

Reiki Master

Class 6

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)
- Notes:

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!

Review and Practice

- Koki Hô
 - Gyoshi Hô
 - Gasshō Meditation
 - Tanden Chiryō Hô
- Notes:

Technical – Jôshin Kokyû Hô

- Focus mind on breath
 - Jôshin: mind that is pure
 - Kokyû: breath
 - Hô: method
 - Shoden Technique
 - Taught by: Gendai Reiki
 - Hô, Komyo Reiki, Usui
 - Reiki Ryôhō
- Notes:

Technical – Jôshin Kokyû Hô

- Sitting position, Gasshō, and close eyes, set intent
 - Hands in lap palms facing up
 - In breath feel energy coming in through the nose and going to the Hara while filling the body with energy.
 - On outbreath expand the energy out of body through skin filling surrounding space.
 - Continue 5 to 30 minutes.
 - Gasshō and give thanks.
- Notes:

Technical – Seishin Toitsu

- Unifying the mind.
- Seishin: spirit or mind
- Toitsu: unify or unite
- Shoden Technique
- Taught by: Gendai Reiki
Hô, Komyo Reiki, Usui
Reiki Ryôhō, Reido Reiki
- Clear mind, develop
hands sensitivity and
strengthen hara.

- Notes:

Technical – Seishin Toitsu

- Sitting position, Gasshô, and close eyes, set intent
 - Hands in Gasshô, focus on hara.
 - On in-breath bring energy in through your hands up your arms and down to the hara.
- Notes:

Technical – Seishin Toitsu

- On out-breath reverse the process, up from hara, down through arms to hands and out.
- Repeat for as long as comfortable.
- Gasshô and give thanks.
- Notes:

Technical – Healing Attunement

- What is a Healing

Notes

Attunement?

- This does not attune a person to any level of Reiki.
- Used to create a more powerful healing process, you can perform a **single** healing attunement or perform prior to a full Reiki session.
- Helps remove major blocks or empower goals.

Technical –Healing Attunement

- When do we preform Healing Attunement?

- Use with recipients that are open to this concept.
- Recipient must be ready and willing to release source blockage.

Steps to preform a healing attunement:

- Explain to the recipient what is healing attunement and a brief description of the process.

Technical – Healing Attunement

- Ask recipients to sit in a chair
with feet flat on floor, eyes closed, hands on legs, lead them into a centering meditation
- Prepare yourself (symbols in hands) and protect yourself
- Prepare the space: protect and fill with symbols
- Notes:

Technical – Healing Attunement

- Start by identifying problem and giving it an identity.
- Not necessary for client to share details (this enables deepest most troubling things to be addressed)
- Note location in the body, its shape, color, texture, weight, etc.
- These steps help but answers are not necessary, “do not create stress”
- Notes:

Technical – Healing Attunement

- Establish the MCO
 - From behind place hands on shoulders briefly to establish rapport.
 - Draw the Tibetan Fire Serpent down back of recipient with arch over crown and ending at base of spine.
 - Place hands lightly on head and open up
 - Perform the Dragon's Breath but blow the air into the recipients crown
- Notes:

Technical – Healing Attunement

- Holding the space with left hand use right hand to guide the TDKM first to the crown, then the center of the head, then to the back of the heart
 - Say the name of the symbol once in mantra fashion at each location.
 - Repeat the process with the UDKM, Choku Rei, Sei He Ki, Hon Sha Ze Sho Nen
- Notes:

Technical – Healing Attunement

- Move to front of recipient
 - Hold space with the left hand and draw the TDKM over the crown
 - Then repeat name of TDKM in mantra fashion while guiding it into the third eye, heart, and solar plexus
 - Repeat the above process with the UDKM, Choku Rei, Sei He Ki, Hon Sha Ze Sho Nen
- Notes:

Technical – Healing Attunement

- Blow gently to the solar plexus then heart, third eye, crown and back down to the solar plexus then back up to crown. (use a single breath)
 - Guide breath (energy) with your hands intending that the last upward motion with hands sweeps all negative energy up and out of the person completely.
 - If a description was provided see it lifting upwards and out and being completely removed.
- Notes:

Technical – Healing Attunement

- Move behind the recipient and place hands lightly on shoulders
- Using your imagination look down through the crown to the heart, seeing a soft glow of a ball of light (color may vary, pink, gold, white, etc.) Make a positive affirmation silently to the recipient's subconscious and heart. An example could be: “you are completely healed by Divine love and light”
- Notes:

Technical – Healing Attunement

- Placing your right hand on back of heart and other left hand on the shoulder seal the process by visualizing a door closing and the Choku Rei placed on it to seal it, saying something like “I seal this process with Divine love and light.”
 - Place your hands back on the shoulders and feel that both you and the recipient have been blessed by the experience.
 - Give thanks and Gasshô
- Notes:

Technical – Healing Attunement

- Move to the front of the recipient.
 - Holding your hands with fingers pointed at your heart, say a brief silent prayer of blessing and thanks that the client is totally healed.
 - Inhale a deep breath and release the breath toward the recipient at the same time releasing the MCO and motioning your hands outward toward the recipient with the intention of blessing them with positive energy and love.
- Notes:

Technical – Healing Attunement

- Now ask the recipient to breathe deeply and slowly and if they desire to meditate for a few moments and when ready to open their eyes.
- Ask recipient about the situation and if things have changed, then perform a full Reiki treatment.
- Notes

Spiritual Development

- Discussion:
 - The 7 Spiritual Laws of Success - Chapter 5
 - The Law of Intention and Desire
- Notes: