

Reiki Master

Class 4

Let's Prepare

- Protect Your space!
- Protect yourself!
- Reiki Mawashi
 - Set Intentions that all member of the class are energetically in a circle together.
 - Three Pillars
 - Allow the energy to flow. (10 minutes)

Reiju

We are 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

- Hui Yin Breath
 - Microcosmic Orbit
 - Experiences
- Notes:

Different views on Usui Teachings

- Expansion on last class's information.
- Notes:
- Gakkai view of Shoden
- Usui's non-Gakkai students view of Shoden
- Gakkai view of Okuden
- Usui's non-Gakkai students view of Okuden

Usui Gakkai Views on Dr. Usui's Teaching – Shoden Level (Level I in the west)

- Students of the Gakkai are given a training manual and the manual includes a healing guide - an extensive list of hand positions for treatment of various diseases.
 - Some students directly trained by Dr. Usui claimed that Usui taught Reiki without teaching the hand positions. The hands-on healing was done intuitively.
 - It is more likely that these hand positions are developed by Dr. Hayashi. Dr. Doi who achieved the Shinpiden level, and a member of the Gakkai claimed that these hand positions are developed by Dr. Usui, and he said that the importance of treating the head was emphasized in all cases and the treatment is given with the recipient seated.
 - One hand on forehead hairline, the other on occiput
 - Temples
 - Upper back of head
 - Lower back of head and neck
 - Crown
 - Byôsen scanning is a very important part of the training.
- Notes

Usui's students (not from the Gakkai) views on Dr. Usui Teaching – Shoden Level (Level I in the west)

- Shoden Level
- Notes
- Learn to connect to the energy and heal thyself
- Receiving many Reiju empowerments
- Chanting and practicing 5 precepts
- Self-healing and meditation
- Develop awareness of the self healing and mindfulness
- Studying selected Waka (Sacred healing sound)
- Practice two energy exercises : Kenyoku Joshin Kokyu Hô
- No Reiki treatment of others

Usui students (not from the Gakkai) views on Usui teaching – Okuden Level (Level II in the west)

- Receiving Reiju repeatedly
 - Practice daily energy exercises
 - Studying Buddhist Sutras
 - Continued attention on developing mindfulness
 - Within Okuden there are two levels:
 - Zenki level
 - Kouki level
- Notes

Usui students (not from the Gakkai) views on Usui teaching – Okuden Level

- Notes

- Zenki Level:
 - Students learn earth energy, before heaven energy was introduced
 - It is common for students to work on each of these areas for 6 to 9 months, a slow process.
 - This is done by practicing various meditations and or meditating on sacred sounds.

Usui students (not from the Gakkai) views on Usui teaching – Okuden Level

- The intention was to become the energy. First earth then heaven energy.
 - The sacred sounds are from Shintoism and called Kotodama.
 - It was critical to have these energies integrated completely before moving on.
 - Sometimes working on others in a basic fashion was introduced at this time.
- Notes:

Usui students (not from the Gakkai) views on Usui teaching – Okuden Level

- Kouki level
 - In this level the concept of oneness is introduced.
 - Again, the same process is used meditation of various types and sacred sound meditations.
 - Once Oneness is learned distant healing is easy as it is really and expression of oneness.
- Notes:

Gakkai members and other Usui students (not from the Gakkai) different views on Okuden level

- Notes

- Both groups agree there are two parts in Okuden level: Zenki and Kuki
- There are many differences between what Usui's students learned and Gakkai students learned in Okuden:
 - It is not practical to go further here possibly a separate program in the future when we are able to confirm details.
 - Hasurei Hô, Koki Hô and Gyoshi Hô are Okuden techniques we will introduce in the next chapter.

Technical: Reiki Shower

- Western technique taken from Qigong some variations taught in eastern teachings.
 - Close your eyes and raise your hands to the sky with palms facing each other creating a funnel. Feel the connection to the Reiki energy and feel it moving down between hands and to the head.
 - Once you feel the energy moving over you bring hands down and with palms facing your body but not touching. Wash yourself as you would if taking a shower with energy all the way to your feet sending any "lower vibrational" energy to the earth.
 - Repeat as often as required to refresh yourself.
- Notes

Technical: Violet Breath or Breath of a Fire Dragon

- There are many elaborate variations of this process.
 - Also known as: Violets Breath, Blue Kidney Breath or Reiki Breath.
 - This is non-traditional but widely accepted and used for attunements.
 - Usually introduced in Level III and used in many lineages.
- Notes:

Technical: Violet Breath or Breath of a Fire Dragon

- Create the MCO. Then visualize energy building coming in from the crown.
 - Draw with your tongue or imagine the TDKM on roof of mouth.
 - Allow a cloud of energy to form with the TDKM in it and becoming violet in color.
 - Release the energy into the room in the form of an exhale.
 - The TDKM is transferred to the space in a cloud of violet energy.
 - This is non-traditional but widely accepted and used for attunements.
- Notes:

Technical: Practice

- Reiki Shower
 - Violet Breath
 - Hui Yin Breath
 - Microcosmic Orbit
- Notes:

Spiritual Development

- The 7 Spiritual Laws of Success: Chapter 3
- Cause and Effect
- Choices
- Notes: