

Class 4

Concept and application of the Three Pillars (technique)

Explanation of human aura

Concept and Application of Byôsen Scanning technique

Discussion on usage of symbols

Fourth Attunement

- Meditation.
 - The attunement.
 - When done meditate on experience.
 - Journal any experiences.
- Notes:

Discussion of assignments

- Assignments
 - Questions
 - Other related awareness experiences
 - Review and summary of first part of the program (class 1 – 3)
- Notes

Three Pillars

- Gasshō – means bringing hands together, meditation prior to Reiki, becoming one with the universe
 - Reiji Hō (method-guided by spirit)
 - Gasshō in front of chest asking the energy to flow, request healing on all levels for recipient, bring hands to third eye and ask they be guided.
 - Chiryō Hō– treatment, let go, detach and do the session.
- Notes:

Layers of Human Energy Field (Aura)

- Etheric Body - physical, structured, support existence of physical, adjacent to physical
- Emotional Body- fluid, unstructured, feelings, 1-3 inches
- Mental Body - structured, overlapped by emotional, 3-8 inches
- Astral Body - love, connection, interaction, bridge, 6-12 inches
- Etheric Template-blueprint, 18-24 inches
- Celestial - unconditional love, spiritual love, 24-32 inches
- Causal Body - structured, one with creator, 30-42 inches

Relationship of Human Energy Field (Aura) to the Chakra System

Human Energy Field	Chakra System	
Etheric body	Root	(1 st)
Emotional body	Sacral	(2 nd)
Mental body	Solar Plexus	(3 rd)
Astral body	Heart	(4 th)
Etheric template	Throat	(5 th)
Celestial body	Third Eye	(6 th)
Causal body	Crown	(7 th)

Notes:

Aura/Human Energy Field



- Notes

Byôsen Reikan Hô

- Method of evaluating energy of body.
 - Prepare by three pillars to set intent.
 - Hold hands 2 to 6 inches from body moving over body slowly.
 - When you sense something in hand or hands stop and do Reiki.
 - Rescan to confirm clear.
 - Gasshō to finish.
- Notes:

Symbols

- What are symbols?
 - According to Wikipedia: A symbol is something that represents an idea, a process, or a physical entity.
 - Used in ancient times to tell stories or document history.
 - Another perspective
- Notes:

Symbols

- Carl Jung, Swiss psychiatrist
- “A symbol (from the Greek symbolon: “thrown together”) expresses something non-rational and indescribable in ordinary speech and language, since ordinary speech and language can deal adequately only with three-dimensional realities. Our psyches have more dimensions than just three, and the deeper we travel, the more dimensions we encounter. Symbols are the sole language that can describe realities that are not of a three-dimensional nature.”
- Quote from: “Jung to Live By” by Eugene Pascal, Ph.D. Jungian Analyst page 93

- Notes

Commonly used symbols

- Stop sign, yield sign
 - Math symbols +, -, =
 - Religious: Christian, Islam, Buddhist, Jewish, more
 - Can you think of some others?
- Notes:

Assignments

- Review notes
 - Practice scanning
 - Prepare for attunement
 - Use Reiki daily
 - Practice, Practice, Practice
 - Journal, Journal, Journal
- Notes: