

Preparation

1. Draw all six symbols on the palms chakra - Raku, Dumo, Dai Ko Myo, Cho Ku Rei, Sei He Ki and Hon Sha Ze Sho Nen.
2. Draw the Power Symbol in front of each of your chakras
3. Draw all six Reiki symbols in the air in front of you

Stand behind the student with both hands on the student's shoulders.

1. Silent prayer - Ask for help from your spiritual guides, Reiki guides, helpers, angels and archangels. State that this is a Reiki one attunement.
2. Steady the Aura - place the left hand on the student's left shoulder and hold the right hand in the aura outside the right shoulder.
3. Contract the Hui Yin - try to hold throughout the attunement.
4. Draw the Fire Serpent - on the students back, from slightly above the top of the head and down to the base of the spine.

Both hands on top of the student's head

1. Violet Breath with Tibetan Master Symbol - Dumo > Crown - Back of head - Base of skull
2. Draw the Usui Master Symbol – Dai Ko Myo > Crown - Back of head - Base of skull
3. Draw the Power Symbol - Choku Rei and place in > Crown - Back of head - Base of skull
4. Draw the Mental/Emotional Symbol - Sei He Ki > Crown - Back of head - Base of skull
5. Draw the Distant Symbol - Hon Sha Ze Sho Nen > Crown - Back of head - Base of skull

Raise the student's hands above the head

1. Draw the Power Symbol - Choku Rei and place in > Crown - Back of head - Base of skull

Move in front of the student and open the student's hands

1. Draw the Power Symbol - Choku Rei over both hands > Place, place, place - tap, tap, tap

Close the student's hands

1. Blow to seal the chakras - Start at hands, down to root up to crown and down to hands.

Move behind the student

1. Hands on the shoulders
2. Look down through the crown - visualise a ball of divine Reiki light moving down towards the root chakra.
3. Say three times - "You are now a loving and compassionate Reiki one practitioner".

Thumbs at base of the students skull and visualise a door with a power symbol

1. Say three times - "I completely seal this attunement with divine love and light".

Hands on the student's shoulders

1. Final prayer

Move in front of the student

1. Hands at waist height, palms facing the student
2. Release Hui-Yin
3. Final blessing