



Reiki Level 2

The next step in a journey of personal development and transformation where you learn about different types of energy and can begin to utilize your abilities to help others.

“I feel my central energetic channel, susumna, has opened, is now clearly defined, and I can actually see white light passing through it.” Laila, Amman, Jordan

Reiki is a system of self and spiritual development, and ultimately healing which was founded in Japan by Mikao Usui. Its main focus is on opening up the energy pathways of the body to allow the free flow of *chi* or *prana* through the body, bringing a state of balance and wellbeing. The practitioner will become adept at controlling the flow of energy to direct it to where it is needed. Therefore, nowadays, it is most commonly classified as a complementary therapy or alternative therapy both for oneself and for helping others.

At Reiki Level 1, you received an attunement and three empowerments which facilitated the opening up of the energy channels, specifically the central *susumna* channel, to allow light to be directed through the spine. This initiation allowed you to become sensitive to feeling energy and facilitated your own energy work on yourself through meditations. Thus, the Reiki Level 1 was all about you and how to start the process of spiritual development and healing.

In Level 2 you start to get familiar with the different energies of *earth chi* and *heavenly chi*. Symbols will be taught to you which help you to elicit these different vibrations. Each of these energies serves a different balancing and healing purpose. The earth symbol assists with healing on a physical level, whereas the heavenly symbol assists with healing on a mental or emotional level. You will be taught various techniques which can be employed to both bring balance and healing to yourself through these energies as well as how to work on another person.

Moreover, you will be introduced to a symbol which helps to develop the feeling of “oneness” so that it becomes easier to connect with other people to feel where there are in need of healing. It is also very useful for learning how to do a distance healing on somebody who is not in the same location as you, be it a different house or even a different continent.

Three empowerments, each with a slightly different “flavour” will be given at Level 2 in order to assist you to distinguish the different energies.

If you decide to take your Reiki studies to the next level, at Reiki Master Level you will be given new symbols, higher empowerments, more treatment methods and new energy exercises, learn how to empower yourself, how to engage energy locks, and eventually how to teach others.

You can read the testimonials of Cameron’s students here:

<https://cameronmacinnes.com/reiki-training/>