

Advanced
Usui Reiki
Levels 4, 5 & 6

Love Inspiration



*A Continuation Of The
Dr. Mikao Usui and
Hawayo Takata Lineages*

ADVANCED USUI REIKI

LEVELS 4, 5 & 6

FOR THE INFINITE BENEFIT OF ALL

May all beings be liberated from suffering.

ADVANCED USUI REIKI

LEVELS 4, 5 & 6

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

- 1) have completed Usui Reiki levels 1, 2 and 3 (either Master Healer or Master Teacher) as a prerequisite
- 2) have allowed yourself the following timeframes from your level 3 attunement:
(see page 12 for more information)
 - From the level 3 Master Healer attunement - a minimum of 3 weeks before starting level 4
or
 - From the level 3 Master Teacher attunement - a minimum of 3 months before starting level 4
- 3) have received an email confirming the activation of the Advanced Usui Reiki level 4,5 & 6 energies. If you have not yet received an activation email, please visit our [Request Attunements](#) page on our website in order to submit your request.

Once you have received your activation email, you are ready to begin.

With love, we wish you well on your Advanced Usui Reiki journey!



ADVANCED USUI REIKI

LEVELS 4, 5 & 6

FOREWORD:

We are delighted to welcome you to these Advanced Usui Reiki levels and it is with much love, light & peace that we share these beautiful and uplifting energies, attunements and healing practices here for the benefit of all.

We are deeply humbled that all of these exquisite energies have been divinely received from a group of 'Higher Consciousness' entities (including Dr Mikao Usui & Mrs Hawayo Takata) and have been 'divinely designed' for the infinite benefit of all.

This group of Higher Consciousness entities, known to us as 'The Collective', appeared to Love Inspiration during the early stages of 2015. What followed was a series of energetic downloads, channeled teachings, healing practices and attunements which have now been brought together to create the Advanced Usui Reiki healing system.

As Marty and Gerry themselves progressed through these wonderful, divinely guided healing energies & attunements, they also received a series of additional information from 'The Collective' at each level. This additional information outlined the necessary self healing practices as well as provided more information about how to use these energies to help others.

This information also provided more insight into the purpose and healing qualities of each of the new symbols and energetic frequencies at each level of learning. Love Inspiration have now collated all of this divine information into what you now see as a series of Advanced Usui Reiki levels and ebooks.

A repeated message received over and over again throughout this 'downloading' process was very clear:

The Earth (and Her inhabitants) are in need of healing, purification and divine healing assistance at this point in our evolution.

And it is with this understanding that we are delighted to play our small part here by sharing these beautiful Advanced Usui Reiki energies with our hearts open and filled with love.

We most humbly and lovingly bow down to all of the Divine Entities who have made this new energy based healing system possible and we would like to dedicate any karmic merit generated on behalf of all beings to fully realise their own truly divine & infinite potential!

We deeply hope that you will enjoy your Advanced Usui Reiki healing journey and that these beautiful & uplifting energies help to connect you with more love, light & joy in your life. May you radiate out these energies for all beings, throughout all time, space, realms & dimensions and may you bring an unlimited benefit to the collective consciousness.

Namaste from Love Inspiration!



ADVANCED USUI REIKI
LEVELS 4, 5 & 6

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

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout this ebook if you wish, please [visit our website](http://www.loveinspiration.org.nz) 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 the website will always be the most current.

INTRODUCING THE ADVANCED USUI REIKI TEACHINGS:

Welcome again to Advanced Usui Reiki! To help us introduce the Advanced Usui Reiki teachings, let us start with explaining a little more about exactly where these energies have come from. In order to do this, let us provide some further information here about who 'The Collective' are.

As they explained, The Collective are a series of Higher Consciousness entities who have created and offered this Advanced Usui Reiki healing system for the benefit of all. Dr Mikao Usui and Mrs Hawayo Takata are included in this group and they have both been involved in the Advanced Usui Reiki system through a series of multi-dimensional communications with a range of ascended beings.

In their own words, The Collective described themselves very succinctly as follows:

“We, The Collective, are a dedicated team of Light and Master beings holding the responsibility of furthering the Usui Reiki lineage for the collective benefit of all.”

Throughout these ebooks, all information received by 'The Collective' has been included in order to help understand more about this truly blessed group of entities as we progress. Important points have also been highlighted along the way to allow for a more well rounded understanding of the words being presented.

As a clairvoyant medium, Gerry (one of the co-founders of Love Inspiration) channelled The Collective's words as the energies were being received. And during the healing progression as Marty and Gerry worked through the levels themselves, additional understanding was gained about some of the deeper meanings behind the words and the practices themselves. These extra insights have also been included to help you progress through these levels with more understanding. Our labour of love, shall we say!

Moving into the more practical aspects of Advanced Usui Reiki, the system is categorised into three main sections as instructed by The Collective:

- ♥ Advanced Usui Reiki (L4, 5 & 6)
- ♥ Advanced Usui Reiki Master (L7 & 8)
- ♥ Advanced Usui Reiki Master Teacher (L9)

At each level of learning you will be receiving a variety of new energies & healing practices that will help to expand your consciousness as you assimilate the new energies and start working with these new frequencies in your meditation and healing practices.

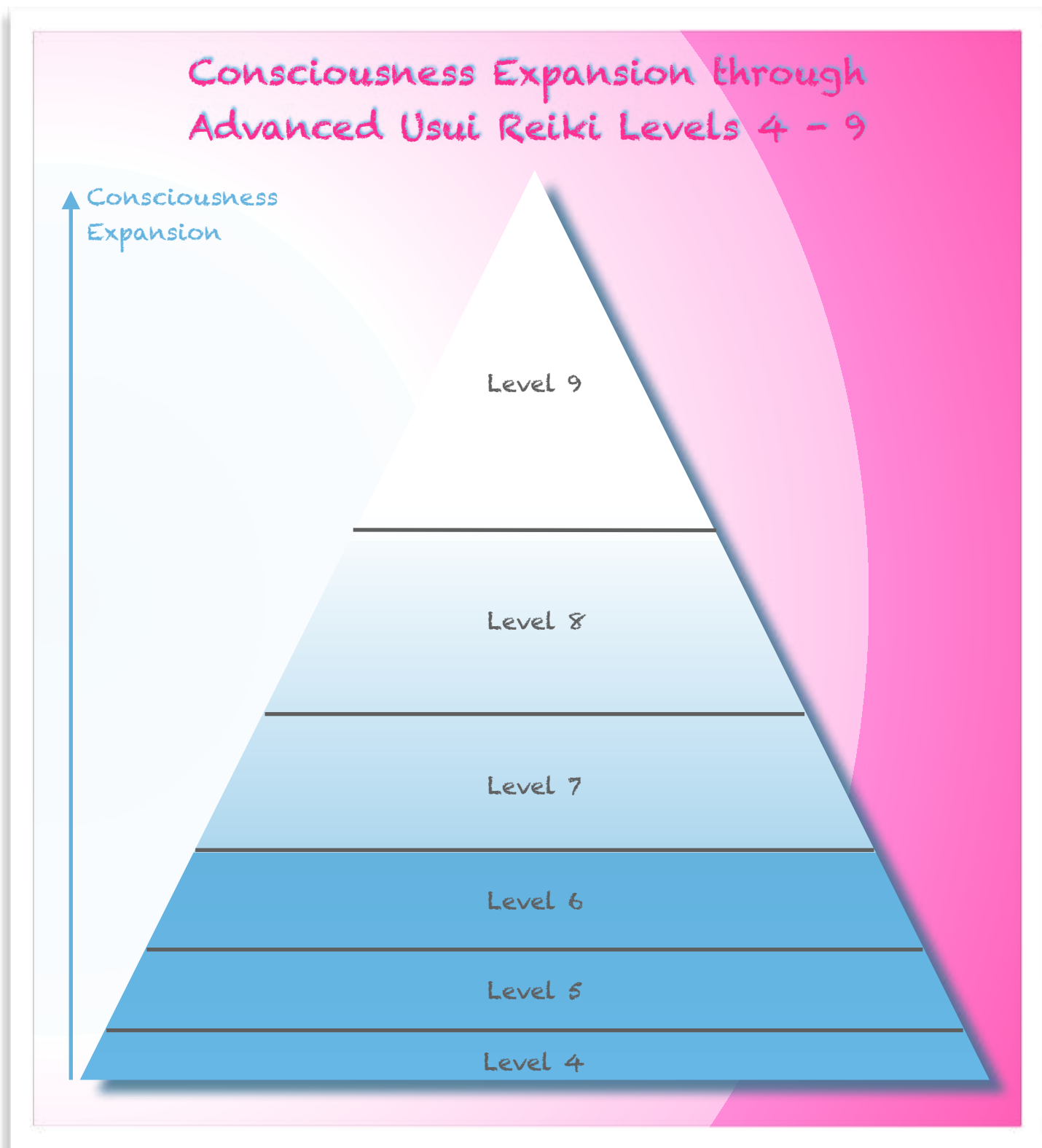
Each of the main sections build on top of one another vibrationally and at each level, you will of course be gaining a range of additional divine healing tools which can be used in both meditation and in your healing practices for others.



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It has also been Marty and Gerry's experience that the energies tend to build in healing intensity as you progress, i.e. the healing being done at the Master Teacher level has a significantly more pronounced consciousness expansion than at level 4; as shown in the diagram below:



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LEVELS 4, 5 & 6

Throughout these teachings, it is also significantly noticeable that there seems to be a larger emphasis being placed on the idea of 'benefitting all'. It seems that these Advanced Usui Reiki energies respond very well to a widened or more **expanded** intention as a way of bringing in a wider range of divine healing assistance into our consciousness.

This it seems, helps us to connect with these higher frequency energies in such a way that promotes a deeper flowering or inner transformation process as we move through each of the Advanced Usui Reiki levels.

All in all, this is a beautiful, enlightening system of healing & growth and it is truly our pleasure & honour to be able to offer these energies, attunements and healing practices to you here freely and with love.

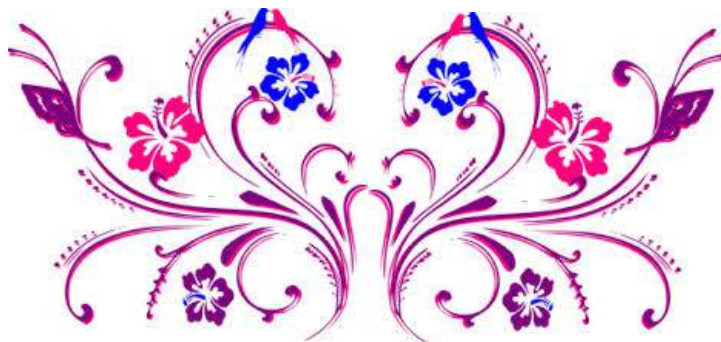
As a not for profit organisation, Love Inspiration is dedicated towards inspiring love & higher consciousness in everyday life for the benefit of all so again, we are delighted that we can share these beautiful healing practices so openly here in these ebooks!



On the following page, you will find a tabled overview of all of the Advanced Usui Reiki levels as well as a brief description about the purpose and timeframes for each level.

Please note that the completion timeframes have also been brought through by The Collective and have been divinely designed to allow for the new energies at each level to be properly assimilated into your consciousness.

Finally, we sincerely hope that you will enjoy opening up to these new energetic frequencies and may you radiate out these beautiful, loving & wisdom filled frequencies for the benefit of all beings!



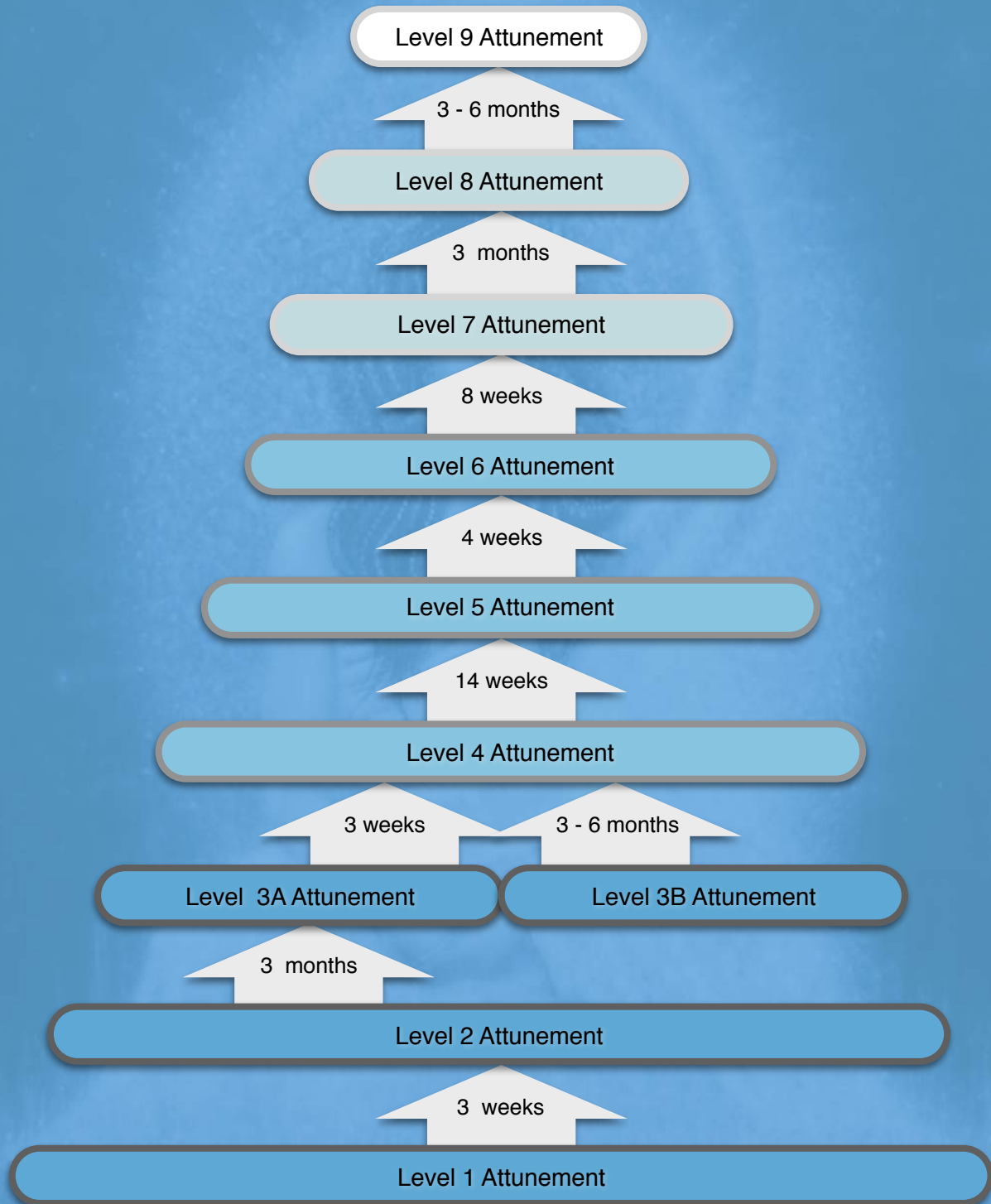
ADVANCED USUI REIKI
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An Outline Of The Usui Reiki & Advanced Usui Reiki Healing System:

Outline Of Usui Reiki & Advanced Usui Reiki

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 3b	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 days
	Level 8	<u>Usui Golden Dome:</u> The Flowering Of Pure Consciousness	3 - 6months * 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

Minimum Timeframes Between Level 1 - 9 Attunements



Welcome to
Advanced
Usui Reiki



Level 4
Ishyo



Love Inspiration
Learn • Heal • Awaken

ADVANCED USUI REIKI LEVEL FOUR - ISHYO



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1. INTRODUCING THE ISHYO SYMBOL:

It is with much love and light that we welcome you to this first level of Advanced Usui Reiki!

Here, we we will be introducing you to the wonderful energies of the symbol 'Ishyo' (*pronounced eye - shi - yo*) which can help to bring about a more expanded, enriching and also simplified Reiki practice.

And as mentioned in the introductory sections, we will now start to share some of the channeled messages that came through whilst receiving these energies in order to help explain the healing practices for this level. We share these messages with you with much love and with the intention of passing on these teachings as best we can, in a preserved format, for the benefit of all future beneficiaries.



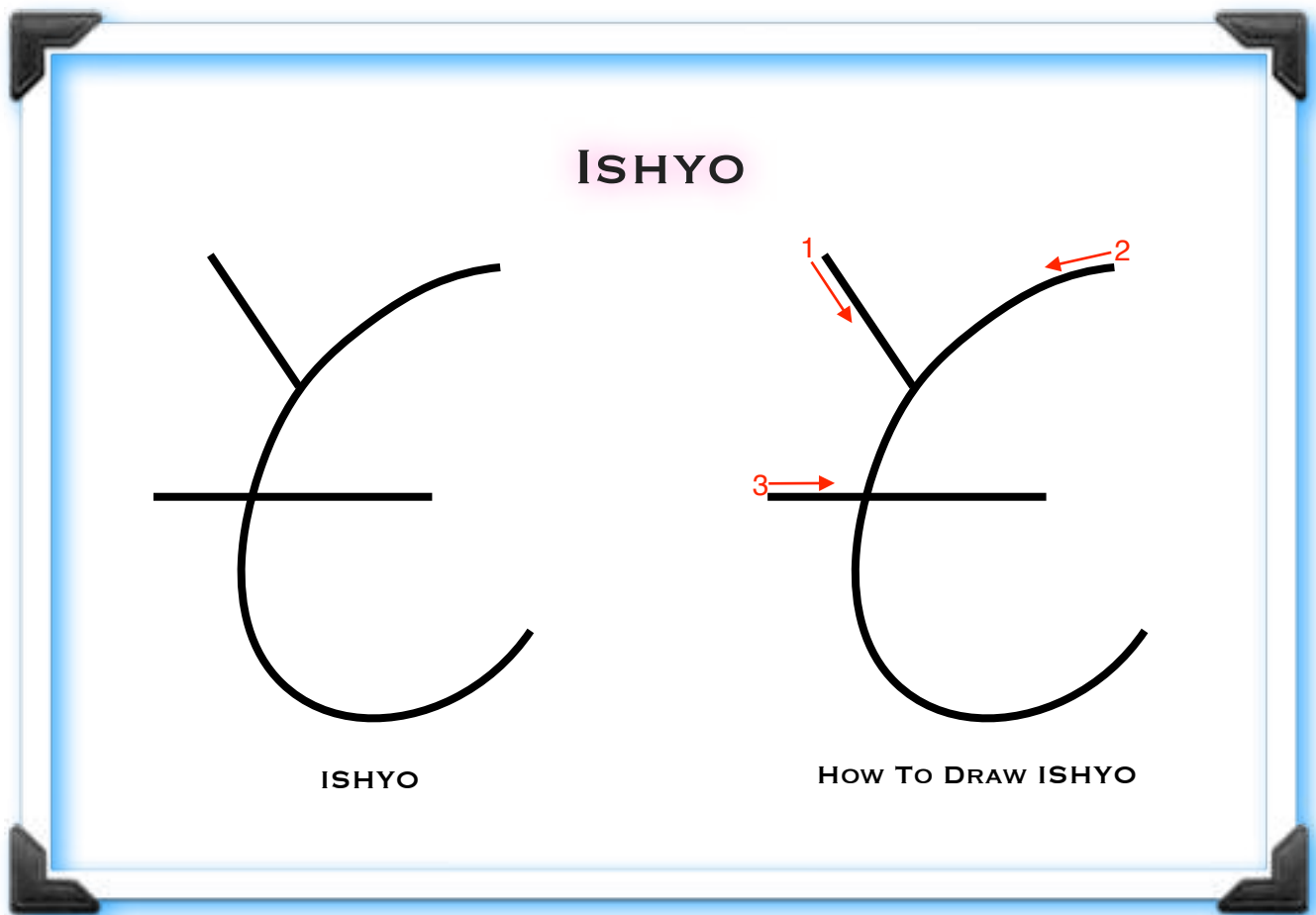
This first message provides us with a good introduction to the Ishyo symbol and it's healing practices so please enjoy these words from 'The Collective' as they introduce these new energies to you:

“The Ishyo symbol itself manifests or accumulates the power of the three Usui Reiki symbols; Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen, plus adds the extra beneficial powers of it's own healing.

At the time these three symbols were revealed by Dr Mikao Usui, the strength of the energies behind them were limited. However now that higher Masters have been realised, the energies are free to expand for the infinite healing power of all.

In this way, we can now ascend to the level four Ishyo energies and it is with great light and blessings from both Dr Mikao Usui and Hawayo Takata that we offer these energies to you today.”

The Symbol Ishyo:



The Collective continues:

“As with the divine healing abilities of each of the Usui Reiki symbols given to date, Ishyo works in a similar fashion. We use the symbol at times of great stress to incorporate all of the Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen energies together, into what can perhaps be recognised as a power boost of magnificent healing strategy.

Firstly, when called upon, Ishyo uses it's own intelligent energy to deliver the exact proportion of Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen energies that is in the best interests of healing for the recipient.

For example, some healing may require the physical strength of Cho-Ku-Rei delivered first, followed by the emotional soothing of Sei-Hei-Ki.

Others may require purely the Hon-Sha-Ze-Sho-Nen light energies.

Whatever the situation, the recipient and the healing, you are able to use the Ishyo symbol as a way of divinely delivering the perfect combination of the three energies for the highest good of the recipient.

You may choose to still call upon the Cho-Ku-Rei, Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen energies during your practice as you wish, or alternatively simply call upon Ishyo on its own. This is up to you, the individual, at the time.

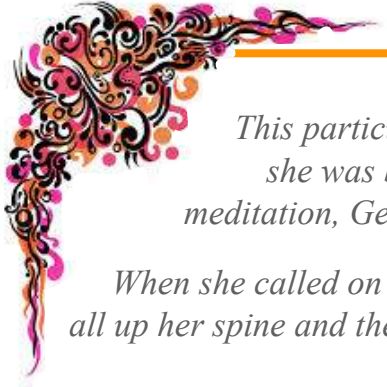
It should also be noted that the symbols (all 4 of them) can be used in any order and for any amount of time as deemed by the practitioner. As always, know that you can do no wrong when activating these symbols with a coupled intention to benefit the recipient.

As you expand on your Reiki pathway, you may begin to find it applicable to expand the intention you are setting when giving healing. Although perhaps only working on a single person, the intention to benefit that person can be expanded into how they can/could go on to benefit others; and infinitely how that could change the world.

Do not be limited into thinking at this level that the healing energies you are sending are simply helping to heal trivial issues; rather expand your intention as much as you can to allow more and more energies to flow.

Know indeed that the wider your intention to benefit all, the more energies you will receive in direct proportion! For example, "May this person heal their depression" becomes "May this person heal their depression so that they may be infinitely happy, free from suffering and so that they may walk forward to benefitting all."

From these beautiful messages, we can see that the Ishyo symbol actually helps to bring together **all** of the energies of Cho-Ku-Rei, Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen as well as adding "the extra beneficial powers" of Ishyo itself. To help explain this from a more practical perspective, let us now share one of Marty and Gerry's own healing experiences from working with the Ishyo energies.



This particular healing experience occurred during a personal meditation of Gerry's as she was being 'shown' how to work with the healing energies of Ishyo. During this meditation, Gerry felt that she was needing to heal an emotional issue in her sacral chakra.

When she called on the Ishyo energies for assistance, she first saw Hon-Sha-Ze-Sho-Nen appear all up her spine and then three Cho-Ku-Rei's were positioned in a triangle around her head. Finally, she saw Sei-Hei-Ki go directly into her sacral chakra.

All of these symbols and energies were being administered throughout her body through the usage of the Ishyo symbol. This occurred without her needing to directly call on the individual energies themselves; all she needed to do was to use the Ishyo symbol (along with her intention to heal her emotional issue).

*It was also understood from this experience that all of the Cho-Ku-Rei, Sei-Hei-Ki, Hon-Sha-Ze-Sho-Nen & Ishyo energies were being sent to where they were needed within the body to help heal the **root cause** of the emotional issue in line with Gerry's intention. (For example the Cho-Ku-Rei symbols around the head may have been helping with associated thought patterns).*



So this is a very practical example of how the Ishyo symbol works in healing and we hope that this experience helps to further explain how Ishyo can work for you in your own practice.

Again, these beautiful Ishyo energies will always bring through the Cho-Ku-Rei, Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen energies in addition to it's own beautiful healing frequency and all of these energies will flow to wherever they are needed throughout the entire body (in line with your healing intention).

This wonderful consolidation and integration of Reiki energies taking place at this first Advanced Usui Reiki level helps us to again understand and feel the true beauty & **divine intelligence** of the Reiki energies! They really do always reach where they are needed in our body!

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This new delivery method of Reiki energy can therefore mean that the Usui Reiki practices are able to become more simplified, as you are only needing to call on the energies of Ishyo rather than all of the Cho-Ku-Rei, Sei-Hei-Ki & Hon-Sha-Ze-Sho-Nen energies. Of course however, you are still able to work with each of these symbols directly in either your meditation or healing-others practices when you feel that they are needed.

And as always, we suggest that you follow your own divine intuition throughout each healing or meditation session with regards to what symbols to use.



Another key point from The Collective's message that we would like to elaborate on, is the idea of using your intention wisely to benefit all. For many of you, having completed your Usui Reiki training, this may be something that you are already somewhat familiar with however for additional clarification, we will briefly discuss this in more detail as it will become increasingly important progressing forwards.

This concept is born from the idea that the more we give, the more we receive in return. And as an expansion of this concept, it is the idea that the wider our intention is to benefit all, the more energetic benefits we will receive into our consciousness.

This is a very simple yet deeply profound way of looking at what is sometimes referred to as altruistic thinking, benevolence and what the Tibetan Buddhist tradition refers to as 'Bodhicitta' (translated as the 'enlightened mind').

And as we again expand on this concept further still, especially as we start to bring an understanding of interconnected-ness and one-ness into focus, we can really start to work towards gaining deeper states of inner realisation through our practice.

For as we develop these states of thinking in our own healing practices, it is indeed true that we can access some truly profound states of being through these types of altruistic intentions.

And as The Collective have said, these Advanced Usui Reiki energies will also respond very receptively to this expanded altruistic intention as you strive to always work for 'the benefit of all beings'.



It is therefore with much love, light & compassion that we humbly suggest that you try to incorporate or expand your altruistic thinking in whatever way you can when you are working with these Advanced Usui Reiki energies!



If you are already implementing these types of intentions into your meditations and healing practices, then that is wonderful - *can you now expand these intentions even further?*

The Collective have very graciously provided some examples for a healing others format, such as 'may this person heal so that they can benefit others'. However, we would also like to add here that these kinds of altruistic intentions can also be applied to your self-healing practices & meditations also.



For example, those of you who have just completed the level 3a training with us may remember our meditation of 'becoming one' with each of the symbols and the idea that we are all inter-connected beings; at one with an infinitely divine & wondrous universe or multi-verse as the case may be.

As part of this meditation practice, coming from the understanding of one-ness, it is very natural that you would want all beings to be happy, loved, nurtured & joyful. You would want to very naturally shine this symbol's vibration outwards, for all to benefit from. May they all be happy and free from all kinds of suffering, whether it be physical, emotional, mental or spiritual!

It is the thinking that if we are all one interconnected web of energetic vibration, then how can we not be affected by the pain or suffering of others? How can we not want to send love & light out into the cosmos so that all of the collective consciousness may benefit?

And as we reflect on the deeper meanings of these kinds of questions, through our own personal practices, we can soon start to feel the vibrational benefits that come from wanting all beings to be filled with love, light and absolute purity i.e. from cultivating a true and pure altruistic intention.

For those have not done this meditation practice then please don't worry! If you are starting out with this kind of work then one example of how you may wish to go about expanding or creating an altruistic intention is through a simple repetition of an affirmation or mantra during your practice. Maybe you wish to repeat something like:



- ♥ "May all beings be happy and free from suffering"
- ♥ "May my light shine for all"
- ♥ "May all beings benefit from my infinite light"
- ♥ "May all beings live in a state of infinite love & light"
- or
- ♥ "May we all return home to the infinite creator"

And as you repeat these kinds of intentions, when coupled with your connection to these Reiki & Advanced Reiki healing energies, you will soon understand the true power & potency of the altruistic intention! As The Collective have said:



**"Know indeed that the wider your intention
to benefit all, the more energies you will
receive in direct proportion!"**



Another way of helping you crystallise some of these more altruistic ways of thinking is to work with visualisations in your practice. So for example, you might visualise that you are floating in outer space, radiating the Reiki energies from your body so that all beings, in all galaxies, times & dimensions are receiving your love light. As always, intention is everything!



May you enjoy opening up to new levels of altruism & benevolence in your practice and may they help you to grow and expand towards this truly divine & infinite state of awareness in your Reiki practice!

For those of you who would like to receive some additional tips about how you can start to create more altruistic thinking in your meditations, you are most welcome to watch our 20 minute YouTube video '[How To Cultivate Altruism](#)' from our free online Beginners Meditation Course.

As part of this course, we also offer some additional love based meditations which you are most welcome to access should you feel like they resonate with you at this time. We recommend the [Loving Kindness Meditation](#), [Love Light Meditation](#) & [Earth Healing Meditation](#).

2. AN INTRODUCTION TO RECEIVING YOUR ATTUNEMENT:

Like all of the Usui Reiki levels received to date, these Advanced Usui Reiki levels require that you receive an attunement for each level of learning.

As you will already know from your Reiki training, the attunement process will help the new energies to be received and assimilated within your energy field and will also help you to connect with the healing practices being offered at each level.

For those of you who have come through levels 1, 2 & 3 with Love Inspiration, the attunement processes here at these advanced levels will already be familiar to you. However for those of you joining us from other Reiki lineages and teachers, we should point out here that the Advanced Usui Reiki attunements will be passed on to you by distance and not in person.

And whilst this is still a controversial area for many Usui Reiki practitioners, we wish to reassure you here that this attunement process has again been 'divinely designed' by The Collective and has received the blessings of both Dr Mikao Usui & Mrs Hawayo Takata.

As Reiki Master's themselves, coming from the Usui Shiki Ryoho lineage, Marty and Gerry have both given many Reiki attunements in person. Prior to receiving these Advanced Usui Reiki energies, they had never offered 'distance' attunements and had never offered Usui Reiki as part of the Love Inspiration free online courses.

This had been decided out of a deep respect for all Usui Reiki lineages as they felt that this did not honour the original teachings of Dr Mikao Usui, Mrs Hawayo Takata or any of the early Reiki Masters who received their authentic Reiki lineage.

Here however, during these Advanced Usui Reiki teachings, as Marty and Gerry reached the Advanced Usui Reiki Master Teacher level, they understood that the healing energies had evolved to a point where it was possible to attune all of the Usui Reiki & Advanced Usui Reiki levels by distance.

As part of this, Love Inspiration are now offering both Usui Reiki attunements & Advanced Usui Reiki attunements on their website with all attunements being given by distance. And whilst we understand that this concept will be quite controversial for many people in the global Reiki community, we simply wish to share the information as it came through to us and bow down to all the Divine Entities that have helped our understanding to evolve.



Here is the channeled information that came through from The Collective about giving these distance attunements:



“With permission, love and guidance from Dr Mikao Usui and Hawayo Takata, Love Inspiration is being granted the blessings to begin offering Usui Reiki attunements by distance. Although this is not something originally blessed, the energies have now expanded as such to allow for these blossoming changes. It is also important to remember why we are using these energies and not to limit them by any means.

At this time, the energies of Usui Reiki are needed so deeply and profoundly in order to help heal your world, that we simply cannot ‘hold back’ through any limitations. We ask for your patience and understanding as we understand this is a new concept to deliver, however we are sure that with widened intentions for the benefit of all, you will soon assimilate this understanding.

It is through the great accomplishment of Dr Mikao Usui that you have received the Usui Reiki levels to date and we offer our greatest respects to him and those following him who have dedicated their time to helping others through the Usui Reiki lineage.

It is with our own blessings also that we acknowledge the work of each and every one of you who have taken the Usui teachings and who have helped yourselves and/or others on the way. Your dedication to Usui Reiki and the practices is utmostly admired and appreciated.

We look forward to bringing through more energies in the Usui Reiki name and again, offer our sincerest thanks to Dr Mikao Usui for beginning this divine lineage. With love & light we radiate all the Usui Reiki energies, now and infinitely, for the benefit of your collective consciousness.

May Usui Reiki continue to be a tool of light for all those that reach it’s precious frequency. And may we continue the Usui Reiki lineage with the deepest respects for our founder Dr Mikao Usui.

With Ishyo blessings to all,
The Collective”



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We do understand that this is a rather significant change from the original blessings of the Usui Reiki energies. And like all change, there may be some hesitation or doubt arise in the mind.

So with this, we just want to re-assure you that Love Inspiration has now given many different types of distance attunements to many hundreds of people throughout the world. We have had wonderful feedback and success and we are therefore very comfortable, happy and confident in their validity and effectiveness.

Sharing the Love



We remind you also that this new attunement format has been 'endorsed' by the Higher Consciousness entities responsible for bringing them through.

And as an additional point, it seems that there is now a great emphasis being placed on sharing these energies for the benefit of all and as part of this, the distance attunement format certainly seems to help in this sharing process, especially with the popularity of the internet.

As you progress through to the Advanced Usui Reiki Master Teacher level, you will see for yourself just how easy the attunement processes have become. For Love Inspiration, this is a beautiful indication of how evolved this beautiful Usui Reiki system has now become!

We also see this as a truly wonderful sign of the progress being made vibrationally on this planet! We are again truly delighted and joyful to be sharing these beautiful energies with you as part of this new format and hope that you will enjoy receiving these abundant energies in this new way.

3. RECOMMENDED TIMEFRAMES BEFORE TAKING THE ISHYO ATTUNEMENT:

Given that there will likely be a wide variety of Reiki Masters accessing these Advanced Usui Reiki energies, The Collective have been very kind to bring through some additional information to help us clarify the idea of digestion timeframes i.e. for those who have recently completed their Usui Reiki Mastership (either level 3, 3a or level 3b, depending on Lineage / Master / Teacher).

Below is a summary table of their answer followed by their message.

Level	Title	Timeframe Before Commencing Level 4
3a	Master Healer	Wait a minimum of 3 weeks before starting level 4
3b	Master Teacher	Wait a minimum of 3 -6 months before starting level 4
** As always please trust your intuition!		



How long after completing
level 3 / 3a / 3b
can I commence level 4?

“Although not specifically required, it is always wise to practice at the level you have received until your energy has assimilated the new frequency or frequencies sufficiently. This is something each individual can ascertain only for themselves.

Here, intuition should be trusted.

As a guideline however, after level 3a (Master Healer) we would suggest a minimum of 3 weeks before continuing on to level 4 (that is, if you are not intending to complete 3b).

However, if you choose to complete level 3b (Master Teacher) then we would recommend a more significant timeframe before commencing the level 4 energies. At this Master Teacher level, there is a lot to learn and especially practice, if you wish to pass on the energies in attunements. For here, we would suggest a minimum timeframe of 3 - 6 months before commencing level 4.

As always, trust in your own intuition and let it guide you as to what is best for you. Do not be hasty in speeding through the levels as it is far better to ensure full assimilation at each level before progressing higher. Trust and set your intention always to benefit all.
You will be guided!”



4. INSTRUCTIONS FOR RECEIVING YOUR ISHYO ATTUNEMENT:

As with all of the Love Inspiration teachings and healing systems, we have done our very best to ensure that the attunement processes described here are as simple and straightforward as possible. Please be sure to take some time to read through this process carefully to ensure that you are comfortable and familiar with everything prior to receiving your attunement.

NOTE: Please ensure that your Advanced Usui Reiki Level 4,5 & 6 attunements have been activated specifically for you by Love Inspiration or your teacher, before you begin the attunements.

Once you have received an activation email, this means that all of your Advanced Usui Reiki attunements have been activated specifically for you i.e. levels 4, 5 & 6. You are therefore then ready to continue your Advanced Usui Reiki journey by working through this ebook, at your own pace and receiving these attunements as you feel guided.

If requesting the attunements from Love Inspiration, you may do this by visiting our website ['Request Attunements'](#) page.

Once your activation email has been received and you feel ready to commence your Ishyo attunement, please open up to receiving the energies in line with the process outlined below. And most importantly, relax, open and enjoy your attunement with love & gratitude and for the benefit of all!

We hope you have a wonderful attunement!

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.

Invoke the level 4 attunement:

Invoke the Ishyo attunement by placing your hands together, fingertips touching in prayer position (i.e. Gassho), and say the following:



**"With love and gratitude, I open up to receiving the attunement for Advanced Usui Reiki - level 4. May I use these Ishyo energies so that I can heal & purify and share this love & light with all beings throughout the cosmos.
Thank you, thank you, thank you."**



ADVANCED USUI REIKI

LEVELS 4, 5 & 6

[Note that the word love here is divinely important in requesting these energies – the stronger the feeling of love that you ask with, the stronger the energy that will flow in return. Also, as we've mentioned previously, when we add the intention for all beings to benefit (in anything we do), the energy received will also be more intensive.]

Now your attunement will commence and will take around 10 - 15 minutes to finish so please allow for around 20 minutes or so. You can either time yourself here or you can 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).

Also, the energy tends to build over the attunement so if you don't feel anything at the beginning, don't worry – it is still working!

Please also know that you do not need to leave your hands in prayer position for the duration of your attunement. Please feel free to rest your hands either by your side, over your heart chakra or as you feel most comfortable.

And as with all attunements, you may feel some energy moving during this time, perhaps you may feel relaxing vibrations or some may feel almost nothing happen. Whatever the case may be for you, please know that you will receive these Ishyo energies in accordance with your own highest good and with this, you will be able to work with these energies in your meditation & healing practices described in the next section.

Closing the attunement:

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



"With love and gratitude I offer my sincerest thanks for receiving these level 4 Advanced Usui Reiki energies of Ishyo. May love & light continue to shower down upon me as I use these new energies for the benefit of all beings. Thank-you, Thank-you, Thank-you."



*You have now completed your
level 4 attunement!
Congratulations!*



5. THE ISHYO SELF-HEALING PRACTICES:

After you have received your attunement for Ishyo, The Collective have recommended that a minimum of **21 days self-healing practice** be completed in order to help you assimilate these new energies into your consciousness.

The 21 days of symbol practice is very simple & easy to complete and can be done in as little as **one sitting of 3-5 minutes per day (minimum)**. (We recommend waiting until you feel the energies drop off). If you wish to, you can also repeat the practice as many times as you wish per day. When speaking about the symbol practices, The Collective brought through the following information:



“For 21 days and no less, the receiver should complete practice of at least once per day, using the symbol Ishyo.

The attunement to level 4 takes place first, whereby the level 4 energies are activated and the symbol Ishyo is given.”

“The Ishyo energies should be used for no less than 14 weeks after the attunement before accelerating into level five. 21 days practice with the symbol is paramount.”

- ♥ Days 1 - 3: Place Ishyo into the base chakra
- ♥ Days 4 - 6: Place Ishyo into the sacral chakra
- ♥ Days 7 - 9: Place Ishyo into the solar plexus chakra
- ♥ Days 10 - 12: Place Ishyo into the heart chakra
- ♥ Days 13 - 15: Place Ishyo into the throat chakra
- ♥ Days 16 - 18: Place Ishyo into the third eye chakra
- ♥ Days 19 - 21: Place Ishyo into the crown chakra



This practice ensures that the Ishyo energies are assimilated through your entire body.”

Although the practice can be completed in only one sitting per day, as Marty and Gerry themselves were moving through this 21 days of Ishyo symbol practice, they found it easier to do the practice as part of their normal meditation practices which was once in the morning and once at night (each time for at least 3-5 minutes). However this was their own preference and you are able to choose your own frequency and timing as suits you best!

They would also be sure to set their intention 'for the benefit of all' and then simply place the Ishyo symbol into the relevant chakra, allowing it's divinely guided frequencies to absorb into their consciousness and work its magic.



As you will already know, there are many different ways that you can 'place' or intend a symbol to be absorbed into your chakras, for example through visualisation, tapping, continuous tapping, shining for all etc. As always, please be sure to follow your own feelings and intuition and do what feels right for you.



To help give some additional information about some of the ways to work with symbols, we have included our ***“Working With Symbols - A Practical Start Up Guide”*** in Appendix One of this ebook. This is by no means a comprehensive list of all symbol techniques but rather a basic guide for anyone who feels a refresher may be helpful. Be sure to take a look if you feel drawn to it!

Finally, The Collective have been very specific and deliberate about stating the importance of placing Ishyo into each of the chakras over the period of 21 days so please be sure to honour these teachings and complete your practices in this way. However, at the same time, please also feel free to use your intuition and 'play' around with the symbol in order to connect with the healing energies in your own way too!

Once the official 21 days of symbol practice has been completed, you will then be able to use these energies for helping others (as they will now be better assimilated into your consciousness).

The Collective have then gone on to suggest that the Ishyo energies should be digested over a total of 14 weeks (i.e. 21 days practice + 11 weeks digestion) before moving into your level 5 attunement.

You are free to work with the Ishyo frequencies in whatever way you wish during your additional 11 weeks assimilation and digestion period..... Perhaps you wish to call on some of the more traditional Reiki symbol techniques or other techniques that you have learnt along the way?

The practices here, like all Reiki practices, are highly flexible and like always, please trust your intuition and go with it! We sincerely hope that you will enjoy working these beautiful & divine healing energies of Ishyo and may you radiate these deeply healing energies outwards so that all beings may benefit!



6. ADDITIONAL SYMBOLS:

Whilst the Ishyo energies are most certainly the focus point of these level 4 teachings, The Collective have also passed on two additional healing symbols at this level to help in 'releasing & relieving pain'.

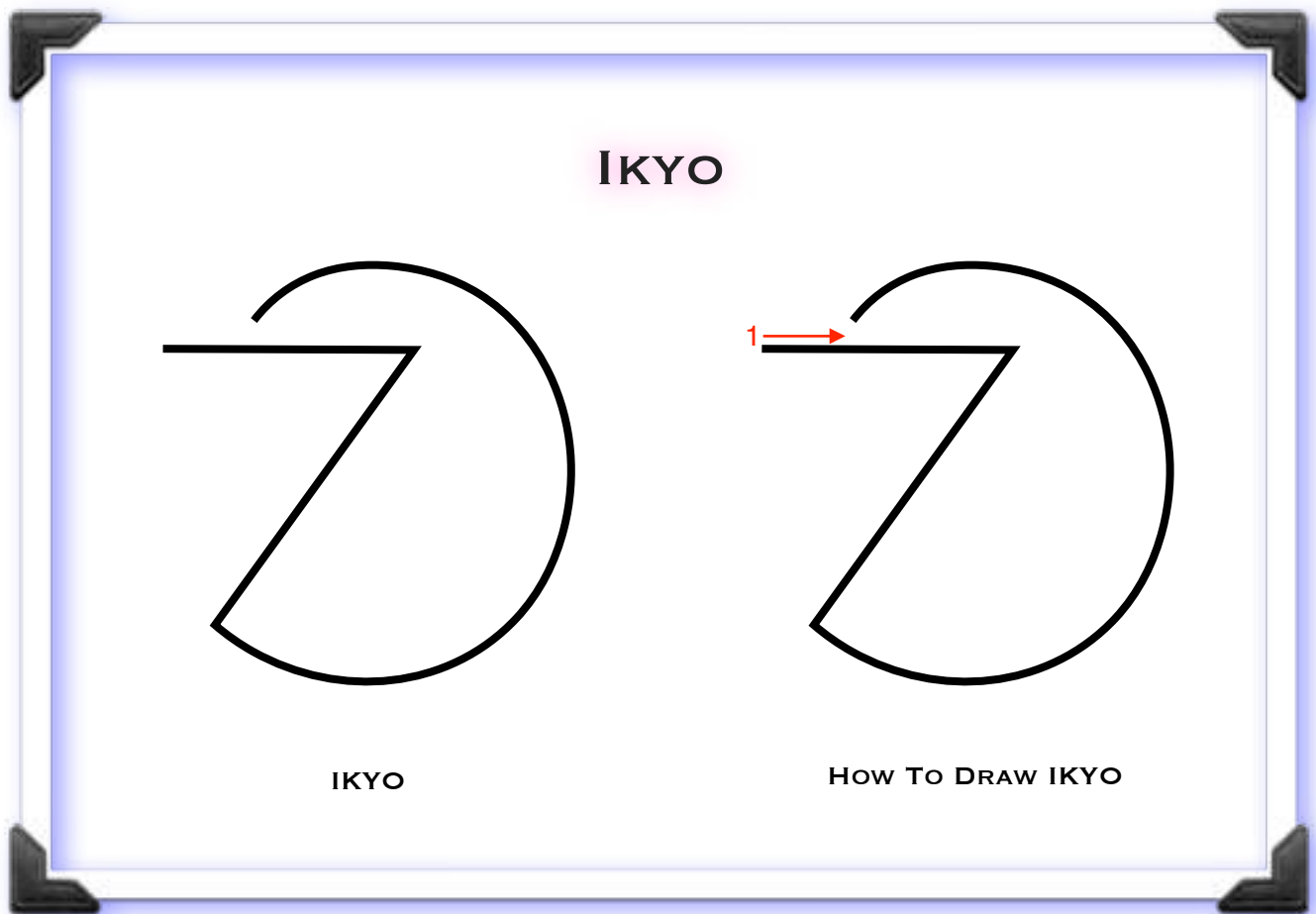
These two additional healing symbols were 'received' or 'attuned' by you through your level 4 attunement so you are now able to start using both of these symbols in your own healing & meditation practices as you feel them necessary.



There are no symbol practices required for these two additional symbols and there were also no suggested ways to use the symbols given, so you are free to work with these in whatever way you wish to from the date of your attunement. As explained by The Collective, these symbols can help to release and relieve pain as follows:

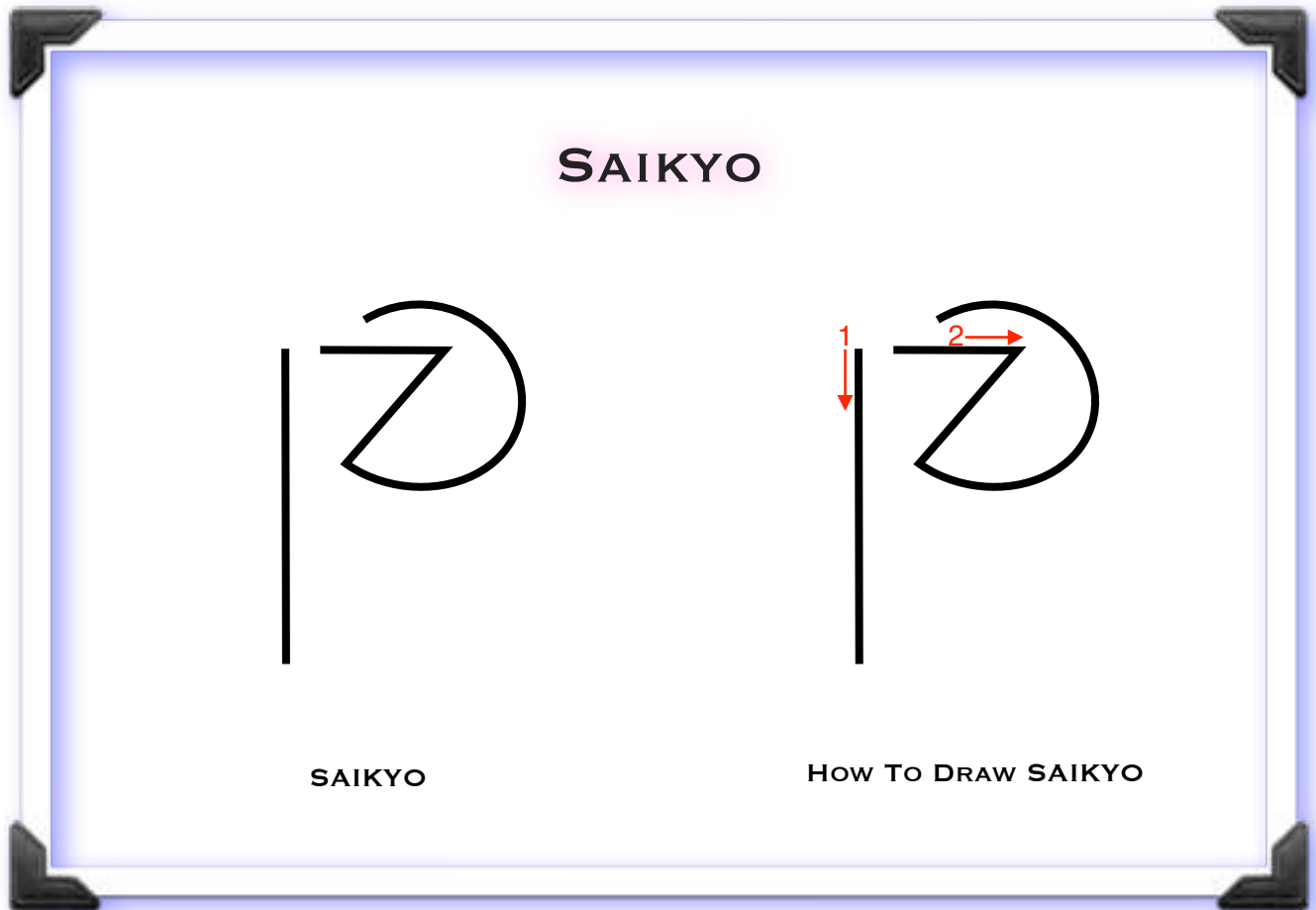
***Ikkyo** (pronounced eye - ki - yo) - Used for releasing 'old pain'*

For help in healing anything outside of one year previous.



Saikyo (pronounced sye - ki - yo) - Used for releasing 'new pain'

For help in healing anything within one year to date.



7. ADDITIONAL INFORMATION SHARED WITH LOVE!:

As Usui Reiki Masters themselves, having received all levels through the Usui Shiki Ryoho lineage, Marty and Gerry understand that these Advanced Usui Reiki teachings are a little different in format to traditional Usui Reiki, especially given that these teachings have been received directly from 'Higher Consciousness'.

Therefore, in the interests of bringing a more well rounded understanding and acceptance to these Advanced Usui Reiki energies, we wish to share some additional information with you here from The Collective. This information will also help you to understand why Love Inspiration chooses to offer the Usui Reiki energies freely! Please find below this information in question & answer format:





Why is it advantageous to continue on into level 4 (and above)?

At this time, the universal consciousness is in desperate need of continued healing, growth and expansion for the absolute benefit of all. By completing levels 1 - 3, you have gained a great depth of ability and understanding and we simply wish to offer you further advancement for the benefit of all beings.

The time and consciousness is right currently to bring through these new energies so with divine love and blessings we offer these higher levels for all. May your Usui Reiki light continue to expand for the collective benefit of all.



Why are the symbol names different / not based on the original Japanese origin?

At these higher levels, the symbols and their energies are based on a universal collective and are not specifically given for any one ancestral lineage. The symbols represent a unity of all and in this way are a higher representation of love and healing for the collective benefit of all.

The symbol names are also a representation of the energies within them, coming from pure sources of light from various dimensions and thus their sacred name is deeply important in calling on the energies.



Why did Dr Mikao Usui only bring through levels 1, 2 & 3?

At the time, this was simply all the energies that were available to him. As the need for consciousness growth develops and as higher energies become available, more and more frequencies are becoming available to 'download' to your Earth realm. This was in no part a short coming of Dr Mikao Usui; but merely a factual limitation of the energies at this time.

It should be noted also of course, that at the time of receipt, levels 1, 2 & 3 were significant energetic frequencies for that time. We offer a great amount of respect to Dr Mikao Usui for his efforts to bring through those foundational levels, for they have served the Earth consciousness intensely for many of your earthly years.



Why has Dr Mikao Usui himself not brought through these new levels?



As you are aware, Dr Mikao Usui no longer resides in your Earth realm. He has however, through our dimension, been involved in the process of developing these new levels. Although it may sometimes seem incomprehensible from the Earth plane; the consciousness of all dimensions is eternally connected and in this way, many high energy beings have come together to manifest these higher levels.

Dr Mikao Usui and Hawayo Takata have offered their blessings and endorsement of these new energies and are still very much so connected with them. In this way, you may still feel their connections when using the new symbols. Do not live in doubt, simply surrender and all will be unveiled.



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.



8. FINAL COMMENTS

With these beautiful & profound answers from The Collective, this now brings us to the finale of the level 4 healing practices for Advanced Usui Reiki. We hope that this has been a warm and beneficial introduction to the Advanced Usui Reiki energies for you!

May you now enjoy assimilating these new Ishyo energies into your consciousness during this next 14 weeks and may you have a beautiful range of healing experiences with these new practices.

After this time, as you feel ready, we invite you to advance into the level 5 energies where you will be guided towards opening up to another wonderful healing symbol which will be helpful for you on your forwards journey.

For now, we again hope you enjoy your connection to these new Ishyo energies and it is with much love & light that we hope to see you again for the level 5 energies, teachings and attunements.



Welcome to
Advanced
Usui Reiki



Level 5
Kotoko

ADVANCED USUI REIKI
LEVELS 4, 5 & 6



Love Inspiration

Learn • Heal • Awaken

ADVANCED USUI REIKI
LEVEL FIVE - KOTOKO



Welcome To Level 5 - Kotoko!

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1. INTRODUCING THE KOTOKO SYMBOL:

Welcome!

It is with much love, happiness & joy that we welcome you here to these level 5 energies and healing practices!

Having received the beautiful healing frequencies of Ishyo through the level four practices, we are now delighted to bring through the level five 'Kotoko' energies in order to help provide soothing, calmness and rejuvenation to your healing practices.

As explained by The Collective, the name 'Kotoko' literally means 'after death' and although this translation may sound rather severe at first, it's name actually serves as a fitting reminder for when to use the symbol. Kotoko is used for states of shock, grief, despair, fear etc.

The 'after death' translation also helps to remind us of those times where an 'old' part of us 'dies'. That is, when our energetic vibration raises and we are asked to release, let go & move forwards towards a new equilibrium and status quo in our energy field.

Most notably however, the Kotoko energies are of great assistance in helping to alleviate symptoms of the healing crisis and this is truly a wonderful gift to be receiving here at this level.



In addition to this, the Kotoko symbol will also help to bring a wonderfully soothing and calming set of energies to any healing situation.

For more detailed information about this symbol and how it can be used, let us now hear from The Collective who will explain more about these energies, as well as how you can use them in your meditation & healing practices:



Kotoko (pronounced koh - toe - ko):

"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.

The symbol is generally used towards the end of an Usui Reiki session to help to smooth or calm the effects of all healing that has taken place.



The symbol may also be helpful in general situations where there is shock, grief or despair as an aid to immediate relief. The sooner the symbol is applied in such situations, the more effective it is. As such, this symbol is a wonderful 'first aid' tool and can be used on infants, children and adults alike; each absorbing the appropriate 'dose' that they require.

Kotoko also works deeply to dispel fear; a major component of our suffering. It helps us to see fear for what it is and to then turn it into a love frame of mind instead.

Kotoko also works very efficiently to heal anger as this is effectively a 'flare up' covering a wound of some sort. When we apply the symbol, it goes to the root cause of the anger (i.e. the underlying issue or wound) and helps to aid recovery.

Here, the symbol Ishyo would be extremely beneficial to use in conjunction with Kotoko to send healing to the issue / wound whilst Kotoko works to relieve the anger and then any other subsequent emotions that arise from the healing."



Rejuvenates (at the end of a healing session)



Reduces the effects of a healing crisis



First aid tool (i.e. shock, grief, despair or emergency situation)



Dispels fear



Heals anger (use Ishyo to heal underlying issue)

"Kotoko is an immense healing tool to be given at this level 5 junction. By now, you will have yourself either seen or felt the effects of some sort of healing crisis whether you were conscious of it or not. In addition, you may have seen or heard of others experiencing such suffering or 'purification' as it is also called.





Here we are therefore delighted to bring through the symbol Kotoko for the benefit of all. Dr Mikao Usui and Hawayo Takata have again offered their blessings for this well needed symbol.

As the Earth and her inhabitants accelerate on their well-needed healing journey, Kotoko will be of help in aiding this journey. Dr Mikao Usui himself has generated the foundational energies for this symbol after years of seeing the effects of healing and purification that can produce intermediate suffering whilst the healing is undergone. The energies were then completed and amplified through 'The Collective' in order to manifest the symbol before you, Kotoko."

As you can see from this introduction, the Kotoko symbol may be used in a number of different ways to help relieve many kinds of issues from within. At a minimum, it will be a great accompaniment for you to use at the start and the end of any healing session to help alleviate any healing crisis issues. (We will explain more about how to use the symbol in Section 3: The Kotoko Healing Practices).

This is an important gift to receive here at this level (and will become very important as we progress into the higher levels), for as we raise our energetic vibration, our healing efficiency & abilities also become more intense or magnified.

Keeping in mind here that we may also be treating someone who has never received any kind of healing before, maybe someone who is still holding onto much impurity, energy blockages or disruption in their energy field. And in order to help lessen the suffering of old energies needing to be re-experienced, we can see that the use of the Kotoko symbol will now become very important as we progress into these higher Advanced Usui Reiki energies and as we become more efficient & effective healing channels.

In addition, The Collective have also alluded to the fact that the energies of Kotoko may become quite important for us here on Earth as we move through more energetic changes in the coming years ahead (i.e. as part of a bigger shift upwards in our Universal love vibration).

This is something that Love Inspiration has received information about through our other healing systems (and especially our '[Ascension Pathways](#)'). We have provided more information about this on our website and especially in our healing FAQ's as we discuss '[What is the New Consciousness?](#)'



ADVANCED USUI REIKI

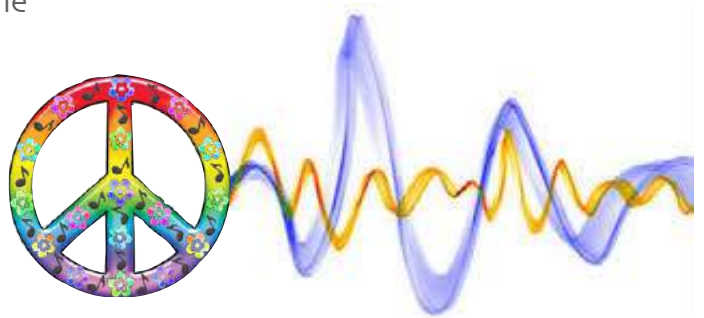
LEVELS 4, 5 & 6

Moving back to the information being brought through by The Collective, it seems that at this level we are also again receiving information that Dr Mikao Usui himself has been a part of the development process for these Advanced Usui Reiki healing energies.

In what is a truly mind boggling & beautifully divine process of inter-dimensional communication between him, Hawayo Takata and a range of inter-dimensional Higher Consciousness entities from throughout the cosmos, we are now receiving these energies, love frequencies and teachings of Advanced Usui Reiki.

As we reflect on these comments, we are truly in awe and amazed at just how wonderfully intelligent and truly divine this multi-dimensional universe really is. And we are just so delighted to be playing our small part as the conduit to bring you these new divine understandings about what is our most wondrous & excitingly divine reality.

We truly hope you enjoy these Kotoko energies in your practice and that they help to bring many peaceful, soothing and calming vibrations into your Reiki practices.



2. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

As we mentioned during the level four teachings, in accordance with the instructions received from The Collective, all of the Advanced Usui Reiki levels require that an attunement be given.

Once you have received your activation email for the Advanced Usui Reiki levels, please remember that **all** of the attunements for level 4, 5 & 6 have been lovingly activated within this process. You are therefore now able to now receive your attunement for level 5 by following along with the below instructions.

And again, please be sure to open, relax, let go and receive these beautiful energies of Kotoko with love and gratitude for the benefit of all!



We hope you have a wonderful attunement!

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.

Invoke the level 5 attunement:

Invoke the attunement by placing your hands together, fingertips touching in prayer position and say the following:



"With love & gratitude, I open up to receiving the attunement for Advanced Usui Reiki level 5. May these Kotoko energies bring their full abundance so that I may graciously benefit all beings. Thank you, thank you, thank you."

Now your attunement will commence and will take around 10 - 15 minutes to finish so please allow for around 20 minutes or so. You can either time yourself here or you can 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).

Again, you do not need to sit with your hands in prayer position for the duration of your attunement if you do not wish to. Please simply be comfortable in whatever way is best for you.

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 love and gratitude I offer my sincerest thanks for receiving these Advanced Usui Reiki energies for level 5. Please continue to guide me towards using these energies so that I may bring benefit to the collective consciousness. Thank-you, Thank-you, Thank-you."



*You have now completed your
level 5 attunement!
Congratulations!*



3. THE KOTOKO HEALING PRACTICES:

Having received the attunement for Kotoko, you are now ready to complete the self healing practices. At this level, The Collective have recommended that 14 days of healing practice be completed with the Kotoko symbol in order to assimilate these new energies into your consciousness. As they explain:

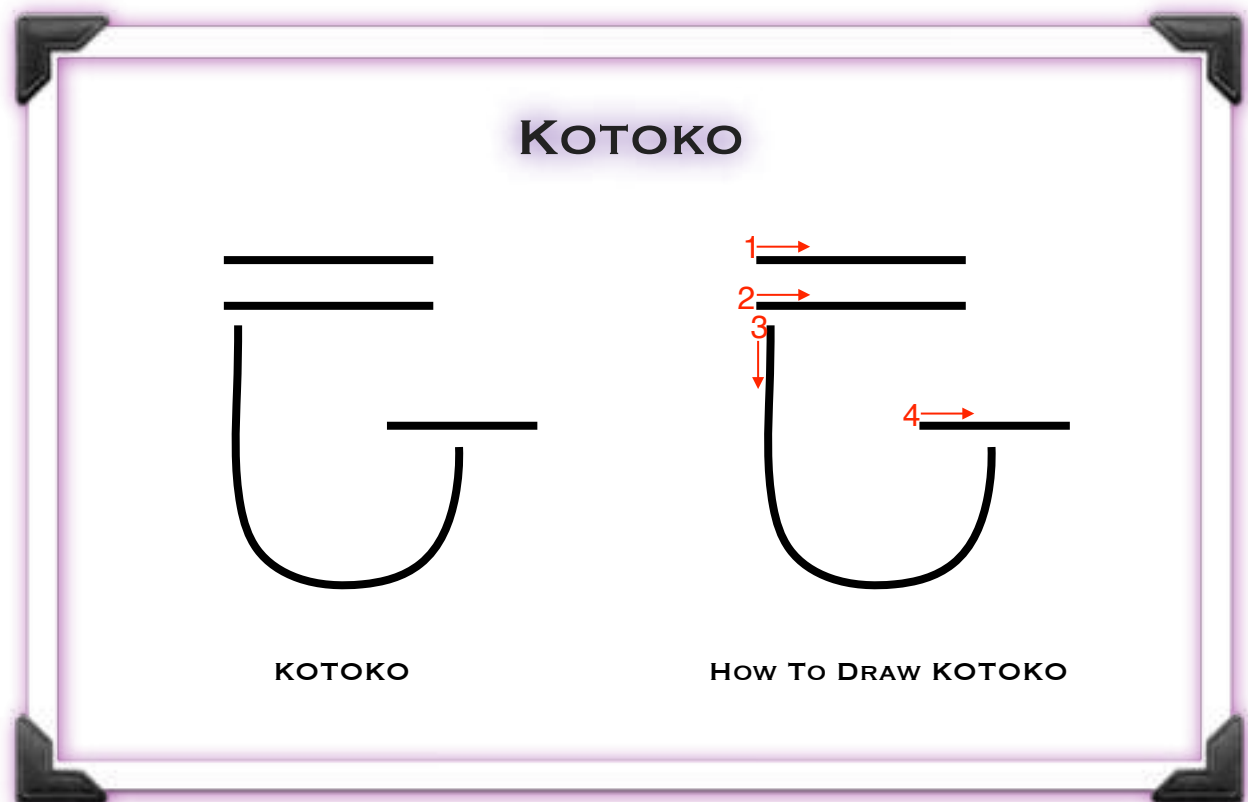


“Where previously, 21 days of practice has been requested (i.e. through the Ishyo practices), after the Kotoko attunement, only 14 days are required. This is simply due to the assimilation speed of the Kotoko energies. However, a period of at least 4 weeks is recommended from the level 5 attunement before commencing level 6.”

The symbol practices being introduced here for Kotoko are very flexible and can be incorporated in any of your ongoing meditation & healing practices. For example, let's assume that you enjoy giving yourself Reiki through the level 1 hands on healing technique. You can now very easily incorporate the Kotoko energies into your self-healing session.

Alternatively, if you were wanting to do a 'symbols based' meditation practice, then again, you would simply call on the Kotoko energies in accordance with this style of meditation.

We would humbly & lovingly suggest here that you connect with the Kotoko symbol at least 1 - 2 times per day (for the 14 day period) as you feel guided and as always, please work with these energies with love, gratitude and with an intention to benefit all.



Here is some additional information that was received from The Collective about how to best work with the Kotoko symbol in your meditation and healing practices:

“Kotoko can be used at the beginning of a healing session in preparation for any energies being moved, healed and released. Kotoko can be used intermittently through a healing session, however for best results, use at the start and end of a session (plus anywhere in between as needed).

A good practice would be to always open and close the session with Kotoko and to include it's 'help' in your intention as you set it at the beginning of the session.

For example: Set your original intention as you would normally and then add “and may the Kotoko energies alleviate all healing crisis and healing symptoms for [name of recipient(s)] healing session”.

Kotoko is an excellent symbol to be used in conjunction with any Usui Reiki symbol and is also complementary to other healing energies being worked with.

For example, Kotoko will work well with the Maitrijusha and Maitrijusha -Ni cleansing practices to help reduce the healing crisis. It may also be helpful when used in conjunction with any of the Kundalini Reiki energies, particularly in the powerful Blue Diamond level 9, to alleviate healing crisis symptoms.”

As you can see from these teachings, calling on the Kotoko energies is a very simple and straightforward process that can be easily added to your current set of Reiki practices and healing techniques.

To use the Kotoko symbol, The Collective have not given any more detail other than what is written above. Therefore we recommend you follow your intuition each time and be guided how to use the symbol in this way. **We recommend starting by using the symbol at the beginning and end of a healing session by drawing the symbol in front of the body and allowing it to go to where it is needed. For more specific use during the session, you may wish to try tapping the symbol into the specific area or chakra you are working on.** And as always, please be sure to set your intention wisely to bring about the best possible healing result for all!



ADVANCED USUI REIKI

LEVELS 4, 5 & 6

For those of you who are new to Love Inspiration, we would like to give some context to the two terms being introduced here in this channeled message:



'Maitrijusha and Maitrijusha-Ni'

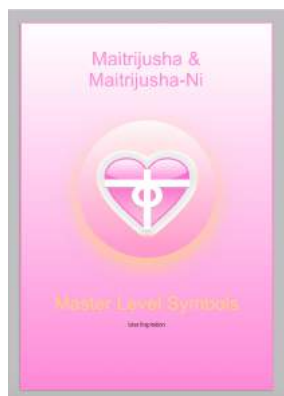


'Blue Diamond level 9'.

These are both included in the various healing & meditation courses that have been brought through to Love Inspiration for the benefit of all. They are available freely and with love online.



Maitrijusha & Maitrijusha-Ni (Master Level Symbols):



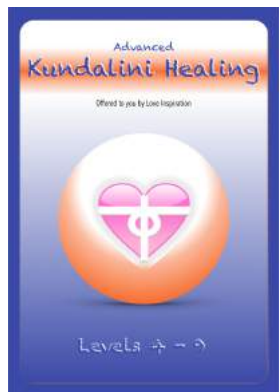
The Maitrijusha energies are of a significant vibration and are great for those who are working with multiple healing practices as they can bring together many different sets of energetic frequencies. They can also help to intensify our love vibration as we connect with these beautiful healing energies in our meditation and/or healing practices.

The Maitrijusha & Maitrijusha-Ni Master Level Symbols course can be completed within around 11 days with a suggested daily practice time of around 20 minutes or so.

For more information please visit our website:

[Master Level Symbols - Maitrijusha & Maitrijusha-Ni](#)

Blue Diamond Level 9 (Advanced Kundalini Healing):



The Blue Diamond level 9 energies that The Collective refers to here is the final Master level of our Advanced Kundalini Healing system.

These Advanced Kundalini Healing energies were brought through as an extension of the current Kundalini Reiki system in the same way as these Advanced Usui Reiki energies have been brought through as an extension to Usui Reiki.

The Advanced Kundalini Healing practices require the pre-requisite completion of Kundalini Reiki.

For more information please visit our website: [Kundalini Reiki](#)



If you wish to, you can receive these additional energies (or any Master Level Symbol Courses) during your energetic 'digestion periods' as you progress forwards on your Advanced Usui Reiki journey. We would humbly suggest however that you wait for the completion of the 14 days of intensive practice before commencing forwards with any additional teachings.

As a not for profit organisation, Love Inspiration is dedicated to inspiring love and higher consciousness into everyday life for the benefit of all. It is always our pleasure to share these energies with you so please feel free to ask us to activate any attunements you wish. We are always happy to help! For now, we truly hope that you will enjoy connecting with these Kotoko energies and that they help to bring much healing, growth & purification into this world with ease & grace!



4. FINAL COMMENTS:

We hope that you have enjoyed opening up and receiving the beautifully soothing energies of Kotoko in your Reiki practice, and that they have helped you to feel some more peace & love in your life. (And hopefully less healing crisis suffering too!)

Up until this point, you have been given a series of wonderful additional healing tools that are very complementary to your other Reiki practices as we now prepare to move into the final level of Advanced Usui Reiki.

These additional healing tools will add to the efficiency and effectiveness of your Reiki healing and we do hope that you are indeed feeling something nice from these practices. And again, we wish to reiterate to you that the energies do continue to build upwards and onwards from here!

Please know also that these Kotoko energies will indeed continue to add value as you move forwards into the Master levels and as we've mentioned previously, these energies will become especially important for using in your healing sessions as you start to raise in energetic vibration and move towards more purity.

For now though, as The Collective have suggested, please allow yourself some time here to better assimilate these new Kotoko energies over a minimum of 4 weeks (i.e. 14 days symbol practice + 2 weeks 'digestion') and may these new energies help to bring you much peace, bliss & love into your practice.



Welcome to
Advanced
Usui Reiki



Level 6
Rokaïto



Love Inspiration
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ADVANCED USUI REIKI LEVEL SIX - ROKAITO



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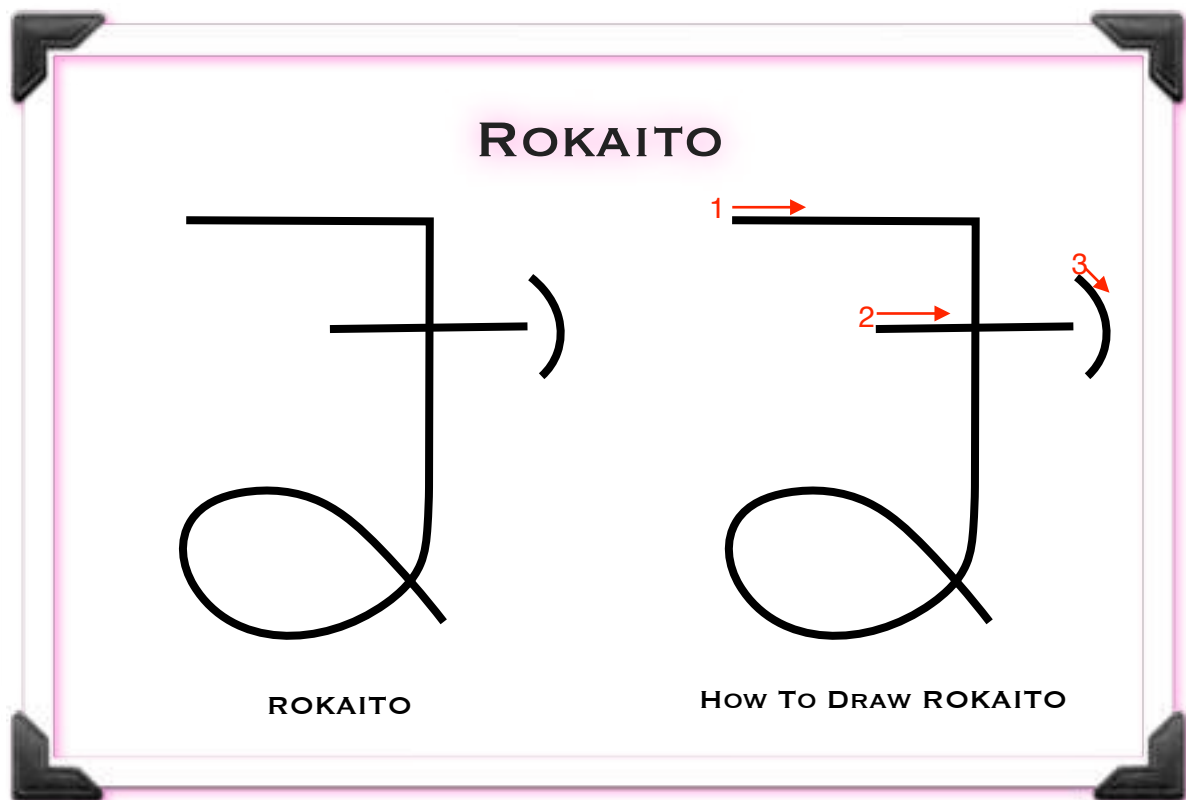
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1. INTRODUCING THE ROKAITO SYMBOL:

We again share much love & light with you here as we welcome you into this final Advanced Usui Reiki level. Here, we will be introducing the beautiful & deeply healing energies of the symbol 'Rokaito' as we are guided towards opening up to receiving more light frequencies in our practice.

The Collective have explained that the word '**Rokaito**' (*pronounced rock - eye - toe*) simply means '**influx of light**' and in their own words, they described these new energies as being:

"A new plane of Usui Reiki for the benefit of all."



Rokaito helps in any healing or meditation by bringing a beautiful array of divine healing, love & light into your session. And in addition to it's beautiful energies, The Collective have also offered information (in section 4) about how to bring the level 4, 5 & 6 energies together in our healing & meditation practices.

Plus, The Collective have also brought through a very beautiful and helpful 'healing boost' which allows you to give a very short and effective healing session in around 15 minutes. (See section 3). This healing boost can be used either as part of your healing session or it can be administered on its own as a 'mini healing session'. In this way, we feel that this new healing tool will be of great assistance to those who feel time poor or for those many occasions where there is simply no time to give a full body healing session.



With the use of these new energies and practices, we truly hope that you will enjoy the beautiful influx of light which comes through the connection with the Rokaito energies and may this wonderful array of light help to bring more love, joy and happiness into your world!



2. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

The attunement processes for Rokaito will follow the same format as we have already covered during the previous levels of Kotoko & Ishyo. Again, we would simply ask that you open up & receive these energies with love, gratitude & with an intention to benefit all!

We will again be providing you with the full attunement process here so please, if you wish to, have a quick read through to refresh your memory and when you feel ready, please receive the beautiful Rokaito energies with love.

We hope you have a wonderful attunement!



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.



Invoke the level 6 attunement:

Invoke the attunement by placing your hands together, fingertips touching in prayer position i.e. Gassho, and say the following:



"With love & gratitude, I open up to receiving the attunement for Advanced Usui Reiki level 6. May these Rokaito energies help help all beings to be happy and free from suffering! Thank you, thank you, thank you."

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

You can either time yourself here or you can 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).

Again, you do not need to sit with your hands in prayer position for the duration of your attunement if you do not wish to. Please simply be comfortable in whatever way is best for you.

Enjoy!

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 love and gratitude, I offer my love & thanks to all those who have helped me to receive these Advanced Usui Reiki energies for level 6. May I continue on this healing pathway and may this help to bring benefit to all beings throughout all time, space, realms, & dimensions. Thank-you, Thank-you, Thank-you."



*You have now completed your
level 6 attunement!
Congratulations!*



3. INTRODUCING THE ROKAITO HEALING BOOST:

At this level of learning as we have previously mentioned, we have received a few different ways in which we can connect to these beautiful Rokaito energies. The first of these is the Rokaito Healing Boost.

The Rokaito Healing Boost is a wonderful way of sharing love & healing light with another being as it helps to call on and invoke a wide variety of 'broad spectrum healing energies' into the recipient within 15 minutes.

This healing boost can be administered either:

-  On its own
-  As an additional part of a healing session or
-  As a personal meditation practice

It is very flexible and can be used to work on many different kinds of healing issues. The Rokaito Healing Boost can be given in person or if you wish to, you can also send this healing boost by distance as you feel guided.





Like all energy based healing practices, the Rokaito Healing Boost will always work for the highest possible good of the recipient and as you will see from the actual technique - it will always help to bring more love & light into each of the chakras and throughout the entire energy system of the recipient. In this way, we can think of The Rokaito Healing Boost as being like a mini healing session and as we've just mentioned, it can also be used with a very specific healing intention or a more general healing intention - as you wish.

It is administered through a very specific sequence of hand positions and as we understand it, this helps the Rokaito healing energies to be more easily dispersed & distributed throughout the energy field of the recipient for maximum effectiveness.

The process is very simple & easy to learn and again has been 'divinely designed' to allow for the best possible healing result. The process for giving the Rokaito Healing Boost, as given by The Collective, is as follows:

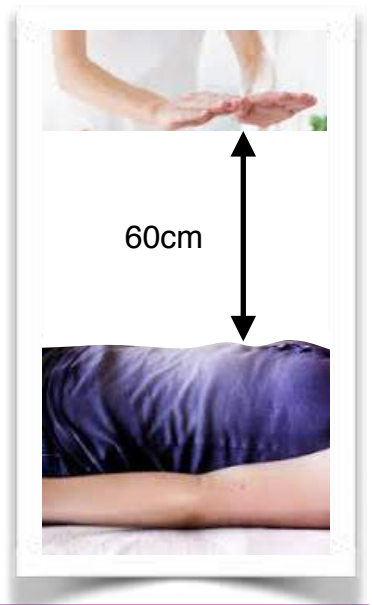


The Rokaito Healing Boost

- ♥ **Step 1:** Ask to activate the Rokaito Healing Boost
- ♥ **Step 2:** Set intention (*to benefit all*)
- ♥ **Step 3:** Open with Kotoko and any other personal opening practices
- ♥ **Step 4:** Place the symbol Rokaito into the heart chakra
(*you may continue to recite the sacred name Rokaito throughout the hand sequences if you wish*).
- ♥ **Step 5:** Hand Sequences (*3 minutes in each of the 5 positions*)
 - ★ **Position 1:** One hand on the **Third Eye chakra** + the other hand on the pancreas (**Solar Plexus chakra**).
 - ★ **Position 2:** One hand on the **Crown chakra** + the other on the **Heart chakra**.
 - ★ **Position 3:** One hand on the **Sacral chakra** + the other on the **two feet together**. (See note *1)
 - ★ **Position 4:** One hand on the **back of neck** (See note*2) and the other on/over the gonads (**Base chakra**).
 - ★ **Position 5:** Two hands touching side by side, hovering in the air 60cm above middle of body, (Solar Plexus chakra). (See note *3). Tap in, intend or project Rokaito into the whole body for 3 minutes.
- ♥ **Step 6:** Close with Kotoko and any other personal closing practices

Notes:

- ♥ Note *1: *Although the feet are not one of the 7 chakras, the hand sequence of the feet is required “as a junction to circulate, re-circulate & fortify the energies around the body”. If you are lying down, then you may need to sit up in order to perform this position, with one hand on the sacral chakra and one on the two feet together.*
- ♥ Note *2: *If lying facing up, the hand would be positioned under the back of the neck so that light can be sent to the throat chakra.*
- ♥ Note *3: *Two hands touching, side by side, hovering 60cm above the Solar Plexus Chakra as per the diagram.*



The Rokaito healing Boost can be administered to others as well as being able to be used on yourself as a self-healing practice. And in accordance with the instructions provided by The Collective, **the Rokaito Healing Boost should now be completed for three consecutive days from the date of your attunement as part of your self-healing practices for this level.**

By completing the Rokaito Healing Boost for these three days, it will allow the Rokaito healing energies to be properly assimilated into your consciousness so that you can then give this healing boost to others as you feel guided. As The Collective explained:

“After the attunement, a minimum of three days of self healing practice (i.e. one healing boost per day) is beneficial before using the healing boost on others.”



And whilst you are completing these self-healing practices, please understand that the setting of your intention is very important. For example, you may wish to set your intention to receive the Rokaito Healing Boost for helping you with a painful part of your body. Perhaps another day you wish to set your intention to receive an all purpose type healing session.

Alternatively, you may wish to use the Rokaito Healing Boost to help you with an egoic based personality trait or to perhaps bring about the energetic circumstances for manifesting something into your life.

Overall however, whatever you choose your intention your be, try to expand it as much as possible to include benefitting all. As with all energy based healing practices, it is always the intention behind the healing that is so crucial so please be as expansive and as creative as you wish!

For more details about the Rokaito Healing Boost, let us now share some additional information that was received from The Collective as these Rokaito healing energies were brought through:



“Although a longer healing session will always be preferred, in this time that you reside which is fast paced and often hectic, it may be beneficial to receive the formula for a shortened Usui Reiki healing boost.

The healing boost can be used on its own or in conjunction with other healing energies before or after. It can be used in person or by distance (setting it up with the distance healing frequencies first). It is not however intended to be used in place of a traditional healing session, but rather to be used as an additional tool in your toolkit.

The energies of Rokaito are what enable the healing boost to activate and work so efficiently in a short space of time. Its energies induce a strong and beneficial ‘wave’ or influx of broad spectrum healing frequencies which gently, yet powerfully go to work on all the chakras.

The healing boost may be used to help a specific problem or problems and it may also be used as a general all-purpose healing. The difference is simply your [and the recipient(s)] intention. Remember that the recipient’s intention is also vitally important in any healing so you may wish to incorporate asking them to set their intention, into the beginning of any healing boost or session, for the benefit of all.

The healing boost can be used either with the person lying face down or face up (or alternatively, some may prefer to sit or lie down on their side; this is also ok). As the practitioner, simply ensure that the recipient is comfortable and that you can access and reach all chakra areas (and the feet simultaneously with the sacral chakra). Note if the person is sitting or lying on their side, the final hand position 60 cm out, will be horizontally out from the solar plexus chakra not vertically above as when they are lying face up.

The healing boost is effective on infants, children & adults alike and in some cases, may be easier to give to small children due to the shorter duration.

Animals will also benefit from a healing boost.





Due to the complexity of the healing boost energies, the hand sequence should, where possible, always be followed. Slight deviations will be tolerated (e.g. where your intuition tells you to move on faster from one hand position to the next) however for best practice, the suggested hand positions and timeframes should be learned. ★

Healing boosts can be given consecutively if required (e.g. up to twice in a row) say for instance you have 30 minutes. It is not however recommended to give healing boosts for more than 7 consecutive days as the body's energies may become overloaded with clearing & 'cleaning'.

As with healing sessions, water is recommended to be consumed after a healing boost and there is also the possibility of a healing crisis occurring so this can be addressed in the same way you would a normal healing session.

We trust that the healing boost concept comes to you with love and understanding for the benefit of all. Whilst in your current 'time poor' society, we offer the healing boost as a way of helping each other to continue your purification and growth for the greatest good of all.

May the energies of Rokaito bring to you an expansive network of healing frequencies to help you heal each other with love and may they open the doorway to fast and efficient healing for those who may not otherwise receive.

With blessings from Dr Mikao Usui, Hawayo Takata and The Collective.” ★

The Rokaito Healing Boost has been brought through to this Earth with many blessings and with much love & purity. Having worked with these hand positions in their own healing & meditation work, Marty and Gerry are delighted to be able to share these with you here to add to your divine healing toolkit.

We sincerely hope that you enjoy your healing experiences with the Rokaito Healing Boost and may it help you to bring many souls towards more love, light & harmony in their life!



4. USING ROKAITO IN HEALING & MEDITATION:

As we've already mentioned, the Rokaito Healing Boost will now become your self healing practice for three consecutive days after you have received your attunement. And apart from that, there are no other specific requirements for self-healing at this level.

Once you have finished the three days of the Rokaito Healing Boost, you will then be able to give the Rokaito Healing Boost to others as well as use the Rokaito symbol in your own healing & meditation work with greater healing efficiency.

And whilst the Rokaito Healing Boost is a beautiful healing tool that can be used in a wide variety of different circumstances, it is also important to understand how we can work with the Rokaito symbol in other ways to give us some added flexibility in our healing work.

As a part of this, it will also be important to understand how we can now work with **all** of these Advanced Usui Reiki energies together and how these can be added to your current Usui Reiki practices & techniques.

To start with then, let us now share the information as it was received by The Collective about how you can combine these Advanced Usui Reiki energies in your healing and meditation practices:



“You may also call on Rokaito in a usual healing session (i.e. not the healing boost) to bring an influx of light to a specific area. Use in conjunction with Ishyo for a powerful healing! For example:

Ishyo

(includes the energies of Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen)

+

Kotoko (relieving symptoms)

+

Rokaito (influx of light)

=

A very powerful healing combination!”



Given that you are already a Reiki Master, you have no doubt had much experience with working with symbols. So here, rather than going into too much detail about the practical aspects of working with symbols, perhaps a better idea is to run through a few quick examples of how you may wish to approach your Reiki practices now that you have access to the new Advanced Usui Reiki energies.

Before we begin, we do wish to reiterate here that we strongly believe in the principles of divine guidance & using your own divine intuition. We believe that you will be guided towards working with these Reiki energies in your own way for the greatest good of all. As always, we also suggest that you please do what you feel is right for you. Normally, we like to lovingly suggest that you always try to enjoy your practice by being creative, having fun and shining your infinite love & blissfulness for all to benefit from!

Ok, so with all that now said, let's start off with a simple meditative example of how you may wish to bring all of these Usui Reiki & Advanced Usui Reiki energies together in one practice.



A Simple Meditative Example

As with most Reiki meditations, the start of your meditation may involve some form of preparation or centring exercise to help you more easily transition into your 'inner world' sacred space.

You will also most likely wish to set your intention at the start of your meditation practice. We would humbly suggest here to be as expansive and as altruistic as you possibly can so that you are able to open up to a wider range of divinely guided assistance in your session.

You may take a few moments to invite and connect with the Infinite Creator, Guides, Guru's, Reiki energy and/or to a wide variety of other Higher Consciousness as you feel guided. With this, you may now feel ready to start your practice.

You may wish to start by invoking the Kotoko energies along with setting the intention that these energies be used to help alleviate any healing crisis issues that may arise from your Reiki meditation today.

And assuming here that you will be doing a symbol based Reiki meditation, you may now wish to start working with the Ishyo energies as a way of connecting with the energies of Cho-Ku-Rei, Sei-Hei-Ki, Hon-Sha-Ze-Sho-Nen and of course Ishyo itself.

The healing energies of Ishyo will be received in accordance with your intention here so for our example, we will assume that you are receiving these through your crown chakra whilst asking that the healing energies go to where they are needed for your highest possible healing result (so that you may benefit all beings).

And as you connect with these energies, you may feel that there is some healing work required in a certain area of your body (e.g. your liver) and you may feel drawn to start clearing away some of this energetic disruption or debris in this area.

With your intention naturally shifting then towards healing or purifying this issue, you may wish to continue working with the Ishyo energies so that the Cho-Ku-Rei, Sei-Hei-Ki, Hon-Sha-Ze-Sho-Nen & Ishyo energies can go to work where they are needed for helping you clear away these impurities in your problem area.

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Remember here that the Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen energies might not be flowing to just the problem area but will be being administered to wherever they are required to help heal the root cause of the issue.



As you are vibrationally ready to move forward, you may now feel that the energies of Dai-Ko-Myo are required, perhaps to gain some more depth in the healing done in this area.

Following your connection to the Dai-Ko-Myo energies, (after some of the impurities have been removed), you may now wish to call on the Rokaito symbol to bring an influx of light into that area of your body (and to perhaps further experience or feel the differences here between these two different symbols).

As you sit in this beautiful space of love, light and bliss, you may wish to visualise that your problem area (liver) is glowing brightly. You may like to shine this light out for all or you may just wish to sit in silence and feel the beauty of the Reiki energies.

You may then wish to again tap in each of the symbols or perhaps move on to another area of your body which you feel needs attention. Lets assume you shift your awareness now to another area of your body where you feel some blockage or disruption in the flow of energy.

You are again feeling like you wish to call on each of the symbols here, however this time, you feel guided to use them in a different order. Perhaps starting with Dai-Ko-Myo, followed by Ishyo and then Rokaito as a final blast of light. Please feel free to play around with the energies here and feel what works best for you.

As you finish your healing work in this area, you may now feel like you would like to give your overall body a healing. At this stage of your meditation, you don't feel like you have time to do a full body hands-on healing session, so you decide to give yourself a Rokaito Healing Boost instead.

You ask to activate the Rokaito Healing Boost, re-set your healing intention for the boost and then work through the various hand positions to finish off your meditation for today. Before you finish this session though, understanding that Kotoko can be used to clear away any healing crisis issues, you decide to close your meditative session with the blessings of Kotoko.

You set your intention that the Kotoko energies help to clear away any impurities that have been stirred up from your session.

You connect with the symbol for as long as you feel necessary and now you are ready to give thanks for everything that you have received in you meditative practice. You dedicate all of your karmic merits for the ultimate benefit of all and you bring yourself back to 'centre' in your own way.



And with this, we hope that you may now feel very peaceful, loving and filled with light from your meditation!



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This is just one example to give you an idea of a meditation practice, noting that this format will of course change from session to session depending on the factors. This is the truly beautiful nature of Reiki, divine guidance and following your own intuition!

As Reiki Master ourselves, Marty and Gerry understand that this example meditation may be nothing new or exciting here and that's the point we wish to make from this.

It is not necessarily the practices or healing techniques that have become more challenging here in the Advanced Usui Reiki levels but rather, it is the energies themselves that have become more sophisticated as they help to bring more expansion and dimension to our Reiki practices.



This will become particularly true as we move into the Master & Master Teacher levels!

We are sure that you will no doubt have your own preferences on how you like to meditate and practice your self healing work. And of course, as you continue to progress, you will continue to be guided beautifully towards new understandings and realisations on your healing pathway!

We truly hope that you have many kinds of beautiful realisations and awakenings coming to you through these Advanced Usui Reiki practices and we hope that you will be guided towards a deeper and more infinite love vibration & awareness, for the benefit of all beings!



Healing Others

Throughout the level 1, 2 & 3 teachings, we have provided many different healing techniques as well as additional guidance about how to give Reiki healing sessions for others. And for those joining us here at the Advanced levels, we trust you have also received such information during your Usui Reiki learning.

So here, rather than re-hashing these teachings, let us give some additional guidance about how you may wish to incorporate these new Advanced Usui Reiki energies into your own healing sessions.

To start with, although this is a very basic starting point, we wish to re-iterate just how important your intuition really is, especially now that you are receiving more symbols, energies and practices to call on during your healing session. Some of you may still wish to follow a specific order for using your symbols and this is of course totally fine. For others, you may simply open yourself up to whatever you feel is needed at the time.

In the level 1 training, we have covered a Reiki technique called [Reiji-Ho](#) so here, as an extension to this, we would humbly suggest that if you wish to, you ask for additional guidance about when and where to use the symbols.

With all of this in mind, let's have a quick look at an example of how you may wish to give a Reiki healing session using Usui Reiki & these new Advanced Usui Reiki energies of levels 4, 5 & 6.



A Simple 'Healing Others' Example

To start with, after doing all of your necessary preparations, such as inviting energy, setting your intention, Reiji-Ho, Byosen Scanning & Aura Cleansing, you will be likely be wanting to call on the Kotoko energies at the start of your session.

Y o u set your healing intention wisely & for the benefit of all. You ask that all of the necessary healing energies are safely and softly released from the energy field of the recipient without any need for any kind of healing crisis.

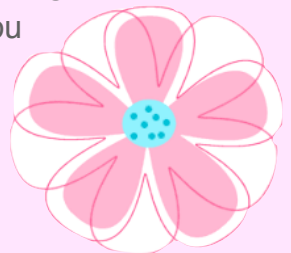
Working through your hand positions now and you may choose to work with just Ishyo and Dai-Ko-Myo (both versions) + Rokaito for each hand position as you feel guided to. Alternatively, if you wish to, you may also feel guided to work with Cho-Ku-Rei, Sei-Hei-Ki and Hon-Sha-Ze-Sho-Nen symbols also at each hand position.

Again, by following your divine intuition and using the symbols in your own way, you now finish your hand positions and move towards treating the problem area. For this example, lets assume that we are needing to treat the recipient's heart area.

To start with, you may again wish to call on the Kotoko energies to help relieve any symptoms that may arise from this 'problem area' healing work, and as you set your intention accordingly, you now place the Kotoko symbol into the heart area.

You may now feel that you wish to call on the energies of Dai-Ko-Myo, Ishyo & Rokaito in order to bring about the necessary healing within the problem area. To finish this off, you may now use Kotoko over the problem area once more (if you feel that it is required) and to the entire body as well.

You may now give thanks for all that has been received and you may now also wish to dedicate all of your karmic merits so that all beings can benefit from your benevolent work as you finish your session.



This is one very basic example which helps to bring all of the Reiki & Advanced Reiki healing energies together, however please always follow your intuition and manifest healing sessions that are divinely guided for both the recipient and yourself!



Additional Notes:

* Symbol Ordering

As you will no doubt be aware, different healing issues will often require different healing energies in order to effectively be healed and purified. And as we understand it, the actual order in which you use the symbols here is not of vital importance but rather it is best to always follow your own intuitive feelings at any given time.

* Rokaito

In addition to the already mentioned healing aspects of Rokaito, we would like to add here that **the energies of Rokaito are also very effective when used after deep healing has occurred.** *This idea reflects the understanding that once you do deep healing work (i.e. you clear away much darkness from within), there is normally an 'empty space' or void which requires much love & light to fill. This is where Rokaito can be particularly effective.*

In truth, we understand that all Reiki symbols can be used to help fill this void created by deep healing (as each of the Reiki symbols comes from a pure source of love & divine light), however given the particular healing qualities of Rokaito, we wish to highlight here that these energies can be particularly effective for bringing in this influx of light after healing has occurred.

* The Advanced Usui Reiki Symbols Are All Complementary

Please know that all of these Advanced Usui Reiki energies are entirely complementary (and will actually increase effectiveness) to any of the traditional Reiki methods that you are currently working with such as psychic surgery, visualisations, beaming, affirmations etc. We are sure that you will be guided beautifully to whatever technique is needed for your recipient at any given time!

For those of you who are working with other energy based healing systems, other symbols, other forms of Reiki or other divine healing tools - that's wonderful! These Advanced Usui Reiki energies will also be totally complementary to these other practices.

* Additional Divine healing Tools

In the interests of providing you with some additional divine healing tools that are also complimentary to these Advanced Usui Reiki practices, we are delighted to offer you many Master Level Symbols Courses, such as:

- ♥ [Heartfulness](#) - Abundance of Love
- ♥ [Cellophyte](#) - Deep cleansing
- ♥ [Essiocc](#) - Unification & Oneness
- ♥ [Maitrijusha & Maitrijusha-Ni](#) - Combining & Intensifying
- ♥ [Maitrijusha Gold Infinity](#) - Infinite Love & Blessings

If you feel like any of these resonate with you, please feel free to use the links to view more information about them. Many of these courses can be completed within a few days and are all offered to you freely and with love.

Love Inspiration would like to wish you amazing success in your Reiki practice and above all, we hope that these new energies will bring a beautiful sense of love, peace & light into your life, with the infinite purpose of liberating all beings from suffering!

5. FINAL COMMENTS:

This now brings us to the finale of our Advanced Usui Reiki teachings for level 4, 5 & 6! We feel both humbled & honoured that we have been able to share these deeply loving & light filled energies with you here and we truly hope that they will bring more love, happiness & inner peace into your life, and into the lives of those around you.



If you would like a certificate for completing Advanced Usui Reiki Levels 4, 5 & 6, please click on the 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!

Please take the time that you need now to digest these energies, practice and play with them; and of course offer them through healing work for others. Sharing these beautiful energies is such an important and wonderful gift for humanity.

When you feel ready, the next step from here which Love Inspiration is delighted to offer you, is the [‘Advanced Usui Reiki Master Levels’](#) ebook which can be received after a minimum of 8 weeks from your level 6 attunement date.

The Advanced Usui Reiki Master Level energies unfold a new and higher dimension of healing energies & practices as you are guided towards a very significant expansion in your energy field. The practices will also take on a slightly different form as we start to focus more intently on expanding and transforming our energy field through a more subtle and higher dimensional series of frequencies. This is of course all in preparation for the final expansion which comes through the **Master Teacher** level, a most fitting and beautiful finale to the Advanced Usui Reiki system.

Alternatively (or additionally), by completing the Advanced Usui Reiki levels 4, 5 & 6, you have now completed the pre-requisite for the Universal Reiki course ‘Transfusion Reiki’. Should you be interested in this additional course, we invite you to read more about [Transfusion Reiki here](#).

Finally, we look forward to welcoming you to the Usui Reiki Master levels and / or Transfusion Reiki with much love, in the hope that you will be guided to help many beautiful souls on their journey forwards towards the light.

May this world soon become a pure and divine source of infinite light, radiating, most lovingly, for all to benefit from!

With Love Inspired Blessings,

MARTY & GERRY DONNELLY
LOVE INSPIRATION



Welcome to
Advanced
Usui Reiki



Appendices

ADVANCED USUI REIKI
LEVELS 4, 5 & 6



Love Inspiration

Learn • Heal • Awaken

ADVANCED USUI REIKI
LEVELS 4, 5 & 6

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APPENDIX ONE

WORKING WITH SYMBOLS - A PRACTICAL START UP GUIDE

AN INTRODUCTION TO WORKING WITH SYMBOLS:

Working with symbols in healing and meditation provides a wonderful array of divine healing opportunities as they give us access to a larger selection of healing frequencies. Symbols are also very easy to practice with and give us a much added flexibility to our meditation and healing work.

This quick start up guide will focus largely on the practical aspects of how you might go about working with symbols to start bringing in these love & light filled healing frequencies.

For those of you who have never heard of the idea of using 'symbols' before in meditation or healing, we would suggest to you to read our FAQ page on working with symbols. By understanding the theoretical aspects of working with symbols, we are better able to more deeply experience these energies in our meditation.

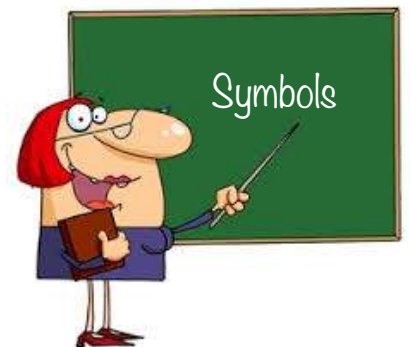


[Click here to visit our FAQ page on 'Working With Symbols in Healing & Meditation'](#)

HOW SYMBOLS ARE NORMALLY TAUGHT:

Normally, when someone is being introduced to symbols, they are shown how to draw the symbol, they learn the name of the symbol and they are taught the technique for using that symbol in meditation & healing.

If you are reading this manual, then you will have already been shown how to draw the symbol(s) and you will have been told it's/there sacred name(s). We now just need to learn about some of the techniques used to work with symbols in our meditation and healing so that we can start benefitting from these divinely healing energies.



A BASIC TECHNIQUE FOR WORKING WITH SYMBOLS IN MEDITATION:

Symbols bring higher sources of vibration into our healing and meditation practices. They can be thought of as being like very good friends. When we treat them with respect & love and connect with them on a regular basis, then they will be very happy with us and in return they will bring much love & light into our life.

The energetic frequencies which are being accessed through symbols are often of significantly higher vibration than we ourselves are vibrating at. As we merge with the frequencies embedded within the symbols through the techniques which we will describe below, we are then able to move closer towards their vibration. As we do this, we heal ourselves of energetic impurities from within as we move to higher and higher frequencies of love & light.

So, how do we start working with symbols?

Typically, when we work with symbols, we normally draw the symbol out, either mentally or with our index / middle finger of our preferred hand, above the area we are working with. Once we have done this, we simply tap it in 3 times whilst saying the sacred name silently to ourselves (3 times).

So, for example if we are putting the symbol into our crown chakra, we will firstly start by drawing the symbol out around 15 - 30cm above the crown chakra (top of the head) and once drawn, we will quite literally 'tap' this into our energy field (3 times) whilst saying the name each time we tap it in.



**PLACING SYMBOLS INTO THE
CHAKRAS IN MEDITATION**

If you are a beginner, this method of physically drawing and tapping can be quite effective until you reach a point where you feel comfortable doing this process mentally i.e. through meditation. This is probably the most commonly taught method of working with symbols and is very simple and easy to get started with:

- 1. Draw out the symbol over chakra / area of body you are working with (physically or mentally).***
 - 2. Tap the symbol into the chakra / area of body 3 times whilst saying the sacred name 3 times (physically or mentally).***
-

We can imagine the symbols melting into our energy in the same way butter would melt into toast. With time we can start to *feel* the symbol as it enters our energy and we can also start to feel it's uniquely divine healing vibration.

ADVANCED USUI REIKI

LEVELS 4, 5 & 6

We should point out here that the tapping process does not need to be a physical tapping. This process works equally well (perhaps even more so) if we are able to intend or mentally tap these in as we progress in our practice. You will quickly feel what your preferences are as you start to work with symbols in a regular practice.

Please also be aware that your preferences may change as you progress forwards on this working with symbols journey. Perhaps you start with this physical tapping technique for a month or so and as you feel ready to, you move to a more meditative approach.

You might start with a very easy symbol meditation such as tapping in the symbol over and over again into your crown chakra whilst surrendering yourself to this divinely loving frequency. The more you open yourself to receiving, the more healing you will receive from the symbol. By working with the crown (or third eye) you are able to bring in the healing frequencies throughout the body. By working on these chakras, you are helping to work on your entire being.



AWAKENING OUR CHAKRAS WITH SYMBOLS

As you progress, you may wish to do this same tapping process for each of the chakras. You could 'tap' all the symbols into each of your chakras and then pause for a moment to feel the blissfulness and then continue to tap in symbols through your crown or third eye chakra. You might find that the process of putting the symbols into your other chakras first helps to lubricate or clear a channel so that you can be more effective.

As always, please listen to your own intuition and do what feels right for you, in your own time and as you feel ready. The key here is to be loving and patient with yourself as you start out with these practices. For those experienced in working with symbols, you will probably already know that there are many, many variations which stem from these basic 'tapping' techniques.

ADDITIONAL WAYS THAT WE CAN WORK WITH SYMBOLS IN MEDITATION:

Now that we are armed with a basic symbol technique, we can perhaps discuss some additional ways of working with these symbols in our healing and meditation. These additional techniques simply give us some variety with our practice and may help to invoke the energies in such a way that we feel more strongly.

We would always suggest that you work with techniques and practices that bring you higher and more blissful states of vibration. When we can feel these deep states of inner peace, stillness and love-filled energies in meditation, there is most certainly some very deep healing being done.

Ok so firstly, you can try experimenting with the 'tapping' aspects of the basic technique outlined above. Perhaps try tapping the symbols in 7 times or 11 times (instead of 3) as you wish. You may also wish to try tapping these symbols in many times over (more than 11) in order to create additional healing vibrations.



The number 3 is often held as sacred and it is thought to bring the abundance of these energies into physical manifestation. The number 7 is also a good number to work with and 11 is considered by many to be the golden number. You can choose to work with these numbers or any multiple thereof however equally so, this may be too much to focus on during the meditative practice in which case you may just wish to continually tap in the symbol as you feel appropriate.

As you progress also, the tapping process can almost become like you are visualising or intending for the symbol to enter you many times over without any need for a physical or mental 'tapping' process. For example, let's say that the symbol is to be placed into your third eye chakra. You would draw the symbol out, either mentally or physically and then simply imagine, visualise or intend that the symbol's vibration is continually flowing into your energy field.

As you do this, you may tap, tap & tap or imagine, visualise and intend until you can start to feel the vibrations really moving in through your third eye chakra and into your whole body. Over some minutes perhaps, you may feel the symbol's vibration as it flows through your entire energy field for the best possible healing result.

Equally, we could also imagine the symbol just above our third eye. Rather than drawing it out, we can simply visualise it there; perhaps it is made up of white light, shining beautifully, powerfully and very brightly. From here we can 'tap' this into our chakra or body part (as required).

Perhaps you just wish to receive the light directly from the symbol as it sits so iridescently above your third eye or crown chakra. The divine healing vibrations are entering your chakra and filling up your whole body.



Another option could be to visualise or intend many little symbols entering the chakra / body part you are working with. You just need to open up and surrender to the healing power of the symbol to receive the magical vibrations of love and light.

In addition to this, another way to work with symbols in meditation is to simply imagine a very large symbol vibrating and shining from within us. The symbol in this case may be as large as say your whole body. Just keep your meditative concentration focused on the visual aspects of the symbol whilst continuously saying its sacred name.



As we do this, for say 5 minutes, the energetic vibrations may deepen and deepen for us. We can even add in here the wish that the symbol shines for all beings in the world, the universe or the cosmos as you wish to.

We can also combine some of these techniques together. For example, you may be working with your crown chakra or your third eye chakra and drawing and tapping many times over. After some time, say 3-5 minutes, you may find that you can now feel energies starting to fill your body at which point you may wish to now start working with a big symbol, intending that it shine for all.

Most commonly, it is the feelings of surrender, opening up, letting go, gratitude, love, compassion and the altruistic intention which will help you in any symbol based practices. Visualisation, meditative concentration and the strength or purity of your intention also helps to strengthen our practice.

Again, there are many different ways that we can work with symbols in healing and meditation and we hope that these words and techniques will inspire your own divinely guided practice for the benefit of all. This is all part of the fun - to create and grow in a way which brings your practice to life. This can often be a very empowering part of your practice.

Please note that the techniques described here are some of the more popular or widely taught techniques. There are also many others not mentioned, however with our own unique gifts we can each create our own unique techniques!

We share these with you with love and with the hope that you can use these techniques to bring yourself to higher and more harmonious states of being. We congratulate you on taking this most beautiful step into healing with symbols and we thank you for your continued service to the light.

With Love Inspired Blessings,

MARTY & GERRY DONNELLY

LOVE INSPIRATION

ADVANCED USUI REIKI

LEVELS 4, 5 & 6

FOR THE INFINITE BENEFIT OF ALL

May all beings be liberated from suffering.