INTRODUCTION AND OVERVIEW

Karuna Ki is an art that I developed from my practices with Karuna and the Karuna Symbols. Karuna Ki is the Way of Compassionate Energy and a Healing and Meditative practice using the Karuna Ki energy and symbols to be the Divine Heart of Compassion.

The History of Karuna Ki tries to be balanced in its understanding of how the Karuna arts came to be, and tries to give due credit to those who invested time and effort in its development. Karuna Ki represents my development and practice with the Karuna, the symbols, Karuna Ki Do meditations and other practices.

Karuna Ki shares the symbols and early development with Karuna Reiki and Tera Mai-Reiki. Karuna Ki has new attunements and Karuna Ki Do meditations, and is a new development apart from either Karuna Reiki and Tera Mai-Reiki. The basic principle of Karuna Ki is the connection to (and becoming) the embodiment of compassion both for healing self and others, and to send healing and compassion to all creation. The attunement and subsequent meditations link us to the compassion of God (which we all already are and have!), and it is through this power that we heal. During the healing we strive to reflect compassion and love not only to those we heal, but to all creation. For those uncomfortable with the use of "God", this principle is reflected wonderfully in the Buddhist Goddess of Compassion, Kuan Yin (Kannon in Japanese). This is a "heart centered compassion" and a heart centered healing. It is sharing in the compassion of God, or the compassion of Kuan Yin for all the universe. It is only in this perfect love that one is truly healed.

SIMILARITIES AND DIFFERENCES TO OTHER KARUNA ARTS AND SYSTEMS

Karuna Ki evolved from other Karuna arts. Similarities include that it shares the Symbols Zonar, Halu, Harth, Rama, Gnosa, Kriya, Shanti, Iava, Om, Fire
Serpent, and the
Tibetan Master Symbol.

Karuna Reiki uses a process of 4 attunements. In reality there are only 2 attunements. There is a Karuna I and a Karuna II attunement. When learning Karuna Practitioner Level I, you receive the first of the two attunements. When you learn Karuna Practitioner Level II, you receive the second attunement. When you learn the two master levels, you receive the same attunements again with the intent that they be master attunements this time. In Tera Mai-Reiki, there are three attunements. These are Level I, Level II, and Master Level. There is also a Water ceremony and a Yod initiation.

Karuna Ki is very different. It has a two faceted attunement system. For those who are already Reiki or Seichim Masters, there is a Singular Karuna Ki Master Attunement that attunes you to all the symbols to the Master level in one attunement. For those with less than master energy work, there is a three leveled attunement system. The theoretical underpinnings of this are discussed in more depth in the attunement section of this manual.

It should be noted that I do not claim anything supernatural or mystic in developing this Karuna Ki system or these attunement processes. They do not come from Ascendant Masters, Channeled beings, "from God" or anything else. They come from a human being who studied carefully the process, how it worked and what was necessary for it to work. These practices developed naturally out of my practices. These days, there are many claims by some systems being "higher frequency", "faster healing" and "better than Usui Reiki". It must be noted that the Karuna Ki System makes none of these claims. Honesty and Integrity are more important to me than self promotion and sales.

Karuna Ki is offered as a healing art and spiritual practice. No other claims are made than that. As the founder of this style of Karuna Ki, I acknowledge that meditation and practice of any energy system or art has the effect of increasing your capacity to handle energy as well as your own personal vibration. That includes consistent practice with Usui Reiki or personal meditation.

In developing Karuna Ki, I have redesigned and incorporated new developments in a manner that I personally feel resonates better for with the Way of Compassionate Energy.
I have designed new meditations, developed new uses for the symbols, and designed new attunements. Karuna Ki is a unique creation that is separate and different from the Sai Baba Reiki and Karuna Reiki.
THE KARUNA KI SYSTEM - TRADEMARKS, REGISTRATIONS AND CONTROLS

The Karuna Ki System respects the traditional sanctity of the Teacher and Student Relationship, which has stood the test of time for centuries. It is my belief that the healing and teaching relationship should be an individual relationship free of outside controls, conflicting loyalties, and other requirements. This is the case with the vast majority of the Independent Usui Reiki Masters. As such, the Karuna Ki system is offered as an alternative. The Karuna Ki system is free of trademarks, registrations, conflicting loyalties and external controls. It is a system, like Usui Reiki, that is for everyone. Teachers of this system are free to add material as they see fit to address the needs of their individual students.

This manual is Copyright by Vincent Amador 1999. It is offered for Karuna Ki Teachers to use, without obligation, with the exception that if it is used in a class as a student manual that it is given in its entirety. Karuna Ki Teachers are always free to use their own materials, develop their own materials, establish whatever requirements for certification that they wish for their individual students and teach however they choose. Those who are Karuna Masters from other Karuna traditions finding themselves disenfranchised due to registration issues are welcome to practice Karuna Ki, and free to use the name for their practice. It is not trademarked and open to all.

The manual is a resource for all to use. It will be updated regularly. Any wishing to contribute to the development of this manual may submit material. Appropriate credit will be given to those submitting work, as well as appropriate links to e-mail or web pages.

Karuna Ki and Karuna Ki Do are in no way affiliated with Karuna Reiki, the International Center for Reiki Studies or William Rand. Karuna Ki and Karuna Ki Do are in no way affiliated with Tera Mai-Reiki, or Kathleen Milner.

THE MEANING OF KARUNA KI

Karuna Ki means Compassionate energy or as it is more appropriately "The Way of Compassionate Energy". It is healing and spreading the Compassion of the Creator to all, and all creation. It is "being" the compassion of God, as St. Paul calls us to be, or as Kuan Yin personifies.

Karuna Ki is a heart centered healing. It is a loving, heart centered compassionate healing art. It works best with the focus on the loving compassion of all creation flowing through you. "Compassionate Heart Reiki" is
the term I use to best describe it. Whether you conceptualize this in St. Paul’s words where we are called to be the "Compassion of God", or the "Compassionate Heart of Jesus", or in the Buddhist practices of Kuan Yin, goddess of compassion the net result is the same. The attunements are performed with the Intent of connecting to and becoming this "Compassion of God". They are truly loving and a blessing to do and to receive. In this, I think Karuna Ki is very specific in its understanding of what this compassion is. And it is not just compassion in healing others, but in spreading it throughout the world and universe in all that we do. The meditations of Karuna Ki are to foster this compassion and to spread it throughout the universe.

It needs to be stated here very clearly that this is not a religion. This is a healing art and meditative practice designed to cultivate compassion. Spreading love and compassion is always a worthwhile and wondrous endeavor in its own right.

The practice of contemplating, developing and spreading compassion is found in many religious faiths throughout the world. Christian mystics, such as St. Ignatius Loyola used meditation (contemplation) and imagery to connect to the sacred heart of Jesus and the compassion of God, as did St. Francis. This was part of their intimate connection to God. In Tibetan Buddhist practices there are many practices designed to cultivate compassion. Three of the most notable are the Tonglen, the chant "Om Mani Pedme Hum", and the Bodhicitta. In the Tonglen, one meditates to fill and warm their heart with compassion and then spread it to all the world. The Om Mani Pedme Hum is a mantra of love and compassion. The Bodhicitta is a cultivation of compassion based on the idea that since there are a limited number of souls reincarnating, we have all been mother to another many times. Therefore since there is no greater love on earth than a mother’s love for her child, we should strive to reflect and share that love to all at all times.

In pure love we are healed, and all are one in the love of God.

**KARUNA KI PRACTICES**

Karuna Ki is the hands on healing art of loving compassion, and a way to connect to this compassion and share it with all creation. There are several aspects of Karuna Ki which include Healing, Meditation (Karuna Ki Do), and Chanting (or Toning).

Karuna Ki healing uses this connection to the Way of Compassion to bring compassionate life energy into a person to heal and balance. As said by Christ and Kuan Yin, it is only in perfect love and compassion that we are truly healed. This healing love of God is truly a gift and is wondrous to share.
Karuna Ki Do Meditation is the embodiment of Compassionate Energy. It is focusing on the connection to the loving compassionate energy of the source and the sending it out everywhere, to all that need and to all creation so that all are in the process of healing.

Karuna Ki also uses the practice of chanting or "toning". The simplest of these practices is In-toning or chanting the name of the symbol as you use it during meditation or healing. It is thought that the power and energy of the symbol passes with the breath into the client, intensifying the effect of the healing. More complex practices can include focusing on the symbol and allowing the unique personal expression of the symbol to be express through you as a tone. (Some possible chants might be Om-Shanti-Om, or Om-Shanti-Om, or Om-Iava-Om. Many patterns are possible using the symbols names and the intent of the symbol as the guide to what you are trying to accomplish.) For more information on Toning and Chanting visit the Symbols Section of this Manual, and the Karuna Ki Do Meditation page.

Another part of the Karuna Ki experience is to practice the energy use consistently so that the true nature of the loving compassionate heart of Karuna develops. The practice of connecting to your spiritual guides who are connected with the Karuna Ki Do is also a legitimate path to explore. People I know have experienced guides like Jesus, Mother Mary, Kuan Yin (Kannon), St. Germaine, and angels and archangels, spirit guide animals and others.

It is my opinion that the guides we connect to most likely will be directly related to our personal beliefs. People who are Christian are likely to see Jesus, Mary, or angels. People with more new age beliefs might see ascended masters or St. Germaine. You may experience Spiritual guides such as these, or none at all. Both are acceptable and "right" for you.

**INTRODUCTION**

All Karuna systems can trace their roots to the early work of Kathleen Milner. What is now referred to as Karuna Reiki and/or Tera Mai Reiki was previously known as Sai Baba Reiki. We begin by examining the early foundations of Sai Baba Reiki and continue on with Karuna Ki in our history.
HISTORY

The Early Work of Kathleen Milner

All the Karuna Systems started off their life in the early work of Kathleen Milner. It's initial beginnings were from Usui Reiki. From reading Kathleen's books she reported that she learned Reiki, and began to feel that what she was taught in Reiki and Raku Kai was incomplete. I believe that she later learned Seichim at the whole life Expo in California, most likely from August Star (a student of Phoenix Summerfield). This would appear to have been several months before she began her work on the remodification of Reiki (later to be known as Sai Baba Reiki and/or Tera Mai-Reiki). From Seichim she would have learned the "seed" symbols of Seichim including the Infinity, the story in the pyramid that Patrick Zeigler experienced, and other elements of the Seichim Reiki (7 facet system). Additionally, it should be noted that one very common experience of learning Seichim/SKHM, is (according to Patrick Zeigler - the founder) seeing sacred geometry or seeing symbols. Indeed Tom Seaman, Dave Lowry, and Phoenix Summerfield all saw many symbols as they expanded Seichim. The most basic seed symbols of Seichim involve the Infinity symbol, which is a part of both the Zonar and Halu, as is the Pyramid that is part of Halu. Because of this some have recently questioned whether Sai Baba Reiki was really a form of Seichim. My opinion is that the Seichim was a formational part, but that the intent was different and thus it was a unique connection to the source energy. To my knowledge, I am not sure that there is much acknowledgement of the contribution that Seichim had upon the development of the early foundations of Sai Baba Reiki. (Author's Note: Sai Baba Reiki no longer exists and was transformed by William Rand into Karuna Reiki.)

According to Kathleen’s books, she felt Reiki was "incomplete" and missing parts of the attunement process as passed by Hawayo Takata. According to Kathleen's writing she began to ask Father/Mother/God for the missing parts. As our story continues to unfold, after asking for this information from god, the Indian Guru Satya Sai Baba appeared to her (in a bi-located form - Sai Baba was purported to do this miracle) and to Marcy Miller (one of Kathleen's Reiki Students). It was reported that Marcy (who has since broken ties with Kathleen) reported that Sai Baba, gave her another symbol and additions to the attunement. Then Sai Baba appeared to Kathleen on the "inner planes", reviewed the attunement process and gave her a name for the symbol. Several months later Kathleen and Marcy were given the other symbols with additional instructions. Kathleen was told to tell people she was working with Sai Baba. When teaching Tera Mai Reiki, She
uses the new symbols, the modified attunement process any additional symbols necessary. (Again remember Patrick Zeigler's observation that people can tap into the sacred geometry of the universe and it is common to see symbols. Also it is my observation that people tend to conceptualize this spiritual force in whatever schema that is most comfortable to them. Christians see Jesus and Mary and Angels, New Age believers see ascended masters, Kathleen and Marcy would appear to have been interested in Sai Baba, and coincidentally enough they saw him.)

This "New Reiki" system was originally channeled by Kathleen Milner and Marcy Miller in 1991. What needs to be pointed out here is that Kathleen and Marcy did not talk to Sai Baba in person or on the phone but thought they connected with him psychically. So at this point, we have Kathleen and Marcy channeling an afro hairdo being in Orange Robes believing it to be Sai Baba. No one contacted him in person or attempted to at this time to my knowledge. Later, when contact was sought out to confirm Sai Baba's involvement, the Sai Baba organization stated publicly that they knew nothing about Sai Baba Reiki. So it would seem that this is something that has come purely though channeling. The first three symbols (Zonar, Harth, and Halu) was given by "Sai Baba" to Kathleen and / or Marcy. The Attunements were given to Kathleen by "Sai Baba". The Rama symbols was given to Kellie-Ray Marine. Other symbols were added by others (see the section on Symbols in this manual).

The Sai Baba Attunements and subsequent Tera Mai-Reiki and ancillary techniques of the Water Ceremony, and the Breath of the Fire Dragon seem to be primarily taken from Reiki Kai Reiki. It would seem, upon final inspection and in my opinion, that Sai Baba Reiki was a hybridized modification of Raku Kai Reiki, along with Seichim and the infinity symbol, traditional Usui Reiki, and the symbols and attunements received by Kathleen and Marcy. Karuna Ki retains the use of the Hui Yin, and the Breath of the Fire Dragon (Violet Breath).

It should be noted that both Marcy Miller and Kathleen Milner now admit the being who gave them the Tera Mai attunements was not Sai Baba but "a higher being." (This is my caveat with all channeled information, it is influenced by your intent and desire and conceptual framework. Ask and you may truly receive, as it were. Be careful giving your power away to anyone, physical or not. )

THE REWORKING OF SAI BABA REIKI INTO KARUNA REIKI

The Sai Baba Reiki lineage started with Kathleen Milner receiving the new
symbols and attunements. From Kathleen it was taught to Elizabeth Amazon, Isabelle Dussault and to Glenn Derrick. Glenn taught William Lee Rand who re-worked the system and developed Karuna Reiki. What I find particularly interesting is that in the Karuna Materials I have seen, (and I have by no means seen all the materials out there) is that there is little or no mention of this previous history, Kathleen Milner or her contribution to the development of Karuna Reiki. (My understanding is that there was legal action involved between the two, although at present I have not heard what the outcome is. (I am currently in the process of finding the court records, unless they are sealed, to see what the actual litigation was about and who won.)

From Rand's information, he reports that he, and other Reiki Masters who were initiated into these new symbols (Kathleen's system before she called it Tera Mai-Reiki), began experimenting with the symbols. He stated that the masters who had these symbols "saw the value of the system", and began teaching it as Sai Baba Reiki. It was reported that legal difficulties came about from using the Sai Baba name, and so the name Karuna Reiki was taken and used. The name Karuna Reiki is trademarked by William Rand. There is information available about the Karuna Reiki System on Rand's Site at the International Center for Reiki Studies Webpage.

William Rand says the following about the origin of Karuna Reiki (from the Rand Website): "The Karuna system of Reiki has come from a number of sources. The first three symbols were channeled by Marcy Miller in 1991. It was originally thought that these first three symbols were channeled from the Eastern Indian Guru, Sai Baba. However, after checking with the Sai Baba organization, I was told that this was not the case. After working with several top clairvoyants, it has been determined that these first three symbols came directly from God. These symbols and attunement processes were passed on to me by Glenn Derrick in the fall of 1993. The system was very powerful and effective. However, at that time, there was some confusion about the origin of the system. Some thought it had come from Sai Baba, while others were stating that it contained the original Usui symbols. Research has proven both of these ideas to be inaccurate. Further research indicated that the attunements were a combination of other attunement processes. Meditating on what to do, I was guided to make several small changes in the attunement processes. I was also guided to give the system a new name that would more accurately reflect the purpose of the system. Most people feel a significant difference between energies of Usui Reiki and those of Karuna Reiki. Once you have both, it is simply a matter of using whichever system you are guided to use or feel is appropriate for the situation."

It would appear from the preceding paragraph, that the involvement Kathleen Milner had in the development of the system is negligible or non-existent. Personally I find this
odd, since the root material obviously comes from her.

At this point, a discussion of the term "Reiki" in Karuna Reiki is in order. Reiki is a term used generically for both the "system" Reiki in Usui Reiki, and for the energy. These days there are more Reiki’s than I can even name. The connection to Usui Reiki and these systems is both intimate and diverse. The connection with Usui Reiki and these systems, as previously outlined, has come via Usui Reiki, Raku Kai Reiki, and Kathleen and Marcy's Channeled Symbols. The attunement processes are modified Reiki attunements. The Breath of the Fire Dragon technique is modified from the Breath of the Fire Dragon in Raku Kai (Rand's modification is the Violet Breath). There is little similarity to Usui Reiki past these techniques. Usui Reiki is the ultimate in simplicity, which is its greatest strength. There are few symbols because, quite frankly, no more are needed. It is my opinion that when you are attuned to the master level of Usui Reiki, you have a total connection to the source. All these symbols will work, and so will any others you can think of. It is a question of intent, and simply using the symbols. You do not even need to be attuned to them to use them. (If you doubt the veracity of this statement I suggest you try using them. Also keep in mind that no one attuned the developers of these systems to these symbols......) Having said that, one might wonder of what necessity it is to learn additional "Reiki" systems. That is a legitimate question that needs answering. (And boy do I not have a good answer!) My response is that each "system" represents a slightly different way of conceptualizing, connecting to, and using this universal life energy that comes from the divine source. Different systems give us different ways of using and experiencing this energy. Karuna Ki and Karuna Ki Do are methods to access the total loving compassion of the source. It is no better or worse than any other method of doing this. It is, however, different. You might ask, "couldn't I do this with plain old vanilla type Usui Reiki?". My answer is absolutely. When using or meditating with Usui Reiki, concentrate on compassion and love and do this focusing on the Dai KO Mio Symbol. Try it and you will understand what I mean.

In summary of our History (and remember history doesn't repeat itself, Historians merely repeat each other!), we have examined the evolution of this unique system of "Reiki". We see that it evolved from Kathleen Milner in what appeared to be a hybrid of Usui Reiki, Raku Kei Reiki, and Seichim, along with her and Marcy Miller's channeled symbols. William Rand learned this system from Glenn Derrick as Sai Baba Reiki and developed Karuna Reiki.

In the Karuna Ki System and Karuna Ki Do Meditations, I have redesigned and
incorporated new developments in a manner that I personally feel resonates better with me and the Loving Compassionate Energy. I have designed new meditations, new uses for the symbols, and new attunements. Karuna Ki and Karuna Ki Do are a unique creation that is separate and different from the Sai Baba Reiki and Karuna Reiki that came before it. These days, there are many claims by some systems being "higher frequency", "faster healing" and "better than Usui Reiki". It must be noted that the Karuna Ki System makes none of these claims. Karuna Ki is offered as a healing art and spiritual practice. No other claims are made than that. As the founder of this style of Karuna Ki, I acknowledge that meditation and practice of any energy system or art has the effect of increasing your capacity to handle energy as well as your own personal vibration. That includes consistent practice with Usui Reiki or personal meditation.

Karuna Reiki is trademarked by William Rand. I have been told that the trademark was to insure that the attunements and symbols stay the same, are taught the same to all students and do not suffer the splintering that Usui Reiki did. In my opinion, of late William has become quite proprietary in his licensing of the Karuna Reiki system. The new registration requirements are available for viewing at New Karuna Reiki Registration.

At this point in time, it would appear that a "splintering" of Karuna Reiki is occurring as happened in Usui Reiki following the death of Mrs. Takata. From what I have observed some practitioners now openly call what they practice "Karuna (pre-Trademark Style)", "Karuna Ki", or simply "Karuna". I have also heard a number of masters talk of being quite annoyed to shocked that they must register and follow these new practices. I would imagine that they would feel betrayed that they are now told they cannot teach something they were certified in and paid for in the manner that they choose. I am not registered with the center, and in no way am affiliated with the center. For those who wish to be Center Certified in Karuna Reiki, then Karuna Ki and Karuna Ki Do might not be for you, and I encourage you to visit the International Center for Reiki Studies Website for further information.

**KARUNA KI SYMBOLS**

You can use the Karuna Ki symbols just like using the Usui Reiki symbols. They can be drawn at the beginning of a session to gain rapport with the Karuna, they can be drawn on the palms prior to healing, or they can be drawn on the person receiving healing. The names of the symbols can be chanted or in-toned (as previously described).
The following descriptions of these symbols are compiled from various sources including Light and Adonea's Karuna Manual, Kathleen Milner's Books, and from various Karuna Websites on the Web.

**ZONAR**

This symbol is pronounced "zoe nar". It was channeled by Marcy Miller and purportedly given to Marcy from Sai Baba during a meditation. Zonar means "infinity" or eternity. To draw the symbol, first draw the "Z" and then the infinity three times. This symbol is thought to work with past lives. The theory being that the cells carry the memory of trauma, and ideas from both this life and previous lives. This symbols is thought to help us work through these issues and release them and the associated Karma. Because of this it is thought to work well with child abuse. It is also to help with things or formulate issues not clearly defined, and allow us to open ourselves to the awareness of these issues and our humanity. Lastly it is used for dimensional access. In Karuna Ki, the specific technique for using Zonar is to connect to the loving compassionate energy of the divine source which is infinite, and use this infinite love for healing.

**HALU**

This symbol is pronounced "hay-lou". It was channeled by Kathleen and Marcy and was given purportedly by Sai Baba during a meditation. Halu means love, truth and beauty. It can also mean harmony. It is supposed to be a deeper ray of healing. This symbol is an amplification of Zonar. To draw this, the Z is completed and the pyramid is added. Halu is thought to be more powerful than Zonar and works in higher dimensions and at deeper levels. Halu is said to restore balance. It is thought to bring about "deep healing" at
causal and karmic levels. Like the Usui Reiki symbol, Sei Hei Ki, it is supposed to help dissolve negative patterns in the unconscious mind that we use to keep ourselves from truth, and also to break up delusion and denial. It is also used to open a channel to higher consciousness. It can be used to repel and dispel psychic attack and psychological attacks. To use Halu for this purpose, draw the symbol in the air and connect at your heart center to the divine compassion. Infuse and surround yourself with the symbol and this energy. Know and intent that no psychic or psychological attacks can harm you in the oneness of this love. raise your hands and send this loving energy to those that might be attacking. Both Jesus and Ghandi believed in "loving your enemies" and "praying for those that persecute you". This technique is the embodiment of that belief.

**HARTH**

This symbol is pronounced exactly as spelled. It was channeled by Kathleen Milner and Marcy Miller. Harth means Love, Truth, Beauty, Harmony and Balance. It is the main symbol of Karuna Ki. It represents the Infinite Love and Compassion of the source. Harth is a symbol for the heart from which healing and love flow. It is used to heal the heart and issues of the heart, and helps one develop Karuna (compassion). It is useful and helpful in healing relationships. Harth restores our love of life and for the things we do. Harth is good to use for addictions of all kinds.

**RAMA**

This symbol is pronounced "ra ma". It was channeled by Kellie-ray Marine. Rama translated means abiding joy and is interchangeable with Ram or God. Rama grounds to the six directions, connects with earth energy. It opens, connects and balances lower chakras to the earth Harmonizes the upper chakras with the lower. Rama clears lower chakra energy. It can help to get a person out of lower chakra issues (survival, lack, over indulgence or lack of desire for sex, power struggles, etc.) Rama can be used to clear
crystals and to clear a room of negative energy. It empowers material goals and helps to manifest them. Rama creates steadfastness and determination. If you initiate the feet with Rama and the power symbol, it will open the feet chakras, and connect with the earth energy bringing balance and increasing the amount of Ki energy channeled.

**GNOSA**

This symbols is pronounced "know sa". It was channeled by Maria Abraham. It is also called "Planetary Healing and Enlightenment" by Maria and Kathleen. The word "Gnosa" is derived from the Greek "Gnosis" meaning mystical and spiritual knowledge acquired through feeling and prophecies from God. Gnosis is also the belief that God reveals equally to all creation, and through personal intimate connections. Gnosa links you more strongly with the higher self, and brings higher consciousness into the physical body. Gnosa increases awareness of dimensional levels of self. It can create a spinning merkaba at the heart center uplifting consciousness. This symbol, like Harth is a primary symbol in Karuna Ki. It is through Gnosis that we develop the oneness with the compassion of God.

**KRIYA**

This symbol is pronounced "kree yah". It represents perfect balance. It was channeled by Pat Miller. It is also called "Chokurei" by Kathleen Milner, or double chokurei by others. Kriya means action. The Law of Kriya is that of creation and of action. Draw the symbol with both hands simultaneously. Kriya is used for physical manifestation. It is thought to help to heal the human race. Kriya brings in and/or releases energy creating balance. Kriya raises awareness; and transforms thoughts into action and manifestation. It is used in the attunement, drawing over the body and sweeping off the hands (resting on knees), saying something like "You are in Perfect Balance and
Oneness with all that is"

**IAVA**

This symbol is pronounced "ee-ah-vah". It was channeled by Catherine Mills. The symbols balances the four elements. When drawing the four small loops, say "Earth" with the first, "Water" with the second, "Wind or Air" with the third, and "Fire" with the fourth. Iava helps pierce the veil of illusion that is our conditioned thoughts and beliefs. By doing this we see things as they are, not as our conditioned beliefs would lead us to believe. In this oneness of mind, we are free to respond to another in the moment rather that react from past conditionings. Iava can heightens awareness to reality. It is used to help you to take action on your own plans. Iava is used for planetary healing. It will help to heal the Earth (situations, places, disasters, disease, etc.).

**SHANTI**

This symbol is pronounced "shawn-tee". It was channeled by Pat Courtney. Shanti translated means Peace. Shanti helps heal the past. Shanti can help you to live harmoniously in the present and to release the past and future. We often hold onto past hurts and dreams that prevent us from healing. Shanti helps us to stop re-creating for ourselves the feelings stemming from the past and our beliefs about them. By using Shanti and sending peace to these past situations, we free ourselves from the attachments we hold onto the past. It is in this love that we heal. Shanti can be used for manifesting the best possible results. It releases fears and nightmares. Shanti soothes the aura creating a feeling of peace Creates integration (Kathleen Milner and William Rand state this occurs on 7 dimensions). Shanti is used in the attunement, drawing over the body and sweeping off the hands (resting on knees), saying, "You are filled with Divine Peace".

**DUMO**
This symbol is pronounced "do moe". (Also known as Tibetan Master Symbol or Tibetan Dai Ko Mio.) It represents the swirling fiery heat of the Kundalini. Dumo or Dumo Fire is the heat which ascends over the spine as a result of Kundalini awakening. The unification of mind and body produce the emanation of heat. Heat is the lowest range of vibration, radiating out to produce form (Body). Dumo is the igniter of the Sacred Flame or Kundalini fire. Dumo unifies the mind and body and works with the fire in the base chakra. Dumo pulls negative energy and disease out of a body, room, or situation and releases it. It is thought to heals the soul, brings spiritual growth. It can be used on crystals to self-clear. Dumo’s main focus is healing. It is used in the attunement process with Violet Breath where it is visualized in gold. It is not the goddess spiral used in Wiccan based faiths.

**USUI DAI KO MIO**

The Usui Master Symbol is used as the highest level of healing. In the Usui Reiki System it is used in all healings. The name of the symbol can mean "Great Being of the Universe Shine on Me". It can also mean the "great shining light". It is Zen expression for one’s own true nature or Buddha-nature, through which one becomes cognizant in the experience of enlightenment or satori. The spiritual body is thought to be the template from which the physical body emerges. It is thought that all disease comes from clouds forming on the spiritual body, and the Dai Ko Mio cleanses and heals the spiritual body. It is used in the attunements and for healing. The Usui Dai Ko Mio is used in Karuna Ki as a representation of the total connection to the compassion of the divine source.

**TIBETAN FIRE SERPENT**

The Fire Serpent represents the "Sleeping Serpent" coiling at the base of the spine. The fire Serpent is used during an attunement with horizontal line over top of crown, snaking down the spine, and spiraling clockwise at base of spine; grounds energy into lower (feet to tailbone) body. By reversing the spiral (counter-
clockwise) starting at base of spine, snaking up spine and ending with horizontal line over the crown; it pushes energy up to four upper chakras. It does not allow energy to escape out of crown chakra. The fire serpent connects and opens all chakras. It opens the central channel allowing the flow of Kundalini fire, or the "Dumo". It can be used in healing or meditation for more balance and receptivity.

\[\text{OM}\]

This symbol is pronounced "Ah uu mm". It is a Sanskrit symbol used in many eastern spiritual practices. Represents the Universe functioning as a whole unit; A father/mother beckoning creation, U = son/daughter the evolution of individual souls; and M absorbing of all that is created. The sacred sound of the Universe. Om cleans, stabilizes and seals the aura. It brings in light, purifies, protects and connects with GOD. Om is chanted and visualized in gold by and individual or in groups to be used for healing or psychic attunement; sound psychically charges the air with prana which is under the direction of thought and can be directed specifically. It is recognized as the primal sound and chanted to control natural manifestations; represents the three manifestations of all life: creation, preservation and destruction Use in the initiation process to seal in the other symbols or to seal each part of the attunement. Om opens the crown and if drawn above the head opens a pathway to God and higher consciousness.

\[\text{RAKU}\]

Raku is used in passing attunements, but not in individual healings. Raku helps to lift negative Karma, and takes the initiate to higher levels of consciousness. It activates the Hara Line and brings Reiki energy in through the Ki channels, and grounds it in the Hara. It is used at the end of an attunements in Karuna Ki Do to separate the auras of
the master and the student. Raku is an initiatory symbol.

TREATMENTS AND HEALING USING THE SYMBOLS

KARUNA KI TREATMENTS
In Karuna Ki, there are no specific hand positions as in Usui Reiki. When using Karuna Ki for healing, a more intuitive approach is used. Techniques such as scanning (sensing for changes in the recipient's energy field) are used. Additionally, the practitioner of Karuna Ki is encouraged to use their own intuition by placing their hands where they are guided. In a typical treatment using Karuna Ki, I generally do the first four Usui Head positions. Next, I will perform scanning to sense for any changes in the energy field and treat those. Lastly, I will allow myself to place my hands where they are guided to any place that might be in need of treatment. In contrast, you can use the standard Usui Reiki hand positions and this will work nicely as well. (To view different sets of hand positions, visit the Level I Reiki Manual on this site. For more information about basic Scanning Techniques, visit the Level III Reiki Manual on this site.)

KARUNA KI SCANNING
In Karuna Ki Scanning can be done using the basic scanning techniques or an advanced process using the mudra "Kai" as part of the process. Both are effective. Using the Kai Mudra consistently helps develop the ability to sense problem areas more readily. To read and learn about using the Kai Mudra in Scanning

KARUNA KI MUDRAS
There are two mudras used in Karuna Ki. Kai is used for developing intuition in treating. Sha is used to develop and strengthen the Karuna Ki Channel and bring about health, clarity of mind and purpose, and the cultivation of compassion.

Karuna Ki Meditation to develop and strengthen the Channel using the Sha Mudra

Sha Mudra and Healing Meditation
This is a meditation using the Sha Mudra to help develop and strengthen the Karuna Ki Channel. This is taught to all Karuna Ki Students and they are strongly encouraged to practice this daily. Consistent practice clears and focuses the mind and helps one to cultivate compassion toward all beings.
This Mudra is called Sha in Japanese. It is also used in Taoism, some Tibetan arts, and in Ninjutsu. Sha is used for Healing of Self and Others, and to develop and strengthen the inner channel. It was said that those that mastered the Inner connections using Sha would develop an inner power and would no longer succumb to viruses and other afflictions. In this mudra the index fingers and thumbs are extended while the other fingers are interlocked. Using Sha is an excellent mudra to use when meditating. When doing any of the Karuna Ki Meditations you can use the Sha Mudra as you meditate. Additionally, it can be used when doing healings. Before you actually begin doing the healing, place the hands in Sha, connect to the Karuna Ki energy, focus on the compassion of the source and let the energy flow into the hands. Then separate the palms and begin healing.

Sha is used for healing self and others. Using this Mudra in the meditation below helps to increase within us health, vitality and healing strength. The following exercise can help to fully develop the use of Sha. To do this, first place your hands in the Sha Mudra. This activity helps link the pathways within the body. By forming the Sha Mudra with within the body. This brings health and knowing. The activity helps increase your inner strength, expands your channel, expand the mind and the ability to sense self and others and to remove fear.

Breathe in through the nose and out of the nose. Empty your mind by focusing only on the breathing. If that is difficult, count slowly to seven on the inhalation and to seven on the exhalation. If other thoughts arise, pay them no mind and let them slip away. Focus within and on the flow of energy within the body and on the spirit.

Deep within us burns a Fire, behind the hara and it is the area of Personal Chi. This meditation replenishes our personal chi with the compassionate loving energy of Karuna Ki (or Reiki, etc.) and strengthens us, reduces stress and anxiety, and increases our ability to channel the energy.

Focus on the Hara, or slightly behind it. Some people see or visualize this as see it as a ball of light, fire or heat. Visualize the ball of fire deep within you, behind the Hara. Connect to Karuna Ki or Reiki energy. This activity is to focus on the fire and to make it burn brighter and warmer and to increase its radiance throughout the body.
As you breathe in the breath, the loving light energy (Use Reiki or Karuna Ki) comes in energy comes in through the crown (top of head). See the energy move down to behind the Hara area and see if fill the area making the light there grow, and brighten. You will feel energized. When you feel energized and filled, allow the energy to expand outwards and through your body spreading ever outward further and further to the top of the head, the tips of the toes and the tips of the fingers. See it spread through all the organs.

Focus on the Mudra, and hold it between the sternum and the hara. Breath in through the hands and into the hara, and on the exhale from the hara out through the hands. Do this for 10 minutes or so.

When done, focus the mind back on the Hara. Allow your consciousness to return to normal. Stand, and shake the hands three times, and then the feet three times.

Once you master this breathing technique, you can do this activity any time by using the mudra and just concentrating on breathing and increasing the light. Done regularly it strengthens the body and mind, and increases the vitality of the body. Like with Karuna Ki or Reiki, you will notice that the hands will be very hot when doing this and after. This can be done with any of the other Kuji-in hand positions.

**Scanning and Mudras**

Karuna Ki uses two different scanning methods to determine areas needing treatment, hand scanning and the Karuna Ki Scanning Method.

Hand Scanning - This is the traditional Scanning technique taught in Karuna, and other Systems. Scanning is placing your hands into the energy or auric field of another to try to discern differences in their energy field. You are essentially looking for anything different. Try to feel for hot spots, cold spots, tingling sensations, obstructions.

Start at the head and work to the feet and then back up.

Begin with the hands about 2 inches (4.5 centimeters) above the person’s body. After the first pass, increase the distance to about 6 inches (14 centimeters).

Scanning is something that requires a great deal of practice to become proficient at. (Remember, you do not diagnose since that is illegal to do in most places without a medical license!)

This is a tool to aid in treating. Make a mental note of the areas that feel different. Ask your client if there is any specific illness associated with the area.
This process is done to find areas that need additional treatment. This also is done to guide hand placement which is more intuitive in Karuna Ki.

Karuna Ki Scanning Method - This is the scanning method developed by Vince Amador for Karuna Ki. It incorporates a hand position or Mudra and uses the third eye to help develop the intuition to find areas that need treating.

The above Mudra is called Kai in Japanese. It is also used in some Tibetan arts, Taoist practices and in Ninjutsu. Kai is used for breaking the bonds of passions and desires, the premonition of danger, sensing energy around you, and inner knowing. It was said that the Taoist master that achieved Kai would "know what can not be known". It is only when our minds are clear and we have stilled our thoughts that we can sense clearly all around us. Kai is an activation of the psychic sense which allows us to see beyond sight. In this mudra the fingers are all interlocked.

The Mantra for Kai is "ON NO-O MA KU SAN MAN DA BA SA RA DAN KAN ".

To use Kai in scanning first place your hands into the Kai mudra, close your eyes, relax for a moment and take several deep breaths. Focus on the Ultimate Source of Compassion that is Karuna Ki. Breath in the energy into hands and then into the Hara. Let it expand through the body. Next, direct the energy into the hands. Do this by breathing in the energy into the Hara and then exhale the energy out through the hands, radiating the compassionate energy outward around you. When the hands are filled with the energy, bring the connected hands up to the level of the third eye and place the knuckles of the thumb against the third eye. Focus the energy on the third eye. Continue to breath through the hands. Visualize the Zonar, then the Gnosa symbol, and then any other of the Karuna Ki Symbols that you may intuit. Allow any sensations to be "seen" or
"felt". You will feel the sensation of the third eye active. It will feel like a tingling in the center of the forehead or a pressure behind the forehead. When you are ready, begin separate the hands and begin scanning with the palms as described above in the "hand scanning" section. Continue to focus on the third eye area. Impressions are "seen" but not so much seen with the eyes as they are felt or experienced. This method also helps develop the third eye area and intuition in all areas of your life, as well as to focus on the compassionate source of the Karuna Ki energy. This helps us stay focused in compassion toward all.

Distant Scanning Method - This method incorporates both Hand Scanning, Karuna Ki Scanning, and Distant Work. Focus on the person to be scanned by distance. If you have a picture, letter, or other thing from them that might help you facilitate the energetic connection then that can be used. Do the Karuna Ki Scanning hand technique and third eye connection described above. Then place your palms outward as if toward the person. Allow your hands to "sense" the person and their energy field. This seems odd, but the sense of it will generally be felt. Move your hands, or visualize seeing the field and then note how it feels to you. Use distant sending/healing techniques to treat those areas. This technique can also be done on a person across the room.

USING THE SYMBOLS IN TREATMENTS

Described here is one possible use of the symbols in healing. There are as many different uses as you can create. Necessity and intuition are wonderful teachers. First use Zonar. Zonar is a deep healing symbol that connects to the infinite. It is cleansing. It also can help resolve issues left undone from relationships, activities, situations (and/or lives?). Halu (like Sei Hei Ki) helps release and break up negative patterns and emotional difficulties and beliefs that keep us from seeing reality as it truly is. Harth is the principle symbol of the Karuna Ki system and is the symbol of loving compassion. Use is and let the compassion that is this energy flow. Loving compassion is healing, restoring balance to energy and emotions. Rama grounds and connects us from the source through to the earth. It is both grounding and clearing. Use Shanti next, to help release the past, and to focus on living harmoniously in the moment, and to release the futures we create for ourselves. Finally use Om to bring in wholeness into the life of the client, and to clean, stabilize and seal the aura.

This is one possible sequence. Another possibility is to simply focus on the
Karuna Ki energy and let it flow and allow the energy to direct the session. This is the highest level of practice. We simply "be" and allow the energy to flow with intuition as our guide.

**TONING THE SYMBOLS IN TREATMENTS**

The symbol names can be chanted or toned when performing a healing. Visualize the symbol in your mind and write it on your palms. See it clearly in gold. Then say the name of the symbol. This is partly an intuitive process where you just "let it out". It is thought that the sound helps intensify the effect of the healing energy and drive it to "deeper level". One small word of advise...... Healing sessions are often times of great relaxation for people, and times when people entered altered states. Make sure what you are doing is not a distraction that interferes with the healing session.

There are times when you want to Tone, but doing so might be distracting or inappropriate to the situation. In these cases, focus on the third eye. Say the symbol name (mantra) in your mind. Think of saying it with such resonance and power that it travels to the end of the universe and beyond towards infinity. Resonate the sound in your mind, through your hands, and into the person you are treating.

**KARUNA KI DO MEDITATIONS**

In Karuna Ki Do Meditations, there are four types of meditations. Of primary importance in the Karuna Ki System is the meditation to strengthen and develop the Channel.

There are also meditations to expand the oneness of the loving heart centered compassion and to share it with all the universe; meditations with the symbols; and Toning in meditation.

The first type of Karuna Ki Meditation, is an activity that uses a mudra (hand position) and specific breathing to focus on strengthening the healing channel, increasing the personal chi, and healing the self. In conjunction with the attunements, it forms the basis of the system and transmission of the energy. Consistent practice clears and focuses the mind and helps one to cultivate compassion toward all beings.

The second type is to meditate on the Compassionate energy that is Karuna Ki and to use that to expand your awareness. The meditation also allows you to
expand your compassionate awareness to all the universe.

The third type of Karuna Ki Do Meditation is with the symbols. Meditation with the Karuna Symbols can help to develop the connection with the symbols and thus the connection to the Compassionate Heart that is the basis of this system. There are many ways to meditate on the symbols. The simplest is to use a meditation that you already use and to draw the symbols before you, concentrate on the connection to the energy and contemplate the individual meaning of the symbol.

The fourth practice in Karuna Ki Do Meditation, is using Toning. This practice can be used in either of the first type of Karuna Ki Do Meditation, to change or enhance the effects.

Specific exercises are listed below. These are my practices. Trust in yourself and your intuition. Experiment and see if these work for you. Consistent practice is the key.

To do these Karuna Ki Do Meditations, use guidelines that anyone doing meditation of any sort might follow. Get yourself into a comfortable position. Sitting in a comfortable chair that allows your spine to be erect is good. Placing your hands on your lap and having your feet comfortably touch the floor generally works well. Relaxing the body using some deep breathing, or muscular relaxation can sometimes help.

As with all meditation, if your mind wanders while meditating, allow the thoughts to slip away, paying them no mind, and gently refocus. Having done that, breathe slow and deep, shut your eyes and focus on the feeling of love and compassion. Sometimes it helps to allow that sensation to begin in your palms. Allow the Karuna Ki Do to pour into you and intend that it do so. Remember that the feeling of this system is one of total compassion and love in the oneness of all creation. Let your mind stay on this sensation and feeling. Now allow the loving and compassionate feel of the Source to be with you as the energy flows into you. Stay with this feeling for a time and then when you are ready, you can begin to meditate on the symbols.

SYMBOL ORDER AND SIGNIFICANCE

The symbol order in the Singular Karuna Ki Master Attunement was chosen for very specific reasons. The order it designed to "program" specific aspects of the energy. Please refer to the Listing of the Symbols below and the aspects and the intent will be clear.
The order for this is Om, Tibetan Master Symbol, Usui Dai Ko Mio, Usui Master Symbol, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanti.

The following can be said aloud, or to yourself (or not at all) during the attunement:

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Om</td>
<td>Oneness with God and the Universe</td>
</tr>
<tr>
<td>Dumo</td>
<td>Healing the Soul and Removing all that is not in the highest good of this soul</td>
</tr>
<tr>
<td>Dai Ko Mio</td>
<td>Bringing in the Great Shining Light of Compassion</td>
</tr>
<tr>
<td>Fire Serpent</td>
<td>Connecting us fully with the Compassionate Energy</td>
</tr>
<tr>
<td>Zonar</td>
<td>Being one with the Infinite</td>
</tr>
<tr>
<td>Halu</td>
<td>In truth, protected and free from fear</td>
</tr>
<tr>
<td>Harth</td>
<td>In purity and loving compassion</td>
</tr>
<tr>
<td>Rama</td>
<td>Grounded and connected to God</td>
</tr>
<tr>
<td>Gnosa</td>
<td>The Intimate knowledge revealed</td>
</tr>
<tr>
<td>Kriya</td>
<td>In perfect balance</td>
</tr>
<tr>
<td>Iava</td>
<td>The Veils of Illusion lifted</td>
</tr>
<tr>
<td>Shanti</td>
<td>In Peace and love of the divine</td>
</tr>
</tbody>
</table>

**THE SYMBOLS AND THEIR MEANINGS**

This list is a summary. For more specific aspects of the symbols refer to the Karuna Ki Symbols Page.

**Zonar** - Zonar helps us to work through and release karma and pain. Work at this by sending this loving compassion of Karuna throughout yourself at a cellular level during the meditation.

**Halu** - Clears the mind of delusion and denial. It can clear and open a channel to higher consciousness. It can also be used to dispel psychic and/or psychological attack.

**Harth** - Symbol for the heart from which healing and love flow. This helps one develop the highest compassion and is the base symbol of Karuna Ki. Use it to heal the heart and issues of the heart.
**Rama** - Connect with the abiding joy that is the Compassion of Ram or God. Also use it to ground to the six directions, connect with the earth energy, and to open, connect and balance the lower chakras to the earth.

**Gnosa** - Helps link you with mystical and spiritual knowledge acquired through feeling and prophecies from God. It can link you more fully with the higher self.

**Kriya** - The Law of Kriya is that of creation and of action, and raises awareness; transforms thoughts into action and manifestation.

**Iava** - It is used to send the Karuna (loving compassion) through the universe. Can be used for planetary healing. Will help to heal the Earth (situations, places, disasters, disease, etc).

**Shanti** - Heals our holding onto the past; helps to focus on living harmoniously in the moment, and to release the futures we create for ourselves.

**Om** - Represents the Universe functioning as a whole. It brings in wholeness into our lives. Also, use to clean, stabilize and seal the aura. It brings in light, purifies, protects and connects with God.

**Fire Serpent** - Connects and opens all chakras, and opens central channel allowing the flow of kundalini fire. Used specifically here to balance.

**Usui Dai Ko Mio** - The Great Shining Light. It is a pure connection to the source and the Karuna (loving compassion of God for all creation).

**Tibetan Dai Ko Mio** - revitalizes and energizes the center of each chakra, and the unification of the body and mind.

**KARUNA KI DO MEDITATION NUMBER ONE**

**Developing the Channel**

Karuna Ki Do Meditation #1 is done using the Sha Mudra and focuses on strengthening the healing channel, increasing the personal chi, and healing the self. This is also described on the Karuna Ki Mudra Page.

This is a meditation using the Sha Mudra to help develop and strengthen the Karuna Ki Channel. This practice is one of the most basic skills in Karuna Ki and
is fundamental in cultivating both mental clarity, health and compassion. This is taught to all Karuna Ki Students and they are strongly encouraged to practice this daily. Consistent practice clears and focuses the mind and helps one to cultivate compassion toward all beings.

This Mudra is called Sha in Japanese. It is also used in Taoism, some Tibetan arts, and in Ninjutsu. Sha is used for Healing of Self and Others, and to develop and strengthen the inner channel-. It was said that those that mastered the Inner connections using Sha would develop an inner power and would no longer succumb to viruses and other afflictions. In this mudra the index fingers and thumbs are extended while the other fingers are interlocked. Using Sha is an excellent mudra to use when meditating. When doing any of the Karuna Ki Meditations you can use the Sha Mudra as you meditate. Additionally, it can be used when doing healings. Before you actually begin doing the healing, place the hands in Sha, connect to the Karuna Ki energy, focus on the compassion of the source and let the energy flow into the hands. Then separate the palms and begin healing.

Sha is used for healing self and others. Using this Mudra in the meditation below helps to increase within us health, vitality and healing strength. The following exercise can help to fully develop the use of Sha. To do this, first place your hands in the Sha Mudra. This activity helps link the pathways within the body. By forming the Sha Mudra with the hands the appropriate pathways of energy are linked within the body. This brings health and knowing. The activity helps increase your inner strength, expands your channel, expand the mind and the ability to sense self and others and to remove fear.

Breathe in through the nose and out of the nose. Empty your mind by focusing only on the breathing. If that is difficult, count slowly to seven on the inhalation and to seven on the exhalation. If other thoughts arise, pay them no mind and let them slip away. Focus within and on the flow of energy within the body and on the spirit.

Deep within us burns a Fire, behind the hara and it is the area of Personal Chi. This meditation replenishes our personal chi with the compassionate loving energy of Karuna Ki (or Reiki, etc.) and strengthens us, reduces stress and anxiety, and increases our ability to channel the energy.

Focus on the Hara, or slightly behind it. Some people see or visualize this as see
it as a ball of light, fire or heat. Visualize the ball of fire deep within you, behind the
Hara. Connect to Karuna Ki or Reiki energy. This activity is to focus on the fire
and to make it burn brighter and warmer and to increase its radiance throughout
the body.

As you breathe in the breath, the loving light energy (Use Reiki or Karuna Ki)
comes in energy comes in through the crown (top of head). See the energy
move down to behind the Hara area and see if fill the area making the light there
grow, and brighten. You will feel energized. When you feel energized and filled,
allow the energy to expand outwards
and through your body spreading ever outward further and further to the top of
the head, the tips of the toes and the tips of the fingers. See it spread through
all the organs.
Focus on the Mudra, and hold it between the sternum and the hara. Breath in
through the hands and into the hara, and on the exhale from the hara out
through the hands. Do this for 10 minutes or so.

When done, focus the mind back on the Hara. Allow your consciousness to
return to normal. Stand, and shake the hands three times, and then the feet
three times.

Once you master this breathing technique, you can do this activity any time by
using the mudra and just concentrating on breathing and increasing the light.
Done regularly it
strengthens the body and mind, and increases the vitality of the body. Like with
Karuna Ki or Reiki, you will notice that the hands will be very hot when doing this
and after. This
can be done with any of the other Kuji-in hand positions.

KARUNA KI DO MEDITATION NUMBER TWO

Karuna Ki Compassion Meditation

In this meditation we will use all the symbols and connect to the Loving
Compassionate Heart of the Universe. We will center this in our hearts and then
send it out to all the
universe.

Begin by breathing in deep breaths through the nose and out through the mouth.
Visualize the symbols and draw them in your mind (it is ok to have a picture of
them if you have
not memorized them yet!) Draw the Zonar, Halu, Harth, Rama, Gnosa, Kriya,
Iava, Shanti, Usui Dai Ko Mio, Tibetan Dai Ko Mio, and finally the Om. Feel the
peaceful energy of the compassion that is Karuna Ki flow all around you.
Now, focus on the energy of the universe, all the stars, the planets, everything. Focus on breathing in all the energy in the universe, pulling it into you, energizing you, filling you completely. Let yourself be filled with the peaceful, loving, compassionate energy of the universe. Breathe in pure loving compassionate energy and breathe out all the toxins and negative things not in your highest good. Stay with this feeling as long as you wish. It is in this loving compassion that we experience the oneness of all things (whether that be "we are all one in Christ's love", or "in the love of compassion for all souls to reach enlightenment", that is Kuan Yin).

Now, think of the feeling of loving compassion, and concentrate on breathing in that. This is the Karuna Ki Do. When breathing out send that out to every part of the universe. Do this for a time and then when you are ready, allow yourself to fill every part of you with this energy. Begin at the toes and let your body and energy field fill totally until you bring with this wondrous feeling loving energy. When finished, slowly allow yourself to reorient to your surroundings and then go out and be this compassion to all.

**KARUNA KI DO MEDITATION NUMBER THREE**

**Karuna Ki Symbol Meditation**

Choose a symbol to work with. Either draw it in front of you or visualize it in your mind. Say the name of the symbol (either out loud or in your head). Visualize the symbol as golden, intensely bright and empowered with the loving energy of the Source. Allow it to flow into you, and for any message it might have for you to manifest. Stay focused on the symbol and the Compassionate Karuna Ki energy flow and the source. Allow the symbol and energy to show you what that means. Stay with this as long as you feel comfortable.

Focus on your breathing. Breathe in the compassion and love of all the universe, and then on the exhale radiate out that love to all living beings. When done with the symbol, feel the connection to the source and see the symbol fully activate and experience the oneness of the source.

When you are finished, draw all the Karuna Ki Do symbols in front of you saying their names. Thank the Source for sharing this with you. At this point, you are
likely to be filled with energy and this would be a good time to work on doing self-treatments, treating others, doing distant healing, manifesting goals, charging your Reiki crystals.

Grounding yourself is important! If you are not grounded, you might find yourself light headed and dizzy after this meditation. Find something that is grounding and do it. You can place your palms on the earth, go for a walk, visualize roots running to the center of the earth and connecting, drink water or whatever works for you. You can also put your tongue on the soft palate (just behind the teeth), draw the power symbol on the feet, that hara (just below the naval) and the palms. Place your palms on the hara and concentrate on that area for a few minutes. This tends to bring the excess energy from the upper chakras and into the hara. Any method of grounding works and keeps the dizzies from happening!

There are many symbols in Karuna and thus the symbol you choose to do the meditation on depends on the particular aspect of the energy you with to explore more fully.

Ideally all of them should be done over time, with a minimum of a week spent on each one.

There are an infinite number of possibilities of Karuna Ki Do Symbol Meditations possible. You can do it focusing only on the connection to the Karuna Ki source. You can add other meditative practices such as light body meditations, or Mer-Ka-Ba. Experiment and know that just as the human creators of the Karuna Systems used their intuition and guides to develop their practices, you can develop your own as well!

**KARUNA KI DO MEDITATION NUMBER FOUR**

**Toning Meditation**

This third practice of Karuna Ki Do Meditation is to add the toning and chanting aspects of Karuna Ki healing into the meditative practice. Meditation techniques such are Transcendental Meditation, Praying the Rosary, the Tibetan "Om Mani Padme Hum" to for Kuan Yin's assistance are all examples of chanting from many faiths. To use this Karuna Ki Do technique, simply decide on what symbols, or what aspect of the energy you are trying to manifest. Then use those symbols names as mantras when
performing Karuna Ki Do Meditation One or Two. Some possible combinations might be
Om-Shanti-Om, or Om-Shanti-Shanti-Om, Om-Gnosa-Om, or
Om-Iava-Om. Many patterns are possible using the symbols names and the
intent of the symbol as the guide to what you are trying to accomplish.

THE ATTUNEMENT PROCESS

These are the Karuna Ki Attunements that I have developed. These consist of
the Singular Karuna Ki Master Attunement for Reiki and Seichim Masters, and a
Three Level Karuna Ki
Attunement for others with less than Master training. My Karuna Ki attunement
is a Singular Master Empowerment that empowers the student fully to all the
Karuna Symbols. These are guidelines for the two attunements. The attuning
Master
must make the determination of which attunement set is best for their students.
These attunements also include the attuning of the heart chakra which is the
Karuna Ki. This
is a special compassionate heart connection as part of the Attunement process.
The Intent of these attunements is to join with the total peace, love and
compassion that is the
divine source of all.

Also included for your reference, are links to other web sites I have found that
have , the Original Sai Baba Reiki Attunements, the Standard Karuna
Attunements. Understand fully that all of these attunements work and will attune
you to the Karuna Symbols.

It should be noted that I do not claim anything supernatural or mystic in
developing these attunement processes. They do not come from Ascendant
Masters, Channeled beings, "from God" or anything else. They come from a
human being who studied carefully the process, the intent and what was
necessary for the attunements to reflect the changes that are Karuna Ki.

These attunements can be done in person or via distance. For a discussion on
Distant Attunements please read my article on this website on Distant
Attunements. William
Rand, the developer of Karuna Reiki , also has an article with an opposing view
addressing this distance attunement issue on his site.

For any of these attunement processes, you will need to know the Violet breath
technique and the Breath of the Fire Dragon technique. They are included here
for your
reference.
**VIOLET BREATH TECHNIQUE (Also called Blue Kidney Breath)**

1. Contract Hui Yin point, place tongue to roof of your mouth.

2. Draw in a breath imagining it as white light coming down through the crown chakra, through the tongue, down the front of the body through the Hui Yin point and up the spine filling the center of the head.

3. Visualize the white light turning blue and rotating clockwise, then turning violet.

4. Within the violet light, picture a golden Tibetan Master Symbol (or other attunement symbol).

5. Exhale gently into initiate's crown or hands, imagine the symbol on your breath entering the initiates head or hands and lodging in the base of the brain. Say name of initiatory symbol three times.

**BREATH OF THE FIRE DRAGON**

1. Contract the Hui Yin (perineum) and place the tip of the tongue to the roof of the mouth (hold throughout).

2. Take 3 (or more) kidney breaths (Sapphire blue in, white out).

3. Breathe in white mist to your root chakra. Hold breath. The white mist comes up through the nerve bundles in the center of your spine. Your brain turns white, sapphire blue, purple and gold.

**THE COMPLETE KARUNA KI SINGULAR ATTUNEMENT**

This is a Singular Attunement that I developed to attune a person to all the Karuna Symbols and energy at once. A candidate for this process should already be a Reiki Master. It is my belief that once you receive the Usui Master Attunements that you have received the total connection to the energy. Additional symbols such as in Karuna do not represent different energies, but different manifestations or properties of the energies. Because of this you do not need additional
attunements to use them. However, some people find the additional attunement helps them "lock" on to that particular usage. It was in this spirit that this Karuna Ki Singular Attunement was created.

Rather than go through the entire 4 attunement series that is practiced in other types of Karuna energy systems, only one empowerment is needed to connect fully to these symbols in the Karuna Ki System.

In the singular attunement, the symbols are used in a very specific order. The order for this is Om, Tibetan Master Symbol, Usui Dai Ko Mio, Usui Master Symbol, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanti. To view the significance of the order of the symbols, Click here.

To Begin the Process

You might wish to have the recipient meditate, pray or otherwise prepare themselves. Whatever process you use in a regular Usui Attunement to set the tone and call to the sacred can be used here.

1. Draw the Om symbol in the air before you, and then draw the Tibetan Master Symbol in the middle of the room. Draw the 4 Usui symbols in the air with the intent they fill the room and clear the space. If you have any guides or angels that you work with it is appropriate to ask them to join you at this time. State that this is to be a Full Karuna Ki Empowerment to the Master Level.

2. Connect to the Karuna energy. Draw the Zonar, Halu, Harth, Rama, Gnosa, Kriya, Shanti, and Iava on your palms. Draw the Usui Power symbol on each of your chakras, and ask that the loving compassionate heart that is Karuna fill you in total compassion to perform this attunement.

Move Behind the Student

3. Draw the Fire Symbol down the back of the student, starting with the cross at the level of the crown and going down to the base of the spine. Next draw the Usui Power Symbols at base of spine. Finally retrace the Fire Serpent from the base back up to the head.

4. Contract the Hui Yin hold it throughout the attunement. Remember to keep the tongue pressed to the soft palate behind the upper teeth. Using the Violet Breath technique,
blow in Tibetan Master Symbol on the exhalation into the top of the student’s head (crown chakra). Visualizing the symbol being moved by the Breath through the head, into the base of the brain. Repeat the name of the symbol three times. Repeat this with the Om symbol and with the Usui Dai Ko Mio.

5. Bring the recipient's hands above their head in prayer position, having both knuckles and thumbs touching the third eye chakra. On the fingertips, draw the Om, Tibetan Master Symbol, Usui Dai Ko Mio, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanti. Tap lightly on the fingertips and say the name of each symbol 3 times.
Envision the symbol moving down through the hands into the head and into the brain.

6. Move the student's hands back to their original position in front.

Move to the front of the student:

7. Open recipient's hands with palms up and draw on the palms the Om, Tibetan Master Symbol, Usui Dai Ko Mio, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanti. Tap lightly on the palms and say the name of each symbol 3 times.

8. Close their hands and raise them to the third eye chakra with Thumbs Pointing and pressing on 3rd eye. Open the hands and draw the Om, Tibetan Master Symbol, Usui Dai Ko Mio, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanti. Tap lightly on the fingertips and say the name of each symbol 3 times. Envision the symbol moving down through the hands into the head and into third eye.

9. Rest recipient's hands on their lap with palms up.

10. On the heart chakra, draw the Om, Tibetan Master Symbol, Usui Master Symbol, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanti. Say the name of each symbol 3 times as you envision the symbol moving into the heart chakra. Now place your open palms of both hands over the heart, and concentrate on passing the oneness and total loving beauty and peace that is the Loving Compassion of God (or of Kuan Yin). Stay with this for a while, at least 30 seconds. It is a sharing of true peace and love. This is the most important section of this attunement and is the Karuna Ki Do, the way of Compassionate Energy. It is the foundation of Karuna Ki Attunement and system, and is the Compassionate Heart Opening. (Use your judgement on touch issues while doing attunements. This is not an invitation to touch private areas. In the case where this may be an issue, place your hands a few inches about the heart area.)
11. Facing the student, draw the Om, Tibetan Master Symbol, Usui Master Symbol, Fire Serpent, Zonar, Halu Harth, Rama, Gnosa, Kriya, Iava, and Shanti symbols again on the crown Chakra.

Move Behind the Student

12. Place both your hands on the student's shoulders and feel the connection. Visualize their heart and their tail bone having the color pinkish reddish. Allow the loving compassion of Karuna to be shared between you.

13. Make affirmations according to the recipient's needs (i.e. with this attunement they may be healed completely, emotionally, physically, mentally and spiritually; and to make them happy and serene and healthy, full of joy and laughter; empower them and make them good healers etc....)

14. Place both of your thumbs on back of recipient's neck, chanting the OM. Visualize the attunement sealed and complete, and will that it be complete and sealed. Inform the recipient that they are a Karuna Master for now and eternity and thank them.

15. Thank your guides, God, etc, for their assistance and guidance and bless all that is with love and compassion.

16. Last, walk behind the recipient and trace the Raku down the back of the spine to disconnect their aura from yours.

Karuna Ki Three Level Attunements

This is the Karuna Ki Attunement set for those who are not presently Reiki or Seichim Masters. Previous energy work or Reiki is not necessary to learn this, but can be a benefit. This set uses three attunements instead of the traditional four used in other Karuna Systems. It is my experience that this set flows very smoothly and fully empowers the students. The Attuning Master must determine the appropriate length of time between attunements. For some people only a short time is necessary between attunements, and for others much greater time is needed to adjust.

Attunement for Karuna Ki Level One
To Prepare for these attunements, it is appropriate to have the student meditate or other relaxation methods to have them ready to receive the Attunement. You can call upon your masters, angels, spirits and guides. The student may wish to do as well. This helps to assure a perfect attunement. Remember that the essence of the Karuna Ki system is the loving compassion of God. That should be the intent of these attunements. Some people feel comfortable asking Kuan Yin to be with them in the attunement process.

1. Draw the Om symbol in the air before you, and then draw the Tibetan Master Symbol in the middle of the room. Draw the 4 Usui symbols in the air with the intent they fill the room and clear the space. If you have any guides or angels that you work with it is appropriate to ask them to join you at this time. State that this is to be a Full Karuna Ki Empowerment to the Master Level.

2. Connect to the Karuna energy. Draw the Zonar, Halu, Harth, Rama, Gnosa, Kriya, Shanti, and Iava on your palms. Draw the Usui Power symbol on each of your chakras, and ask that the loving compassionate heart that is Karuna fill you in total compassion to perform this attunement.

Move Behind the Student

3. Begin to raise up the student's energy from the earth. Do this by having both of your hands open with palms up and use a splashing or wave motion to move the energy from the earth to the tail bone and up the back to the head (This also helps ground them). Say the Fire Serpent name three times.

4. Draw the Fire Symbol down the back of the student, starting with the cross at the level of the crown and going down to the base of the spine. Next draw the Usui Power Symbols at base of spine. Finally retrace the Fire Serpent from the base back up to the head.

5. Again elevate the energy from the tailbone three 3 times. Do this by having both of your hands open with palms up and use a splashing or wave motion to move the energy from the earth to the tail bone and up the back to the head (This also helps ground them).

6. Contract the Hui Yin hold it throughout the attunement. Remember to keep the tongue pressed to the soft palate behind the upper teeth. Using the Violet Breath technique, blow in Tibetan Master Symbol on the exhalation into the top of the student's
head (crown chakra). Visualizing the symbol being moved by the Breath through the head, into the base of the brain. Repeat the name of the symbol three times. Repeat this with the Om symbol and with the Usui Dai Ko Mio. Tap and say the name of the symbols three times while drawing.

7. Reach forward over the recipient's shoulders and guide their hands over the crown. Have both knuckles of their prayer clasped hands touching the third eye. On their fingertips draw the symbols Zonar, Harth, Halu, and Rama. Tap and say the names of the symbols three times while drawing.

Move to the Front of the Student

8. Walk counter-clockwise, (i.e., to your right) to the front so that you are facing the student.

9. Open recipient's hands with palms up and draw the symbols Om, Dumo, Fire Serpent, Zonar, Harth, Halu, and Rama. Tap and say the names of the symbols three times while drawing.

10. Close their hands and raise them to their third eye chakra, with their thumbs pointing and pressing on the third eye. Open hands and draw the symbols Om, Dumo, Fire Serpent, Zonar, Harth, Halu, and Rama. Tap and say the names of the symbols three times while drawing.

11. Rest recipient's hands on their lap with palms up. Over the heart chakra, draw the symbols Om, Dumo, Fire Serpent, Zonar, Harth, Halu, and Rama. Say the names of the symbols three times while drawing. Now place your open palms of both hands over the heart, and concentrate on passing the oneness and total loving beauty and peace that is the Loving Compassion of God (or of Kuan Yin). Stay with this for a while, at least 30 seconds. It is a sharing of true peace and love. This is the most important section of this attunement and is the Karuna Ki Do, the way of Compassionate Energy. It is the foundation of Karuna Ki Attunement and system, and is the Compassionate Heart Opening. (Use your judgement on touch issues while doing attunements. This is not an invitation to touch private areas. In the case where this may be an issue, place your hands a few inches about the heart area.)

12. Face the student. Again on the crown chakra draw the symbols Om, Dumo, Fire Serpent, Zonar, Harth, Halu, and Rama. Tap and say the names of the symbols three times while drawing.

Move Behind the Student
13. Place both your hands on the student's shoulders and visualize their heart and their tail bone having the color pinkish to reddish.

14. Then make any affirmations that the student might need (this can be discussed prior to the attunement, or from intuitive guidance). Examples might be, "with this attunement you may be healed completely, emotionally, physically, mentally and spiritually", or "You are the embodiment of love and compassion".

15. Place both of your thumbs on back of students neck, and chant the Om sound. Visualize the Om symbol over the student's whole being and say, "I now seal this process with love compassion and divine wisdom. Tell the student that they now have Karuna One for now and eternity. Thank them for allowing you to share this blessing with them.

16. Face the student again and throw your hands up in V and thank God, the Source, the Guides etc for their assistance and guidance and bless the Universe.

17. Finally, walk around the student. Stand behind them and trace the Raku down the back of their spine to disconnect their aura from yours.

**Attunement for Karuna Ki Level Two**

The Karuna Level II Attunement is exactly the same procedure as Level One, except you draw the symbols of the second level (Gnoza; Kriya; Iava; Shanti).

**Attunement for Karuna Ki Level Three / Master Level**

To Prepare for these attunements, it is appropriate to have the student meditate or other relaxation methods to have them ready to receive the Attunement. You can call upon your masters, angels, spirits and guides. The student may wish to do as well. This helps to assure a perfect attunement. Remember that the essence of the Karuna Ki system is the loving compassion of God. That should be the intent of these attunements. Some people feel comfortable asking Kuan Yin to be with them in the attunement process.

To Prepare for these attunements, it is appropriate to have the student meditate or other relaxation methods to have them ready to receive the Attunement. You can call upon your masters, angels, spirits and guides. The student may wish to do as well. This helps to assure a perfect attunement. Remember that the essence of the Karuna Ki system is the loving compassion of God. That should be the intent of these
attunements. Some people feel comfortable asking Kuan Yin to be with them in the attunement process.

1. Draw the Om symbol in the air before you, and then draw the Tibetan Master Symbol in the middle of the room. Draw the 4 Usui symbols in the air with the intent they fill the room and clear the space. If you have any guides or angels that you work with it is appropriate to ask them to join you at this time. State that this is to be a Full Karuna Ki Empowerment to the Master Level.

2. Connect to the Karuna energy. Draw the Zonar, Halu, Harth, Rama, Gnosa, Kriya, Shanti, and Iava on your palms. Draw the Usui Power symbol on each of your chakras, and ask that the loving compassionate heart that is Karuna fill you in total compassion to perform this attunement.

Move Behind the Student

3. Begin to raise up the student's energy from the earth. Do this by having both of your hands open with palms up and use a splashing or wave motion to move the energy from the earth to the tail bone and up the back to the head (This also helps ground them). Say the Fire Serpent name three times.

4. Draw the Fire Symbol down the back of the student, starting with the cross at the level of the crown and going down to the base of the spine. Next draw the Usui Power Symbols at base of spine. Finally retrace the Fire Serpent from the base back up to the head.

5. Then on the left side of the back (heart front) -draw, name and tap 3 times: Om; Dumo; Daikomio.

6. Again elevate the energy from the tailbone three 3 times. Do this by having both of your hands open with palms up and use a splashing or wave motion to move the energy from the earth to the tail bone and up the back to the head (This also helps ground them).

7. Contract the Hui Yin hold it throughout the attunement. Remember to keep the tongue pressed to the soft palate behind the upper teeth. Using the Violet Breath technique, blow in Tibetan Master Symbol on the exhalation into the top of the student's head (crown chakra). Visualizing the symbol being moved by the Breath through the head, into the base of the brain. Repeat the name of the symbol three times. Repeat this with the Om symbol and with the Usui Dai Ko Mio. Tap and say the name of the symbols three times while
drawing.

8. On the crown - Draw; tap and say the names 3 times the symbols: Daikomio; Daikomio Tibetan; Om; Cho Ku Rei.

9. Reach forward over the recipient' shoulders and take their hands raising them over crown having both knuckles and thumbs touching the third eye chakra. On their fingertips:
   draw; name and tap 3 times: Dumo; Om; Daikomio.

Move to the Front of the Student

10. Walk to the recipient on your right, facing them.

11. Open recipient's hands with palms up and draw the symbols Om, Dumo, and Dai Ko Mio. Tap and say the names of the symbols three times while drawing.

12. Close their hands and raise them to their third eye chakra, with their thumbs pointing and pressing on the third eye. Open hands and draw the symbols Om, Dumo, and Dai Ko Mio. Tap and say the names of the symbols three times while drawing.

13. Rest recipient's hands on their lap with palms up. Over the heart chakra, draw the symbols Om, Dumo, and Dai Ko Mio. Say the names of the symbols three times while drawing. Now place your open palms of both hands over the heart, and concentrate on passing the oneness and total loving beauty and peace that is the Loving Compassion of God (or of Kuan Yin). Stay with this for a while, at least 30 seconds. It is a sharing of true peace and love. This is the most important section of this attunement and is the Karuna Ki Do, the way of Compassionate Energy. It is the foundation of Karuna Ki Attunement and system, and is the Compassionate Heart Opening. (Use your judgement on touch issues while doing attunements. This is not an invitation to touch private areas. In the case where this may be an issue, place your hands a few inches about the heart area.)

14. Face the student. Again on the crown chakra draw the symbols Om, Dumo, and Dai Ko Mio. Tap and say the names of the symbols three times while drawing.

Move Behind the Student

15. Place both your hands on recipient' shoulders and visualize their heart and their tail bone having the color pinkish reddish.

16. Then make any affirmations that the student might need (this can be
discussed prior to the attunement, or from intuitive guidance). Examples might be, "with this
attunement you may be healed completely, emotionally, physically, mentally and
spiritually", or "You are the embodiment of love and compassion".

17. Place both of your thumbs on back of students neck, and chant the Om
sound. Visualize the Om symbol over the student's whole being and say, "I now
seal this process with love compassion and divine wisdom. Tell the student that
they are now Karuna Masters now and for eternity. Thank them for allowing you
to share this blessing with them.

18. Face the student again and throw your hands up in V and thank God, the
Source, the Guides etc for their assistance and guidance and bless the Universe.

19. Finally, walk around the student. Stand behind them and trace the Raku
down the back of their spine to disconnect their aura from yours.

Levels and Symbols:

If the student is learning the system in the three level format, the following list
shows the symbols given at each level.

* Karuna One = Zonar; Halu; Harth, and Rama
* Karuna Two = Gnoza, Shanti, Iava, and Kriya
* Karuna Master = Om, Fire Serpent, Usui Dai Ko Mio, Dumo (Tibetan Dai Ko Mio)

Other Karuna Attunements

Below are attunements from other websites that I found in web travels that have
the attunements listed. These sites are not sponsored or part of the AngelReiki
website, but can provide additional information that may be of value to some
people. The Karuna Ki System presented here is complete and these other
attunements are not necessary or needed. They are here in order to give the
student a historical perspective on what proceeded the development of Karuna
Ki.

Original Karuna Attunements - The "Sai Baba" Attunements

For those wishing to see the Original Sai Baba Attunement process so that they
can evaluate the differences between the original attunements and what
developed later, these are included for informational purposes only. You will notice the similarity
of these to the Attunements that were developed later. "Sai Baba" Reiki is no longer practiced or called Sai Baba Reiki due to legal matters involving using the Sai Baba Name.

THE ORIGINAL SAI BABA REIKI ATTUNEMENT PROCESS

"Sai Baba" Reiki is no longer practiced. This was because of legal matters involving using the Sai Baba Name. This material is included for reference only.

The Sai Baba Reiki System consisted of 4 levels. This included two Practitioner Levels, and two Master Levels. Level I Practitioner taught the Zonar, Halu, Harth, and Rama, and the student receives the Sai Baba I Attunements. Level II Practitioner teaches the Gnosa, Kriya, Iava, and Rama, and the student receives the Sai Baba II attunements.

The Master performing the ceremony Intends that these are practitioner attunements. Master Level I teaches the Om, Fire Serpent and Tibetan Daikomio, and how to perform the Level I Practitioner attunements. The Student receives the Level I attunement again, with the intent being that they receive a Master attunement. In Master Level II the person receives the Sai Baba II attunement again, intending it be a Sai Baba Master Attunement, the student is shown how to perform the Level II attunement and practice is done.

Sai Baba I Attunement process

I Have students sit with hands in receptive mudra, with thumbs touching the solar plexus.

2. Seal the room by drawing one Tibetan master symbol in the middle of the room and then drawing the Usui power symbol on all the walls, ceiling and floor. Say a prayer asking for the help of the Ascended Masters, the Reiki guides and Sai Baba. Indicate in the prayer that this is to be a Sai Baba I Attunement.

3. Move behind the student and draw the Tibetan Fire Serpent down the back. Draw three Usui power symbols at the base of spine. Hold the non-dominant hand at the base and re-drawn the Fire Serpent back up the spine to the top of the head using the dominate hand.

4. Using the Violet Breath technique, blow the Tibetan master symbol and direct it to the base of the skull.

5. Draw the Usui master symbol over the head and direct it to the base of the skull. Do the same with the OM symbol.
6. Move to the front. Open the hands. Draw all seven symbols starting with the Tibetan Master symbol then the Fire Serpent and OM, then the four other symbols (Zonar, Hearth, Halu, Rama) over each palm. After drawing each symbol, say the name three times to yourself, motioning the energy into the hands, then slap the hands three times.

7. Move students hands up so thumbs touch the third eye. Hold the hands with your non dominate hand and draw each symbol in the same order as above over the fingers. After drawing the symbol, motion the energy into the finger tips as you say the name to yourself three times, then tap the fingers three times. Move hands back down so thumbs touch solar plexus.

8. At the crown, draw the first four (Zonar, Hearth, Halu, Rama) symbols below, plus the OM.

9. Move to the back. As you look into the crown chakra think of a positive affirmation and blow it into the heart chakra while focusing on Divine Love and Light. You could use: You are a powerful and successful Sai Baba Reiki Master filled with love and light or it could be a unique affirmation for each student.

10. Seal the process by placing the thumbs to the base of the skull and picturing a door closing with the Usui power symbol on it. State to yourself: I perfectly seal this Sai Baba Attunement with Divine love and wisdom.

11. Move to the front and release the Hui Yin, tongue and breath as a final blessing.

12. Ask students to place their hands on their legs. You could also ask them to place their hands on their heart or you could take each students hands and place them on their heart or legs. Then ask them to contemplate the meaning of the new symbols.

**Sai Baba II Attunement Process**

This attunement process is exactly the same as for Sai Baba I except you use the second four symbols. Note also that if you are good at visualizing, then instead of drawing the symbols in the air with your hand you can visualize them between your thumb and first finger while hold them over the area where the symbols are being placed.
1. Have students sit with hands in receptive mudra, with thumbs touching the solar plexus.

2. Seal the room by drawing one Tibetan master symbol in the middle of the room and then drawing the Usui power symbol on all the walls, ceiling and floor. Say a prayer asking for the help of the Ascended Masters, the Reiki guides and Sai Baba. Indicate in the prayer that this is to be a Sai Baba II Attunement.

3. Move behind the student and draw the Tibetan Fire Serpent down the back. Draw three Usui power symbols at the base of spine. Hold the non-dominant hand at the base and re-drawn the Fire Serpent back up the spine to the top of the head using the dominant hand.

4. Using the Violet Breath technique, blow the Tibetan master symbol and direct it to the base of the skull.

5. Draw the Usui master symbol over the head and direct it to the base of the skull. Do the same with the OM symbol.

6. Move to the front. Open the hands. Draw all seven symbols starting with the Tibetan Master symbol then the Fire Serpent and OM, then the Gnosa, Kriya, Iava, Shanti over each palm. After drawing each symbol, say the name three times to yourself, motioning the energy into the hands, then slap the hands three times.

7. Move students hands up so thumbs touch the third eye. Hold the hands with your non-dominant hand and draw each symbol in the same order as above over the fingers. After drawing the symbol, motion the energy into the finger tips as you say the name to yourself three times, then tap the fingers three times. Move hands back down so thumbs touch solar plexus.

8. At the crown, draw the Gnosa, Kriya, Iava, Shanti below, plus the OM.

9. Move to the back. As you look into the crown chakra think of a positive affirmation and blow it into the heart chakra while focusing on Divine Love and Light. You could use: You are a powerful and successful Sai Baba Reiki Master filled with love and light or it could be a unique affirmation for each student.

10. Seal the process by placing the thumbs to the base of the skull and picturing a door closing with the Usui power symbol on it. State to yourself: I perfectly seal this Sai Baba Attunement with Divine love and wisdom.
11. Move to the front and release the Hui Yin, and tongue and breath as a final blessing.

12. Ask students to place their hands on their legs. You could also ask them to place their hands on their heart or you could take each students hands and place them on their heart or legs. Then ask them to meditate and contemplate the meaning of the new symbols.

**Standard Karuna Four Attunements**

As a general rule, Karuna is usually only taught to Usui Reiki Masters. Karuna is usually taught in 4 levels. There are two practitioner levels and two master levels. There are only two attunements, used for both the practitioner and master levels. The Karuna I attunement is done teaching the first 4 symbols (Zonar, Halu, Harth, and Rama). The Intent is that the attunement be a level I practitioner attunement.

In Karuna Level II, the attunement is given using the second four symbols (Gnosa, Kriya, Shanti, Iava). The Intent is that it be a Karuna II practitioner attunement.

Karuna Masters Level I (Level III) you redo the Karuna Level I attunement with the Intent that it be a Karuna Masters Attunement. The Level I attunement is taught to the student, and they are taught to perform the Level I practitioner attunement.

In level four the Karuna II attunement is given (repeated) with the intention that it will be a Master attunement. The Master Initiate is shown how to do the attunements for all Karuna Levels. Practice doing the attunements is done. If you are interested in learning more information on Karuna Reiki, it can be found at William Rand’s International Center for Reiki Studies at www.reiki.org

Some Karuna Ki Practitioners feel more comfortable using the Traditional Karuna Reiki attunements. Although it is not my place to display the Karuna Reiki Attunements, since they are not a part of Karuna Ki or Karuna Ki Do, there are websites that do have them listed. You can view them here The Reiki Attunement Site. This is a website I discovered among my web travels that has them for viewing. The AngelReiki site does not endorse this Reiki Attunement Site.

**Traditional Reiki attunements**
Visualize and Draw the Usui Master Symbol and the Usui Power Symbol, on each of your palms. As you do this, gently clap your palms together three times while mentally repeating the name of each symbol three times: pronunciation of the Usui Master Symbol, "DYE-KO-MEE-OH"; pronunciation of the Usui Power Symbol, "CHO-KOO-RAY".

Visualize and Draw the Usui Power Symbol in the space in front of you, beginning above and in front of the top of your head, down the front of your body. As you do this, mentally repeat the name of the symbol three times: pronunciation, "CHO-KOO-RAY".

Visualize and Draw the Usui Power Symbol in front of your Solar Plexus, Heart, Throat, Forehead, and the top of your head, intending that each of those areas open to the flow of the Reiki energy. As you do this, mentally repeat the name of the symbol three times: pronunciation, "CHO-KOO-RAY".

Visualize and Draw the Usui Power Symbol in the air in front of you, intending for its energy to fill and cleanse the room. As you do this, mentally repeat the name of the symbol three times: pronunciation, "CHO-KOO-RAY".

Visualize and Draw the Usui Mental/Emotional Symbol in the air in front of you, intending for its energy to fill and cleanse the room. As you do this, mentally repeat the name of the symbol three times: pronunciation, "SAY-HEH-Key".

Visualize and Draw the Usui Distant-Healing Symbol in the air in front of you, intending for its energy to fill and cleanse the room. As you do this, mentally repeat the name of the symbol three times: pronunciation, "HAHN-SHAH-ZAY-SHO-NEN".

Visualize and Draw the Usui Master Symbol in the air in front of you, intending for its energy to fill and cleanse the room. As you do this, mentally repeat the name of the symbol three times: pronunciation, "DYE-KO-MEE-OH".

Now form a clear mental intention that the person seated in the chair shall now receive a perfect permanent attunement to the Reiki Master Degree.

Standing behind the seated person, you now place one hand on each of their shoulders to establish contact and energetic rapport between them, yourself, and the Reiki energy.

After a few moments, bring the person's hands up to the top of their head and
have them hold their hands in prayer-position above their head.

Gently clasp your hands around their hands.
Take a deep breath, hold it for a moment, then gently exhale onto their hands and head as you visualize the Usui Master Symbol being exhaled along with your breath and entering their hands, their head, and settling to rest inside their head at the base of their skull. Then remove one of your hands from their hands, and using your hand, gently tap the top of their head once while mentally repeating the name of the Usui Master Symbol (pronunciation "DYE-KO-MEE-OH"), then gently tap the side of their head while mentally repeating the name of the Usui Master Symbol, and then gently tap the base of their skull while mentally repeating the name of the Usui Master Symbol. Then, return your hand to join your other hand, gently clasping their prayer-positioned hands.

Do that same breath, visualization, hand-tapping, and mental symbol-name-repeating technique for each of the other three symbols as well, in this order: Usui Mental/Emotional Symbol, Usui Distant-Healing Symbol, and Usui Power Symbol.

After completing those procedures with the person’s hands over their head, move their hands, still in prayer-position, back to the front of their body in front of their heart, where they were holding them when you began.

Walk around to the front of the person, gently take hold of their hands, and bring their hands towards you until they are about a foot or so away from their body, and then open them and hold them open, palms up, in one of your own hands.

Visualize and Draw the Usui Master Symbol on both of the person’s open palms, and then Visualize and Draw the symbol slowly sinking downwards into both palms until it is settled inside the center of each hand. Then, gently clap your free hand onto their palms three times while mentally repeating the name of the Usui Master Symbol three times: pronunciation of the Usui Master Symbol, "DYE-KO-MEE-OH".

Do that same visualization, hand-tapping, and mental symbol-name-repeating technique for each of the other three symbols as well, in this order: Usui Mental/Emotional Symbol, Usui Distant-Healing Symbol, and Usui Power Symbol.

After completing those procedures with the person’s hands open palms-up in your hand, move their hands into prayer-position again, gently clasp their hands
between your hands, take a deep breath, and gently exhale onto the front of their body in a sweeping motion in this pattern: over their hands, up their body to the top of their forehead, down back over their hands to their solar plexus, then back to their hands.

Move their hands back to where they were holding them in front of their heart and remove your hands from theirs.

Walk around behind the person, place your hands on their shoulders, and move the tips of your thumbs to the base of their skull. Visualize a door on the back of their head with the Usui Power Symbol on it, and visualize the door closing and locking, as you affirm mentally that the attunement is now complete and permanent, and that they are now permanently connected to the Reiki energy as a Reiki master/teacher.

Place your hands flat on their shoulders and look down through the top of their head, while you visualize a red point of light at the base of their spine...while holding this visualization, mentally affirm that the person (you can mentally state their name) is now a perfectly-permanently-attuned and successful Reiki master/teacher.

Walk around to the front of the person and quietly say that the attunement is completed and that they may now open their eyes. As they open their eyes, bow to them and wish them peace.

**Karuna Reiki Attunements**

**Karuna I Reiki Attunement**

(Zonar, Halu, Harth, and Rama; also utilized are Dumo (Tibetan Master), Fire Serpent, and OM)

1. Have sitting student place hands in receptive mudra ~ prayer position), thumbs touching solar plexus.

2. Seal room by drawing one Tibetan Master Symbol in the middle of the room and then drawing the Usui Power Symbol on all the walls, ceiling and floor. Say a prayer asking for the compassionate action of the Ascended Masters, and Reiki guides. Call on specific guides you feel attuned with. Ask them to be present and, if you feel comfortable with this, ask them to enter into you and work through you. Indicate in the prayer that this is to be a Karuna I Reiki Attunement.

4. Using Violet Breath technique, blow in Tibetan Master Symbol through crown and direct it to base of skull.

5. Draw Usui Master over head and direct it to base of skull. Do the same with the OM symbol. Move to the next student and repeat or if only one, go to the next step.

6. Front: Open the students hands. Draw all seven symbols over the palms starting with the Tibetan Master Symbol, then the Fire Serpent and OM, then the four other symbols from level I. After drawing each symbol, say the name three times to yourself, motioning the energy into the hands with your dominate hand. Slap the hands three times.

7. Close the students hands back into the receptive mudra. Then move the students hands up so thumbs touch the third eye. Hold the hands with your non-dominant hand and draw each symbol in the same order as above over the fingers. After drawing the symbols, motion the energy into the finger tips as you say the names to yourself three times, then tap the fingers three times. Move their hands back down so the thumbs touch the heart.

8. At the crown, draw the OM symbol and the four Karuna symbols listed above. Move to the next student and repeat or if only one, go to the next step.

9. Back: As you look into the crown chakra, think of a positive affirmation and blow it through the crown into the heart chakra while focusing on Divine Love and compassionate action. Use an affirmation such as "You are a powerful and successful Karuna Reiki Master filled with love and compassionate action."

10. Seal the process by placing the thumbs to base of skull and using the Usui Power Symbol. Move to the next student and repeat or if only one, go to the next step.

11. Front: Release Hui Yin, tongue and breath as a final blessing to student.

12. Ask students to place their hands on their legs and contemplate the meaning of Karuna and the new symbols. You could also ask them to place their hands on their heart or you could take each student's hands and place them on the heart or legs.
**Karuna II Reiki Attunement**

(Gnosa, Kriya, Iava, Shanti; also utilized are Tibetan Master, Fire Serpent, and OM):

1. Have sitting student place hands in receptive mudra (prayer position), thumbs touching solar plexus.

2. Seal room by drawing one Tibetan Master Symbol in the middle of the room and then drawing the Usui Power Symbol on all the walls, ceiling and floor. Say a prayer asking for the compassionate action of the Ascended Masters, and Reiki guides. Call on specific guides you feel attuned with. Ask them to be present and, if you feel comfortable with this, ask them to enter into you and work through you. Indicate in the prayer that this is to be a Karuna II Reiki Attunement.


4. Using Violet Breath technique, blow in Tibetan Master Symbol through crown and direct it to base of skull.

5. Draw Usui Master over head and direct it to base of skull. Do the same with the OM symbol. Move to the next student and repeat or if only one, go to the next step.

6. Front: Open the students hands. Draw all seven symbols over the palms starting with the Tibetan Master Symbol, then the Fire Serpent and OM, then the four Karuna symbols from level II. After drawing each symbol, say the name three times to yourself, motioning the energy into the hands with your dominate hand. Slap the hands three times.

7. Close the students hands back into the receptive mudra. Then move the students hands up so thumbs touch the third eye. Hold the hands with your non-dominant hand and draw each symbol in the same order as above over the fingers. After drawing the symbol, motion the energy into the finger tips as you say the name to yourself three times, then tap the fingers three times. Move their hands back down so the thumbs touch the heart.

8. At the crown, draw the OM symbol and the four Karuna symbols listed above. Move to the next student and repeat or if only one, go to the next step.

9. Back: As you look into the crown chakra, think of a positive affirmation and
blow it through the crown into the heart chakra while focusing on Divine Love and compassionate action. Use an affirmation such as "You are a powerful and successful Karuna Reiki Master filled with love and compassionate action."

10. Seal the process by placing the thumbs to base of skull and using the Usui Power Symbol. Move to the next student and repeat or if only one, go to the next step.

11. Front: Release Hui Yin, tongue and breath as a final blessing to student.

12. Ask students to place their hands on their legs and contemplate the meaning of Karuna and the new symbols. You could also ask them to place their hands on their heart or you could take each student's hands and place them on the heart or legs.

VINCENT AMADOR