

## REIKI CLASS

-Warm up, San Jiao & Tracing the meridians

- Brief History of Usui Reiki
- Basic Usui Reiki Symbols Chokurei, Sei hei ki, Dai Ko Myo and Sei Hei Ki

### Brief History of Usui Reiki

Mikao Usui was born in 1865 in Yago Japan. He traveled and studied medicine, psychology and religion. In 1914 (some say 1922) he went to a Tendai Buddhism Mikkyo Temple on Mt. Kurama- He did Buddhist purification training. It was during the 21 day training that Usui Sensei 'received' the energies of Reiki.

The kanji (Chinese characters) for Reiki are:

REI – the cosmic, universal energy

KI - The fundamental life force.

靈氣

In the Tenchi Shiki Ryoho school of Mikkyo where I learned Mikkyo and Reiki, the Reiki Energies are energies of the light. The same light (energy) that makes up everything in the universe. They are pieces of the light. Their purpose is to help humanity evolve.

While the Reiki energies are strong, they are friendly, like house pets. When you call, they come.

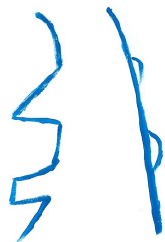
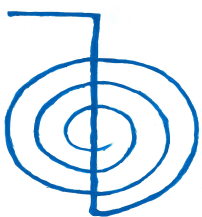
Usui-sensei had a personal relationship with the energies of Reiki from his experience on Mt. Kurama. Because he was a practicing Buddhist, Usui-sensei later added the Reiki Ideals.

It was Dr. Hayashi, who was trained by Usui-sensei, who later added the standard hand positions, the three degrees and the attunement processes.

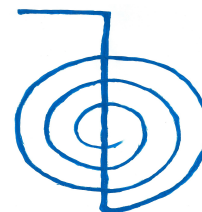
Still later, Mrs. Takata (an American) added the fee structure. Even later still, the required waiting periods between classes were added by students of Mrs. Takata.

Usui Reiki is the name given to the symbols introduced by Usui-sensei.

What most people practice and call 'Usui Reiki' is actually Hayashi or Takata Reiki based on the symbols of Usui Reiki.



## CHOKUREI



### DESCRIPTION

Chokurei is drawn from the top left to the right, then straight down. From the bottom a counter clock-wise spiral is drawn in towards the center. The straight line represents the central channel / spine in the human. The bottom where the spiral begins is the root chakra and the spiral crosses the upright line once for every one of the seven major chakras.

### MEANING

Chokurei is the all purpose power symbol and can be used in the beginning of Reiki rituals to connect, during a ritual to increase focus and at the end to seal high vibrational energies into the subject.

The symbol looks like a coil and is meant to expand and retract, regulating the flow of ki energies. Chokurei has also been called; 'the light switch,'

### USES

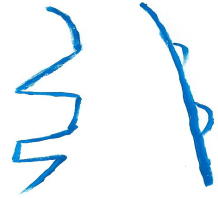
Used for energizing people, places or things, spiritual protection, cleansing negative energies and is an aid in manifestation. Empowers all other Reiki symbols, clears rooms and crystals and is often used after Reiki sessions to seal in energies.

Also referred to as; 'The Magnifier,' Chokurei empowers and magnifies all other symbols and activates the properties of making things whole and complete. As such it is good for manifestation and to accelerate healing.

When drawn in reverse, Chokurei can be used to draw energy out of something.

Exercises:

1. Walking the Fu
2. Other exercises to be covered in class.



### DESCRIPTION

Drawn from the left to the right, Sei Hei Ki bears a strong resemblance to a picture over the entrance of the Tendai Mikkyo temple where Usui-sensei received the Mikkyo energies.

Left and right side of the brain, angles and curves.

Left brain – Linear and logical

Right brain – Imagination, creative, intuitive.

Sei Hei ki harmonizes and balances the left and right sides of the brain. Place your hands on the cranium and think of / imagine the Sei Hei Ki symbol.

### MEANING

Purification, mental and emotional cleansing and healing. Also meant as a protective energy.

GOD and man become one.

Everything originates in your heart. Sei Hei Ki heals the auric field.

### USES

Sei Hei Ki is used for cleansing, protection, harmony and mental & emotional healing. Good in response to anxiety, stress, nervousness, fear, depression and in the treatment of addictions. Sei Hei Ki can also be helpful in the release of wound memories trapped in the body. This can be a good use of the symbol for massage practitioners.

The two approaches to the treatment of addictions are the symbol's use to de-program undesired responses to stress (alcohol / drugs) and to re-program positive responses like exercise and contact with other people.

### HOW TO USE THIS SYMBOL

1. To dissipate any type of emotional distress: anger, fear, depression, jealousy, hate, greed, distress, headache. Put it between people in confrontation.
2. To dissipate bad vibes.
3. If used for protection, here is how:  
For psychic protection, draw the mental symbol around yourself. Say, "I perfectly protect myself now with divine love and wisdom". Then a field of protective energy will surround you. Enhance protection by using it with the power symbol.
4. To protect yourself from negative energies, meditate and visualize an egg shape around yourself and see a spiral of mental and power symbols surrounding you.
5. To filter arguments and disagreements. Imagine the mental symbol between the both of you and it will act as a filter.
6. To enhance memory, here is how:  
Place hands on head and visualize the mental symbol. Say; "I will remember where I placed my keys within one minute." Relax, turn your attention to something else, and the information will float up into your awareness.
7. To take tests and learn, here is how:  
Hold the text book between your hands. Draw the mental symbol over the book and Reiki over it before you study. This will place the important information deeper in your mind and make it more available at the time that you need it.  
Draw the mental symbol over the test and do Reiki over the test in order to access the correct answers.

DAI KO MYO

The Great Divine Light



MASTER SYMBOL: DAI KO MYO

DESCRIPTION

Traditional Japanese Kanji which mean; 'Great Divine Light'  
The three Japanese kanji represent, 1. Great 2. Divine 3. Light

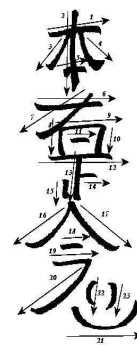
MEANING

Both Traditional and Tibetan symbols mean; "Enlightenment" and are also called the "Master Symbol". Also; removes karmic blockages, changes vibrations, raises vibrations and brings energy out of the aura of the hand(s). Also; the attunement symbol, send out from the third eye.

USES

1. Used to open the crown chakra; project the symbol into the crown to open or enlarge the opening of the crown chakra.
2. Used to project out into a room to raise the vibration of the room (and those in it).
3. Meditate on the symbol to bring about personal peace, increase intuitive and psychic faculties, and enlightenment.
  - a. Project the symbol in front of you and "walk" into it. Absorb the energy and allow it to raise your vibration down to a cellular level.
  - b. Write the symbol on paper and meditate on it. Notice where in the body you feel it's power and presence.
  - c. In conjunction with Hon Sha Ze Sho Nen, send the symbol to yourself in the future and notice what happens when it arrives.
4. Use the symbol with the intent to connect to your higher self, the part of you that holds your eternal wisdom and understanding of the over-all picture of things.
5. Use the symbol with the intent to connect to universal energy source.
6. Use to resonate and work with the spiritual body.
7. Use the symbol to stimulate your thymus chakra. Write the symbol or "drop" it into the area three inches below your throat chakra. This will enhance the function of the immune system and increase your energy flow throughout the body.
8. Use the symbol to charge crystals and other objects. Can "intend" the crystal to become self clearing from that point on.

## **HON SHA ZE SHO NEN** **The Distance Symbol**



### DESCRIPTION

Hon Sha Ze Sho Nen is a collection of different Japanese kanji which mean; book, now, heart, fire, old, sun and run. The symbol strengthens the other symbols when used in combination with them.

### MEANING

“The divine in me reaches out to the divine in you to promote enlightenment and peace.”

“All comes from man’s heart and mind” or, in other words, “All is false” Empowers the ability to see beyond illusion.

### USES

Hon Sha Ze Sho Nen is used to open the crown chakra, for programming and to dispel the illusions of time and space (for healing).

How to use this symbol:

1. First make a connection through a photo or a name.

2. Then send Reiki between 5 min. Up to a half hour.

Draw symbol over the photo. Hold photo in your hands. Meditate briefly on the person, say the name of the symbol 3 times to empower the connection. Intend to send Reiki to them. As the energy flows, do your best to remain conscious, alert and present. The Reiki will be more powerful when you meditate with the flow.

3. For distance healing with a paper, here is how:

Write their name on the paper. Draw the symbol over the paper and say the symbol’s name 3 times, intend to make a connection and intend to send Reiki to them.

Let your mind flow just like a regular treatment in a person who is present after the connection is made. Reiki flows regardless of concentration, but is always stronger if you meditate with the flow.

4. For distance healing with a surrogate, here is how:

Symbol and mantra over the surrogate (teddy bear, pillow, doll, etc..) with the intent that the surrogate is the person. Treat the surrogate while holding it in your lap.

5. To empower a future event:

When you have an important meeting it is possible to send Reiki to the future to store positive, high vibrational energy like a battery. It will come down to charge the situation at the right time. Use a piece of paper and draw the symbol, mantra over it and Reiki the paper for an important interview, surgery, test, etc..

6. To attain goals using Reiki, here is how:

Reiki bridges between time and space.

Use paper methods If you're not meant to reach your goal at this time, Reiki will help you understand why and may help you to adjust your goal to make it more harmonious with your current path.

7. To help events of the past to evaporate, or to change the emotional charge surrounding past events;

Picture that time of your life and release the stress around those events using the distance symbol.

8. To go back to past lives

9. To "visit" realms of higher consciousness.

10. To connect with spirits. It is helpful to send Reiki to a reluctant spirit to pass on because it will help the spirit with the transition to the light.

11. To help accomplish exorcism, clearing a house or room, here is how,

When a spirit is not aware on how to make the transition or doesn't understand that it is dead. First call the ascended masters to assist the spirit(s) in going to the light. Then protect yourself by drawing the power symbol to all sides of you and on each chakra.

Ask the ascended masters to be with you at all times and to assist you. Use the distance symbol to make the connection with the ascended masters. Make an energetic connection and intend to connect with the spirit(s) using the distance symbol.

Say a prayer of intent and ask the ascended masters to assist in taking the spirit(s) up to the light. Possession or exorcism is not a battle, it is a simple process.