

Reiki Master

Class 5

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

- Violet Breath or Breath of Fire Dragon
- Reiki Shower
- Notes:

Japanese Techniques taught by Gakkai on Shoden/Okuden level

Koki Hô – sending Reiki with breath • Notes:

- Okuden Level
- Taught in multiple lineages
Japanese and western used in sessions or alone.
- Gasshō – center mind and set intent
- Breathe in through the nose, focus on the hara, feeling lungs fill with the energy.
- Blow the energy out through the mouth. Shape the mouth to an O shape directed at location intended.
- Gasshō – to give thanks

Japanese Techniques taught by Gakkai on Shoden/Okuden level

Gyoshi Hô - sending Reiki with eyes • Notes:

- Okuden Level
- Taught in multiple lineages Japanese and western used in sessions or alone.
- Gasshō – center mind and set intent
- Allow your eyes to relax and even go out of focus while viewing location of intent.
- Visualize energy flowing to location.
- Gasshō – to give thanks

Japanese Techniques taught by Gakkai on Shoden/Okuden level

Gasshô Meditation

- Notes

- The purpose of this meditation is to calm and focus the mind.
- While seated, close your eyes and Gasshô to center your mind. And set your intention.
- Breathe in naturally while focusing on the point where your two middle fingers come together. Use this point of focus to bring yourself back to single pointed meditation.
- Continue for up to 30 minutes.
- Gasshô – to give thanks

Japanese Techniques taught by Gakkai on Shoden/Okuden level

Tanden Chiryô Hô

- Notes:

- a detoxifying and purifying method
- Tanden- lower hara- below naval where body energy is concentrated
- While seated, close your eyes and Gasshô to center your mind. And set your intention.

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- Place either hand on the Tanden and the other on the forehead or upper hara.
 - Intend that the energy between the two locations. Do this for about 5 minutes.
 - Now move the hand from the upper hara to the top of the hand on the lower hara and hold about 20 minutes.
 - Gasshô – giving thanks
- Notes:

Spiritual Development

- The 7 Spiritual Laws of Success - Chapter 4
- Law of Least Effort
- Acceptance
- Responsibility
- Defenselessness
- Notes: