

Reiki Master

Class 9

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

- Crystals
 - Makoto Mo Kokyo Hô
 - Discussion and share experience
 - Questions?
- Notes:

Program Review

- Anything about Dr. Usui that was discussed that gave you something to think about?
- Did your view of being a master alter during the program? How?
- Which new practices have impacted your journey?
- Experience with Symbols
- Notes:

Spiritual Development

- What is theme of movie “I Am”?
- Why did we ask you to watch it?
- What scene or component of movie was most impacting to you?
- Notes:

Spiritual Development

- Kotodama

- Roughly translated means word spirit.
- Has anyone thought about certain words being powerful?
- Are there words we should or should not use in various circumstances.
- Words have power.
- Sounds have power
- Some are considered sacred and are used in different ways in different cultures and belief systems

- Notes:

Spiritual Development

- Kotodama continued:
 - In Japan words are used for invocations in ceremonies and mantras as well focusing ki in the martial arts.
 - Speech is used in sacred ways to connect to the divine and to produce change in the physical world.
 - The concept and practice has almost vanished over time.
- Notes:

Spiritual Development

- Reiki Kotodama

- Through out this program we have shown that Reiki originally was primarily focused on self healing not on treating others.
- Usui used the concept of Kotodama help students to connect with the various energies: earth energy, heavenly energy and unity or oneness.
- In the west it has been the symbols.

- Notes:

Spiritual Development

- Reiki Kotodama
 - Relationship to symbols
 - CKR: Earth energy (ki)
 - SHK: Heavenly energy (ki)
 - HSZSN: Oneness
 - DKM: Enlightenment (creative ki)
 - Four names of Reiki Kotodama
 - Focus
 - Harmony
 - Connection
 - Empowerment
- Notes:

Spiritual Development

- Sounds

- A aaah
- O like in rose
- U like in true
- E like in grey
- I like eee

- Notes:

- Focus: ho ku ei
- Harmony: ei ei ki
- Connection: ho a ze ho ne
- Empowerment: a I ko yo

Spiritual Development

- Reiki Kotodama Meditations
 - Sitting in chair eyes closed
Gasshô
 - Stay in Gasshô or rest hands in lap
 - Focus on Tanden
 - Practice deep breathing several breaths to become centered and peaceful
 - Chant on out breath using deep resonant voice
 - Allow sound to vibrate from Tanden through entire body
 - Repeat for several minutes and allow to continue resonating after you finish for a while
 - Gasshô and give thanks
- Notes:
 - Only use one at a time so “Focus” practice is for several months. In Usui’s time it may have been for 6 to 9 months as noted previously about connecting to the energies.
 - Become the energy!!!

Spiritual Development

- The 7 Spiritual Laws of Success
- Notes:
- Brief Review
- What is Dharma?
- Talents how do they fit in?
- What are components to this law?
- What commitment is required to connect?

Continuing the Journey

- Schedule your mentoring sessions.
 - This is material you want support on.
 - May be anything related to your Reiki journey or barriers in the way.
 - Purpose to help self evaluation and answers from within.
 - Continue to use Reiki for personal healing and development.
 - Get involved with Reiki community ongoing
 - Participate in programs
 - Regular practice along with more knowledge of the aspects and teachings and basis of Reiki is the continuing journey.
- Notes: