



TIGER REIKI

Practitioner's Manual

By Stephanie Brail, Reiki Master



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About Tiger Reiki

Tiger Reiki was initially channeled by Korey Long. The initial energy was used by “intent” only (no symbols or manual). I have since expanded the system to include the symbols and other practices in this manual.

According to the founder, Tiger Reiki “helps to balance those who work with it as well as those receiving it. It is excellent in use for meditation and adds a sense of ‘aggressiveness’ in working to heal via this energy. Even with this admission, it also is a very soothing energy as well.”

Tiger Reiki is a powerful energy, not just through its the connection with the tiger but its symbolism. The tiger has an important place in the mythology of many world religions and regions.

Buddhists, for example, consider the tiger to be a symbol of spiritual illumination, due to the tiger’s keen ability to see in the dark. An image of a tiger walking through a bamboo forest represents the human soul, which is strengthened by faith as it struggles through the Forest of Sin.

In Chinese mythology and symbolism, the tiger is the King of the Beasts. Five tigers serve to guard the universe against the forces of chaos. Here are the realms they protect:

Red tiger: summer, south, and fire.

Black tiger: winter, north, and water.

Blue tiger: spring, east, fertility, and vegetation.

White tiger: autumn, west, and metals, and the afterlife.

Yellow tiger: the sun, center, and the Chinese emperor.

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(The yellow tiger rules and oversees the other tigers.)

The ancient Chinese also believed that the tiger had the power to fight off demons. In Tiger Reiki, these can be internal or external demons, but the main focus is healing internal demons. Tiger Reiki brings grace, strength, and nobility to the recipient and practitioner.

Tiger Reiki is an excellent tool for increasing courage and motivation. Remember too, that the tiger is not just a hunter but also is a fierce protector.

Another benefit of attuning to Tiger Reiki is that it connects you with all feline energy. If you are a cat lover, or work with healing cats, then you will find that Tiger Reiki is a great benefit!



Activating Tiger Reiki

To use this system, you should understand the basics of Reiki and how to visualize a Reiki symbol to flow the Reiki energy.

Tiger Reiki can be used in the same way that regular Reiki can. You can flow the energy to yourself or another person through the palms of your hands just as in regular Reiki. It can be used alone or with regular Reiki or any other Reiki style.

According to the founder: “Tiger Reiki can work very well with other energies, as well as on its own. It does augment or enhance Reiki only in that it adds a different aspect (or dimension) in the energies.”

Initially, Tiger Reiki was designed to be sent through **intent** only. Sending Reiki through intent is quite simple, actually. All you need to do is *intend* you are sending it.

For example: Just say to yourself “I am now sending Tiger Reiki.”

I have also received two additional symbols to use with Tiger Reiki, for those who prefer to use symbols.

Hu

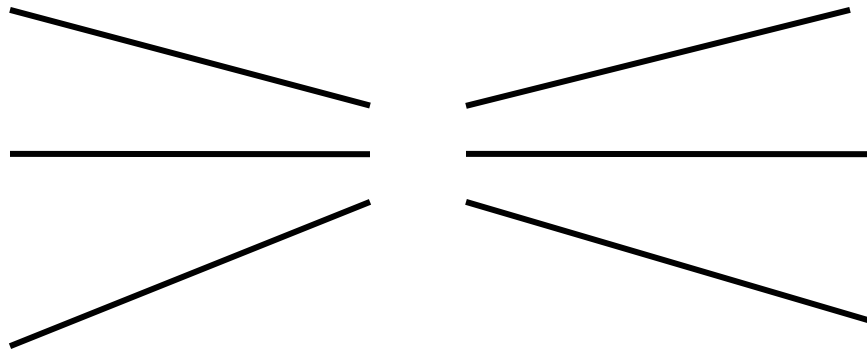
The first symbol is actually the word “tiger” (“hu”) written in Chinese:



You can use this symbol as the basic symbol to activate Tiger Reiki energy, alone, or in conjunction with other forms of Reiki. It does not matter what order you draw the individual lines of the symbol. You can also picture the symbol all at once.

Sacred Whiskers

The second symbol is called “Sacred Whiskers” (for lack of a better term). This symbol is a series of lines fanning out from each other, like cat’s whiskers:



Whiskers are used by a cat to sense things and also for protection. You can use this symbol in meditation to heighten your intuition (sensing things around you), and also in healing sessions to whisk away bad energy.

When receiving information, the information is brought *inward* along the whisker lines. When releasing energy, the energy is released *outward* along those same lines.

Working with the Tigers

You can also summon the guardian tigers of Chinese mythology to assist with any healing session. Simply ask for their help, or imagine a tiger of the proper color joining you in the session.

I've also been guided to include new colors of tigers. You see each listed with their properties below:

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Red tiger: Increasing health, vitality, life-force energy, courage, father energy.

Black tiger: Soothing energy, calming down excess worry and agitation, good for anxiety.

Blue tiger: Creativity, fertility, sexuality, new ventures.

White tiger: Spirituality, connection with guides and angels, intuition, life path.

Yellow tiger: Christ consciousness, love, purity, protection.

Brown tiger: Grounding, earth energy, security, home and hearth.

Green tiger: Money, abundance, wealth, success, luck.

Purple tiger: Fun, lightening up, inner child, happiness.

Pink tiger: Romance, relationships, receiving love, communication.

Orange tiger: Generosity, giving to others, giving unconditional love, mother energy, nurturing.

Sometimes a tiger will show up of a particular color or combination of colors. This can often tell you what needs to be worked on in an individual.

These tigers can also be summoned at any time for additional protection. For example, if you are walking in a dangerous neighborhood alone at night, ask for one of the tigers to join you and protect you.

The tigers can also be set up as guards to protect from evil spirits. These can be used to protect homes. Ask for them to provide protection around yourself and your client during a healing session.



Your Guardian Tiger

During your attunement, you may have connected with your Guardian Tiger. This is a tiger you may be given to work with using Tiger Reiki (and for your life in general). The tiger may give you a special name for you to call it.

If you did not receive a Guardian Tiger, you can ask for one in meditation. Imagine yourself in a field and ask your tiger to come to you. Ask it what its name is. Note its colors (they will tell you what you need to work on in your life). The tiger may be multi-hued, yellow with red stripes and a black tail, or even more colors!

You may find your tiger changes colors as you work on specific issues in your life.

Your Guardian Tiger is a gift and will help you with anything (for your highest good). Just ask.



Working with Cats

Tiger Reiki is a great system to use if you perform healing on pets – cats specifically. (Your dog may not be too happy if you start bringing energetic tigers around, however!)

Select a tiger of a specific color (or you may be guided to see one) as the Guardian Tiger of the pet you are working on. This tiger will assist in the healing and also transfer loving, strong feline energy to the cat or kitten.

You may find that the more you work with Tiger Reiki, the more cats are attracted to you. While it is no guarantee that a skittish animal will suddenly feel comfortable around you, you can try communicating to the animal through their Guardian Tiger and your Guardian Tiger and see what happens!



Attunements

To follow is the Tiger Reiki attunement process. You are also welcome to use any existing attunement method you are already familiar with.

In-Person Attunement

Most people you attune to Tiger Reiki should already be Reiki Masters or at least Level II. If not, you should make sure the person has had a Reiki session in the past week (at minimum).

For the attunement: Have the client sit in front of you with eyes closed to receive the attunement.

Call upon the Master Yellow Tiger to help with the attunement.

To pass the attunement, place both hands on the client's head and send the Tiger Reiki energy into the crown chakra, seeing it expand to fill the entire body.

You can then send each symbol.

Distance Attunement

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.

You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the

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attunement with that intention, and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

I am now receiving the Tiger Reiki attunement sent by <your name>. Thank you.

To send the attunement:

Call upon the Master Yellow Tiger to help with the attunement.

Then, imagine that you are sending Tiger Reiki with the intent to attune the client. Then you can send each symbol. Take as much time as you need for each.

Thank the tiger for its help.



Roar! The End!

