



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Back to Basics: Reiki Second Degree

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# Liberate your Reiki!

The eZine for Open-minded Reiki people  
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## Back to Basics: Reiki Second Degree



### So many different ways of doing Reiki

People learn Reiki for many reasons and come from an amazing variety of backgrounds, all attending for their own personal reasons.

Reiki courses in the UK present a whole variety of approaches, some “traditional” Western-style, some more Japanese in content, some wildly different and almost unrecognisable, some free and intuitive, others dogmatic and based on rules about what you should always do and not do.

Reiki is taught in so many ways, and students will tend to imagine that the way that they were taught is the way that Reiki is taught and practised by most other Reiki people.

What I have tried to do in this article is to present a simple guide to what in my view is the essence of **Reiki Second Degree**: what it’s all about and what we should be doing and thinking about to get the most out of our experience of Reiki at this level.

My words are addressed to anyone at **Reiki 2** level, or anyone who would like to review the essence of Second Degree.

### Wait a bit before taking your Second Degree

The first thing I want to say is that there should usually be an interval of a couple of months or so between First and Second Degree if you want to get the most out of your Reiki experience, and that it is unwise to take both Degrees back-to-back over a weekend.

In fact, such courses are not worth attending.

We would not take an advanced driving test the day after passing our basic driving test, so why would we believe that moving on to a more ‘advanced’ level with Reiki would be an effective way to learn when we have had no opportunity to get the hang of the basics of First Degree?

Can we get the most out of Second Degree when we have had no opportunity to get used to working with and sensing and experiencing energy, when we have had no opportunity to enhance our effectiveness as a channel and our sensitivity to Reiki through regular practice, when we have had no opportunity to become familiar with a standard treatment routine and have had no opportunity to feel comfortable and confident in treating other people?

Reiki is not a race, and we need to be familiar with the basics before moving on.

Second Degree is all about:

1. reinforcing or enhancing your connection to the energy
2. learning some symbols which you can use routinely when working on yourself or treating others
3. enhancing your self-healing
4. learning how to effect a strong distant connection (distant healing)

And ideally it is also about opening yourself up to your intuitive side so that you throw away the basic Reiki 'rule book' and go freestyle, gearing any treatments towards the individual needs of the recipient.

There are many approaches to doing these things, and I wanted below to touch on each one and to dispel some myths that may have been passed on.

### Enhancing your Connection to the Reiki energy

On your Second Degree course you will have received some attunements or some empowerments.

Attunements are not standard rituals within the world of Reiki and take many forms, some simpler and some more complex. They have evolved and changed greatly during their journey from teacher to teacher in the West. There is no "right way" to carry out an attunement and the individual details of a ritual do not matter a great deal.

They all work.

Equally, there is no "correct" number of attunements that have to be carried out at Second Degree level. Whether you receive one, two, or three attunements on your course, that is fine.

On your course you may have received some "empowerments" rather than attunements, though these are less common.

The word "empowerment", or "Reiju empowerment", refers to a connection ritual that has come to us from some Japanese sources, and is closer in essence to the empowerment that Mikao Usui conveyed to his students. If you are receiving empowerments rather than attunements then you really need to have received three of them at least.

What we experience when receiving an attunement or an empowerment will vary a lot.

Some people have fireworks and bells and whistles and that's nice for them; other people notice a lot less, or very little, or even nothing, and that's fine too. What we feel when we have an attunement is not a guide to how well it has worked for us. Attunements work, and sometimes we will have a strong experience, but it's not compulsory!

Whether we have noticed a lot, or very little, the attunement will have given us what we need.

Since in Mikao Usui's system you would have received empowerments from him again and again, it would be nice if you could echo this practice by receiving further empowerments (or attunements) and perhaps these might be available at your teacher's Reiki shares or get-togethers, if they hold them. But it is possible to receive distant Reiju empowerments and various teachers make them freely available as a regular 'broadcast'.

This is not essential, and your connection to Reiki once given does not fizzle out, but it would be a beneficial practice if you could receive regular empowerments from someone.

Click to find out about my [weekly distant Reiju empowerments](#).

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