

Advanced
Usui Reiki
Master Teacher
Level 9



Love Inspiration & Maitri Foundation

A Master Teacher Level Course
For Those Wishing To Become An
Advanced Usui Reiki Master Teacher

ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO



FOR THE INFINITE BENEFIT OF ALL
May all beings be liberated from suffering.



ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO

Please ensure that before you begin this Advanced Usui Reiki Master Teacher course you:

- 1) Have completed either of the [Ascension Pathway](#) ebooks:
 - a) The Unified Pathway To Transcending The Light (Volume 2) OR
 - b) The Pathway To Light (Volume 6)
- 2) Have completed the Advanced Usui Reiki Master Levels 7 and 8 as a prerequisite.
- 3) Have allowed yourself the 3 - 6 month timeframe from your Level 8 attunement before commencing the Master Teacher Level 9.
- 4) Have allowed yourself a minimum of 21 days from the completion of:
 - any [Ascension Pathway](#) attunement and/or
 - any Love Inspiration [ebook](#) (eg. Divine Light, Kundalini Reiki etc)

(Note that here in this point, the completion of an ebook means you have completed the whole ebook including all attunements, waiting times and compulsory daily / self healing practices, whereas the completion of an attunement means you have completed the attunement and not necessarily any waiting times or associated practices.)
- 5) Have activated (unlocked) the Advanced Usui Reiki Master Teacher Level 9 energies and attunement using the activation code & instructions on the next page.

Once you have unlocked the energies, you are ready to begin.
With love, we wish you well on your Advanced Usui Reiki Master Teacher journey!

If you have not already done so, please feel free to do any or all of the following in order to help you on your Usui Reiki journey:

- [Sign up for free monthly Ascension Healing \(sent on the 11th of the month\)](#)
- [Sign up for free monthly Di-Ascension Healing \(sent on the 21st of the month\)](#)
 - [Sign up for an Ascension Healing Booster](#)
 - [Join the Love Inspiration Community Facebook page](#)
- [Download the Love Inspiration Handbook as an accompaniment to this ebook](#)



ACTIVATING (UNLOCKING) THE ADVANCED USUI REIKI MASTER TEACHER LEVEL 9 ENERGIES:

Before opening up to these beautiful Advanced Usui Reiki Master Teacher Level 9 energies, it is very important that you firstly activate or 'unlock' the energies and attunement in this ebook. Once this is completed, you will then be ready to begin Advanced Usui Reiki!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



■ 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some soothing or relaxing music, light some candles or burn some incense to create a nice ambience.

■ 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



"With infinite grace, I ask humbly and clearly to activate the energies and attunements for Advanced Usui Reiki Master Teacher Level 9. With the unique activation code 77148485 may this be so. May this activation benefit all beings. Thankyou, thankyou, thankyou."

■ 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

■ 4) Understanding:

Once you have completed your activation, we ask that you now read through - ["Activation Codes and Suggested Timeframes"](#). This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Advanced Usui Reiki Master Teacher energies! May you enjoy these with much love & light and with an intention to benefit all beings.



ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO

FOREWORD:



With love and light, we welcome you to this very significant and profound step forwards on your energy based healing pathway! After what has been many, many months of healing, purification and evolution, you have now arrived at this pinnacle point of the Advanced Usui Reiki healing system. Congratulations!

The Advanced Usui Reiki Master Teacher Level will now help to provide you with a great range of healing opportunities and also, it will allow you to start sharing the Reiki energies with others as you learn about how to give attunements & teachings for all levels of Usui Reiki and Advanced Usui Reiki.

Most notably though, the Advanced Usui Reiki Master Teacher Level will help to bring about a very significant wave of healing and purification into your own consciousness as you are guided towards more expansion, transformation and an understanding of unconditional love & one-ness.

This period of deep purification is a very necessary part of becoming vibrationally prepared for giving attunements with the Advanced Usui Reiki Master Teacher energies and as explained by The Collective, reaching the Advanced Usui Reiki Master Teacher Level is a most wondrous and blessed achievement!

Before receiving these profound teachings, we ask simply that you ensure that the Ascension Pathway prerequisites have been completed. The Ascension Pathways offer a very significant vibration and are therefore a very important complement and foundation for the Advanced Usui Reiki pathway. Having completed the prerequisites, with much love & light, we now invite you to move forwards into this final course for Advanced Usui Reiki.

We truly hope that you will enjoy opening up to these very expansive and transformational healing Master Teacher energies and may they help you to bring more inner peace, transformation and expansion into your life for the infinite benefit of all!

With Love Inspired Blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**



ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO

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GET THE MOST CURRENT VERSION OF THE ADVANCED USUI REIKI MASTER TEACHER EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout your attunements if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.

ADVANCED USUI REIKI MASTER TEACHER

LEVEL 9 - KOHITO

OVERVIEW OF THE ADVANCED USUI REIKI MASTER TEACHER LEVEL:

After what has no doubt been an epic healing journey to date, and having received a vast range of Ascension Pathway energies as well as learning the entire suite of Usui Reiki healing practices, you have now arrived at the final Advanced Usui Reiki Master Teacher Level. Congratulations! Here, you will now be learning how to bring together *all* of the Usui Reiki and Advanced Usui Reiki energies received so far into one very simple but very advanced practice.

Of course, you will still be able to call on each of the levels and Reiki energies individually (should you wish to) however now, at this level of learning, you will be receiving *one* very special Master Symbol that embodies and encapsulates ALL of the Usui Reiki energies (from Levels 1 - 9). Wonderful!

We are talking here about the all-important Advanced Usui Reiki Master Teacher symbol and this can also be used to activate attunements for all levels of Usui Reiki & Advanced Usui Reiki (Levels 1 - 9) as you will be learning in this course.

From this, we can see that the Master Teacher Level then has somewhat of a dual purpose. Firstly, in Chapter One, you will be learning all about the healing practices and self healing practices which will be very important for expanding your energy field once more, in preparation for giving attunements.

Secondly, in Chapter Two, you will be learning all about the teaching aspects of the full Usui Reiki and Advanced Usui Reiki healing systems, should you wish to pursue this pathway forwards. Here, you will be given all the necessary information about how to start activating the Reiki attunements for others so that you can become a wonderful Usui Reiki and Advanced Usui Reiki Teacher for the infinite benefit of all, should you wish to.

For those of you who may have already received your Level 3b training (perhaps through one of the more traditional Usui Reiki lineages) you will notice that the Advanced Usui Reiki Master Teacher energies will be allowing you to activate the Usui Reiki attunements in a different way than what you may be used to. This is due to the higher vibrational nature of these frequencies and is a testament to all of the healing work you have done so far on this journey!

And of course, with the entire suite of Usui Reiki & Advanced Usui Reiki attunements being 'self activating', this provides you with a great deal of choice about how you may wish to share these energies with others. As part of this course, we will be helping you to understand these options so that you can gain a well rounded understanding about your next steps forwards as a Master Teacher!

We truly hope that you will enjoy this wonderful Master Teacher Level and may these new energies help to bring you another wave of expansion, love & wisdom for the ultimate liberation of all beings!



ADVANCED USUI REIKI MASTER TEACHER

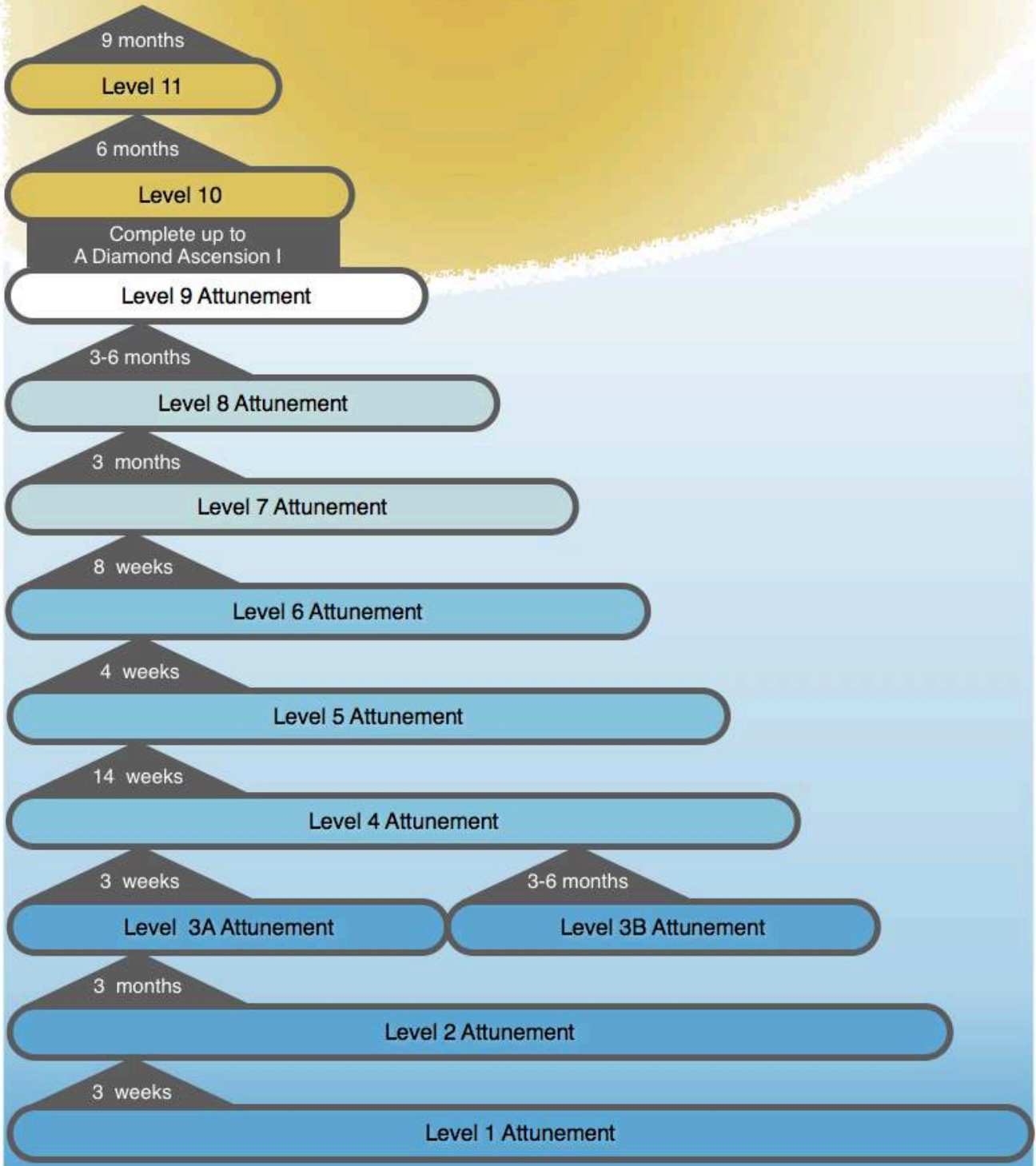
LEVEL 9 - KOHITO

An outline Of The Love Inspiration Usui Reiki Healing System:

The Love Inspiration Usui Reiki Healing System			
Ebook	Level	Information	Completion Timeframe
Usui Reiki	Level 1	Hands on Healing Practices	21 days * Suggested min practice 21 days
	Level 2	Advanced Healing	3 months * Suggested min practice 21 days
	Level 3a	Master Healer	21 days * Suggested min practice 21 days
N/A	Level	Master Teacher	Not offered by Love Inspiration
Advanced Usui Reiki	Level 4	<u>Ishyo</u> : Consolidation & Expansion of Usui Reiki Energies	14 weeks * Suggested min practice 21 days
	Level 5	<u>Kotoko</u> : Energies To Help Ease 'The Healing Crisis'	4 weeks * Suggested min practice 14 days
	Level 6	<u>Rokaito</u> : An Influx Of New Light & Healing	8 weeks * Suggested min practice 3 days
Advanced Usui Reiki Master	Level 7	<u>Usui Blue Thunder</u> : Significant Expansion in Consciousness	3 months * Suggested min practice 3 - 5
	Level 8	<u>Usui Golden Dome</u> : The Flowering Of Pure Consciousness	3 - 6 months * Suggested min practice 3 days
Advanced Usui Reiki Master Teacher	Level 9	<u>Kohito</u> : Expansion & Consolidation Of All Reiki Practices (Including How To Give Attunements)	1 - 3 months * Suggested min practice 30 days
Usui Reiki Gold	Level 10	<u>Diamond Reiki Gold</u> : The Diamond Layer Of Usui Reiki	15 months
	Level 11	<u>Diamond Reiki Gold Infinity</u> : The Ascended Diamond Layer Of Usui Reiki	6 months
	Level 12	<u>Usui Reiki Gold Master+</u> : The Master Plus Level Of Usui Reiki Gold	11 months

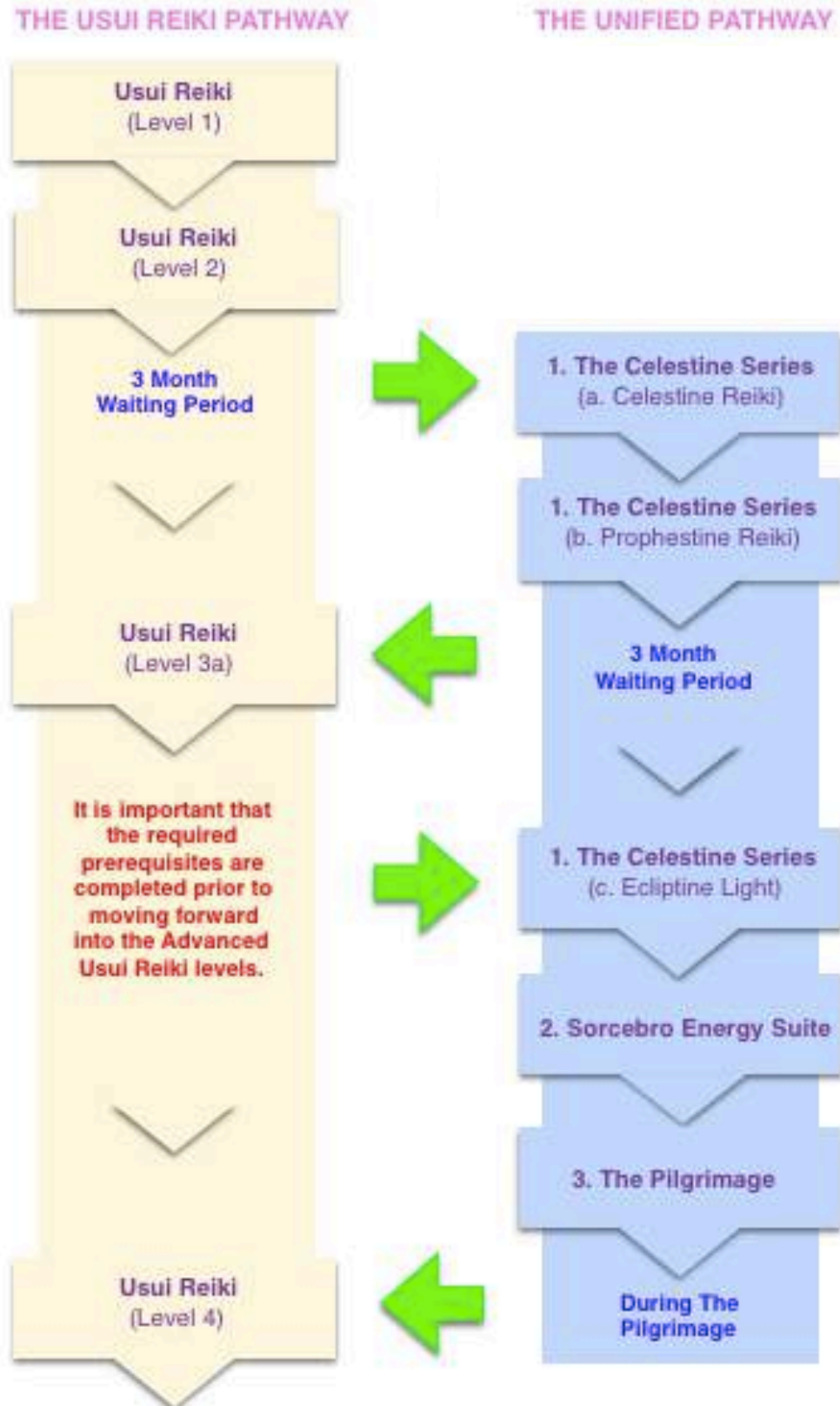
Minimum Timeframes Between Levels 1 - 12 For The Love Inspiration Usui Reiki Healing System

Level 12



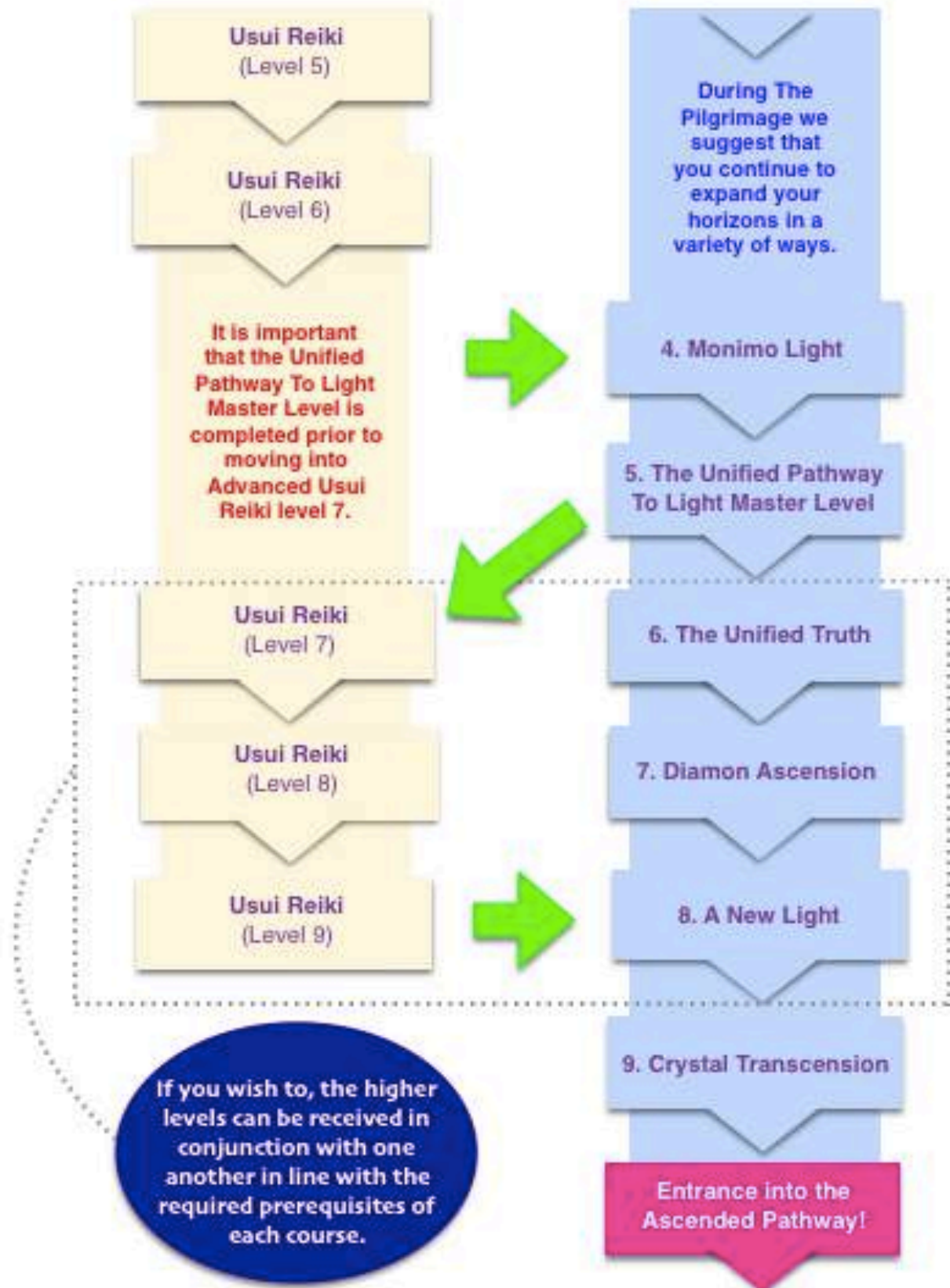
THE QUICKEST USUI REIKI LEARNING PATHWAY

This diagram shows the 'quickest' way to move through the Usui Reiki energies which is by choosing [The Unified Pathway To Light](#) Ascension Pathway. Please note that this is not the ONLY way; it is merely the quickest. It is possible to complete the Usui Reiki energies with the [Pathway To Light](#) Ascension Pathway, it just takes a little longer (and is not shown in this diagram).



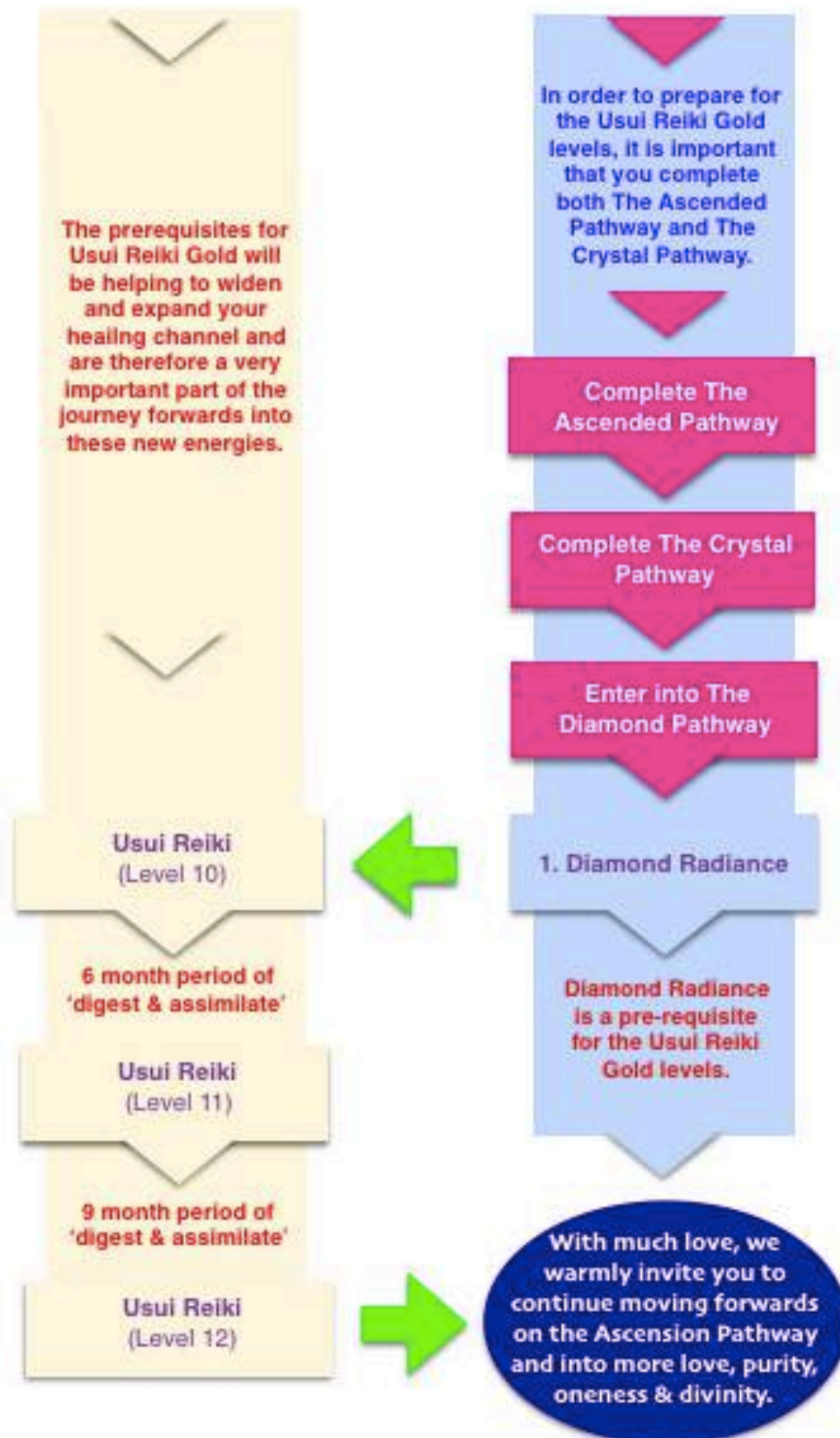
THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)



THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)



Welcome to
Chapter One



Master Teacher
Attunement
Symbols, & Practices



Love Inspiration

Learn • Heal • Awaken

ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO : CHAPTER ONE



Welcome To Chapter One!
Receiving Your Attunement, Symbols & Practices

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1. INTRODUCING CHAPTER ONE & THE MASTER TEACHER SYMBOL - KOHITO:

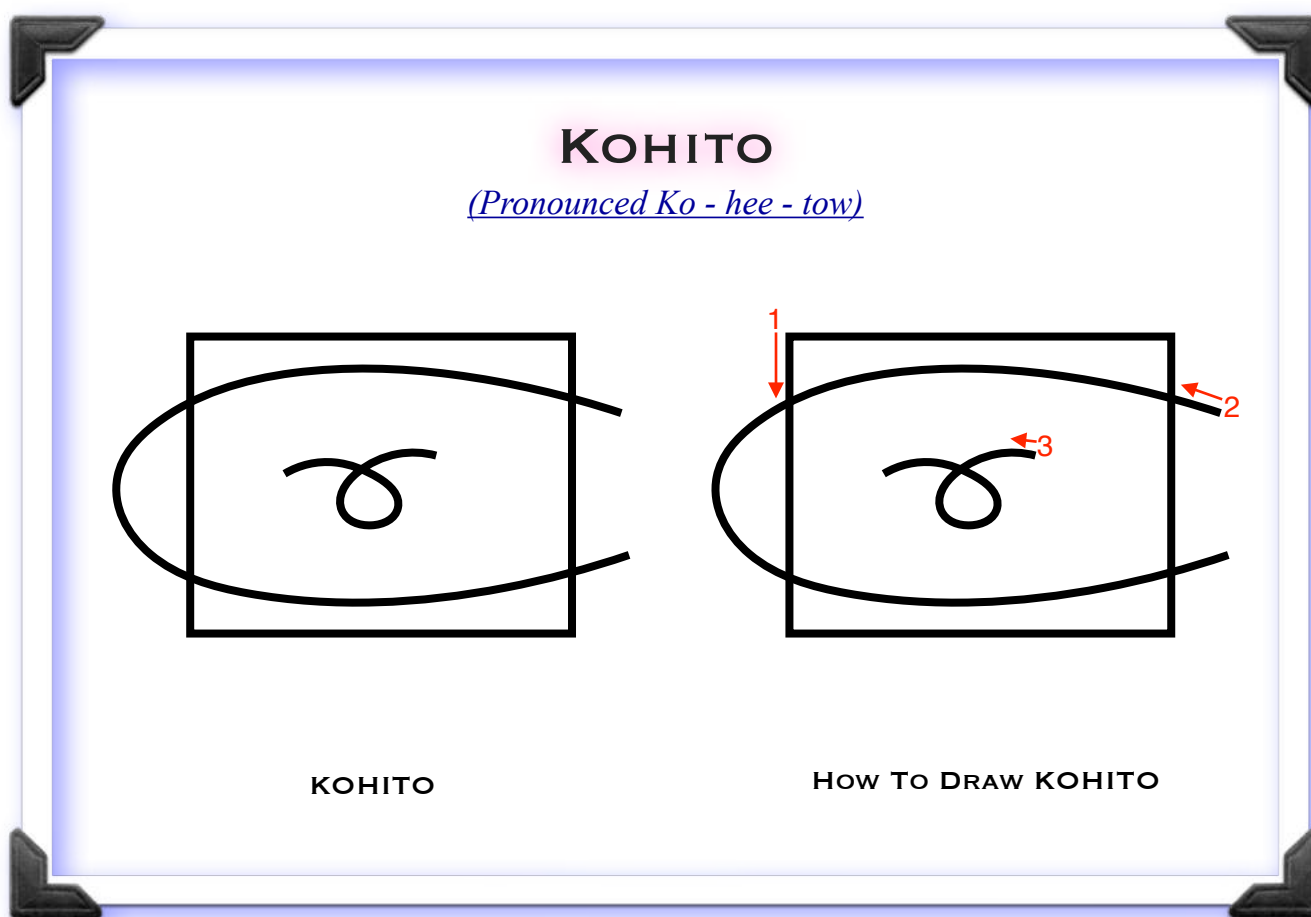
Welcome to Chapter One! It is with much delight that we introduce you to this first half of the ebook, where we will be covering the important Master Teacher symbols, how to receive your attunement and how you can start opening up to the self healing practices. We hope that you will enjoy these new and profound energies and may they bring much love, light and healing into your life!



To begin with, we are going to start by introducing the Master Teacher symbol Kohito.

Throughout this Master Teacher Level, we will be introducing you to a number of new energies and symbols which will help you to purify and heal at a very deep level. However the first of these symbols - Kohito, can be thought of as the main Advanced Usui Reiki Master Teacher symbol.

The symbol Kohito is drawn below:



As explained by The Collective, the Kohito symbol encompasses all of the Reiki energies (from Levels 1 - 9) and can therefore be used to administer all of the Usui Reiki & Advanced Usui Reiki energies in perfect accordance with what the recipient is needing at any given time.

ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO

This incredible Master Teacher symbol is also the symbol that you will be using to activate attunements for all levels of the Usui Reiki & Advanced Usui Reiki energies, should you wish to.

Again, this is made possible by the fact that *the Kohito symbol embodies and encapsulates all of the Usui Reiki & Advanced Usui Reiki energies* received thus far through Levels 1 - 9.

As The Collective explained, the name Kohito can be translated to mean **"Master or Holder of Great Wisdom"** and it is with much love and light that we now pass on these wonderfully expansive energies to you as an Advanced Usui Reiki Master Teacher!

Here is the information received from The Collective introducing the Kohito symbol:



“Kohito embodies all the symbols and energies from Levels 1 - 9. It can be used to attune all levels of Usui Reiki 1 - 9. It can also be used as a Master Healing symbol at this level to bring through all aspects of the Usui Reiki Levels 1 - 9. When used, it will generate the correct proportions of each symbol and/or energy in order to give the recipient the exact healing required.”

We will be using the symbol Kohito further on in the self healing practices where we will essentially be opening up to these Kohito energies in what is a very simple process that The Collective have aptly called 'The Kohito Expansion'.

The 30 day period of self healing practices are a very important part of your energetic growth and development and will also help you to release a range of deeply engrained healing issues from within as you move towards a higher vibration of love & light.

We will be covering this in more detail as we move into the self healing practices a little further down but for now, please know that the Kohito energies help you to call on all of the Level 1 - 9 Reiki energies in what is a very simple and easy healing practice.



2. A DEEPENING OF THE KOTOKO ENERGIES - KOTOKO-SHI:

Having introduced the Kohito symbol (a.k.a the Advanced Usui Reiki Master Teacher symbol), let us now introduce another very important Master symbol which was brought through from The Collective in order to help clear away and release energetic impurities at a faster or more accelerated rate.



We feel that it is important to introduce this new symbol here at the beginning of this course due to the nature of the healing energies, i.e. because the symbol can help you to clear away many impurities more easily.

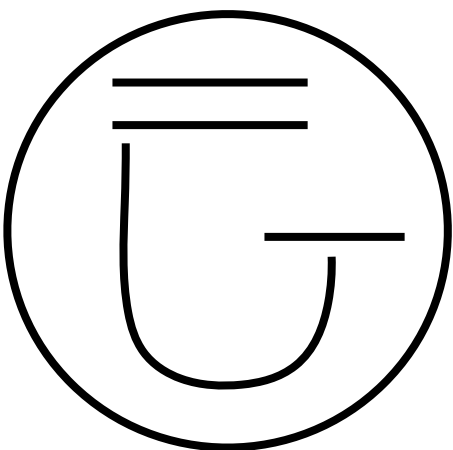
As the Collective explained, the healing being done through the Advanced Usui Reiki Master Teacher self healing practices will help to expand and transform your consciousness in such a way that you may experience a range of 'growing pains'. As such, these Kotoko-Shi energies can now become a very valuable addition to your self healing practice as they will help you to release many kinds of impurities or imbalances at a more accelerated pace, hopefully helping with these growing pains!

We are therefore very grateful to The Collective for allowing these new energies to be accessible for this world to benefit from!

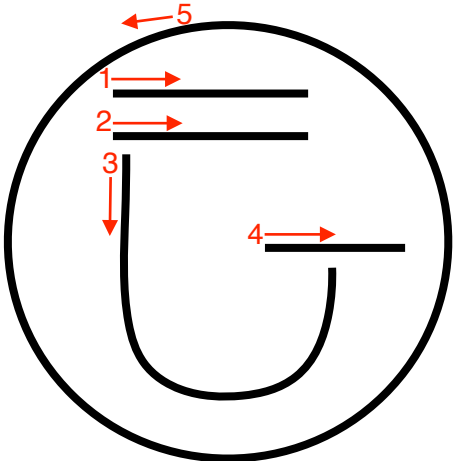
The symbol Kotoko-Shi is drawn below:

KOTOKO-SHI

(Pronounced Ko - tow - ko - Shee)



KOTOKO-SHI



HOW TO DRAW KOTOKO-SHI



To help deepen the understanding about how to use the Kotoko-Shi symbol, let us now share the information that came through as these new energetic frequencies were downloaded.

The Kotoko-Shi symbol is “for those experiencing or undergoing strong purification” and it:

- ♥ Speeds up purification coming out of the body. Fast purging.
- ♥ Dispels emotions coming out i.e. speeds them up when coming out
- ♥ Should always be used in the Heart Chakra
- ♥ Is complementary to all other practices/ energies
- ♥ Is best used in conjunction with the Usui Reiki energies
- ♥ Has Hon-Sha-Ze-Sho-Nen as its 'backbone' so can be used through time and space also
- ♥ Should be practiced 1 - 3 times per day for 5+ minutes each time. Then it is ready to use on others. *(Please note this practice has been included in the self-healing section).*
- ♥ Is great for people / places / countries experiencing a large amount of suffering e.g. grief, trauma, catastrophes etc.
- ♥ Can be sent to one or many people
- ♥ Can also be sent backwards and forwards in time

In addition to this information, Gerry also received the understanding that when '-Shi' is added to the end of a symbol name, it indicates that the energies of that symbol have now been strengthened or enveloped by another dimensional frequency.

For example, if the Kotoko symbol was vibrating at a third dimension frequency, the '-Shi' would then take this to a fourth dimensional healing frequency.



Kotoko: Third Dimension Frequency
Kotoko-Shi: Fourth Dimension Frequency



We will be working with the Kotoko-Shi symbol further on in the self healing practices and as you practice with and open up to these new energies, you will very likely be able to feel a difference in the frequencies of symbols with the '-Shi' added. For Kotoko, these added '-Shi' energies really do seem to bring a new strength and vastness to the original symbol!

We understand that this information may also be best digested after you have connected with the symbol's energies over a period of time so please feel free to re-visit this section again when completing your self healing practices. For now though, before we get into the self healing practices, we invite you to receive the Advanced Usui Reiki Master Teacher Level attunement. And we look forward to explaining more about the self healing practices after you have opened up to receiving these beautiful Master Teacher energies!

3. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

Welcome to the Master Teacher Attunement! The Advanced Usui Reiki Master Teacher attunement will be unlocking and opening up your energy field to a variety of new energies which will be then assimilated during the self healing practices. We offer you this beautiful attunement here with much love & light and we truly hope that you will enjoy receiving these energies for the absolute and ultimate benefit of all!

NOTE: Before receiving your attunement, please ensure that you have activated (unlocked) the Advanced Usui Reiki Master Teacher Level 9 energies and attunement prior to commencing.

The activation / unlocking process is a simple 5 minute process which unlocks the energies & attunement and gives you access to them. Once you have unlocked the energies, this means that all the Advanced Usui Reiki Master Teacher Level 9 energies and the Level 9 attunement have been activated specifically for you. You are therefore then ready to continue your Advanced Usui Reiki Master Teacher journey by working through this ebook, at your own pace and receiving the energies as you feel guided.

If you have not yet activated / unlocked the Advanced Usui Reiki Master Teacher Level 9 energies for yourself, you may do this by following the instructions on Page IV of this ebook.



Please be sure to have a quick read through the instructions here to re-acquaint yourself with the attunement process and when you feel ready to receive your attunement, please be sure to open up, relax and receive these beautiful energies with love, gratitude and for the benefit of all! We hope you have a wonderful attunement!

■ 1. Preparation:

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 20 minutes. Perhaps you wish to play some soothing or relaxing music, light some candles or burn some incense to create a nice ambience.

■ 2. Invoke the Level 9 attunement:

Invoke the Level 9 attunement by placing the hands together, fingertips touching in prayer position whilst saying the following:



“With my deepest love & gratitude, I open up to receiving the attunement for the Advanced Usui Reiki Master Teacher Level. May this collection of beautiful healing energies help me and all others to move closer towards love, light & oneness so that all beings may be liberated. Thankyou, thankyou, thankyou.”

Now your attunement will commence and will take around 10 - 15 minutes to finish so please allow for around 20 minutes or so.

Again, you may wish to either time yourself here or simply wait until you feel the energy drop off a little bit. (Please note that everyone's attunement time may be slightly different so always trust your intuition and use as much time as you need).

The energy tends to build over the attunement period with the energy at the end of the attunement being much stronger, so if you don't feel anything at the beginning, don't worry – it is still working!



■ 3. Closing the attunement:

As always, it is good practice to close our attunement with love and gratitude. You may wish to say something like:



**"With my deepest love and gratitude, I offer my thanks for receiving these Advanced Usui Reiki Master Teacher energies. May you continue to help us all progress forwards on our divine pathway towards infinite love, light & purity and may all beings find happiness, freedom and liberation!
Thankyou, Thankyou, Thankyou."**



*You have now completed your
Level 9 attunement!
Congratulations!*



4. INTRODUCING THE KOHITO EXPANSION:

As we've mentioned previously, the main self healing practices being done at this level involve calling on The Kohito Expansion. The self healing practices alone will help to bring an *enormous* amount of healing, purification and expansion into your consciousness over what is a very intensive and significant 30 day period.

The practices for The Kohito Expansion are very simple, taking around 10 - 12 minutes to complete. As you introduce these Kohito frequencies into each of your chakras, you will be guided towards a **series of energetic expansions** and inner transformations taking place from within.

And as you continue doing this practice, you will also be guided towards a beautiful blossoming of your Soul Star Chakra - a place where you can open up to a new understanding of 'Higher Consciousness' for the benefit of all!

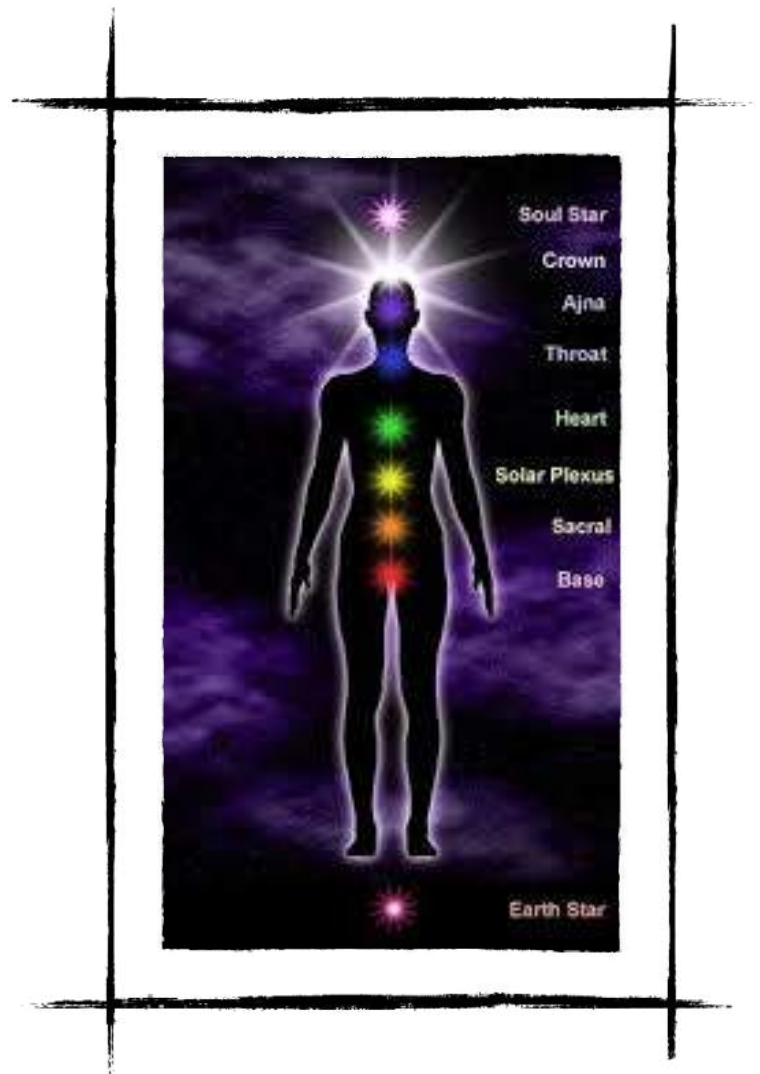
For those of you who are perhaps unfamiliar with the Soul Star Chakra, this chakra is located around 60cm above the top of your head. It is said to be the catalyst for heightening our relationship with the cosmos or 'God' and can also help to bring much new understanding and new perspective into our life.

We have been sure to include some additional information about the Soul Star Chakra on our healing FAQ's webpage so for more information please check out our [FAQ Page - Are There More Than Seven Chakras?](#)



Once you have completed your 30 days of self healing practice with The Kohito Expansion, you will then be able to share these beautiful and uplifting healing energies with others, both in a healing others capacity and in an attuning capacity. Wonderful!

With love & light, let us now we share the information that was received from The Collective as they explain a little more about the Kohito energies and how to do your self healing practices with The Kohito Expansion:



“The Kohito Expansion is a 10 - 12 minute healing tool that can be used as self-healing and as healing for others either on its own or during a healing session.



- Place the symbol Kohito into each chakra (starting at the Base Chakra) for approximately 1 minute each
- Place the symbol Kohito into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes

The Kohito symbol is best used in this way as a full body and balanced treatment system rather than just on specific areas of the body. The Kohito expansion should be practiced on the self for 30 days following the attunement before any attunements take place. (*I.e. prior to sharing these healing energies or attunements with others*). This is in everyone's best interests as your body will take time to assimilate and 'charge' the Kohito energies within you.

The Usui Reiki Healing system has been brought through to your earth in accordance with the higher energy structures.

It is here to help one and all to raise in vibration and to therefore benefit the collective consciousness; to move closer to purity, one-ness and light.

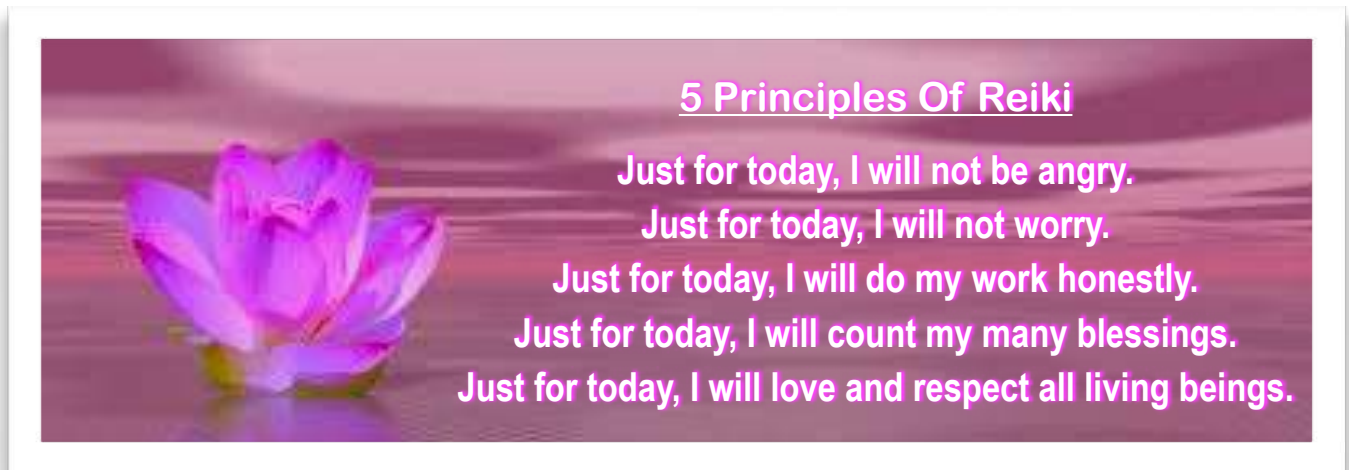


Dr Mikao Usui and 'The Collective' would therefore like to ask, that as an Advanced Usui Reiki Master Teacher, you uphold these values and pass on the Usui Reiki teachings with this wisdom.”

A Side Note on *‘Upholding These Values and Passing on the Usui Reiki Teachings with This Wisdom’*:

We would like to elaborate a little more about the idea of ‘upholding these values and passing on the Usui Reiki teachings with this wisdom’ as the message from The Collective above explains.

Having now been through the Usui Reiki teachings, you will no doubt remember the 5 Reiki principles which help to act as a moral foundation for the original Usui Reiki teachings. Some Reiki Masters have also suggested that there were in fact many more Reiki principles included as part of the original teachings from Dr Mikao.



As part of Love Inspiration’s own Usui Reiki teachings, we would simply like to emphasise the idea that the Reiki principles can help to provide us with a very simple set of moral guidelines or foundations that can then help us to live a happy & loving life.

And given that we are now expanding into this new dimension of higher frequencies through this Advanced Usui Reiki Master Teacher Level, we feel that this is also a good time to introduce you to another more expansive set of moral foundations, known as The Eleven Maitri Precepts (or The Eleven Maitri Principles).

These Eleven Maitri Precepts can be thought of in the same way as the original Reiki principles in that they can be used to establish a very high set of moral foundations or principles of loving kindness that can help us live our life in a more loving, positive and kind way.

The Eleven Maitri Precepts have been brought through to this world by a very highly accomplished spiritual master by the name of [Mahasambodhi Dharmasangha](#) and by opening up to these precepts, it can also help us to bring an immeasurable amount of healing & purification into our life.

When reading through these eleven precepts, please read the word ‘Guru’ as ‘Pure Essence’ or ‘Divine Essence’ or whatever feels right for you (as this can sometimes be a point of confusion).

Should you feel that these principles resonate with you, you can choose to adopt these into your own life as a way of aspiring towards a higher standard of applying loving kindness in your life.

The Eleven Maitri Precepts (Ethics Of Loving Kindness)

- 1. Never discriminate on the basis of name, gender, appearance, complexion, class, belief, community, power, position or qualification. Even discard differentiating between the concepts of material and spiritual.**
- 2. Having become acquainted with the eternal Dharma, the path and the Guru, respect all religions and beliefs.**
- 3. Forsake lying, arguing, blaming, belittling, making accusations and spreading falsehood through baseless gossip.**
- 4. Throughout life, always renounce negative actions by following the Guru path. Always be dissolved in the Guru essence.**
- 5. Forsake philosophies or ways that make boundaries and divisiveness. Take up the perfect path.**
- 6. Not having reached enlightenment oneself, do not seek to prove what it is with clever words. Whilst still in confusion do not make others confused.**
- 7. Renounce such demonic conduct as killing sentient beings and violence. Consume pure nourishment only.**
- 8. Do not hold narrow minded opinions about people and countries on the basis of national identity.**
- 9. By following the perfect Guru path, perform actions that benefit the whole world as well as yourself.**
- 10. When one realises the truth the perfect Guru path takes form. Achieve enlightenment for the benefit of all beings.**
- 11. Staying in the highest and deepest state of heart & mind, assimilate these precepts within the self and be free from all bondage.**

5. COMPLETING 30 DAYS OF SELF HEALING:

After reading the introduction to The Kohito Expansion, you can see that it is a wonderfully simple practice and here in the self-healing section, we will be opening up to it's divine energies for a period of 30 days.

** As an important side note, we would like to reiterate that it is paramount that these self healing practices be completed *prior* to sharing these healing energies or attunements with others.

As Marty and Gerry themselves went about completing these self healing practices, they both experienced a range of very deep healing from within in what was a series of rather large healing crises so with this, we would again like to highly recommend that you use the new deeply healing energies of Kotoko-Shi in your self healing practice at the start and end of your Kohito Expansion. (We have included this in the daily practice outlines as a reminder).

Throughout the thirty days of self healing practices, Marty and Gerry also received a range of additional information and new symbols. This information was brought through over a number of different stages and it helped to explain what was happening energetically during the 30 day period of energetic expansion. In the interests of helping you understand the deeper aspects of these practices, we have been sure to also include this information.

As we understand it, The Kohito Expansion will be helping to unlock and transform your energies over a number of different stages or growth phases. At each of these growth stages, there will be a few additional self healing practices & new symbols being introduced along the way. These additional practices & symbols are indeed very necessary and will help your energy field to adjust to higher and more harmonious frequencies so that you can reach the Advanced Usui Reiki Master Teacher frequency!

Below, we will begin to outline what will be required from you during these next 30 days of self healing practice. Please read through this section prior to starting out on the practices so that you are familiar with what to do before you begin.



*We hope you enjoy your energetic awakening
that occurs during this next month!*



ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO

Here is a quick overview of the various stages of energetic transformation occurring over the 30 day self healing practice with The Kohito Expansion:

Overview Of The 30-Day Self Healing Practices With The Kohito Expansion		
Days	Growth Stage	Additional Information
1 - 4	The Kohito Expansion	-
5 - 7	The Kohito Amalgam	-
8 - 12	Extension	From day 8 you can start using the Kohito-Shi symbol
13 - 18	Synthesising	Day 14: Manifestation of Fire Serpent Energies
19 - 21	Releasing	Day 19: Attunement required for Sarpagini Flux
22 - 25	Resurrection	-
26 - 29	Conclusion	-
30	A New Beginning	-



The Collective have suggested that The Kohito Expansion is best completed 2 - 3 times per day i.e. a minimum of once in the morning and once at night (or as you feel guided).



Please again note that the healing being done through this thirty day self healing practice period may be rather significant so we again wish to re-iterate that you listen to your body during this time and please always be loving and kind with yourself!

For Marty and Gerry, there were also some very difficult and challenging emotions being brought to the surface during this time so please don't be surprised if the universe starts to 'push your buttons' as it assists with you with this deep healing & transformation process.

It can also be beneficial to be mindful of any re-occurring themes that are being brought to the surface during this time as this can be indicative of a deep inner wound or issue that is in need of healing.

As always, the universe will always be very kind to you in that it will keep bringing this same issue into your life until you have learnt what you need in order to move forwards and upwards into more love & light!



With mindfulness and with the assistance of these divinely guided energies, we are sure that you will find the right antidote and release these older energies from your being as you walk towards the light!

Let us now cover the various stages of growth here one by one with an outline of the self healing practices that are required at each stage.

➤ THE KOHITO EXPANSION (DAYS 1 - 4)

Self Healing Practice (Days 1 - 4)



Repeat the following Self Healing Practices twice per day on each of days 1-4

1. Set your intention (including 'reducing any healing crises' with Kotoko if you are using this symbol)
2. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
3. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes
4. Place the symbol **Kohito** into each of the seven chakras (starting at the Base Chakra) for approximately 1 minute each.
5. Place the symbol **Kohito** into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes
6. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
7. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes
8. Give thanks

Approximate minimum time 20+ minutes

A Refresher:

Kotoko

"This is the symbol that helps us to rejuvenate after healing has taken place. It helps to lesson any effects of past-trauma healing and can be beneficial for those suffering a 'healing crisis' or used to help prevent such a healing crisis in the first case."



Additional Information about Kotoko-Shi Symbol practices:

When the Kotoko-Shi symbol was received, The Collective recommended that these energies be practiced with for a minimum of 3 consecutive days. On each of these 3 days they suggested that the Kotoko-Shi symbol should be placed into the Heart Chakra for a minimum of 5 minutes and that this process should be completed 1 - 3 times per day.

Therefore, as part of these 30 days of self healing practices, we have included Kotoko-Shi on days 1 - 4 (in order to cover the minimum practice required) and then from days 5 onwards it becomes optional.

After day 5 therefore, you may wish to use Kotoko and / or Kotoko-Shi (or neither) as you wish. We would of course recommend that you continue to work with **both** symbols during the self healing practices in order to gain as much exposure as possible, however as always, we ask you to trust your intuition and go with what works best for you.

It is indeed true that both of these symbols do vibrate at different healing frequencies so for many of you, you might wish to have a play around with each of these energies to see what works best for you in your healing practices.

Whatever you decide, we would humbly suggest here that you at least complete the minimum of 3 days of self healing practices with the Kotoko-Shi energies (at an absolute minimum).

A Refresher:

Kotoko-Shi

The Kotoko-Shi symbol is "for those experiencing or undergoing strong purification" and it:

- * Speeds up purification coming out of the body. Fast purging.
- * Dispels emotions coming out.
- * Should always be used in the Heart Chakra



Additional Insights About Days 1 - 4:

As Marty and Gerry themselves started to connect with these Kohito energies in the first four days, they felt guided towards additional insights and perspectives into their own life journeys. In particular, they started to experience an expanded understanding about their 'spiritual pathway' as they reconnected with the pure *simplicity* of it all.

For example up until this point, their time and energies had been mainly focusing on developing and sharing a series of energy based healing systems through Love Inspiration for the benefit of all.

It was during this first phase then (days 1 - 4), that they realised that their entire pathway could be expressed very simply as 'doing good things'.

For Gerry, this was a realisation that came to her in a personal meditation during this first four days of The Kohito Expansion. At this time, she had set the intention, as always, to help all beings to be free and liberated from all suffering however she asked her Guides on this occasion, how she could speed up this process. The answer that she received was "do good things" and with this utter simplicity, she gained the understanding that this can be done in whatever way that you wish to!

It is the idea that above all, we can choose to do whatever we love in our life and then share this radiant gift with others. As a result, we can move towards more happiness, love & joy in our life and help others to do the same. In other words, we can simply 'do good things' for others whilst being sure to satisfy our own joyful aspirations as well. What a wonderful way to approach life!

This of course comes with the notion of not being attached to any particular outcome but rather just doing something you love in each and every moment. Sharing your divine gifts with others to help bring more light, joy & happiness into their life. Thus we are able to accumulate karmic merit whilst at the same time, enjoying our expression of creativity & gifts as we express and share our love vibration with others.



In addition to this very simple understanding, Marty and Gerry also received some more information at this time from their Spiritual Guides. At this level of learning, they were told that it was important for them to continue doing a regular set of '*light practices*'.

For Marty and Gerry, this included a variety of prayers, meditation and mantra recitation work in conjunction with a continual opening up and surrender to the Infinite Creator and the Divine Cosmos. They also worked with the immense blessings of their Spiritual Teacher as well as working with a variety of other self healing practices such as this Usui Reiki healing system.

For you, your 'light practices' may include anything along these lines that feels right for you. For some, you may already be doing some of these practices, whilst for others there may be new practices arising. Some may simply involve a connection with these Usui Reiki energies. You may also be using these various healing energies to share with others and again, what a beautiful way to help others and 'do good things' in your life!

However you choose to move forwards towards this new light, please know that this is a time of expanding your perspective for the benefit of all.

do
good
things!

➤ THE KOHITO AMALGAM (DAYS 5 - 7)

Self Healing Practice (Days 5 -7)



Repeat the following Self Healing Practices twice per day on each of days 5-7

1. Set your intention (including 'reducing any healing crises' with Kotoko if you are using this symbol)
2. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
3. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
4. Place the symbol **Kohito** into each of the seven chakras (starting at the Base Chakra) for approximately 1 minute each.
5. Place the symbol **Kohito** into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes
6. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
7. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
8. Give thanks

Approximate minimum time 10+ minutes

The Kohito Amalgam:

As we've just described, Marty and Gerry's first four days with The Kohito Expansion helped to guide them towards an expanded perspective in life through what was a very subtle changing of perspective.

During these next three days then, they were told that the energies were now starting to merge and melt together in what The Collective referred to as '*The Kohito Amalgam*'. In other words, the energies of The Kohito Expansion are 'amalgamating' together so that our (now expanded) energy centres now start to merge together.

Please don't worry if this doesn't make much sense to you right now. Marty and Gerry were also told here that it is not important to understand the inner processes happening here but rather that you know that there is indeed much energetic transformation happening within!

We also wish to reiterate here that the healing taking place at each of these phases is always being divinely guided. These energies will always be helping you move towards a higher and more ascended state of being, in your own way!

Perhaps you did not feel the same subtle perspective shift during the first phase as Marty and Gerry did? Perhaps you are not feeling the amalgamation of the energy centres taking place here? This is not so important!

The most important point is that these Kohito energies will be helping *you* to heal and expand in *your own way* in line with *your own karmic circumstances* and in accordance with *your own deepest aspirations*.

We therefore suggest that you simply set your intentions clearly and with love and continue doing these daily practices with much love & light in your heart. And enjoy the transformation that is taking place!



Understanding The Ego & Attachments:

During The Kohito Amalgam growth phase, Marty and Gerry realised that as we progress further on our spiritual pathway (i.e. as we delve deeper into our emotional being), we can begin to realise the complex system of 'wound cover' that our ego has woven into our energy system.

For example, all of the things that are at the very root of our suffering, all of our deepest pains and hurts; our ego has found a way to very cleverly cover them up so that they will never be uncovered or healed. And thus the ego stays in 'control'.

The most effective way it 'cleverly covers things up' is through 'attachment'.



The things that we are *most* attached to, almost always cover our own *deepest* wounds and insecurities. And what better way for our ego to 'hide' these than to bury them underneath the things that we are most unlikely to ever let go of - our deepest attachments!

As your healing pathway deepens, you will likely find that you are no longer able to have all your 'buttons' pressed by simple everyday life. For example, those things that might have made you angry or sad in the past are becoming less and less frequent due to your spiritual growth and vibrational uplift.

At this level of healing (for for Marty and Gerry) they were being asked to uncover a deeper layer of wounds by releasing some of their deepest attachments. And for Gerry, this came in the form of her attachment to her hair. This was an attachment she simply could not or would not release. Her egoic mind tricked her for a long time telling her that of course she could live out without it. Shaving it off? No problem!

But when it actually came time to release this attachment and shave her head (on day 6 of the Kohito Expansion), it uncovered a whole plethora of wounds to be healed!

Shame, grief, self hatred, inner anger, more shame, more anger, more grief. The process was long and deep but it lead Gerry to a new place of light. It allowed her to release the inner self hate and shame about how she felt she looked. These were profound steps forwards for her.

This is the path of the Kohito Expansion!

As our energies unfold further and further through this new Kohito light and the beautiful expansion that it brings, we become more and more ready to release and heal - and to help others do the same. This is an especially important point for this Master Teacher Level. *First, we must experience our own healing and healing issues before we can manifest the compassion and understanding to help others.*



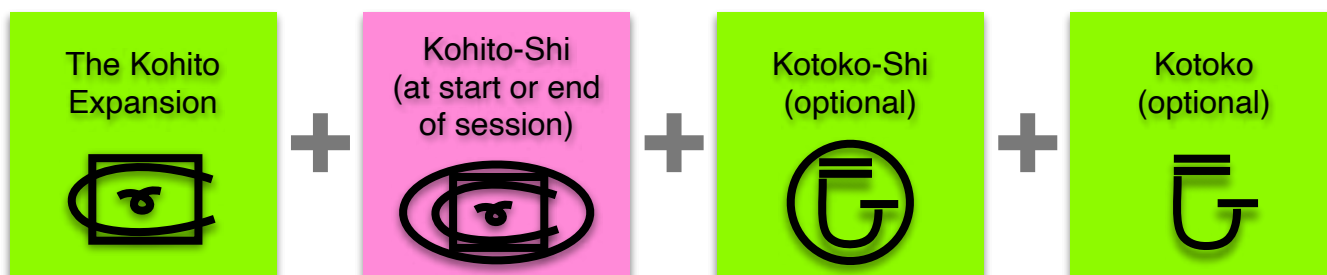
During this next few days and weeks then, we would like to challenge you to further your own healing pathway for the benefit for all by delving into understanding what attachments you may have formed in this life. Is it your hair, money, car, house, family, partner, food, an addiction, a belief or more trivial everyday things like your iPhone or social media?

Try setting your intention throughout this time to release these attachments and ask the Universe for help! Although this is not an easy layer to delve into, the rewards for both yourself and for humanity as a whole are quite undefinably remarkable.



➤ EXTENSION (DAYS 8 - 12)

Self Healing Practice (Days 8 -12)



Repeat the following Self Healing Practices twice per day on each of days 8-12

1. Set your intention (including 'reducing any healing crises' with Kotoko if you are using this symbol)
2. Draw the symbol **Kohito-Shi** in front of the body and allow it to go to where it is needed (length of time is up to you) *[or you can do this alternatively after step 8, before giving thanks. Or at both steps if you wish!]*
3. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
4. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
5. Place the symbol **Kohito** into each of the seven chakras (starting at the Base Chakra) for approximately 1 minute each.
6. Place the symbol **Kohito** into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes
7. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
8. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
9. Give thanks

Approximate minimum time 11+ minutes

Additional Information about the Kohito-Shi Symbol:

On Day 8 of their self healing practices, The Collective brought through to Marty and Gerry an additional symbol, Kohito-Shi, which “helps to eliminate destruction from within”.

As explained by The Collective, we can now use this symbol from day 8 onwards to help heal some of the destructive energies that our ego has implanted within our consciousness as we are again guided towards a new layer of love, light & purity.

Here is the information, provided by The Collective which introduces this new Kohito-Shi symbol:



“The destruction referred to here is the inner destruction or the inner self destruction processes that we go through, or that we manifest in order to cover our own feelings of incompleteness or imperfection. This master symbol can be used to heal at a deep root cause level by eliminating the destructive sequences or patterns that the ego has implanted.

Our own self destructive patterns stem from the ultimate belief in separation. We believe we are separate at the infinite level and this causes us to believe that we are broken, imperfect and/or not worthy of love. From this fundamental level, all attachments grow. We try to heal our pain through ego clinging. However this self destructive pattern only brings suffering.

The Kohito-Shi symbol sends energy to the root cause self destructive sequences which allows healing from the root upwards. This process begins the unravelling of the destructive ties that cause us so much pain.

Kohito-shi can be used on the self and on others but can also be used on situations or countries where destruction has taken root. The symbol here works on the general ‘overall’ picture of suffering caused by destruction, by drilling down into each infinitesimal sector of destruction which makes up the collective. In other words, the destruction sequences inside me plus the destruction sequences inside you plus those in others, mount up to external destruction reaching its grubby hands into the collective consciousness.

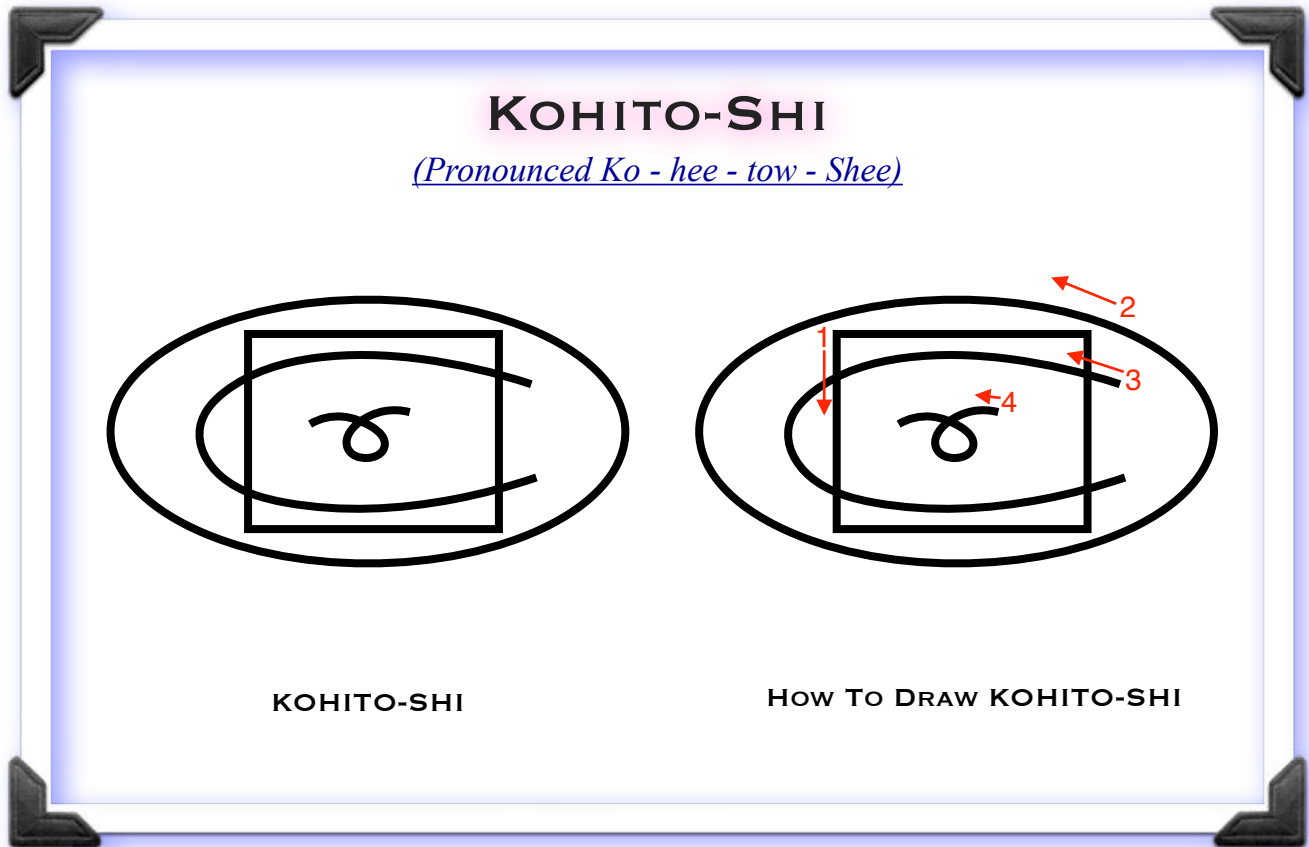
Each piece of healing work that we do to heal these destructive patterns within ourselves helps both directly and indirectly to benefit all. Unlike Kohito (which is used as a general all over tonic in each of the chakras), Kohito-shi only needs to be sent to the overall being and the symbol will then find its way to where it is needed.

This is a very powerful symbol and as always should only be used when permission is granted for healing, either in person or by distance.

From day 8 - you can start using Kohito-Shi on yourself (either once a day or as you feel necessary). Once the symbol has been used a few times, you will know how often you need to use it.

Lastly, please do not expect instantaneous results with Kohito-Shi for at the start of this practice, you are unravelling a lifetime’s worth of destructive patterns! It is a slow and steady process. Be sure to take care of yourself and be guided by your intuition in using this symbol.”

Please find below the symbol Kohito-Shi. Again, similar to Kotoko and Koto-Shi, the Kohito-Shi symbol is simply the Kohito symbol with the circle around the outside, increasing it's powers dimensionally.



The Collective have suggested that we work with this new symbol "either once a day or as you feel necessary" and as such, we have built this new symbol into the Kohito Expansion self healing practices in order to help you connect with these new energies twice a day.

Of course, you are welcome to call on Kohito-Shi in whatever way you wish, however for Marty and Gerry, they simply found it easier to call on the Kohito-Shi energies *either at the beginning or the end (or both)* of their Kohito Expansion practice for as long as they felt necessary.

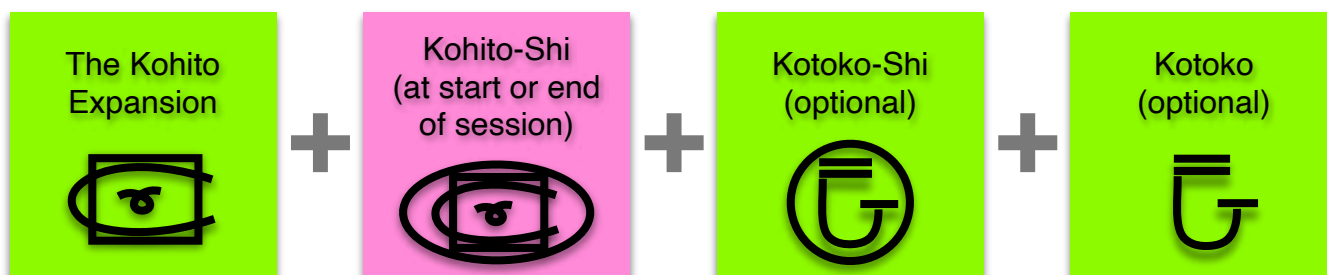
The Kohito-Shi energies are indeed very profound and with time, they will help you to bring more divine assistance to the releasing & healing of deep wounds which lie underneath your attachments.

As Marty and Gerry themselves went through these practices (as well as in the months that followed), they were guided towards releasing some of their most fundamental attachments in this life. An extremely difficult and trying time, but something that helped to bring immeasurable benefit.

Please be mindful of any intuitive feelings as you go about doing these practices and as always, please be sure to honour any divine guidance or intuitive knowing that arises from within you. And finally, let us again re-iterate just how much healing & purification can be done through releasing your deepest and most fundamental attachments. And although this is one of the scariest and unpleasant parts of the spiritual journey, the rewards that are brought into your consciousness are indeed unparalleled!

➤ SYNTHESISING (DAYS 13 - 18)

Self Healing Practice (Days 13-18)



Repeat the following Self Healing Practices twice per day on each of days 13-18

1. Set your intention (including 'reducing any healing crises' with Kotoko if you are using this symbol)
2. Draw the symbol **Kohito-Shi** in front of the body and allow it to go to where it is needed (length of time is up to you) *[or you can do this alternatively after step 8, before giving thanks. Or at both steps if you wish!]*
3. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
4. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
5. Place the symbol **Kohito** into each of the seven chakras (starting at the Base Chakra) for approximately 1 minute each.
6. Place the symbol **Kohito** into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes
7. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
8. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
9. Give thanks

Approximate minimum time 11+ minutes

Introducing The Fire Serpent Energies:

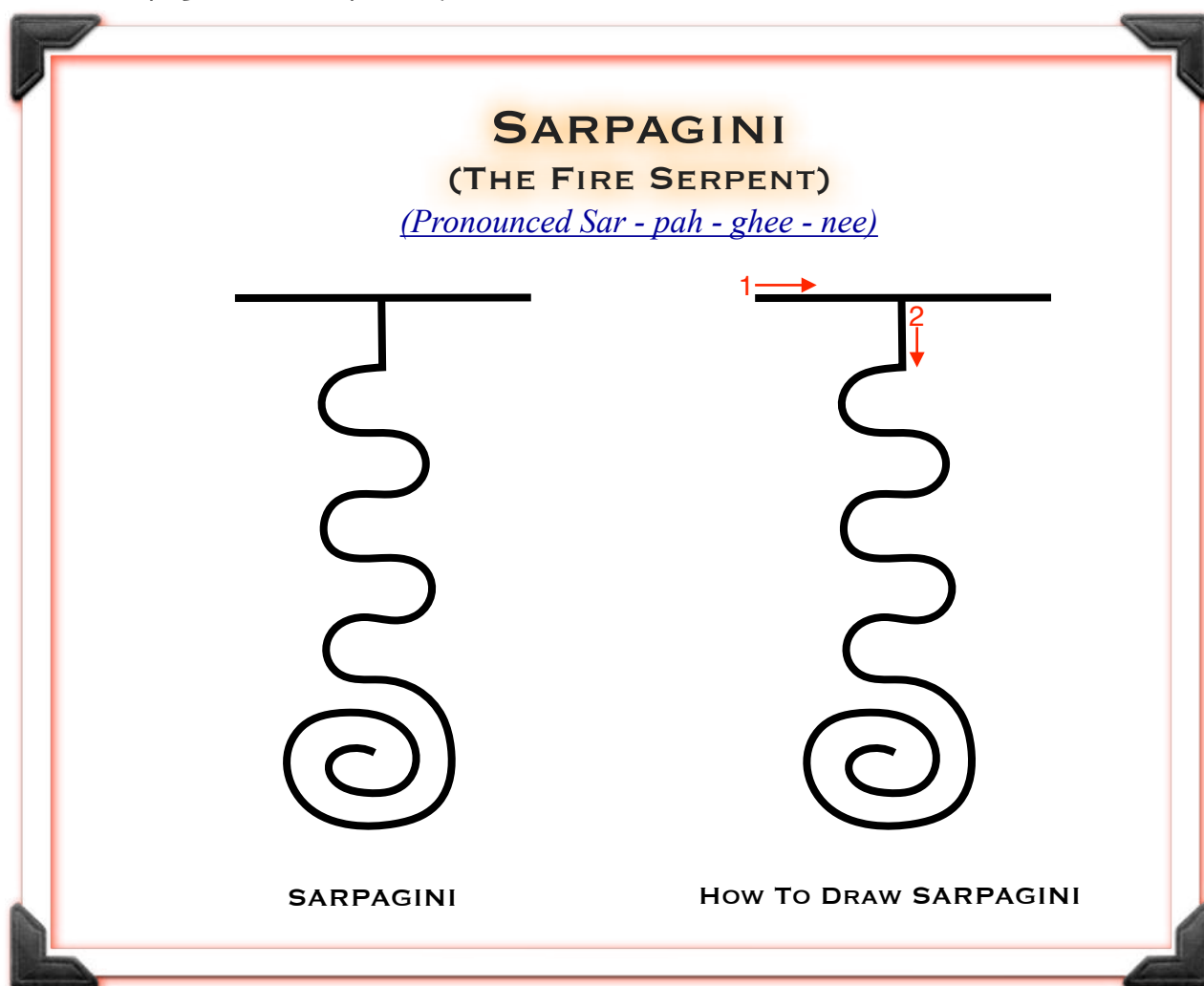
From day 14 - 16, Gerry started to receive a series of 'fire' energies as part of her own personal meditations. As part of this, she was also guided towards learning more about how to work with these energies as she gained an experiential understanding of working with 'The Fire Serpent'.



It was during these three days that Gerry learnt how to use the fire serpent energies throughout her body by bringing them up from her Base Chakra and up throughout her entire body. She was even guided to bring these energies into her breathing to help clear away more impurity.

As these fire energies moved throughout her body, Gerry saw them burning up many different impurities until eventually, the energies emerged from her hands. And it was at this point that she actually saw the Fire Serpent Symbol (also referred to as 'Sarpagini') emerging from the flames in her hands.

We understand here that for those of you who have completed the Usui Reiki Master Teacher training (Level 3b), the Fire Serpent symbol may already be familiar to you. However, for those who haven't received these teachings, please know that for most Reiki lineages, the Fire Serpent symbol is introduced at Level 3b as it plays an important role in giving attunements under the traditional method. The Sarpagini 'Fire Serpent' symbol is drawn below:





To help clarify the basics of the Level 3b teachings about Sarpagini, as we've mentioned above, the Fire Serpent symbol is used to help pass on the Usui Reiki attunements for Levels 1, 2, 3a & 3b using the traditional attunement method.

And whilst there are a few different ways that you can work with this symbol to give a Reiki attunement, it is most commonly used to help open up the recipient's energy system for the Reiki attunement to be received more effectively. There are also said to be some additional uses for The Fire Serpent energies, such as the burning up of impurities, however for Marty and Gerry, they were taught by their Usui Reiki Teacher (who was also a Tibetan Lama) that the Sarpagini symbol should be used for giving attunements only.

Why are these Sarpagini energies important for the Advanced Usui Reiki Master Teacher Level then?

In a nutshell, we would like to introduce you to these energies in the same way that they were presented to us during the Kohito Expansion practices. Please know that *you will not be required to call on the Fire Serpent energies in any way during your self healing practices or for the Advanced Usui Reiki attunement processes.*

In short, we believe that the Sarpagini symbol has been brought through to us here at this point for two main reasons:

1. As an introduction to the expanded energies of the symbol 'Sarpagini Flux' which you will be taking an attunement for on day 19 of your self healing practices. These Fire Serpent energies will be introduced into your consciousness as part of the next section which we will discuss more further down.
2. As an introduction (or refresher) for those who may wish to give the Usui Reiki Level 1, 2 & 3 attunements *in person*. Again, Sarpagini is called on as part of traditional Usui Reiki attunement process to give 'in-person' attunements. Note again that the Advanced Usui Reiki attunement process does not use Sarpagini at all.

As you will be aware, Love Inspiration does not offer a separate Reiki course for the Level 3b attunement techniques & teachings, but instead, offers all of the Usui Reiki & Advanced Usui Reiki attunement techniques here as part of this Level 9 Advanced Usui Reiki Master Teacher Level. As was explained to us:



“For Levels 1 - 3, we suggest that the ability to attune be taught in both ways, offering the traditional attunement process AND the Advanced Master Teacher method. Then it is up to the practitioner to choose what works for them and their recipients.”

Now that you have been introduced to the Sarpagini symbol, you will now be able to give the traditional Reiki attunement, should you wish to. We will be outlining these attunement processes in the later sections, so this information will likely make more sense to you as you continue to progress.

Most importantly, we would like you to know that for anyone completing the Advanced Usui Reiki Master Teacher Level (regardless of whether they have completed Level 3b or not) you will be learning here how to share attunements with others using both the traditional and Advanced methods. Now that we have introduced the Sarpagini symbol, this will help to provide you with the necessary tools so that you can give the traditional Reiki attunement effectively.

➤ RELEASING (DAYS 19 - 21)

Self Healing Practice (Days 19-21)



Repeat the following Self Healing Practices twice per day on each of days 19-21

1. Set your intention (including 'reducing any healing crises' with Kotoko if you are using this symbol)
2. Draw the symbol **Kohito-Shi** in front of the body and allow it to go to where it is needed (length of time is up to you) *[or you can do this alternatively after step 8, before giving thanks. Or at both steps if you wish!]*
3. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
4. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
5. Place the symbol **Kohito** into each of the seven chakras (starting at the Base Chakra) for approximately 1 minute each.
6. Place the symbol **Kohito** into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes
7. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
8. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
9. Give thanks

Approximate minimum time 11+ minutes

Receiving Your Sarpagini Flux Attunement (on Day 19):



As we've discussed in the above section, the Fire Serpent Energies are used to help give attunements to Usui Reiki using the traditional attunement technique (taught in Level 3b). And as Gerry realised during this time, these energies can also be used to help burn away a range of different impurities from within the body.

As part of this phase then, The Collective have deemed it divinely appropriate to bring through a new attunement for you here which will help you to become connected with these Fire Serpent energies.

The energies being brought through here are actually an extension to the original Sarpagini energies and the symbol that you will become attuned to here is given as 'Sarpagini Flux'. Most notably, please know that you will be gaining a very genuine and real connection here to the Fire Serpent energies and this will then help you on your continued Master Teacher journey.

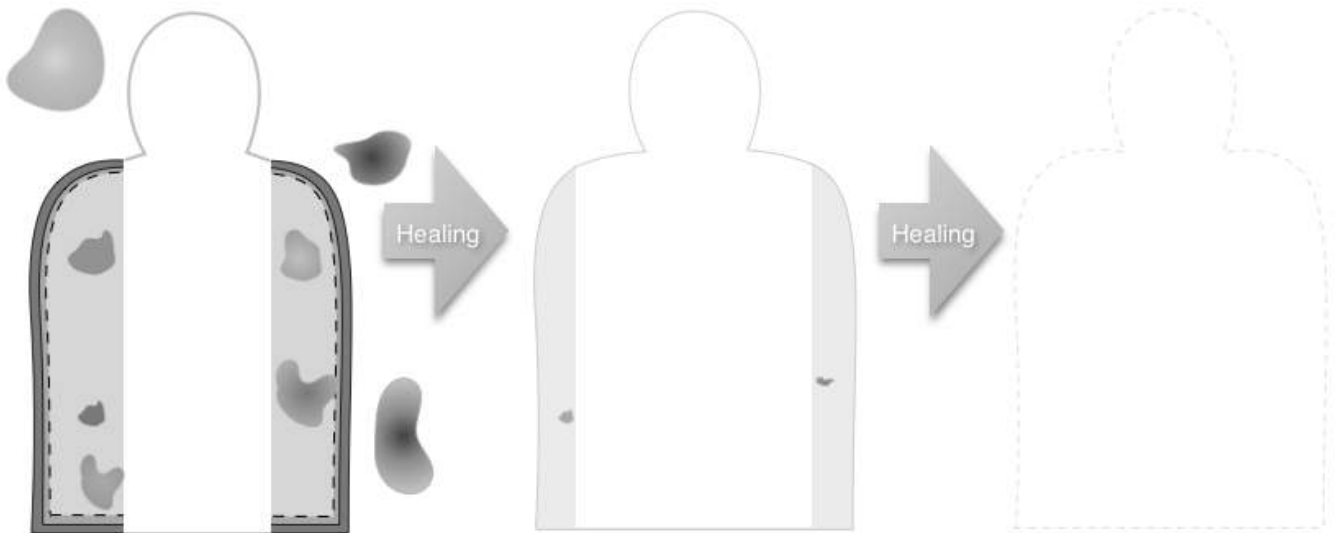


SARPAGINI FLUX
(Pronounced Sar - pah - ghee - nee - Flux)

SARPAGINI FLUX

HOW TO DRAW SARPAGINI FLUX

Stages of Healing / Vibrational Increase

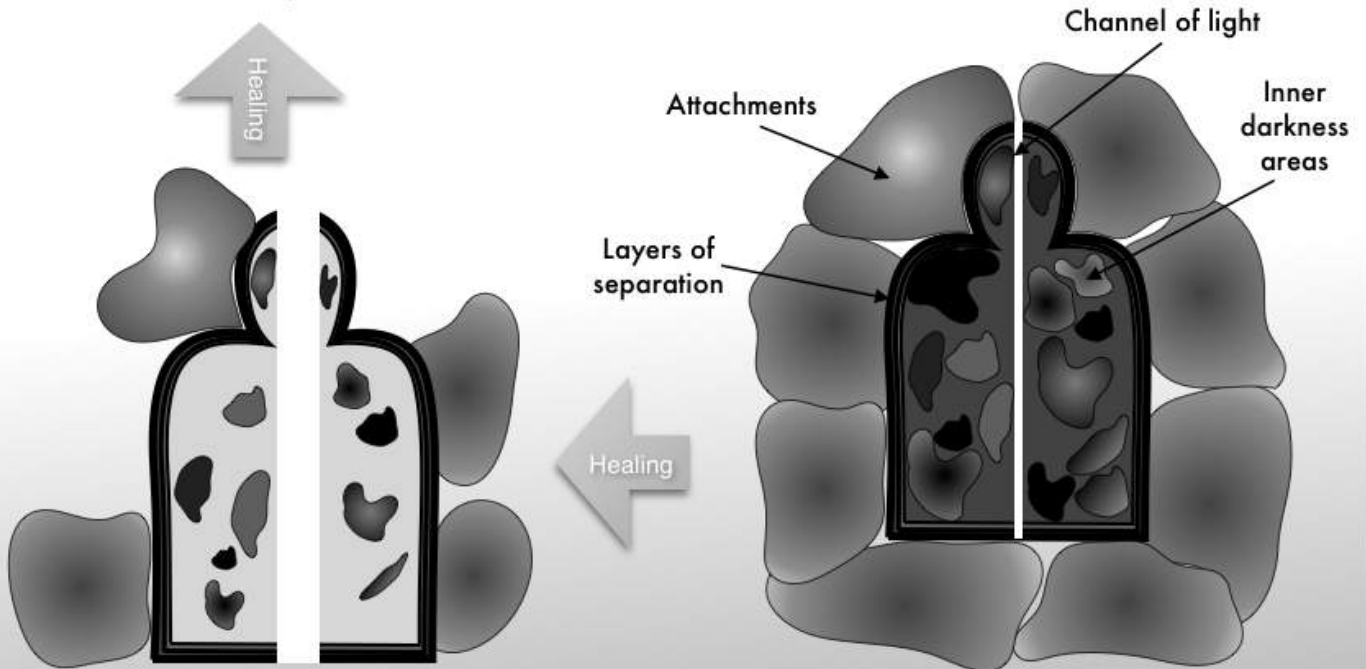


- Very little inner darkness
- Barely any attachments
- Internal layer of separation starts to break down
- Wide channel of light

- Inner darkness almost gone
- No attachments
- Layer of separation very thin
- Very wide channel of light

End

- Inner darkness gone
- No attachments
- No layer of separation
- All light



- Less inner darkness
- Reduced attachments
- Layers of separation around the body
- Wider channel of light

Start

- Inner darkness (pains / suffering)
- External attachments
- Layers of separation around the body
- Narrow channel of light



These Sarpagini Flux energies were received by Gerry from a Higher Consciousness being called 'Master Katsumi' who appeared to be a mentor or guide to Dr Mikao Usui. He described himself as being Japanese, with Indian origins (from India) and who comes from a Tibetan lineage.

[As a side note here, Gerry also felt that there may be some sort of connection between Master Katsumi and Master Kuthumi. Master Kuthumi is best known as one of the Ascended Masters who plays an important role in helping the earth to evolve closer to unconditional love. Master Kuthumi is also the Ascended Master who is said to be responsible for bringing through the Kundalini Reiki teachings through intuitive communications with Mr Ole Gabrielson from Denmark.]

The information received from Master Katsumi was that the Sarpagini Flux attunement will help to provide you with a very necessary 'energetic adjustment' or initiation at this stage of your growth.

We were also told that practice with this symbol is not required although, if you wish to, you may call on its energies as you wish. This is by no means a requirement however for some of you, you may wish to connect with the symbol to get a better feel for the energies being introduced.

Most importantly, this is a one-off energetic attunement which helps to adjust your energetic frequency so that you can more easily move forwards as an Advanced Usui Reiki Master Teacher.

After this attunement, for those of you who haven't received the Level 3b Reiki Master Teacher attunement, you will now be able to pass on traditional Usui Reiki attunements using the Sarpagini symbol i.e. your Sarpagini Flux attunement will be providing you with more than enough access to the 'Fire Serpent' energies which you can call on through 'Sarpagini' (and Sarpagini Flux).



The Attunement:

On **day 19** (at any time) please take the attunement by following along with the instructions below:

■ **1. Preparation:**

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 15 minutes. Perhaps you wish to play some soothing or relaxing music, light some candles or burn some incense to create a nice ambience.

■ **2. Invoke the Sarpagini Flux attunement:**

Invoke the attunement by placing the hands together, fingertips touching in prayer position whilst saying the following:



"With divine love I call upon Master Katsumi and ask please to be attuned to the Sarpagini Flux energies. May these beautiful Fire Serpent energies help me to overcome obstacles and impurities so that I may walk forward to liberating all beings. Thankyou, Thankyou, Thankyou."

Start visualising the Sarpagini Flux symbol being received repeatedly into your Third Eye Chakra for around 5 - 8 minutes. Please simply sit and receive the energies for as long as you need or until you feel them drop off. Trust your intuition!

When you feel the energies drop off, your attunement / energetic adjustment has now been completed.

■ 3. Closing the attunement:

As always, it is good practice to close our attunement with love and gratitude. You may wish to say something like:



“With great honour, love and respect I give my deep thanks for receiving this Sarpagini Flux attunement. May these Fire Serpent energies be manifested through me in order to liberate all. Thankyou, Thankyou, Thankyou.”



When Gerry received her attunement, she felt a 'dove' of energy which flew into her energy field as she gained a new found internal strength manifesting from within her. This 'dove' energy also allowed her to feel a great sense of peace flooding over her as these energies were received.

For Marty, this attunement was felt as a great influx of very dynamic, fire energies being received through the Third Eye Chakra.

Whatever happens for you, we truly hope that you enjoy your own attunement to the Sarpagini Flux energies!

As you complete your attunement, you are now able to continue calling on The Kohito Expansion as you have been with the optional extra here of calling on the Sarpagini Flux symbol as you wish to in the days and weeks ahead. (We have however not included this in the self healing practices however as practice with the symbol is not required).



You Are Being Guided To Release!

During day 20 of these practices, both Gerry & Marty felt a beautiful energetic release happening from within, in what was a very significant release of many different healing issues that had been surfacing over the past few weeks.

For both of them, the healing crises arising during days days 11 - 19 were particularly unpleasant. And in fact, it was only during this 'releasing phase' that the divinely guided healing energies seemed to start clearing away many of the energetic impurities that had been coming to the surface over the past few weeks.

During one of their personal meditations, Gerry inquired about what was happening within her consciousness during this time and in response to this, she was guided towards understanding some of the deeper aspects about this process of releasing (and about the energy based healing process more generally). The Guides helped Gerry to draw the diagram on the next page which shows the process of healing & vibrational uplift as we go through purification & healing.

To begin with, we have a lot of attachments (shown externally to the body in the diagrams) such as money, material possessions, appearance etc. Shown on the inside, we have a lot of inner darkness such as fears, childhood issues, self worth issues, shame etc. Down our central channel we have a small band of light, representing our 'true' self, our connection to source. And shown around the outside of our body, are layers of 'separation' - this is what stops us from connecting to the source, perhaps in a way the ego.

As we progress on our healing journey, our attachments & inner darkness areas begin to decrease as we surrender and release. Our layers of separation start to break down and in turn our energy channel begins to grow wider and wider as our connection grows stronger and stronger. The ultimate or end result is the place of pure light, where we have no attachments, darkness or layers of separation and we simply merge with infinity - complete light.

As an Advanced Usui Reiki Master Teacher, we feel that it is important to share this additional information with you as it can really help to bring together an understanding of attachment, separation and energy based healing.

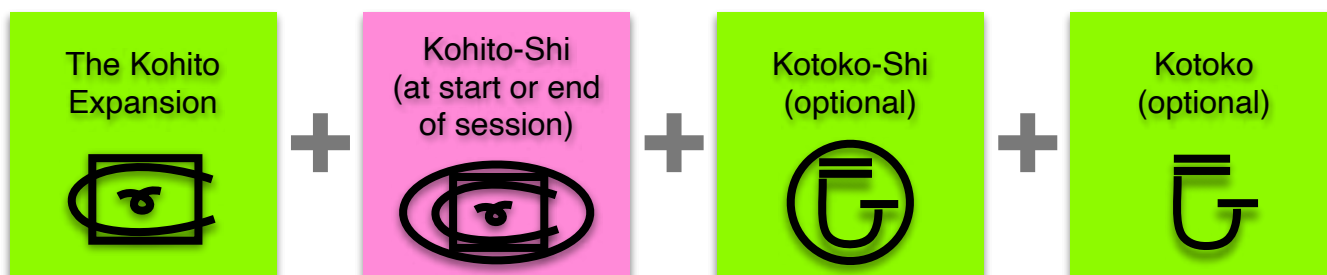
May you be guided to let go of all ego as you remove the very fabric of separation and uproot all suffering!

We hope that these new insights can help you towards a beautiful and wondrous alignment with your own higher self and to the concept of becoming one with the entire cosmos!



➤ RESURRECTION (DAYS 22 - 25)

Self Healing Practice (Days 22 -25)



Repeat the following Self Healing Practices twice per day on each of days 22-25

1. Set your intention (including 'reducing any healing crises' with Kotoko if you are using this symbol)
2. Draw the symbol **Kohito-Shi** in front of the body and allow it to go to where it is needed (length of time is up to you) *[or you can do this alternatively after step 8, before giving thanks. Or at both steps if you wish!]*
3. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
4. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
5. Place the symbol **Kohito** into each of the seven chakras (starting at the Base Chakra) for approximately 1 minute each.
6. Place the symbol **Kohito** into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes
7. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
8. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
9. Give thanks

Approximate minimum time 11+ minutes

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The resurrection phase can be thought of as an awakening of new energies. For Gerry, this took the form of an ecstatic or 'happy' energy being quite literally blasted into her energy field. For Marty, this was felt as a strong feeling of peace and love through his own personal meditation practices.

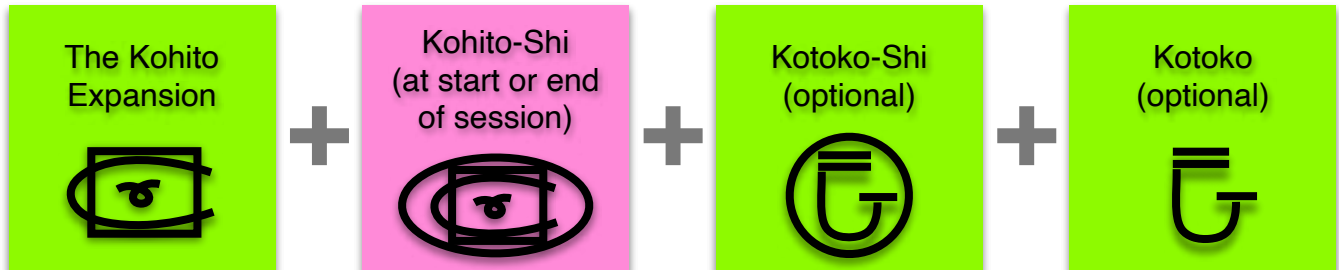
With this, we can only surmise that each of you will be very different in your own 'resurrection' phase.

However you feel during this time, please know that the majority of healing has now taken place through each of the previous growth phases and that you are now in the final stages of these self healing practices. We hope you enjoy this well-earned, precious gift.



➤ CONCLUSION (DAYS 26 - 29)

Self Healing Practice (Days 26 -29)



Repeat the following Self Healing Practices twice per day on each of days 26-29

1. Set your intention (including 'reducing any healing crises' with Kotoko if you are using this symbol)
2. Draw the symbol **Kohito-Shi** in front of the body and allow it to go to where it is needed (length of time is up to you) *[or you can do this alternatively after step 8, before giving thanks. Or at both steps if you wish!]*
3. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
4. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
5. Place the symbol **Kohito** into each of the seven chakras (starting at the Base Chakra) for approximately 1 minute each.
6. Place the symbol **Kohito** into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes
7. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
8. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
9. Give thanks

Approximate minimum time 11+ minutes

Expanding Our Intention:

During the final days of their practices, Marty and Gerry experienced a new set of realisations about how to expand their intention when working with various meditations, prayers and personal healing practices. Up until this point, they had always held the intention 'to benefit all' and in this way, they had been using a variety of different variations on this general theme such as:

May this practice benefit all
May all beings be happy and free from suffering
May I achieve purity for the infinite benefit of all
May this action bring immeasurable benefit to all beings



It was also at this time that Marty and Gerry had been collating these manuals and ebooks for Usui Reiki & Advanced Usui Reiki and as part of this, they had been consistently emphasising the idea of expanding the intention more, more and more.

So with a philosophy of 'practicing what we preach', they decided to re-examine this area of their own pathway with the hope of being able to expand their intention even further.

The resulting realisations that came during this penultimate phase, were that they should now be setting their intention towards '**liberating**' all. And whilst this may only seem like a minor adjustment in wording, this change was felt by both Marty and Gerry to be quite a dramatic shift in the energies being received. The difference in energy behind the word 'liberate' was very profound.



Having had a spiritual background in Tibetan Buddhism and in the teachings about Samsara & suffering, it seemed that the weighting behind the idea of bringing liberation or freedom to all actually held a more significant vibration due to its width i.e. rather than just 'benefitting' all.

Perhaps here the word 'benefit' is slightly less energetically weighted than the word 'liberation' which tends to inspire a more expansive wish for all beings to be free from all suffering.

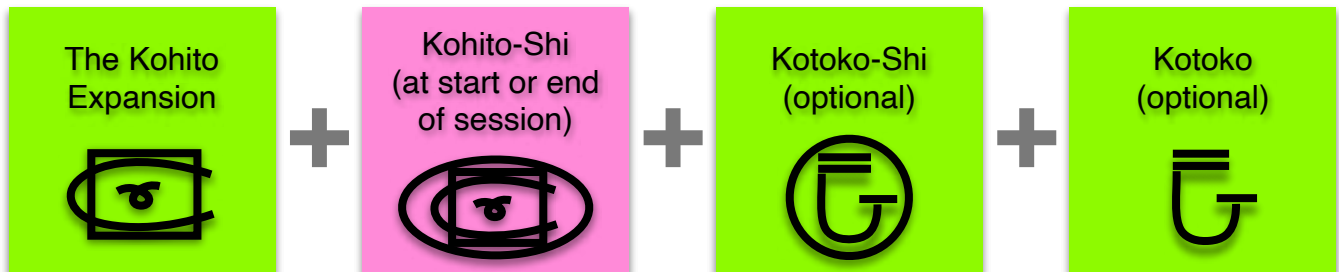
However you wish to express your intention in your own practices is of course your own choice, however the key point that we would like to make with this is that **it is good to always keep trying to expand our intention** little by little, bit by bit.

And in this instance, if you are able to, **why not try adding the word 'liberate'** into your intention if it feels right for you.

As we understand it, it is normally through a slow and steady progression of expanded intentions that can bring much benefit to your practice so please be sure to go at your own pace. As always, you will be divinely guided!

➤ A NEW BEGINNING (DAY 30)

Self Healing Practice (Day 30)



Repeat the following Self Healing Practices twice per day on day 30

1. Set your intention (including 'reducing any healing crises' with Kotoko if you are using this symbol)
2. Draw the symbol **Kohito-Shi** in front of the body and allow it to go to where it is needed (length of time is up to you) *[or you can do this alternatively after step 8, before giving thanks. Or at both steps if you wish!]*
3. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
4. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
5. Place the symbol **Kohito** into each of the seven chakras (starting at the Base Chakra) for approximately 1 minute each.
6. Place the symbol **Kohito** into the Soul Star Chakra (approximately 60 cm above the head) for 3 - 5 minutes
7. Draw the symbol **Kotoko** in front of the body and allow it to go to where it is needed (length of time is up to you) *[optional]*
8. Place **Kotoko-Shi** into the Heart Chakra for a minimum of 5 minutes *[optional]*
9. Give thanks

Approximate minimum time 11+ minutes

This 'A New Beginning' phase of the self healing practices now brings a very subtle shift in our overall energetic vibration. For Gerry, she felt intuitively that she had now ascended to a new and higher state of pure awareness.

These healing energies seemed to allow Marty and Gerry to now enter a new phase of their healing journey and as their Guides explained, they were now being guided towards getting off their 'smaller boat' in order to board a 'bigger boat' moving forwards.

This hasn't however meant any dramatic or significant new changes emerging in their physical life but rather, it is more of a subtle energetic shift that can help them move towards a more expanded pathway at some point in their future.

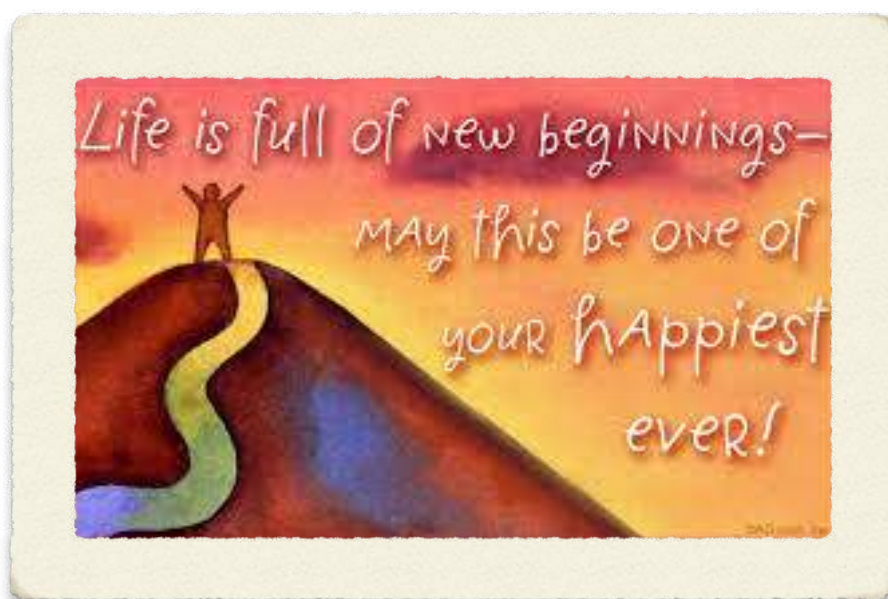
Like all energy based healing, whilst we can experience a very significant and profound 'energetic' shift, we can sometimes only feel this as quite a *minor* change in our physical reality. Perhaps we experience a minor behavioural change or we notice a subtle change in our emotional responses in certain situations etc. Such is often the case with energy based healing work - but always remember that things are moving, no matter how small!



There has now been many different healing energies and much new information being digested here during this last month, so perhaps as you move towards completing this final phase, maybe this is a good time for some inner reflection or contemplation? Perhaps you wish to take some time for additional rest, relaxation & digestion?

Perhaps you are feeling drawn towards the idea of doing more good things on your pathway? Perhaps you are thinking of starting to teach Reiki as part of your pathway? Or perhaps you are feeling like a seed has been planted for a more practical or creative 'something' that is starting to blossom?

However your own new beginning manifests in the months ahead, we truly hope that it will help to bring more love, light and joy into your life. May you radiate your beautiful love light outwards for all to benefit from!



6. USING THE MASTER TEACHER ENERGIES FOR OTHERS:

Having now completed the 30 days of self healing practices and having opened up to receiving the vast range of new energies & blessings from The Kohito Expansion, you are now ready to:

- ♥ Use The Kohito Expansion For Others
- ♥ Use the Kohito symbol as you wish in meditation & healing
- ♥ Use the Kotoko-Shi symbol as you wish in meditation & healing
- ♥ Use the Kohito-Shi symbol as you wish in meditation & healing
- ♥ Use the Sarpagini Flux symbol as you wish in meditation & healing

In other words, having now gained a vibrational understanding of these energies throughout your self healing practices, we invite you to now share these energies with others for the benefit of all!

Working with the new symbols in your healing practices will likely be something you feel very familiar with and comfortable with doing so we don't feel like we need to talk about this in more detail. However, perhaps it may be helpful to understand a little about how you can start using The Kohito Expansion in your healing work for others.

To start with then, let us point out here that as always, it is the intention that is so important when working with The Kohito Expansion. During any healing session, you will be able to call on The Kohito Expansion at any stage you wish.

For example, in some healing situations, you may wish to invoke The Kohito Expansion as a nice *finale* to your session whilst in other circumstances, you may feel that it is more appropriate to use The Kohito Expansion at the *beginning* or *middle* of your session.

How you choose to work with The Kohito Expansion will often depend on the type of session you are giving and what other divine healing tools you are choosing to work with at the time.

Take for example the idea that you wish to call on Usui Blue Thunder and Usui Golden Dome during your session. In accordance with the instructions received from The Collective, you may be calling on the Blue Thunder energies towards the start of your session and then call on the Golden Dome energies at some point after this.



In this case, you may feel guided towards calling on the more expansive energies of The Kohito Expansion towards the end of your session so that the recipient can gain some additional energetic expansion as part of the session.

This would be a wonderful way to approach your healing work using The Kohito Expansion!



Perhaps you are wishing to use the Rokaito Healing Boost during your session? Or maybe you prefer to give a more traditional session with the Kohito symbol being used throughout each hand position? Perhaps you are feeling that The Kohito Expansion will be enough healing by itself?

Whatever the case may be, please always follow your own intuition and heart when doing your healing work.

When thinking about how to actually administer this healing technique, we wish to again re-iterate the importance of the intention here. These Kohito energies are highly sophisticated and will always respond to your intention regardless of where you lay your hands.

If you wish to, you may want to place your hands on or over each chakra for 1 minute as you project the symbol into this area. Or alternatively, if you feel that it is easier for you, you may wish to place the Kohito symbol into each of the chakras whilst placing your hands in the following positions:

- ♥ Root Chakra & Sacral Chakra (for 2 minutes),
- ♥ Solar Plexus Chakra & Heart Chakra (for 2 minutes),
- ♥ Throat Chakra & Third Eye Chakra (for 2 minutes),
- ♥ Crown Chakra (for 1 minute), and
- ♥ Soul Star Chakra (for 3 - 5 minutes)

Some of you may prefer to simply project the Kohito symbol into each of the chakras without using the hand positions at all - and this is also totally fine!

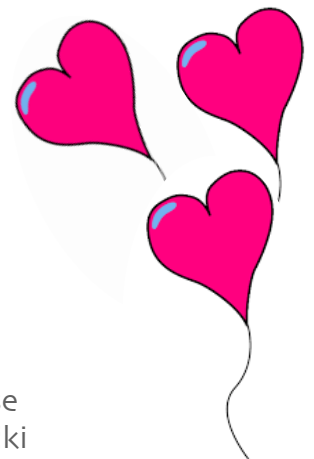
In this case, you may wish to send in the Kohito energies whilst your hands are positioned over the crown or Third Eye Chakra. Again - this could be a wonderful way to share these Kohito energies. Please always do as you feel best in the moment and remember that these energies will always be guiding you towards a more beautiful and love filled way of sharing The Kohito Expansion!

Additional Healing Tool - [Maitrijusha Gold Infinity](#)

At this stage of your learning, having now reached the Advanced Usui Reiki Master Teacher Level, we would like to re-offer you the opportunity to receive (or revisit) the [Maitrijusha Gold Infinity](#) energies.

Following the prerequisites, you will now have reached either Pathway To Light (Volume 6) or The Unified Pathway To Transcending The Light (Volume 2) and as such, you will have already been given the chance to receive the Maitrijusha Gold Infinity energies.

If you have not already done so, we would now like to recommend these energies here as they will be helping to enhance the flow of your Reiki practices through the Rainbow Gaige and through your other healing work.



7. ADDITIONAL HEALING TECHNIQUE - THE RAINBOW GAIGE:

In the weeks that followed the completion of Marty & Gerry's Level 9 training, as they were putting together these manuals & teachings, they received an additional healing technique that can be used to bring **all** of the Usui Reiki healing energies into one very simple practice; The Rainbow Gaige.

The Rainbow Gaige is a tool to help bring together the energetic healing frequencies of any or all of the individual frequencies of Usui Reiki plus Advanced Usui Reiki into one simple healing technique that can help to bring about much purification and healing.

As this new healing technique was being brought through, The Collective very aptly named it 'The Rainbow Gaige' as a very fitting way to describe what is happening as you open up to this new way of healing.

As they explained, the word Gaige means "to administer" and a rainbow is a collection of many different energetic frequencies all combined into one beautiful, colourful manifestation of light. When we call on The Rainbow Gaige then, we are administering a combination of beautiful healing frequencies together,



As part of this, The Collective also explained that when you put each of these symbols or healing energies into the Rainbow Gaige you are actually activating & combining all of their **individual** healing frequencies together into one beam of light. In their own words:

“All of the symbols are activated completely and simultaneously”

Therefore, by invoking all of these symbols' frequencies and then combining all of their healing abilities together, you are now able to feel a very strong combined healing being focused through this healing practice.

The process itself is very simple and can be used in a wide variety of different meditations & healing situations. It can be used as a self healing tool or as a way of helping others to clear away many kinds of imbalances or impurities from within.

As with all healing practices, The Rainbow Gaige will always respond to your intention and the neat thing about this healing tool is that you set your intention at the beginning and give your closing thankyou at the end, making an entire 'closed circuit' of energy to use for energy healing.

The Rainbow Gaige healing technique appears to work very nicely with both the Usui Reiki & Advanced Usui Reiki energies. And it is also quite complementary to the Maitrijusha (Volume 1) & Maitrijusha Gold Infinity (Volume 2) energies (as we will explain more a little further down).



When working with The Rainbow Gaige, simply place each symbol into your closed circuit or 'necklace' of energies. For the Usui Blue Thunder and Usui Golden Dome frequencies you can also place these energetic frequencies onto your necklace just as you would a symbol. Just remember again that it is your intention that is the most important factor here.

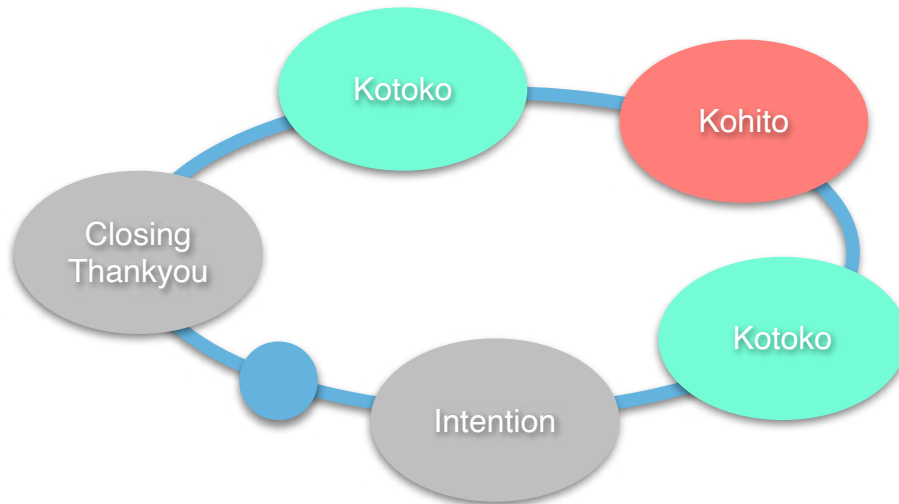
Let us now look at how you can call on The Rainbow Gaige for your healing practices:

Using The Rainbow Gaige

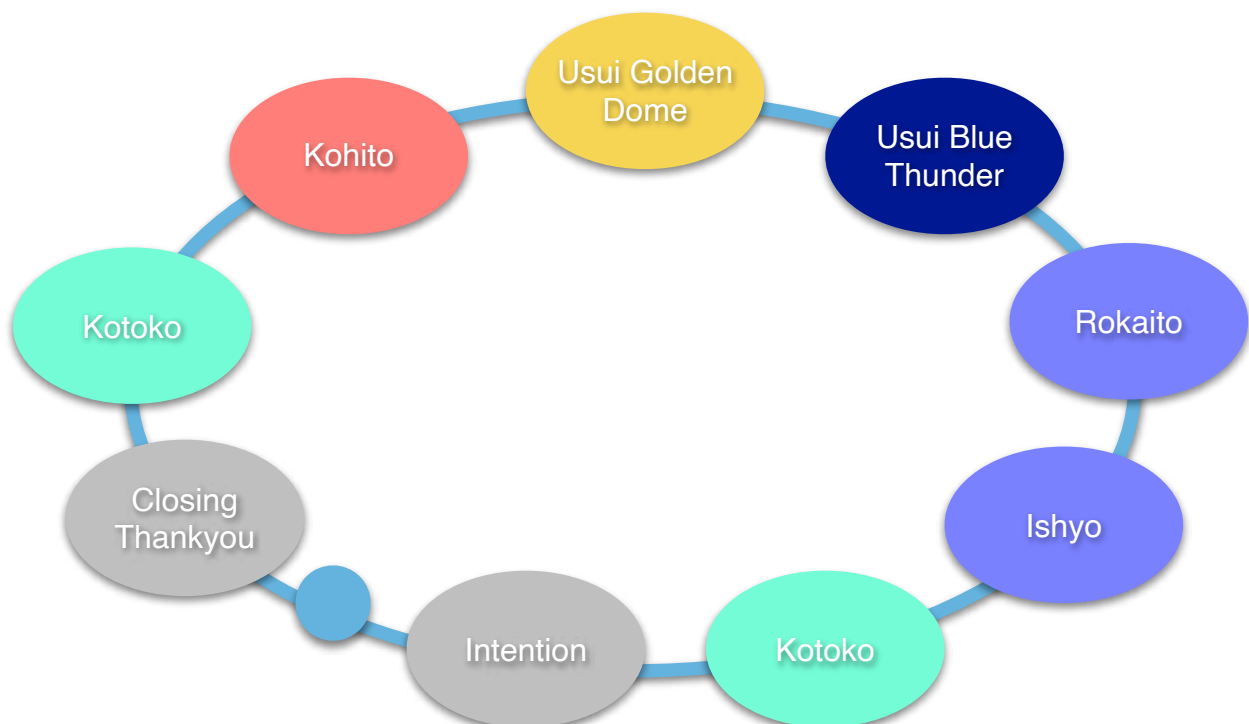
- ◆ Step 1: Ask to invoke the energies of the Rainbow Gaige.
- ◆ Step 2: Set your intention (including Kotoko)
- ◆ Step 3: First symbol is always Kotoko to reduce any healing crises
- ◆ Step 4: Imagine a piece of string in front of you & draw out and place each symbol or energetic frequency (as you wish) onto the piece of string so that it forms a 'necklace'. For ease of use place the symbols in energetic order (e.g Level one/two symbols first, Level nine symbols last).
- ◆ Step 5: Last symbol is always Kotoko (or Kotoko-Shi)
- ◆ Step 6: Say your closing thankyou.
- ◆ Step 7: Use The Rainbow Gaige in whatever way you feel guided. For example placing it in front of the body so it's energies flow into you or the recipient, or place into a specific chakra or 'problem' area of the body. (There were no specific time instructions given to use these energies for, so simply trust your intuition!)

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See the diagram below for a diagrammatic representation of a basic Rainbow Gaige:



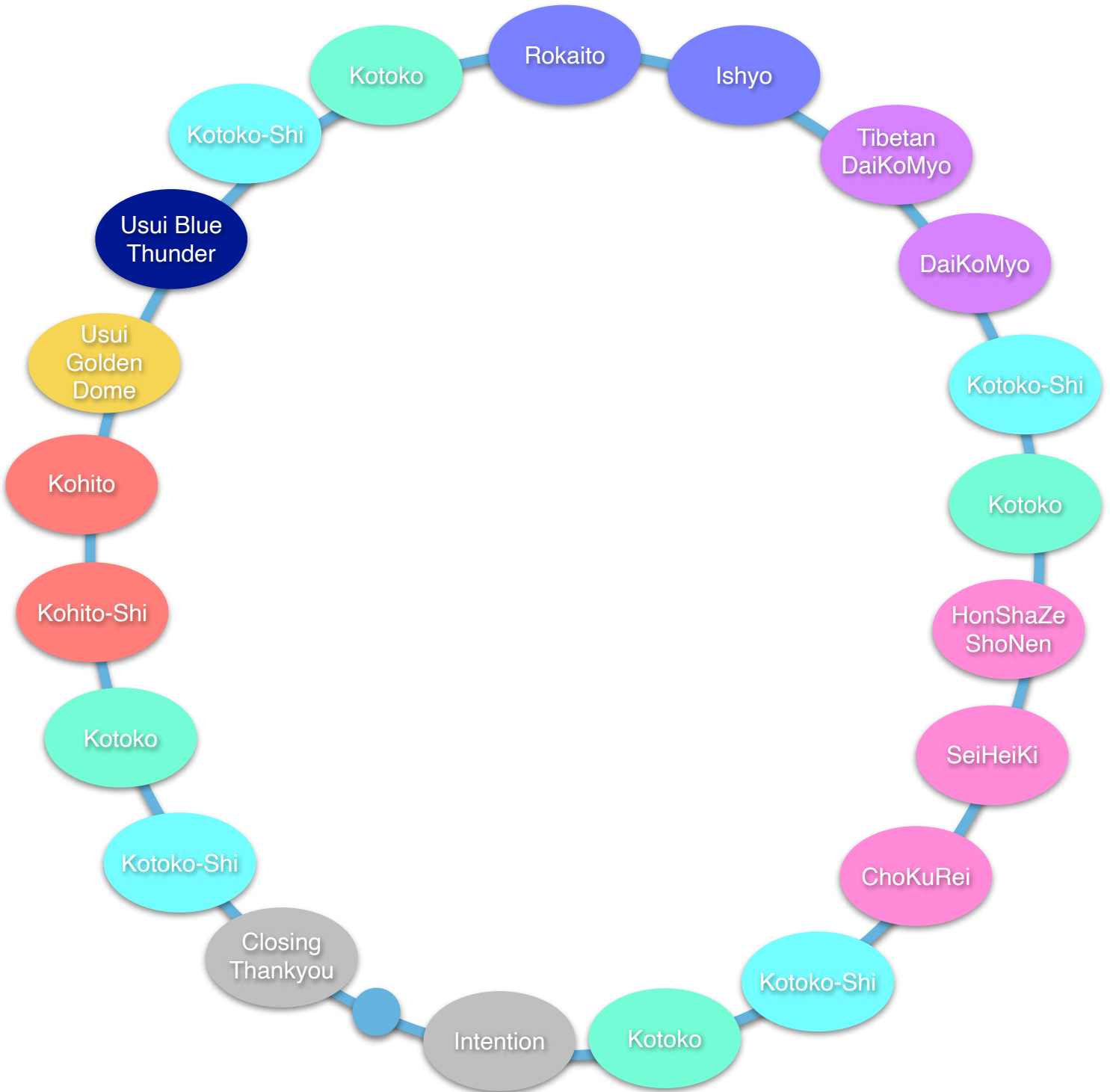
For a slightly more advanced Rainbow Gaige, try the following:



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Here is the Rainbow Gaige that Gerry was working with. It looks complicated, but really it's in a normal consecutive sequence and once you've done it a few times you'll get the hang of it! Note that the Kotoko and Kotoko-Shi symbols are placed at four different intervals, this may be 'overkill', but with so many energies at work, Gerry wanted to reduce any healing crisis risk significantly!



When opening up to receiving the healing energies of The Rainbow Gaige, there are indeed many ways of doing this also. Lets start here by looking at a few meditative examples:



One very simple meditation can be to imagine The Rainbow Gaige is being created and put together just above your head. Once you have closed the circuit i.e. so that The Rainbow Gaige has activated & combined all of the healing frequencies, you may now wish to imagine that The Rainbow Gaige is floating downward through your entire body.

As it moves downward, it is clearing away all impurities from within as you move towards higher and more harmonious vibrations of love & light. After some time, perhaps you feel like using The Rainbow Gaige for a specific problem area.

This is a nice and very simple meditation to connect with these combined healing energies.



As other examples then, you might like to draw out and complete your Rainbow Gaige practices from the ground upwards i.e. drawing it out on the ground beneath you and allowing these beautiful combined energies to be drawn upwards into your lower chakras and into your entire body.



Perhaps you would rather imagine that The Rainbow Gaige floats above your Crown Chakra and showers you in divine healing and love as you go about your day? Or maybe you like the feeling of The Rainbow Gaige shining outwards from your Heart Chakra as it helps and heals all beings?



Why not trying using more than one Rainbow Gaige - perhaps try putting one under your feet, one over your head and two or more at either sides of your body. Flood your body with these beautiful frequencies!

From a healing others perspective, you can equally imagine all of these situations for any recipient(s) and you can also use The Rainbow Gaige in distance healing. As an example here for distance healing, you might like to visualise that The Rainbow Gaige floats just in front of your Third Eye Chakra and is quite literally blasting healing energies to whomever or whatever you have set your intention to.



You might like to draw The Rainbow Gaige around the earth, being sure to draw the necklace around the planet and combine all of the energetic frequencies so that the Earth can receive much love & light?

In all cases, please know that the combined energies of The Rainbow Gaige will be sent in line with your healing intention. And as with all energy based healing practices, having faith in the healing process can also be another factor in helping to strengthen the energies - after all, your thoughts are also extremely powerful!

As always, we suggest her that you follow your intuition when working with the Rainbow Gaige and please allow yourself to express your own inner creativity as you play around with this new healing technique as you wish!

Using Maitrijusha Gold Infinity With The Rainbow Gaige

As part of these intuitive communications with The Collective, Gerry also received additional guidance about how to use The Rainbow Gaige in conjunction with the energies of the Maitrijusha Gold Infinity symbol.

For those of you who have already received the Maitrijusha teachings, you will know that these Maitrijusha symbols help to enhance, intensify or magnify the healing energies being worked with.

These are indeed very sophisticated energies and for Advanced Usui Reiki Master Teachers, we are very happy to introduce these additional teachings here should you wish to open up to these new frequencies.

You will find that the [Maitrijusha & Maitrijusha-Ni](#) teachings are a required prerequisite for the Maitrijusha Gold Infinity symbol but please do persevere with this as the [Maitrijusha Gold Infinity](#) symbol it is well worth the effort!

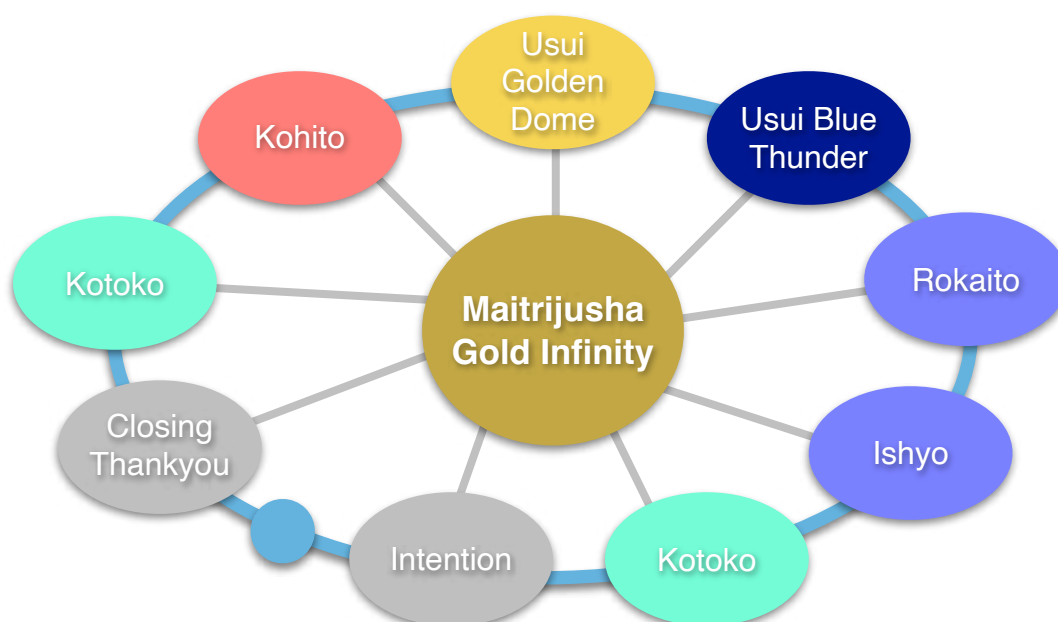
For those who have been attuned to the Maitrijusha Gold Infinity energies, please feel free to follow along with these extensions to The Rainbow Gaige for the benefit of all:

Option A: Place Maitrijusha Gold Infinity inside the Rainbow Gaige

With this first option, simply draw your Rainbow Gaige and then place the Maitrijusha Gold Infinity symbol in the centre of your 'necklace'.

When Gerry first drew the Maitrijusha Gold Infinity symbol in the middle of The Rainbow Gaige, she saw these energies lock together so that it formed the spokes on a wheel or a spiderweb. From this, we understood that the Maitrijusha Gold Infinity helps to provide additional healing strength and energetic structure to The Rainbow Gaige and helps to intensify the healing being experienced.

Feel free to use this enhanced version of The Rainbow Gaige in the same ways as you would use The Rainbow Gaige however now, you may be able to feel a more intensified strength behind the healing energies!



Option B: Place The Rainbow Gaige Inside Maitrijusha Gold Infinity

As in all the Maitrijusha practices, we 'load' up the centre of the symbol with whichever frequencies we would like. And in this instance, we simply do the same, loading the Rainbow Gaige into the centre of the Maitrijusha Gold Infinity symbol.

For those of you who have already received the Maitrijusha or Maitrijusha Gold Infinity teachings, this concept of 'loading up' the Maitrijusha symbols will not be new to you.

For those of you who haven't taken the Maitrijusha teachings & attunements, the Maitrijusha symbols can be used to intensify and magnify any healing energies that are 'loaded' into it (we provide much more detailed information during the Maitrijusha courses themselves).

As you bring The Rainbow Gaige into the Maitrijusha Gold Infinity symbol, you are effectively allowing these already powerful healing energies to become magnified and intensified with the Maitri light and you can now receive these energies or send these energies outward however you wish to.

Please note here that you can also do this same technique with the *Maitrijusha* symbol however once you have received the Maitrijusha Gold Infinity symbol, we would definitely recommend using this technique with these higher and more effective healing vibrations.

We do understand that these are more advanced healing techniques, however at this level of Advanced Usui Reiki Master Teacher, we feel that you are now more than ready to move into these beautiful higher frequencies of love, light & healing.

We sincerely hope that you will enjoy opening up to these new symbols & healing practices and may they help you to move forwards on your journey towards the light!



Welcome to Chapter Two



Being A Master
Teacher & Giving
Attunements



Love Inspiration

Learn • Heal • Awaken

ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO : CHAPTER TWO



Welcome To Chapter Two!
Being A Master Teacher & Giving Attunements

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8. BECOMING AN ADVANCED USUI REIKI MASTER TEACHER:

Having now covered the important healing aspects for this level and having completed your 30 day Kohito Expansion, you are now ready to move into the 'teaching' aspects of this system.

To start with, it is firstly important to recognise and point out here that Love Inspiration offers all of the Usui Reiki and Advanced Usui Reiki levels through a 'self activation' format. Therefore, this entire healing system (and many others) are available to *anyone* without any limitation and regardless of an individual's personal circumstances.

As we move into this Master Teacher Level, we feel that it is important here to take a few moments to explain how the Usui Reiki & Advanced Usui Reiki healing systems have evolved over time, as this will become a very important part of the learning being done at the Master Teacher Level.

As some of you may already know, Love Inspiration was created in 2011 by Marty & Gerry Donnelly. At this time, they were both practising and teaching Usui Reiki, having taken their training from a qualified Master Teacher in Nepal (learning this through one of the Takata lineages).

After they had completed their Level 3b Master Teacher training, they were then guided to share and teach the traditional Usui Reiki healing system. To do this, they designed a very simple set of manuals and offered attunements to people in the traditional way i.e. giving an in-person attunement for each level whilst passing on the informational based teachings for that particular level also.

A few years later, Love Inspiration was created and a few years after this, Gerry started to receive a series of energetic downloads, channeled teachings and a series of divinely designed instructions from Higher Consciousness. These 'teachings' were to become the Advanced Usui Reiki healing system.

As part of the Advanced Usui Reiki healing system, upon reaching the Master Teacher Level, Marty & Gerry gained the understanding that the Reiki attunement techniques had now evolved very significantly from what they had previously learnt. With the introduction of the very profound Kohito symbol, they were shown how to activate attunements for all levels of Usui Reiki & Advanced Usui Reiki, with just one very simple 5 - 10 minute technique.

Therefore, having now received the Advanced Usui Reiki Master Teacher blessings, Love Inspiration went through a process of re-designing their Reiki courses. After much discussion and contemplation, Love Inspiration decided to offer one ebook for each of the traditional Usui Reiki levels (Level 1, Level 2 & Level 3a) and for the Advanced Usui Reiki levels, we followed the instructions provided by Higher Consciousness and created three ebooks; Practitioner, Master & Master Teacher.



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For the traditional levels, one of the main reasons that we designed our courses in this way was so that we could sufficiently cover the required materials for each of the basic Usui Reiki levels. Having now taught this system many times, we understood that each level seems to have a very unique and specific purpose and we wanted to retain this same feeling in our own Reiki courses i.e. so that each recipient could feel and experience the magical & subtle awakening that came with each new level.

Therefore, even though we were able to attune all levels of Usui Reiki & Advanced Usui Reiki in one simple sitting, we chose not to activate attunements in this way because we thought that this might cause confusion for people receiving these energies.



So with a basic format now set, Love Inspiration offered the complete Usui Reiki & Advanced Usui Reiki healing systems on our website, freely & with love, for a number of years. We set up an 'attunement request' form so that people could easily request their attunements from us and then we would simply activate these levels for people in line with their requests.

After activating each person's attunements, we would send them an email to let them know that their attunement had been activated and we guided them towards downloading our free ebooks as a way of sharing the teachings and healing practices with them. We also offered a variety of video tutorials for most of the different healing practices as a way of retaining the 'hands on' learning experience and so that people could really understand and follow along with the more practical aspects of each course. And so our teaching journey continued.

As time went by, Love Inspiration started to receive more and more attunement requests which was wonderful however with just two people replying to emails and activating attunements, this started to become a little difficult to manage.

And very suddenly, around this same time, whilst Gerry was in a meditative state, she received another very precious and highly unique gift from Higher Consciousness. What she received during this meditation was an understanding of activation codes and the endorsement to use them for self-activations for each of our healing courses. This would then allow each recipient to activate their own attunements and the energies within each ebook.

Effectively, this now meant that Love Inspiration was no longer required to activate each set of attunements for people but rather, each recipient would now be able to unlock and activate their own attunements prior to starting their course.

So from this point, Love Inspiration was able to offer all of their healing courses and Ascension Pathways by 'self activation'. We included a very simple set of instructions in each of our ebooks so that each recipient could be easily guided towards activating their own energies prior to commencing their course.

So as you can see from this short story, the Usui Reiki & Advanced Usui Reiki systems have certainly gone through much evolution and growth in the early stages of their inception! And from this information, perhaps you can now see and understand that in the beginning, activating attunements for people was the only way for people to actually access these energies.



Now though, with the introduction of the 'self activation' method, this wonderful divine gift helps to ensure that all of these beautiful healing energies and attunements are available to everyone, freely and with love. These Higher Consciousness healing energies can now be received by anyone who wishes to receive, without any limitation at all!

We are so very grateful for this divine gift and as part of this course, as you move into a Master Teacher role, we also feel that it is very important that you know and understand this important information for your teaching journey forwards.

And for some of you reading this, you might be thinking "why would I even need to pass on the attunements given that these energies are self activating?" And indeed, this is a very good question.

To help answer this, Love Inspiration can see at least two wonderful reasons why you might still like to activate and share attunements with others as part of your ongoing teacher journey.

1) Activating attunements for people who don't feel comfortable with self activation

2) Activating attunements for people as part of an 'in person' Reiki training course

As a not for profit organisation, we understand that the Usui Reiki teachings, attunements and healing practices help to raise the vibration of an individual so that he or she can vibrate closer to love, light and purity.

We understand that the self activation process now helps this person to open up these beautiful healing energies, attunements and divinely guided healing practices in a way that can be received by anyone, regardless of their personal circumstances.

We have seen and understood that these healing practices can help to bring much benefit, purification and deep states of healing into the lives of each recipient and as teachers, we have seen the impact that these beautiful Usui Reiki energies have had on people, many times over.

Having said all of this, we also understand that for some people, especially as they start out on their Reiki journey, they may not believe that the self activation process actually works. They may not have the belief or faith in Higher Consciousness or they may not have faith or belief in themselves. Whatever the case may be, this person may end up feeling that the self activation process simply doesn't work for them.

So with this in mind, to help this concerned person access the Usui Reiki energies more easily, you might wish to activate their attunements specifically for them. What a beautiful and precious gift!

To help someone move into these beautiful Reiki energies (by helping them to receive their attunements) is a truly wonderful way to benefit the collective consciousness. As such, we would be delighted if you were willing and able to offer this kind of attunement service wherever you feel necessary. Also, you might like to consider offering your guidance, love and support as you open yourself up to answering questions and sharing your experiences with others.



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Having now walked this full pathway yourself, you have understood the different elements to this healing system and as such, you are in a wonderful position to be of service to others. Please know also that these benevolent actions will be helping you to move forwards on your own pathway as you accumulate and accrue many kinds of loving and wonderfully uplifting karmic merits!



So, this is the first situation where you might find it beneficial to offer Reiki attunements to others i.e to those people who don't wish to activate the energies themselves and who may benefit from your abilities to activate attunements.

The second aspect of teaching Usui Reiki to others then is a situation where you may wish to offer Reiki workshops, classes or teachings in person. Usui Reiki is one of the most popular forms of energy based healing in the world today and there will surely be much demand for these beautiful and divine healing energies.



For some people, learning Reiki in an online 'self-study' type format is totally fine whereas for others, they would prefer to have the full 'in person' experience where someone walks them through everything they need to know in a nice and simple 2 day 'workshop' type setting.



Therefore, this is another situation where you will be able serve the collective consciousness and of course, sharing any form of Higher Consciousness teachings with others is truly a great blessing and will certainly help to bring much love, light and healing into your own life as well.

It is therefore with much humble delight that we welcome you to explore this aspect of the teaching journey as you move forwards on your own divinely unique pathway. In the next few sections, we will be covering all of the various aspects of what it means to be a Reiki Teacher. To start with, as a key part of this learning, we will be outlining how to activate and share the Reiki attunements.

As an Advanced Usui Reiki Master Teacher, having now opened up to a wide variety of very expansive and transformational energies throughout the Advanced Usui Reiki healing system, your healing abilities & attuning abilities have become strengthened very significantly. As a result of this, you will now be presented with two main options for offering Reiki attunements to others.

The first option available to you as an Advanced Usui Reiki Master Teacher comes through your connection to the Kohito symbol. This is the 'all encompassing' symbol which will now give you the ability to attune all levels i.e. Levels 1 - 9, in one very simple 5 minute sitting.

As we've already mentioned previously, the Kohito symbol embodies all of the Usui Reiki & Advanced Usui Reiki frequencies and as such, it is the only symbol that is required to attune all nine levels. And as with all energy based healing practices, the Kohito energies will always work in conjunction with your intention to attune whichever level you require.

★ So this is the first very simple and easy option you have to attune any level of the Usui Reiki and Advanced Usui Reiki using the Kohito symbol and a **'by distance' attunement technique**. And we will be outlining how to do this in the next section.

★ The second option then which is being presented to you here as part of this Advanced Usui Reiki Master Teacher course is the traditional Usui Reiki attunement technique. This technique is taught to Usui Reiki Master Teachers during their Level 3b training and it can be used to attune Usui Reiki Levels 1, 2, 3a & 3b using an **'in person' attunement method**.

For those of you who haven't yet received the Usui Reiki Master Teacher training, we wish to point out here that the traditional 'in person' attunement technique being covered here is the same technique that you would normally learn during the Level 3b Master Teacher training.

The traditional Usui Reiki attunement technique can only be used for giving the basic levels of Usui Reiki (levels 1, 2 & 3) and can not be used for attuning the Advanced Usui Reiki levels. In other words, all of the Advanced Usui Reiki levels must be activated 'by distance' using the Advanced Usui Reiki attunement technique.

For those of you who are still wishing to offer attunements 'in person' for the Advanced Usui Reiki levels, we will be including some information about the best ways to do this.



"The Level 4 and above energies will only be available to attune by distance. There will be no process as communicated through the in-person attunements of Levels 1 - 3.

As we have explained, the Usui Reiki energies are now expanding in order to meet the need of your consciousness for collective advancement. Do not be alarmed by this change of process - it is simply an advancement for the benefit of all. For those still clasp to the idea of an in-person attunement, you may still wish to attune in-person using the distance method. Please do as you wish.

For Levels 1 - 3, we suggest that the ability to attune be taught in both ways, offering the traditional attunement process AND the by-distance methods. Then it is up to the practitioner to choose what works for them and their recipients.

Please take this as being a positive advancement to the Usui Reiki practices and not one to be condemned or debated. Use your energies for the good of all and do not dwell on insignificant matters. The Usui Reiki light continues to heal through you regardless of the attunement process! Embrace the change with love and Usui well-being will be yours. Carry forth your Usui Reiki light for the infinite benefit of all!"

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In accordance with these instructions, the next sections will be describing & outlining how you can give attunements in the following ways:

- ♥ Advanced Usui Reiki Master Teacher Attunement Technique:
Offering attunements 'by distance' for Levels 1 - 9 (using the by distance technique)
[Section 9]
 - ♥ Advanced Usui Reiki Master Teacher Attunement Technique:
Offering attunements 'in person' for Levels 1 - 9 (using the by distance technique)
[Section 10]
 - ♥ Usui Reiki Master Teacher Attunement Technique:
Offering attunements 'in person' for Levels 1 - 3 (using the traditional Usui Reiki technique)
[Section 11]
-

As always, please feel free to choose whatever attunement technique works best for you and your recipient in any given situation.

Please also be aware that in many cases, your students will be looking to you to help them understand which attunement technique might be better suited to them so with this in mind, please always speak from your heart and with much love.

Having now received all of these energies yourself and having understood more about how the distance techniques work, it will now be up to you to help others expand their perspectives about how they are able to receive their attunements, for the infinite benefit of all!



9. ADVANCED USUI REIKI MASTER TEACHER ATTUNEMENT TECHNIQUE - OFFERING 'BY DISTANCE' ATTUNEMENTS:

Having now understood the broader picture about how we can offer attunements, let us now introduce the simplest and easiest way to offer any level of Usui Reiki attunement using the Kohito 'by distance' attunement technique.

To start with, let us re-iterate here that by using this very simple Kohito attunement technique, you will now be able to 'activate' all attunements for all 9 levels in around 5 minutes or so. If you wish to, you can activate either one level at a time or if required, you can activate multiple levels using the same process. As it was explained to us:

"Use the Advanced Usui Reiki Master Teacher symbol (Level 9) to attune either one level at a time or more than one level in accordance with your intention. Send Kohito for 3 - 5 minutes."

Once you activate the attunement(s), the recipient will then be required to call on these attuning energies so that these can be received into their consciousness i.e. in the same way you did throughout the Advanced Usui Reiki levels.

This is a very important point here to be understood and is something that we feel deserves additional clarification, given that this is an entirely new concept for the Usui Reiki community. It is the idea that:

You are 'activating' an attunement rather than actually 'giving' an attunement.

For example, when we 'give' a traditional Usui Reiki attunement (Levels 1-3), we are sharing these attuning energies in real time i.e. we are quite literally channeling the attuning energies into the recipients consciousness and they are receiving them in that moment also.

In comparison to this, when you are using the Kohito 'by distance' attunement technique, you will only ever be 'activating' these energies so that the recipient can call on their attunement at some point in the future i.e. in their own time and space, as they feel ready to.

When you activate their attunement, it is often easier to think that these attuning energies are being stored 'up in the ether'. When the recipient is ready, these energies are then drawn down into their consciousness with their intention as they follow along with the very simple attunement process.

Please now just take a few moments here to digest and assimilate this new information and if you need to, please be sure to have another read through these last paragraphs.

There is a very important distinction between made here between these two attunement techniques and as an Advanced Usui Reiki Master Teacher, you will have both of these techniques in your toolkit to use as you feel necessary.

Ok, with this very important distinction now being made, let us now outline how you are able to activate the attunements for all levels (Levels 1 - 9) using the Kohito 'by distance' attunement technique.



The Attunement Process

When activating attunements for Usui Reiki or Advanced Usui Reiki, please follow along with the process below to ensure that the attunement will be activated. Once it has been activated, you are then able to let your recipient know that they can now receive their attunement as they feel ready.

♥ Step 1: Receiving Permission To Activate Attunement(s)

For all attunements, please ensure that the recipient is in fact willing to learn and has given you permission for activating their attunement(s) for any particular level. This is an important step and is generally considered to be an ethical part of energy based healing work.

♥ Step 2: Preparation

Prior to giving an attunement, it is best if you can be in a place where you will be undisturbed. It can also be nice if this place is peaceful & relaxing so that you can concentrate whilst activating the attunement(s). No doubt you already have such a place in mind so we won't go into this in too much more detail here.

As you sit quietly in your peaceful place, please be sure to take a few moments to allow your mind to quieten somewhat as you prepare yourself for activating these attunement(s). Perhaps you wish to connect with the Reiki energies as a prequel to activating the attunement or maybe you wish to do some other form of centre-ing or grounding prior to activating the attunement.

None of these preparations are strictly necessary, however we do suggest that you always try to activate attunements when you are in a peaceful & positive state of mind.

♥ Step 3: Setting Your Intention

Having now prepared yourself, perhaps feeling more relaxed & centred, you are now ready to start the activation process for the attunement. The first step in activating the attunement will always be to set your intention clearly and wisely for the benefit of all.

How you set your exact intention will depend on the attunement situation. For example, you might be attuning one person to one level, one person to multiple levels, multiple people to one level or multiple people to multiple levels.

Whatever the situation, please be sure to clearly state the name of the recipient and what levels you would like to activate the attunement(s) for. And of course, please be sure to set your intention 'to benefit all' for each attunement that you activate.

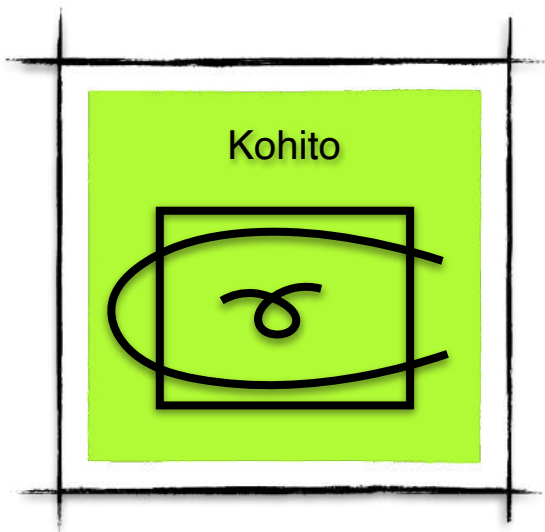
For example, an intention you may choose to set may go something like this:

*“With love & gratitude, I call on the Usui Reiki /Advanced Usui Reiki energies.
May I now activate the Usui Reiki / Advanced Usui Reiki attunements for [name of recipient]
for the [level of attunement e.g. Advanced Usui Reiki Levels 4, 5 & 6].
May these new energies help [name of recipient] so that they can clear away all
obstacles & impurities so that they can benefit all beings.
Thankyou, Thankyou, Thankyou”*

♥ Step 4: Activating The Attunement

Once you have set your intention, you are now ready to draw out the Kohito symbol (either mentally or physically) and place, project or intend that it be sent to the recipient. It is not important to send the symbol to any particular area of the body but rather to intend that the symbol be sent to the person or person(s) you are attuning.





Just like in any distance healing, there are many different ways that you can imagine the Kohito symbol being sent to the person however as long as you are intending that the attunement be 'activated' for that person, with love, you can simply do no wrong.

The divinely guided aspects of the Kohito frequencies will always know what you are trying to do and as such, the energies will always position themselves wherever they are meant to, so that they can be called on when the recipient is ready.

To give you an example of how Marty and Gerry sometimes activate attunements, let us firstly give an example of how they attune individuals, and then secondly how they attune groups.

♥ Attuning Individuals:

To start with, Marty and Gerry take a few moments to allow their mind to settle and once they feel ready, they set their intention to attune [name of recipient] in [name of country] to [level of attunement]. They often include an additional intention here to help the person blossom 'for the benefit of all'.

With the intention now set, they will simply imagine that the Kohito symbol is being sent to that person whilst intending that they can call on the attuning energies whenever they wish for the greatest possible good of all.

Now they simply allow the necessary energies to flow through them for 3 - 5 minutes. Sometimes, they will do this in mental silence and enjoy the peace however on other occasions they might like to visualise or keep their meditative concentration going by repeating the Kohito name (as you would a mantra).

After they feel the energies drop off somewhat, they will then give thanks and close the attunement.



As another example then, let us now quickly cover how Marty and Gerry activate attunements for groups of people (as this can often be a more complex style of attunement).

♥ Attuning Groups:

To start with, Marty and Gerry like to have the names of the attunees written down in front of them somewhere (most commonly through a spreadsheet on their computer). They will again set their intention to activate the attunements for [Level X] and depending on the number of recipients, they will also go through and say the name & location of each recipient.

When they feel ready to activate the energies, they will then send the Kohito symbol into the names on their list with their intention being firmly set to activate the necessary attunements for the people on that list.

Once they have 'sent' the Kohito symbol, they then open themselves up to receiving all of the required attuning energies to be channeled into these names for 3 - 5 minutes so that these attunements can be activated and ready for the recipient's to then call on themselves.

In some cases, Marty and Gerry might again choose to repeat the sacred name Kohito as though they would repeat a mantra (over and over) and they may also visualise that the symbol continues to flow through themselves and into each of the names on the list.

After the 3 - 5 minutes has completed, perhaps as the energies drop off somewhat, they again finish the attunement process by giving thanks and with a wish that these recipients will reach their infinite & divine potential for the benefit of all.

For the time being, this continues to be Marty and Gerry's own personal preference to attuning groups and they find that it can equally be applied to any number of attunement situations. There are of course many other ways to attune groups and we invite you to work with something that feels right for you.

In many ways, activating attunements using this Kohito technique seems to be quite similar to giving a distance healing session however in this case, please understand that an attunement activation will be taking place without any need for the recipient to receive these energies in 'real time'. After you have activated the attunement for the recipient, they will then be able to call on this and receive their attunement, in their time and space (by following the instructions in the relevant ebook). Simple!

Therefore, as a result of this, ***there will never be any need to 'organise a time' or to ensure that the recipient is lying down and receiving whilst you are activating the attunement.*** Again, this is now a very new concept here in Usui Reiki about activating an attunement and we encourage you again to take a few moments here to reflect on this new information as you open up to becoming an Advanced Usui Reiki Master Teacher.



These attunement techniques are now wonderfully flexible and we feel that this flexibility can help you to share these Reiki energies & attunements far more easily. And again, all of this has now been made possible through your connection with Kohito!

As part of this section, we also wish to point out that the shelf life for these activations are 'as long as they need to be'. In other words, you can activate an attunement for someone, even up to a few months before they receive it, without any energetic depletion happening within the attunement.

In other words, the recipient does not need to worry about or feel any time pressure for receiving their attunement. The attunement activations for Usui Reiki & Advanced Usui Reiki will always last for as long as they are needed to last. This is again indicative of the highly intelligent nature of these Kohito energies and with this, we are very grateful for this new attunement technique. May it now go onto bring many beings joy, happiness & love in their life!



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We hope that with these short examples, we have helped to provide you with sufficient understanding about the Kohito 'by distance' attunement process.

With this technique, you are now able to attune all nine levels of the Usui Reiki and Advanced Usui Reiki system in just 5 minutes, should you wish to. In our experience though, we have found that it is often easiest to offer attunements for people in the following grouped formats, (which is the same as the ebooks, excluding Level 3b):

- 💙 **Level 1** - *Hands On Healing Practices*
- 💙 **Level 2** - *Advanced Healing*
- 💙 **Level 3a** - *Master Healer*
- 💙 **Level 3b** - *Master Teacher*
- 💙 **Levels 4, 5 & 6** - *Advanced Usui Reiki Healer*
- 💙 **Levels 7 & 8** - *Advanced Usui Reiki Master*
- 💙 **Level 9** - *Advanced Usui Reiki Master Teacher*

As we mentioned previously, Love Inspiration is able to offer all of the Reiki attunements and teachings using the self activation method so with this, we now invite you to simply be guided by your own intuition about how you wish to share these teachings with others.

In some cases, you may prefer to simply share the concept of self activation and guide potential recipients to the Love Inspiration website. At others times, you might feel that it is more appropriate for you to play a more hands on role in the teaching process and in this case, you may wish to activate attunements, offer teachings and answer questions.

We will be discussing this in some more detail a little further down so for now, just know that before offering any kind of attunement activation, we do lovingly ask that you are always satisfying the [Love Inspiration Master Teacher Criteria](#). We hope that you will enjoy this wonderful Advanced Usui Reiki Master Teacher attunement technique and may it help to bring infinite love-light to all beings!

May you receive much divine guidance and love for your teaching pathway forwards and may you be blessed to find many beautiful souls to share these truly wonderful healing energies with!



💙 [Step 5: Giving Thanks & Blessings](#)

As with all energy based healing practices, having now activated the attunement, let us now give thanks for all of the energies that have helped us throughout this attunement process. Let us share some uplifting and love filled blessings with the recipient(s) as we wish them well on their journey forwards towards infinite light.

May we again say a small prayer to help them find love, light & happiness in their life so that they can help bring immeasurable benefit for the collective consciousness.

And with this, we are now finished activating the attunement!

If you wish to, you can now dedicate your karmic merits from this positive and benevolent action so that all beings can be liberated for all suffering. If you wish to also, you can go on to dedicating every single positive action that you have made from this life and all previous lifetimes so that all beings can be happy and filled with infinite love!



♥ Step 6: Contacting The Recipient

In all cases, after you have finished activating the attunement, you will need to contact the recipient and let them know that their attunement(s) has now been activated with love. There are many ways of doing this and this will often depend on your relationship with the recipient and the style in which you are offering your attunements.

For Love Inspiration, we used to mostly notify people by email as we were providing these teachings through a free online format. For us, this was the easiest and most time efficient way that we have found to offer these teachings and in the interests of keeping these teachings freely available for all, we decided to offer all of our teachings in this way.



For you, perhaps you wish to telephone your recipient or maybe you are offering people the theoretical teachings through a workshop or other 'in person' environment?

For those of you who would prefer to offer their attunements in this way i.e. through an 'in person' format, let us now cover in the next section how you may wish to approach this style of attunement whilst still using the Kohito 'by distance' attunement technique.



10. ADVANCED USUI REIKI MASTER TEACHER ATTUNEMENT TECHNIQUE - OFFERING 'IN PERSON' ATTUNEMENTS:

As you can see from the above commentary, the 'by distance' attunement technique can be used to activate attunements for all nine levels of the Usui Reiki healing system. After you have activated the recipient's attunement(s), the recipient will then need to call on and receive their attunement so that they can be attuned to these new energies and start working with their self healing practices.

For some people though, we also understand that there may still be a need to offer 'in person' attunements i.e. where the recipient would rather feel their attunement happening 'in person'.

Maybe you are teaching the Advanced Usui Reiki Level (4, 5 & 6) and your recipient would like to receive the first Level 4 attunement in person so that they can be guided through the attunement process to see how these energies 'feel' whilst you are there with them.

Whatever the case may be, if you are feeling like an 'in person' attunement is more appropriate, please know that you can indeed offer 'in person' attunements for any level by following along with the very simple process below.

In Person Attunements:

You can use this process for activating attunements for one person or many people, as you wish. And the attunement process will be the same for attuning both Usui Reiki attunements (Levels 1 - 3) and Advanced Usui Reiki attunements (Levels 1 - 9). The simple two step process is as follows:



Step 1: Activate attunement(s) using the 'by distance' method.

(You may wish to do this before the recipient arrives or alternatively while the recipient is sitting quietly in front of you, whatever feels best for you and them).



Step 2: Guide them through their attunement 'in person'.

As we have already covered step one, let us now discuss how you may wish to 'guide someone' through their attunement, as there are indeed many different approaches that you can take here!

Which style you decide on will often depend on the particular situation that you are teaching in. Take for example the idea that you know someone who has already completed their Usui Reiki Master training (Level 3a). They have expressed interest in learning the Advanced Usui Reiki levels and you have explained to them that the advanced levels can be learnt 'by distance' (by those who have completed the necessary pre-requisites).

Having received their Usui Reiki attunements in person, they have told you that they would feel more comfortable to receive at least their first attunement from you (for Level 4) 'in person'.

In this case, you may wish to organise a time with them to come and see you for their attunement. Prior to their arrival, go ahead and activate their attunement(s) for them and then once they arrive, you can now very gently and lovingly guide them through the attunement process. Invite them to lie back in a comfortable place, with soft music and with your voice guiding them through the process.



This is one very simple way of guiding someone through the attunement.

ADVANCED USUI REIKI MASTER TEACHER

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In some situations, you may find that verbally guiding them through the attunement process is enough whilst in other situations, you may feel that laying your hands on during this 'guiding' process is more beneficial i.e. by placing your hands over their Crown Chakra. As always, please do what you feel is best for each recipient.



As another example then, you may choose to offer this style of Kohito 'in-person' attunement when teaching a Level 1 Usui Reiki class. Perhaps you have 10 participants and you feel that it will be easier to offer this style of attunement for them all i.e. rather than giving 10 separate attunements.

You have already given the theoretical teachings and you are now ready to attune your class to Usui Reiki Level 1. Before the class started, you would have activated all of the attunements in preparation for the attunement section of your class (either one by one or by a group activation).

So now, you can simply verbally guide them through their Level 1 Usui Reiki attunement!

As part of this, you can choose whether you wish to introduce the idea that you are an Advanced Usui Reiki Master Teacher and that this style of attunement has now been made possible. But again, we leave this up to you to decide what feels right for you in any given situation.

In more general terms, we understand that there can be many instances where an 'activate and guide' technique may be more appropriate in order to help you offer a range of 'in person' attunements. We hope that with this very simple process, you will now be able to comfortably guide people through their attunement for Usui Reiki.



For those wishing to provide Usui Reiki attunements for Levels 1, 2 & 3a - we invite you to check out the Love Inspiration YouTube channel where we have uploaded the following audio accompaniments which help people to call on and receive their Usui Reiki attunements from us.



[Receiving Your Usui Reiki Attunement - Level 1](#)

[Receiving Your Usui Reiki Attunement - Level 2](#)

[Receiving Your Usui Reiki Attunement - Level 3a](#)

We have uploaded these as part of our online teaching series, especially for those connecting to Usui Reiki levels, so that they can feel more comfortable & relaxed when receiving their Reiki attunement.

In addition to this, as part of our free meditation course, we have also uploaded another general 'Guided Attunement' to help people receive other kinds of attunements from us. If you would like to listen to this as part of your learning here about how to perhaps guide someone through an attunement, you are welcome to access this through the below link:

[Receiving An Attunement - Any Course / Level](#)

We warmly invite you to use these audio accompaniments for any in person workshops or courses that you are taking. However we do lovingly ask that these are being used in accordance with the [Love Inspiration Master Teacher Criteria](#) (noting that this helps to ensure that the Love Inspiration healing systems are always being offered for the highest possible good of all beings).

11. USUI REIKI MASTER TEACHER ATTUNEMENT TECHNIQUE:

Now that we have learnt all about activating attunements through the Kohito 'by distance' technique, let us now cover how you can also give a more traditional Usui Reiki attunement. *However please note that this attunement process can only be used to give attunements for the Usui Reiki levels i.e. Level 1, Level 2, Level 3a (and Level 3b).*

As part of your teaching journey, you will no doubt encounter many people who will still prefer to receive a 'traditional' Usui Reiki attunement. So here, as part of this Advanced Usui Reiki Master Teacher training, we would like to include this traditional attunement technique also to help you feel equipped for these kinds of teaching situations.

Firstly though, let us point out that the Advanced Usui Reiki attunement processes have been blessed by both Dr Mikao Usui & Hawayo Takata as being a genuine and acceptable form of attuning people to all of the Usui Reiki Levels.

By calling on the Kohito symbol to activate the Usui Reiki attunements, you are indeed calling on a very high frequency to help you pass on these attuning energies and in most cases, there will also be some additional energetic benefits gained as a result.

Having said this, we again understand that for many people, they may still prefer to receive an 'old-school,' 'traditional' Usui Reiki attunement so we are very happy to share these teachings with you here with much love.

A). An Introduction To The 'Traditional' Usui Reiki Attunement Process:

Before we get into the actual attunement processes, let us start here by providing you with some general context about the Usui Reiki attunement process; as this is also an important part of the learning being done here.


Like all Reiki practices, there are many different schools of thought about how a Reiki Master Teacher should give a Reiki attunement. There are many different attunement techniques, approaches and styles of teaching & attuning people to Reiki so with this, let us firstly look at a few examples before we outline the attunement process that we will be teaching you.



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It is now commonly agreed upon (throughout almost all lineages) that Usui Reiki is best taught over three main levels with many of these lineages offering the third Master level over two parts (A & B). Therefore to attune Usui Reiki, we will need to be offering each recipient one attunement for each level of learning (as you will already know).

-  Level 1
-  Level 2
-  Level 3A
-  Level 3B



For each level, the Reiki Teacher will also need to share a range of additional information with the recipient about the Reiki techniques being introduced, how they can connect with the Reiki energies etc. and this can take place in a number of different ways and through a range of different formats.

- ★ Take for example the idea of teaching Usui Reiki over a weekend class. Here, an attunement will be provided to all participants as part of a two day workshop. This same teaching format can be applied to all levels of teaching i.e. Level 1, 2, 3a or 3b with each level requiring that a theoretical teaching be given, an attunement be offered and the practical aspects be covered. This is still one of the most popular formats for teaching Reiki today i.e. through a class or workshop format.
- ★ There are also some Reiki Masters who prefer to offer Usui Reiki Level 1 and Level 2 *together* as part of a weekend workshop, such as those offered by the International Centre For Reiki Training. In this case, each recipient will receive a Level 1 attunement & teaching on day one and then the Level 2 attunement & teaching on day two. Here, the recipient will be receiving two attunements in one weekend as well as a variety of theoretical teachings and practical teachings as part of this course.

(For Love Inspiration, Marty and Gerry feel that this is a lot of new information (including energetic information) to take in over a weekend workshop and also still prefer to suggest a 21 day self healing practice at both Level 1 & Level 2 to allow the energies to be better assimilated into the consciousness.)

- ★ Other Reiki Teachers believe that the Level 1 attunement needs to be received over 4 separate attunements i.e. such as those presented through some of the Usui Shiki Ryoho Lineage. This is a teaching that has been passed down to them and so naturally, they are happy to continue this style of attunement and teaching for their particular Usui Reiki lineage.



The most important point to note here is that there are many different ways that you can approach your Reiki teaching. There are many different ways to attune people to Reiki and there are many different teaching styles that you can adopt within this beautiful healing system!

For Love Inspiration, whilst we respect and honour all Reiki lineages, our teachings reflect our own personal preferences for giving the Usui Reiki attunements in line with what we were taught by our own Reiki Teacher and our own experiences of giving attunements. We bow down to all of these beautiful Reiki techniques as well as all of the beautiful souls who are sharing these wonderful practices with others throughout the world! Thank you to all of the previous Reiki masters that have brought through and helped to develop this beautiful healing system into what it has become today!

B). General Principles For Giving An Attunement:

Whilst there are many different ways to give an attunement for Usui Reiki, there are also a few common elements that most Reiki Teachers will generally agree on as being essential to the attunement process. Let us now cover some of these here to help you understand some of the more important elements of giving an attunement:

1. Setting The Intention:

As with all energy based healing practices, giving a Reiki attunement requires that you set your intention appropriately (and for the infinite benefit of all!) And as you will see from 'The Attunement Process' in the next section, you will simply be required to state your intention clearly that 'this will be an attunement for Level X' and so it will be.

We should also point out here that the attunement process will not be changing for attuning different levels but rather it is simply the change in your intention that will notify the Reiki energies that 'this will be a Level X attunement' or 'this will be a Level Y attunement'. Such is the beauty of divine guidance!

2. Opening And Embedding 'Reiki' Into The Subconscious Mind:

By working through the person's Crown Chakra, we are able to open up their connection to these beautiful and deeply sacred Reiki energies. At the same time, we are also able to embed these Reiki energies deeply into their subconsciousness. This process now allows the recipient to invoke the Reiki energies through their own intention whenever they wish.

This is a most important part of any Usui Reiki attunement and will often be felt most strongly by the recipient as the love filled Reiki energies are being introduced & embedded into their subconscious mind.

3. Opening And Embedding 'Reiki' Into The Palm Chakras:

Given that Usui Reiki is a system of hands on healing, it makes sense that another important part of the attunement will be to open up the palm chakras so that the Reiki energies can flow more effectively at each level of learning.

This step is done in each attunement to allow for the Reiki energy to flow through the palm chakras in accordance with the new intensity of energies being introduced at each level.

4. Opening And Embedding 'Reiki' Into The Third Eye Chakra:

The Third Eye Chakra plays a key role in our overall energy system and is often said to be a very important gateway for the Reiki energies. As such, opening and embedding the Reiki energies into this chakra is also very important.

As we move into the higher levels, we can understand that this chakra is very important for helping us to develop our intuitive aspects of healing and will also be important for those doing healing work by distance. Opening the Third Eye Chakra is therefore another very important part of any Reiki attunement.



5. Opening And Embedding 'Reiki' Into The Heart Chakra (optional):

The energies of love are probably the most important part of any and all healing. Love is the great co-creator and will always help anyone to share healing light with another living being. As a result of this, many Reiki Masters will choose to open up the Heart Chakra as part of the Reiki attunement.

For Love Inspiration, we feel this is an optional step that can be completed should you feel guided to as part of your own attunement process. It is not 'absolutely essential' to the Reiki attunement process however given the divine importance of love, you may choose to open and embed the Reiki energies into this chakra for any or all Reiki attunements.



6. Sealing The Attunement:

As part of any Reiki attunement, we need to ensure that the Reiki energies are sealed appropriately within the recipient's energy field. Once this has been completed, we are then ready to give our blessings & thanks and close the attunement.

7. Giving Blessings & Thanks:

A beautiful way to finish any attunement is to share our blessings and love with the recipient. Here you may choose to say a nice prayer and ask that the Reiki energies will continue to shower the recipient in love & light as they progress on their pathway. You may also wish to pass on any additional blessings to the recipient as you feel guided to.

After this, it is often considered good practice to give thanks to the Reiki energies themselves, as well as any other Guides, Ascended Ones etc. for their divinely guided assistance in helping you to pass on this Reiki attunement to the recipient.



Again, we wish to reiterate here that there are many different ways that an attunement may be given; many different styles or techniques that can be called on to attune people to Usui Reiki. And therefore, if someone is working with a different attunement technique to yours, it doesn't mean that they are wrong in any way but rather, that they are very likely using a different technique to achieve *the same overall goal*.

As always, it is the intention which is so important in Reiki and this is equally true for any attunement technique. Above all:

*****Intention.....Intention.....Intention!*****

Please be sure to set your intention wisely & expansively when attuning others i.e. so that they may go onto benefit all in the most magical way imaginable. May you always work with an attunement technique that you feel comfortable with and above all - may you share these attunements with love in your heart.

C). The Attunement Process:

To help simplify the traditional Usui Reiki attunement, it is often best to approach your attunements in four separate stages:

- ♥ Stage 1. Preparing the space
- ♥ Stage 2. Preparing to give the attunement
- ♥ Stage 3. Giving the attunement
- ♥ Stage 4. Sharing experiences

♥ Stage 1. Preparing The Space:

The first part of giving an attunement requires that we set up a space that is conducive to receiving an attunement. And whilst this will be very similar to how you would set up your healing space, a key difference here will be that the traditional Usui Reiki attunement is given to a recipient in a *sitting* position.

You can choose whether you wish to offer a suitable chair for the attunement or if the recipient would more feel comfortable, they may wish to be attuned whilst sitting in a cross legged position or in lotus position for their attunement.

Having said this, it is always best for your recipient to be as comfortable as possible so that they can focus on bringing their awareness to being open to receive during their attunement. Therefore, if they will not be comfortable sitting in a cross legged position for around 30 minutes, it will probably be best for you to use a chair for their attunement.



Other more general factors to consider when choosing an appropriate space for giving attunements are as follows:

- **Privacy:** It is often nice to give attunements in a space where you will be able to be undisturbed and where you are able to close the door for more privacy. It is often more relaxing energetically to receive an attunement when you don't have to worry about other people being around you or disturbing you as you open up to receiving these energies.
- **External noise:** For some people, a range of external noises can also interfere or even tarnish their attunement experience. Remember that this is a deeply sacred ceremony and as such, it is best received in a peaceful, relaxing and tranquil setting if you can.
- **Creating Ambience:** It can often a nice idea to set up your attunement space with consideration of soft lighting, nice aromas or perhaps some nice mantra healing music to accompany the beautiful attuning energies being introduced. Perhaps you wish to set up an alter somehow with uplifting pictures, crystals and other energy enhancing tools that help create a nice ambience in your space.



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- **Seats & Cushions:** You can never really know how you will be guided to give an attunement for each occasion as each of your recipient's will often be quite different in their preferences. Therefore it is always a good idea that you have a cushion and appropriate chair ready for giving the attunement. This will therefore allow you to offer both types of seating arrangements and will help you to be flexible in your attunement approach.

When selecting a chair, please be mindful that you will be needing to draw the Sarpagini symbol down their spine during the attunement. Whilst it is not crucial to find the 'perfect' chair for your attunement, you may wish to have a hunt around for an open backed chair or stool that offers the ability to draw the Sarpagini symbol down the spine, or at least the ability to see the recipient's back whilst drawing the symbol.



Examples of Good Style Attunement Chairs
(no or open back)

We are all very different in how we do things & how we approach life so we fully expect that there will be differences here with how you wish to approach your attunements - and how wonderful! We truly hope that you will bring your own creative flare to this truly divine process.

Some of you for example, may wish to set up a very beautiful & magical healing room. A space where you can give your attunements for others in the most beautiful way imaginable. Alternatively, there will be others who are quite content to offer a very simple style of Reiki attunement in the spare bedroom.

However you choose to offer your attunements, please know that it is always the energies that are most important. The attunement will indeed work in whatever setting you choose to work in and will always help to bring more love & light into the recipient.

Remember, it is far better to give an attunement in a modest setting than to not give an attunement at all! So with this, please don't be overly hard on yourself and think that you have to offer a magical, wondrous space of relaxation and inner sanctuary as you start out on your Teacher pathway. Just offering your love & light is more than enough!



♥ **Stage 2. Preparing To Give An Attunement:**

Now that the space has been prepared, you are ready to give the attunement. Please invite your recipient into the space and ask them to make themselves comfortable. At this stage, it is typically a good time to:

- ♥ a) prepare the recipient - so that they are more conducive to receive the attuning energies;
and
- ♥ b) prepare yourself - to ensure that you pass on the attunement as effectively as you can

In our opinion, the preparation stage is one of the most important parts of the attunement as it helps to set the scene for all that is to come. It helps to introduce the process, to ease any anxieties or worry that the recipient may be feeling and it also helps us to prepare ourselves adequately for giving the attunement.

Normally for Marty and Gerry, they like to start with a brief explanation about the attunement process. They feel that it is always nice for the recipient to hear a little bit about what is about to happen and to understand what they are needing to do during the attunement i.e. to be open to receiving these new energies.

It is here that they normally ask if the recipient is happy to be attuned whilst sitting cross legged or whether they would prefer to sit in a chair.

Next, we can invite the recipient to sit down in their preferred format and we are now officially ready to 'start the attunement process'. For some Reiki Masters, they will now go ahead and start giving the attunement however for the purposes of teaching, we would like to introduce some additional options here that are available to you before you actually give the attunement.



To start with, let us distinguish between preparing the recipient and preparing ourselves.

- To prepare the recipient, a guided preparation can often help the recipient to be more open to receiving their Reiki attunement. How you wish to do this will often depend on the type of person that they are and their own previous spiritual experiences.
- To prepare yourself, we normally recommend that you connect with the Reiki energies in some way to help 'charge' them within you immediately prior to giving an attunement. Just like you have learnt throughout your Reiki healing practices, the idea of charging yourself can help to give a stronger and more connected Reiki attunement.

As a simple example then, let us see how we can bring all of this together. Let us describe here how you might like to approach a basic Reiki attunement (for any level) whilst being sure to prepare both the recipient and yourself:

Please invite your recipient to close their eyes and take a few moments to centre themselves. You can either choose to leave this up to them (i.e. for more experienced practitioners) or perhaps you may need to gently guide them towards observing the natural rhythm of their breathing as one way of relaxing the mind.

With this, now ask your recipient to imagine that they are sitting in a beautiful garden, surrounded by many beautiful flowers, trees and plants. It is a warm, sunny day and they can feel the breeze on their face. Now just allow them a few moments to really become absorbed in this visualisation as you bring this to life in their mind.

There are a few clouds spotted around in the sky and they can again feel that the sun is shining down on them. They can feel the warmth & relaxation of the sun as it shines down on their face.



At this stage, if you wish to, you can also use some Reiki symbols to help them perhaps connect more with this peace and relaxation as they open up to receiving this sunlight.

Just ask them to really focus on this brilliantly shining sun as the warmth & peace shines down onto their Crown Chakra. Ask them to open up to this feeling of warmth, love & light as it sends down a beautiful array of healing light & love into the over energy field.

Let them know that you will now be preparing yourself to give the attunement for the next 5 minutes or so and that they should just continue opening themselves up to receiving this sunlight and love.

If you feel that it is appropriate, you can give them the additional option of repeating a simple affirmation during this next few minutes. Perhaps something like *“I open up to receive with love”*. Again, this type of preparation may only be suitable for some people so please always follow your own intuition as you guide the recipient through their attunement preparation.

Now, with this very simple exercise, the recipient will now be spending time to gently open themselves up to receiving the attunement and at this point, we now suggest that you prepare yourself for giving the attunement.





By far the easiest and most effective way to do this internal preparation is to receive an attunement yourself for the level that you are about to give. And by this we simply mean that you follow the attunement processes in Stage 3: Giving The Attunement (below) however you will be doing this mentally using your mind. For example, you can imagine that Dr Mikao Usui is standing over you and giving you a Reiki attunement.

Alternatively, you can choose to receive this attunement from yourself or any other 'being' you wish to connect with. For example, you may choose to receive your Reiki attunement from a spiritual guide, an Ascended Master, an Archangel or perhaps even your own higher self.

However you wish to imagine this process taking place, most importantly, it is the process of receiving and connecting with the Reiki attunement which is so important here. You will be opening up and receiving all of the symbols and energies and as a result of this, you will likely feel very connected with the Reiki energies immediately prior to giving the attunement.

As someone starting out on the attunement pathway, this preparation can also be very helpful for you to remind yourself of the attunement processes immediately prior to giving the attunement.

You will also be able to feel very connected to the Reiki energies after this 5 minutes or so and this will then help you to go on to give a powerful and connected Reiki attunement to your recipient.

You are now ready to pass on the attunement for either Level 1, Level 2 or Level 3a by following along with the instructions in Stage 3: Giving The Attunement (below).



As an additional note here, you may of course wish to include another form of preparation for your attunements in line with what you are feeling at any given time. For example, some Reiki Teachers like to do a simple 'grounding' exercise as part of their Reiki attunement preparation whilst others might guide you through a simple Vipassana style meditation prior to receiving the attunement.

As part of the Love Inspiration teachings, we also offer our students another guided preparation for their attunement, which was 'channeled' through Gerry in order to help us give the Usui Reiki Level 1 attunement.

And whilst this is indeed a rather long & significant attunement preparation, for our teachings, we are happy to offer this very comprehensive attunement preparation to those who wish to receive their attunement in this way.

As an Advanced Usui Reiki Master Teacher, we invite you to have a listen to this attunement (initiation) preparatory meditation channelled by the Guides through Gerry, and should you wish to, please feel free to use this meditation as part of your own attunement preparations:

[Attunement \(Initiation\) Preparation Meditation Audio \(45 minutes\)](#)

As an Advanced Usui Reiki Master Teacher, we leave it entirely up to you to decide how you wish to prepare yourself and your recipient for giving/receiving your Reiki attunements. Above all, please always listen to your own heart and do what feels right for you in any given situation.



♥ **Stage 3: Giving The Attunement:**

Given that the traditional method of attuning an Usui Reiki attunement is more complicated than the Advanced Usui Reiki attunement techniques, we are delightfully offering a video demonstration to you here so that you can actually see how each of these steps are performed.

We hope that this short video will help you to become entirely comfortable with this traditional Usui Reiki attunement technique so that you have the confidence to share these attunements with others. We have also included a set of written instructions about how to give the attunement to further clarify some of the finer details of the attunement process.

We wish you well on your attuning pathway forwards and may you receive many beautiful, love filled blessings from countless Great Beings on your journey forwards!



The Attunement Process

[Watch a demonstration here for how to attune Usui Reiki Levels 1, 2 and 3a](#)

1. Standing In front of the recipient i.e. facing them, place your dominant hand on top of the recipient's head and state your intention i.e. "This will be a Usui Reiki Level X attunement for [name of recipient]".
2. Moving anti-clockwise around the recipient so that you are now standing behind them, use your dominant hand to clear away any energetic debris from above the recipient's Crown Chakra (3, 7 or 11 times).
3. Use both hands to 'open' up the recipient's Soul Star Chakra and Crown Chakra in preparation for helping the recipient to better receive the Reiki energies being introduced.
4. Draw out & tap in the Reiki symbols (in the below order) into the Crown Chakra whilst intending that these Reiki energies become embedded into the sub-consciousness part of the recipient's brain. With hands on, please now open up to channel the Reiki energies into this area for 1 - 2 minutes (as you feel guided).

I. Tibetan Dy-Ko-Myo

II. Dy-Ko-Myo

III. Cho-Ku-Rei

IV. Sei-Hei-Ki

V. Hon-Sha-Ze-Sho-Nen

*** Please note here that you are able to mentally visualise, intend or project these symbols into the Crown Chakra rather than actually 'drawing and tapping' them in. This will reflect your own personal preferences so please do what you feel is right for you. This same note will be equally applicable to steps 5, 6, 7, 9 & 11.*



5. Draw the Sarpagini symbol down the spine, starting at the back of the head, and 'tap' this symbol into the overall spine area three times. You can now use your hands to bring these Fire Serpent energies up towards the Heart Chakra. This step now helps to open up the recipient's energy field so that they are better able to receive the Reiki energies throughout their entire chakra system.

6. Reach down to gently move the recipient's hands into prayer position on top of their head. Use your non-dominant hand to keep the hands together and use your dominant hand to draw out the Reiki symbols above the tips of their fingers (in the same order as step 4).

Whilst you do this, intend or project the Reiki symbols into the entire body i.e. down through the fingertips, through the palms and into all of the 7 major chakras. Now place your third eye over the 'fire fingers' of the recipient and allow the Reiki energies to flow through your third eye into their energy system for a minute or so (as you feel guided).

** Each of our fingers are said to be a representation of certain elements and our middle fingers represent the element of fire, hence the term 'fire fingers'.

7. Gently moving the recipients hands down so that they are located in Gassho position (prayer position) in front of their Heart Chakra, move in an anti-clockwise direction and kneel down in front of the person (however you feel comfortable).
8. Gently move the recipient's hands again so that their palms are facing upwards in front of you in a way that is comfortable for them. Use your non-dominant hand to hold their hands in that position whilst using your dominant hand to scoop away any negative energies from just above each of their palm chakras (three times).

Now draw out and tap in the Reiki symbols (in the same order as step 4) and place your palms over the recipient's palms. Open up and channel the Reiki energies into this area for 1 - 2 minutes (as you feel guided) whilst asking that the Reiki energies help the recipient to become a very powerful 'touch healer' or 'hands on healer'. As you finish, gently push the recipient's hands down so that they can rest comfortably in their lap (depending on how they are sitting).

9. Clearing away any negative energies or other impurities from in front of the Third Eye Chakra, draw out & tap in the Reiki symbols (in the same order as step 4) into the Third Eye Chakra. Placing your right hand over the forehead and your left hand over the back of the head - open up and channel the Reiki energies into this area for 1 - 2 minutes (as you feel guided).

** Note here that you may wish to slightly relocate yourself here in order to be able to put your hands over the Third Eye Chakra - this is totally fine and please do as you feel necessary.

10. (Optional) If you wish to, you can now open up and embed the Reiki energies into the Heart Chakra. Start by clearing away any energetic impurities as you have done in previous steps and now place the Reiki symbols into this chakra (in the same order as step 4). Now you can open up and channel the Reiki energies into this area for around 1 - 2 minutes (as you feel guided).

11. Staying in front of the recipient, gently move their hands so that they are placed with palms against their upper chest to form an 'X' shape. Now draw Cho-Ku-Rei over their chest as a first step in sealing the attunement (if you wish to, you can hold their arms against their chest with your non-dominant hand as you wish).



12. Moving anti-clockwise around the recipient so that you are standing behind them, close the Crown Chakra and then seal it by drawing out and tapping in Cho-Ku-Rei. Then repeat this process for the Soul Star Chakra (close and then seal with Cho-Ku-Rei).

By drawing out and tapping in the Cho-Ku-Rei symbol, this helps to again seal the energies that have been received during the attunement and helps to 'shut the door' as we are about to close our attunement.

13. Now you are ready to press down with your thumbs three times on their shoulder area (where the neck muscles start to join the shoulders) which helps to provide some additional sealing for the attuning energies.
14. Moving anti-clockwise around the recipient so that you are again standing in front of them (the recipient's arms will still be against their chest), draw out and tap in Cho-Ku-Rei three times into the back of each of their hands. This is the final part of the sealing process. Now just allow yourself to send Reiki for a few moments to properly seal and finalise your attunement.
15. Placing either hand lightly on top of their head, the exact location being unimportant, please now say a small prayer and provide them with all your blessings and well wishes for their journey forwards.



Congratulations! The Reiki attunement is now complete!



As you feel guided, you may now wish to gently & lovingly tell the recipient their attunement is complete and ask them to take whatever time they need to process & digest the new Reiki energies into their consciousness.

As you will know, the attunement can often be a very peaceful & relaxing experience and on some occasions, there may also be some difficult emotions coming to the surface during this time. It is therefore important here to give your recipient sufficient time to process, digest and sit in this space of stillness.

If you wish to, you may choose to sit in your own meditative space after the attunement is complete and enjoy the peace and love that has just been shared. Here, you can simply wait until the recipient is ready to 'come back' into their physical awareness.

In some cases also, you may feel that it is more appropriate to leave the room. Perhaps you have pre-organised to meet each other in another area when they feel ready to come back to a more alert state of being.

Again, the attunement can often be a wonderfully warm, peaceful and blissful experience so by allowing the recipient to just sit in this space for as long as they wish, is almost always a good idea!

This helps them adjust to their new energetic frequency in their own time.



♥ **Stage 4: Sharing Experiences:**

At the end of the attunement when the recipient has 'come back', it is now time to begin sharing (if it feels right). It is often nice to start by asking them how they felt during their attunement. Perhaps you can help to make sense of anything that may have been experienced during their attunement or perhaps you wish to share some of the things that you felt. The recipient may have questions or may wish to share things that the healing session brought up for them. This connection at the end of the session is a lovely time to share experiences.

You may also like to re-iterate that no matter what they felt (anything or nothing), they have now been attuned to Usui Reiki Level X and this is normally a good time for a tea break so that you can share more details about the coming days ahead and about the self healing practices.



D). Self Attuning Practices (Optional):

Offering attunements to people can be one of the most beautiful & sacred gifts that you can share. And with this, we truly hope that the universe will help you to find many beautiful souls who would like to receive an attunement from you!

If you wish to, perhaps as a way of helping you to prepare for giving Reiki attunements using the above process, you may wish to do a 7 day, 11 day or 21 day set of 'self attunement' practices here (as you feel guided).

On each consecutive day, you can give yourself one attunement for any level of Usui Reiki so that you can learn & digest the attunement processes more easily.

As part of Marty and Gerry's own Level 3b training, this was a daily requirement for them for 21 days following their Level 3b attunement. During this time, they were encouraged to open up to receiving the attunement from whoever they wished e.g Dr Mikao Usui, God, your own Higher Self etc.

However you wish to imagine receiving your attunement, most important is to go through the process (outlined in Stage 3 above) and feel each of the Reiki energies being introduced into your consciousness. Taking multiple attunements in Reiki can never do any harm and you will likely find that after a week or so of doing this practice, the attunement process will start to sink in a little more which then means that you will feel very comfortable sharing the Reiki attunements with others.

Ideally, we would suggest a period of 21 days for this practice, however please do as you feel guided to. If you are someone who is quick to pick up these kinds of techniques, then you might only feel that you require 7 or 11 days.

As an ongoing practice here, especially for those who are not giving regular attunements using this technique, we would also suggest that you occasionally give yourself a Reiki attunement as part of your personal practices e.g once every week /fortnight / month. This will just help you to remain familiar with these attunement techniques so that you can share these energies with others as you are guided to.

12. THE PRACTICAL ASPECTS OF TEACHING REIKI:

Traditionally, for those who are starting out on their Reiki Teacher journey, it is very important that your Master Teacher course includes information about how to give a Reiki attunement, as this is the most important technique used for helping the recipient connect with the Reiki energies.

In this course however, given that all of the Usui Reiki & Advanced Usui Reiki energies and healing practices are being made available by Love Inspiration through self activation, you have a few additional considerations that are important for your Master Teacher journey forwards.



For example, it is very important that all Love Inspiration Master Teachers are teaching the Love Inspiration healing systems in alignment with the [Love Inspiration Master Teacher Criteria](#).

This helps to ensure that all of the Love Inspiration healing systems are being offered for the highest possible good of all beings, whilst also preserving the integrity and purity of each healing system (so that each course can continue to be offered in the spirit in which it was received from Higher Consciousness).

In addition to this, the way in which the Advanced Usui Reiki energies have been received also gives you a number of additional teaching options. For example, you might like the idea of simply sharing the Love Inspiration courses as your first steps into your teacher pathway. Given that all of these energies are self activating, you may feel that this is the easiest option so that you can help others without needing to make any significant time investments.

As part of this approach, you may wish to share with family and friends, perhaps share in your spiritual community or Reiki healing groups or for those who are little more interested in online sharing, you might like to spend some time on social media platforms or online forums / groups. In this way, through your actions, you will be helping to guide people into many beautiful Higher Consciousness energies in a way that is simple, easy and takes very little time on your part. Wonderful!

Therefore, if this option sounds appealing to you, we invite you to start out on your teacher journey by sharing these free Reiki courses with whoever you feel guided to. As you progress (and as you start to feel more comfortable with sharing these courses with others), you may feel guided towards slowly and gently towards offering some additional guidance, love & support to people who wish to open up to these energies.

For example, you may feel that for some people, you are happy to offer attunement activations, either by distance or in person, as you give yourself the opportunity to start practising and sharing these beautiful Usui Reiki & Advanced Usui Reiki healing energies with others.

And from here, you may then start to move towards a more hands on sort of role in the overall teaching process, perhaps starting with family, friends and loved ones.

As you progress, you may notice that some people are struggling with the concept of self activation or some who are struggling to find the motivation to complete the self study style of courses that we offer. In these cases, you may feel that you are able to inspire, uplift and sprinkle some of your magic Reiki Teacher dust as a way of helping to connect people with these beautiful, divine and deep healing Reiki energies.

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In some cases, you may feel drawn to offering attunements to people, whilst guiding them towards using the Love Inspiration ebooks. In other cases, you may feel that you wish to sit down with the recipient and explain some of the theoretical and practical aspects of each level also. For others, you may feel that the ebook is sufficient however you might offer yourself up in more of a guidance role.

By offering yourself in this way, as an Advanced Usui Reiki Master Teacher, you are now able to offer each recipient the chance to receive their attunements directly from you, for each ebook (either in person or by distance). And of course, you are also able to offer your guidance, love & support to each recipient who wishes to receive.

Whenever you offer your teaching services to others, we simply ask that you please always ensure that the [Love Inspiration Master Teacher Criteria](#) are being satisfied, so that each recipient can be gaining the maximum possible healing potential from each course and so that you can continue to move forwards on your own journey in the highest possible way.

Having now completed the entire Usui Reiki and Advanced Usui Reiki healing systems, we also kindly ask here that you not underestimate your skills, experience and abilities! You have now most certainly come a long way on your Reiki and Ascension Pathway and at this level, it can be very beneficial and rewarding to offer your energy, love & service to others. May we all evolve into pure love, bliss and many other higher vibratory states of being!

For some of you, perhaps those who are already teaching energy based healing, you may decide that you wish to offer Reiki courses or workshops in person -how wonderful! Having now moved into this Advanced Master Teacher level, we warmly and lovingly invite you to do this in a way that feels right for you but again, we lovingly ask that you please always ensure that you are satisfying the [Love Inspiration Master Teacher Criteria](#) for any course that you are teaching.

Whatever the case may be, as an Advanced Usui Reiki Master Teacher, you now have many options available to you. For those of you who wish to go down the path of offering Usui Reiki courses - what a wonderful way to bring much benefit, love & purity into lives of others!

For these people, let us now try to help you on this beautiful teaching journey by providing you with some important information and considerations for becoming an Advanced Usui Reiki Master Teacher. May this information help to inspire you here towards finding your own divinely unique teaching style for the infinite benefit of all!



Traditional Reiki Teaching - In Person

One of the most important parts of any Reiki course is the idea that you will be sharing a range of theoretical and practical information with each student as you introduce the various techniques and healing practices of Reiki. And nowadays, given the emergence of the internet, you are now able to share this information with people in a variety of different ways.

As we've mentioned previously, the traditional Usui Reiki teachings are usually shared through a workshop or class format and this is mostly due to the fact that an 'in person' approach is still currently the most preferred format for teaching within the global Reiki community (as at the date of writing).

It seems that there is still a heartfelt belief that people should be learning Reiki through a 'hands on' teaching approach so that they are better able to grasp the practical concepts of giving a range of Reiki healing sessions.

In addition, there is also a significant majority of Reiki Teachers at the moment who believe strongly in the idea of giving the Usui Reiki attunements in person. Quite naturally then, we can see that these beliefs have led to a preference for teaching Reiki through an 'in person' type format (both for the teacher and for the student).

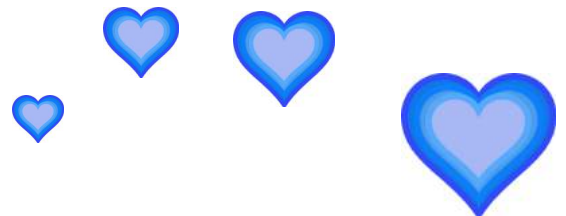
Following on from this, it is therefore again quite natural that the class or workshop option seems to be the most viable and time efficient way for many Reiki teachers to offer these kinds of services.

Another way to approach your 'in person' teaching though is to share the teachings via a 'one on one' setting (one teacher and one student). This may be especially good for those who are just starting out on their teacher journey, and although you may need to repeat yourself a lot (as compared to a class environment where you speak once with many listening), this can often be a great way for you to become more familiar with the Reiki teaching material yourself whilst also allowing for a more relaxing & calm environment for you to practice your teaching skills.

This approach may also be a great technique for those of you who are perhaps feel a little anxious about giving teachings in front of a larger group of people or for those who do not have an adequate space to give such teachings.

In many cases, the one on one teaching style may suit for some time as you gain more experience in teaching Reiki to others. It may also help you to further understand and fine tune things like:

- * What topics people seem to be more interested in
- * What the best way is to structure your course
- * At what point is best to give the attunement
- * What are the important aspects to cover (and what are not-so important)



By observing yourself and your students during these one-on-one teachings, it can often help you to gain some valuable understandings and experience and can therefore help you to make a smoother transition into the Master Teacher role.

As you do more of this learning and as you strengthen in your confidence in teaching Reiki, perhaps you feel more confident to take a Reiki group class or workshop at some point in the future?

It has also been Marty and Gerry's experience that the one-on-one teaching approach (or a small group approach) can also be a great format for teaching Reiki to family and friends. For them, they often found that these types of teachings were best kept quite informal, however please always trust your own intuition as you are teaching Reiki to see what suits the particular situation.

And with this, we have now covered the two main styles of teaching Reiki traditionally, using the 'in person' teaching method i.e. teaching Reiki in groups / classes or workshops versus teaching Reiki through a one-on-one setting.

Teaching Reiki - By Distance

With the rise of the internet, we are now starting to see many Reiki teachers (Level 3b teachers) offering teachings and attunements 'by distance' using an 'online' format. And although this approach to teaching is not widely accepted within the mainstream Reiki community (at the time of writing), we are seeing that this style of teaching is becoming more and more popular around the world.



Typically, when a Level 3B Reiki teacher wants to offer teachings 'by distance', they would need to ensure that each recipient is given access to some form of Reiki manual (that helps to explain the theoretical and practical aspects of the teaching).

To share the attunement, someone who is at the Level 3b Teacher level will typically approach a 'by distance' attunement in a similar way as they would approach an 'in person' attunement. For example, they would arrange a time with the recipient and ask them to sit or lie down during the attunement process. They could perhaps use an online communication platform (for example Skype), and then the teacher could very easily go about doing the attunement 'by distance', as the recipient is actively present and receiving the attunement in real time.

Alternatively, a Level 3B Master Teacher might also consider giving a Reiki attunement by proxy (without a face to face connection) however given that the attunement process requires the recipient to place their hands in different positions, this kind of approach may be a little less effective. To send a distance attunement by proxy, the Level 3B Master Teacher would still need to organise a time for the recipient to be available (so they can actively receive the energies) and then the Reiki Teacher would then use any kind of proxy (such as a teddy bear) to give the attunement. The attuning energies would be sent into the teddy bear, whilst intending that the recipient receives the attuning energies and again, the recipient would be actively 'receiving' during this same 10 - 20 minute timeframe.

So basically, these are two quite common examples of how a Level 3b Reiki Teacher might wish to offer a 'traditional' Reiki attunement 'by distance' however again, let us point out here that at the time of writing, the traditional 'by distance' attunement technique is not something that is widely taught and it is also something that is not really very well respected by the global Reiki community. All of this is underpinned by the fundamental belief that the traditional Reiki attunements should always be given 'in person'.

Having said this, we are still seeing these types of 'by distance' Reiki courses online and in most cases, they are available to the recipient at a cost, due to the underlying belief of most Reiki Teachers that Reiki should not be given for free. So with this in mind, we did want to just take some time here to explain how a traditional Reiki Master Teacher (who has reached Level 3B) might approach teaching Reiki by distance.

Please note however that as an Advanced Usui Reiki Teacher, we do not suggest using these kinds of Level 3B distance attunement techniques for teaching Reiki by distance. As an Advanced Usui Reiki Master Teacher, you have now been introduced to the Kohito 'by distance' attunement method and we lovingly request that when sharing distance attunements, you use this new 'by distance' technique as it will always be far more effective.

For us, it is truly wonderful that all Level 9 Master Teachers can offer distance attunements for all levels of Usui Reiki (Levels 1, 2 & 3a) as well as all levels of Advanced Usui Reiki (Levels 4 - 9), because it means that Reiki can be shared more easily throughout the world.

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For example, as an Advanced Usui Reiki Master Teacher (Level 9) you now have the ability to activate any one - or all - attunements, without needing to organise a time with the recipient which means that your distance teaching processes have now become dramatically more simple.



You will simply need to activate the attunement(s) for the recipient, share the relevant Reiki ebook (or simply direct them to the Love Inspiration website) and thats it. Of course, you can always add things to this like answering questions, guiding the recipient through meditations or self healing practices etc. However the whole concept of activating the attunement for your recipient and allowing them to receive it in their own time and space provides you with some added freedom and flexibility to teach in a way that feels right for you.

As things progress in the world of Reiki, it is our hope that this new advanced attunement technique will become more and more popular and ultimately, will become the main way to offer Reiki attunements by distance. And given that you have now received these Advanced Usui Reiki Master teachings, you are fully equipped to offer the Usui Reiki & Advanced Usui Reiki teachings in this new and approved format. Wonderful!

★ With all this in mind, you can now offer your Reiki courses 'by distance' in a way that feels right for you but again, please do ensure that you are always satisfying the [Love Inspiration Master Teacher Criteria](#). May all beings soon be blessed with feeling a sense of love, bliss, peace and happiness in each and every moment! ★

One of the main up-sides of teaching Reiki by distance is that your Reiki courses can be offered very easily and without much time input being required. Another great advantage of offering distance teachings is that the internet will be helping you to reach far and wide. This also helps the Reiki teachings to spread all over the world. Wonderful!

A possible downside of the 'by distance' teaching approach is that you may not connect with the recipient in the same way as you would through an in-person teaching, simply because you are not physically present together. Questions might not be managed as easily and you may not get that same warm & fuzzy feeling which comes from helping a student connect with the Reiki energies in person. For example, by distance, you will not be able to see the person's face as they feel the Reiki energies for the first time!

Having said all of this, we often feel that the most important factor to be considered here is the idea of helping another living being to move towards more love, light & balance in their life. And as you will no doubt agree, Reiki is a wonderful way to help us purify, heal and grow very quickly and profoundly, as it helps a person connect with a range of 'divinely guided' healing energies.

As an Advanced Usui Reiki Master Teacher, you now have the ability to share all of the Reiki energies & attunements with another living being very simply and easily in around 5 - 10 minutes. Of course, there may be some additional time being spent communicating, emailing, advertising on social media, sending manuals etc. A small labour of love which helps to bring much benefit, love and joy into the collective consciousness.

We hope that you will enjoy sharing these teachings 'by distance' and may you help many beautiful souls to be guided into more love, light & happiness.

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In the past, when Love Inspiration offered distance teachings in this way, we felt that the sharing of Reiki had become much more simplified through this distance format. And with the introduction of the Advanced Usui Reiki healing system, it is our great honour to help you provide people with the opportunity to move into very high and evolved states of healing, love & purity!

Please remember again that the Advanced Usui Reiki Master Teacher attunement process & style of teaching has all been blessed & endorsed by Dr Mikao Usui himself in conjunction with a range of 'Higher Consciousnesses'. It is with love that we pray that these energies may now flourish, blossom and spread to where they are most needed, without limitation or constraint!

And again, in the interests of helping you to become the best possible teacher you can be and with the hope that these Advanced Usui Reiki systems can be shared with many beautiful souls, Love Inspiration is happy to offer these teaching materials to be used for the teacher journey, just as long as they are being shared in alignment with the [Love Inspiration Master Teacher Criteria](#). We offer this gift to you with much love and with the hope that it helps you to become a wonderful Master Teacher as you share these beautiful healing energies and systems for the benefit of all.

Our Usui Reiki ebooks are made available on our website in PDF format so please feel free to use these materials for your own teacher journey, in line with the [Love Inspiration Master Teacher Criteria](#). At this level of learning, you have truly become a very bright light in this world and we hope that you will be guided towards helping a great many beautiful souls on their journey forwards. May you be guided towards sharing these Usui Reiki & Advanced Usui Reiki teachings for the infinite benefit of all beings!

Creating Your Own Teaching Style

As we've mentioned during these last few pages, as an Advanced Usui Reiki Master Teacher, you have many options available to you. For example, you may wish to simply share all of the Love Inspiration ebooks without needing to do anything at all. Or alternatively, you may wish to use the Love Inspiration ebooks as a platform from which you can activate attunements and provide additional guidance and support as you feel intuitively guided.

Maybe you are feeling drawn to offering your own 'in person' Reiki courses in which case, you may wish to use our ebooks to then teach Reiki in person to those wishing to receive.

You may wish to share these teachings through a 'one-on-one' environment whilst in others, you may wish to do a group teaching. You may wish to offer your Reiki courses by distance (perhaps for those who are geographically far away from you) whilst at other times, you might feel like offering these teachings 'in person'. Perhaps you wish to combine these approaches somehow in a way that suits your own personal circumstances?



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Whatever the case may be for you, please know that you have our deepest love and our divine blessings for pursuing whatever style of teaching feels right for you, just as long as you are always satisfying the [Love Inspiration Master Teacher Criteria](#). And most importantly, we hope that you will share these Reiki healing systems without limitation and for the infinite benefit of all beings!



Part of the wonderful expansion and growth work being done here at this Advanced Usui Reiki Master Teacher Level is for you to now use your own divine intuition and find your own authentic teaching style so that you can share these Reiki energies with others, in your own divinely unique way!

And with this in mind, we bow down to your truly infinite & divine potential in line with the understanding that you will always be receiving all the divine assistance and love that you need in order to continue on your pathway forwards. We again offer you our deepest love & support for your onward journey as an Advanced Usui Reiki Master Teacher!

Receiving Payment For Your Teaching Services

As part of these Usui Reiki courses, we have covered the issue of 'energy exchange', both from the perspective of the traditional Usui Reiki lineages and from the perspective of the new Advanced Usui Reiki healing system.

Here, at the Advanced Usui Reiki Master Teacher Level, we humbly invite you to make your own choice about whether you wish to charge for your teaching services or not.



As noted above, there are many different teaching styles that you can adopt to share these energies with others, so quite naturally there may be many different ways of looking at whether you should charge for these or not.

For example, you may find that when sharing the concept of self activations with people, given that there is not much time involved, you feel happy to share this new idea freely & with love.

For those teaching in-person, you will be needing to spend more time preparing yourself, preparing the space etc. In addition to this, you may even need to be paying for things like venue hire, printing of manuals, certificates etc. Therefore, quite naturally, you may wish to charge for these types of Reiki courses.

To help clarify this issue, Marty and Gerry received some additional information from 'The Collective' who spoke more about charging for teachings or not. We have included this information for you on the next page:





“Should you wish to charge for these energy systems then this can only be at your free will. It is however suggested to understand that the enormous benefit from teaching this system will come more effectively when give with an open and free energy. This is not to say that charging is wrong or incorrect, just simply that as our vibration raises, the money-consciousness becomes less and less rewarding energetically.

However you choose to pass on these teachings, please do so with deep love, honour and respect for those who have brought them through to you and always with a wide intention to benefit all. In this way, the energies will blossom for both your good and the collective good of all.

Thank you!”

The Collective

Love Inspiration has decided to offer all of its teachings freely and with love as we firmly believe that giving with love is the best & quickest way forwards to a brighter future. We would like to encourage, promote and inspire people to always give and share these divine healing energies with others in the understanding that we will always receive that which is divinely determined for us in line with our own karmic circumstances.

As an Advanced Usui Reiki Master Teacher, we wish to again reiterate the idea that you will always receive the benefits and rewards for sharing these teachings. And to help strengthen this idea, we feel it appropriate to include the message that was brought through by The Collective during the Level 4 teachings about offering teachings freely and with love:





The original Usui Reiki teachings suggest that there must always be some form of energy exchange when a teaching is received yet Love Inspiration offers all their energy teachings for free. Can you please explain?

“In the original teachings, this philosophy was firmly grounded in the belief that a person would simply not ‘value’ anything received for free. As our consciousness develops however, higher towards love, we understand that the energies of exchange are highly intelligent, similar to that of Karma (the law of cause and effect).

When we offer anything, the collective consciousness always returns an energy exchange at some level. And vice versa, when we receive anything, an energy exchange is in some way offered or taken in recompense for what was received.

In this way, we can choose to make an offering at the time of receiving a teaching (which also adds to our karmic merits) or we can leave it up to the consciousness intelligence to align an appropriate energy exchange.

By offering their teachings for free, Love Inspiration receives in exchange many energetic frequencies that enable them to continue ‘downloading’ more teachings in order to benefit the collective consciousness. In this way, the cycle continues onwards and upwards for the benefit of all.

Whether you choose to offer or not for your teachings, or anything at all in your life, you can be assured that the collective consciousness umbrella will align what is required in the form of energy exchange.

As we surrender to higher consciousness, these understandings flow freely and with love in order to create a better existence for all beings.”

~The Collective



As Reiki teachers ourselves, we of course understand that there is much complexity about whether you should charge for Reiki teachings or not. This is definitely not an easy decision to make given that we all live in a such a materialistic & money based society.

This decision will often therefore need to be made at a very personal level and will always depend on your own personal circumstances and your preferred format for teaching Reiki.

We simply ask here that you allow yourself to be guided by your own intuition and your own feelings in any given moment and please always do what feels right for you. Whatever you choose, please know that we are in full support of your decision and we offer you our deepest love & blessings for your teaching pathway forward.



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Issuing Certificates

To help keep these healing energies, attunements and teachings freely available, Love Inspiration offers certificates freely and with love online to those who have completed their course.

We feel that for those moving through the Advanced Usui Reiki healing energies, the energetic process of uplift, growth and inner transformation is far more rewarding than just a certificate however we also recognise that for some people, a certificate is a very important part of any course.



As part of the Love Inspiration courses, we have decided to rely solely on the honesty and integrity of each of our recipients and trust that each recipient has in fact done the required practices at each level to attain the energetic understanding of that particular level of learning. Hence we happily provide a link for each of our courses in the final comments section.

As an Advanced Usui Reiki Master Teacher, we are very happy for you to issue your own certificates to people as you wish to, without restriction or limitation. Perhaps you wish to issue a certificate for each level of learning? Or maybe you feel that certificates are not all that important at all?

Whatever the case may be for you, we again simply ask that you follow your own intuition and issue certificates as you wish to. Love Inspiration chooses to issue PDF certificates and for us, this is a great option so that we can continue sharing these energies with anyone who wishes to receive them.

How you wish to approach this area of your teaching practice will again come down to your own personal preferences and to your own personal circumstances so please be sure to follow your heart and do what you feel best for you.

Our General Teaching Philosophy

Love Inspiration is dedicated to helping to bring love & light into the collective consciousness for the infinite benefit of all. We are always very happy when these beautiful and uplifting energies are shared with others freely and with love for the benefit of all beings.



We believe in non-discrimination, accepting all religious traditions & Reiki lineages, sharing love and kindness with all living things and helping others find & walk on their own divine pathway.

As an Advanced Usui Reiki Master Teacher, we believe in sharing energies freely and with love, so that the collective consciousness can continue to be transformed and uplifted. We believe in helping others on their journey forwards, by providing inspiration & healing opportunities to those in need.

We believe in providing support and guidance to the Love Inspiration Master Teachers (which has been offered through the [Becoming A Teacher FAQ's](#) and through the [Love Inspiration Master Teacher Criteria](#)).

With much love, we wish you all the very best on your Reiki teaching journey and may this help you to bring much love, light & understanding into the collective consciousness for the ultimate liberation of all!



Understanding The Prerequisites

Having moved through the Usui Reiki & Advanced Usui Reiki courses, you will have seen and understood that the Ascension Pathways are important prerequisites for the Love Inspiration Advanced Usui Reiki courses. You will understand that these prerequisites have been set in accordance with divine instructions and help to guide each recipient into Higher Consciousness as quickly and as effectively as possible.

In addition to this, the Ascension Pathway energies can also help to enhance the flow of the Usui Reiki & Advanced Usui Reiki energies and both Marty and Gerry feel that these energies and attunements are a very important complement to the overall Reiki experience.

The Guides have explained how important it is for Love Inspiration to be formally guiding people into Higher Consciousness in the most effective way possible and it is for this reason that we continue to reinforce the importance of the prerequisites with all of our recipients. As each person progresses into higher and higher levels of consciousness, they are able to feel more love, light & peace in their life and with this, they are better able to assimilate and digest the important concept of unity & oneness as they are lovingly guided into a deepened understanding of their infinitely divine abilities.

It is for all of these reasons why we lovingly ask all Advanced Usui Reiki Master Teachers to gently and lovingly remind their students about the importance of the prerequisites and to only offer these teachings to those who have completed the necessary pre-requisites. After all, these have been prescribed with the intention of guiding each recipient towards reaching their divine potential. As Master Teachers, it is fair to say that it is our duty to help each recipient so that they can evolve in the highest possible way and of course, the Ascension Pathway prerequisites help to do exactly this.

For those who have completed The Unified Pathway To Light prerequisites as part of your own journey, you will have now reached The Unified Pathway To Light Master Level. At this stage, provided that you chose the Master Teacher option, you will be able to also teach all of these Unified Pathway To Light levels and this will surely be a great complement to these Advanced Usui Reiki levels, as you are now able to teach the necessary prerequisites to each of your students.

For those of you who have chosen the Pathway To Light option as your Ascension Pathway, this is also wonderful. As you are teaching the Advanced Usui Reiki levels to your students, you will just need to ensure that they are also working through the Ascension Pathway journey via Love Inspiration. Again, these prerequisites will always be an important precursor to teaching the Advanced Usui Reiki levels and by following this one simple principle, it will help to ensure that each of your students are able to gain the most amount of benefit from these beautiful teachings.

For all Advanced Usui Reiki learners, we lovingly offer this system in a way that helps each person to reach the highest possible vibration in the shortest amount of time. As we each raise our love vibration, we are able to feel the magnificence, beauty and grace that comes from the divine. We are able to feel the inner bliss, happiness and joy that comes from connecting with these beautiful divine healing energies as we are led closer and closer towards this deep inner feeling of oneness, peace and unity. With much love, we hope that you will play your beautiful role as an Advanced Usui Reiki Master Teacher and may you help many beautiful souls to progress on their journey forwards in the highest possible way. Thank you, thank you, thank you!



Please see our
[Teacher FAQ's](#)
for further 'Teacher'
information.

13. THE NEXT STEPS FORWARD:

Having now completed the self healing practices for the Advanced Usui Reiki Master Teacher Level and having understood how you can share or activate attunements for others, you are now ready to consider the next steps forwards with much love.

To start with then, we understand that many of you may wish to experiment with the healing practices & attunement techniques being introduced here in this ebook and this is a wonderful idea. This is a great way to more deeply learn and digest these teachings so that you can become a truly wonderful Advanced Usui Reiki Master Teacher for the infinite benefit of all.

Also, it is most certainly true that these last few years have guided you through a very significant inner healing process so for those who simply wish to take some time here to digest what has been received up until this point, this is perfectly ok. Again, please do as you feel guided to in your heart.

Having said this, there are however many precious gems still awaiting you on your continuing journey forwards into the light. And with this in mind, we warmly and humbly invite you to continue moving forwards on your beautiful ascension journey as you feel ready to.

For example, having reached the Advanced Usui Reiki Master Teacher Level, you have now completed either The Unified Pathway To Transcending The Light (Volume 2) or Pathway To Light (Volume 6) and with this, you are well on your way to completing 'The Ascension Pathway'.

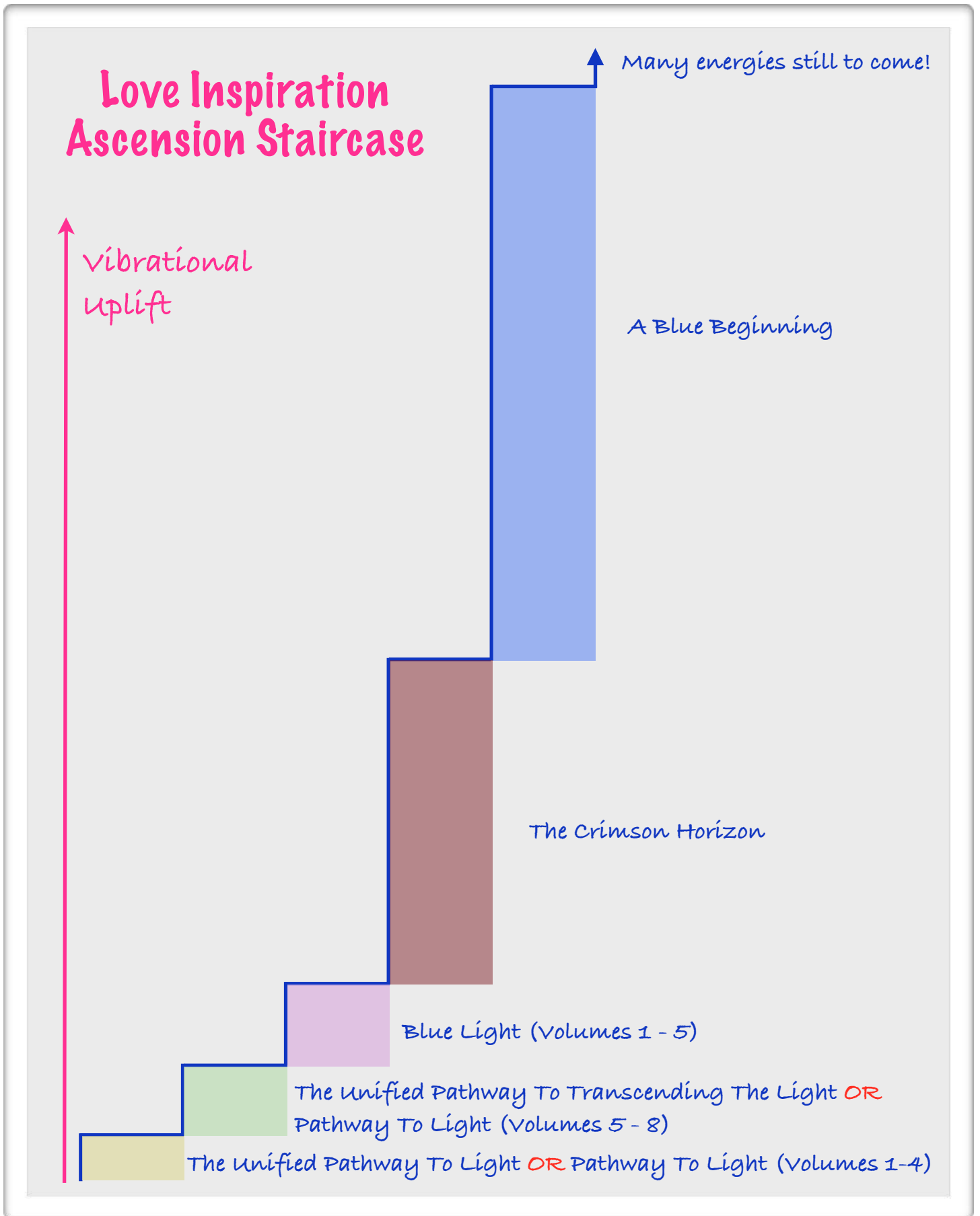
At this point, you are very close to reaching 'The Gateway' to The New Love Consciousness and it is with much love, hope and faith that we lovingly invite you to continue moving forwards, through this gateway and into 'The Ascended Pathway' for the infinite benefit of all.

In the Ascended Pathway, you will be officially welcomed into The New Love Consciousness (through the Blue Light Series) and then you will be guided towards receiving, digesting and assimilating the energies of The New Truth Consciousness, in what is a truly profound step forwards into more oneness, truth, unity and understanding in your life.

In this way, The Ascended Pathway becomes an incredibly special part of the overall ascension journey as it will be welcoming you to two very precious layers of this New Consciousness as you open up to the new 'Love' energies AND the new 'Truth' energies for the benefit of all. And of course, these divine opportunities are made available to you because of your hard work and dedication to your Unified Pathway / Pathway To Light practices.

In the early stages of the Ascension Pathway, you may remember that we spoke about the ascension process as being one which helped you to ascend & expand in an 'exponential' way i.e. with each set of teachings being more significant and uplifting than the previous. This is most significantly noticed here in the Ascended Pathway where you will be guided towards many deeply significant ascensions as part of this journey, as you can see on the Ascension Staircase diagram on the next page.





ADVANCED USUI REIKI MASTER TEACHER

LEVEL 9 - KOHITO

This Ascension Staircase digram above shows the amazingly uplifting vibrational steps forward through the Ascended Pathway and it is for this reason that we humbly, lovingly and compassionately suggest that you continue moving forwards into these new energies once you feel ready to.

As you move into the final stages of the Ascended Pathway (having then assimilated and digested The New Love Consciousness AND The New Truth Consciousness) you will be warmly invited to continue moving forwards into The Crystal Pathway. Here, you will once again be welcomed into an entirely new dimensional field of energies as you step firmly and lovingly into the very pure and oneness-filled vibration of The New Crystal Consciousness.

The energies being received through The Crystal Pathway offer another very significant step forwards on our journey towards oneness, divinity and purity and for many people, The New Crystal Consciousness vibration may also be one which is a little challenging to transition into, due to its very pure energetic frequency.

Above all though, we wish to remind you here that this beautiful journey to ascension is being divinely guided, perfectly and uniquely, for each person and with this, we can reassure you here that your own ascension journey will be accompanied with much love and divine guidance (in addition to all the significant energetic expansions, inner blossoming and ascensions taking place throughout).

As you move into the final stages of The Crystal Pathway, you will notice that these beautiful Crystal energies will be very naturally expanding your energy field as you move lovingly and gracefully into the next dimensional frequency - The The New Diamond Consciousness. And it is here, in the very early stages of this pathway (after completing Volume 1) that you will then satisfy the important prerequisites for the Usui Reiki Gold levels.

Therefore, as you look forward to the Usui Reiki journey that lies ahead, you can see that the Usui Reiki Gold energies require a *very* significant amount of ascension work to be done prior to their commencement. The immensely purifying energies of The Ascended Pathway and The Crystal Pathway in particular will be helping to pave the way towards the incredibly pure and wondrously vast 'Diamond' frequencies and with this, you will also be able to enjoy the profound healing energies of Usui Reiki Gold with much love.

We are truly delighted to offer you such a wondrously uplifting and love filled journey into these 'Higher Consciousness' vibrations and it brings great joy to know that people are interested to do this kind of energy based healing work for the benefit of all beings!

And remember here that each step you take on your Ascension Pathway is also helping to uplift and guide this beautiful planet towards a divine new 'Golden Age'. The Guides are continually making reminders about the importance of doing this kind of ascension based healing work, both for our own wellbeing, our planetary wellbeing and for the greatest good of all. We therefore thank you for your continued service to the light with much love, humility and divine gratitude.



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Finally, in the interests of providing you with some further inspiration for your continuing journey forwards, we wish to share a short extract from the Usui Reiki Gold Level 11 teachings. Here, the 'Ascended Beings' speak about the magnitude of energies being received at this Level 11 ascended place of learning:

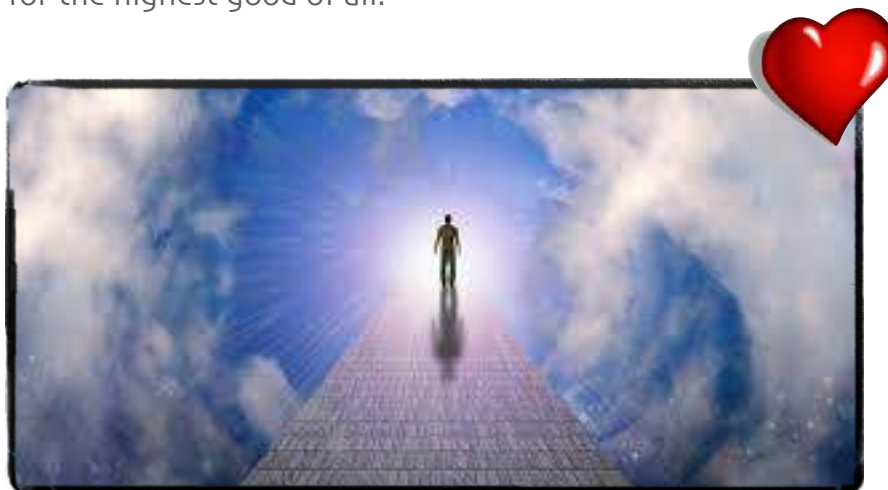
**“The energies at this level are 1000 - 10,000 times more significantly powerful than Usui Reiki level 3a. A great part of this however is due to the fact that having walked so far on your Ascension Pathway, you have now ascended far enough to be capable of channeling such frequencies.
This is no small feat. Well done!”**

As described in the message, this increased width and capacity of your healing channel is a result of all the ascension based healing work, purification and inner expansion that has resulted from your work on these pathways. And of course, it is for this reason that we lovingly invite you to continue moving forwards on your ascension journey as you open up and receive these beautiful energies with much love & gratitude.

Above all, it is the energies of the Ascension Pathways which will be helping to fuel and provide much 'oomph' to your ongoing Usui Reiki journey as you are guided towards more expansion, love and inner peace in your life.

Therefore, at this stage of your journey, the ascension based healing energies will be of great significance moving forwards and with this in mind, let us remind you here once again that you have almost completed all of the important groundwork through the The Unified Pathway or Pathway To Light energies.

We hope that you will continue to enjoy your forwards journey into an ascended state of consciousness and may these beautiful inner states help to bring much love, compassion, purity and oneness into your life. May these beautiful energies help to complement your Advanced Usui Reiki Master Teacher pathway and may you be guided towards sharing your love, understanding and wisdom with others for the highest good of all.



14. YOU HAVE NOW OPENED TWO TREASURE CHESTS - ENJOY!

As you will now already be aware, as part of the Love Inspiration courses, at various points along the way Love Inspiration would like to offer you a series of very special 'Treasure Chests' so that you can tap into abundance!

Each Treasure Chest will contain a highly unique and divinely enriching set of Higher Consciousness energies and these are being made available to those who are walking on the Ascension Pathways. We wish to offer these to you as an energetic reward for all the hard work that you have done on your ascension journey so far!

1). Shamro Gold:

These Master Level Symbol energies are of a very significant vibration and can be used to help open doorways to those who may feel stuck on their divine pathway, or weighed down by life. These energies can be used in both self healing and your healing others work and these highly evolved energies will also be very helpful for your continuing Ascension journey.

The Shamro Gold energies can be learnt over a period of 4.5 months and as you will see from the course, there is 1 month of practices plus 3 months of assimilation / waiting time plus another 2 weeks of practices that are required for this course.

We are delighted to offer you these energetic treasures here with much love in our hearts and we hope that these can help to bring you much love, light and happiness for the benefit of all!



Congratulations!

By reaching this point, you have now unlocked this beautiful treasure chest which contains the energies of:

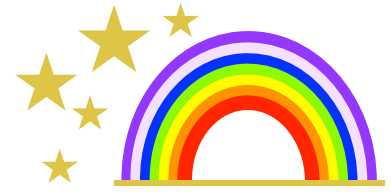
~ Shamro Gold~

To access these energies, simply [download your ebook here](#) and begin!



2). The Rainbow Intuitive Healing System:

Having now completed the Advanced Usui Reiki Master Teacher level, we invite you to open and enjoy this next Treasure Chest which contains the beautiful and deeply healing energies of The Rainbow Intuitive Healing System (RIHS)! The Rainbow Intuitive Healing System Treasure Chest offers you three divine sets of energies in three separate ebooks which have been specifically designed to aid specific circumstances.



Ebook 1 - Grief & Trauma Aid, focuses specifically on healing grief & trauma in a person's life. Ebook 2 - Surgery Aid, focuses specifically on aiding those who are about to undergo, or who have already undergone a surgical procedure. And Ebook 3 - Financial Aid, focuses on aiding those with financial difficulties or obstacles in their life.

Ebooks 1 & 2 are available at the completion of Advanced Usui Reiki Master Teacher Level 9, however Ebook 3 has the added prerequisite of completing a slightly higher level in the Ascension Pathway - The Unified Pathway To Transcending The Light (Vol 3) OR The Pathway To Light (Vol 7).

Furthermore, the ebooks can be completed in any order whatsoever and you can choose to do one, two or all three ebooks, as you wish (ensuring you have completed the extra prerequisite for Ebook 3). Ebooks 1 & 3 can be received in just 21 days and Ebook 3 in 28 days, however there is to be a period of at least 6 months between the RIHS ebooks, as prescribed by Higher Consciousness. This means that you can start one RIHS ebook as soon as you have completed this ebook! Wonderful!

We wish you much joy & deep healing with these three amazing new tools in your Reiki toolkit. May they benefit all!

Congratulations!

By reaching this point, you have now unlocked this beautiful treasure chest which contains the energies of:

~ The Rainbow Intuitive Healing System ~

To access these energies, simply [download your ebooks here](#) and begin!



15. FINAL COMMENTS:

This now brings us to the end of these beautiful Advanced Usui Reiki Master Teacher teachings and let us again share our love and gratitude for your perseverance and dedication. We hope that you have felt a nice expansion and inner blossoming as you have received these Advanced Usui Reiki energies and may these now radiate outwards for all to benefit from!

It is most certainly true that you have moved through much healing, growth & energetic expansion over the past few years and whilst we understand that this can often be quite challenging, we do hope that you are feeling uplifted, nourished and loving as a result of all of this ascension based healing work.

Having now reached this point, we lovingly invite you to connect with the beautiful Advanced Usui Reiki Master Teacher energies as you feel guided to, whether this be through your own self healing practices, healing session format or through sharing the Usui Reiki & Advanced Usui Reiki teachings with others, either through information sharing or through activating attunements.

We wish to congratulate you sincerely from our hearts for the wonderful achievement of becoming an Advanced Usui Reiki Master Teacher and may you now be guided towards sharing these beautiful energies with many beautiful souls on their continuing journey into the light.

As an Advanced Master Teacher, we are also delighted to offer you a certificate for completing the Advanced Usui Reiki Master Teacher Level. Please click on the below link to be taken to our website where you can [download a certificate for this course](#) in PDF format. Simply print it out and fill it in as you wish. Congratulations!

From here, we invite you to step into the Rainbow Intuitive Healing System ebooks and to continue moving through your chosen Ascension Pathway. And please remember, the Ascended Pathways are just around the corner. You have now done so much inner healing work through the Ascension Pathways so now, through the Ascended Pathways, you can be guided towards spring-boarding from this divine platform towards much love, truth and oneness.

Having moved through this 'gateway' themselves, Marty and Gerry are happy to share here that The New Consciousness vibration is certainly worth the wait. It seems that once you step into this new vibration, things seem to move at a greater speed of ascension and vibrational uplift than previously experienced. It is therefore with much love that we hope and pray that you will continue moving forwards into these new 'ascended' energies and teachings for the infinite benefit of all.

As you continue moving through your chosen Ascension Pathway, there will be more information about all of these new energies so for now, we wish to thank you once again for connecting with these beautiful Advanced Usui Reiki energies. May you now be guided towards sharing these energies with others so that you can accumulate a wonderful range of karmic merits in the hope that you will continue moving forwards into infinite states of love, light & purity!

With Love Inspired Blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**





WOULD YOU LIKE TO HELP?

You have received these energies and teachings freely and with love due to the humble and altruistic grace of our donors, sponsors, teachers & translators. If you have enjoyed these energies and would like to help make them continually and freely available for others to heal, grow and awaken from, we lovingly invite you to help in the following ways:

- ♥ [MAKE A DONATION](#)
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- ♥ [TRANSLATE FOR OTHERS](#)
- ♥ [BECOME A TEACHER](#)
- ♥ [WRITE A TESTIMONIAL](#)
- ♥ [HELP US IMPROVE](#)

Your help enables Love Inspiration to continue offering ebooks and courses freely for the infinite benefit of all.

Blessings & Thankyou,
LOVE INSPIRATION & MAITRI FOUNDATION

ADVANCED USUI REIKI MASTER TEACHER
LEVEL 9 - KOHITO

FOR THE INFINITE BENEFIT OF ALL
May all beings be liberated from suffering.