

## Level Two Reiki covers:

- ✿ Review of Level One
- ✿ What is leading us to Level Two?
- ✿ Attunement to Level Two
- ✿ Benefits of Level Two
- ✿ Energy (Ch'i) ball for healing
- ✿ The symbols in Reiki
- ✿ Emotional/Mental Healing Symbol
- ✿ Distant Healing Connection Symbol
- ✿ The symbols during a self-healing session
- ✿ Healing unwanted thoughts and habits
- ✿ Clearing blockages
- ✿ Mending the aura, re-shaping the aura, and time-released Reiki (three of my techniques)
- ✿ Reiki Crystal Grid
- ✿ Scanning and Beaming
- ✿ Using Reiki With Other Modalities
- ✿ The Only Other Ingredient Needed is Compassion
- ✿ How to do Distant Energy Sending-five ways are shown
- ✿ Clearing the aura of dense energies
- ✿ Legs and objects as Proxy; the Reiki Box
- ✿ Group Sending for Disasters-groups to join for doing distant healing around the world
- ✿ five more Japanese Healing Techniques
- ✿ Empowering Goals using Level Two symbols
- ✿ Full-body distant healing by student
- ✿ Set up appointments for distant healing practice