

Reiki Master

Class 7

Let's Prepare

- Protect your space!
- Protect Yourself!
- Reiki Mawashi
- Set intentions that all members 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!

Review

- Jôshin Kokyû Hô
 - Seishin Toitsu
 - Healing Attunement
 - Discussion and share experience
 - Questions?
- Notes:

Hatsurei Hô

- This is a combination of the following:
 - Kenyoku Hô
 - Jôshin Kokyû Hô
 - Seishin Toitsu
- They are combined and treated as one process. There are several versions. We will demonstrate the one taught By USUI Reiki Ryôhō Gakkai.
- Shoden or Okuden technique.
- Notes:

Hatsurei Hô

- Being seated Gasshō become centered and set intentions Close your eyes.. (Seated position recommended is basically knees on the floor separated approximately 8" sitting on or between your heels with large toes touching called Seiza)
 - Recite poetry or waka written by Meiji Emperor. We leave it out.
 - Step 1: Kenyoku Hô
 - Place right hand on left shoulder with hand flat on chest. Breathe in.
 - On out-breath sweep hand down across body to right hip.
 - Repeat from right shoulder to left hip.
 - Repeat again from left shoulder to right hip.
- Notes:

Hatsurei Hô

- Notes:

- With left elbow against your side and forearm parallel to ground palm up.
- Move right hand to elbow and on out-breath sweep across forearm past the fingertips.
- Repeat with right arm then again with left arm.
- All sweeping movements are made on out-breath.

Hatsurei Hô

- Step 2: Jôshin Kokyû Hô
 - 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.
- Notes:

Hatsurei Hô

- Step 3: Seishin Toitsu
 - Hands in Gasshô, focus on hara.
 - On in-breath bring energy in through your hands up your arms and down to the hara.
 - On out-breath reverse the process, up from hara, down through arms to hands and out.
 - Repeat for as long as comfortable.
 - Recite the five precepts. (this is from this tradition not used in west generally)
 - Gasshô and give thanks
- Notes:

Technical – Healing Attunement Continues

Is it possible to do a self-healing attunement?

- Definitely

When do we perform a self- Healing Attunement?

- When you feel you are spiritually ready.
- When you feel you are ready and willing to release source of blockage.

• Notes:

Technical – Self Healing Attunement

Steps to perform a self-healing
attunement:

• Notes:

- Sit in a chair with feet flat on floor, eyes closed, hands on legs,
- Prepare the space: protect and fill with symbols
- Prepare yourself (symbols in hands) and protect yourself
- Activate and connect to Reiki and spend a few minutes centering yourself and creating present moment awareness (you may want to use techniques learned in the Advanced program)

Technical – Self Healing Attunement

- Start by identifying problem (with your heart) and giving it an identity.
 - Note location in your body, its shape, color, texture, weight, etc.
 - These steps help but answers are not necessary, “do not create stress”
 - Establish the MCO
- Notes:

Technical – Self Healing Attunement

- Notes:

- You will need to use intention and/or visualization techniques to perform the following steps:
- Place hands lightly on head and open up
- Perform the Dragon's Breath but blow the air into the your crown chakra

Technical – Self Healing Attunement

- Use your intention 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 heki, Hon Sha Ze Sho Nen
- Notes:

Technical – Self Healing Attunement

- Now work on the front of your body:
 - Intend or draw TDKM over the crown in your mind-eye
 - Then repeat name of TDKM in mantra fashion while guiding it (with intention) into your third eye, heart, and solar plexus
 - Repeat the above process with the UDKM, Choku Rei, Sei he ki, Hon Sha Ze Sho Nen
 - Visualize and Intend a breath of Reiki going gently to the solar plexus and then move up to the heart, third eye, crown and back down to the solar plexus then back up to crown. (single flow of energy)
- Notes:

Technical – Self Healing Attunement

- Guide (energy) with your intention and intending that the last upward motion with hands sweeps all negative energy up and out of yourself completely.
 - If you created a description, see it lifting up and out and being completely removed.
 - Guide (energy) with your intention and intending that the last upward motion with hands sweeps all negative energy up and out of yourself completely.
 - If you created a description, see it lifting up and out and being completely removed.
- Notes:

Technical – Self Healing Attunement

- If you created a description, see it lifting up and out and being completely removed.
 - Placing your right hand on your heart and left hand on your 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.”
 - Release MCO
 - Give thanks and Gasshô
- Notes:

Technical – Self Healing Attunement

- Practice Healing attunement on yourself.
- Notes:

Technical – Reiki Guides

- Western concept introduced by Stein, Rand and Lubeck and widely used.
 - Guides are from the Shamanic traditions.
 - Many refer to them as guardian angels.
 - Protection needed as not really Reiki.
- Notes:

Technical – Reiki Guides

- Sit in meditative position eyes closed.
- Envision yourself engulfed by the energy and divine light.
- Visualize or intend a figure is coming to you.
- As the figure nears you may visualize the image more clearly.
- Connecting is done by asking questions, you will remember the answers.
- Ask for name, gender, appearance, smell etc. of your Reiki Guide.
- Notes:

Technical – Reiki Guides

- Reach out and imagine/ intend taking their hand.
 - Do you know them?
 - What does their energy feel like?
 - Ask why this guide has come to you and what message they have for you.
 - Acknowledge they will always be available to you.
 - Return to the present.
- Notes:

Spiritual Development

- Discussion:
- The 7 Spiritual Laws of Success - Chapter 6
- The Law of Detachment
- Notes: