

HEALING heARTS Community Center



Source-Code Mind-Body-Spirit Alignment

REIKI

Textbook

Seventh Edition

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www.DivineSourceCode.com

To living life, free from the bonds of ourselves and others.

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All states that can be returned to external causes are obviously not you, but that which cannot be returned to anywhere, if it is not you, what is it? Therefore, you should know that your mind is fundamentally wonderful, bright, and pure and that because of your involvement with the things of the world you have covered it up and lost it. In this way you are caught on the endless wheel of becoming this or that, sinking and floating in that sea of endless becoming. Awaken yourself now to your own bright mind.

-Surangama Sutra



YOUR BODY YOUR FRIEND
Part II

Section 9

Reiki II

Symbols
Practice

REIKI II SYMBOLS

These symbols are not static or two-dimensional as if they were on paper, but three-dimensional and moving. The symbols have depth, color, and movement.

The Reiki symbols are Sanskrit-derived Japanese forms, at least 2500 years old. They are designed psychically as pictures and sounds (mantras), and also are letters spelling out a meaning.

Use these symbols when you are guided to. ***INTENT IS THE KEY!!!**

1. **CHO-KU-REI** - Color **GREEN**.

It increase the power. Heals the physical body.

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

It heals the emotional. It can also guard a room. Be used for protection and purification. It can release attachments (addictions, entities, etc).

Use at the beginning of the healing and/or at the time it appears to be needed.

3. **HON-SHE-ZE-SHO-NEN** - Color **GOLD**

It heals the mental. It is used mostly for long distance healing.

To use the symbols you simple visualize them, draw them in the air or over the pain. They can also be drawn on the roof of the mouth with the tongue.

If you draw a symbol, do not start over the Reiki Guides will correct it. Don't use that as an excuse to not remember the symbols.

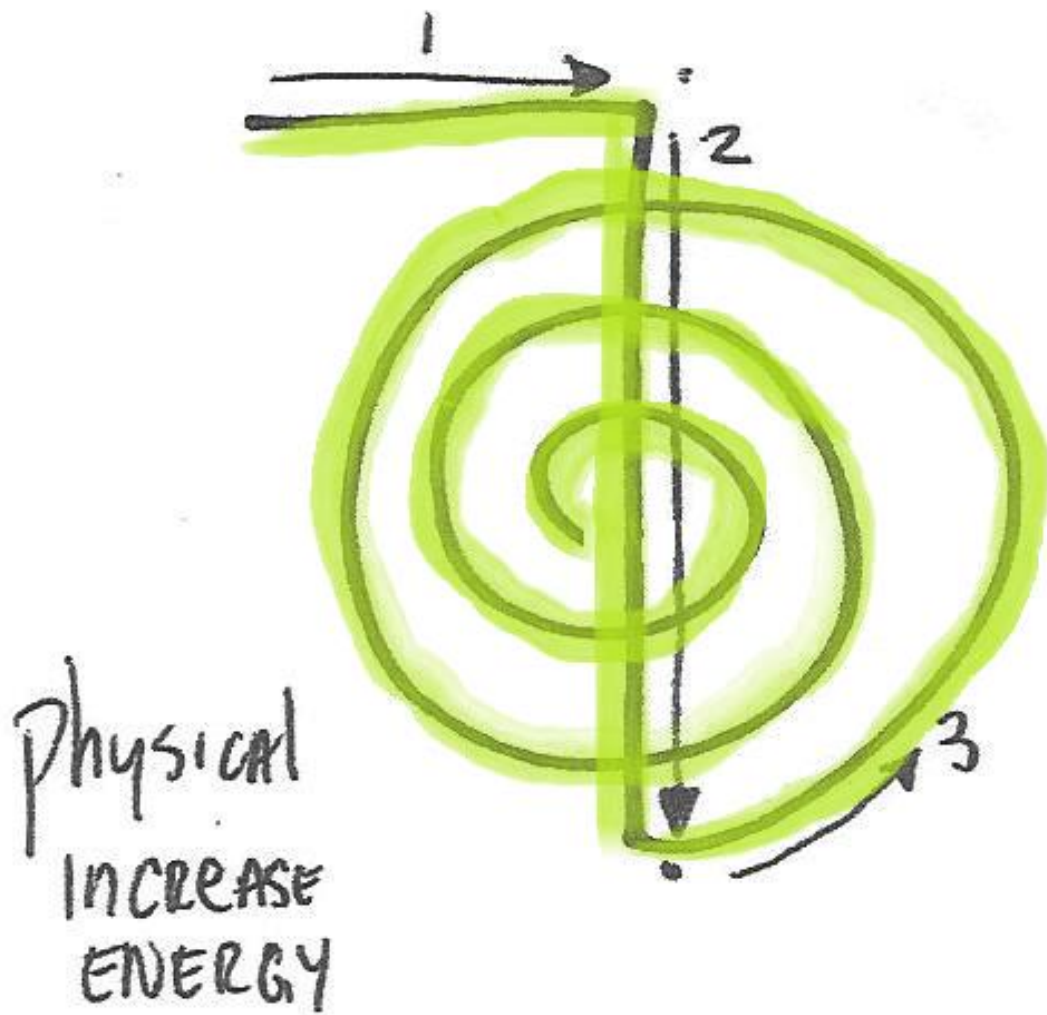
Say the name of the symbol three times as you draw them.

They can be drawn on or placed under the table.

ADDING POWER TO SYMBOLS

Visualize symbol as an element: **Fire** - **Earth** - **Metal/Air** - **Water** - **Wood**

Cho-1 Ku-2 Rei-3



CHO-KU-REI - Color GREEN.

It increases the power and heals the physical body.

Video = [Snake](#) 4:00

Cho Ku Rei

Chakra Alignment



Cho = Beginning, Inception

Ku = Mouth, Journey, Light

Rei = Ceremony, Ancient Laws, Bow



The Tree (branches) of Light/Life



Menorah



7 Seals in Revelations = 7 Chakras

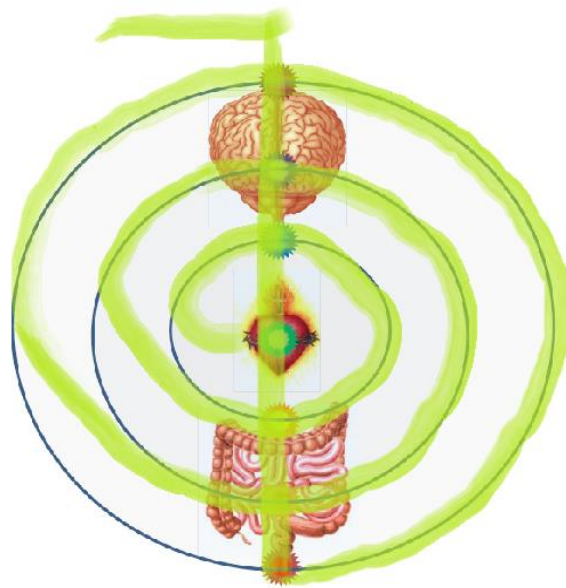
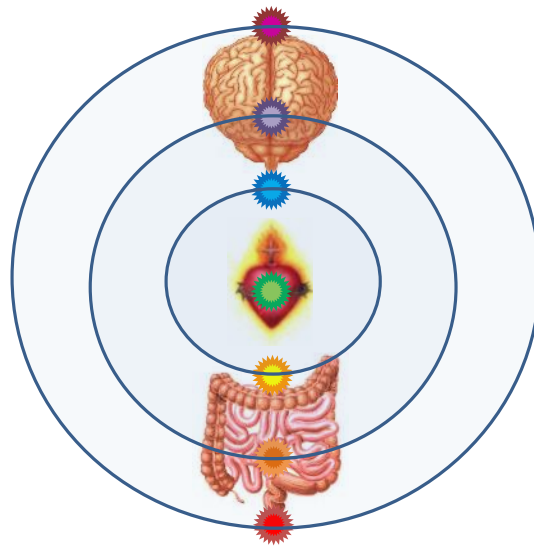
The menorah (Hebrew: **מְנוֹרָה**) is described in the Bible as the **seven-branched** candelabrum made of gold and used in the portable sanctuary set up by Moses in the wilderness and later in the Temple in Jerusalem.

The lamp stand in today's synagogues, called the ner tamid (lit. the continual light, usually translated as the **eternal flame**), symbolizes the menorah. The menorah is always lit using the center candle, which would be the heart chakra.

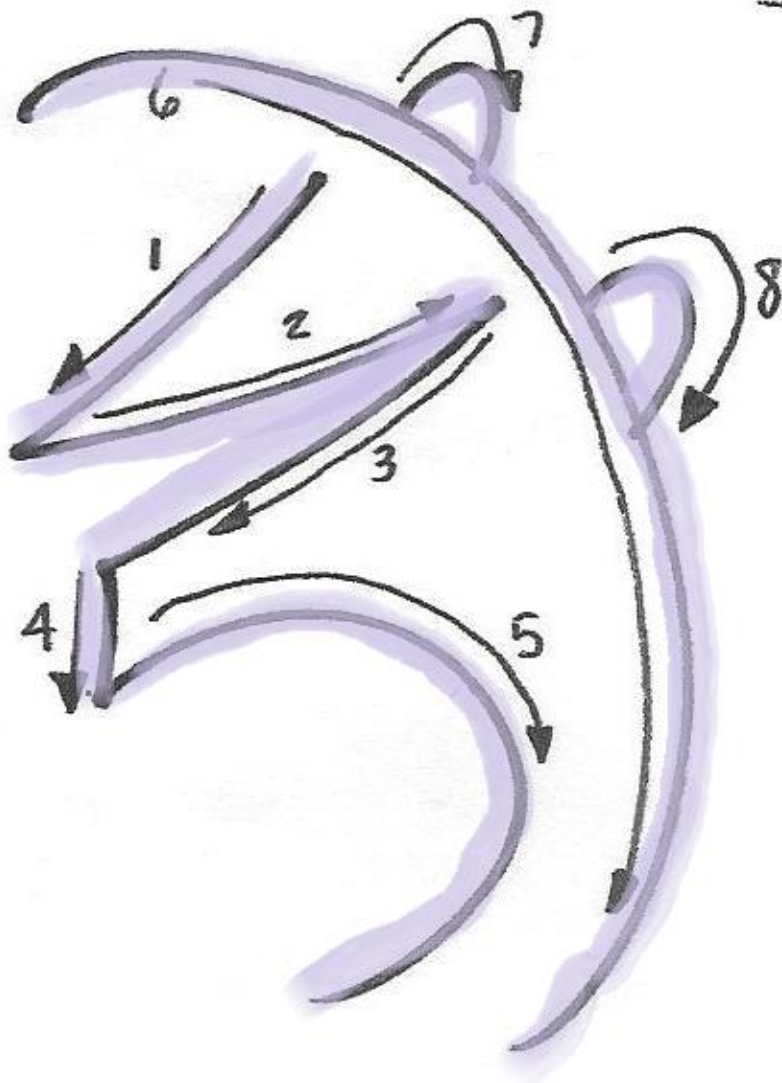
The Reiki Symbol **Cho Ku Rei** fits perfectly over the menorah. Coincidence? I thinkith not!



Balancing the Chakras = Kundalini Rising



1. Ground and Center
2. Imagine drawing the Cho Ku Rei over the Chakra system. As you draw imagine that the **GREEN** light is pouring out of your hand.
3. Hold your hand over their heart and/or rest your hand on their heart for up to 30 minutes, while visualizing all the chakras open and balanced.
4. Optional: spiral back out (drawing the Cho Ku Rei backwards) up and out the crown.



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.

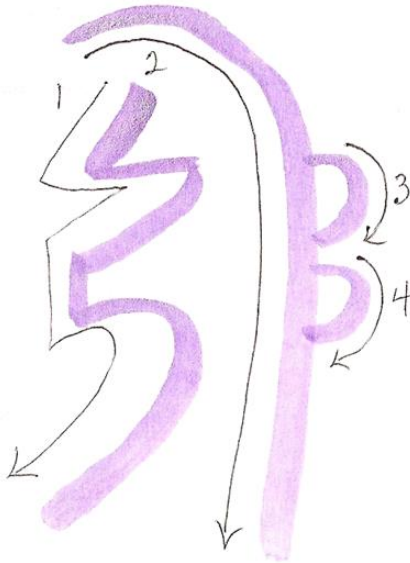
It can also clear negative energy out of a room or house.

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

Think about using different FONTS to fine tune the energy!!!

Sei He Ki

Cleaning the Temple and accessing the Arc of the COVENant



Sei = Life, Birth, Voice, Justice, Focus,
Clear up

He = Me, Bow, The

Ki = Tree, Life, Spirit



Sei-Hei-Ki



Hold Limbic System

Clearing and Rebuilding the Temple

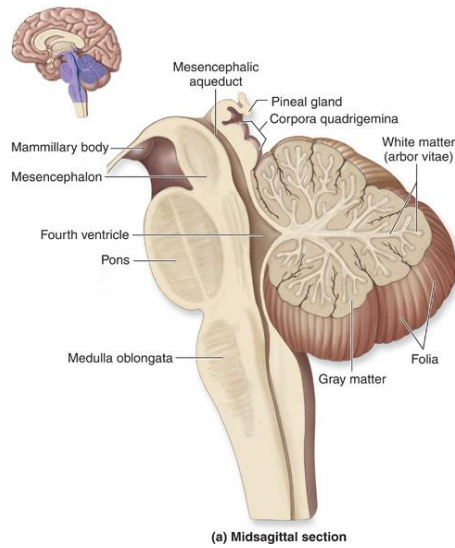


Sei-Hei-Ki

Sei Hei Ki is **Purple Light**

1. Center and Ground
2. Trace the purple line above...while visualizing that you are drawing the lines with purple light.
3. Hold the sides of the head with your thumbs resting on the crown (GV20 aka Bai Hui aka crown chakra)
4. Imagine negative energy draining out of the client's head...down through the body and into the earth to be turned into compost
5. After clearing the temple imagine a bright light shining in the head. Do for as long as you see fit.
Let the colors, you need to use, come to you.
6. Keeping the light in the head bright make sure you visualize that they are grounded.
7. Your done!!

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

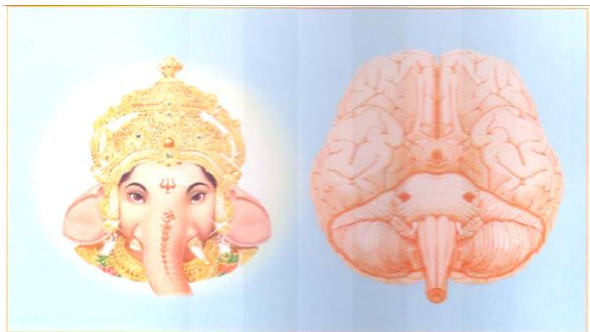


Figure 134 In this ventral view of the brain we see the clear correspondence between Ganesh and the pons, medulla, and cerebellum.

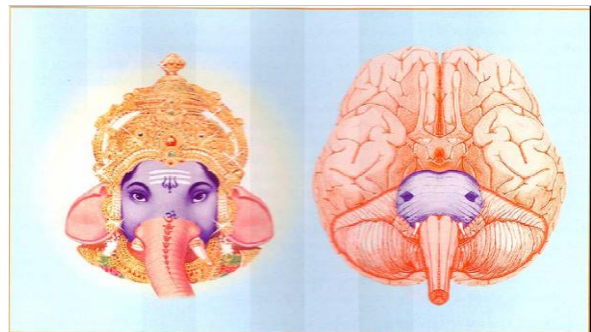


Figure 136 The face of Ganesh corresponds to the pons.

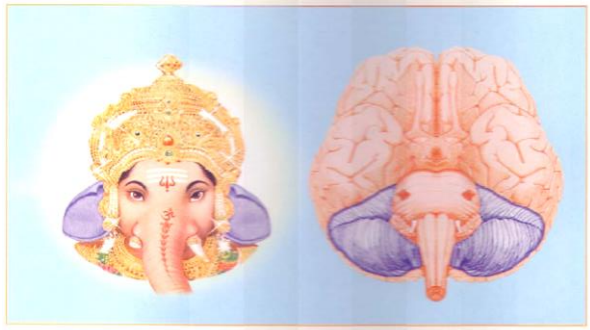


Figure 135 The ears of Ganesh correspond to the cerebellum.

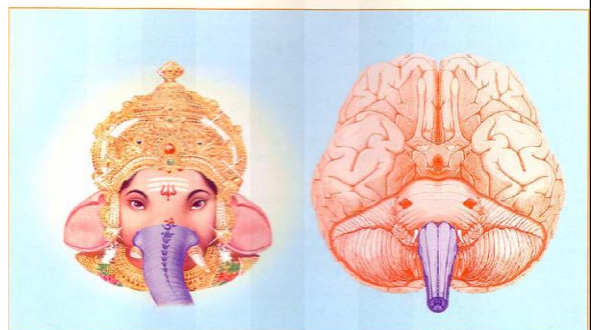
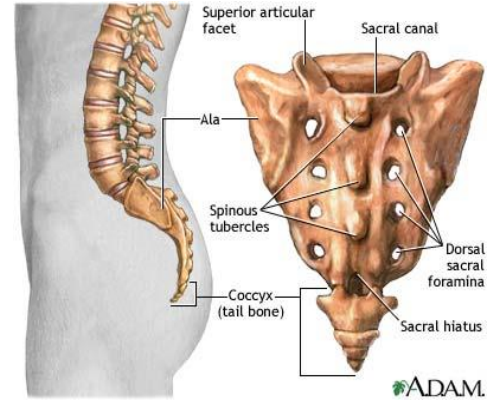


Figure 137 The trunk of Ganesh corresponds to the medulla.

Reptilian Brain (lower brain) = Devil, Draconians

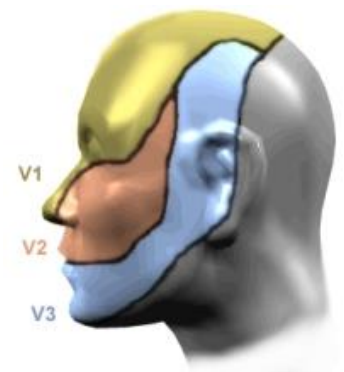
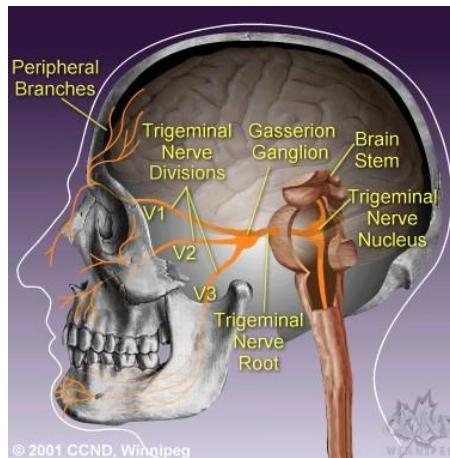


It is interesting to me that the devil (**L.I.V.E.D. spelled backwards by the way**) has a tail like most reptiles and it has an arrow on the end. Hmmmm maybe like the sacrum at the end of the spine.



[../Black Hole Heart/Spine - Cobra.MOV](#)

That pitchfork is interesting too...right?

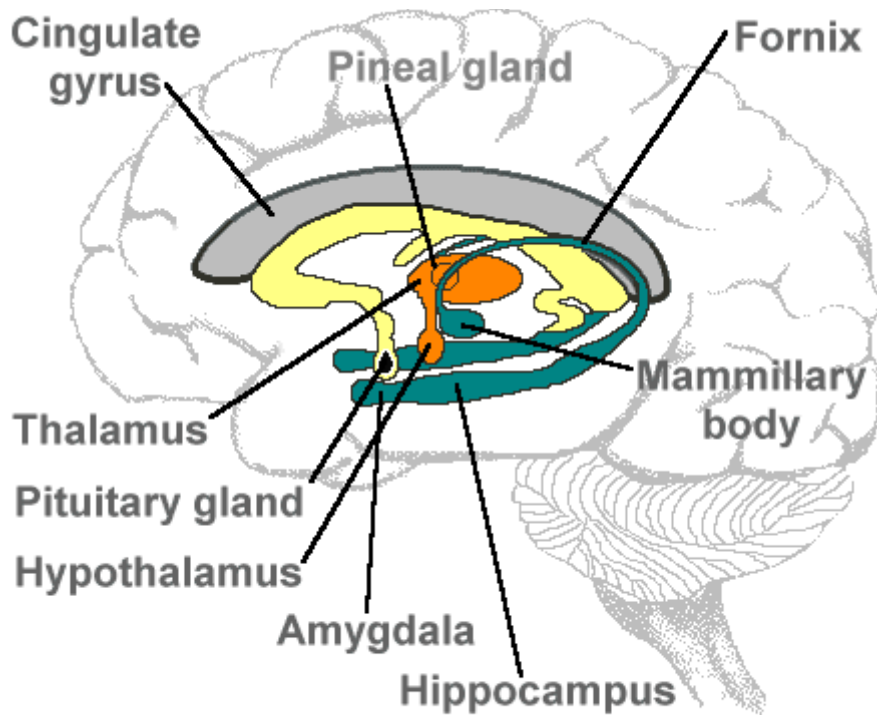


Pitchfork = Trigeminal Nerve (tusk of Ganesh). The tie into the face. What we see, hear, taste and smell. Notice how the Peripheral Branches go up in from of the 3rd eye. No doubt blocking or closing it off when in a devilish state of mind. Posiedon, Shiva and Neptune had tridons. They all had access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

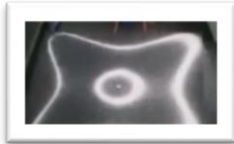
Star Trek Enter--Prize



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)

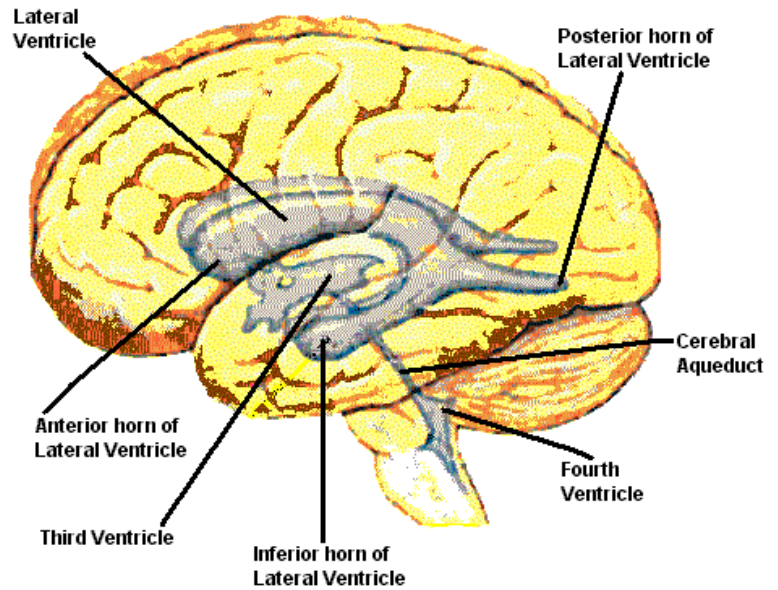
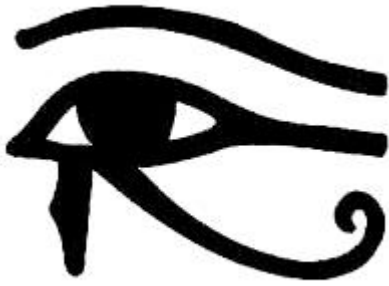


emotions = limbic brain

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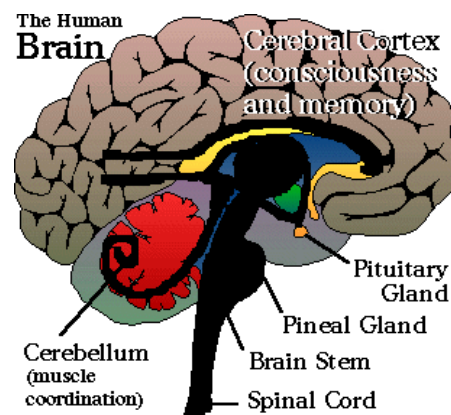
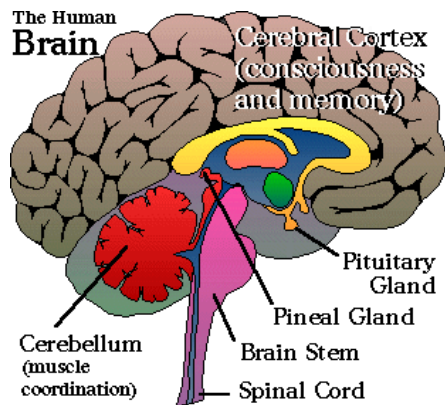
Eye of Horus

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.

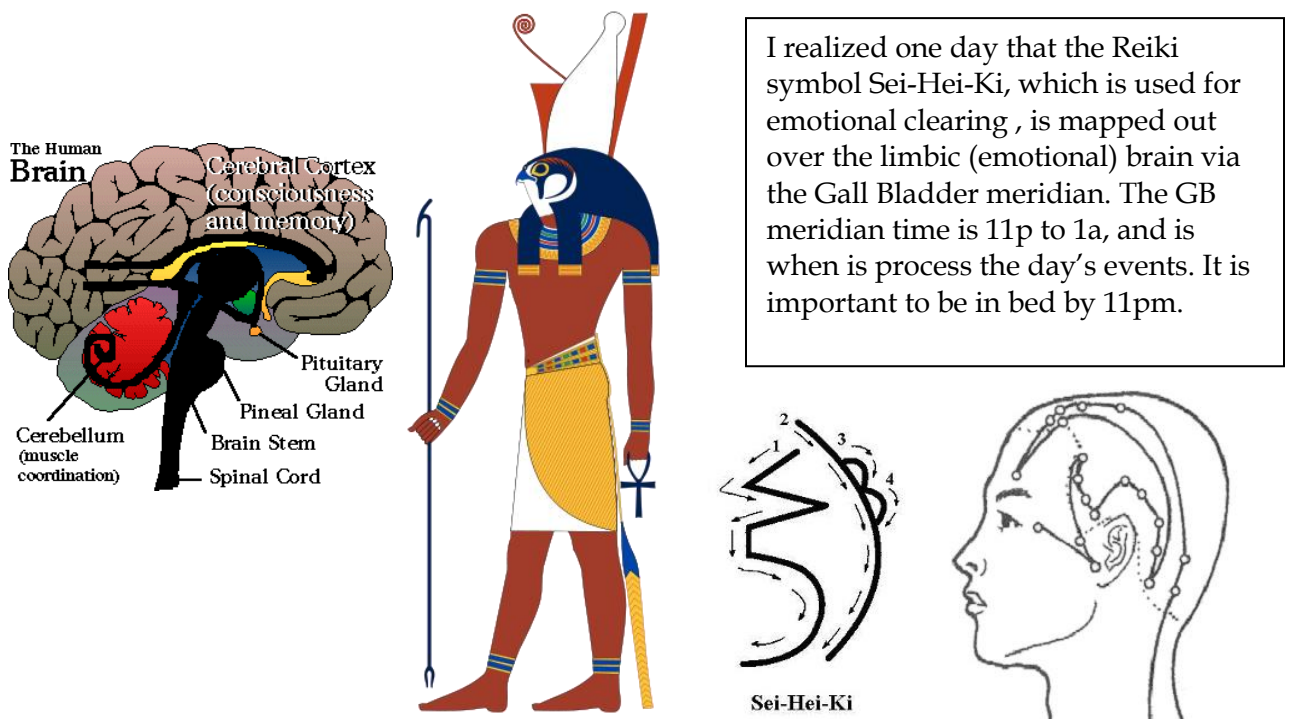


The Eye of Horus is code for the Thalamus in the brain and some of its connections.

- 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

NO PRINT

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

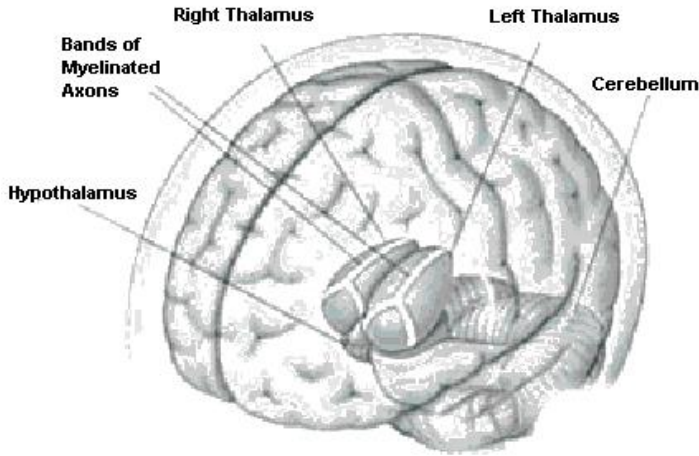
Stage: An awakening to the connectedness of all things and what is really important.

Mammalian – Nurturing and caring for others

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

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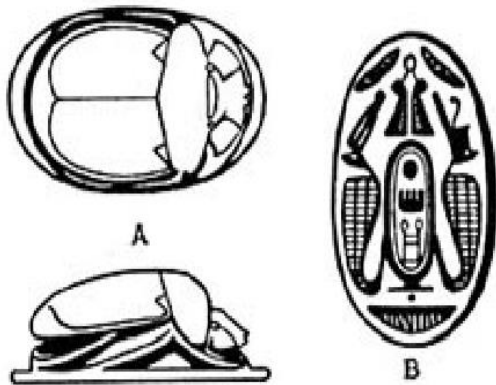
BEETLEJUICE...Beetlejuice!!!



The Thalamus at the center of the brain.



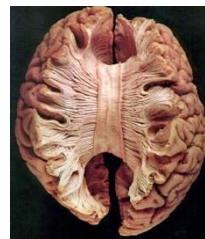
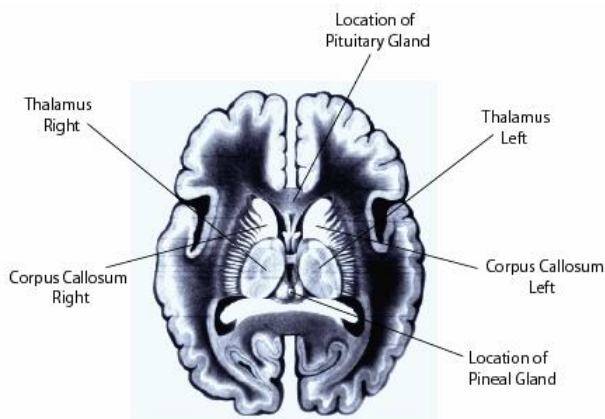
Notice the line segments of the beetle? They are identical to the thalamus. Also notice the orb above the beetle's head with two snakes coming out of the side. This is the view looking down the caduceus (medical staff).



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.



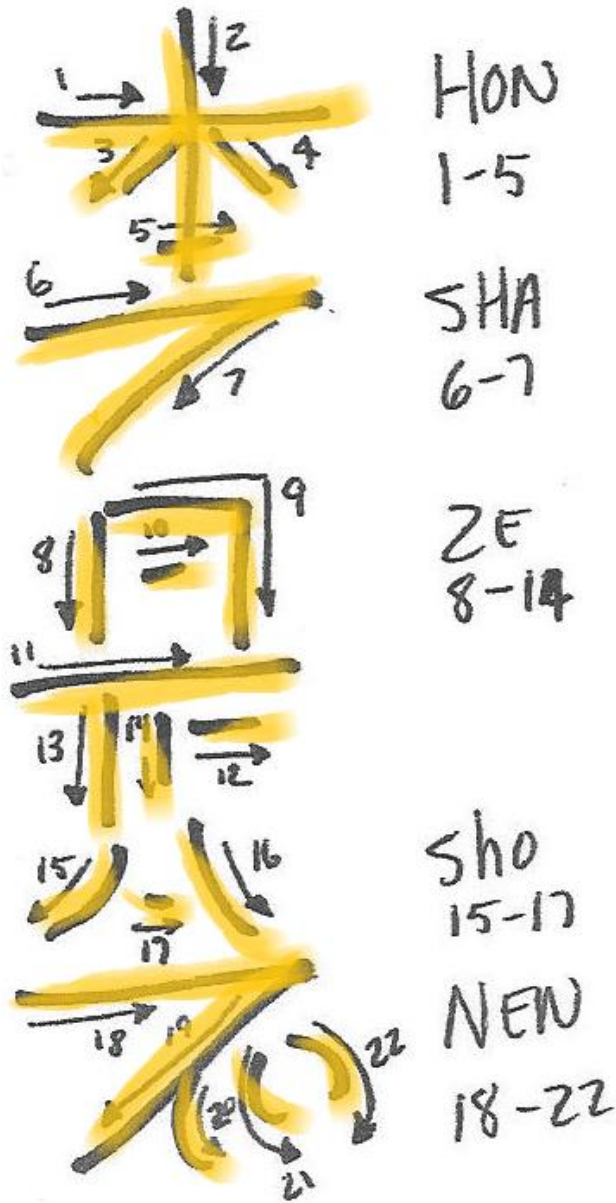
Look at B. See the 2 snakes on either side of the oval shape. This is representing the Pingala (male) and Ida (female) Kundalini channels. Far right...



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.

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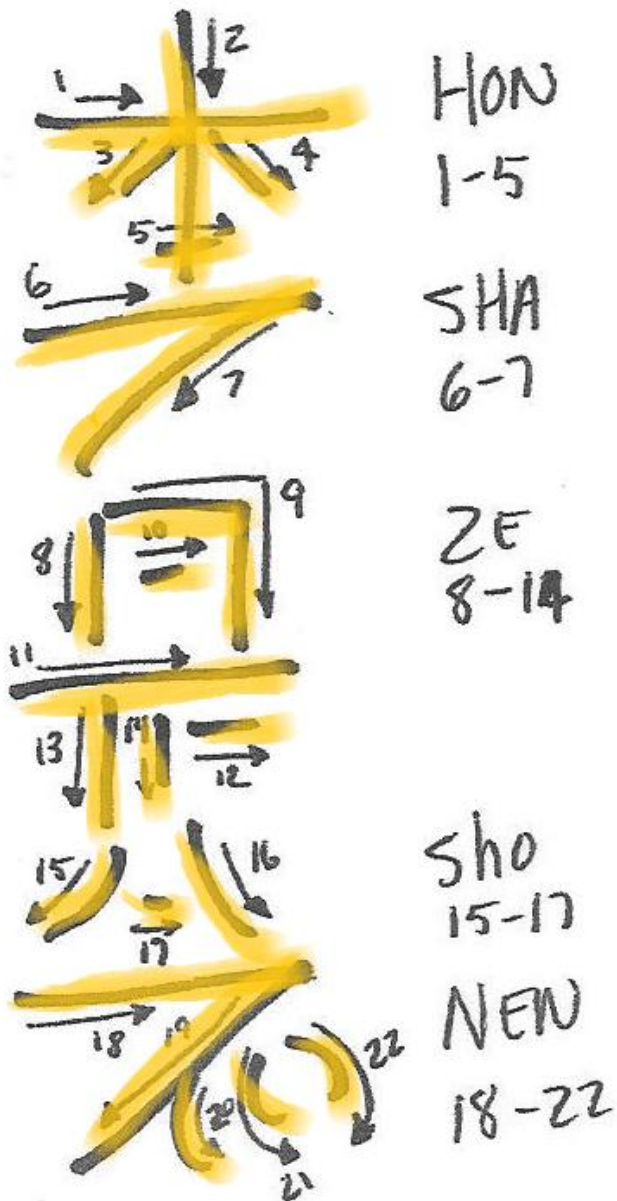
long distance
Healing

HON-SHA-ZE-SHO-NEN - Color **GOLD**

It can be used to heal the mental level. It is used mostly for long distance healing. Use at the beginning of the healing and/or at the time it appears to be needed.

Hon Sha Ze Sho Nen

Akashic Records: access to and writing in
Alter Dimensional Travel



Hon = Book, Present, True

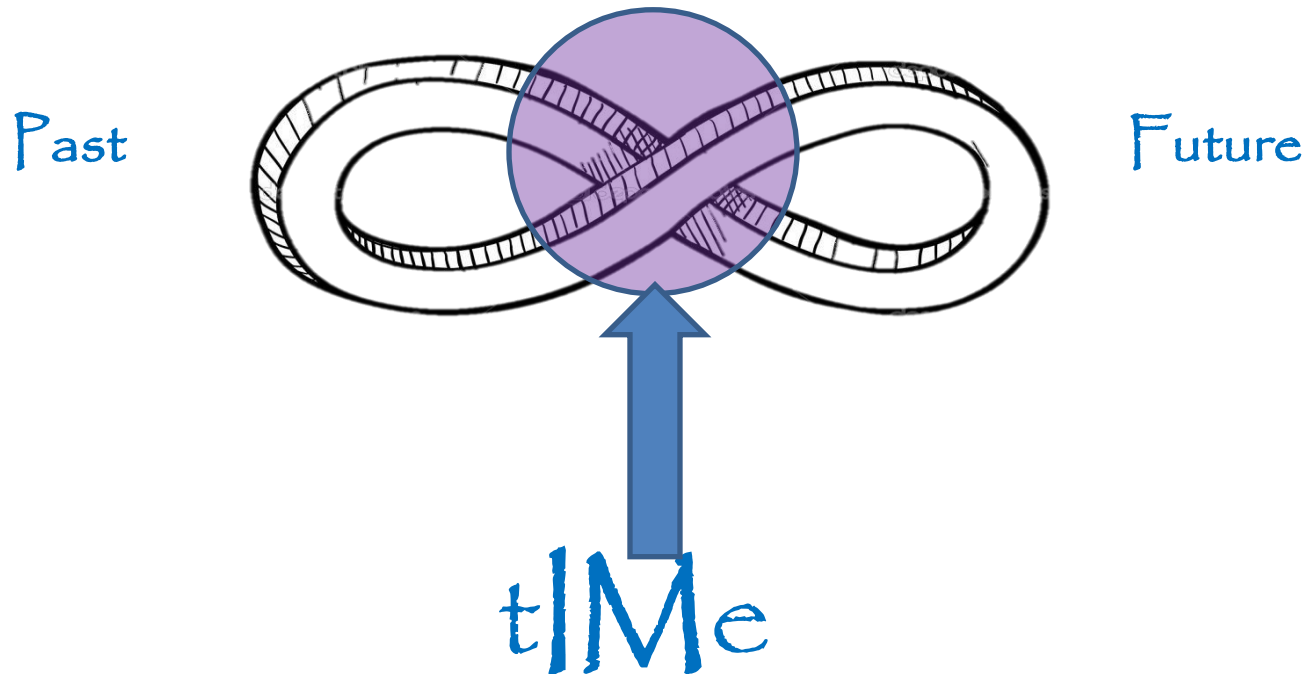
Sha = Left, Beforehand

Ze = Right, This

Sho = Write, Field, Place,
Beginning

Nen = Year, Wish, Idea, Thought,
Feeling, Desire

NOW



The akashic records – *ākasha* being a [Sanskrit](#) word meaning “sky”, “space” or “aether” – are described as containing all [knowledge](#) of human experience and all experiences as well as the [history](#) of the [cosmos](#) encoded or written in the very aether or fabric of all existence. The records or The [Book of Life](#) in the Bible (Psalm 69:28, Philippians 4:3, [Revelation](#) 3:5, 13:8, 17:8, 20:12, 20:15 and Revelation 21:27) are described as being in a non-physical plane described as a [library](#); other analogies commonly found in discourse on the subject include a “universal [supercomputer](#)” and the “Mind of God”. People who describe the records assert that they are constantly updated automatically, and that they can be accessed through [astral projection](#) or under deep [hypnosis](#). The concept was popularized in the [theosophy](#), a 19th century occult Victorian orientalism movement founded by Madame [H. P. Blavatsky](#), writer of several books. According to the doctrine, there is no end to all things – merely a convergence or return to a light body of [consciousness](#).

Hon Sha Ze Sho Nen is pronounced as: "Hon-Sha-Zee-Show-Nen"

The symbol has a general meaning of: "No past, no present, no future" or it can have the meaning of "The God/Buddha in me contacts the God/Buddha in you".

The Distance symbol can, as its name implies, be used to send energies over a distance. Time and distance is no problem when using this Reiki symbol. Many practitioners consider Hon Sha Ze Sho Nen as the most useful and powerful symbol. The use of the symbol gives access to the "Akashic Records", the life records of each soul and can therefore be used in karmic healing. Trauma and other experiences from this life, previous or parallel lives that affect and mirror peoples' behaviors can be brought to light and released.

In doing distance healing be open! Do not focus your efforts on healing a specific problem like a headache. Send the Reiki energies without limitation as they will go where they are best needed. When doing distance healing the energies will work on the receiver's subtle body, the Chakras and the Aura, and not as much on the physical level (i.e. it can take some time before the energies seep down to the body and eases for instance pain).

The person you are sending Reiki to is likely to feel it happening. If he/she has an open mind he/she can usually tell what you have done and when you have done it.

Distance healing does not take nearly as long as a hands-on treatment. You actually only need a few minutes to send distance healing. You can even set up a Reiki distance healing to automatically repeat sending energies to a person. If you want to do this I recommend that you put a time limit on the repeat (as it otherwise might continue forever) and also to renew and empower the distance healing every other day. Remember it is your intention that guides what happens!

Some uses:

Send Reiki healing to people far away.²

"Beam" Reiki to people across the room.

Send Reiki energies to the future to help with a specific task or be there as a support.

Send Reiki to the past to lift up, to understand and release trauma.

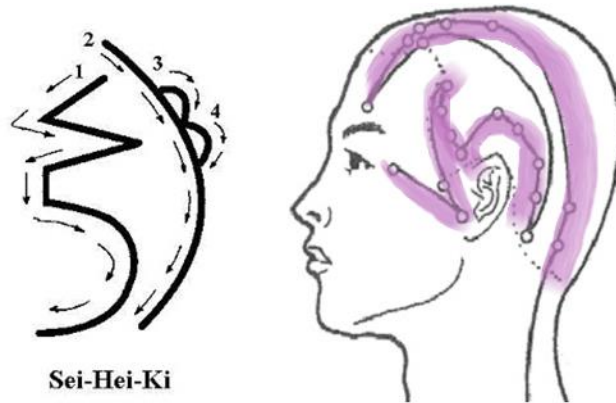
Further information:

Describing how I do distance healing is not really relevant. If you put 10 Reiki Masters in a room they would probably all do distance healing in a different way. Absentee healing is basically a process of visualization i.e. imagine or "see" the person you want to send healing to and do it. You can use a photo if you have one, if not don't worry about it just send. Sometimes I send to people I don't really know (like a name I have received in an e-mail), I only have their name and city. No problem, it is the intention of sending Reiki to this unknown person that makes it work. My advice is to let go of all you doubts, formulate a clear intention, use the Reiki symbols and send the energies!

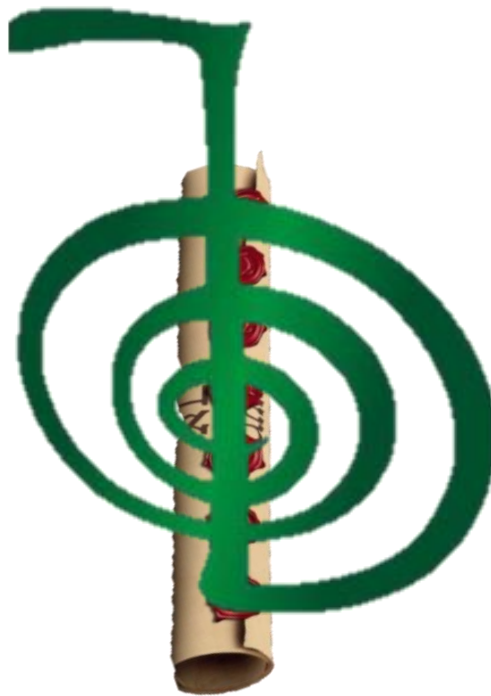
The form of the Distance symbols is complex and probably this is the symbol with most variations. It is a Japanese Kanji and represents the human body incorporating the chakras and the five elements.

Chirst Heart Centered Meditation

1. Sei He Ki = Cleanse the Temple



2. Aligning the Chakras-Gates-Seals





YOUR BODY YOUR FRIEND
Part II

Section 10

Long Distance Sessions
Centering with the YOUni-Verse
Pulling Out

My Long Distance Protocol

1. Sit down
2. Set in your mind who you'll be working on: location, name, permission, ect
3. Focus on your breath and enter a meditative state
4. Imagine in your mind there is a heavy silver (silver is an energy cleanser) door
This door is the middle of your mind and at your 3rd eye at the same time
5. Draw the Hon Shan Ze Sho Nen symbol down the length of the door, push the door open and walk through
6. You will automatically find yourself in the room or house of the person or animal you are going to do a session on
7. Do your session
8. After you are done doing the session step back from the client and *kenyoku
9. Come back through the door
10. Close the door and draw the Cho Ku Rei symbol on your side of the door to seal it
11. With eyes still closed bow and "Shanti Shanti" to guides and spirit
12. Open your eyes Sometimes hands on healing is still needed.

***Kenyoku (dry bathing): Purifying to the body and soul. It strengthens your energy and helps you to disconnect from your clients, situations, thoughts and emotions.**

Put your right hand on the left side of your chest, over the collarbone. Now stroke down gently across your chest to the right hipbone. Repeat left hand to right collarbone.

Now put your right hand on your left shoulder and stroke down gently over the inside of the left arm and the palm of your hand, down past your fingertips. Repeat left hand to right shoulder.

Water Bottle Long Distance Session



1. Decide who you are going to work on.
2. Get verbal or energetic permission from person to work on them.
3. Prepare a bottle of water. The type of water doesn't matter.
4. Write the name of the person you are going to work with on the bottle.
5. Ground, Center and do a little meditation.
6. Focus on your client. Then draw the Hon Shan Ze Sho Nen down the length of the bottle.
7. Do a session on your client using the bottle as a surrogate.
8. When finished doing the session, swipe your hand up the bottle with the intent to break your energetic connection to your client. **THIS IS VERY IMPORTANT!**

Ideally, you would repeat this for 2 more days in a row.

When you are done with the session or sessions, pour the water on the earth.

Centering With the YOUni-Verse

Place your hands over your heart center. Become still and aware of the energy.

Bring palms together in front of your heart center and slowly bring your hands to your throat center, the third eye, the crown and continue up as high as you can reach palms still together.

Become aware of centering within, then clasp your fingers and turn your palms inside out, pointing up at the universe.

Remain still for a while, then bring hands back together down to the crown center, the third eye, the heart center and then place your hands on your heart center and experience the expansion, centering and aligning with the universe. You may repeat this as many times as you like.

This can be done sitting or standing. Experiment with it at different times of the day or night and notice the difference.

Pulling Out

Pulling out is the technique of purifying energy by putting in with the right hand and pulling "stuff" out with the left hand to assist in breaking/releasing blocks and traumas..

Put your right hand near or under areas where the "stuff" is going to be pulled out.

Place your left hand on top of the area to be cleansed. Centering yourself - ask the client if they are ready to release this unwanted "stuff".

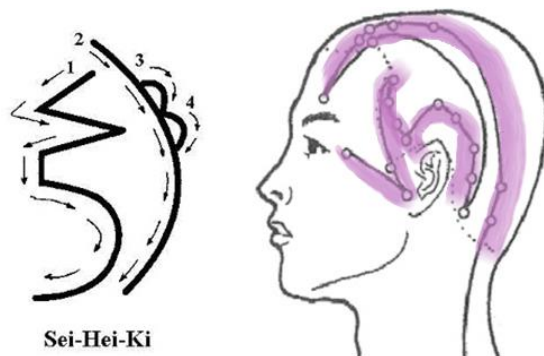
If they say "YES", inform the client that as you pull the "stuff" out that they are to fill in the empty space white light. Ok... slowly rotate your hand clockwise or counterclockwise.

After you feel like you have collected enough energy, begin slowly raising your left hand (while leaving your right hand in place). You may feel heaviness in your left hand as you pull up. Give them enough time to fill in with white light. When the client says it is filled with white light - release your right hand and clap both of your hands together and upward.

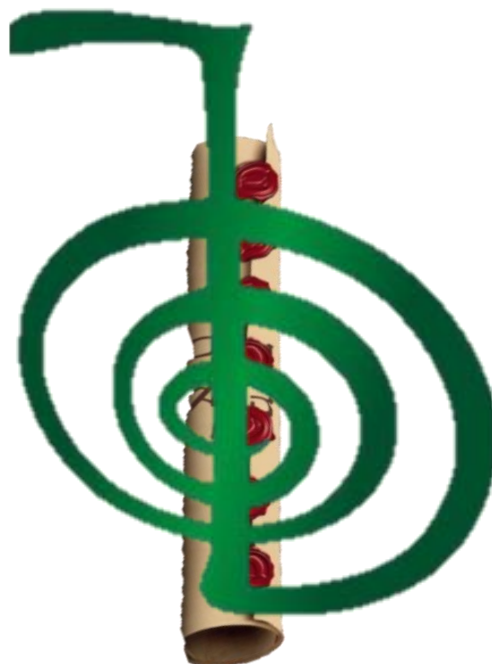
You may have to repeat this process over and over if the "stuff" is really deep.

Christ Centered Black Whole Heart Meditation

1. Sei He Ki = Cleanse the Temple



2. Aligning the Chakras-Gates-Seals



3. Octahedron Spin = Cleanse the Heart



PRAYER

Dear Heavenly Father and Mother Earth, we come to you today to

I **Hold Myself** in Perfect Alignment with

I am **Positively Focused** on

I **Feel**

I **See and Believe** in the Miracle of

I **Completely Intend and Allow**

I **Speak** only words that are in Alignment with

I hold in **My Heart**



YOUR BODY YOUR FRIEND
Part II

Section 11

Attunement
Working with Spirit Guides
Color Therapy

Lee Ann's Guide to Working with Spirit Guides

You can work with Reiki and Spirit guides. Guides will give advice and help. They **will not** give orders or make you do something that you feel is wrong!!

Pay attention to the quiet voice. Invite them in "All positive healers and guides who wish to help with this session you are welcome".

They become more noticeable as you acknowledge their presence and thank them.

Ask to be shown how you can best work with them in healing.

The more you work with them the stronger the relationship with them becomes.



Ready to Find Out Who They Are?

Once you have accessed the ZERO POINT of the Christ Heart Centered Meditation, you have opened the window allowing access to spirit guides who can assist with your Reiki energy healing session. The spirit guides are ready and willing to help. In fact, they have been waiting patiently for you to ask them to play!

You may have been knowingly working with your guides already and that is awesome or maybe you are only aware of a few of them. Maybe you are not tuned into any of them, but rest assured they have been with you all along and are ready to play with you. I am clear to say the word "PLAY" and not "WORK". ALL your spirit guides are interested in CO-CREATING with you and to be in that space of co-creating is to be in a vibration of JOY, PEACE, REST, and LOVE.

JUST A FEW THINGS TO REMEMBER BEFORE WE GET STARTED...

Here at the ZERO POINT Christ Heart Centered Space of the Infinite Universe there is NO JUDGEMENT. These beings have gone before you for millennia and have been in and out of our waking walking along side us on different missions through the eons. Yes, you are THAT old, and yet such a BABE! You ARE very important, or they wouldn't be here.

The second most important thing to remember is that THEY WILL NOT CAUSE HARM. They will not harm you, nor will they respond to a command to hurt another. Want to see a great disappearing act? Go dark. Ever wonder why they are not talking to you or you feel like you are out here alone, do a self-check. YOU went DARK and they just sit back and watch until you get over yourself. It is TRUE! There is no place for that nasty little ego that thinks it's so big.

Sometimes we are NOT in the higher vibration of these feelings, but they ALWAYS are. Until you are in the higher vibration of these feelings you are not CO-CREATING...yet. They are here to assist you in raising your vibration to align back to source so that you can get on with CO-CREATING and PLAYING are your Guides!

Let's Meet Them!

After doing the Christ Heart Centered Meditation, you are now in the space of non-judgement (of yourself or others) and are not wishing to cause harm (to yourself or others) and you are aligned with source and vibrating a high frequency and you are ready to have FUN then you are in the space to meet YOUR Guides. Your guides are ALL interdimensional beings and you are ALSO an interdimensional being only vibrating a different denser resonance than them. They are coming to meet YOU at YOUR vibration at your INVITATION. Your INTERDIMENSIONAL BEING self is now resonating with Angels, beings from other universes...aka Aliens, your higher self, deceased loved ones, dragons...(your Mon-Tey), nature essences, gods/goddesses/ascended masters, and spirit animal guides.

TAKE NOTES...

You should probably grab a recording device because you don't want to miss anything! Your phone, a recorder, pen, paper, lots of paper and you might even need scissors and glue... this could be messy! Be ready to co-create! Be ready to play and learn. Here goes...

On your recording device record who shows up. Ask their name.

INVITE them to CO-CREATE with you. Talk to them about your intention, why you are here, and ask them how they are available to assist you. Then...

LISTEN. Record the answer, this could get lengthy so be ready.

When you feel that they are done, SAY THANK YOU! They are in deep gratitude for you too!

LET THE CO-CREATING BEGIN!

Once you have established contact, they may ready to tell you more about who they are and will be telling you ALL about themselves in the days and weeks to come. Books will become available that have all the information about their dimension/realm/or activities. People may will come into your life who know much about your guide. You can speak out loud to your guide and may catch yourself talking to yourself. It's ok, you are not crazy. Remember we are not judging ourselves, so relax.

If you are in a healing session and you have invited guides to show up for the session for insight and inspiration, the guides may well be the guides for the person you are working on. Kindly acknowledge their presence and be sure to say THANK YOU for their assistance.

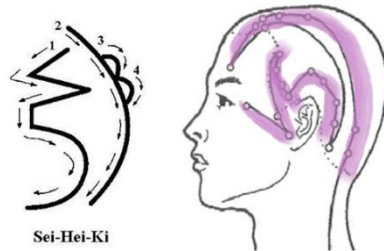
When you become open and sensitive to working with your guides, you will become highly aware of synchronicities, repeating numbers, or other anomalies unique to your guide. These events are letting you know that your guides are near, they are playing with you, giving you cosmic winks, and assurance that you are indeed CO-CREATING together.

USING HAN SHA ZA SHO NEN TO WORK WITH YOUR SPIRIT GUIDES

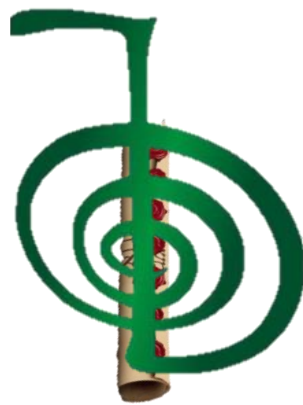
In the last chapter you were introduced to the THIRD symbol, the HAN SHA ZA SHO NEN. Because it is one of the most complex USUI symbols, we have replaced it symbolically with the Green Diamond located in your Heart Chakra which is then activated by the Christ Heart Centered meditation. This symbol gives you access to the infinite universe and all its knowledge. You have created an intention and you are here at ZERO POINT to glean information. You are not floating around in this cosmic soup alone. You have a network of guides waiting to assist you, these entities on standby are your personal Spirit Guides.

Christ Centered Black Whole Heart Meditation

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Color Therapy

Red

Properties of Red: longest waveband and lowest amplitude of all visible colors; a hot positive color with a strong magnetic force; symbolizes love, anger and life itself; highly penetrating. Recommended for: impeded circulation, muscular system and cardiovascular system; a positive effect on chronic illnesses as it stimulates and has a clearing effect; generates enthusiasm, passion and lust for life.

Orange

Properties of Orange: warm and encouraging; symbolizes bliss and happiness and can help raise the spirit. Recommended for: depression and fear; hormonal cleansing and menstrual difficulties; builds inner strength and sex drive and appetite; a source of encouragement; a source of vitamin C.

Yellow

Properties of Yellow: warm positive color with a purifying effect; stimulates intellectual clarity, digestion, elimination and the processing of toxins. Good for learning difficulties, strengthening internal organs and endocrine system.

Green

Properties of Green: cooling, sedating and balancing color that helps reduce swellings of joints and tissues; calms body and reduces inflammations. Helps to create oxygen and chlorophyll. Helps us assimilate love and other positive emotions. When in doubt use green!!!

Sky Blue

Properties of Sky Blue: a cool color that facilitates spiritual growth and assists in breaking down emotional barriers. Recommended for: mental relaxation and psychological issues; skin toning; regulating lung and large intestine; pain relief; balancing male and female energies. Repairs etheric levels!!

Indigo

Properties of Indigo Blue: electric color, peaceful, cool with a calming effect. Recommended for sleep disorders, headaches and pain; regulating elastic tissues and reducing cramps, bleeding and hemorrhoid swelling. Has an astringent and calming effect on skin eruptions or oozing. Good for bacterial infections.

Violet

Good with meditation! Properties of violet: cold color that has the shortest waveband and highest amplitude in our visible color spectrum. Promotes awareness and consciousness. Recommended for mental and nervous disorders; assists the lymphatic system, detoxification and menopause; stimulates the spleen. Neutralizes emotional wounds, can act as a tranquilizer. Assists spiritual awakening.

Pink

Properties of Pink: raises cellular properties to the highest possible frequency. **Allows the recognition and acceptance of love and the development of receptiveness and higher consciousness.**

Magenta

Properties of Magenta: combines the intellect, spirit and soul leading to completeness, trust and well being.

Crimson

Properties of Crimson: a color of passion that accelerates and ignites the cellular structure. Creates a pathway for better cellular oxygenation.

Gold

Properties of Gold: a rejuvenating color that protects cellular nuclei and helps cell walls to operate at optimum level. Gold light is similar to solar energy.

Lemon

Cleansing. Especially for the lymphatic system

Turquoise

Properties of Light Turquoise: a newer frequency of the Earth which generates a further prismatic effect of light. It can restore and rejuvenate cells in the body and stimulates the cellular nuclei.

Light Green

Properties of Light Green: awakens cellular memory, and leads to heart awakening in each cell of the body. **The cells remember how to operate in a manner of complete perfection.**

Lavender

Properties of Lavender: generates acceptance and tolerance of mind over matter. **It can bypass the subconscious mind and stir the conscious mind into action.**



YOUR BODY YOUR FRIEND
Part II

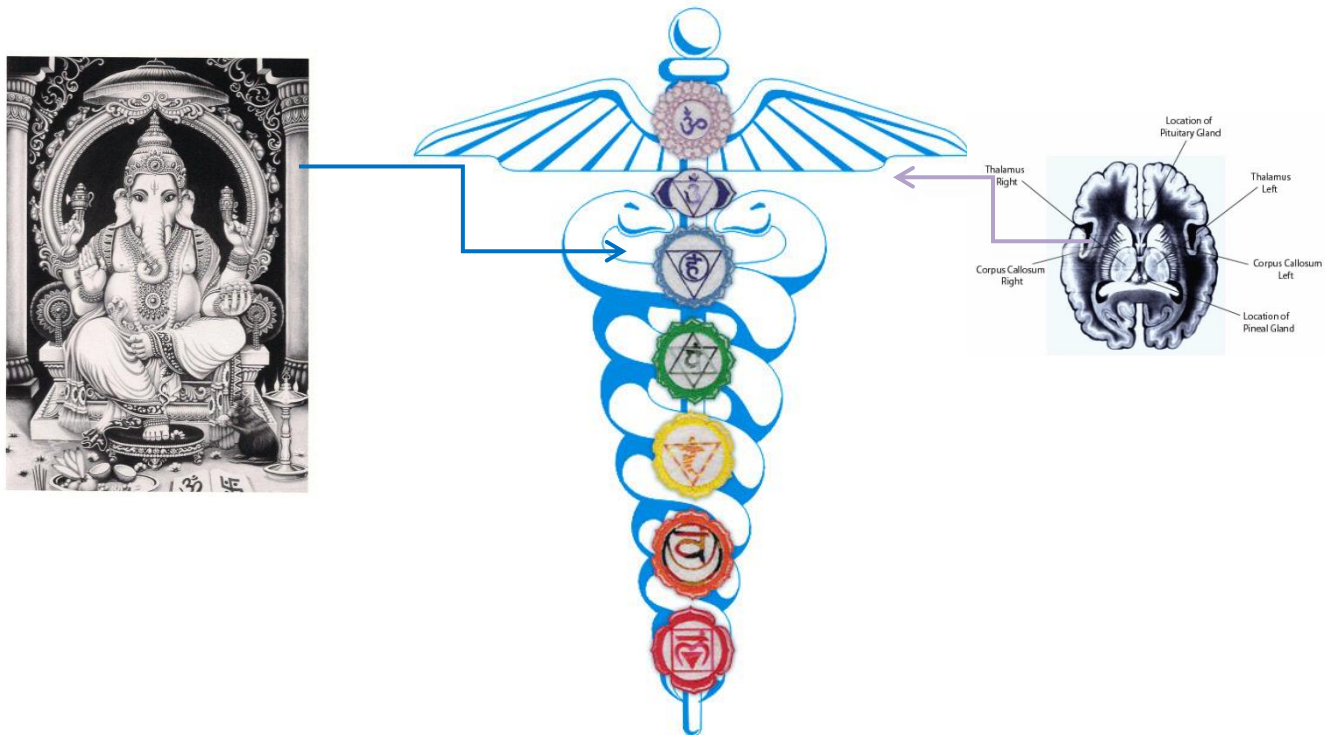
Section 12

Kundalini
Tan Tiens
Microcosmic Orbit
Different Qis

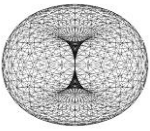
Kundalini

The most important channel is the Shushumna, which runs through the spinal cord in the physical body and up into the skull between the hemispheres of the brain.

The 7 chakras are seated along this channel and Sushumna Nadi is considered to be the governor of the chakras and energy system in general.

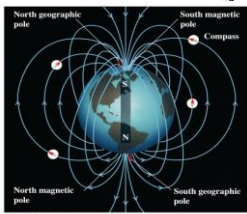


what we are usually shown to be 2 chakras.



HALO

what 2 chakras looks like in its complete form



magnetic field

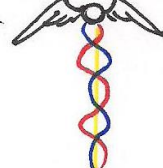
EVENT HORIZON

♂ Father Sky

6:6:6 = split mind. The split mind must be unified. Jesus in desert 40 days - ex.

Toroidal field (magnetic field)

Medical Staff



Caduceus

Marriage (Happy Days): The result of complete union of the male (lower 3 chakras) with the female (upper 3 chakras) within

Sushumna Nadia

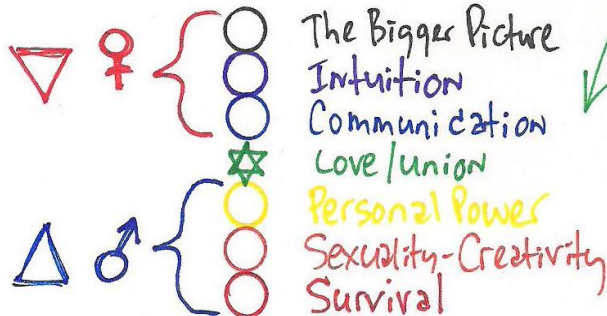
Ida Nadia (channel) ♀

♂ Pingala Nadia

♫ = Reiki's Choku Rei Kundalini (coiled snake) resides in the sacrum

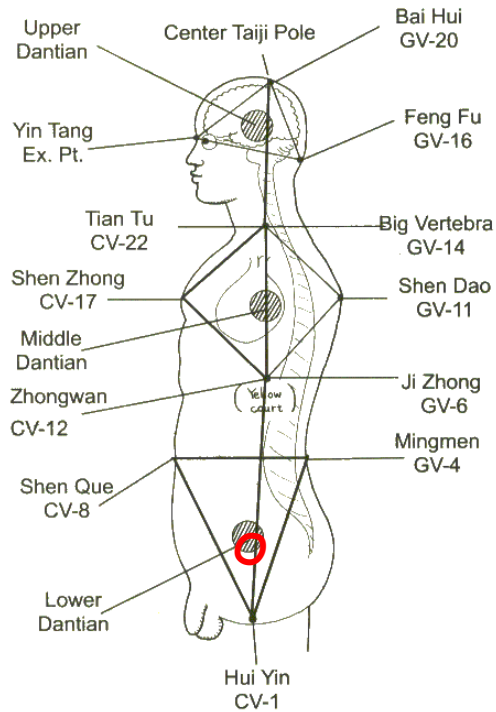
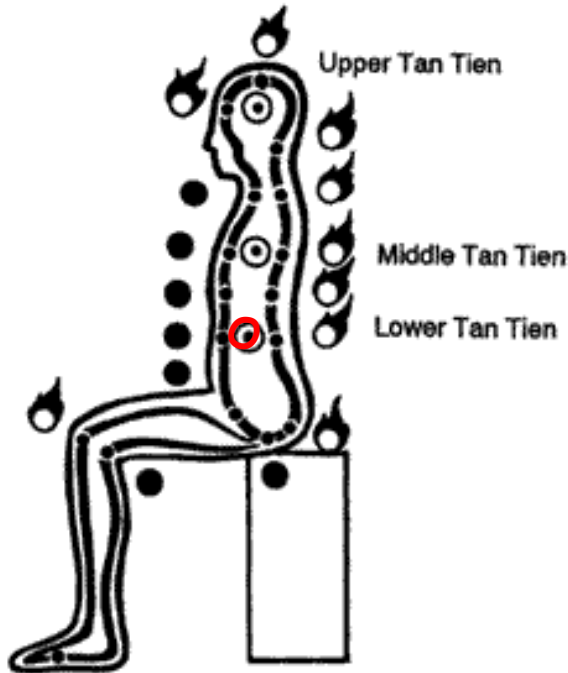
♀ Mother Earth

- Ida = EVE
- Pingala = Adam
- Kundalini = Serpent
- Nadias = Tree
- Chakras = fruits
- Apple = Root chakra



TAN TIENS

Literally "elixir field" in Chinese, the word tan tien refers to those areas in the body where energy is stored. There are three major tan tians in the body: lower, middle, and upper tan tien. You can think of a tan tien as a cup, and the energy that is stored there like tea. Analogous to the way tea fills a cup, energy fills a tan tien. They are the batteries of the body.



3 Tan Tiens

Upper: Increases intellectual and spiritual capacities, opens the sensory channels, and facilitates psychological stability-especially in stressful situations.

Middle: Helps one take responsibility, improves self-confidence to face challenges, strengthens emotions.

Lower: Improves health, brings order to the physical body, replenishes energy that has been lost over the years, and improves the quality of the qi

TAN TIEN EXERCISES

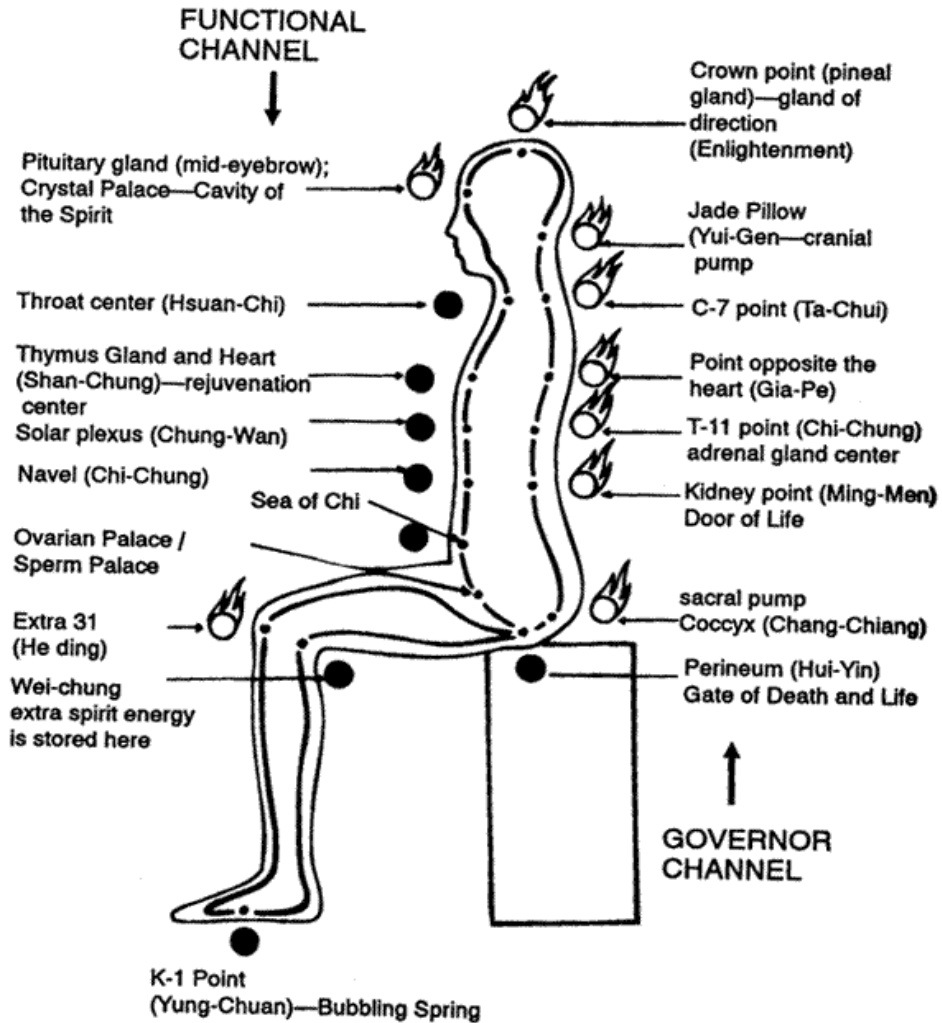
CHARGING THE LOWER TAN TIEN

1. Stand with knees slightly bent.
Reach down with your hands as you bend your knees.
Gather Earthly Ki (Yin) in your palms.
Straighten knees and pull energy up and into lower Tan Tien.
Do 9, 18, or 27 times.
2. Do Reiki on lower abdomen.
Focus on lower Tan Tien.
Imagine the Tan Tien is getting brighter and stronger.
Do for 10 to 30 minutes.

TAN TIEN AND CHAKRA CHARGING BREATH EXERCISE

1. Take the consciousness from the brain and focus on the "Tan Tien," a power center about two finger widths below the navel.
2. Charge this power spot with four deep breaths with the mouth open.
3. Then visually project this energy from the Tan Tien down the tail bone and legs into the earth, visualizing the energy going through the soil, rock, and all the way to the molten white hot core of the earth.
4. Charge the core with four breaths.
5. Then take a deep breath, simultaneously pulling this molten earth energy up to the Tan Tien, and charge it again with four breaths. Next, bring your consciousness up the spine and out through the crown chakra (top of the head) and to the core of the sun; charge it with four breaths.
6. Then inhale this sun energy down the spine to the Tan Tien and mix this sun energy with the molten earth energy. This way you are connecting Mother Earth and Father Sky. Charge with four breaths.
7. Now take this energy to the base of the spine to the base chakra and charge with four breaths.
8. Move this energy to the second chakra, the sex chakra, and charge with four breaths.
9. Continue this process, charging each chakra until you reach the seventh chakra at the crown of the head.
10. Then return to the Tan Tien and pull energy from the earth and sun, mix, and repeat the journey from the base chakra to the crown. Do this four more times for a total of five.

MICROCOSMIC ORBIT



MICROCOSMIC ORBIT EXERCISE

- Sit at the edge of a chair.
 - Tuck chin in slightly (neck straight)
 - Eyes closed
 - Tongue touching upper palate
 - Hands over Tan Tien = women left on top of right / men right on top of left
 - Concentrate on lower Tan Tien
 - Imagine and feel a red hot ball in it.
 - Inhale: Pull stomach and hands in slightly - contract the anus (perineum Hui-Yin).
 - This pushes the ball from the lower Tan Tien downwards to the Hui-Yin point
 - Move the ball up the spine (Du-Mai/Governing Vessel) channel to Baihui/Crown (GV 20) point.
 - Exhale: relax the stomach and body.
 - Move the ball from GV 20 to the upper palate - down through the tongue and along the front of the body (Ren-Mai Conceptual Vessel) to the lower Tan Tien.
 - Finish the exercise by patting your head and chest. This ensures that qi returns to the lower Tan Tien without getting stuck in the head or torso.
- *Do for 20 to 30 minutes.

Different Qis

Types of Qi

There are two main types of qi:

- Prenatal qi (xi tian qi): each of us receives from our biological parents a finite of prenatal qi at birth. Prenatal qi is your congenital vital force and is responsible for establishing your constitution. Prenatal qi is stored in the kidneys. It is like an energetic savings account, but one to which you cannot make a "deposit". What we come into life with is what we've got. According to Bob Flaws (author of *The Tao of Healthy Eating*), each of us is estimated to have enough prenatal qi at birth to live 500 years. If we think of the maximum human life span as approximately 100 years, this means we are using our prenatal qi five times faster than necessary. We can help to preserve the prenatal qi through qigong practice. But how? The answer in part lies in the second main type of qi:
- Postnatal qi (hou tian qi): this is the qi we acquire after we are born and throughout our lives. We are constantly acquiring postnatal qi without realizing it: from the food we eat, from the liquids we drink, and from the air we breath (each time you inhale, your lungs absorb fresh qi, and each time you exhale, you expel spent qi). One of the most efficient ways to acquire postnatal qi is through qigong practice. The type of postnatal qi we are most concerned with in qigong practice is that which is stored in lower dan tian. The postnatal qi in lower dan tian is like your energetic checking account. This is the qi your body uses first as you go about your day. When there is not enough postnatal qi available, the body takes a little bit of prenatal qi and converts it for use, much like the way the bank transfers funds from the savings account if we make a mistake in our checkbook's math and don't have enough money to cover a check we've written. The more postnatal qi we have and the higher quality it is, the less the body needs to rely on the prenatal qi. There are ten to fifteen more aspects of qi in the body, including the grain qi referred to above (gu qi, derived from the food we eat).

Functions of Qi

Qi is responsible for five major tasks in the body:

- Qi is the source of all movement in the body
- Qi warms the body and regulates its temperature
- Qi protects the body from external pathogens and combats them when they manage to enter the body
- Qi is the source of transformation and distribution in the body's systems
- Qi keeps the organs, tissues and substances in their appropriate places in the body

Forms of Qi

- **Jing (Essence)**
 - Source:
 - Derived from parents, supplemented by Acquired Qi (**Gu Qi** & **Wei Qi**).
 - Function:
 - Responsible for growth, reproduction and development.
 - Distribution:
 - Stored mainly in the Kidneys.
 - Relevance:
 - Weak Jing in children may lead to poor bone development, slow learning a/or poor concentration.
 - Weak Jing in the elderly may lead to deafness, osteoporosis a/or unclear thinking.

- **Yuan Qi (Original Qi)**
 - Source:
 - Derived from **Jing**.
 - Function:
 - Promotes and stimulates functional activities of organs.
 - Provides the foundation/catalyst for the production of **Zhen Qi**.
 - Distribution:
 - Originates in the ming men, circulates via the TH, pools in the meridians at the **Yuan Source** points.
 - Relevance:
 - Deficiencies in Yuan Qi may lead to poor development of Acquired Qi.

- **Gu Qi (Essence of Food and Grain Qi)**
 - Source:
 - Originates from the action of the Spleen on the food in the Stomach.
 - Function:
 - Combines with **Kong Qi** to form **Zong Qi**.
 - Some aspects are also transformed into Blood.
 - Distribution:
 - Arises in the ST/SP and is moved to the chest where it is further distributed.
 - Relevance:
 - Good quality food and a strong ST/SP are important to generate energy.
 - Weaknesses in the SP may lead to bloating, distention, fatigue, loss of appetite, etc.

- **Kong Qi (Air Qi)**
 - Source:
 - Originates from the air received by the Lungs.
 - Function:
 - Combines with **Gu Qi** to form **Zong Qi**.
 - Distribution:
 - Distributed from the chest.
 - Relevance:
 - Good quality air and good breathing practices are essential for the formation of energy.

- **Zong Qi (Gathering Qi)**
 - Source:
 - Combination of **Gu Qi** & **Kong Qi**.
 - Function:
 - Nourish the Heart and Lungs.
 - Aids the Lungs in their role of respiration and circulating energy throughout the body.
 - Assists the Heart in circulating Blood through the vessels.
 - Distribution:
 - Stored in the chest.
 - Relevance:
 - With a deficiency you will see the HT and LU most effected.
 - Low energy, weak voice, poor circulation in the extremities, etc.
 - Can be treated with **CV 17** and the **yuan source** points of the HT (**HT 7**) & LU (**LU 9**).

- **Zhen Qi (True Qi)**
 - Source:
 - Derived from **Zong Qi** when acted upon by **Yuan Qi**.
 - Function:
 - This is the form of Qi that circulates in the meridians and nourishes the organs.
 - Distribution:
 - Originates in the chest and is distributed throughout the body by respiration. - Composite of: **Ying Qi** & **Wei Qi**.
 - Relevance:
 - Deficiencies indicate either an imbalance in the functioning of the creation of acquired Qi or in a declining amount of **Yuan Qi**.

- **Ying Qi (Nutritive Qi)**
 - Function:
 - Nourishes the organs.
 - Helps to produce Blood.
 - Distribution:
 - Circulates in the main meridians.
 - Flows with the Blood in the main meridians and within the Blood vessels.
 - Relevance:
 - This is the aspect of Qi that is needed with acupuncture.

- **Wei Qi (Defensive Qi)**
 - Function:
 - Helps to protect the body.
 - Warms the surface of the body.
 - Regulates body temperature by opening a/or closing the pores.
 - Distribution:
 - On the surface of the body and within the muscles and skin, but not within the meridians.
 - Circulation is dependent on the Lungs.
 - Relevance:
 - People who catch colds easily/often have Wei Qi deficiency.
 - Deficiency may also make it difficult to regulate body temperature.



YOUR BODY YOUR FRIEND
Part II

Section 13

Removing Emotional Clouds
Reiki Meditations

Removing Emotional Clouds

1. Going to the client's right shoulder area
2. You will place your hands about two inches off the body and scan the area using your palm chakras.
3. When you feel a heavy area with your hands, gently energize that area with your palm chakras. The stagnated cloud of energy will be lifted off of the body.
4. Gently assist it by cupping your dominant hand around it and pushing it off your hand into the universe changing it into white light.
5. You will be lifting it through the 3rd, 4th, 5th, 6th and 7th layers of the auric field. Now, very gently return to the area and fill it with unconditional love.
6. The empty spaces must always be filled with positive energy and love. A good healthy energy is called for here. Move to the left shoulder for balancing and follow the same procedure.

Other Uses of REIKI Energy

FOOD: Use the Sei-He-Kei to cleanse the food and then Cho-Ku-Rei to magnify the energy of the food.

CRYSTALS: Use Sei-He-Kei to cleanse the crystal. Use the Cho-Ku-Rei to program the crystal (for example for healing or protection). When programming a stone for healing also add the Hon-Sha-Ze-Sho-Nen Symbol.

MEDICATION: Use the Sei-He-Kei to clear and negative side effects and then use the Cho-Ku-Rei to energize.

CLEARING A ROOM: To clear a room use Cho-Ku-Rei.

MANIFESTATION: Make a list of all the qualities you wish to have in the manifestation (for ex. relationship, home, car). In a meditative state take the list and do Reiki on it. Adding the Cho-Ku-Rei. If drawn to also add the Sei-He-Kei and the Hon-Sha-Ze-Sho-Nen. End the meditation and put the list under a lit candle or on an alter table. You can also state the following: "I ask for these things, or their equivalent or better, according to free will, harm none, and for the good of all".

CHANGE A NEGATIVE HABIT: Visualize Sei-He-Kei. If a karmic attachment or habit visualize Hon-Sha-Ze-Sho-Nen.

FOR PROTECTION: Use the Sei-He-Kei.

TO HEAL MOTHER EARTH!!!!

Reiki Meditations & Exercises

Practice Feeling Ki

Place hands in Gassho position

Visualize reiki energy entering your crown chakra

Feel reiki emanate throughout your whole being as it fills your body.

Rub your hands together until your palms feel warm.

Relax your wrists and shake your hands out.

Relax your elbows and shake your arms.

Return to Gassho and open your hands about 2 inches apart.

Visualize chi emanating from your palms and relax

Once you begin to feel the ki, begin to explore with it. Separate your hands and then bring them close feeling the different sensations. Create a circle of reiki with your hands and place the circle in your heart.

Reiki Shower

Stand or sit. Keep your spine straight.

Gassho.

Reach your hands high above your head, straightening your arms.

Move your hands apart and visualize reiki showering down on you.

(Level 3 chants 4th symbol. Level 2 chants 1st symbol)

Feel reiki vibrate through your body as you receive this reiki shower.

At the same time, move your hands down the front of your body, palms facing you.

As reiki emanates from the hands and showers the body from above, a thorough cleansing occurs. Visualize negative or stagnant energy releasing through your feet.

When finished Gassho again and give thanks.

Light Breathing Joshin Kokyu- ho as taught in Sho-den Level I

Stand or sit. Keep your spine straight.

Gassho.

Reach your hands high above your head, straightening your arms.

Move your hands apart and visualize reiki showering down on you.

Slowly bring your hands down to your lap, palms up and relaxed.

Focus on your tantien and listen to your breathing.

On the inhale, visualize reiki energy entering your crown chakra and flowing to your tantien.

See the energy reach each organ and fill the body.

On the exhale, visualize reiki emanate from your skin, enter your aura and spread throughout the Universe.

When finished, Gassho and give thanks.

Breathing through the hands

Stand or sit. Keep your spine straight.

Gassho.

Reach your hands high above your head, straightening your arms.

Move your hands apart and visualize reiki entering your crown chakra.

Return your hands to Gassho.

Visualize reiki travel from your crown chakra to your palms.

Activate your palms with reiki energy.

On the inhale, visualize reiki moving from your palms to your tantien.

On the exhale, visualize reiki moving from your tantien to your palms and release the energy in a burst. When finished, shake wrists well.

Gassho and give thanks.

Sending a Message to your Higher Self Nentatsu-ho Sho-den Level 1

This technique is used to send a thought to your Higher Self or another person altogether.

Often used during attunements. The affirmation, "You are perfectly attuned to Reiki" is often transmitted.

-use to transmit principles

-use when breaking bad habits

-use to reinforce positive affirmations.

Stand or sit. Keep your spine straight.

Gassho.

Reach your hands high above your head, straightening your arms.

Move your hands apart and visualize reiki entering your crown chakra.

Place one hand on the hairline and the other on the back of the head

State your affirmation.

Send the message, clearly with positive intent and confidence.

Move the hand from the hairline to join the hand at the back of the head and visualize reiki energy stimulating your thought. Let it glow.

When finished, Gassho and give thanks.

Ha-do Breathing Technique

Sit with feet flat on the floor. Spine straight.

Inhale very deeply

Exhale from the mouth and let out the sound 'Haa'

Feel 'Haa' vibrate from your tantien

Repeat

Practice exercise until you can sustain the sound 'Haa' for thirty seconds.

Joshin Kokyuu-Ho

The breathing method of cleansing the spirit

Sit down –spine straight as possible without becoming tense

Inhale slowly through your nose holding the tip of tongue against the roof of your mouth.

While breathing in the air also breathe Reiki energy in your crown chakra. Bring the breath and energy down to your TanTien.

Hold the breath and energy for a few seconds while imagining the energy spreading out from the TanTien through out your entire body and energizing it.

Exhale the breath out your mouth while relaxing the tongue, and imagine the Reiki energy flowing out your fingertips, toes, hands, and feet chakras.

Gyoshi-Ho (Healing with the eyes)

With a soft focus look at the body part you want to treat for a few minutes. If you like project the Reiki symbols to the body part you want to treat.

Hesso Chiryō (Navel healing technique for relaxation)

Place your middle finger in the navel. Feel for the ENERGETIC pulse. Let the Reiki flow out your middle finger and into the navel until you feel that your pulse and the energy are in harmony. 5 - 10 minutes.

Tanden Chiryō (tanden treatment)

Strengthens the clients will power. Place both hands (one below and one above) the tanden and hold your hands there until they seem to float off.

Gedoku-Ho (detox technique)

Put one hand on the tanden and the other behind it on the lower back and leave your hands there for at least ten minutes. While holding your hands there imagine all the toxins leaving the body of the receiver. It helps if the receiver imagines too.

