunement by a Reiki Master that is required

Using Reiki Symbols

The Reiki symbols are completely flexible in their use and application - limited only by your imagination. The symbols respond to your intent to use them. When you first start using the symbols you may need to focus on them more by being in a quiet place and state. The more that you practice using the symbols the more that they will become embedded in your consciousness and the easier it will be to use them in all sorts of situations and with less effort but equal intent.

One way of activating them is to draw them out in the air with your hand, imagining a beam of light coming from your fingers or hand as you are drawing the symbol out in the air. Or you could project them onto a wall in front of you or on the person you are treating in the same way. Imagine a beam of light coming from your finger and just 'describe' the symbol where appropriate on the body of the client. Another way to draw the symbols is to imagine a beam of light coming from the centre of your palm as you draw them. Using this method you would use your whole hand to describe the symbol in the air in front of you or similarly over the body of a client.

The method of drawing the symbol that I most frequently use is to draw the symbol in my mind, say its sacred name three times, also in my mind, and project it to where I want it to go. You may find that you can visualise the complete symbol, without having to draw it. Do not worry about how good you are at visualising, simply intending and seeing as best as you can will be sufficient to activate the energies.

Blessing things

In a film called *Dogma* there is a funny scene in which a powerful demon is destroyed by someone using a golf club. The demon is sure that a golf club won't hurt him at all but what he doesn't know is that it belonged to Christian bishop who had blessed it, thereby making it *an instrument of God*. When we are using Reiki healing and particularly when using the Reiki symbols we can use them with varying degrees and types intent. As I have written in the section about the Distance Healing Symbol, this can be used to send healing to everything that has suffered in connection with the thing being blessed. Equally you can bless, for instance, a crystal with the intent that its energies are purified or that its energetic qualities are intensified or that the all sentient beings that suffered to bring you the crystal are healed or you can bless it with the intent that it is a divine instrument - that it channels divine energies to do divine will. We may not be aware what such a blessed thing may do or how it may serve for the greatest good but then we don't need to know; we can just do our best and have faith.

Objects can have all sorts of energies linked to them which may or may not be desirable. By using Reiki symbols we can cleanse objects of undesirable energies and enhance the positive energies. Just as the energies in a place of divine spiritual practice become better over time, so too can the energies of a thing or a place get better the more they are blessed with Reiki healing and greater the intent.

The Power Symbol

Sacred Name: Cho-Ku-Rei (pronounced sho-koo-ray)

Meaning: 'increased power' or 'may the power of the universe be here'.

The power symbol brings pure Reiki energy to a place and when used in conjunction with hands-on healing it increases the power of the Reiki healing there.

I remember after I did my Reiki 2 there was a friend sitting opposite me in the room who was trying to use a dowsing crystal - holding it and seeing it move in a circular motion. I projected the Power Symbol into their crown chakra and instantly the dowsing crystal moved in a much bigger circle.

You can use the Power Symbol to empower yourself before giving Reiki healing or other occasions by drawing a large Power Symbol over your body and aura or you could put a Power Symbol into each of your chakras. I do this before I teach Reiki.

I use the Power Symbol (often together with the Mental / Emotional Symbol) to create a sacred space. I draw the symbols in the middle of the room and intend that they spin slowly and shine divine healing light throughout the space. I draw the Power Symbol on each of the walls, the ceiling, the floor and in doorways.

When giving a hands-on healing you can use the Power Symbol to bring extra healing energy to a part of the recipient that seems to need extra healing. Or you could draw a Power Symbol over the whole of a client's body to intend extra Reiki healing energy during the session.

You can use the Power Symbol to help you to bless food and drink. If you are able to hold your hands over the food and drink you could put the Power Symbol in first and then Reiki with your hands or you could just put the Power Symbol in and intend that the food is blessed with divine energies.

If my car has a problem starting I use the Power Symbol on the engine and I have used the Power Symbol to bless the fuel with the intent that it is more efficient and does less harm to the world.

I use the Power Symbol to bless crystals before they are used with healing or meditation.

Just about everything in my home has been blessed using Reiki and the Power Symbol. I bless all new electrical and electronic equipment using the Power Symbol

The Mental/Emotional Symbol

Sacred Name - Sei-He-Ki (pronounced say - hay - key)

Meaning - God and humanity become one

I find that this symbol is less easy to define and has a less tangible and a more ethereal nature than the power symbol. Tradition teachings of the Mental/Emotional Symbol are that it heals the mind and emotions in our conscious and unconscious minds and that it harmonises the right side and left side of the brain - our creative and logical aspects. Many people say that physical problems have their roots in mental or emotion issues and that this symbol is used to heal these. To me the mental and emotional parts of the consciousness are represented by the sacral and solar plexus chakras but I believe that the Mental/Emotional Symbol is not limited to healing these aspects of consciousness. The third eye chakra is connected with higher learning - the stuff of not just higher spirituality but great mathematics, philosophy, cosmology, vision and insight and I feel that this can also be

healed by the Mental/Emotional Symbol. I believe that we have an etheric double - a part of consciousness that keeps our souls anchored in the present or perhaps connected to our conscious minds. I believe that the Mental/Emotional Symbol can have a healing effect on this part of us.

I firmly believe that all physical diseases have their roots in the soul - the lower consciousness that has the chakras as the centres of consciousness - and that the Mental/Emotional Symbol directly heals the whole of the consciousness.

The Mental/Emotional Symbol can be used for filtering the energies of others. Use the symbol on each side of you, behind, above, below you and in front of you and intend that energies that come to you and from you are filtered with divine healing.

You can use the Power Symbol on the Mental/Emotional symbol to further empower it.

I sometimes draw the Mental/Emotional symbol in front of me when I am talking to others or teaching and I intend that the meaning of my words is divinely blessed so that others understand me better and I understand them better.

The symbol can also be used to help and heal relationships between two people. Just draw or imagine the symbol in between two people and intend that their relationship is healed.

I often use the Mental/Emotional symbol to bless books or things that I read online or for tests and exams. This is to help me to better understand what is written or to see it in a way that is best for me. The Mental/Emotional symbol may also be an aid to concentration and focus.

You could use the Mental/Emotional symbol to empower affirmations so that they become more deeply embedded in the consciousness. You could use the Mental/Emotional symbol to help you to remember things.

The Mental/Emotional Symbol can be used to treat habits or phobias which have a mental or emotional cause.

The Distance Healing Symbol

Sacred Name - Hon-Sha-Ze-Sho-Nen

Meaning - The Buddha in me reaches out to the Buddha in you to promote enlightenment and peace.

This symbol can be used to send Reiki to anyone at a distance. It can be across the room, across the street or to the other side of the world. Remember that time and space are made of the same stuff and that this symbol transcends both: it gives divine healing to anything in any position in time or space. The distance healing symbol can be used to heal and bless people, souls, things, events and relationships.

Here is an example of the transcendent properties of the distance healing symbol. In about 2006 I was teaching a Reiki 2 class to some students and as I was receiving Reiki from them, one of them gave me specific healing gift that she was clearly told by her guides came from the future. In 2014 I remembered this event of 8 years before and made the connection with a regular meditative practice of mine at the time, which I had been doing for a year or so, of using the distance healing symbol on myself at the beginning of my meditations. I felt that it was this practice that had effected the healing I received in 2006.

Remember that a soul may have challenges to help growth in a specific aspect of consciousness (for example development of personal power of the solar plexus chakra) that spans several lifetimes. For several consecutive human incarnations a soul may face challenges that cause pain and suffering until they grow sufficiently in this area. Healing that soul in their current lifetime using the distance healing symbol will send healing to where it is most needed: from the time when the issue first manifested to the current time. Furthermore that person may have caused pain and suffering to others because of that issue: people who feel disempowered may bully or hurt others and the distance healing symbol can send Reiki healing to the other people and things affected by this issue.

The distance healing symbol can send healing to all the pain and suffering of living things that is connected with a thing or an event. For example, a can of beans that was bought from your local supermarket has acquired a karmic footprint, so to speak, because of:

- the miners that suffered to mine the metals for the can,
- the creatures that suffered at the site of the metals mines,
- the suffering of the farmers who grew the beans,
- the creatures in the soil that suffered because of the farming,
- the suffering of the people who worked at the canning factory,
- the suffering of the truck driver who delivered the can to the supermarket,
- the suffering of the shelf stackers and checkout staff,
- etcetera.

To send healing to all of the suffering connected with a thing (a book, a car, a house, an airport) you can use the distance healing symbol on it and ask (pray) that all the pain and suffering attached to the thing is healed. This can even heal the karmic debt attached to a thing but the degree to which it is healed may depend upon your intent, your love and the time you spend giving that healing.

The Second Degree Reiki initiate has been attuned with the distance healing symbol in the hands so that by laying the hands on someone or something distance healing is given. By holding the can of beans and having the relevant intent, healing can be sent to heal all the suffering connected with it. You can use the distance healing symbol to send healing to an absent can of beans or to a meal that you cannot lay your hands on. Or to anything else!

Distance healing such as this may manifest in your mind as not so much a specific intent to heal a particular thing (for we don't know everything that is connected with the can of beans) but as healing for the greatest good. How could we know whether healing the pain of the truck driver's back is a greater good than healing the shelf stacker's back? We don't and it is divine wisdom that directs the healing. Unconditional love of the heart loves the truck driver and the shelf stacker equally and knows that everyone is divine and everyone is equal before God. Sending Reiki healing is a practice of love that we don't need to understand but can simply trust. If it is for the greatest good that the suffering of the worms on the farmer's land are healed, then so be it.

If you find it difficult to visualise sending healing to a person using the distance healing symbol you could hold a photograph of the person between your hands and Reiki it with your hands, intending and asking that healing is sent to that person. You could just look at the photograph of a person and imagine the distance healing symbol going into them. You could hold the photograph between your hands and Reiki the photograph, intending and

asking that Reiki is sent to them. You could write their name on a piece of paper and Reiki the piece of paper or draw the distance healing symbol on the back and take time to intend that Reiki is sent.

It is useful to send healing to a future event if you know that you will not have the opportunity to practice Reiki at that time. For instance: a job interview, a professional meeting, a surgical operation, a new relationship or a car journey. You can send healing

Another use of the distance healing symbol is to send healing to those souls who have departed their physical bodies. When someone dies they can take a considerable time to move away from their lives and particularly their relationships with other people. Sending distance healing to a soul and to their relationships is extremely helpful and positive for the departing soul. When doing this it is wise to remember that strong emotional ties can hinder the onward journey, so sending healing to dear departed loved one should be done with a joyful heart and not any emotional need or attachment.

Healing for departed souls is just as important for those who left long ago as for those who have recently departed. Reading the parts of this manual about ghosts and entities will show that fragments of human souls can become detached for many different reasons. Sending healing to a soul can send healing to parts of a soul that are in different physical places. Again, you don't need to know whether or not this is the case. You just need to use intent, love and the distance healing symbol.

The distance healing symbol is used for spirit rescue (helping ghosts) but please read the section on spirit rescue before attempting this

When I give a hands-on Reiki treatment I usually use the distance healing symbol on the client at the beginning of the healing session and sometimes I use all three symbols. I feel that this, together with prayers for the client is giving as much healing as I possibly can to the client.

Healing people

Beyond the physical

The faithful spiritual practitioner who intends that they are a force for good in this world and who is committed to healing their self and others may well be doing healing work beyond the obvious. I have been shown that at night, when I am sleeping I am doing all sorts of healing work which often involves parts of my consciousness to give counselling, teaching, healing and helping the souls of other people. Some are souls that I know in the physical realm in this life but many are not. Maybe some are souls whom I have known from past lives and who are incarnate; some are people I have known who have passed on; some are fragments of soul that are in distress and others I can't say if I have a connection to.

Likewise I have received help and guidance from the incarnate souls of people whom I know and whom I don't. They are obviously souls that I know and trust from this life or previous lives and they particularly help me to let go of fears or pain.

This has been happening since the start of my journey, when I had more imbalances and inner fear and pain than I have now although I have always had faith and commitment to spiritual growth. This shows me that the wisdom and love within your soul can be helping others and theirs can help you, but again, this can be affected by your intent and your prayers to this effect. If you pray before you sleep that you are helped and guided to learn, grow, be healed and find balance, then this prayer will be answered. Equally if you pray that people close to you in your life and people of the world are blessed with healing, help and guidance to be healthier and happier, then you are making yourself a part of that process through your unconditional love and wise intent. Your prayers will be answered and the more you pray for this the more it will become embedded in your consciousness that you are here to help. Just as we help each other to grow by our love engaging with the love of each other and our fears and pain challenging each other, so I am sure that the contact between souls can be specific and purposeful communication. Due to our inner conflict there will inevitably be some communication that involves conflict with others but when we focus on the love and wisdom, then that is what will grow and will be reflected back at us as we become brighter lights and resolve conflict within ourselves, in our relationships and within others.

Sending distance healing

One of the most wonderful aspects of being a Second Degree Reiki healer is the ability to send focused healing using the Distance Healing Symbol. All that this takes is to visualise the Distance Healing Symbol or draw it or say its sacred name and see the person, event, situation or relationship that you wish to be healed and intend that healing is sent. Healing will be sent at the speed of thought: as soon as you have thought it, it is done. I have been shown that healing is often sent when I've thought it but before I've use 'the distance healing symbol. Just by thinking "Ill now send Reiki to that person" it has been done but at other times it has taken a more focused intent.

A wonderful aspect of sending Reiki healing is that it doesn't have to be sent to anyone in particular but it can be sent to 'people' or 'living things' or to 'the world'. This is a very positive thing to do and this is an important part of practice for many Reiki healers. This is a divine invocation for love, peace and healing to be taken to when and where it is needed.

When dwelling on divine love and on wishing health, happiness, love, wisdom and peace for all people we are truly connecting with the essence of Reiki healing and on the highest parts of our consciousness. This may not seem as personal as sending healing to a particular person but perhaps this indicates a letting go of the personality and transcending human desire. The lower chakras are more concerned with ourselves and those people closest to us and the upper chakras are more connected with the oneness of all things. Our heart chakras know of divine love as a stillness and acceptance of all things but also of the desire for positive change and for people to be happy and healthy.

There is a Buddhist meditation called the Metta Bhavana in which loving kindness (a term used to distinguish unconditional love from romantic love) is cultivated in the heart chakra through a progressive practice. We cultivate loving kindness through wishing good things for ourselves and others - things such as good health, happiness, positive changes and freedom from pain and suffering. We wish their lives to be filled with abundant love and blessings.

- Feel loving kindness for yourself.
- Feel loving kindness for a good friend.
- Feel loving kindness for someone whom you neither like nor dislike.
- Feel loving kindness for someone you dislike.
- Feel loving kindness for all of these people together.
- Feel loving kindness for everyone in your area.
- Feel loving kindness for everyone in the world.

Using this kind of practice we can send distance healing to people in the world. I sometimes send healing to all of the souls being born today - may their souls be blessed, balanced and happy; or to all of the people dying today - may their souls be blessed during their onward journey; or to the people who are hungry or to those without a home. Remember that we are wishing equal blessings to sinners and saints: equally to those who have done the most terrible things and to those who have done the most wonderful things. If you can send unconditional blessings and healing to those who have done you harm and truly wish them as much happiness and goodness in their lives as those you love most, then you are feeling the unconditional love and compassion of the heart.

Psychic safety

If we sense an unpleasant energy, whether from an incarnate or discarnate soul, we are being intentionally allowed to sense it by our spiritual masters, teachers, guides and protectors and they may be allowing only a limited effect of the energy to reach us. The reasons that we may be allowed to feel such energies will normally be connected with our own growth and healing. One of the main reasons for such energies being able to affect us is because we have fear and pain that is in sympathy with that energy. Such energies may affect us to greater or lesser degrees, depending on the amount of our own issues.

Even if we are not aware of such energies, we have energies around us most of our lives that are allowed to challenge us and provoke growth, even if they are mild and we don't notice them. We also have abundant loving energies around us all the time. Any relationship that is consciously challenging will almost certainly be working at all sorts of levels of consciousness to help us to grow. I have seen cases where people have consciously chosen paths to do spiritual work and despite being peace-loving people have encountered challenging energies at all sorts of levels of consciousness.

The most important aspect of psychic protection is to become more self-aware and strive for balance. The deep desire and intent to know yourself will ultimately free you from fear. In this world there will always be misguided, fearful or even malevolent energies that can impose upon us but we are always protected from these energies by guardian angels and great Reiki masters, teachers, guides and protectors who have all the power necessary to protect us as is needed. Any energies that impose upon us are allowed through by these divine beings and the ones that aren't allowed through we probably won't be aware of because they will never even touch us.

People who are on a conscious spiritual path, just as those who are not, may have energies, relationships and situations that challenge them in order to help them learn, grow and heal. And every relationship involves complex exchanges of energies, some of which may seem unpleasant but which are always under divine authority and ultimately serve to help our souls to be rid of deep fears and pain. All people are divine manifestations and we are all on spiritual paths. Our outer worlds (including our relationships with other people) reflect our inner worlds (our souls) and there are few people who are completely aware of every aspect of their souls enough to explain everything that they draw to them in their lives but this is something worth striving for. So if you encounter strange energies the wise thing to do is to meditate and pray for insight and understanding of why you have drawn this energy to you, what your imbalances are and how you should be working on them to heal them.

People who are sensitive to the energies of others may be able to feel different energies around them and particularly those of a person that they are giving healing to. Sensing strong or unpleasant energies may be because the sacral chakra has unclear boundaries and is in the habit of reaching out to other people's sacral chakra energies. Or a healer's heart chakra may be too open if they are on a mission to heal the world! In such a case all sorts of protection will have only a limited effect and what is really needed is work on the inner self and boundaries and the way that the healer engages with others. Healers who can feel the emotional pain of others probably have imbalances of the sacral chakra or heart chakra.

If you have constant awareness or fear of unpleasant energies then you are being given a clear message that you have imbalances, fear and pain that are not being addressed and you should take steps to find out what these are.

Protecting others from your own energies may be just as important as protecting yourself. Before giving a healing session you may consider saying prayers to invoke divine protection for both healer and client.

You can protect yourself in many different ways using Reiki symbols but here is one method that you may wish to try.

Draw a Power Symbol from your head to your feet, say its sacred name three times and intend that the power of the universe is with you.

Draw the Mental / Emotional Symbol from your head to your feet and say its sacred name three times and intend that the healing of the universe is in you.

Imagine the edge of your aura like a bubble about an arm's length around you and place a Power Symbol at the edge of your aura and imagine it moving around the bubble and intend that the power of the universe protects you.

Place a mental / Emotional Symbol at the edge of your aura and imagine it moving around the bubble and intend that the healing of the universe filters energies at the edge of your aura.

Here is a good method that doesn't use Reiki symbols. Sit and meditate and imagine the eighth chakra - a golden chakra above your crown chakra and just outside your aura. This is the chakra which is your connection to your higher self and spirit guides. Send a chord of light up from your crown chakra to the golden chakra as you reach out for divine protection. Now bring down a golden light from the golden chakra and let it fill every part of your body and soul at every level of consciousness, so that every chakra becomes filled with golden light. Now let the golden light fill your aura to the very edge.

Creating a sacred space

You can create a sacred space for your healing and meditation practice. The more that you use a place for spiritual and Reiki practice, the more the place becomes imbued with positive energies. Before creating a sacred space it is important to make sure that the space is clear of clutter and that it feels comfortable. You may feel like making a small altar on which to light candles.

You can create a sacred space using the Reiki symbols. Remember that each time you use a Reiki symbol you bring peace and healing to earth, so use the symbols liberally!

Before creating a sacred space it is advisable to first bless yourself. By doing this you are preparing yourself in the best possible way.

One way to create a sacred space in a room is to put the power symbol and Mental/Emotional Symbol on each wall, on the floor and ceiling and in any areas of the room that might need extra attention, like a computer or a bookcase. If I am blessing the space for giving Reiki healing to someone I may additionally put all three symbols into the place where the healing will happen - big symbols that I draw from ceiling to floor and intend that they stay there, radiating healing energy.

When using symbols in this way the intent can be that the symbols act like filters. Energies will inevitably be flowing through the space and the intention when creating a sacred space is not that the area becomes energetically sterile but rather that beneficial energies remain and other energies are healed or simply not allowed into the sacred space. Doing this habitually over a long period of time will create an incredibly good energy in a room or area, just like any place that is used regularly for wise spiritual practice.

It is also worth remembering to use Reiki bless objects and things inside the sacred space. Crystals, treatment couch, furniture, decor and ornaments can all be blessed with Reiki.

I enjoy this practice because it is very affirming of Reiki intent - not just to heal people but to heal areas for Reiki and spiritual practice.

Preparing yourself for a Reiki treatment

In preparation for a Reiki treatment it is worth taking the time to get organised. Make sure that you have everything to hand that you need so that you can be relaxed and calm when your client is there.

You may like to have a checklist that includes things like switching off phones and putting a 'do not disturb' sign on the door.

You can prepare for a Reiki treatment by doing some meditation and prayers and you can also use Reiki symbols on yourself. You could put the Power Symbol over each chakra or over your whole body, for instance.

Do what you like to do to feel prepared and relaxed before a Reiki treatment and having a process to go through may help you to feel sure that you are prepared sufficiently.

Hands-on healing

The Second Degree Reiki healer who wishes to practice healing should, I believe, give hands-on healing because this is an extremely important part of our healing practice. I have written about this above as an important practice to maintain and develop because it keeps us grounded and in-touch with people. Hands-on healing is what many clients may want, without wanting to go any further into spirituality or energy work. For such clients, receiving a hands-on Reiki treatment may be a huge leap of faith for them and their faith should be rewarded with a Reiki treatment that is loving, nurturing and supportive. For some clients a hands-on Reiki treatment may be all that they want or need and we can trust and go with this.

Giving a hands-on Reiki treatment in a professional way requires practice and skill. You may be nervous or awkward when first giving Reiki but this will diminish with practice and you will soon become confident and competent. You may want to play some gentle music and do other things to make your client feel relaxed. I normally say to clients at the beginning of the treatment that they should feel free to laugh, cry, cough or fart. Just saying the word 'fart' breaks any tension and helps them to relax.

You should already be familiar with the standard hand positions for a Reiki treatment (see my YouTube channel for videos) but you should also be aware that you should place your hands where you feel guided to. As a Second Degree Reiki healer it is less important to place your hands directly on the client, as it is in First Degree Reiki, because you can do healing in the aura as well but I still find that energy flows better when hands are placed directly on the client, where possible and with respect to the client's boundaries.

Diagnosis and healing

One of the most important ways of understanding and helping clients is through listening to our inner voice, our intuition and our divine guidance. Through our spiritual practice, compassion and wise intent we make ourselves instruments of divine healing and divine love and wisdom flow through us to help people. You can feel that when you give healing to people you are a part of a divine continuum and you may not know whether your intuition comes from your divine guidance or from within yourself. You may not know where you end and where God begins and in truth there is no separation anyway. Everyone is psychic and the way that we are psychic varies tremendously but you can trust that if you need to know something you will know it. So whether you get a subtle feeling or a clear voice telling you something about your client, trust it and go with it. If we are guided to focus healing on a particular place on a person or on a particular imbalance, pain or fear and we should trust and use that information. Whatever we are told we can be sure that it is a small part of a

bigger picture that we cannot see and we don't need to see. The Reiki healer acts with faith and compassion.

As well as using our divine guidance we should take practical steps to examine the client. This can be done in several different ways and I advise using all of them.

- Ask the client why they have come to you, how they feel and what they want to get from the Reiki treatment/s.
- Ask them about their life - their health, their work and their relationships.
- Listen to their story and notice their personality, body and body language.
- Examine their chakra system.
- Record your findings.
- Guide the client to release problems and receive healing at the same time.

One thing that I find off-putting when seeing a complementary therapist is being presented with a form and being asked to write my medical history. Even if their professional indemnity insurance explicitly requires this, it is a huge amount of work that can take much precious time and plenty of the information may be irrelevant to the treatment. I find it is much more engaging and useful to talk to the client and ask them about health issues and record them myself. It is important to know if a client is under the effects of any medication.

A client consultation

When a client whom you have never met before comes to see you it is important to make them feel comfortable and put them at ease. Your consulting space should be clean and comfortable; neither too bare not too cluttered. You should appear professional yet personable: both competent and friendly. You should keep appropriate client boundaries whilst inviting them to bare their soul to you.

It is important to pay very close attention to everything your client says to you and things that they don't say. Encourage them to tell them about the important aspects of their life and prompt them with questions without creating a pressured interrogation. Notice their physical appearance and watch their body language. If, while they are talking, they wander off track or get bogged down in unnecessary detail, notice any significance to this and gently guide them back on track.

Ask them about major aspects of their whole life. It is no good having a detailed medical history if they neglect to tell you that they were sexually abused as a child or that their mother died when they were young. The major stuff, especially concerning relationships, grief, abandonment, career, sex, childhood, children, ambition, partners, dreams and physical, mental and emotional health are so important. If a client starts crying when they talk about an issue then you know this is something important. Encourage them to keep talking about this and go into detail so that you understand it. Just talking can be cathartic and sometimes it may be the first time that they have told anyone about a particular issue.

Relationships are some of the most important aspects of a client's story. We attract people into our lives who may mirror us in some way or who exacerbate an issue or highlight a weakness. Do not take sides or make snap judgements. Listen in a compassionate but not a sentimental way. An abuser may have been the abused in this life or another and they are just as divine as everyone else and we are ultimately all equal.

During an initial consultation you can gather important information and this, together with a chakra system examination, can help you to understand the client: what their current challenges are and areas of their soul that are developing.

Chakra system examination and healing

The seven major chakras are the main energy centres of the soul and learning to read them and understand them can be a very useful way of understanding a person's major imbalances. A good guide to understanding chakras is *Your Aura and Your Chakras: The Owner's Manual* by Karla McLaren. You can also see my website page on chakras.

The way that I examine the chakra system is by guiding the client through a meditation and asking them to tell me about their chakras - their colours, size, shape and condition. I started doing this because I am not naturally very psychic but I have since found this to be a very good method. My clients are guided to see their chakras - or at least sense what it is necessary for us to know at the time. This is good because it is done with divine guidance and we are guided to know what is needed and not to know any unnecessary information. The procedure is very much the same as for the guided healing meditation on my website and below is an outline of the procedure.

Guide the client to get into a meditative state.

- Invoke divine blessings.
- Guide the client to look at each of the seven major chakras in turn.
- Ask them to tell you out loud, with their eyes closed, what colour, size, shape and condition each of the chakras has.
- Record the information.
- Guide them to release issues and receive healing as you go through the chakras.

The size, colour and shape of the chakras indicate much about what is going on in a person's soul and these are mostly quite straightforward to interpret. While a client is sitting in a guided meditation I send Reiki to them using the Distance Healing Symbol. For each of the chakras, normally starting at the base chakra, I first ask them to describe the chakra and then I tell them to feel a bright, powerful light, the colour that the chakra should be, coming from all around them and filling the chakra with healing. Any dark colours in a chakra, indicating pain that is ready to be healed, they can imagine being melted away to nothing.

For each chakra I describe that aspect of consciousness and guide the client to make positive affirmations about the chakra. For instance with the solar plexus chakra I might say 'Affirm to yourself that you are a powerful, intelligent person with great inner strength. You are in charge of your life and nobody else controls you. You make wise choices, behave with integrity and are responsible for your actions. You can achieve anything you wish with great success.' I then guide the client to feel a warm, sunny yellow light coming from all around them, healing that aspect of their consciousness and making the chakra strong.

Remember that chakras are actually vortices of energy. The crown chakra has the point of the vortex at the crown of the head and opens upwards to the universe. The base chakra has the point of the vortex at the coccyx and opens down to the ground. The other chakras have their points at the spine and open out forwards. I still get most of my clients to visualise chakras as balls of energy for simplicity.

