

Being Reiki



Living Reiki

WHAT IS REIKI?

REIKI IS A JAPANESE WORD REPRESENTING UNIVERSAL LIFE ENERGY, THE ENERGY THAT IS ALL AROUND US. THIS ANCIENT HEALING TECHNIQUE CAN BE TRACED BACK TO BUDDHA (620 BC) & SOME BELIEVE THAT JESUS EVEN PRACTICED REIKI IN HIS HEALINGS. WHAT OCCURS IS ENERGY IS CHANNLED INTO THE BODY CLEARING ANY BLOCKAGES IN THE CHAKRA'S TO ACCELERATE OUR ABILITY TO HEAL OURSELVES. ALTHOUGH REIKI IS PRIMARILY PERCEIVED AS A PRACTICE FOR TREATING PHYSICAL AILMENTS, IT ALSO ADDRESSES THE MIND & SPIRIT AS WELL REVUNITING THE BODY, MIND & SPIRIT INTO A STATE OF HARMONY.

WHAT SHOULD I EXPECT DURING REIKI?

REIKI IS DONE WITH YOU FULLY CLOTHED ON A MASSAGE TABLE IN A PEACEFUL ENVIRONMENT. YOU MAY FEEL THE HANDS PLACED ON YOU AS BEING WARM OR HOT AS THE ENERGY FLOWS INTO YOU. YOU MAY BE ASKED QUESTIONS FOR CLARIFICATION IN DEALING WITH ENERGY BLOCKAGES & THE REIKI GUIDES MAY MAKE SUGGESTIONS TO AID YOU. IDEALLY REIKI WILL HELP YOU TAKE RESPONSIBILITY FOR YOUR LIFE MORE TO MAKE THE NECESSARY CHANGES IN ATTITUDE & LIFESTYLE TO HELP YOUR GROWTH.

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BENEFITS & EFFECTS OF REIKI:

Balances the organs & glands as well as their bodily functions

Releases blocks & suppressed feelings

Promotes natural self-healing

Adapts to the natural needs of the receiver

Balances the energies of the body

Heals holistically

Enhances personal awareness & helps meditative states

Relaxes & reduces stress

Promotes creativity

Strengthens life force energy

Strengthens intuition

Treats symptoms & causes of illness

Strengthens the immune system

Relieves pain

Clears toxins

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HISTORY OF REIKI:

THE RE-FOUNDER OF REIKI IS DR MIKAO USUI WHO LIVED IN KYOTO JAPAN AT THE END OF THE 19TH CENTURY WHO SERVED AS A UNIVERSITY CHRISTIAN PRIEST. WHEN ASKED BY HIS STUDENTS WHY THE HEALINGS OF JESUS IN THE BIBLE DO NOT CONTINUE TODAY, HE STARTED A SPIRITUAL SEARCH THAT LED HIM TO THE UNIVERSITY OF CHICAGO TO STUDY ANCIENT CHRISTIAN WRITINGS & RECEIVED A DOCTORATE IN ANCIENT LANGUAGES BUT WAS UNABLE TO FIND THE SECRET OF THE HEALINGS BY JESUS & HIS EARLY DISCIPLES. IN HIS STUDIES HE LEARNED THAT BUDHA ALSO HAD THE POWER TO HEAL SO HE RETURNED TO JAPAN TO STUDY BUDDHIST TEACHINGS. HE FINALLY MET A OLDER ABBOT IN A ZEN MONASTERY WHO WAS ALSO INTERESTED IN HEALING. WHILE AT THE MONASTERY HE STUDIED OLD BUDDHIST WRITINGS...THE SVTRAS...FOR THE KEY TO HEALING. FIRST HE STUDIED THE JAPANESE TRANSLATIONS BUT COULD NOT FIND THE ANSWER. HE THEN LEARNED CHINESE BUT AGAIN HE COULD NOT FIND ANY ANSWERS. FINALLY HE LEARNED SANSKRIT SO HE COULD READ THE ORIGINAL BUDDHIST DOCUMENTS. IN A 2500 YEAR OLD SANSKRIT DOCUMENT WRITTEN BY AN UNKNOWN DISCIPLE OF BUDHA HE FOUND THE SYMBOLOGY & THE DESCRIPTION HOW BUDHA HEALED ENDING A SEVEN YEAR SEARCH. AFTER A 21 DAY MEDITATION & FAST

THROUGH A FLASH OF LIGHT HE WAS GIVEN THE
POWER TO HEAL & USE THE REIKI SYMBOLS.
HE MOVED INTO THE SLUMS OF KYOTO TO HEAL
THE SICK BUT AFTER SEVEN YEARS HE REALIZED
HE WAS SEEING THE SAME FAMILIAR FACES
AGAIN AND AGAIN RETURNING TO THE SLUMS
IN THE SAME CONDITION IN WHICH HE FIRST
FOUND THEM. WHEN ASKED WHY THEY
RETURNED THEY REPLIED THEY PREFERRED TO
LIVE AS THEY PREVIOUSLY LIVED, AND DID NOT
SHOW ANY GRATITUDE TOWARDS LIFE. DR
USVI REALIZED THAT ALTHOUGH HE HEALED
THEIR BODIES FROM THE SYMPTOMS OF ILLNESS
HE HAD NOT TAUGHT THEM A NEW WAY OF
LIFE. THIS CAUSED HIM TO CREATE THE REIKI
RULES OF LIFE:

JUST FOR TODAY... THOU SHALT NOT ANGER
JUST FOR TODAY... THOU SHALT NOT WORRY
BE THANKFUL FOR THE MANY BLESSINGS.
EARN THY LIVING WITH HONEST LABOR.
BE KIND TO THY NEIGHBORS.

DR USVI LEFT THE SLUMS OF KYOTO & BEGAN
TO TEACH. HE TAUGHT PEOPLE TO HEAL
THEMSELVES FIRST & PASSED ON HIS RULES OF
LIFE ON SO THAT PEOPLE COULD HEAL THEIR
MINDS AS WELL AS THEIR BODIES.



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ATTUNEMENTS:

THE KEY TO REIKI IS PROVIDED BY THE "ENERGY ATTUNEMENTS" WHICH ENABLE YOU TO ALLOW THE LIFE FORCE ENERGY TO FLOW THROUGH YOU MORE INTENSELY. THESE ATTUNEMENTS OPEN YOUR INNER HEALING CHANNEL, ALLOWING MORE UNIVERSAL LIFE ENERGY TO FLOW THROUGH YOU. AT EACH ATTUNEMENT, A KIND OF CLEANSING TAKES PLACE ON A PHYSICAL, EMOTIONAL, MENTAL, & SPIRITUAL LEVEL. THE ATTUNEMENTS RELEASE BLOCKS IN YOU & TOXINS ARE SET FREE IN WHICH YOU MAY EXPERIENCE SELF-HEALING REACTIONS.

**FIRST DEGREE:
OPENS THE PHYSICAL BODY & INCREASES THE VIBRATION FREQUENCY OF THE FOUR UPPER CHAKRAS. REIKI ENERGY BEGINS TO FLOW THROUGH YOUR HANDS & HAND POSITIONS ARE LEARNED FOR HEALING SELF & OTHERS.**

Experiencing Attunements

There seems to be some general confusion at times at what should be felt or experienced during attunements and /or meditations.

Every person is different, as is every attunement.

Some people feel and see magnificent beings or lights or hear messages, meet their guides, almost leave their bodies in the ecstasies they encounter.

Others feel or see a little.

Still others feel, hear, see nothing and are dreadfully disappointed fearing they have done something wrong or the attunement hasn't worked.

Well let me explain that no matter how much or how little, you see, feel, hear or experience, every attunement that is sent to you is accepted by your guides and passed on to you.

It can happen that with some attunements you have great experiences and with others nothing. Believe me it has happened to me and to others too, however we know and trust enough to realise that those energies are with us for ever and will never be lost, even if we do not use them regularly or feel nothing at the time of attunement.

Some of the reasons that attunements don't seem to work is that our expectations are different to what is actually happening. I attuned a lady a few days ago who said she called the attunement in twice and got zero, however she went on to explain that she usually gets a tingling in her hands, solar plexus and crown chakra. This I believe is why she felt nothing...she was waiting for that to happen and because it didn't she more than likely missed what was going on elsewhere.

The worst scenario is where we are unable to relax...we lie or sit waiting for something to happen. We start to fidget and doubts creep into our minds, suddenly we may become aware that we are very tense and we are not breathing properly...there is no way that you will experience anything, except severe discomfort, in this situation.

If you find this happens to you try this first...get very, very comfortable...the more comfortable you are the more relaxed you will be. Take several slow and deep breaths, concentrate in calling in your guides (even if you do not know who they are), your angels, the ascended masters and all light beings. Ask them to protect you and seal the room with white light, then in your mind go to a place that for you would be the ideal place to be. Spend time on the details of this place and add or take away whatever you like. It does not have to be a real place...just as long as it is real to you.

I have a triangular shaped beach flanked on both sides by rocks that run out into the ocean. I picture myself sitting on the beach watching the dolphins or the clouds drifting in the sky. I am very often joined by a white robed figure...but this didn't happen in the beginning...and sometimes I see amazing colours. I do not try to interpret it I just accept it. Find your ideal spot and you will find that eventually you can go there at any time and relax more than you knew was possible. Like everything it takes practice and may not happen the first time you try it. Once you have mastered it though, it is pure magic. I hope it works for you as well as for me.

The other issue seems to be with "Banking" attunements.

Because we are a diverse group from countries all over the world...we have the time zone problem. This is actually not a problem at all. Anyone can send an attunement to you at anytime. You do not have to be ready and waiting for it at the exact same time...indeed in some cases this would prove very difficult.

So, we ask our guides to hold on to it, or "bank" it until you ask your guides to deliver it to you. All you need to do to achieve this is, RELAX and state your intention of picking up the particular attunement sent by...(name of teacher)...now, and it will be there waiting for you. We can give you up to 5 days to pick it up and we will let you know the time frame we have allotted you via an email.

Always give feedback on your attunement to your teacher, firstly because it is good for you to put into words what happened and secondly it is a nice way of saying thank for the time and effort any teacher gives to you.

Love and Blessings

Brenda

The 21 Day Cleansing Cycle

Many different spiritual traditions as well as some psychologists teach that it usually takes about 2 weeks to 30 days to make any real lasting change in behavior. Many attunements from other systems also have a similar cycle of days while an energy or transformation integrates completely.

The theory is that during the 21 day period the work of integrating the energy shift cycles through each of the chakras three times . The first cycle of seven days is said to be focused on personal issues and physical and emotional development . The second week focuses more on relationships and community issues and mental integration . The last week is Focused on divine or spiritual transformation and adjustme

The cycle affects the body. When the session or attunement ends this cycle begins. Some of the changes and insights learned along the way may take longer to fully manifest, or integrate but the first 21 days is considered a very important part in this process.

Symptoms attributed to detoxification can include excess Gas , colds and emotional mood swings however normally these are not severe. This chart below is from an old metaphysical book. I actually think that the concept of the twenty-one day period does come from non Japanese sources. The Japanese concept would probably simply be that obstacles and karma come up when you make positive changes .

The 21 Day Cleansing, Detoxification or Transformation Cycle

- 1. Root Chakra , Support & Physical Body. Primal Power days 8 & 15**
- 2. Sacral Chakra, Sex, Creativity, Intimacy, Ego, also days 9&16**
- 3. Solar Plexus Chakra Emotions (gut feelings).
Feelings for other people gland pancreas also days 10 & 17**
- 4. Heart & Thymus Chakra self. Love in general. Compassion. Communication gland thymus also days 11& 18**
- 5. Throat Chakra Expression, Responsibility. Gland thyroid Also days 12 & 19**
- 6. Brow, Third Eye Chakra Ideas, vision, the mind. Purpose. Gland pituitary also days 13 & 20**
- 7. Crown Chakra Color Integration, Higher Mind Direction. gland Pineal Also days 14& 21**

Each week has a full cycle through the chakras one day focusing on each. Though the work is not limited to only one chakra a day the primary focus will be on one. Reiki will bring up and help to clear issues that prevent wellness or standing in the way of the person's spiritual and personal evolution.

This cycle happens whether you are receiving or giving a Reiki treatment or healing. In fact, it happens every time you make a change of any kind. The only difference is the focus. This cycle also applies to a cycle of integration of energies from the seven rays of creation but this is far too complex and esoteric for this article.

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**SECOND DEGREE:
OPENS YOUR INTUITION & INCREASES
YOUR HEALING ABILITY THROUGH THREE
REIKI SYMBOLS ARE ACTIVATED NOW TO
AID YOU. THE LOWER CHAKRAS VIBRATION
FREQUENCY IS INCREASED & TECHNIQUES
FOR DISTANCE HEALINGS ARE LEARNED.**

**THIRD DEGREE:
MASTER TEACHER FOR A LIFE
COMMITMENT TO PRACTICE, TEACH, & LIVE
REIKI DAILY. TWO REIKI SYMBOLS ARE
ACTIVATED NOW TO AID YOU AS A MASTER
TEACHER & ALLOW YOU TO PASS
ATTUNEMENTS TO OTHERS.**

ATTUNEMENT=INITIATION=EMPOWERMENT!

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