

Class 6

Protecting your space with Reiki symbols
Grounding techniques using Reiki symbol
Mental-emotional healing techniques:
Reprogramming
Healing your past, present and future
Manifesting

Meditation

Apply the “Three Pillars” in your meditation practice

Discussion of assignments

- Experiences
- Questions
- Notes

Protecting your space

- Draw the Cho Ku Rei symbol and mantra the symbol 3 times while motioning it in each of 6 directions.
- Draw each symbol and mantra it 3 times, motioning into the space.
- Notes:

Grounding Yourself Using Reiki Symbols

- Sit relaxed with your hands in your lap.
 - Visualize the third symbol and say it in mantra fashion to yourself, repeat with second symbol, repeat with the first symbol.
 - Do Reiki on your forehead and back of head, your sacral, your knees your feet in sequence for 30 to 60 seconds each.
- Notes:

Mental Emotional Healing Techniques

- Some methods which we will discuss:
 - Re-programming
 - Healing – Past, Present, Future
 - Manifesting
- These are techniques that may be used. They should not be used in place of guidance from licensed medical professionals.
- Notes:

Re-Programming

- Reiki can be utilized to alter subconscious behavior patterns that have been developed over time based on negative ideas, incorrect perceptions, trauma, experiences that produced incorrect ideas in our mind about our ability, our self-worth, etc.
- We have been taking in information since we were in our mother's womb that may be creating barriers to allowing us to develop to our full potential.

- Notes:

Re-Programming

- The process of using Reiki for this purpose which we recommend based on experience and development over time is as follows:
 - Keep in mind you are perfect, however, you may have incorrect perceptions about various thoughts, feelings, or emotions you are experiencing based on ego.
 - Do your best to isolate your feeling or thoughts that are affecting you into one or two words. (Examples: your feeling “anxious”, “fearful”, “agitated”, “inadequate”, “unlovable”, there are many more feelings or thoughts they are all usable.)
- Notes:

Re-Programming

- Now that you have identified the feeling or thought, find an antonym (opposite) for the feeling in question. (Examples: the opposite of anxious might be calm, confident or courageous, the opposite of fearful might be fearless, daring, spirited, or brave.)
- Gasshō to center yourself

- Notes:

Re-Programming

- Create a sacred space. (This does not need to be complicated, simply using the Cho Ku Rei mantra it 3 times in each of the six directions in your space. Then activate all the symbols you have been attuned to in the space created. Intend the space is filled with loving Reiki energy from source.). (Depending on where you are you can do all of this by visualization and/or intention.)
- Notes:

Re-Programming

- Cho Ku Rei: brings power to the process.
- Sei Heki: addresses the mental emotional aspect.
- Hon Sha Ze Shô Nen: transcends time and distance to enable the energy to seek out the source of the problem.
- Once you are at this point place one hand on the back of your head and then the other one on your forehead. Intend the energy to flow to the process supporting it and assisting in the reprogramming process.

- Notes:

Re-Programming

Once the energy is flowing recite the following:

- I ask spirit, higher self, God to find the source of the feeling/thought of_____ and correct the incorrect perception to one in line with my perfection. (Fill in blank with the feeling/thought in question.)
- With unconditional love and forgiveness to all ask it to be transformed and say the following:
- I Choose to Be_____. (Fill blank with the opposite chosen word.)
- I Am Feeling_____. (Fill blank with the opposite chosen word.)
- I Am_____. (Fill blank with the opposite chosen word.)
- Gasshō and say:
I GIVE THANKS,
SO BE IT AND SO IT IS!

- Notes:
- Source possibly: fear
- Chosen word: confident, brave
- These are examples.

Re-Programming

- This may be modified for your comfort if needed. Keep in mind it works as written and may be uncomfortable when you begin.
 - This requires commitment and follow through.
 - Doing it one time is not going to correct anything
 - Must be worked on until you observe results.
- Notes:

Healing – Past, Present, Future

- Multi Day program beginning in the womb.
 - Complete self-treatment.
 - Visualize your perfect self at age 80 or so and allow the 80 year old to meet the younger you and appreciate each other. Talk about challenges and how it all worked out in a positive way.
 - Invoke each symbol starting with #3 then #2 then #1 and allow the energy to flow to the meeting.
 - Next to age one on day two and repeat process until you arrive at your present age.
 - Focus on all you can remember about that age in each step to heal all but do not stress about remembering details.
 - Do Reiki for each meeting for at least 5 minutes.
- Notes:

Manifesting

- Ethical considerations are important here.
- Always ask for something with highest good or best situation for self.
- List ideal aspects of the desired goal.
- Protect your space.
- Three pillars
- Draw symbols as appropriate
- Visualize it with you in the picture.
- Place the earth behind you and your wish.
- Create a golden grid/net that comes from the heavens to earth through the image.
- Draw the first symbol over the image and hold it.
- Be creative in this process.
- Gasshō (so be it and so it is) (we give thanks)

• Notes:

Practice

- Apply techniques discussed in group setting.
- Notes:

Assignments

- Practice all techniques learned to this point
 - Work on aspect of self that you wish to re-program.
 - Practice distant healing.
 - Practice drawing symbols.
 - Practice, practice, practice.
 - Journal, yes, I said JOURNAL!
- Notes: