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## **Level Two Reiki**

About one to three months after taking Level One Reiki, your mind/body/energy field will have become accustomed to Reiki energy flowing through you, and you are ready for the Level Two attunement. It will allow you to channel four times the amount of Reiki energy you currently have to heal yourself and others.

Level Two gives you special tools and techniques for deep healing at subconscious and emotional levels, including depression, addictions, and negative emotional patterns in yourself and others. It greatly enhances intuition and allows you to operate more fully from that level on a day-to-day basis.

One very special and practical advantage of Level Two training is techniques and forms of absent healing, so that you can send Reiki to help friends and family at a distance for physical emergencies, chronic health problems, emotional crises, even a peaceful passing on – with as much power, strength and effectiveness as if you were doing a hands-on treatment.

Learning distant healing also enables you to help heal your personal past in any way that is yet unresolved – childhood issues or abuses and relationships that have not had closure in this life, even current life health or emotional problems that may have a root cause in a past life.

Level Two is also practitioner-level training, which you may or may not pursue. Some students set up a part-time practice to add a more spiritual dimension to their lives while they continue in their current careers. Others anticipate an eventual career shift or their retirement, integrating a professional Reiki practice into their lives later. But everyone, of course, uses their expanded capabilities for continued self-healing and growth, and casual, personal healing of family and friends.

Level Two training is especially catalytic. It will generally accelerate profound changes if the student is in a state of indecision or making slow progress toward desired goals. The Level Two attunement will often help the student move quickly into the job, relationship or state of enlightenment, understanding, spirituality they're meant to be in right now, and frequently creates circumstances in their lives to facilitate the shift. As time unfolds after every Level Two class, students are often amazed and delighted by how their lives changed so quickly in directions they'd been working on for a long, long time.