I have found that chakra sizes do sometimes vary but that generally a chakra of 3"-4" (7cm - 10cm) is about right. A smaller chakra tends to suggest that this aspect of their consciousness is diminished: it is not being engaged enough. For example a sacral chakra that is small would suggest that the person is not engaging with their emotions, creativity, inner child or sexuality enough. A sacral chakra that is too large would indicate that a person is over-engaging with this aspect of consciousness. With the sacral chakra this is frequently because they are confusing emotions of the sacral with love of the heart and they are not engaging with the base chakra enough. A heart chakra that is large - sometimes they can fill the whole chest - indicates that the person is over-emphasising love, almost certainly at the expense of their solar plexus. This would be a person who forgives and accepts others in situations where they should be more assertive. They may have throat chakra issues as well.

If the colour of a chakra is mixed with that of another chakra it can indicate confusion within their consciousness. For instance a base chakra that is orange would indicate poor grounding - the person is attaching emotions to the base chakra that should be unemotional. A sacral chakra that is yellow would indicate a person who is too much in control and isn't letting go enough. I would tell this person to be more child-like, be creative, enjoy dancing, playing, having fun and making love. A third eye chakra that is yellow may indicate that someone is trying to apply logic to a chakra that is beyond logic and should be intuitive and visionary - someone wrestling with religious or spiritual issues.

The shapes of chakras are good indicators of issues and can be mostly interpreted literally. A spiky chakra would indicate anger (as would a red colour), a flat chakra would indicate lack of depth or involvement with this aspect of consciousness. There are a couple of notable shapes. A heart chakra that is a sideways oval shape would indicate someone who is trying to heal the world. Their heart chakra flows to their arms. A sacral chakra that is oval sideways indicates someone who is too emotionally engaging with others.

If a client has a diminished solar plexus chakra then they are likely to have people in their lives who are overtly, or at more subtle levels, trying to disempower them, and then it is evident that the growth of their solar plexus is a significant issue on which they should focus. It would be easy for such a person to think that the world is against them and for them to become controlling in an effort to overcome their deep inner feeling of lack of control and personal power. Such a person should focus on engaging and healing their self-esteem, personal power, sovereignty and self-worth but they should also focus on the chakras above and below the solar plexus to rectify this imbalance. The solar plexus chakra will feel more empowered if they get the love of the heart chakra and the passion of the sacral chakra engaged fully as well. A single chakra or aspect of consciousness may have issues but the chances are that other aspects of consciousness are affected and are even contributing to the issue.

A person who has a diminished heart chakra and sacral chakra may live more from the solar plexus chakra and be over-controlling, live in their heads and apply logic to everything. Such a person may be emotionally disengaged, not know how to be playful and have little passion for life and vitality. They may be continually frustrated with people who live with less control and more trust in life and who seem to them too relaxed and carefree.

There are a good many people who are ungrounded; that is to say their base chakras are not connected to their foot chakras or the ground. Such people may have problems with their skin, physical body, legs, feet, money, sex, etc. Such people may be overly centred in their

sacral chakra and carry extra weight at the lower abdomen. They may have unclear emotional boundaries, be over-empathic and be over-sensitive to the emotional energies of others.

There is much information that you can read on the way that imbalances in the chakras relate to physical issues and life issues and it is worth reading widely on this subject. The more that you try to understand imbalances and their effects on people, the more you will learn. If you intend to be a wise, intelligent and skilful healer, then learning and practice will take you forward. The universe is a big and beautiful and the human body and soul are more complex than I can imagine but I do know that those who are intent on learning and who pray and practice and strive to learn more will surely do so.

A holistic approach

Our souls (our chakras and the consciousness present in and around us) grow through learning love and wisdom and this happens through us learning that being loving, wise and balanced creates happiness and that imbalance comes from fear and creates pain. Our different aspects of consciousness do not grow equally and at the same time and this irregular growth brings imbalance in our chakras and creates internal conflict, which brings pain and manifests through many levels of consciousness, often into the physical planes, creating physical problems. Furthermore the love and fear in the soul are reflected in every aspect of the outer world. The imbalances in our lives are clues to internal imbalances. The relationships of a person, the work they do, the way they do that work, the way they live, their physical, mental and emotional health and the layout of their home and every aspect of their lives is a reflection of their soul. I can even see reflections of my imbalances in problems with my car!

The clues are everywhere as to the help and healing that a person needs but we should remember that we should not try to remove the challenging aspects of a person's life because these things will instantly disappear like magic when their soul no longer needs those challenges to help them to grow and heal. By tracing all external issues to an inner fear we can help someone to learn and grow more consciously and to rid themselves of pain. When the pain is ready to go, the application of Reiki healing will melt it away like magic and the client will feel it go almost instantly. But also by sending Reiki healing to a person and by helping and supporting them in their journey and by teaching them about how the soul grows we can assist someone to become more aware of their inner self, to have a more conscious life journey and to become more balanced, happy and healthy.

Close friends of mine who are Reiki healers have contacted me and said that they are having a difficult week at work and would like me to send them Reiki or that their child is sick and would like Reiki sent. Every bit of Reiki helps and sending Reiki in such a situation would be very beneficial but the request from a person who is a Reiki healer and who doesn't make every effort to understand themselves and to remove pain by focusing on wise growth can require patience, understanding and compassion. It's like the person who is carrying bags full of rocks asking for Reiki for their legs because they ache! Developing tolerance, patience and compassion with appropriate emotional boundaries is essential but that doesn't mean that we have to pander to every whim. Just as the ways in which our masters, teachers and guides help, guide, heal, teach, protect and nurture us, taking away the pain can only be done when there has been understanding, realisation and growth deep inside. Giving a hands-on healing is helpful and guiding a person to understand the root cause of a problem

is even better. In this way you can guide clients to understand their whole lives and open up a whole new world of healing, balance and happiness to them. To be good at this, however, you should be someone who has that same intent to understand yourself, recognise your imbalances, face your fears and thereby heal your pain.

Soul retrieval

Soul retrieval is the term applied to bringing a fragment of soul back to a person that has previously split away. Fragments of soul may be entities or ghosts and are normally small parts of soul that have broken away during or at the end of a lifetime. In the case of a ghost it may be due to a trauma during or at the end of a lifetime or due to a mental or emotional imbalance. In the case of an entity it can be due to an imbalance in the soul together with a relationship with someone who has an issue in sympathy with it that leads to the energy detaching from the soul and embedding in another.

Whatever the reason for the fragment of soul leaving, the fragment of soul learns and grows through its experience and the soul from which it came learns and grows from the experience. In the case of an entity, the soul to which the fragment of soul attaches learns and grows from the experience as well.

Soul retrieval can only be done if the fragment of soul is willing to come back to the soul from where it came. Likewise the soul retrieval can only be done if the soul from which it came is ready to have the energy back. The soul fragment may still have fear and pain related to the issue that led it to leave in the first place and likewise the soul from which it came might have unresolved issues that led to the fragment leaving.

It should be remembered every small part of a soul is divine - however it behaves and whatever issues it has. Every fragment of soul has possibly had hundreds or thousands of years or lifetimes of experience and has learned and grown since it was a newly created soul. People and their soul fragments should be treated with respect, kindness and compassion although sometimes they may need to be treated firmly as well.

Also remember that a soul is inexorably connected to every part of itself, wherever those parts may be and this link can never be broken. This means that clients can use this connection to draw back to them fragments that are elsewhere.

It is worth noting that soul retrieval will inevitably change a person but the amount of difference that they will feel will depend upon the amount of soul retrieved. The retrieved soul will almost certainly still have some of the fear and pain that led it to leave to start with and the host soul will probably have some of the issue too, so when the soul parts are retrieved it may feel as if the issue is amplified or exacerbated for a while. Some people after soul retrieval will feel a huge change but most people will notice little if any change but they will have changed and become ultimately stronger.

Some lifetimes ago, my soul was incarnated as a young man, a teenager and I had great expectations of my life that lay before me. I had everything to look forward to: there was a girl I planned to marry and I was optimistic about success and happiness in my life. Just about to engage in battle, I was at the front as the enemy faced us and I knew that I would die then and there. At that moment I despaired as I realised that my hopes for my life were in vain and a part of my soul, related to heart chakra aspects of consciousness, left me. Despair is the failing of hope and these are very much heart chakra issues. I was killed by a

spear in the chest. That part of my soul that I let go became a ghost that was unhappy and desperate. It was in this lifetime that my soul had grown enough to have that part of me back. When a part of a soul is retrieved that inevitably has fear and pain, the rest of the soul has to have grown enough and be strong enough to overcome these issues. After the soul was retrieved I had to again strive to overcome the despair that my retrieved part of my soul felt, through a journey that required hope and courage.

There is another part to this story that demonstrates how the soul works. In this lifetime, when I was in my early teens, at school, another boy my age had a knife and without warning he turned round and lunged at me with it, stabbing me in my chest and causing a deep wound that fortunately just came short of puncturing my lung. The event was inexplicable and seemed at the time like a freaky thing to happen and it was not clear why he did this and it was rather out of character. This wound was in exactly the same place as the spear that killed me in that previous life. It would not surprise me if the soul that stabbed me was the same that killed me with a spear. This may seem sinister but it is, in fact just another example of how the soul learns and grows. This was just another opportunity for my soul to grow and learn about hope and love of life.

I routinely do soul retrieval with my clients at just about every healing session and the way it is done is by sending healing, using the Distance Healing Symbol, to every part of the client's soul, wherever it is in the world. The soul retrieval is done at the end of the session, when the client is more balanced and after entity removal has been done since conditions are then best for soul retrieval. Healing is sent to every part of a client's soul, wherever they are, and clients are guided to bring back their energy to them. I do this in one of two different ways. For some people I say to them that they should reclaim their energy by bringing it all back to them, wherever in the world or the universe it is. I encourage them to take back their energy because it is rightfully theirs. They feel their energy (fragments of soul) flowing back into them. A different way that I guide clients to soul retrieval is that I pray that their energy is healed and brought back close to them and I then tell the client that a part of their soul which previously left them is sitting next to them and that it is ready to come back to them. I tell the client to embrace this part of their soul by hugging them and feel that they become one again.

Entity removal

Entity removal is the term applied to removing foreign energies from within a person's soul. These energies are most often pathological pieces of another person's soul which has fear or pain in sympathy with the part of the host soul to which it is attached. In this way the entity exacerbates the problems within the host soul, thereby encouraging it to learn and grow enough to shed the entity.

Most people will have tens or even hundreds of entities within them which may serve similar purposes to our challenging relationships with people that ultimately help us to grow. These entities may mostly be small and of little significance to our daily lives but sometimes they may affect our feelings noticeably. The entities are there because we have attracted them to us and they will leave when we have outgrown them; not when we have merely grown so that we no longer need them but when we have grown strong enough to reject them. Entities can be given healing at the same time as the host soul and be guided away from them.

I routinely do entity removal for my clients during major healing meditations (my free guided healing meditation incorporates entity removal). As my clients become clear and balanced during the healing they can release entities. The way this is done is by invoking divine assistance and using the Distance Healing Symbol to send healing to all of the foreign energies within the client and then guiding the client to put all entities that they can sense into golden bubbles and send them away, sensing them floating out, up and away. Some entities that are ready to leave may not really want to go and I guide the client to send them away by applying their will and being firm with them. Putting the entities into golden bubbles is a technique taught to me by a shaman and it seems very apt. We can be assured that the angelic guidance isolates those entities, takes them away, cares for them and makes sure that they go to where they should be. We should release entities with compassion, forgiveness and blessings for their own healing.

Where do the entities go to? Well, I am sure that those entities that come from incarnate souls will mostly return to those people, when they are ready to get that piece of their soul back. Where they are discarnate souls (between incarnations) the entity will return to the rest of the soul. Entities that are not ready to return to their soul will inevitably be looked after by the higher self.

Ghosts and spirit rescue

Ghosts

A ghost is normally a fragment of soul that has mental / emotional problems. They may be obsessively trying to complete a task or trying to do something that was habitual during their incarnation. They may have attachments to particular places although their interactions with living people can create complex relationships and attachments as well. So a ghost is normally a part of a soul that has a mental or emotional issue and in the case of a mental issue the fragment has probably come from an aspect of consciousness related to the solar plexus chakra and in the case an emotional issue the aspect of consciousness is normally related to the sacral chakra.

The degree of the effect of a ghost on a people will depend upon the levels of consciousness at which it exists, how much consciousness it has, the strength of its emotions or feelings and how much it understands about its current condition. Pathology of the soul can be extremely complicated but this explanation serves to give a general idea of what happens in many circumstances. It is worth noting that the aspects of human consciousness connected with the lower chakras (below the heart) are collectively called the ghost body.

A ghost is normally, but not always, just a very small proportion of the whole lower consciousness (the soul - which is incarnate as a person) and it is still guided by its higher self (the spirit) which, you may remember, is a far greater part of the consciousness. The ghost has consciousness and therefore has an element of free will. The experience that a ghost has, however it may seem to people, is a part of the learning experience of the soul and of the spirit and we should strive for due regard and acceptance of their soul's journey and their divine plan.

People are psychic in different ways and to varying degrees and it may be only a small proportion of people who actually 'see' a ghost. Many more people can sense the presence of a ghost in different ways but which may also give them a visual impression. Many people can sense a ghost as being something that they glimpse out of the corner of their eye. I was once talking about this with friends when one of my friends remarked that he just realised that he passed one every day during his run along an old, disused railway line. He even gave the description of a woman dressed in black, Victorian style clothes. He had sensed her but it was normally in a subconscious way and until our conversation he had not brought it to the fore of his mind.

Even people who are less sensitive can be affected by ghosts in a variety of ways. Imagine a ghost in a particular part of a room of a house, next to a chair where a person who lives there sits every evening. The person's thoughts or emotions may be affected by the thoughts or feelings of the ghost. The person may not realise that their thoughts or feelings are not entirely their own. If they get grumpy, extra happy or start thinking about something that is alien to them, then their life is significantly affected by another, uninvited soul.

I have known people who are worried about going to a particular part of a house because of the feelings that they get there. Other people may have bad dreams that are created by the presence of a lost soul although there may be other reasons for such dreams. The sound of footsteps or other such sounds often come from ghosts. A sure sign of a ghost that is trying

to attract attention is tapping, banging, things knocked over or even voices that are received clairaudiently.

A ghost that has a positive emotional feeling for what was their home and remains there is as misguided as a ghost that has negative feelings. Remember that positive feelings of the sacral chakra that may feel warm and happy are not love - love is a higher feeling of the heart chakra. Likewise people who express fondness for such a ghost in their house ("they are like one of the family" or "...they seem to like being here, so what's the problem...") are equally misguided and are allowing misguided emotions to rule over common sense and true love of the heart. If you saw a person sitting in the supermarket fruit section because they liked the look and smell of the fruit would that be okay? What if they wanted to remain there all night? Wouldn't you gather that they were not of sound mind and try to persuade them to go home or help them in some way? This is the case with some ghosts - sometimes they don't know how much more content they would be if they re-joined the rest of their soul.

Many homes have ghosts attached to them and, as stated above, their interactions with people can be complex but my experience and understanding is that the divine guidance and planning for our lives and for the growth and learning of our souls is overarching, sophisticated and always serves a purpose. All of our experiences are watched over and guided to varying degrees.

A separated soul fragment

Here are a couple of illustrations of how soul fragment might become detached.

Imagine a woman who has lived in her house for a large proportion of her life and who has developed an emotional attachment to her home. There may be a part of her consciousness related to the sacral chakra that has unhealthy emotional feelings for the place and upon her death does not want to leave. This part of her consciousness could break away from the rest of her soul that moves on to higher realms and a ghost remains with affectionate feelings for the home. This part of her might normally impart 'good feelings' to people in the house or might get upset if the next resident doesn't have such feelings for the house or if they change the house in a way that she doesn't like.

Imagine a soldier in battle who is on a mission to relay an important message and that many lives depend on his success. His consciousness at the solar plexus that relates to will, personal power, inner strength and deep resolve are fixed on achieving this mission and if he is killed while trying to achieve this, a part of his soul may be so intent on completing this mission that it breaks away from the rest of his soul which goes on to higher realms. The part that breaks away is a ghost that keeps trying to achieve the mission and may be confused because it doesn't understand why it doesn't feel right: only some people respond to him (those who are more psychically sensitive), the battle is over and many years later people are dressed differently.

Spirit rescue

Spirit rescue is the term used for moving a ghost or lost soul to a better place - normally to join the rest of their soul. If the incarnation that the soul came from has died then the lost fragment of soul may re-join it in higher realms. If the soul is incarnate and the fragment of lost soul is healed sufficiently it can re-join the incarnate soul.

Spirit rescue should generally only be done with divine guidance. Our divine guides know exactly what is needed to help the lost soul and the capability of the rescuer/s. Attempting a spirit rescue without or against divine approval is very unwise since the lost soul may be connected with other misguided, mischievous or malevolent entities. I learned early on that we should not attempt a spirit rescue without divine approval but equally we can assist with a challenging spirit rescue where most of the work is done by divine beings.

I have done many spirit rescues and they are normally done in a meditation during which healing is sent to the lost soul to help it to release its fears and prepare to be guided to a higher place. Spirit rescue is primarily an act of compassion and requires unconditional love to heal the lost soul. But another part of a spirit rescue is that the rescuer uses the will to persuade the lost soul to move on to a higher place. The lost soul has an element of free will and the amount of will that it has will depend upon the amount of consciousness it has and its degree of pain or fear. If a lost soul chooses not to move on then many spirit rescuers may use their collective will to overcome that of the lost soul or it may remain unmoved. It should be borne in mind that even the smallest part of human consciousness is a divine creation and a divine being, however much fear or pain it temporarily has. All lost souls should be treated with reverence and respect.

One of the most important parts of spirit rescue is actually helping those incarnate people who have been affected by the lost soul. I have found that the people who mostly ask for help with spirit rescue are those who are most sensitive to energies and are most aware of a discarnate being. Although such people may have been sensitive all of their lives this may have been an experience which gives them fear of new realms of spirituality or makes them doubt their religious faith or otherwise opens them up in quite a shocking way. The role of the Reiki healer can be to teach them and give them healing and take away their fear. Such people may have had headaches or other symptoms of a third eye chakra that has been overworking for a long time and needs healing, resizing and a period of rest after having to be aware of errant energies nearby for so long. Their solar plexus chakra may have been working hard to protect them from these energies and they may have upper abdomen pain or problems and need healing here. Another possible issue is that this person may have sacral chakra problems and need to affirm boundaries and learn to know their own energies as being distinct from those of the lost soul.

You can help these people who have been affected by the lost soul after the spirit rescue has been done but in some cases it may be necessary before the spirit rescue if there is any kind of strong attachment between a person and the lost soul. People who have an attachment to the lost soul might need some help to understand about letting go of dear departed so that they can continue with their onward journey.

I have done some interesting spirit rescues. One involved a young woman who lived in London and slept in an upstairs bedroom. She was repeatedly woken up at night by the ghost of a young boy and a goat. The land was significantly higher back in the time when they became ghosts.

One house in which I stayed I was partially woken up by a cat lying on my head. It happened twice in the night and I only half awakened and went back to sleep. The third time I realised that it was the ghost of a cat and did the spirit rescue. I told the house owner the next day who told me that the bed I slept in was the favourite daytime sleeping place for her cat which died some years before.

Spirit rescue procedure

Before doing a spirit rescue it is wise meditate and ask for divine guidance about whether or not to do the spirit rescue. This should be done in your own space and not at the site of the lost soul. You should ask for any information that you need to know before you do the rescue and only go ahead if you are being told that you should. Generally I discourage remote spirit rescue.

At the site for spirit rescue make sure that there is nobody there who is not directly involved and necessary. I tend to engage house occupants over 18 years old with a spirit rescue because the whole process helps them to be reassured that divine help is real and constantly with them and this helps to reduce their fear about ghosts. It also helps them to see or feel when the ghost has gone and this reassures them that it won't return. They are often guided to see the process which helps them to disengage with the whole episode and feel that it is finished with.

Do not consciously emotionally or mentally engage with the lost soul as this might create another attachment. This is important - you do not need to know the ghost's story or problem as this is not relevant and creates attachment. You are there as the first aider - giving emergency help and the ambulance crew are standing by to take them away. However much they want to talk or tell you what happened you just get on and do your job in an efficient way.

Here is a procedure for spirit rescue that I find useful.

1. Put the Power Symbol and Mental/Emotional Symbol over your whole body.
2. Light candles to help with creating a sacred space and reverent atmosphere. As I light candles I tend to say prayers, invoke divine blessings and especially for the lost soul and for people who live there.
3. Draw a huge Power Symbol, Mental/Emotional Symbol and Distance Healing Symbol over the whole house and ask that the whole place be blessed with divine healing and that a sacred space is created. I sometimes visualise a huge golden light shining on the whole place and intend that it is a conduit up which the lost soul will travel when the time is right.
4. Put all three symbols into all of the people present.
5. Guide people through a thorough process of divine blessings for them, for the lost soul, for the occasion and for the house. This should be done in sympathy with the religious beliefs of people present and without preaching but with explicit guidance for people without a particular faith or spiritual experience.
6. Put the Distance Healing Symbol into the lost soul and guide others present to say prayers for it as it is guided to a higher place. This may take some time but remain focused.
7. Keep checking that everyone in the group is okay and only stop if someone becomes distressed.
8. Optionally ask your guides to send in any other lost souls in the area that are ready to go and give them Reiki using the distance healing symbol. Others in the group will probably not be aware of this and they don't need to know until afterwards.

-
9. Make sure that the house is clear by asking your guides and ask everyone in the group if they are satisfied that the house is clear.
 10. Lead the group in giving thanks for the divine blessings.

This is just a guide and although this may seem like something that is remote from Reiki I hope that you can see that is really about giving healing to a soul without a body and helping people.

Healing animals

I have used hands-on Reiki to treat animals and this relatively easy when it comes to pets and domesticated animals. I find that when I give Reiki healing to dogs and cats they will lie down and enjoy the Reiki healing for as long as they want and then simply walk away when they have had enough. Animals have chakra systems and although giving a complete Reiki treatment to an animal may be impractical you can lay your hands wherever you feel that healing is needed.

Dogs and cats have aware third eye chakras and they can often sense and see energies and spirit guides.

Reiki healing can be given to any animal and there are many people who give Reiki to horses and other animals. You should use your intuition and keep in mind your own safety.

Medical, legal and financial considerations

Medical diagnoses

In the UK, as well as other countries, a medical diagnosis can only legally be made by a qualified health professional. If you see a client with any serious illness who has not seen their doctor about their problem, ask them to see a doctor and treat them only when they have done so. If you are tempted to treat them you may find that they suffer more than they would have if they had gone to a doctor. Remember that God's plan can include medical, pharmaceutical and surgical intervention. Even if you are sure of a diagnosis, prognosis and treatment by spiritual and Reiki methods you may be breaking the law if you tell this to a client.

Reiki is becoming more accepted as a complementary therapy: that is to say, a therapy that is recommended by doctors to complement traditional western medicine. Many doctors see Reiki as a non-invasive, gentle treatment that can benefit people with a huge variety of medical diagnoses. If you are unsure about treating a client with Reiki you could ask the client's doctor if you may do so. They may tell you that their patient has mental or emotional issues that you weren't aware of or you may find out about medication that they didn't declare.

A Reiki practitioner doesn't have to be a medical expert but should use common sense, be discerning and act professionally.

Contraindications of Reiki

I have heard different ideas about client conditions where Reiki should not be used but they are inconsistent and I have found no basis for them. I have heard said that pregnant people cannot be treated or that cancer patients should not be treated but my feeling is that Reiki is always for the greatest good, so it cannot do harm. I say that Reiki healing has no specific contraindications but if you think or feel that a client should not be treated with Reiki, you should tell them.

Charging money

I have known good healers who have found it difficult to charge for their services and this is a significant issue for anyone who wants to be a professional healer. You should charge what you are worth to yourself (abundance), what you are worth to others (priceless) and what will get clients through the door (a compromise). Remember that money is a base chakra and heart chakra issue. The base chakra should be dispassionately focused on money for survival and the heart chakra open to give and receive abundantly.

It is good to want to help family and friends but it is also appropriate to value yourself and your time and it is important that others value Reiki and value your time appropriately. Giving Reiki treatments to a partner and to children can be a wonderfully affectionate expression of your love for them that helps to sustain balanced relationships as well as healthy bodies and souls. But as you practice compassion and love for all you may have to draw a line where free treatments end for extended family and friends. There may be emotionally needy friends who like the attention but don't want to face their real issues and

giving free Reiki treatments may not be doing them any favours. Equally you may have a need to please or help another that may signify an inner imbalance or a relationship issue.

If you want to be a professional healer, then you should charge a fair price and accept money with gratitude.

Professional indemnity and public liability insurance

Professional indemnity insurance covers a Reiki practitioner in the case of someone suing them for malpractice. Insurance is relatively cheap in the UK and it is well worth the professional practitioner having this insurance cover - see www.balens.co.uk and www.howdengroup.com (note that I am not endorsing these companies).

Such insurers may also provide public liability insurance cover. This cover means that if a client has an accident and is injured on your premises they can be compensated.

Keeping client records

Your insurer will probably require you to keep client records and for a certain period of time after a client has discontinued treatment and you should keep comprehensive notes in a secure way. In the UK there are strict laws regarding data protection and most countries have legislation regarding this. For the Reiki practitioner this means that personal data should be kept only for as long as necessary, must be kept secure and cannot be abused.

You may like to keep client names and contact information separate to client notes so that it is more difficult for sensitive information to be connected to a name.

Progression to Reiki Master

I believe that many people have a particular soul journey that is anticipated for them but that we also all have free will to make not just minor choices but major ones as well. I have been shown that I have made choices that have affected my whole spiritual journey in this life. I could have had an easier journey had I not wanted to become a Reiki Master and teach spirituality in the way that I do. I could have had a more challenging journey if I had chosen to do some other spiritual work in this life and beyond. As it is, my journey to be healed and to find greater spiritual insight was a choice that led me on a challenging journey that has so far lasted for thirteen years. That does not mean that a similar journey would last the same for others. Our souls are all different and we have different potentials but I have learned that if we choose with our hearts and minds to do more, then we may be offered that choice. My journey has required me to go through much healing because I came into this life with many imbalances. I wasn't aware how long it would take for me to be healed and, to be honest, there are many times when I have doubted my choice because of the challenges that I have faced. I know that the choices that I have made have not just been so that I can be healed and be happy and balanced in this life and beyond but also because I know that I want to serve God and humanity. In his book *Reiki Mastery*, David Vennells writes that to become a Reiki Master you should first become a Reiki servant.

From what I have written in this manual you will know that I believe that the greatest journey that you can take in this life is the inner journey to know yourself and become balanced, loving and wise. By doing this you are having a profoundly positive effect on the whole of humanity. If you are already committed to that and you are also committed to serving people through Reiki healing then you may wish to consider a further commitment to teaching people. If this is done with humility and commitment, then it may take you on a different path to that which you were expecting. You may find greater challenges and greater rewards. Or this may be something that you were just born to do. If you want to know whether or not this is the right path for you, you only need to ask the true Reiki Masters in spirit for guidance on this matter and wait until you know the answer. You will know if and when it is the right time for you to be initiated into Reiki Master.

I feel to my core that Reiki healing is a divine gift and that I have been blessed with being healed and helped to be what I asked for - to be a spiritual teacher initiated into Reiki Master. I still pray to be a worthy Reiki Master and to help others and I wish to serve people for the rest of my life.

Conclusion

Second Degree Reiki opens up another world of Reiki healing, with another attunement and use of the sacred Reiki symbols. Together these give us the chance to practice healing at an altogether higher level. Practicing using these symbols to send Reiki anywhere, to any time and to any person or anything is an immense blessing and gives the amazing sense that we are fully connecting with the most divine aspects of ourselves and the universe. To use Reiki like this and with commitment and with the highest intent is surely a great spiritual and healing practice and a blessing to be able to do in a lifetime. In another life we may not have such awareness of our divine spiritual nature and so it is surely worth making the most of this gift in this lifetime.

I hope that this manual serves you well but please contact me if you need help or guidance with your Reiki or spiritual practice.