

Usui Reiki

Level 2

Love Inspiration



Advanced Healing Practices:
Dr. Mikao Usui and
Hawayo Takata Lineages



Love Inspiration

Learn • Heal • Awaken

FOR THE INFINITE BENEFIT OF ALL

May all beings be liberated from suffering.



USUI REIKI
LEVEL 2 - ADVANCED HEALING PRACTICES

Please ensure that before you begin this Usui Reiki Level 2 course you:

- 1) Have completed Usui Reiki Level One as a pre-requisite.
- 2) Have allowed yourself 21 days from your Level One attunement before commencing Level Two (this is the 21 days of self healing practice if you have chosen to complete it or alternatively a 21 day [rest period](#)).
- 3) Have activated (unlocked) the Usui Reiki Level Two energies and attunement using the activation code & instructions on the next page.

*Once you have unlocked the energies, you are ready to begin.
With love, we wish you well on your Usui Reiki Level 2 journey!*

If you have not already done so, please feel free to [sign up for free Ascension Healing](#) to help you on your Usui Reiki journey.



ACTIVATING (UNLOCKING) THE USUI REIKI LEVEL TWO ENERGIES:

Before opening up to these beautiful Usui Reiki Level 2 energies, it is very important that you firstly activate or 'unlock' the energies and attunement in this ebook. Once this is completed, you will then be ready to begin!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some soothing or relaxing music, light some candles or burn some incense to create a nice ambience.

2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the
energies and attunement for Usui Reiki Level Two.
With the unique activation code 443541 may this be so.
May this activation benefit all beings.
Thankyou, thankyou, thankyou."**

3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

4) Understanding:

Once you have completed your activation, we ask that you now read through - ["Activation Codes and Suggested Timeframes"](#). This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Usui Reiki Level Two energies! May you enjoy these with much love & light and with an intention to benefit all beings.



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LEVEL 2 - ADVANCED HEALING PRACTICES

FOREWORD:

It is with much love & light that we welcome you to this Usui Reiki - Level 2 course. For those of you who are re-joining us from the Level 1 training, we wish to lovingly re-welcome you here to the next step of your Reiki journey with us.

For those of you who are new to Love Inspiration and to these online Usui Reiki courses - we wish to welcome you here with our hearts open and filled with love. We hope that you will enjoy these beautiful Level 2 Reiki teachings and may they help you to find much love, joy and happiness in your life!

The Level 2 Reiki training is truly one of our favourite courses to teach and it is therefore with a sense of excitement and joy that we are honoured to introduce these wonderfully enriching & truly divine energies to you here through this free course.

As with all of our energy based healing courses, our e-course will cover everything that you would normally learn through an Usui Reiki - Level 2 'in person' workshop. This includes all of the theoretical teachings, the attunement and all of the practical aspects of the Level 2 Reiki training.

As part of this, we will be discussing many different techniques and healing practices and where necessary, we will also be referring to an additional set of video tutorials and guided meditations where necessary. We have done this in order to try and recreate the 'hands on' teaching style which comes from teaching Reiki in person.

As Usui Reiki Master Teachers themselves, Marty and Gerry have taught this Level 2 Reiki course many times through the 'in person' format and as such, they have very carefully designed this ebook to ensure that all the information can be easily understood & digested so that you can very quickly start bringing these new healing practices into your life.

The Level 2 course typically provides for a wonderful expansion of the concept of Reiki as you are introduced to some new perspectives about how to work with the Reiki energies. As part of this, you will be strengthening your connection to the Reiki energies here quite significantly as you open up to a very special and unique set of 'healing symbols'.



These new divine healing tools will now help you to bring Reiki into many different areas of your life as you open up to learning a range of new 'advanced healing techniques'. And as you start practicing and connecting with these new symbols & healing practices, you will quickly realise the depth, flexibility and magnification of Reiki that is being gained here through these Level 2 teachings.

We will of course be introducing the Reiki symbols in much more detail as we progress through this course but for now, please know that the three Level 2 Reiki symbols will indeed be helping you move towards more love, light & bliss in your life.



USUI REIKI

LEVEL 2 - ADVANCED HEALING PRACTICES

As part of this Level 2 course, we would also like to emphasise here that we will be continuing on from where we left off during the Level 1 training. However, as part of any learning, we do feel that it is important to gently reinforce some of the more important fundamental concepts.

As such, as part of our Level 2 courses, we will be doing our best to gently highlight some of the more important concepts & principles of the Level 1 training as we introduce and move into the more advanced techniques & healing practices of Reiki Level 2.

For anyone who feels that they would benefit from having a quick read through our Reiki Level 1 ebook, perhaps to take a quick refresher course, you are welcome to [download your free copy here](#).

In addition to this, for those of you who may be interested to move into the Advanced Usui Reiki levels, we wish to remind you here that the prerequisites for these courses can be started after you complete your Level 2 training.



We will come back to this concept a little further down but for now, please know that after completing your Level 2 training, we will be guiding you into another wonderful series of Ascension energies that will be helping to enhance and widen your healing channel even more as you walk towards a state of love, light and purity.

As always, it is our intention here to share all of these energies, teachings & attunements with much love & light. It is our great desire to share the Usui Reiki teachings with those who are most in need and may these beautiful Reiki energies help to bring love, health and purity to all parts of the world.

We hope that you will enjoy this Usui Reiki - Level 2 course and may these teachings help to strengthen your connection to Reiki so that you can find more peace, joy and love in your life!



GET THE MOST CURRENT VERSION OF THE USUI REIKI LEVEL 2 EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout this ebook if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on the website will always be the most current.

USUI REIKI
LEVEL 2 - ADVANCED HEALING PRACTICES

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AN OVERVIEW OF USUI REIKI:

For each of our energy based healing systems, we like to give a brief overview of the healing system being offered at the start of each course. We feel that this helps to give you a 'big picture' viewpoint before moving into the specifics of healing practices & techniques being learnt at each level.

For the Love Inspiration Usui Reiki courses, we therefore like to include some additional information about the Advanced Usui Reiki levels and the Usui Reiki Gold levels (as these new levels help to offer an extension to the current Usui Reiki system).



As it was explained to us, the higher levels of Usui Reiki offer a genuine and authentic extension of the current Usui Reiki healing system and as such, they can help to bring a very significant amount of energetic expansion and transformation into your energy field after completing the first three levels of Usui Reiki.

To receive these higher levels of Usui Reiki, it is important that each recipient be walking on one of our Ascension Pathways, as the Ascension energies help to complement, expand and enhance the flow of healing frequencies at these levels. As such, we kindly ask that you read through the diagrams & tables on the next few pages carefully to fully understand the pathway that lies ahead.

If you would like to know more information about any of the Usui Reiki levels, Advanced Usui Reiki levels or the Usui Reiki Gold levels, we introduce each of these briefly on our [Usui Reiki Webpage](#). From this webpage, you can also download each ebook (practitioner manual) for these different levels and read more detailed information as you wish.

In addition to this, we have also provided some additional information about the Advanced Usui Reiki levels through a series of FAQs (also on the [Usui Reiki Webpage](#)) which help to clarify some of the more common questions we get about these new teachings. We hope this helps you to more deeply understand why they have been brought through to this earth during this time and what we are hoping to achieve by offering these freely and with love.

For now, we hope you enjoy the below information which helps to introduce the Love Inspiration Usui Reiki Healing System in more detail.

May these beautiful healing energies help to bring love, light & purity to all beings!

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LEVEL 2 - ADVANCED HEALING PRACTICES

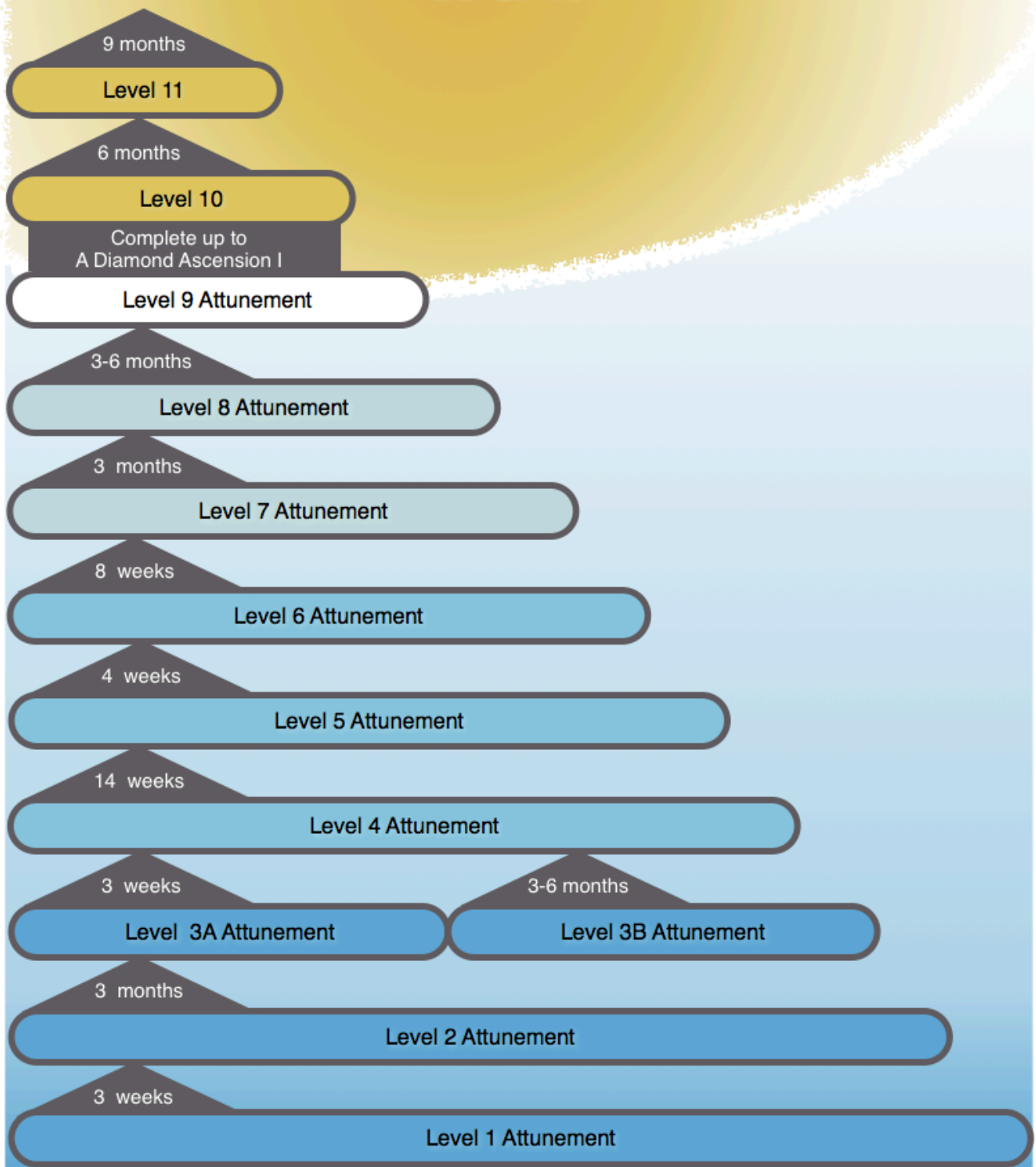
Please find below a tabled outline of Usui Reiki, Advanced Usui Reiki and Usui Reiki Gold:

The Love Inspiration Usui Reiki Healing System

Ebook	Level	Information	Completion Timeframe
Usui Reiki	Level 1	Hands on Healing Practices	21 days * Suggested min practice 21 days
	Level 2	Advanced Healing	3 months * Suggested min practice 21 days
	Level 3a	Master Healer	21 days * Suggested min practice 21 days
N/A	Level	Master Teacher	Not offered by Love Inspiration
Advanced Usui Reiki	Level 4	<u>Ishyo</u> : Consolidation & Expansion of Usui Reiki Energies	14 weeks * Suggested min practice 21 days
	Level 5	<u>Kotoko</u> : Energies To Help Ease 'The Healing Crisis'	4 weeks * Suggested min practice 14 days
	Level 6	<u>Rokaito</u> : An Influx Of New Light & Healing	8 weeks * Suggested min practice 3 days
Advanced Usui Reiki Master	Level 7	<u>Usui Blue Thunder</u> : Significant Expansion in Consciousness	3 months * Suggested min practice 3 - 5
	Level 8	<u>Usui Golden Dome</u> : The Flowering Of Pure Consciousness	3 - 6 months * Suggested min practice 3 days
Advanced Usui Reiki Master Teacher	Level 9	<u>Kohito</u> : Expansion & Consolidation Of All Reiki Practices (Including How To Give Attunements)	1 - 3 months * Suggested min practice 30 days
Usui Reiki Gold	Level 10	<u>Diamond Reiki Gold</u> : The Diamond Layer Of Usui Reiki	15 months
	Level 11	<u>Diamond Reiki Gold Infinity</u> : The Ascended Diamond Layer Of Usui Reiki	6 months
	Level 12	<u>Usui Reiki Gold Master+</u> : The Master Plus Level Of Usui Reiki Gold	11 months

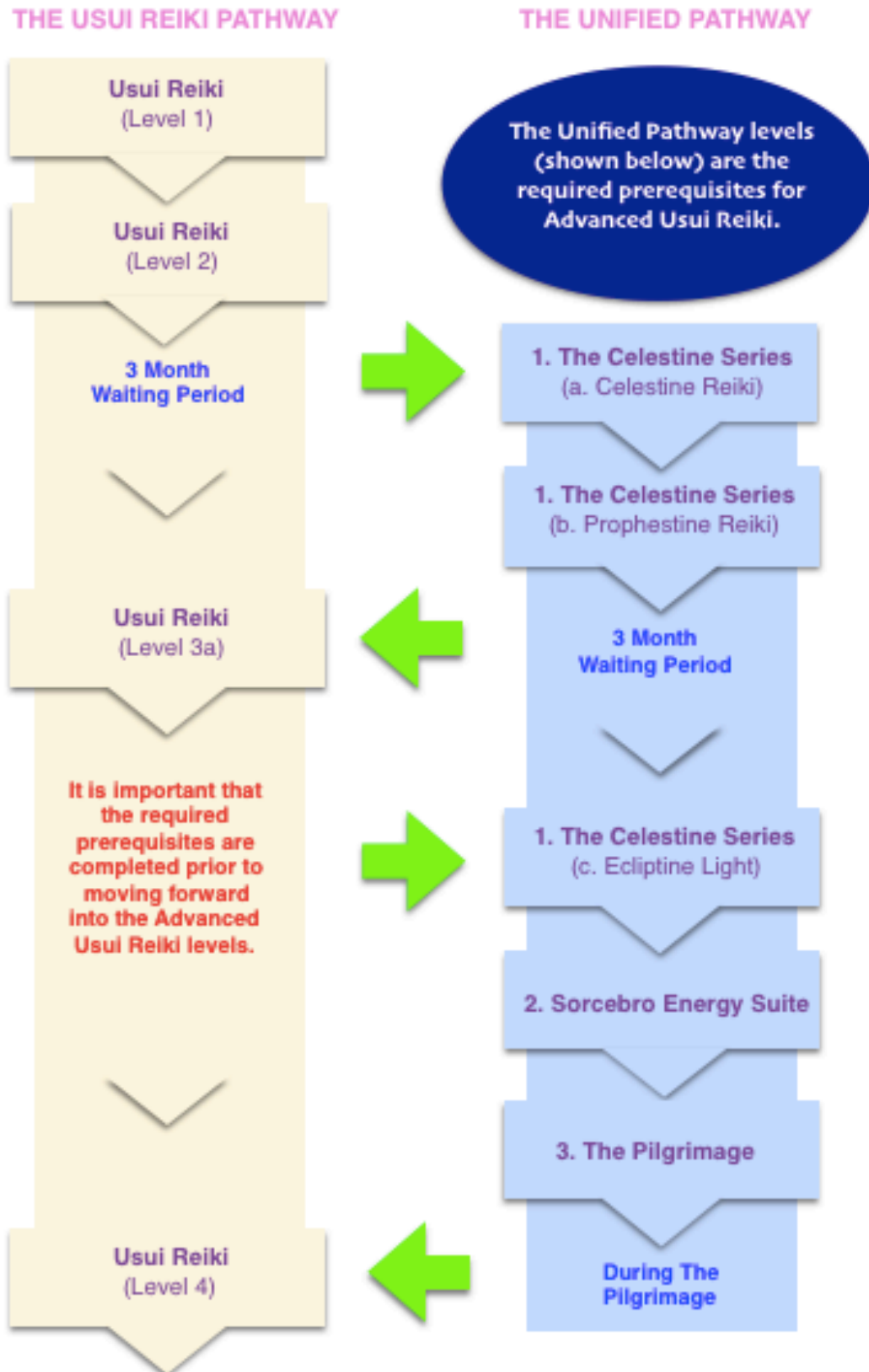
Minimum Timeframes Between Levels 1 - 12 For The Love Inspiration Usui Reiki Healing System

Level 12



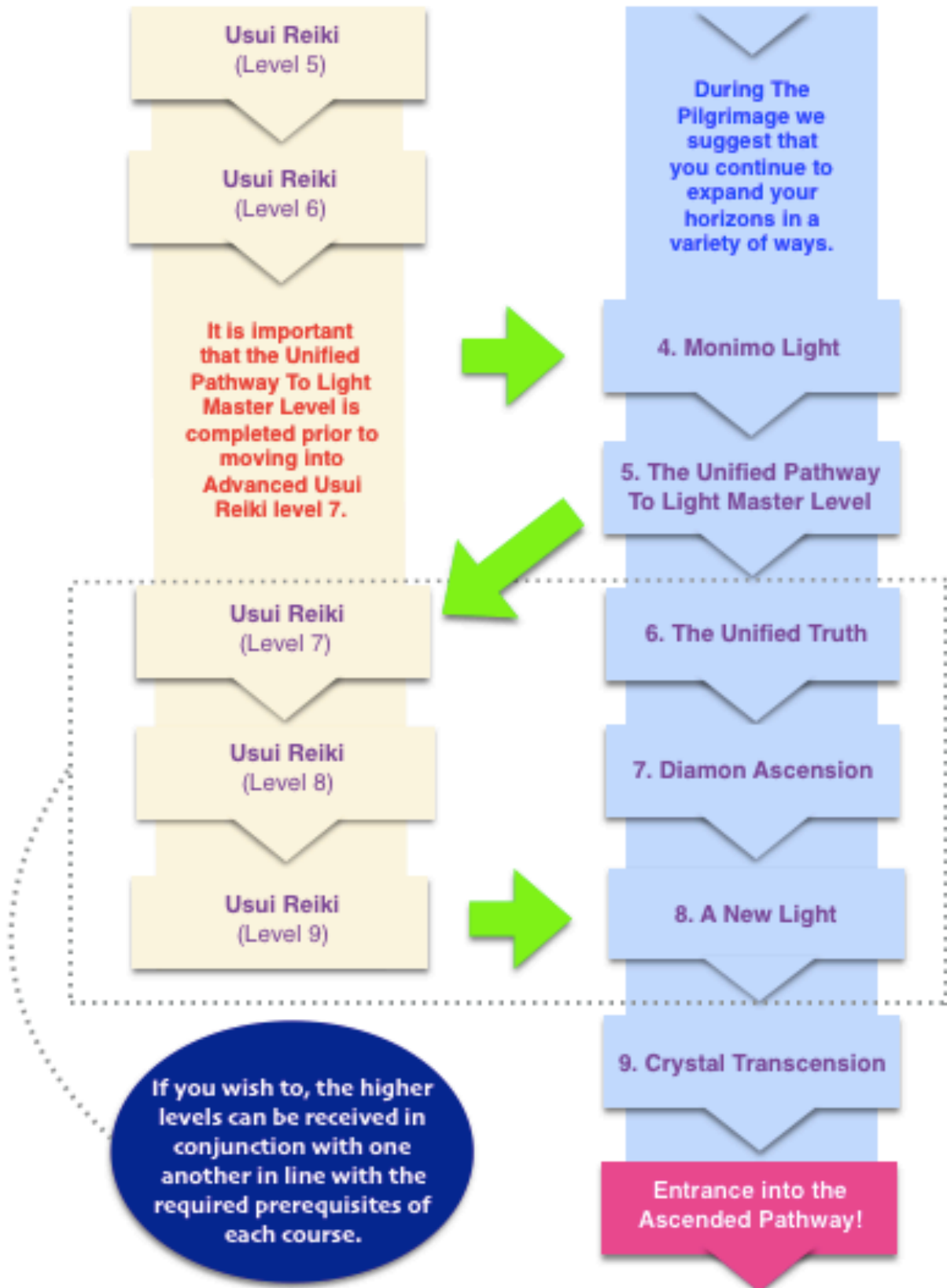
THE QUICKEST USUI REIKI LEARNING PATHWAY

(SHOWING THE UNIFIED PATHWAY AS THE CHOSEN PREREQUISITES)



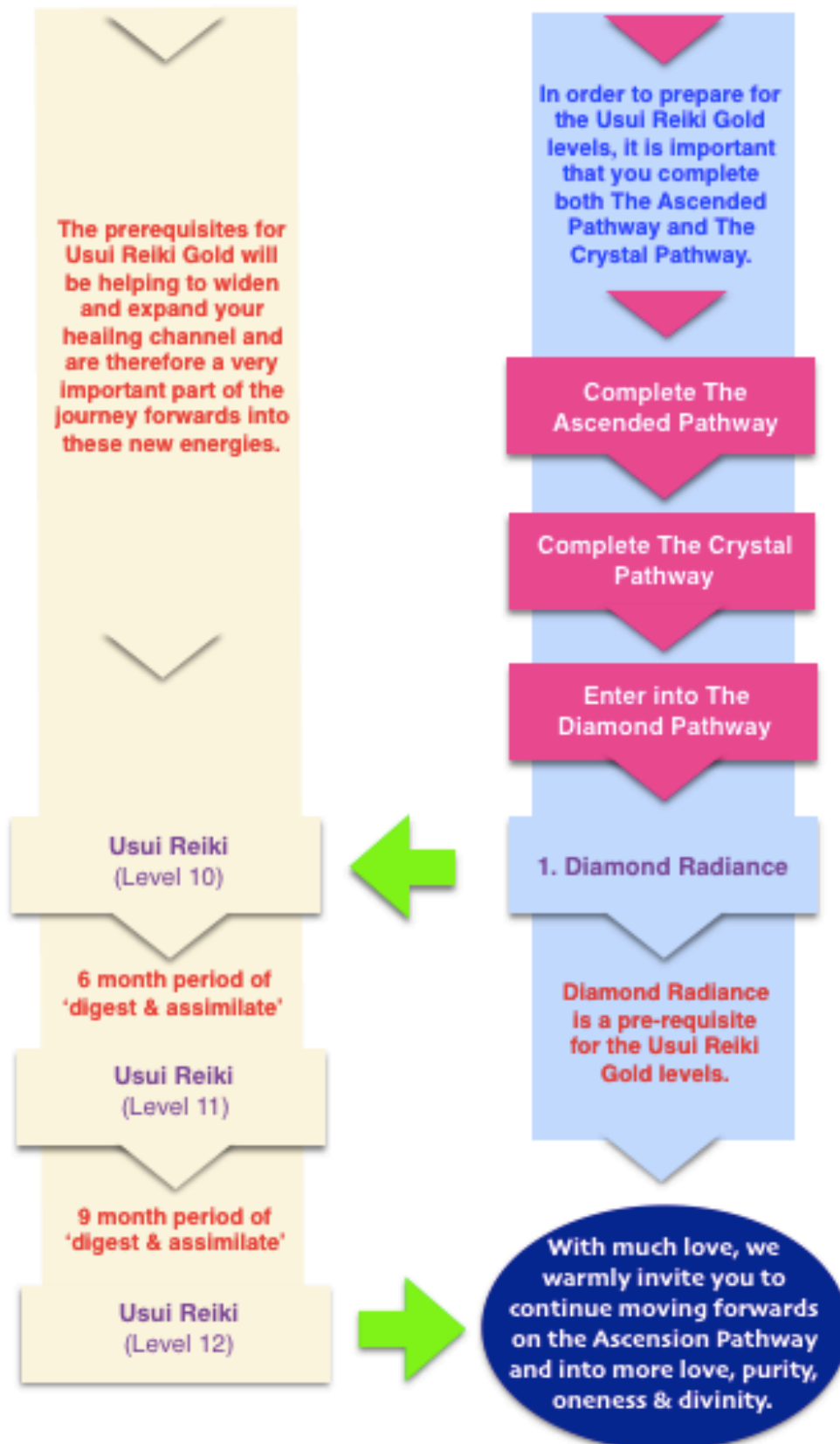
THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)



