

Table of Contents

INTRODUCTION.....	11
CHAPTER 1	15
SYMBOLS	15
SYMBOLS AND OUR ENERGY BODIES.....	19
QUALITIES OF THE REIKI SYMBOLS	22
QUALITIES OF THE REIKI SYMBOLS	22
RAN SEI	24
<i>Drawing Ran-Sei</i>	<i>25</i>
<i>Balancing the Masculine and Feminine</i>	<i>26</i>
FIRE SERPENT.....	31
<i>To Embody Fire Serpent.....</i>	<i>33</i>
CHAPTER 2	35
MASTER SYMBOLS	35
<i>Personal Master Symbols</i>	<i>38</i>
USUI DAI-KO-MIO.....	40
EMBODYING THE TRADITIONAL USUI MASTER SYMBOL	42
<i>Symbols to use Before a Treatment.....</i>	<i>43</i>
<i>Dai-Ko-Myo Variations</i>	<i>44</i>
MODERN DAI-KO-MYO	46
DUMO.....	48
<i>Embodying Dumo Master Symbol (Dai-Ko-Myo).....</i>	<i>49</i>
CHAPTER 3	53
APPLICATION OF MASTER SYMBOLS	53
DAI-KO-MYO IMMUNE ENERGIZER	54
<i>Thymus</i>	<i>54</i>
<i>Life Tool: Immune Energizer</i>	<i>55</i>
CLEARING CRYSTALS	55
<i>Programming Stones and Crystals.....</i>	<i>56</i>
<i>Life Tool: Programming Crystals and Stones</i>	<i>60</i>
FLOWER AND GEMSTONE ELIXIRS.....	60
<i>Creating Flower and Gemstone Elixirs.....</i>	<i>62</i>
<i>Life Tool: Making a Flower and Gem Essence.....</i>	<i>65</i>

HEALING CRISIS	66
<i>Possible Changes During a Healing Crisis</i>	69
CHAPTER 4	73
REIKI IN ALTERNATE DIMENSIONS	73
<i>The Dimensions of Time and Space</i>	74
SUPPORTING AND HEALING THE INNER CHILD	77
<i>Life Tool: Inner Child Healing</i>	82
TRANSITION TO THE LIGHT	84
<i>Assistance from the Other Side</i>	85
<i>Life Tool: Transition to the Light</i>	91
CRYSTAL ENERGY TRANSFER GRID	92
<i>Attuning the Stones for the Grid</i>	94
<i>Initially Attuning the Grid Stones</i>	95
<i>Affirmations for Daily Empowerment of the Grid</i>	97
<i>Alignment of the Crystals on the Photo</i>	98
<i>Choosing the Crystals</i>	99
<i>Grid Setup</i>	100
<i>Grids for Clients and Spiritual Coaching</i>	101
<i>Life Tool: Grid for a Client or Goal</i>	104
<i>Life Tool: Clearing Crystals</i>	105
CHAPTER 5	107
MEDITATION.....	107
<i>Life Tool: Guidelines for Meditation</i>	112
<i>Life Tool: Alternate Nostril Breathing</i>	116
HOW TO RECLAIM YOUR ENERGY	116
<i>Life Tool: Reclaiming Your Essence</i>	119
HEART MEDITATIONS.....	121
<i>Life Tool: Violet Light Activation</i>	123
THE PERCEPTION OF LOVE.....	126
<i>Life Tool: Opening of the Heart</i>	128
MANIFESTATION MEDITATION	129
<i>Life Tool: Activating Symbols</i>	130
CHAPTER 6	135
CHAKRAS	135
CHAKRAS AND THE DNA.....	136

<i>Life Tool: The Red Base Chakra</i>	139
<i>Life Tool: Orange Sacral Chakra</i>	140
<i>Life Tool: The Yellow Solar Plexus Chakra</i>	141
<i>Life Tool: The Green Heart Chakra</i>	143
<i>Life Tool: The Blue Chakra</i>	145
<i>Life Tool: Indigo Chakra</i>	146
<i>Life Tool: White Chakra</i>	147
KUNDALINI - THE FLOW OF THE ENERGY BETWEEN THE CHAKRAS	148
<i>How Adjacent Chakras Support Each Other</i>	148
CHAKRA VORTICES	151
CHAPTER 7	153
ADVANCED TECHNIQUES	153
SENSING AURAS	154
AURA COLORS	157
<i>Aura Colors and their Meanings</i>	157
<i>Spirits in the Aura</i>	158
ENERGETIC RELEASE	160
<i>Talking to the Form</i>	163
<i>Completely Removing the Image</i>	164
CHAPTER 8	171
ANIMALS AND REIKI	171
<i>How Pets Carry Negative Energies</i>	173
ANIMAL COMMUNICATION	175
<i>Life Tool: Talk to the Animals</i>	178
<i>Flower Essence for Animals</i>	179
CHAPTER 9	181
BEYOND REIKI	181
BUDDHISM AND REIKI	182
<i>The Stupa and Steps to Enlightenment</i>	184
<i>The Path of Reiki</i>	185
<i>Nadis</i>	187
JOURNALING	188
<i>Life Tool: Journaling</i>	191
<i>Life Tool: Dream Journal</i>	192
<i>Life Tool: Automatic Writing</i>	193

<i>Life Tool: Conscious Writing</i>	194
<i>Life Tool: Walking with Your Angles</i>	194
STEPPING INTO THE QUANTUM FIELD.....	195
FOLLOWING SILENT GUIDANCE	197
APPLYING REIKI IN ALL ASPECTS OF LIFE	198
CLEANSING JOURNAL	201
AFTERWORD	207
APPENDIX.....	209
NOTES	210
NOTES	211
BIBLIOGRAPHY.....	212
ABOUT THE AUTHOR.....	221
PROGRAMS BY MARNIE VINCOLISI.....	222