

them perfectly. It is your intention that is important. Keep in mind that there are powerful Illumined Reiki Guides who will be working with you. In fact, one way to look at it is that they are doing the attunement and you are simply acting as a channel, which is a similar process as when you are giving a Reiki session.

Technique for Each Attunement

As stated, your intention is the most important part of the attunement process so make sure that you state in your mind which attunement you are about to do before you begin, and then simply follow the directions carefully.

It is what goes into the hands that make the difference between the Reiki

attunements. This includes when the hands are on top of the head as well as when they are open in front of the heart. Because nothing goes into the hands in the Healing Attunement, the client is not initiated into Reiki and instead the energies are used for healing. In the Reiki I Attunement, only Choku Rei goes into the hands. Note that Choku Rei is used in Reiki I only to empower the hands and the student does not receive the ability to use Choku Rei. In the Reiki II Attunement, the three Reiki II symbols go into the hands and the student is empowered to use them. In the ART attunement, the four Usui symbols go into the hands including the Usui Dai Ko Myo. In the Master attunement, the two Tibetan symbols and the four Usui symbols go into the hands.

Reiki Master Attunement Exercise Contracting the Hui Yin

A muscular contraction of the Hui Yin (pronounced way yin) point is a necessary part of giving Reiki attunements. The Hui Yin point is between the anus and the genitals. When giving attunements, a special type of high frequency Ki enters your system and passes through the Hui Yin point as part of the process. This point must be held for the entire time you are giving attunements to prevent Ki from escaping from this point. Therefore, it is important to practice holding this point to build up your coordination and muscular strength in this area.

Practice contracting the muscles in this area twenty times in a row and then holding them as long as you can; also practice contracting these muscles continuously while you go about your daily activities.

As you continue, it will become easier and easier and you will be able to contract them for longer periods of time. Also your muscular coordination will develop so that you will be able to isolate the different muscle groups into back, middle and front. It is the middle area that is important to hold for the attunements. You will also develop the ability to very gradually contract the muscles and also to contract them very slightly. It is the development of the ability to contract the Hui Yin point very slightly that will allow you to hold this point for extended periods of time. Practice is the key to success at this exercise.

This exercise is similar to the Kegel birth exercises for woman. Strengthening these muscles is also healthy for a number of other reasons.