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# ***REIKI***

USUI Method



***SECOND DEGREE***

***SEMINAR***

***LECTURE NOTES***

*(By Ruggero Moretto Reiki Universal Master)*

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## **SECOND DEGREE REIKI**

Well. Now, who is approaching this wonderful experience is ready and mature so he/she can face and personally collaborate with the exciting and no more complicated Cosmic Laws ruled by Nature.

We start saying that the second degree allows us to channel the double of the energy flux allowed by the first degree, to work with it in a more direct and active way as well as the capacity of astral projection sending the energy at a distance in the space and time to people, things and situations without limits, (note: even social situations and not, are always part of the same energy and can be balanced by Reiki energy).

Besides, if before with first degree Reiki we could channel the energy only at a physical level putting our hands on any body letting it flowing free to go where it was needed, now with the second degree we can even channel it at a mental level concentrating it on any given problem by the symbols, the thought or assertions and by the visualization.

In fact, second degree Reiki seminar is based mainly on the learning of the three symbols and their deep meaning.

Second degree Reiki considerably increase our psychic, telekinetic and magnetic faculties, making our personal power and our will stronger, drawing boundless advantages as a person and as energetic therapist. During second degree seminar, the master will carry our 2 harmonizations for each participant.

## **WHAT ARE THE SYMBOLS AND HOW THEY ARE USED FOR**

Reiki symbols are Japanese ideograms of Sanskrit origin re-discovered by Mikao Usui which go back to 2500 years ago at least; they are psychically represented as figures and sounds (mantra) and they are even letters with a meaning.

These symbols, which have their own psychic and energetic features that are different from each other (as I will explain later on in detail for each symbol), are needed for who makes use of them, to increase and to develop by far one's own mental, material and spiritual intentions linked to them, interacting this way in a more direct and deeper manner with Reiki energy.

In order to benefit by each symbol during any second degree treatment, we need to ideally trace its outline by our hand on everything we're treating or visualize it with a golden light always on the treated "object", mentally repeating the name of the same symbol for three times; so it's very important to learn by heart the name of each symbol with the relative figure, in order to trace and make use of them in an harmonious and effective way during the treatments.

Anyway, later on, when you've deeply understood the theoretic-practical energetic features of all the three symbols, it will be then your personal experience and sensitiveness to suggest you the right moment, case and place about how, how much and when make use of each symbol.

I also suggest a lot of care and responsibility as for the use of the symbols, since the energy they give off is really high.

## **THE FIRST SYMBOL "CHO KU REI"**

Literally CHO KU REI means "UNIVERSAL ENERGY CONCENTRATE HERE".

Energetically, it represents "the switch" of the Cosmic energy; it has the feature to increase the flux of the channelled energy; we can say that it's even the "Fixer" of the other two symbols increasing their force.

This symbol is also used in the physical self-treatment to increase the flux of the channelled energy, halving this way the therapy times of the first degree.

Having seen that "CKR" (abbreviation I will use later on) has the capacity to increase and to considerably speed up each process, we can use it to give "Energy", "Strength" or a further "Greater Push" to anything we're working on; in these cases it can be traced continuously invoking it for a certain time, drawing more and more in a growing way the energy of this symbol.

I show hereunder some uses of "CKR":

- to "clean" rooms and ambients from negative energies as harmful radiations caused by electronic devices, or where there have been several conflicts, hospital rooms, sick persons houses, rooms where some therapies are carried out, and so on... and in these cases it has to be traced on all the walls, the ceiling and the floor, mentally repeating its name every time for three times; you can even visualize its golden outline traced on the ceiling coming down slowly purifying all the room levels;

- to give again the energy to weary people or on the wounds (in case of burns, put the hand at a distance of 30 centimeters about);

- to protect ourselves or other people from external negative energies: in this case it has to be traced for six times (before, behind, on both sides, above and under our body), repeating each time the name "CKR" for three times;

..... and for all the times your experience thinks it suitable.

## **THE SECOND SYMBOL "SEI HE KI"**

Literally SEI HE KI means: "I'VE GOT THE KEY"

It's the symbol which activates the inner strengths inside everyone.

SHK belongs to the emotional sphere, it brings the contents of the subconscious at a conscious level and puts our subconscious in touch with other people's one.

It is successfully used to balance and heal any emotional trauma and of psychic dependence; SHK helps us to bring to light all our unconscious blocks for the time we need to join with them again, work them out and get rid of them once for all.

In every emotional psychic healing process, once it has been invoked, SHK unconsciously offers to the receiver various possible energetic solutions suitable for him to get rid of his blocks; at last it will be then his soul that will choose the right way for him at that moment.

Who carries out any treatment by this symbol, gets into the unconscious of the treated person (or even of himself by the self-treatment or for a situation), and he/she can modify the emotional and mental energetic condition by his/her own intentions, or he/she can let the same symbol (which is ruled by a higher intelligence) act by itself as it thinks best, that is almost always advisable, continuously invoking it when it's necessary.

Usually, SHK is used for direct healings by mental treatments as for dependences caused by problems such as stress, nervous tics, sleeplessness, depression, panic attacks, nervous breakdown, anxiety, anger, apprehension, schizophrenia, mental and behaviour vices, various dependences, and so on.....

## **THE THIRD SYMBOL "HON SHA ZE SHO NEN"**

Literally HON SHA ZE SHO NEN means: "NO PAST, NO PRESENT, NO FUTURE".

It's the symbol which allows us to go beyond the space-time deceptive concept, energetically acting on the conscious mind.

By HSZSN, we can channel Reiki energy at a distance for anyone and/or any purpose or situation both in the sense of space and in the sense of time (past, present, future).

As far as we're concerned, HSZSN has even the meaning of "entry of the book of life" of everybody.

Continuously invoking it, it brings at a conscious level "here and now" our emotional, mental and spiritual actions and situations created in the present, in the past and in the future, in order to reprogram them as we like if we want or according to what it is suggested by the same symbol, giving us this way new rebalance opportunities concerning the created above mentioned actions; this is, for instance, another way to work with traumas which often comes from the past using HSZSN.

This powerful symbol, according to the way and to what we channel it, as it results, opens us boundless possibilities of choice on the way to start working on any given problem, consequently, combining it with the other two symbols, we have a powerful and complete energetic instrument to directly act on all the being levels; for instance: if what we're treating is of emotional nature, together with HSZSN, which helps us to visualize a past unsolved situation that has to be rebalanced, as help we can then trace on it the second symbol SHK and at last CKR to strengthen the action every time we want.

## **THE VISUALIZATION**

To carry out a good second degree treatment, as we'll see later on, it is very important to know the art of the visualization.

I list hereunder some simple and practical advices:

To visualize means to see, to mentally remember, to shape a thing, a person, a scene or a situation without using our physical eye, without having materially in front of us the visualized object.

Instead, it is not necessary having seen it: the visualization can be completely a creation of ours, which can be modified at any time, (alteration in a creative way of the base data stored in the mind).

To get greater results from our visualization, we have to enrich it with more elements using all the senses we have at our disposal as the sight, the sounds, the smells, the touch, the tastes, the emotions and the feelings.

The smell: the smells and the flavours frequently change even at any moment: the external environments can smell of sea, of grass that has just been cut or even.... of a rubbish-dump.

The touch: a subject can be hot, cold, smooth, rough, or give other different sensations.

The taste: you have to concentrate and recall the memory of the more suitable taste bound to the experience you want to visualize.

The sound: the road traffic, the wind noise, the voices sound, to distinguish the various tones, and so on...

The sight: you have to try to catch especially the particulars that is the shades, the details, the shadows, the differences, the colors, and so on....

Emotions and feelings: the key of the success in visualizing is just the emotion; the emotional level you got in creating the situation to visualize is the real secret for a quick success of the action.

A thought created, issued and strengthened by Reiki symbols, is able to work..... miracles!!!

**"A PERSON IS WHAT HE/SHE THINKS; THE THOUGHTS CONTROL, GIVES THE CONTROL ON THE BODY AND ON THE SUBSTANCE"**



## **SECOND DEGREE TREATMENTS CLASSIC EXAMPLES**

### **PHYSICAL SELF-TREATMENT**

Go on as you think right, in addition on the whole body (besides the positions you learnt from the first degree) or on the ill points, you can trace all the three symbols remembering yet to mentally say the name of each symbol for three times; if we trace SHK or HSZSN, we have to remember once we've traced each, to add CKR to strengthen their qualities.

Finally: if you trace SHK, immediately after trace CKR, if you trace HSZSN immediately after trace CKR.

### **MENTAL SELF-TREATMENT (SHK + CKR)**

- After the first three positions of the head (eyes-temples-ears) put your left hand on the occiput and the right hand traces SHK symbol on the top of the head repeating the name SHK for three times, trace then CKR and repeat its name for three times.

- Mentally repeat your name and surname for three times to get in touch with your inwardness; from now on everything you think will affect your unconscious.

- At this point, always in the nape-forehead position, repeat the message for three times, for instance: I'm more and more in balance with myself; energy to get rid of smoking, and so on...

- note: do not carry out more than one message per day if possible short and concise, that has to be affirmative, present and expressed in a positive way.

- You can even get yourself in touch with every organ of yours sending them a definite message.

- At this point, if you want you can go on with all the remaining positions foreseen for the self-treatment, otherwise if you want to conclude, once you've taken off the hands from the position, rub them between themselves and blow to break off the touch.

## **MENTAL TREATMENT WITH MESSAGE (IN THE PRESENCE OF THE SUBJECT) SHK + CKR**

- After the first three positions of the head (eyes-temples-ears) put your left hand on the occiput of the person and the right hand traces SHK symbol on the top of his/her head mentally repeating the name SHK for three times, trace then CKR repeating its name for three times and put your right hand on the forehead of the treated person.
- Mentally repeat the name and surname of the treated person to get in touch; from now on everything you think will affect the person at an unconscious level.
- At this point, mentally express the message to send to the person, for instance: you're full of healing energy; energy to..... be free from ... every disease; ..... from biting nails; ..... to be more available towards the others; and so on.... (remembering to express an affirmative, positive, present, short and concise message; to help you more, visualize the person in the situation bound to the message you sent him/her and if you want to strengthen its action, you can trace on your clear visualization, many CKR repeating the symbol name for three times several times.
- If you want you can complete the physical treatment; once you've finished the treatment, do the closing, the aura caress and rub your hands between themselves blowing on them to break off the touch.

NOTE: BEFORE GOING ON TO CARRY OUT A TREATMENT WITH ANY WELL DEFINITE MESSAGE TO ANOTHER PERSON, IT IS NECESSARY TO HAVE HIS/HER FULL CONSENT CONCERNING THE SAME MESSAGE.

## **DISTANT PHYSICAL TREATMENT – WITHOUT MESSAGE** **(HSZSN + CKR)**

- Sit down on the edge of a chair with your back erect without leaning it on the chair-back in the position of meditation.
- When you're ready, carry out the heart balance to get in touch with Reiki energy.
- Visualize the person in front of you and imagine his/her face enlarged tracing HSZSN on it mentally repeating the name of the symbol for three times.
- Trace on HSZSN the CKR symbol mentally repeating its name for three times to strengthen its action.
- Think for three times, mentally repeating it, of the name and surname of the person to treat to get in astral touch with him/her.
- Ideally put your hands on his/her face for 2 minutes about, the same for the ears; if you want you can ideally visualize every position foreseen for the treatment carried out personally and stay 2 minutes about for position; or you can visualize the person made smaller between your hands so you can entirely treat him/her all at once and stay 15 minutes about or if you want even for more.
- If the visualized person should disappear or when you have finished, close the touch rubbing your hands between themselves and blowing on them.

NOTE: IT IS ADVISABLE TO NEVER TREAT A PERSON DURING A SURGICAL OPERATION; FOR ALL MENTAL AND DISTANT TREATMENT, WE MUST HAVE A FULL CONSENT OF THE PERSON TO TREAT AS WELL AS TO FIX WITH HIM/HER THE EXACT HOUR OF THE START OF THE TRAINING, SO THAT HE/SHE GETS READY TO RECEIVE IT COMFORTABLY LYING DOWN.

## **DISTANT PHYSICAL TREATMENT – WITH MESSAGE (HSZSN + SHK + CKR)**

- Sit down on the edge of a chair with your back erect without leaning it on the chair-back in the position of the meditation.
- When you're ready, carry out the heart balance to get in touch with the energy.
- Visualize the person in front of you and imagine his/her face enlarged tracing HSZSN on it mentally repeating the name of the symbol for three times; on HSZSN trace CKR symbol mentally repeating its name for three times to strengthen its action; think for three times, mentally repeating it, of the name and surname of the person to treat to get in astral touch with him/her.
- Ideally pose your hands on his/her face for 2 minutes about, the same for the ears.
- Now ideally put your left hand on the occiput of the person and the right hand traces SHK symbol on the top of his/her head mentally repeating the name SHK for three times, trace then CKR repeating its name for three times and put your right hand on the forehead.
- Mentally repeat the name and surname of the treated person to get in touch; from now on everything you think will affect him/her at an unconscious level.
- At this point, mentally express the message to send to the person for three times; then if you want you can ideally visualize every position foreseen for the treatment carried out personally and stay 2 minutes about for position; or you can visualize the person made smaller between your hands so you can entirely treat him/her all at once and stay for the time needed.
- If the visualized person should disappear or when you have finished, close the touch rubbing your hands between themselves and blowing on them.

## **TREATMENT FOR SITUATIONS (HSZSN + CKR)**

- Sit down on the edge of a chair with your back erect without leaning it on the chair-back in the position of the meditation.
- When you're ready, carry out the heart balance to get in touch with the energy.
- Trace HSZSN symbol and mentally repeat its name for three times; trace on it CKR symbol and mentally repeat its name for three times.
- At this point if you can, visualize yourself in your or in other people's situation and then if you want you can send on it several CKR to strengthen your action will, remembering every time to repeat the symbol name for three times, mentally mentioning the object before.

for instance:

- ENERGY FOR MY (OR OTHER PEOPLE'S) ..... EXAMINATION
- ENERGY FOR MY (OR OTHER PEOPLE'S) RELATION WITH .....
- ENERGY FOR THAT DEAD PERSON
- ENERGY FOR MY (OR OTHER PEOPLE'S) WORK
- ENERGY FOR MY (OR OTHER PEOPLE'S) FINANCIAL SITUATION
- ENERGY FOR MY (OR OTHER PEOPLE'S) SENTIMENTAL SITUATION
- ENERGY FOR A PAST SITUATION WHICH HASN'T BEEN SOLVED AT AN  
EMOTIONAL LEVEL

Stay then concentrated on your situation continuously visualizing it for a certain time and if you want, you can even go on sending on it the symbols that at your choice will concern your situation in question, remembering to mentally repeat the name of each symbol for three times always adding CKR to everyone.

## **GENERAL CONDITIONS TO SET UP ANY SECOND DEGREE TREATMENT IN A CORRECT WAY**

By each thought expressed in a concise way and by the visualization, tracing while you're concentrated on them the symbols you choose and bound to the problem to treat, you can personalize all your physical, mental and distant treatments and self-treatments allowed by the second degree, helping you to concretize your noblest and most sincere intentions for your evolution and for the well-being of whom surrounds you, starting and considerably speeding up every realization.

All this opens us to boundless choice possibilities on the way to start working on a given problem and so it is very important first of all to set a last aim to get and for a certain time work around it in the best and more and more suitable way; the carrying out times of any treatment can not to exceed an half an hour per day for each problem and for each person.

My advise is that in the long run we need to determine more or less how far we can interact with our aims by Reiki, whatever they are, setting a gradual and realizable work plan, this will be given even by our initial natural predisposition and by our opening towards Reiki energy and the harmonization; anyway, for everyone the results will be grandiose and won't be late in concretizing, always depending on the time and care we dedicate to this discipline.

Now, it's up to the sensitiveness and experience that everyone do in the long run, once he/she has assimilated every detail he/she learnt in second degree seminar besides these lecture notes attaching importance to the deep understanding of the meaning of each symbol, to act and how, when and why use this very powerful instrument for his/her own personal and inner self-realization, remembering that REIKI IS CLEVER AND IT KNOWS HOW TO ACT WHERE IT'S NEEDED, besides:

every time you start any treatment, remember to carry out the heart balance to get in touch with the Universal energy;

you have to imagine the symbols with a golden and opalescent light, using a light ray to trace them;

when we carry out any mental or distant treatment, we must absolutely have the consent of the person who will receive it not to violate his/her free will and not to incur unpleasant energetic incidents;

for distant treatment it is necessary to agree as for the time when it will be carried out which will be planned according to the needs of the person who will receive it;

all mental and/or distant treatments have to be carried out for 4 consecutive days at least and the next frequency will be fixed according to the seriousness of the problem in question (usually, I advise as a base 21 consecutive days);

if you should fall asleep during a distant treatment, remember to absolutely break off the touch as you wake up rubbing your hands between themselves blowing on them;

for mental treatment it's important to express a short and concise message and it has to be affirmative, positive, present;

never carry out any treatment to people who are under a surgical operation.

At the start and at the end of each treatment, wash your hands well with cold water.

**MAY REIKI ALWAYS BE A BLESSING FOR YOUR LIFE !!!**

**Would you like to organize a Reiki, Radionics and Radiesthesia group in your town??? Ruggero Moretto will be glad to personally follow and with great enthusiasm people coming from any part of U.S., U.K., from abroad and everywhere you'd like to organize your groups**