



REIKI SECOND DEGREE (OKUDEN)

Introduction

All healing is self-healing. Conventional medical methods still depend upon your body's own repair capabilities that carry out the healing.

For healing to work it needs love and respect. It needs a change of attitude - a willingness to maybe change your lifestyle. Harmful habits will still damage your physical, mental, emotional, spiritual well-being. Whatever harms will continue to harm. Reiki can do some amazing things, but it will not make you invincible. You must take responsibility for your health.

Using Reiki for Self-healing is what Reiki 1 (Shoden) is about.

Before You Undertake Reiki 2 Training and Initiations



Today is the first day of the rest of your life. I want you to clear your own energies so that you are better able to heal others. Mikao Usui was asked the question, "If I can heal others can I heal myself?" And his answer was "If you can't heal yourself, how can you heal others?" Self-healing is integral to all healing practices. Reiki 1 Shoden is all about putting yourself first, listening to your body and to your inner self.

The importance of self-Treatment before Reiki 2 (Okuden)

You were given the opportunity in Shoden to give yourself daily treatment.

You were taught the hand positions and a recommended time for each one to begin with. You learned that a little Reiki is better than no Reiki at all. The more you use Reiki the easier it becomes. Ask yourself, Have I been practising self-healing often enough? Don't you think you owe yourself this time? Don't you deserve it?

Giving yourself Reiki is an act of self-love. It is not selfish. It is common sense. By giving yourself love you have more love to give to others. Reiki 1 training provided you with techniques to use when practising Self-treatment. They are helpful to gain an understanding of your energetic nature and true nature.

Reminders

Before you start a treatment, Reiki will start to flow. All it takes is your Intention to use it. If you forget the words of the Invocation, all you need is your intention to use it and to say something simple like, "Let Reiki flow now for the highest and greatest good."

Reiki flows from the moment you first think about it. How and where it flows is not up to you. You are the channel for this healing energy. It goes to where it is needed not necessarily where either you or a client feels it should go. Your Intention is for the highest



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and greatest good. Ego plays no part in it. Rid yourself of expectations of a precise outcome. Reiki heals in a way often unexpected.

Intention sets a process in motion. Intention is a directed thought. A directed thought triggers and action like picking up a pen. When we work with Reiki energy the base of this energy must be clear. The base is intent. Once intent is crystal clear energy can move throughout the body.

We have to connect with this pure intent and we do this by using the five systems of Reiki: the Precepts, the Meditations, the symbols and mantras taught in Okuden, hands on healing for the self and the attunement. In this deepest place of understanding, Oneness, deep healing can occur.

To heal is to make whole. This understanding lies at the foundation of Reiki. It brings everything back to its balanced state. This will be a journey: Gaining deep insights into your own nature.

Reiki 2 (Okuden)

What is Okuden all about?

Reiki II (Okuden) is often regarded as The Practitioner Level and as well as teaching methods to develop the Self it will give you the additional tools required to perform an effective Reiki treatment. Reiki II builds upon Reiki I, **it introduces other healing techniques** that will further one's skill as a practitioner and **it also imparts what Okuden refers to as the hidden teachings** or inner aspects of Reiki - the Shirushi or symbols and Kotodama or Mantras.

Working with these inner aspects allows us to work more deeply with the vast potential of the universal life force energy. In Reiki I we learnt that we see the best results when we keep in mind that we are not the ones doing the healing. When giving a treatment we are passive we are a focal point for the universal energy, and we simply welcome the energy and allow it to flow through us.

Our participation in Reiki Okuden however is more active and with the use of the hidden teachings we become a co-creator with the universal life force energy. In Reiki II three of the four Reiki symbols are introduced, the fourth being taught in Shinpiden or the Third (Master) Degree. The power of the Reiki symbols to transmit healing energy was first recognised by Dr Mikao Usui on Mt Kurama in Japan. The Reiki Symbols are sacred because they represent aspects of the creative universal power and are also used in the attunement process to attune a person to the Reiki energy.



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In Reiki II two more attunements are given. The Second Degree attunement serves to strengthen the soul integration with an increased flow of energy throughout the subtle and physical body. Similar to the attunement process in Reiki I there will often be an emotional shift and insights may arise as the Reiki connection opens up and purifies the chakras.

In her book *Reiki for Life* Penelope King describes the second attunement as an even more profound and spiritual experience than any of those received on the First Degree, with many expressing their experience as if a cloud has been lifted from them. Some may even feel that when they step outside the world will look, sound and feel different in a way that was not perceived before.

About Dragonfly Reiki Academy

The Academy has been in operation for 8 years and we have trained many people at Shoden level who have gone onto Reiki Second Degree Okuden level. We have over ten people that have achieved their Masters level (Shinpiden) degree. We are all enthusiasts for Reiki and the teachings of Usui.

By completing any training with us, you automatically become members of the Dragonfly Reiki Healing Circle and we arrange Reiki Shares on a regular basis so that you can practice your skills and meditation sessions for you to develop your own spiritual life in accordance with the Reiki Principles. We hold Reiki Share Days and Reiki retreats.



We know that the two days initial training at each level is not enough and that further support, encouragement and development is necessary. All of our support activities are fee-free but we do accept donations towards costs.

Reiki 2 comes with a Training Book, course materials and a programme which extends for 6 months to give you all the help you may need. Two Attunements (Initiations) take place on this course as well as the opportunity to practice with other students. The cost of the Course is provided on request.

Our Training Venue

We have a room in the Craft Centre at Orchard Cottage which is at Orchard Cottage, Elms Green. In the summer we have an outdoor, sheltered space (the home of *Reiki in the Garden*.) We sometimes use other venues if we wish to cater for a larger type of meeting.



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Your Next Move

Complete the Application Form and send it back to us.

Malcolm Henderson,
Reiki Master and Teacher