THE QUICKEST USUI REIKI LEARNING PATHWAY

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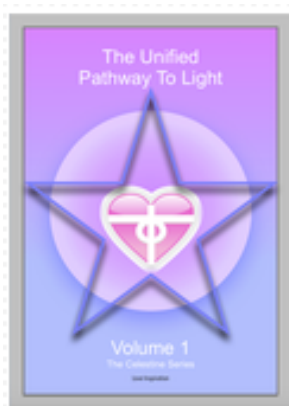
USUI REIKI

LEVEL 2 - ADVANCED HEALING PRACTICES

We understand that this is a lot of information to take in at the start of a course and we would suggest that you just take a few moments here to reflect on the information that you have just read through. For example, you will have seen from the minimum timeframes diagram, that you will need to wait a minimum of 3 months before moving into the Level 3a attunement and ebook.

In addition to this, you have now just seen (from the three previous pages) that this 3 month break can also be used to open up to one of the Ascension Pathways. In this case, we have chosen to show you the quickest pathway here in our diagram (being The Unified Pathway) however equally so, you may wish to use this 3 months to start moving through the Pathway To Light energies and practices.

And with all this being said, we would now like to take a few moments here to explain why the higher levels of the Love Inspiration Usui Reiki Healing System have prerequisites and why you may wish to consider moving through one of our Ascension Pathways as part of your Usui Reiki journey.



To start with then, the [Ascension Pathways](#) are our quickest and most effective way to raise our energetic vibration closer to love, light and purity. These Ascension Pathways offer you the chance to receive a very special set of ascension attunements, healing practices and divinely guided energies as you are guided through a series of sophisticated energy upgrades and changes in your consciousness over a period of many months & years.

What this effectively means for you then, from an Usui Reiki perspective, is that your healing channel (for self healing and for healing others) will become wider, more expansive and you will be able to call on higher dimensional frequencies of love & light in all aspects of your healing work.

In other words, the Ascension Pathways will help you to move towards very significant states of love, light, peace and harmony within yourself as you open up to feeling the Reiki energies at a new vibration. And it is here that you can also experience the world through very different eyes, as the Guides explain:

"Raising the love vibration allows our consciousness to shift, enabling us to see the true concept of ourselves and our world. By raising the vibration, we reduce the filters, the haze or the glare through which we see our perceived reality."



"The shift in consciousness is the awakening of our mind through our hearts, to see our true selves, to hold the true essence of love. The transformation of our love is the key to finding our pathway to higher consciousnesses."

As you open up to learning the basic levels of Usui Reiki, this can also be a wonderful time to start opening up to the Ascension Pathway energies as well. We are therefore very happy to offer you this additional pathway freely and with love and with the hope that you will find much joy, happiness and love in your life. Above all, we recommend that you always follow your heart when moving into new energies and please do what feels right for you in any given moment.

Learn Level Two In Five Easy Steps!



Step 1

Download and start reading your Level 2 ebook

Step 2

Activate / unlock the Usui Reiki Level Two energies
(See Page IV)

Step 3

Receive your Level 2 attunement
(See Chapter 2 'Receiving Your Attunement' - Page 17)

Step 4

**Learn Self Healing with Symbols
& then complete 21 days of self healing practice**
(See Chapter 3 'The Self Healing Practices For Level 2' - Page 38)

Step 5

**Learn Advanced Healing Techniques (symbols &
distance healing) and begin healing others!**
(See Chapter 3 'The Reiki Practices' - Page 24)



Welcome to
Usui Reiki Level 2



Chapter 1:
Theoretical
Foundations



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USUI REIKI
LEVEL TWO - ADVANCED HEALING

Chapter 1: Theoretical Foundations

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