

Reiki Master

Class 8

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!

Experiential Update

- Hatsurei Hô
 - Self-Healing Attunement
 - Discussion and share experience
 - Meet your Reiki guides
 - Discussion and share experience
 - Questions?
- Notes:

Technical

Crystals used for Distant work

- Notes:

- Reiki is about intention
- Quartz crystals as well as other crystals can take on vibrations of thoughts and intentions and radiate them.
- They can therefore be used to transmit Reiki on your behalf once charged.

Technical

Crystals used for Distant work

- Cleanse your crystal
 - Salt
 - Running water
 - Salt water
 - Reiki
- Charge it with Reiki
 - Intend it is charged for distant work
 - Use distant symbol +
 - Visualize symbol (s) in it
 - Picture, name or talisman
- Notes: Selenite (calcium sulfate) is self cleansing and will dissolve if placed in water.

Technical

Crystals used for Distant work

- Place crystal on picture etc.
- Draw symbols
- Do Reiki for 10 to 20 minutes and intend it continue for as long as needed.
- Draw symbols again
- Use for person, place, intention or manifestation.
- Recharge as needed.
- Notes:

Technical Crystal Grid

- Similar purpose to Single crystal but considered to have greater power.
 - May be used for multiple situations or individuals simultaneously.
 - Uses 8 Crystals cleanse and charge with Reiki.
 - One in center six forming hexagram, one saved outside as master.
 - Set it up on firm moveable surface and consider gluing crystals in place. Keep in sacred space or location.
- Notes:

Technical Crystal Grid

- Use master crystal to charge daily.
 - Hold master in hands and do Reiki with that intention for 10 or more minutes.
 - Draw symbols over it.
 - Use it to draw symbols over grid.
 - Point it at center crystal and move around all others charging each one. Going either clockwise or counterclockwise and repeat at least 8 times.
- Notes:

Technical Crystal Grid

- Repeat multiple positive affirmations while doing this.
 - Example is “I charge this Reiki Grid with love and light to heal”.
 - Do this in mantra fashion three times.
 - You may also add more than one affirmation.
 - Place symbolic item under grid as intended recipient.
- Notes:

Technical – Japanese Techniques

Defining your Hara

- We have discussed the Hara and Tanden.
- Hara is the major energy center of body located between the pelvic bone and rib cage.
- Tanden is center of Hara two fingers below bellybutton.
- Tanden to Japanese is heaven and earth uniting and generating a center of personal power.
- Exercise considered very important to improve power: Makoto No Kokyu – the breath of truth
- Notes:
 - Increase sensitivity to energy
 - Increase intuition
 - Taught by Usui

Technical – Japanese Techniques

Makoto No Kokyu Ho

- Sit in Seiza (kneeling and then sitting on heels) May sit on chair or sofa or lotus position.
 - Gasshô
 - Hands on knees palms down and eyes closed.
 - Observe your breath in and out for a while until you calm your mind.
 - Open eyes slightly and focus on point on floor approximately 36 inches away.
- Notes:

Technical – Japanese Techniques

Makoto No Kokyu Ho

- After centered and comfortable. On in breath visualize Reiki energy coming into your being from your surroundings.
 - Stay aware of the flow of energy through body to your hara.
 - On out breath see Reiki energy expanding to your surroundings and filling it with this Reiki energy.
 - Repeat process for minimum of ten breath cycles in and out.
- Notes:

Technical – Japanese Techniques

Makoto No Kokyu Ho

1. Bring hands to Gasshô in front of heart.
 2. Part hands slightly while keeping thumb and index fingers in contact.
 3. Move hands to solar plexus
 4. Visualize Reiki flowing in and out for 3 cycles.
 5. Then on in breath bring hands to third eye forming triangle with thumbs and index fingers.
 6. On next outbreath make “Om” sound while bringing hands out to side and down to floor.
 7. Stay in contact with floor for few seconds.
- Notes:

Technical – Japanese Techniques

Makoto No Kokyu Ho

8. Bring hands to Tanden with hands overlapping.

- Notes:

9. Experience the Reiki energy vibrating in the area. Hold this position to feel or judge size of hara.

10. Repeat steps 1-9 several times.

Spiritual Development

- Discussion:
 - The 7 Spiritual Laws of Success
 - The Movie – “I AM” by Tom Shadyac
 - He directed:
 - Ace Ventura: Pet Detective (1994)
 - The Nutty Professor (1996)
 - Liar Liar (1997)
 - Patch Adams (1998)
 - Dragonfly (2002)
 - Bruce Almighty (2003)
 - Evan Almighty (2007)
 - Watch for next class
- Notes: