



* Translation of the Hieroglyphics: Patient says: Don't hurt me, practitioners reply:
I will act so you praise me.

Zone Reiki

Level 2

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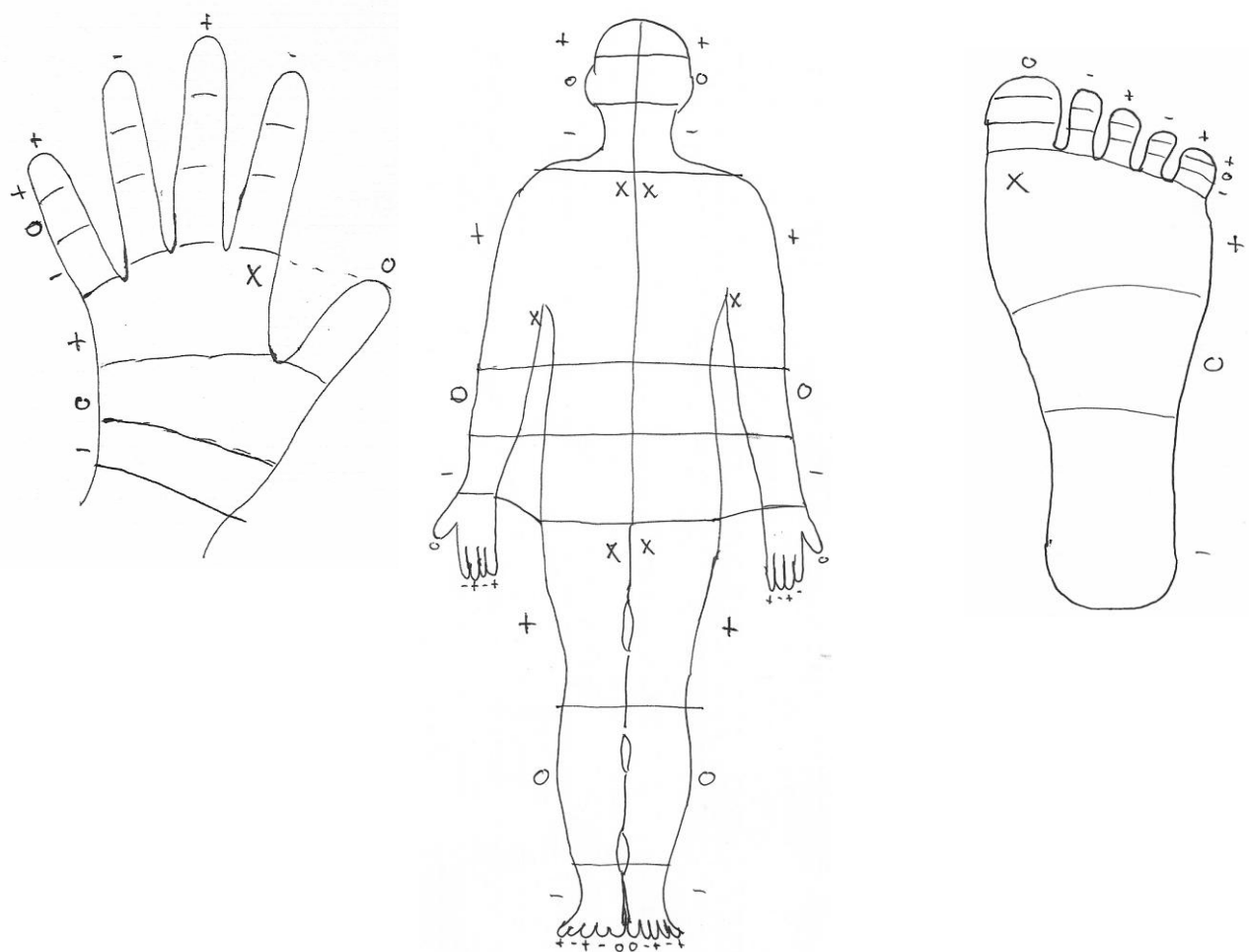
**This system is created only for spiritual purposes.
This system does not replace any medical treatment or medication.**



Intro

Now that you have worked a while with the level1 treatment there can be some sensations that you experienced -- Like that you can feel. One zone needs more energy then the other, but when you send energy to a zone on a foot, you can feel a similar zone on a hand or ear, head or some other spot on the body.

There is a reason for the last described sensations. This can be found in the principle of the body's polarity. In level 1 you saw the body divided length wise. In the picture below you see the body divided width wise. Not only Earth has a north and south pole, we have those poles also. The Head is north pole and feet are south pole, with a neutral zone in the middle. This principle repeat itself on macro and micro levels.



(x= example of a sore spot, which repeats itself on similar places on the body)



Symbols of level 2

During the second level attunement you receive 3 more symbols.

-Hon Sha Ze Sho Nen (HSZSN)

It works as a bridge and you can connect with the receiver. When you do a self treatment and you find a block in a zone and you have a notion of how long this block existed, then HSZSN can help you go (back) there. It also shows the way of the light sinking in the matter and at the end when you loose yourself the light helps you to find yourself again.



-Sei He Ki (SHK)

Makes you aware of the ways you block yourself of developing your sensitivity. It works well in emotional situations.



When you look at SHK you can see lot of forms in the symbol. Like an angel, protecting/helping a human, and numbers counting instead of giving right away a reaction helps to make the anger disappear. A lot of emotions come forth from irritation, anger. Behind every emotion is a thought. The thought behind irritation / anger is : I' Am better then the other person. When you count to ten before you react in the situation, You are able to see the self projection and can let go. That can be a way you develop your sensitivity instead of following your emotions.

You can draw this symbol on your fingertips or on the body part you want to treat on yourself or the receiver.



-The Eyes of Horus the Elder

There are many myths about the eyes. And almost every myth explains the eyes differently. However they are each other's opposite. The common thing is, both eyes are made of 6 pieces. The pieces stand for the 6 senses. A whole eye is called Wadjet, which means whole or healthy.

The right eye represents the eye of Ra. And is symbol for the sun.

The left brain controls the right eye.

This eye makes you aware of action, it is male orientated.

The left eye is the eye of Toth. And is symbol for the moon.

The right brain controls the left eye. This eye will make you aware of intuition, it is female orientated.

The two eyes together are known as Horus the elder.

The eyes are made to let in light and can help us to grow spiritually. (Pupil means also student).

The brow is the part of thoughts.

The part that points to the ear is the hearing part.
The curling part is taste.
The pupil for light sensation.
The part that points to the nose is smell.
The stick is for touch.

Everything in Universe expands until a surtain level/ point and then returns into itself again. You can see this in the eye, by how the snake (Serpent puts its mouth around the sun and / or moon. (snaketail at the outside of the eyes).

Our senses also develop that way. We will go from:

Seeing clear to seeing in and seeing through
Hearing clear to hearing in and hearing throug.
The other sences will develop in a similar way

Each stage develops to a surtain level and then returns into itself, so the next stage can progress.

You can read more about the anatomy of the eyes on different sources on the internet.

You can draw this symbol on the body part you want to treat.



How to give a treatment:

- Before sending a treatment to a receiver:
- Explain to the receiver to sit or lay down comfortably. Legs stretched with the knees a little bent.
- The receiver can put a blanket around her/him to stay warm.
- Tell the receiver the time a treatment can take, usually 45 – 60 minutes, but can be longer.
- The sensations somebody can feel during and/ or after the treatment.
- That it is important to drink water to get the free radicals out of the bloodstream.
- And when some one needs extra rest to follow her/his body request.
- You send energy by using the proxy cards.
- The treatment will be given as a distant treatment even if the receiver is in the same room. Then you can find the spots on the proxy cards and you can beam the Reiki (through heart, fingers) to the corresponding zones on the ears, feet, hands or head.

Notice that the treatment time for children and baby's is much shorter, about 5- 10 minutes each ear, foot, hand or head.

- Make sure you sit comfortably, as well.

The method of beaming reiki with your fingers

- Decide what you want to treat (feet, or hands, or head or ears)
Sha Mudra
- Then look at the appropriate proxy card and find the first zone (Always first the right side (sole, inner side, outer side and then the back of the feet or first right palm and then back side of the hand or right ear. When finished treat the left side the same way).
- Concentrate on the body part you want to treat
- If needed draw the CKR on your index fingers or in your own energy field.
- Put your hands together, concentrate on the place where the middle fingers touch. Open yourself for the Zone Reiki flow and when you feel pulsation on the place where the middle fingers touch you are ready to give a Reiki treatment.
- Then put your hands in prayer position with the index fingers stretched
- Beam Reiki from your fingers to the first zone on the proxy card
For 15 – 20 seconds or till you feel it is done.
- Then go to the next zone and so on till you treat all zones.



Note: if you feel a blockage in a zone then move on to the next zone and go back 2 or 3 times more for 15 seconds each time before you finish that body part. Also with distant treatment you can feel 5 toxic levels (blocks):

Green scale

- 1 heat
- 2 strong heat

Yellow scale

- 3 tingling
- 3+ hand asleep

Orange scale

- 4 pulsation
- 4+ cold

Red scale

- 5 pain

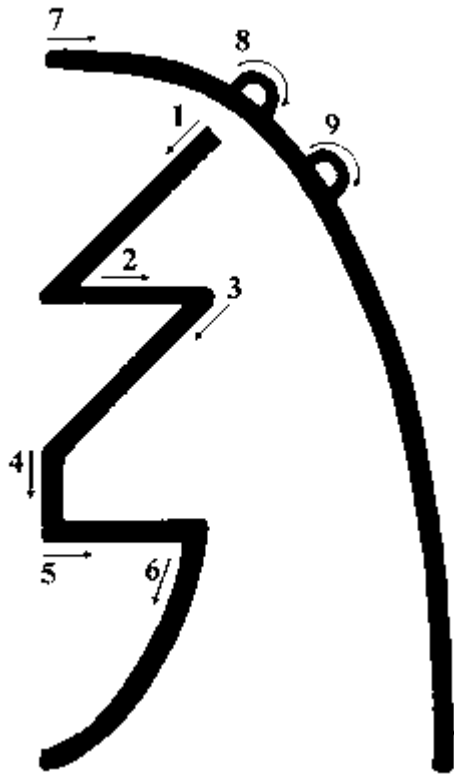
The receiver can also notice these sensations in zones or in organs of the body. You can also notice these sensations with self treatment.



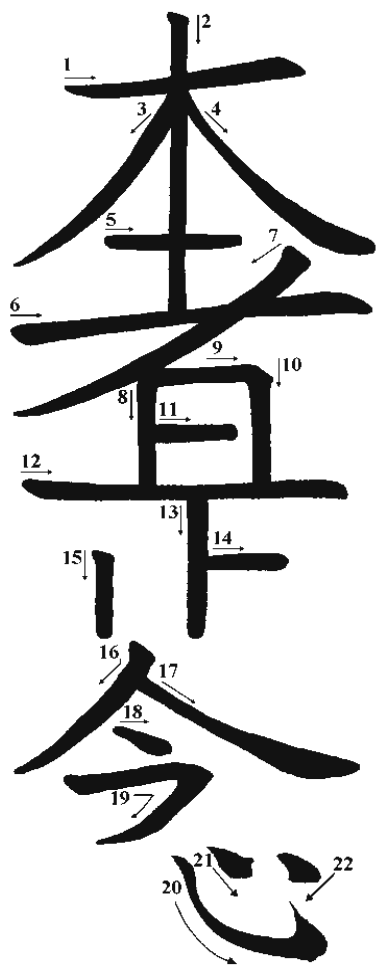
How to draw the symbols:



Eyes of Horus the Elder



Sei He Ki



Hon Sha Ze Sho Nen



Receiving an attunement

Set an Sphere --you can light candles, incense, and/ or play relaxing music if you wish. Ground yourself and get centred by doing some belly breathing exercise and put your hands in Gassho. Or lie down. You can call in Spirit's help, your guides, angels, Zone Reiki guides to help to receive a perfect attunement for the highest good of all.

After this preparation sit down comfortably with the feet flat on the floor, hands in Gassho position before the chest. Say mentally or aloud I' Am now willing to receive Zone Reiki level sent to me by..... (masters name). Relax and let it happen.

The attunement downloading can take 30 -45 minutes, sometimes longer. When the attunement is finished say thanks to all you called in for help. Make sure you are well grounded and centred before you go on with your daily activities and drink water afterwards.

If your master sent you a chi ball. You can call in the chi ball. By saying : I' Am now calling in the Zone Reiki level.... Chi ball sent to me by (masters name).If you can feel the chi ball call it in front of you open it and let the energy flow into you. If you cannot feel energy than imagine the chi ball in front of you and imagine that you open the chi ball and that the energy enter you through the crown chakra.

Enjoy ☺

Recommend books

[Your Healing Hands: The Polarity Experience](#) by Richard Gordon

Websites:

<http://www.reiki.info>

<http://altreligion.about.com>



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