

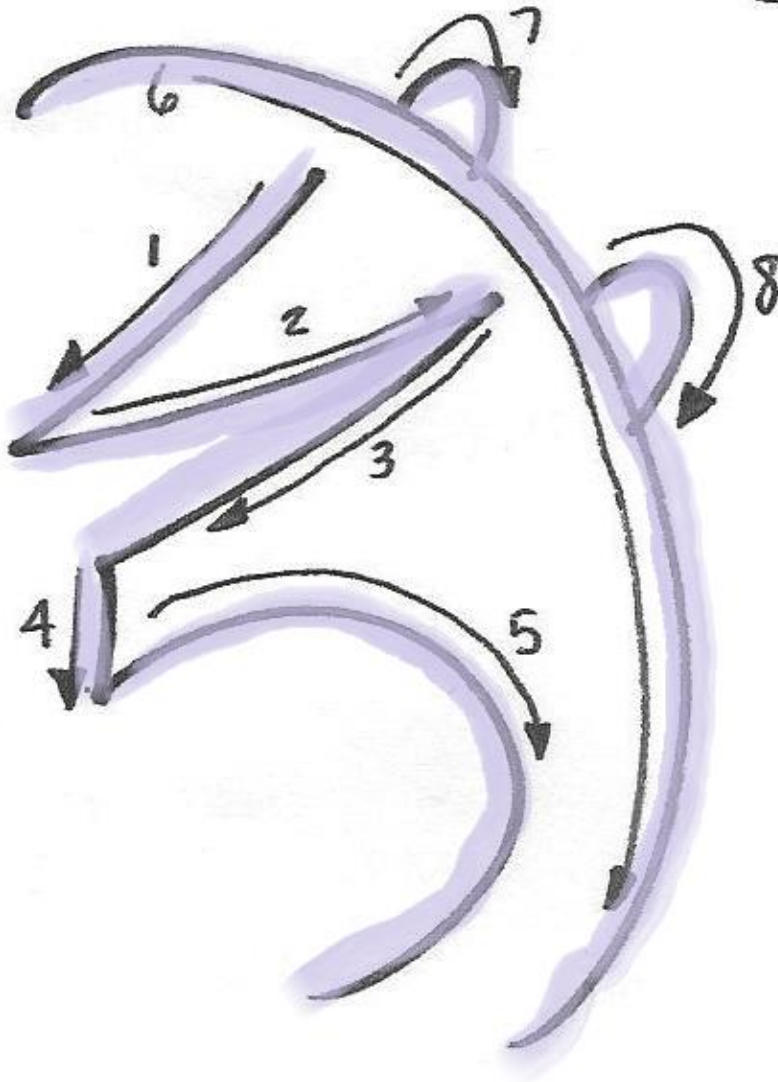
# 21 Day

## 3 FOLD: Reiki Self Attunement & Cleanse

A 21-day cleansing cycle naturally starts after the attunement, which assists in clearing out emotional, mental and spiritual blocks that have been created throughout your lifetime. After the 21-day cleansing cycle is finished, Reiki energy will flow at a higher vibration to facilitate healing for yourself and others.

1. Eliminate (or reduce) intake of heavy red meat.
2. Avoid outside stimulation (TV, radio, computers, and newspapers). This helps you tune into yourself and the Reiki energy. **95% of the world is distraction from self!!!** Spend more time inside (yin) yourself an outside (yang).
3. Find moments (hours) of solitude. Meditation and spending time with nature (walks, sitting beside streams, etc.)
4. Be gentle with yourself. Don't tackle any tasks that will deplete your energies.
5. Drink plenty of water. Here is a formula for the right amount of water you need.
  - Your body weight in lbs. (divided by 2) and converted into oz.
  - Example: 100 lbs = 50 ounces of water a day.
  - For each 8 ounces part a pinch of salt in the water. For more information buy the book "Your Bodies Many Cries for Water" by F. Batmanghelidj.
6. If you are in a doctor's care you may wish to have him/her re-evaluate dosages of medicines being used after the 21 day purging/balancing period.

Contact me if you have some unusual experience you feel is related to your attunement. Any severe or continuing unusual discomfort should be referred to an appropriate medical professional because it could possibly not be related to the attunement at all.



SEI - 1-5  
HE - 6  
KEI - 7-8

EMOTIONAL  
CLEARING

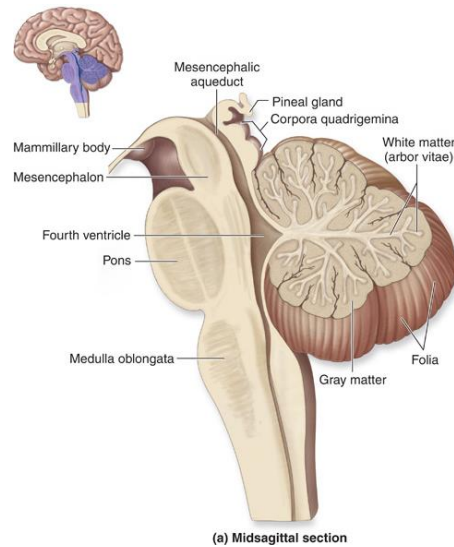
**SEI-HE-KI** - Color **PURPLE**.

It heals the emotional. It can be used to purify the body or an object.

It can also clear negative energy out of a room or house.

It can release attachments (addictions, entities, etc). Think of it as an eraser.

# Reptilian Brain



This is literally who Ganesh is. Ganesh guards the gates of the temple and removes blocks (which are always ourselves). If you do not possess the proper state of consciousness you cannot enter the temple! The Hindu gods were really ways of explaining the workings of the mind and consciousness.

Ganesh (the remover of obstacles) relates to the following parts of the brain:

- Pons - head of Ganesh
- Brain stem & midbrain - trunk
- Cerebellum - ears
- Trigeminal nerve - Ganesh's eyes

Ganesh is said to guard the chambers of the higher gods. Translation these parts of the brain restrict consciousness (kundalini) from rising fully into the higher aspects of your mind until obstacles in your ego are removed. If you have not done enough work on yourself your kundalini is stopped from rising to full potential. Kind of like this, if you are two years old no ones going to give you a loaded gun. At least I hope not

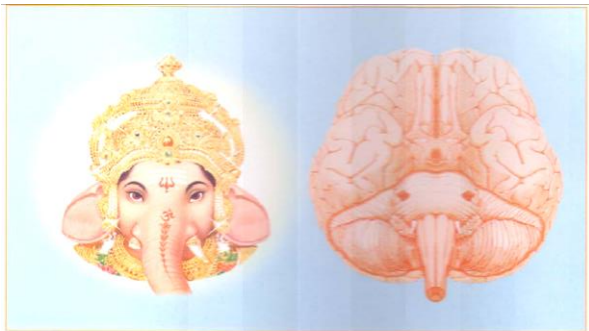


Figure 134 In this ventral view of the brain we see the clear correspondence between Ganesh and the pons, medulla, and cerebellum.

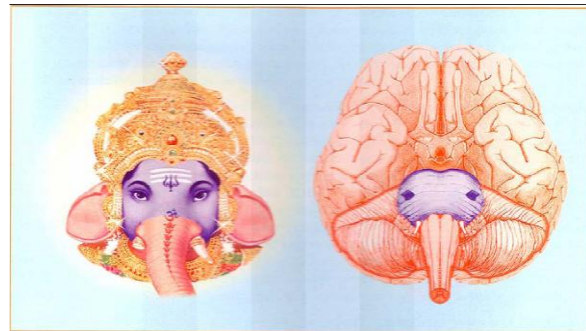


Figure 136 The face of Ganesh corresponds to the pons.

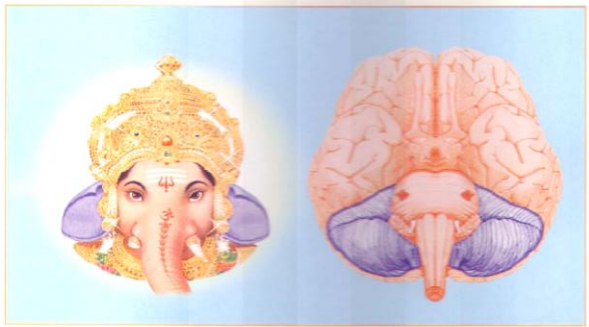


Figure 135 The ears of Ganesh correspond to the cerebellum.

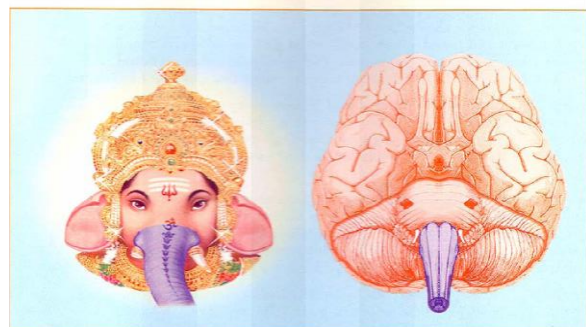
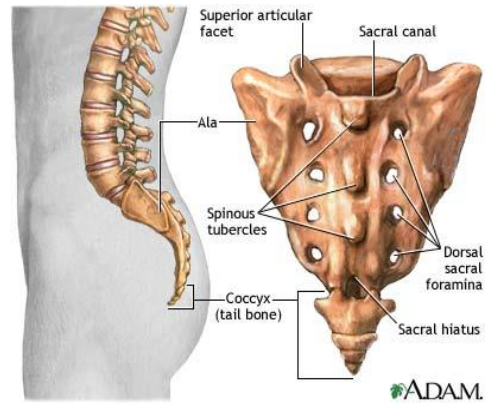


Figure 137 The trunk of Ganesh corresponds to the medulla.

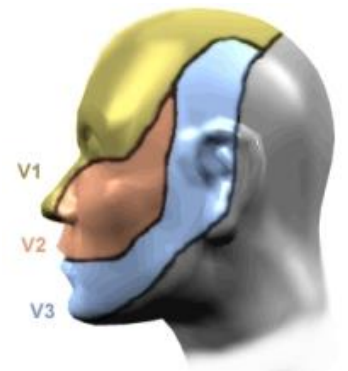
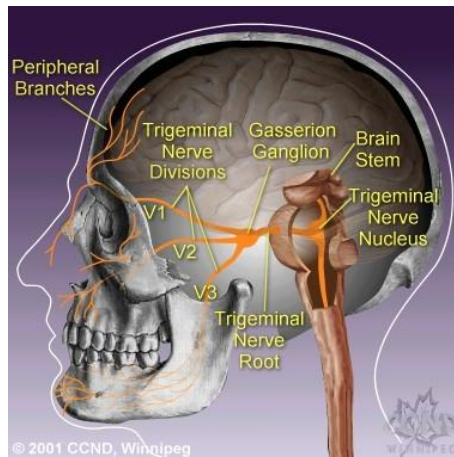
# Reptilian Brain (lower brain) = Devil, Draconians



It is interesting to me that the devil (**lived backwards by the way**) has a tail like most reptiles and it has an arrow on the end. Hmmmm maybe like the sacrum at the end of the spine.



That pitchfork is interesting too...right?



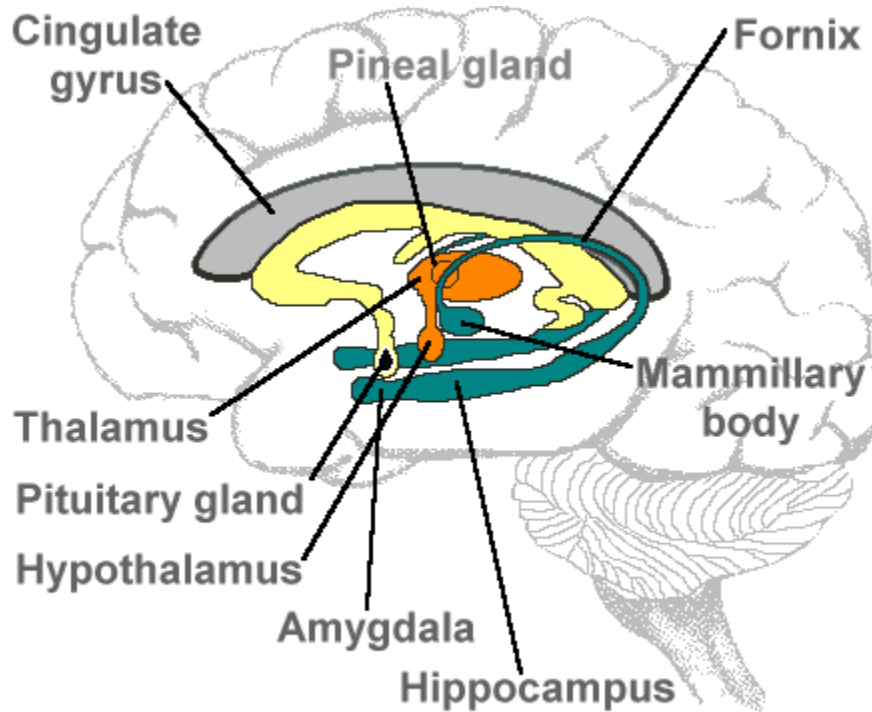
Pitchfork = Trigeminal Nerve (tusk of Ganesha). The tie into the face. What we see, hear, taste and smell. Notice how the Peripheral Branches go up in from of the 3<sup>rd</sup> eye. No doubt blocking or closing it off when in a devilish state of mind. Posiedon, Shiva and Neptune had tridons. They all had access to the deep subconscious. Submarine = UNDER water

Basically the source of our desires and how we satisfy them! When the reptilian brain is in charge the devil is in charge. Instinct over higher functions of one's being.



# Limbic Brain

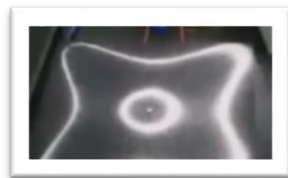
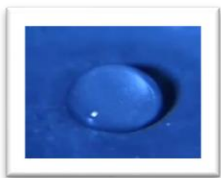
Star Trek **Enter--Prize**



## The Limbic System

The limbic system of the brain is a group of structures which govern emotions and behavior. The limbic system, and in particular the hippocampus and amygdala, is involved in the formation of long-term memory, and is closely associated with the olfactory structures (having to do with the sense of smell).

Remember the ventricles tie the 3 brains together, and they are fluid filled.

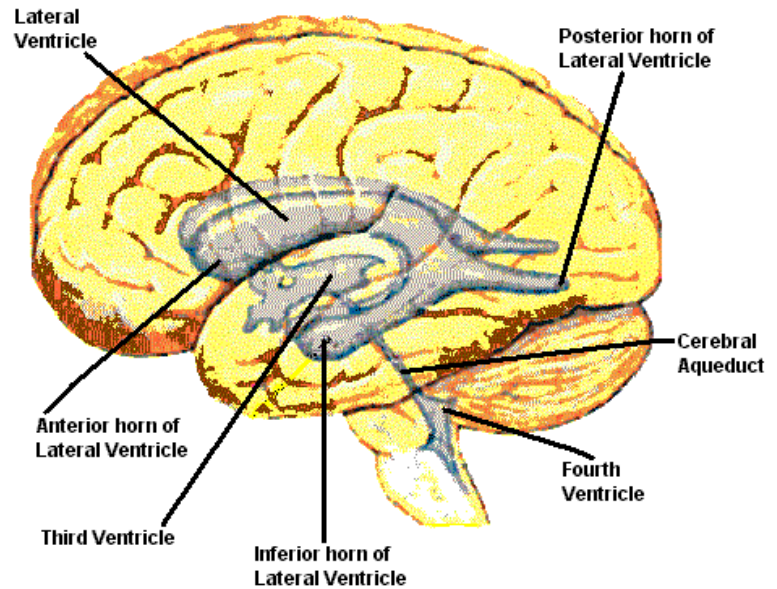
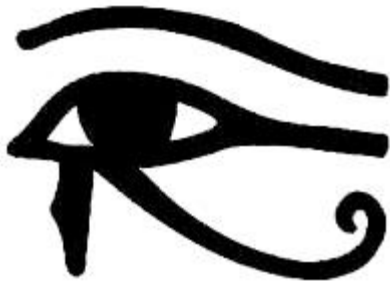


Dr Emoto (emotion)

emotions = limbic brain

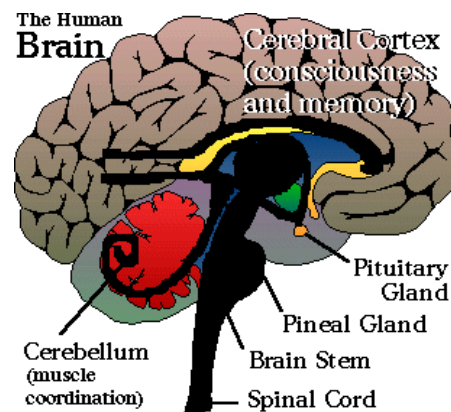
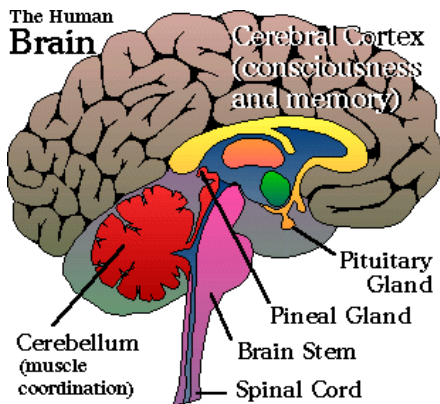
# Eye of Horus

The Eye of Horus repeats a couple of times in the head.



Ventricles. The ventricles are four connected cavities within the brain that are filled with cerebrospinal fluid.

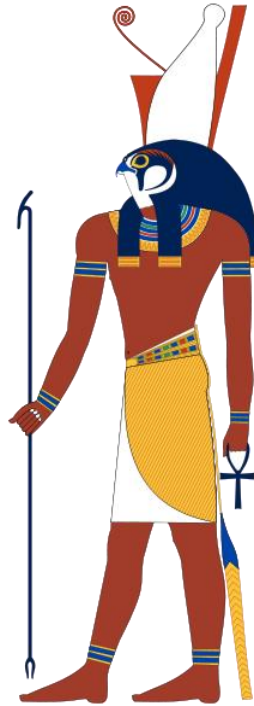
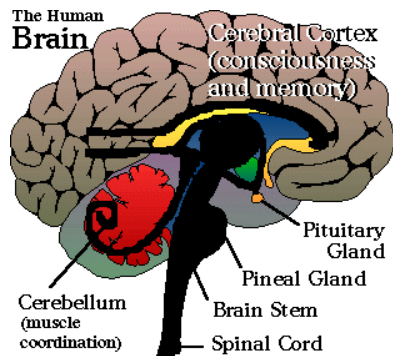
It also ties the Reptilian, Limbic and Mammalian Brains together.



The Eye of Horus is code for the Thalamus in the brain and some of its connections.

- The Thalamus: Pupil of Eye
- Corpus Callosum: Eyebrow
- Brain Stem (Medulla Oblongata, Pons, Spinal Cord/music): The straight line going down.
- Cerebellum: Spiral
- Pituitary: Tear duct
- Pineal: Back of eye

## Limbic Brain (midbrain) = Bird Brain, Horus



I realized one day that the Reiki symbol Sei-Hei-Ki, which is used for emotional clearing, is mapped out over the limbic (emotional) brain via the Gall Bladder meridian. The GB meridian time is 11p to 1a, and is when we process the day's events. It is important to be in bed by 11pm.



**In evolution, what did the dinosaurs become?**

Look up paleontologist Xu Xing for more information.

### Stages of Evolution

Fish – In Water (mother)

Stage: In the womb

Amphibian – Crawls out of water (mother) but stays close

Stage: Childhood

Reptilian – Strike out on one's own, away from water.

Stage: Going out to seek one's place or power. Dinosaur = too big for breeches

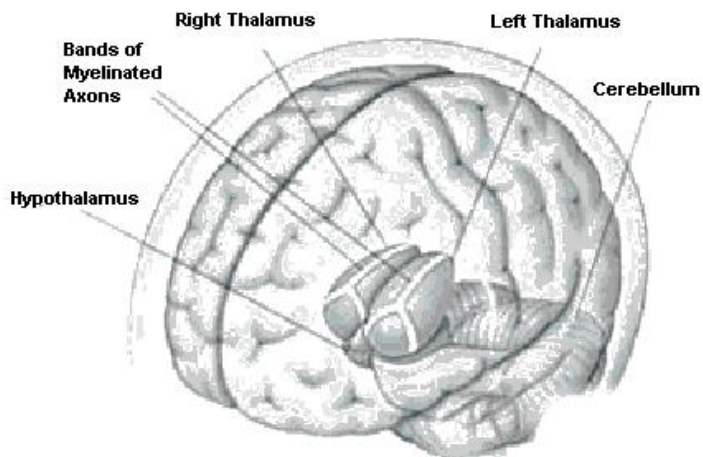
Bird – Rising above earthly limits. High perception

Stage: An awakening to the connectedness of all things and what is really important.

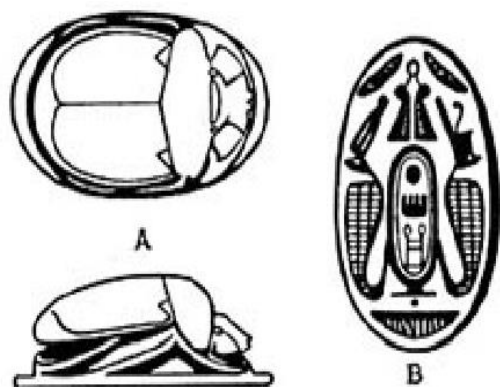
Mammalian – Nurturing and caring for others

Stage: Seeing the larger picture brings about compassion and caring for everything.

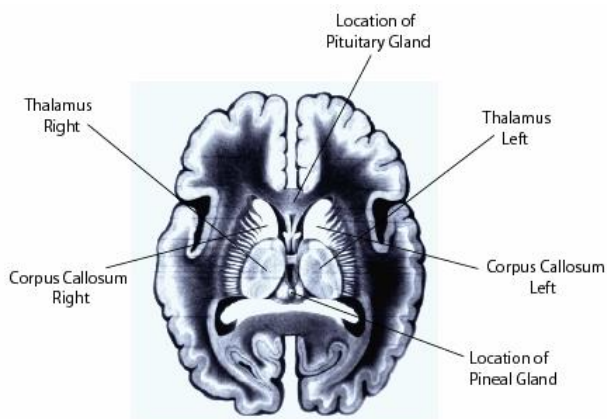
# BEETLEJUICE..Beetlejuice!!!



The Thalamus at the center of the brain.



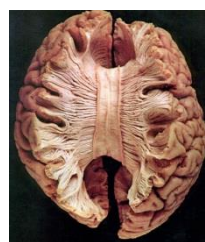
Look at B. See the 2 snakes on either side of the oval shape. This is representing the Pingala (male) and Ida (female) Kundalini channels. **Far right...**



Notice the line segments of the beetle? They are identical to the thalamus. Also notice the orb above the beetle's head with two snakes coming out of the side. This is the view looking down the caduceus (medical staff).

The ray-like antenna on the beetle's head and its practice of dung-rolling caused the beetle to also carry **solar symbolism**. The scarab-beetle god Khepera was **believed to push the setting sun along the sky** in the same manner as the beetle with his ball of dung. In many artifacts, the scarab is depicted pushing the sun along its

course in the sky.



The **caduceus** staff is carried by Hermes in Greek mythology, and carried in Mercury's (**the messenger of the gods** aka hormones from the pineal and pituitary). guide of the dead and protector of merchants, shepherds (Jesus), gamblers, liars and thieves.

Exodus 7:10 So Moses and Aaron came to Pharaoh, and thus they did just as the LORD had commanded; and **Aaron threw his staff down before Pharaoh and his servants, and it became a serpent.**



# Clearing and Opening MIND

## Hold Limbic System Clearing and Rebuilding the Temple



Sei Hei Ki is Purple Light

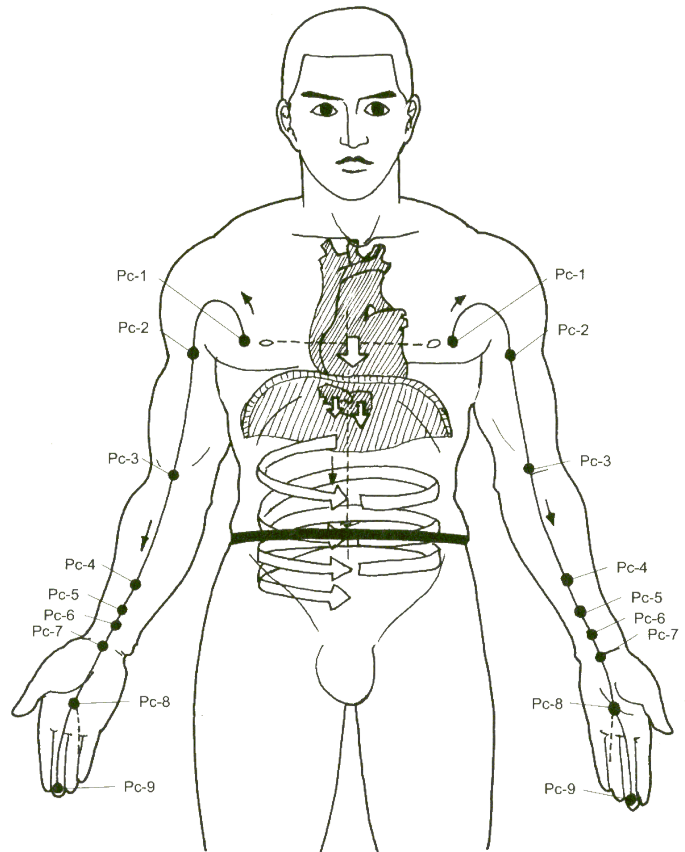
1. Center and Ground
2. Trace the purple symbol above (the Sei Hei Ki) while visualizing that you are drawing the line with purple light.
3. Hold the sides of your head with your middle finger (touching) resting on your crown (GV20 aka Bai Hui).
4. Imagine all negative energy is draining out of your head...down through your body and out your feet...into the earth for her to turn into compost.
5. After you feel you are sufficiently flushed, press firmly into your crown with your middle fingers and imagine light is pouring into your head through your crown.
6. Slowly, let it fill your body. Down from the head through your body, stopping where extra attention is needed, or your feet. Imagine that you are full of light and grounded at the same time.

**After doing this a week, you can enhance this process by using two amethyst crystals.**

# Clearing and Opening HEART

Lao Gong aka Labor (in middle of room) Point aka Hand Chakras  
WHERE YOU TOUCH OTHERS WITH YOUR HEART!

- Rub PC1
- Stroke down INSIDE arm SLOWLY to PC8
- Circle PC8 with intent to open and clear hand chakra



The Internal and External Qi Flow of the Pericardium (Pc) Channels

- Sweep off middle finger and lightly rub tip of finger

Do each side.

# Clearing and Opening SPIRIT

## Gassho ~ Hands Coming Together



1. Hands in front of your Heart.
2. Focus on your two middle fingers (PC8).
3. Deeply breathing, clear your mind.
4. Focusing on your two middle fingers and your breathing.
5. After at least 30 cleansing breaths, say the 5 Reiki Principles.  
Just for today, I will not be angry.  
Just for today, I will not worry.  
Just for today, I will be grateful.  
Just for today, I will do my work honestly.  
Just for today, I will be kind to every living thing.
6. Bring your hands to your 3<sup>rd</sup> eye and ask God, Spirit etc. to guide you through your day.

