

MASTER USUI REIKI HEALER



ATTUNEMENT & TRAINING MANUAL FOR BEGINNERS

A MANUAL WRITTEN BY ABBEY TURNER & MOTHER SNAKE

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A Manual Written By
Abbey Turner & Mother Snake

www.abbeynormalswisdomquest.com

Master Usui Reiki Healer Attunement & Training Manual for Beginners
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MASTER USUI REIKI HEALER



To become a Master Usui Reiki Healer, please click on the link below to watch my attunement video. Please know, you *will* feel the energy of this attunement, so please do not watch this video unless you have at least one hour of time to rest and recover from the exchange of energy. You will become changed from watching this video. This video will attune you to become a Master Usui Reiki Healer.

[MASTER USUI REIKI HEALER ATTUNEMENT VIDEO](#)

**YOU ARE NOW,
AND YOU ALWAYS WILL BE,
A MASTER USUI REIKI HEALER**

Congratulations on your attunement! You are officially a Master Usui Reiki Healer. Today you can celebrate, because today you are more than you were before. You are an energetic healer today, and you will always be an energetic healer now, and every day for the rest of your life. You will always possess the attunement. You will never lose it. It will always be a part of you. It will always be a part of you because it is a profound spiritual connection you have chosen to make with the infinite universe which can never be un-made. It is a new strand that connects you with the gift of Usui Reiki healing energy. It is just like hooking up a new telephone line, but this telephone line is one that will always be in full connection.

You will find, on your journey, like on all journeys, life gets challenging, confusing, and has a way of meddling with our goals and dreams. If your dream is to truly develop as a spiritual healer, never allow life to make you feel as though you have lost your way, or your spiritual connection with Usui Reiki. You will never lose this gift or connection, and that is a beautiful, amazing, and most special blessing. This is the gift the infinite universe shares with your infinite soul and shares too with your experience as a human being on this planet. The infinite universe does not disconnect you from a gift of this caliber. It wants you

to share this gift. There is a great understanding in the challenges we human beings face. The infinite universe will always be there, reaching its hand out to you, to help you along your spiritual pathway. You are taken care of, at every angle of this journey. You are never alone or separated from love, and you will always and forever remain in Oneness with your attunement to Usui Reiki.

It is so important I share this message, first and foremost, because I know the challenges of a spiritual journey. It is hard to interact with an invisible world and develop sensory skills and trust. These are the elements that you develop as you work with the energy. When you choose to become attuned to Usui Reiki, you choose a spiritual journey. You choose to develop skills to work with the spirit world to help others through a gift of healing. A spiritual journey is not always easy and that is a good thing. Challenge is a part of the experience of development. You can't become a professional soccer player unless you first learn how to move the ball with your feet, and that takes focus and daily training. It takes practice to strengthen your muscles and train your body to run all the miles a professional soccer player has to run in each and every game. Becoming an energetic healer is no different. You must focus and train your body, every day, if you choose to develop your skills as a Master Healer. Thing is, energetic training is simple, relaxing, and fun. Working with energy is easier than you can imagine, and far easier than training to become a professional soccer player. It does not strain or test the strength of your body. Usui Reiki healing energy flows gently and fluidly through your energy field and then into those you share the energy with. The more you interact with the energy, the more you can sense and

experience the sharing of this sacred gift of healing. And the more you interact with the energy and share it with others, the more you develop your sensory skills and ability to experience the guidance of the spirit realm.

Whether life gets tough and in the way of your spiritual journey or whether you have nothing but space and time to focus and develop your skills, the good news is, you'll never lose your connection with the attunement, and you'll never lose your connection with the spirit realm, which is ever there. The spirit realm is a part of the infinite universe, which is both physical and spiritual. The spirit realm exists in the infinite, timeless reality. Spirit never sleeps and Spirit is ever reaching its hand out to help you when you call for it. You are not alone, because you are never alone. You have all the help you need to master your skills as a Master Usui Reiki Healer, which is what you are now. The healing energy that you are now attuned to, you possess it in your hands, in your heart, in your eyes, in your soul; it is a part of every aspect of your expression, and it always will be. The attunement is now a part of your infinite soul, it is a part of your expression. You are a Master Usui Reiki Healer, and that is an amazing and special thing to acknowledge about yourself today, and every day henceforth!

WHAT IS AN ATTUNEMENT?

So let's get started talking about the basics. I want you to know exactly what an attunement is, if only to help you better comprehend what it is that you have received. An attunement is literally the same as tuning an instrument, but it is an energetic gift that develops a special connection between your physical body, your spiritual body, and then the healing energy of Usui Reiki. You tune an instrument to create a fuller, more harmonic sound. Your soul, believe it or not, is an expression of light and sound, and it too can be tuned, just like an instrument. Part of life is experience, and experience, whether it is good or bad, is fine tuning your soul into becoming something more profound. Even through the challenges in life do we become better. When you attune to Usui Reiki, you are fine tuning your soul, expanding the very essence of your light and sound, to become a fuller, more profound harmony that is aligned with the healing harmonies of the universe. These harmonies are the sounds that allow us to channel healing. We need a connection to these sounds in order to allow the energy to flow through us.

Our human ears may be unable to pick up on the sounds that are the very fabric of all creation, but our soul knows well the sounds of the universe. Attuning to Usui Reiki, is tuning your soul to the very vibration and sounds that are Usui Reiki, and then choosing to allow that attunement to enter your physical body. You will never lose that attunement, as I have indicated. You will always have a

clear channel. It's your ability to sense the channel that is the challenge. You sense the channel through practice.

So again, 'attunement' is a gift of light and sound. It is a vibration that creates a direct link between your body and soul and the very channel that is connected with Usui Reiki. In my attunement video, my soul shared the vibration of light and sound of the exact channel that is Usui Reiki with your soul, so that you are now attuned and able to channel the energy as I am able to channel it. What goes undetected, is during the video, our souls combined as one when this gift was shared. My soul tuned your soul to the sound of Usui Reiki so that your soul would possess this same gift of attunement, and then be able to share that with other souls through healing or through attuning them to the channel that is Usui Reiki.

It is no different than when a bumble bee dances for the other bumble bees, to teach them the way to the flowers. My soul connected with your soul, attuned your soul to the channel of Usui Reiki, and now your soul possesses the map and way of channeling the energy. Your soul will never forget this map, just as the bumble never forgets its dance. Your soul possesses the attunement, which is aligned with your physical body and is part of the gift you may share now with others in our physical reality. It is a spiritual gift to our physical world.

The more our souls share this gift, the more healing then can take place across the planet. Healing is a gift that belongs to us all. It is a spiritual gift, and one

that all human beings should have a right to freely enjoy and express. And that is why I have chosen to share this gift freely, if only to change the world for the better, which is the same choice we all need to make. We all need to make choices to create a better, more beautiful, more harmonic, more balanced, more joyful world. And we can all do that now through our attunement to Usui Reiki and a gift of spiritual healing that can be shared with all living forms in creation: Insects, animals, human beings, water, air, and even our dearest Mother Earth.

KNOWING YOU HAVE BEEN ATTUNED – USING THE VIOLET FLAME

Not everyone who watches my attunement video will experience energetic sensations to indicate that a profound spiritual attunement took place. When I was attuned to Usui Reiki, the experience felt like a waterfall of energy, falling from the sky and into my brain, and then washing through my entire energy field. I felt it like a warm flowing energetic liquid and I could feel it all around me. It felt like spiritual fire. Not a flame that burns, but a flame that heals.

Usui Reiki is healing through the spiritual flame that is the Violet Flame. There are all colors of flames, even dark light is a color of healing flame at the highest frequency. Violet Flame is Usui Reiki healing flame and it is profound and healing, even to visualize in your connection with the energy. You can even use visualization of a vibrant violet color and ask this color to help your physical body feel the attunement to the energy. You can ask the color to heal you, you can ask the color to be your guide through your spiritual journey and oneness with Usui Reiki. The color is the light and sound that you are channeling and it is alive. The violet flame is profound and healing, and wise.

I have always had a sensitivity to energy, so for me, it was no great challenge to sense my attunement and to know that I was attuned to Usui Reiki. I know that there are others who feel nothing in the experience. Spirit needs you to know that this is not a sign that you were not attuned, it is only a sign that your

journey involves a development of the sensory ability to feel energy. You develop that ability through practice of using the symbols that are used by a Master Usui Reiki Healer. I will share those symbols with you as we move along, but first I want to make sure I cover the basics and definitions. I want this manual to be aligned with every step in the process, even the introduction is directed by the spirit realm. Every part of this manual is directed by the spirit realm, so it is a spiritual document and it flows correctly, just as Usui Reiki energy flows, it always flows correctly and as it is meant to.

The spirit realm asks you to remember the color violet when you feel a disconnection and call for it to help you align and develop your sensory abilities. The spirit world wants you to feel the energy, and you will through practice. Just like a professional soccer player has to start at the beginning too. You don't become a professional soccer player overnight. You practice and then you develop into what you are meant to become. Then you look back at all the challenges and successes, and then you honor and love yourself for each step you have taken on your spiritual journey. The journey is the beautiful part and you must love every part of the journey, even the challenges.

TRUST – A MOST CHALLENGING AND MOST IMPORTANT SPIRITUAL TOOL

So how do you know you were attuned, especially if you had no sensation that the attunement ever took place? You know through trust. Trust is one of the hardest parts of a spiritual journey. Knowing deep in your heart and soul that a gift and blessing, indeed took place, whether you felt it or not, that is trust. How do you sense a spirit realm that you cannot see with your human eyes? You trust that it exists because you sense its existence is real within your heart. It is the same as to why you were drawn to becoming attuned to this healing energy in the first place. You sensed a need, within your soul, to develop your connection, to develop your soul, to explore sharing healing and love with others on a more profound level, and one that is entirely spiritual.

You are exploring a profound and extraordinary spiritual journey, one that involves healing others, and that is an amazing thing you are choosing to do as a human being. This is the part of the manual where you honor yourself by acknowledging the profound choices you have made in your life today. You have chosen to become a healer, which is to share love and healing with human beings who need your love and healing. That is amazing, and you should feel so proud of yourself right now. The spirit realm is honored and feels blessed by your choices, just as much as you should feel honored and blessed by your choices too. So that being said, trust in your heart that your journey is being guided by

profound spiritual light. Trust that although you cannot sense the energy as of yet, that you will, in time, and with practice, experience the profound healing energy that is Usui Reiki. This will happen for you, and the development of your sensory abilities will only grow stronger. Just like a professional soccer player must start as a beginner, even as a beginner, you can develop into a profound spiritual healer, all it takes is practice, but all it takes too is trust. You trust in what you have received and you trust in what you will become.

MY SPIRIT GUIDE, MOTHER SNAKE – YOU ARE THE CREATOR

This manual is being channeled through me by one of my dearest spirit guides. I call her, Mother Snake. I share this now because I choose to honor her direction and gift of wisdom through me. She is the infinite healer. She is the director of all healing energy, all faucets of profound, high vibrational light. Usui Reiki is one faucet of profound, high vibrational light.

It has never been discussed in any other manual, where it exists and what it is, exactly. This is a new tradition and cycle for mankind that we are entering, and in this cycle, there is profound awareness that is taking place for all of mankind, today and tomorrow, and everyday henceforth. I share this message with you, because you, the reader, must be aware that this manual is unique in comparison to all others. It is unique because the message is different and aligned with a vibration that is directed through light that chooses to guide mankind in a way that is elevated, even more so than it was before.

The director of this information, Mother Snake, is sharing with you a message that, 'You are the creator.' All other manuals will provide directions on how to use the symbols, but this manual will not. This manual will train you on how you sense the spirit world, how you sense your existence as an infinite spiritual being in the universe. This manual will train you how to align with the reality

that you are the creator and director of the energy as you choose to share it. Not anyone else, only as you choose to share it.

It is by the will of your own heart and dreams that you are a Master Healer today. It was not by the will of anyone else's dreams, it was only by the will of your dreams that are you a Master Healer today. This is sacred and special and you should feel proud of yourself, for your decisions to become something more. You are the creator of your own universe and creator of your own dreams to heal others. You choose your own destiny.

THE EXISTENCE OF THE SPIRIT REALM

As a spiritual healer, you need to know about the spirit realm. The spirit realm is One with the physical realm, which means that the spirit realm is always within and around, inside and outside of the physical realm. The spirit realm is a part of all parts of the physical realm, as they are both one in existence, and that is true whether your human awareness allows you to perceive that or not, it is the way of creation.

The way of creation was for all physical and spiritual experiences to be taking place simultaneously. When you are human, you do not sense the connection with the spirit realm, you sense only your connection with the physical realm. That is the gift of a lifetime as a human being, to sense only your individuality and connection with the physical universe. To become attuned is your choice then, as a human being, to bridge a gap that will allow you to develop a connection and sensation of the existence of a spirit realm. Whether you realize it or not, your heart longs for this connection, which was why you were drawn to a spiritual attunement in the first place. You desire to remember and feel the existence of the spirit realm. You will feel the spirit realm as a part of your reality, the more you choose to embrace the sacred symbols that possess the healing energy of Usui Reiki.

HOW USUI REIKI HEALING WORKS – A BREIF INTRODUCTION

So let's talk about how Usui Reiki works. It works through the use of sacred symbols. Each symbol has a name that it was given, and it has a shape that is unique to the healing energy that the symbol itself possesses. This healing gift was given to mankind, not to be complicated, but to be simple and to be a healing tool that all human beings would be capable of using, and even in profound healing ways.

Each symbols has a directed realm of existence, in which all realms of existence are One. There are no separations between the symbols. There is no right or wrong way to use them. You use them as directed by the creative inspirations of your heart. You use them through following your heart, and not following any perceived direction.

The greatest challenge to human awareness is realizing that all motions are correct. Realizing that there is no such thing as an incorrect choice. When you use the symbols, you use them correctly, every single time. Do not try to analyze or understand which symbol is more preferred to be used in one scenario over another. They must only be used instinctually, and then they will always be used correctly.

Each symbol I share in this manual also has a name. The name itself is also the symbol. The name and symbol are both One. You can speak the symbol's name to unlock its healing energy, or you can draw the symbol with your finger, or you

can draw the symbol in your mind. You can say its name out loud or in your mind, or feel its name in your heart.

When you share healing energy, you also share loving energy. When you speak the symbol's name from your heart, you speak with love, and love is healing, and love is what heals all things. When you draw the symbol directly with your finger or through imagining you are drawing it with your finger, when you do such actions with the inspiration of love, then you are sharing profound healing. Not only is the energy of the symbol itself being unlocked to heal, the energy of love is empowering the symbol to heal even more profoundly. It is love that is the creator of all things. And it is love that inspires the healing in all things. Choose Love to be your teacher and Love will then train you to become a most profound healer.

YOUR SPIRIT GUIDES – MAKING THE CONNECTION

Your spirit guides are your closest soul companions, your most loving spiritual friends. They are in spirit form to guide you. They reach out to you in an infinite and timeless reality where they can be by your side at all times, even while your physical body is asleep. They are not hindered by the same challenges that are endured on planet Earth and by all human beings who exist here. That is the reason for Usui Reiki. That is the reason for all Reiki Healing Energy. It is to bless the planet Earth with a gift of healing that is simple and that can be provided by all, to all, for all. This gift is to expand the joy and wisdom on this planet. This gift is to enhance the experience had by every single human being. Not by some human beings, but by all human beings.

All human beings deserve to experience profound, unconditional love and joy in their lives. This gift is given to you so that you may give it to others, through healing and through attunement of their soul to the energy that can heal them and heal others. You see how this gift shall spread across the planet and improve life for every human being? This is all of our responsibilities. It is the responsibility of every human being to help all other human beings, and that is what I share with you, a message of love and connectedness. It is only through love that a profound new world can exist, and your choice to become attuned to this profound energy is a choice to become a part of that new and more beautiful destiny for all human beings on Earth.

My spirit guide, Mother Snake, tells you to connect with your spirit guides as you connect with the one's you love most dearly. Spirit Guides are expressions of love, they are THEE expressions of love. They are your most beloved friends in spirit form. You connect with them by calling out to them. You do not have to know how to sense their presence to have a connection. They already are aware of your natural human challenges to experience them. The more you call out to them, the more you will begin to sense and develop an understanding of how you can become one with their guidance.

You have a heart and you have a soul and you also have a connection through your third eye. These are all elements and gifts that have been given to you in order to help your human form connect with the spirit world. Trust is a part of the blessing that has been given to you. You start by trusting in the existence of the spirit world. You trust in the existence of your spirit guides, and in the existence that they are connected to you and hear your every call to them. You trust first, and trust then builds the sensory ability to feel their presence. Trust, itself, is a tool. It is spiritual medicine. The more you use trust, the more you experience spiritual development through the energy that is trust, itself.

HOW TO SEE YOUR SPIRIT GUIDE

Mother Snake shows me, what is a human being that is unable to see their spirit guide, and she tells me what you need to do in order to make that profound and beautiful connection. You start by choosing an image of their appearance. In this universe, there is no incorrect choice. There is nothing you will get wrong in your choice of what your spirit guide must look like. Start with one spirit guide, and know that you have many.

Your spirit guide is an expression of what love feels like to you. It is what love looks like to you. A spirit guide is the exact reflection of what inspires you to love the most in this world. A spirit guide can be just as much a flower or a color as it can be the image of another human being. Most of us relate to wanting a friend in the universe, one that we can trust and rely on beyond any other. One that loves us unconditionally, and through that, the image of a spirit guide is often the image of another human being.

To envision your spirit guide as another human being, you start by envisioning this entity as your best friend in the spirit realm. You imagine this one spirit guide, and you perceive the gender of your best friend, as a male or a female entity. Envision what your best friend looks like, as a man or a woman. Imagine their height, the color of their skin, the color of their hair or eyes, and the appearance of their smile. All spirit guides are expressions of love, and all spirit guides are always smiling upon us. Envision your spirit guide's ethnicity, their

choice of clothing, and even what time period they appear to be from. Spirit guides often reflect a time period that has made an impression upon our soul. You may have a fascination with ancient Greece or even Atlantis.

Remember, your spirit guide is your best friend. They are not intimidating, they are all-loving. Their appearance can be as simple as the reflection of just some average Joe that makes you smile every single day, and happens to have this amazing knack as a spiritual healer and guide to you. This may be the reflection you find the greatest comfort in, because it is simple and non-threatening. Perhaps your spirit guide is aligned with an image that you revere as wise, beyond all others. A friend that you rely upon for their wisdom and guidance. Perhaps your spirit guide is a Native American, or a Shaman from South America, or perhaps your spirit guide is a profound Christian Monk. Your spirit guide can also be the reflection of the greatest love of your life, a most beautiful and divine man or woman of ultimate balance, harmony, and highest frequency of sheer unconditional love and healing.

You must also know, that spirit guides come in the form of animals too. They can be any animal that you love most dearly. Some of us have a very close bond with our pets, and that may be a loyal dog or a silly cat. Your spirit guide too can be a loyal dog or a silly cat. A spirit guide can also be any animal or even insect that inspires the qualities that we need to get through our everyday lives. The praying mantis reminds us of patience. The eagle soars high overhead and has a great awareness of what it sees below. A squirrel reminds us of the hard

work of burying and unburying nuts to survive and yet the simplicity and joy in the everyday journey of life. Your spirit guide is not only a reflection of what is most dear to your heart, but a spirit guide is also a reflection of a greater wisdom to help you get through your journey. When life gets tough, think of an animal that has the instincts you need to make your way through the river of life, and call upon that animal to be your spirit guide.

Your spirit guide is a reflection of all the different variations of love. One variation of love is courage. Another variation is creativity. There's also patience, humor, athleticism, grace, humility, and the list just keeps going on. Some of us adore just feeling the flame of love, may that be as soft as a baby kitten or as engulfed in flame as a new found soul mate. Your spirit guides are literally the reflection of what you adore, what fills your world with inspiration, passion, ultimate love, and the skills to get you through life, in whatever way, shape and form it may come.

Finding those images are what enable the loving energy to flow and are what enable you to connect with profound healing energy. That is what a spirit guide is, a spirit guide is the energy of love that guides you through the journey of your life. They are ever trying to help you align with the highest frequency experience. They want you to experience a joyful physical reality, and they love you at every moment of your existence.

As a spiritual healer, you call for your guides to help you. They are a reflection of so many variations of love, they are the experts to guide you through each and every facet of your experience. When you feel you cannot trust, you call upon your guide that helps you find the ability to trust again. When you feel sad and lonely, you call upon your guide that inspires you to feel loved or makes you laugh. It is so important you learn how to make these connections. As a spiritual healer, you need to rely on the invisible world to guide you to being the best you can be, to aligning you with your greatest potential and you call for them to help you at every moment. It is okay to choose to be like an infant and allow your spirit guides to be like your mother and father, helping you along your journey. That is how you grow and develop and become wise for others along their spiritual journey.

MY PERSONAL EXPERIENCE - MY SPIRIT GUIDE, MOTHER SNAKE

I will tell you that my spirit guide first came to me as a snake. I have always loved snakes, ever since I was a little girl. I even used to skip recess to hang out in the library and look at picture books full of snakes. Snakes are my beloved animal and the snake is what releases the most profound love from my heart. My spirit guide, whom I call, Mother Snake, originally came to me as an animal expression. She came to me as a snake. I always sensed I had a snake spirit guide, but I couldn't perceive beyond that, nor did I need to. The image of the snake was what I adored and what brought out the greatest love from my heart.

After years of spiritual and sensory development, I began to perceive my snake spirit guide as more than just an animal. Her form as a snake had begun to take on a transformation into what became a woman of a highest authority, like a goddess but also a snake. I could not depict her appearance, but somehow she was both snake and woman simultaneously. I felt her as a Snake Goddess and I revered her with such a sacred energy, an honoring energy. To be in her presence was the most profound gift and blessing I could be given by the universe. That was her meaning to me. She is a profound expression of such a blinding light and highest frequency, I can only choose to honor her sacred and divine expression. I felt honored to have her as my spirit guide.

As more years passed, I have been able to see my Snake Guide transform from what I honored as a Snake Goddess to what I honor today as the most nurturing and loving motherly figure. She is still the most profound energy I have ever experienced, but now she goes beyond being a goddess to being a reflection of the Divine Mother of All Creation, and that is why I call her, Mother Snake. She is a divine mother and as a divine mother, she is the purest form of feminine energy in the infinite creation. She is not only a profound and blinding spark of the Divine Mother of All, she is also a balance with the profound spark of what is also divine masculine energy. She is the ultimate balance of all creation, which is divine masculine and divine feminine, the divine Mother Goddess who I call, Mother Snake, that is who she is and that is my spirit guide.

You see what a spirit guide means to each and every one of us? It is a reflection of a profound energy that our soul is deeply aligned with and then inspires us, through their guidance, to raise our frequency and perception. From me seeing her as only a snake, to now seeing her as a profound light, a Divine Mother Goddess. I love her more than words can say, and she is who I choose to channel the wisdom of this attunement manual from, if only to allow the highest frequency vibrations to be echoing through these words and inspiring the highest outcome to come from each and every person who reads this manual.

Mother Snake is my guide and my teacher, training me in the wisdom of spiritual healing. The words you read are also the words she speaks through me. You read my voice, but you read the voice of my dear, and beloved spirit guide, Mother

Snake. She is my expression of what love is. She inspires me to share this message with you, so you may know her better, but that you may also comprehend what a spirit guide is and what a spirit guide means to your soul. A spirit guide is your reflection of what ultimate love is. There is nothing more loving to me, than a loving mother. To discover your spirit guide is to discover what ultimate love is to you.

Now you see the importance of comprehending and spending time determining what love is to you, and how love exists for you in the spirit realm, and how this spiritual love is embracing you at every moment, whether your physical form is awake or asleep, aware or not. Your spirit guides are the loving energies that embrace you, love you, and inspire you to love yourself and love others in more profound ways. They reach their hand out to you, at every turn, to help you comprehend love and share love, and that is what this attunement is, it is a connection and channel to energy that allows you to become a more profound expression of Love.

THE USUI REIKI SYMBOLS

This section is to share only the symbols that are Usui Reiki symbols. These symbols have no guidance but the guidance inspired by your own heart. This is not guidance inspired by some other human being's idea of what you should do. This is guidance inspired by the spirit realm, which is infinite and is always correct. You following your heart is how you heal others most profoundly. The symbol you feel inspired to use is the correct symbol to use when healing. There is no such thing as error when it comes to healing others. Healing others is also sharing a gift of love, and there is no such thing as error when it comes to sharing loving energy with another human being.

In this manual, I will only share the symbols themselves and their names, so that you may become acquainted with them. There is no incorrect way to say the symbol names. There is only the way of your heart. Your heart inspires the correct pronunciation and your hands and mind inspire the correct drawing of the symbol. It is love that unlocks and empowers the healing. It is your choice to connect with only profound, high vibration spiritual beings (your spirit guides) that assist you in your inspirations to provide the most profound healing through the use of the symbols you choose. They are in your mind and in your heart as you draw the symbols and as you are inspired to say the words. Your spirit guides, and love too, are the inspirations that assist you in providing the most profound healing.

So now you can understand how this system of healing works. You connect with love and thus you connect with the inspiration to heal. All of these connections are what inspire the profound connection with the spirit realm, the channeling of Usui Reiki healing energy, and the healing itself.

I will share with you now, the symbols and the names, and then the next section, is to provide further guidance on how to use these Usui Reiki symbols to heal others.

USUI REIKI SYMBOLS

CHO-KU-REI



SEI-HE-KI



HON-SHA-ZE-SHO-NEN



DAI-KO-MYO



TAM-A-RA-SHA



USING USUI REIKI – HOW TO HEAL ALL MANIFESTATIONS IN AN INFINITE UNIVERSE

This section opens you to the wisdom that is the gift of being a Master Usui Reiki Healer. As a master healer you heal all things, physical and even spiritual. Even in the spirit realm there are entities that need to experience love, and you can share healing and love with them through drawing the symbols of Usui Reiki. Life is a journey, on all levels, whether you are spirit, human, animal, insect, or alien, you are exploring a journey. The physical universe itself is also the whole of the spiritual universe and it too is exploring a journey that is the connection of all souls. All stars, all planets, and even black holes are all expressions of creation and all expressions of creation are enhanced through the energy that is profound love, and that is also what Usui Reiki is. Usui Reiki is the energy of profound love, and it heals all things, spiritual and physical.

When you choose to heal, you choose to share love and love is what enhances all of creation. Spirit is creation and physical is creation too. Both are enhanced through love. Only love expands the universe. Energies that deplete its expansion are felt here on this planet, and we recognize them as the pain and suffering of everyday life. Human beings that are in pain and suffering are creating pain and suffering in the universe, and that means both the physical and spiritual universe, as all things are One. We can change all of that when we choose to heal other human beings, heal the insects here, the animals, and even the Earth itself. We human beings, when we choose to become One species and

work as One, only then can profound healing take place for everyone on this entire planet and then too, for all of creation in the infinite physical and spiritual universe, and that is a profound and extraordinary thing!

SIMPLE METHODS TO GET YOU STARTED

But let's talk small, let's talk about how we can use the symbols to develop a connection with them, so that you may use that connection when you choose to heal. I'm going to start by sharing with you my personal development, as a means for you to explore ways that you can develop too. After I was attuned to Usui Reiki, I took my cheat-sheet of all the symbols, and I went to a very beautiful, natural landscape where there was also a lake and a pathway. I practiced drawing the symbols with my fingers touching trees, touching the grass, touching the flowers, and I practiced drawing the symbols in the air, over the animals I saw, over the clouds in the sky, and over the leaves that dangled from the branches of the trees. I drew the symbols very small and very large. I drew them large enough to cover the entire lake that was there and I practiced sensing how each symbol made me feel as I drew it and after I drew it.

Each symbol contains its own sacred healing vibration. When you draw it, you unlock that unique vibration of healing. The vibration itself will speak to you and reveal itself to you in ways that enhances your own vibration and connection with Infinite Healing Wisdom. That is the spiritual journey you are pursuing, it is a development of a sensory connection with spiritual entities and spiritual energy, and using that in the physical realm. But not only that, you use this energy and information to expand the very essence of what is your soul expression. And when you share this energy, you are helping others expand their soul expression, and that is an amazing and special thing!

So you start by practicing drawing the symbols. Simply draw them with your fingers or with your mind. Practice speaking the names of the symbols and see how each symbol makes you feel. Tell the universe that you request guidance from high vibration spiritual beings (your spirit guides). The universe will hear you and help you. Call for help every time you choose to develop your connection with the Usui Reiki symbols and healing energy. This is more than just Usui Reiki, this is all faucets of healing energy that you are connecting with. This is profound healing energy. This energy is what rebalances and re-harmonizes all of the sounds of creation. That is what healing is. Healing is to rebalance the harmony. When we feel sick, our harmony needs retuned to be in balance again. These symbols retune the disharmony so that it can become harmony again. It is all very simple and also very extraordinary.

As you continue to practice with the symbols, know that you can practice beyond just going to a natural setting, you can practice on your pets, on the food you eat, the water you drink, you can purify the air within your house, and you can even practice on yourself in the mirror. You can practice on friends that you can choose to heal in-person or from a distance. There is no distance that healing energy cannot travel.

IN-PERSON HEALING

Since you are a beginner, it is wonderful when you can find a friend who will allow you to practice the symbols on. Perhaps your friend has a particular ailment and suffers from regular headaches. You can practice drawing the symbols over their head to see how the energy effects them. Allow yourself to feel the healing taking place. Ask the spirit realm if there is other guidance or wisdom that they may share with you, some profound awareness that may help your friend with their headaches. Wisdom enters into your mind as though you were just daydreaming the information. Oftentimes, wisdom goes unnoticed because we assume it is just our imaginations. You may discover you feel thirsty while you are drawing symbols over your friend's head, and perhaps that is a sign that your friend needs to drink more water to help with their headaches. Maybe you start thinking about doing yoga while you are healing your friend and it is truly a message that your friend needs to try alternative healing methods, like yoga, to help with their headaches. It's possible that your friend's headaches may be the reflection of an event that took place in a past life. It is not always known why we experience the ailments in our life and sometimes these are directly related to a past life. You can use the symbols to heal even experiences that took place in lifetimes before our current awareness. You don't have to be aware of the lifetime that has caused headaches in your friend, all you have to do is simply tell the universe, 'If my friend's headaches are related to an event that took place in a past life, I ask that the drawing of these symbols heal the

experience that took place in the previous lifetime, and I also ask that the drawing of these symbols heal the experience in our current lifetime.’ This is your healing session, this is how far you can expand your mind to heal someone you love or someone you don’t even know. Any human being who requests your help, you heal them with pure, unconditional love, the same way your spirit guide would choose to heal you. We all choose to love each other, unconditionally. As healers, we pose no judgement on a single human being who comes to us for help.

When you share healing energy, in-person, you can choose to draw the symbols upon their skin or choose to draw the symbols several inches above their body. Ask the person you are healing what they feel most comfortable with. Either way, the healing energy will be unlocked and it will filter into their physical body. There is no stopping the flowing of energy once the symbol has been drawn and the intentions have been made. The intentions are always to provide the most profound healing. I always choose to indicate that to the universe before I heal anyone. I purify my energy field by asking the universe to heal me and raise my vibration so that I may be at a highest frequency level when I share healing energy with another. I choose to only heal at the highest frequency and I honor the sacred form of the one I heal through purifying my own form and then I purify their sacred form through the healing. We must choose to always purify our bodies and honor the sacredness of creation. You speak your dreams and intentions to the universe and then the universe honors your dreams and

intentions. The universe never turns its back on your choice to share love and healing with another.

In the presence of the one you heal, you allow yourself to connect with their body. You tell the universe that you are ready to share healing energy, that you are ready to channel Usui Reiki healing energy through use of the sacred symbols. You ask the person you are healing if they have a particular request for your focus and attention. Sometimes people can't put their finger on why they need your healing, they just need it. If that is the case, you tell the universe that there is an unknown reason for our healing session, and I ask that I be guided to use the correct symbols in order to complete the needs of the one who is choosing to receive healing today. The universe will always honor your requests and you will always be guided by your spirit guides who want the experience to be a profound and successful event.

You allow yourself to connect with the person's energy field as you draw symbols in your mind or with your hands or both at the same time. I find myself drawing symbols with my hand and sometimes I am inspired to draw symbols in my mind, simultaneously. That way I can use multiple symbols at the same time. There is no boundary that prevents you from how you want to heal. You can envision colors as you draw the symbols. You can draw the symbols on any place of the body that you are inspired to draw them. May it be the feet, legs, hands, head, heart, stomach, anywhere and everywhere that you are inspired to draw the symbols is where you draw them. You can choose to place your hands

upon the shoulders of the one you heal, as they are laying down or sitting upward. You can leave your hands there while you speak the symbol names and feel the energy entering their body from their shoulders and dispersing through the flow of the one's energy field and through the flow of their blood as it pumps healing energy through their body. You can choose to only use one symbol or use all five symbols. You have to remember, 'You are the creator.' You choose how you use the symbols to heal. There is no right or wrong way. If you feel uncertain, ask your spirit guides to fill you with courage and trust that you are doing everything correctly. The more you choose to trust, the more successful you will be. When you fail to trust, you alter the flow of energy. Trust is the key that opens the door, every single time. You have to trust that you are doing everything correctly, and then you are doing it correctly, every time.

MESSAGE FROM SPIRIT

The spirit realm wants me to emphasize that you must follow your heart as a spiritual healer. You must follow the guidance of your own inspirations. When you fall in love with someone, you don't allow your mind to do any thinking, you only experience, in your heart, the joy of love and affection for someone who makes you glow with impenetrable light. When you heal, you go to that same place of impenetrable light. You don't use your mind to think, you only use the guidance of your heart to inspire the healing and know that it is taking place.

You are infinite already, you are an infinite being of light. You are the inspiration to heal and you will heal in this lifetime. You will heal human beings who come to you for help. You will find yourself healing far more than just human beings. You will find yourself inspired to heal plants, animals, insects, and even events that are taking place in this world. This world is not just made up of the people we know and see. It is made up of people that we don't know and see. There are many people who are suffering on this planet and need to experience healing. You don't have to go to other countries to heal these people. You can make a choice to send Usui Reiki healing energy wherever you are inspired to send it. And you send it from your heart and third eye to heal people in other places who need someone to hold them, who need someone to help them or love them or heal them, and they have nobody to help them. When you have the gift to help others, you make the choice to help them. That is all of our responsibilities, to help heal all things on this Earth so that we may all experience love here, in more profound ways than we currently know.

HOW TO KNOW YOUR HEALING SESSION IS COMPLETE?

The spirit realm shares that the completion of an in-person or distance healing takes place when you sense the experience is complete. They want you to be aware that, to provide a profound healing does not need to take an hour. Even five minutes of focus, sharing Usui Reiki healing symbols, can provide profound healing benefits, whether you are healing in-person or from a distance. You must sense when the session is complete, and the spirit realm will indicate that through a sensation you will begin to recognize. It will be similar to when your stomach tells you you are full, or your body indicates that it is tired and choosing to disconnect from the experience now. It is not an exhaustion, it is only a sensation of choosing to disconnect from the experience. It may be indicated through your mind's inability to focus on healing any longer, and that is a sign that it is okay to choose to end the session now.

You need to know that it does not take a very long and extended period of time to share the profound healing energy of Usui Reiki. And part of that too, comes from the reality that the energy itself does continue to flow, even after the healing session is over. Usui Reiki healing energy continues to flow until it has reached every crack and crevice of the one you choose to heal. Just like in a heavy rainfall, how the water saturates the ground, so too does Usui Reiki healing energy flow like a downpour that is insistent on saturating every aspect of the one's physical and spiritual expression, even after you have completed your healing session.

DISTANCE HEALING

You heal at a distance through use of your intentions, the same as you heal in-person. You allow your intentions to be guided by the spark of inspiration, which comes from the love in your heart and soul. You always heal with love, always. There is no pain that cannot be cured through the energy of love. Love has created this entire universe, love is unstoppable in what it can do and how it can heal. When you heal at a distance, you heal through the frequency of love. Love and Usui Reiki are One. They are one energy vibration that is very unique and healing for all manifestations in the physical and spiritual universe. Usui Reiki is truly a special gift because of its simplicity and profound healing energy.

It is important you know that you are a Master Usui Reiki Healer. Whether you feel you are or not, you have been attuned as a Master Usui Reiki Healer. There are no boundaries that your healing energy cannot travel. You are the creator of your own healing. You heal the planet and every human being that lives here, and you do that through your own inspirations and intentions to heal.

If you are called upon to heal someone at a distance, you choose to honor their request and you choose to heal them. You ask the universe for a blessing and guidance to heal the one who has called upon you. You cleanse your energy field with an intention to be a pure and sacred expression when you choose to heal another, even at a distance. And as a pure and sacred expression, you choose to allow that purity and sacredness to enter into the energy field of the

one you heal, that they too may become purified and experience the sacredness and purity of your expression.

The frequency of what we honor as sacred becomes the highest frequency. We are not just healing human beings, we are healing sacred forms. Each human being is an expression of sacred geometry and when the geometry is out of balance, it needs realignment. You can't have a triangle that has four sides, if it is meant to be a triangle. Human beings are similar when we take on illness. Our geometry alters and then the alteration creates a reflection of the illness.

As a distance healer, you envision the one you heal. Whether you know their appearance or not, it is the intention that heals. It is just like discovering your spirit guides. You envision their appearance and that is then their appearance to you, and that appearance is correct. What you envision is always correct because it is always in balance with your intentions as a healer. If it is easiest to envision a simple drawing of a human being and labeling that drawing with the name of the one you heal, that is sufficient in our infinite universe. Then you see yourself standing with the drawing that has a name. And then you draw the symbols upon the drawing where you feel inspired to draw them. You share healing colors of all varieties. You share the sensation of energy and the words that create the symbols. You are part of the fantasy healing world you create in your mind when you heal at a distance. You create a world where you can visit the one you are healing, and in that world you heal them through the pictures you create.

There are no boundaries for how you can heal. You can ask that when you draw a symbol, that it be manipulated into 10 symbols of equivalence so that when you draw the symbol it has the effect of 10 symbols drawn at the same time. You can choose to imagine the symbol as being as enormous as a mountain, and that enormous symbol, with all of its potency, becoming absorbed into the body of that one you share healing with. It is the intention of the healing that is what matters. If you lose your trust in what you are sharing, you lose your balance. When you trust that the healing of a symbol drawn the size of a mountain will heal as powerfully as you envision it, then it will heal with all of the potency of what you are intending. But if you draw it the size of a mountain and then lose your momentum and trust that this is even working, then the mountain will begin to crumble.

MESSAGE FROM SPIRIT

The spirit world does tell me that there is the influence of the mind that is involved with healing, but there is also security that the symbols themselves will still create the healing manifestation, as was their design. You can enhance the quality of the energy when you allow yourself to immerse with the energy more. They say that you will never fail as a mountain that crumbles, even if you lack trust, because the symbols will still heal, but this is an example of how you want to push yourself beyond feeling lack or inability to share a profound healing. This is an example of how far you can go with energy. This is an example of how

there are no boundaries to how much power you can create through the manifestation and frequency of profound love.

ATTUNING OTHERS TO BECOME A MASTER USUI REIKI HEALER

The simplest way to attune another to become a Master Usui Reiki Healer, is literally to allow them to ask you to attune them to the energy. If someone were to come to you and ask you to attune them to become an Usui Reiki Master Healer, as you are, you would simply tell them you are honored by their request and would be honored to attune them in the same way as you were attuned. You would ask them to share their honest desire to become attuned by you, and you can then share the attunement with them, in-person or at a distance, by following this simple script below:

You will ask them to speak these words to you: “I choose to become a Master Usui Reiki Healer today. I ask that the attunement to all levels of Usui Reiki be granted to me by [your first and last name]. I allow my body and soul to receive the attunement now, as shared with me through the spirit of [your first and last name]. I am open to receiving the attunement now.”

After these words are said by the one you attune to the energy, then you speak these words in return: “I ask my higher self to share the blessing of all levels of the Usui Reiki attunement to [first and last name of the one you are attuning]. I ask my higher self to impart this attunement as was requested of me. It is an honor to share this attunement as it has been shared with me. I ask that it be done now.”

After you speak those words, you both close your eyes and be at peace for several minutes as you experience the connection and flow of energy. You honor this moment as a sacred event and it must be revered as such. Usui Reiki is a sacred healing gift and it must be honored in the same way as we must honor each other and honor our sacred Mother Earth.

To attune anyone, it is simply through the sharing of a sacred, spiritual agreement. An exchange of a request, and then the honoring and sharing of the gift.

FINAL MESSAGE FROM SPIRIT

My spirit guides say this manual is a gift to you for all you have done in your life. You have lived a life that has developed a dream to become a healer, and these gifts are now being given to you that you may fulfill your dreams.

Your dream is to create a better world for all of mankind, and thus you will be successful. Never fall short of your dreams, because falling short is only part of the illusion. Your spirit guides are ever there, holding you up high and helping you, every step of the way. Even if they feel invisible, they are as there with you as the stars are at night and the sun is during the day. You are never alone, even in your fears of failure, you are never alone. You will always be successful because the symbols will not allow you to fail. The symbols themselves will not allow you to fail. They will ensure you are successful, and they will help you develop trust and help you expand beyond so that when you do decide to envision that symbol being the size of a mountain, it truly will provide the equivalence in profound healing.

Remember, you learn through experience, and you discover through experience. There is no child on this planet that has not fallen and gotten back up again in the course of learning how to walk. You too are on the same pathway. You too are as an infant, discovering new abilities and choosing to expand your awareness. You are choosing to stand up and to take your first step, and then

to keep trying, no matter how many times you fall, and then suddenly you are no longer stumbling, but you are running and you are now unstoppable.

ABBEY'S FINAL THOUGHTS

This completes my beginner's manual to you. It has been an honor to attune you to Usui Reiki. It is an honor to share the wisdom that has been inspired through me by my dearest spirit guide, Mother Snake, and then too, the voices of my other spirit guides who have taken part in sharing wisdom. This world is more than your eyes perceive it to be. You trust that what you believe in is real and is heard in the infinite universe. You see, you wanted to become attuned to Usui Reiki, and then you found me. I have now attuned you, and here I have provided you with a simple manual to get you started. If you want to transform into a profound healer, all you have to do is desire that in your heart and then give trying a chance, every day. You practice at healing and drawing the symbols, every day. It is very easy to heal through Usui Reiki. It is as easy as drawing the symbols and allowing the energy to channel through you. You become the medium for the energy to transfer into the one you heal. The one you heal chooses to be healed by you. It is all an agreement that we make with each other. You choose to become a healer, the universe provides you the attunement and the guidance. You have souls in physical forms who are calling out to be healed and you become a part of their life. Know these interactions take place for a reason. You are needed on this Earth, being called, right now, to heal others through this gift of attunement. The universe is asking for your help in helping others. You can do it just by simply opening your heart, sharing love, and a desire to heal the ailments others are enduring, and you do this simply by

choosing to use the symbols of Usui Reiki. The symbols are the wisdom and frequency that is the Violet Flame that heals all things.

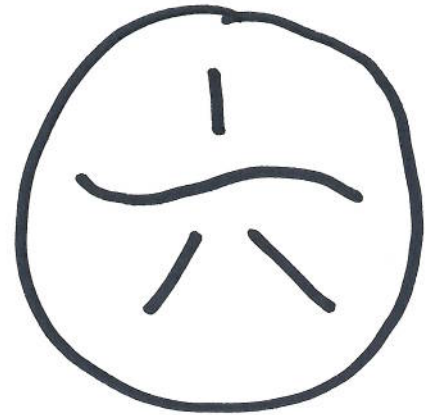
I hope this manual helps you on your path. Thank you for this opportunity to connect with your soul. It is an honor to know that my soul is sharing in the enhancement of a better Earth through you and through every person I can attune. You get to now be a part of this dream I have, to heal all of humanity and heal Mother Earth. Together, our dreams can intertwine and we truly can heal everything here on this planet. We truly can do this together, as human beings, hand in hand.

I wish you the best of luck on your journey (you're going to do great)! ☺

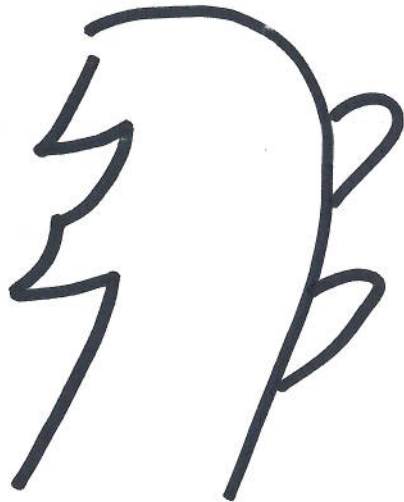
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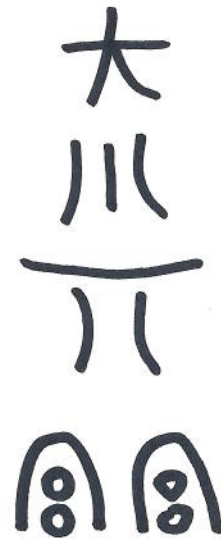
TAM-A-RA-SHA



SEI-HE-KI



DAI-KO-MYO



HON-SHA-ZE-SHO-NEN

