

Reiki Master

Class 3

Let's Prepare

- Protect your space!
- Protect Yourself!
- Set intentions that all members of the class are energetically in a circle together.
- Three Pillars
- Reiki Mawashi
- Allow the energy to flow. (10 minutes)

Reiju

I am sending energy blessing to all students in class
for 5 minutes.

Gasshô

Please center yourself, close your eyes, and breathe
deeply

When finished Gasshô and give thanks!

Discussion

- Who can demonstrate the Kenyoku Hô?
- Experiences with the Kenyoku Hô
- Experiences with new symbols or other aspects of journey.
- Notes:

Dr. Usui – A glimpse into his world

- We know from studying many sources about Dr. Usui in Japan the teaching was quite different than in the west.
- There were 3 primary levels in Reiki: Shoden, Okuden and Shinpiden.
- Okuden has two sub levels: Zenki and Kouki
- Shinpiden is not the final step there is Shihan.
- Notes

Dr. Usui – A glimpse into his world

- Shoden: Basic empowerment and focus on building a spiritual life around the precepts.
- Okuden:
 - Zenki was and is in some schools all about becoming the energy. There were no symbols it averaged 6-9 months of practice sometimes much more.
 - Kuki the second component was learning oneness, remote or distant healing possible because we are all one.
 - Symbols: were introduced around 1923 when Usui was beginning to teach a large group of military naval officers and they were not as spiritually oriented. Dr. Hayashi was one of those. In the west and there they became the instant connection to the various levels or types of energy learned thru spiritual work in Zenki level.
- Notes

Dr. Usui – A glimpse into his world

- Shinpiden:
 - This was and is a level of spiritual practice. Meditation and other spiritual exercises as well as energetic practices such as Qigong.
 - The purpose is to elevate yourself to your own satori. This means achieving a moment of recognition that changes you in a fundamental way resulting in you letting all your baggage go!
 - You will note this is far different than the western Master concept.
 - Our Master Level
- Shihan
 - Become a teacher, learn to do spiritual empowerments called Reiju, not attunements as we do.
 - When you arrive here you realize this is really a lifelong journey without a defined period of training.
 - Our Teacher and Professional Practitioner Level.
- Notes

Technical: Hui Yin Breath

- Chinese Qi Gong origin
 - William Rand and Diane Stein use this with their attunement methods
 - Keys to controlling breathing and the circulation of Qi (Ki-energy) as well as its release.
 - Contract your perineum, first key.
 - Place tip of tongue against the top soft area behind upper teeth, second key.
- Notes:

Technical: Hui Yin Breath

- Learning start with:
 - 10 to 20 seconds (hold breath)
 - 30 seconds (hold breath)
 - 1 minute (while breathing)
 - While breathing 2-3 minutes
 - Longer periods
- Notes

Technical: Microcosmic Orbit

- Process to increase ability to handle energy flow at higher levels.
- Process creates complete internal circuit passing thorough all Chakras front and back.
- Taoist in origin and used in Qigong.
- Introduced to western Reiki possibly by Arthur Robinson and Iris Ishikuro
- Notes:

Technical: Microcosmic Orbit

- Not used in Reiki originally.
 - Today is used and taught by several Reiki Masters in various forms (two in particular: William Rand and Diane Stein)
 - We teach it as a process to build your energy and prepare you for doing attunements.
- Notes:

Technical: Microcosmic Orbit Meditation

- Can be done sitting or standing.
 - Should prepare by relaxing the body through movement. Qigong type movement will be used here.
 - When ready sit on edge of chair or stand.
 - Focus on breath allowing thoughts to drift by. They will come, that is normal, we just need to let them drift away while we focus on breathing deeply.
- Notes:

Technical: Microcosmic Orbit Mediation

- Draw symbols on the hands. All six that you have.
 - Place hands in comfortable place on your body such as thighs.
 - Ask for divine guidance and assistance in healing yourself and opening yourself to higher vibrational energy.
 - Visualize a shaft of white light coming from source directly into your crown feel it experience it.
 - Now visualize the Usui Dai Kô Myô in front of you in violet. Empower it by mantra of the name 3 times. Then see it rise to the column of light above your crown.
 - Repeat this with the Tibetan Master symbol.
 - Repeat with the Hon Sha Ze Sho Nen.
 - Repeat with the Sei He Ki.
 - Repeat with the Cho Ku Rei.
- Notes:

Technical: Microcosmic Orbit Mediation

- Notes:
- Repeat with new Tibetan Symbols
- While holding all symbols at the crown contract the Hui Yin and place tongue on the roof of your mouth.
- Meditate on it there for a little while asking it to settle in and be aware of sensations.
- Repeat process on next Chakra down (third eye) intending symbols move to that location and continue to do so on each Chakra point on the front of the body then up the back of the body to the crown.
- Repeat process for three complete loops.
- Now allow it to move in continuous loop around the circuit for as long as you desire.
- Complete the process by sealing each chakra with the Cho Ku Rei and then the entire body with a large Cho Ku Rei.

Spiritual Development

- Seven Spiritual Laws of Success: Chapter 2
- Giving and Receiving
- Dynamic Exchange
- What is necessary in an exchange?
- 3 steps
- Notes: