

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

靈
氣

Section 1

REIKI I

What is Reiki
History of Reiki
Reiki Principles (Prayer)
Reiki Attunement
Mechanics of Energy Work
Working with Others

REIKI I



Dr. Mikao Usui

Founder of the Usui System of Natural Healing

REIKI

Healing is a three-way agreement, between the healer (channel), the receiver, and the God/Goddess/Source.
Healing is not done to, but WITH!!!

REIKI IS NOT

A religion, a cult, or a belief system.

A dogma or a specific doctrine.

A "laying-on-of-hands".

A form of mind control or hypnosis.

A form of psychic healing.

A form of wishful thinking.

Just for when you are ill.

Restricted to a limited few.

REIKI IS

The science and art of activating, directing, and applying natural, universal life energy, to promote energy balancing and wholeness.

Easy to learn.

Safe to use anytime, any place, and in any situation.

For you and anyone alive using energy daily.

An individual experience.

A technique for activating, restoring, and balancing natural energy.

For helping, preventing disorders, and maintaining wellness.

For transformation and enlightening.

Easily used with medical and other therapies.

A self-help technique for personal growth and transformation.

REIKI INTRODUCTION

Reiki is the Japanese word for Universal Life Force Energy. When the 'Rei' and 'Ki' are broken down into their component parts, the Kanji (Japanese alphabet) symbol for 'Rei' describes universal, spirit, mysterious, and essence. Ki is described as the vital life force energy, known as Chi to the Chinese, as well as other names by other cultures. We all have Reiki energy because it is our birthright. What makes Reiki different from other healing methods is the initiation attunement process which the student experiences in Reiki classes. Anyone can lay their hands on another person and accelerate the healing process by transferring energy. However, a person who has been through the process of Reiki initiation has experienced a very ancient technology for fine tuning the physical and etheric bodies to a higher vibratory level. Additionally, certain energy centers (known as chakras) are opened to enable the person to channel higher amounts of Universal Life Force Energy.

Reiki is not sent by the giver. It is drawn through the giver's energy channel. The energy enters the crown chakra and passes through the upper energy centers to the heart and solar plexus of the giver. The rest then passes through the arms and hands of the giver into the receiver. The giver is not drained during the process but is instead energized. At the same time the receiver does not take on any of the giver's "stuff" (negative energy or blocks) as the Reiki passes through a *purified* energy channel in the giver's body which is opened by the initiation attunements.

One of the greatest benefits of Reiki is the enabling of self-treatment. Once a person is initiated, he/she need only have the intention to do Reiki on him/herself or others and the energy is immediately drawn through.

REIKI HISTORY

There is more than one story explaining the beginning of Reiki.

The traditional Reiki story begins in the late 1800s with Mikao Usui, who was principal of Doshisha University in Kyoto, Japan and a Christian minister. Usui began a ten year search to find the healing method that Jesus (Yeshua) used. In the ten years he found no answers. At the end of his search, he went to the top of Mount Kyoto and meditated for 21 days. On the last day he fell into a trance and the symbols for Reiki were given to him. (MORE IN-DEPTH STORY IN PAGES TO FOLLOW)

Another story goes back before this between 620BCE and 543 BCE. Forsaking his wealth Buddha (Guatma Siddhartha) left his beloved young wife and chose a path of homeless wanderer. Buddha received the symbols, one day while meditating under a tree.

It is said that the symbol system's original use was not for healing but for spiritual "Enlightenment", which is then used for the purpose of healing others...the Bodhisattva Path.

TRADITIONAL HISTORY OF REIKI

THE ORIGINS OF REIKI CAN BE FOUND IN ANCIENT TIBET THOUSANDS OF YEARS AGO. THIS KNOWLEDGE OF HOW TO ACTIVATE A HIGH ORDER OF UNIVERSAL LIFE ENERGY CAN BE TRACED FROM TIBET THROUGH INDIA. FROM INDIA, THIS KNOWLEDGE SPREAD TO EGYPT, EPHEBUS, GREECE, AND ROME IN THE WEST AND INTO CHINA. THE ANCIENT HEALING METHOD OF REIKI WAS RE-DISCOVERED IN THE MIDDLE OF THE NINETEENTH CENTURY BY DR. MIKAO USUI, WHO WAS ALSO RESPONSIBLE FOR ITS REVIVAL. THE STORY OF DR. USUI'S SEARCH FOR THIS SECRET KNOWLEDGE HAS BEEN TOLD BY GRAND MASTER HAWAYO TAKATA (1900-1980) ALONG THE FOLLOWING LINES:

MIKAO USUI WAS THE PRINCIPAL OF A CHRISTIAN SEMINARY IN KYOTO, JAPAN. ONE DAY, SOME OF HIS OLDER PUPILS ASKED HIM WHY THEY HAD HEARD NOTHING OF THE HEALING METHODS USED BY JESUS CHRIST AND WHETHER DR. USUI WOULD BE ABLE TO CARRY OUT SUCH A HEALING FOR THEM. SINCE HE WAS UNABLE TO ANSWER THESE QUESTIONS, DR. USUI DECIDED TO GIVE UP HIS POSITION AND STUDY CHRISTIANITY IN A CHRISTIAN COUNTRY UNTIL HE HAD FOUND THE ANSWERS.

HIS JOURNEY LED HIM TO AMERICA, WHERE HE ATTENDED THE UNIVERSITY OF CHICAGO AND BECAME A DOCTOR OF THEOLOGY. HOWEVER, HE COULD NOT FIND A SATISFACTORY ANSWER IN CHRISTIAN WRITINGS AND, NOT HAVING FOUND ONE IN CHINESE SCRIPTS EITHER, HE TRAVELLED TO NORTH INDIA, WHERE HE WAS ABLE TO STUDY THE HOLY WRITINGS. DR. USUI HAD NOT ONLY COMMAND OF JAPANESE, CHINESE AND ENGLISH BUT ALSO OF SANSKRIT.

HE LATER RETURNED TO JAPAN, WHERE HE DISCOVERED SOME SANSKRIT FORMULAS AND SYMBOLS IN OLD BUDDHIST SUTRAS WHICH SEEMED TO HOLD THE ANSWERS TO HIS QUESTIONS. AT THE TIME, HE WAS LIVING IN A MONASTERY IN KYOTO AND, AFTER HE HAD SPOKEN TO THE HEAD, HE SET OFF TO THE HOLY MOUNTAIN OF KURIYAMA, WHICH LAY 16 MILES AWAY. HERE HE INTENDED TO FAST AND MEDITATE IN SOLITUDE FOR 21 DAYS IN THE HOPE OF GAINING CONTACT WITH THE LEVEL OF CONSCIOUSNESS THE SANSKRIT SYMBOLS HAD BEEN WRITTEN ON IN ORDER TO DETERMINE THE TRUTH OF THEIR CONTENTS.

ON HIS ARRIVAL AT THE MOUNTAIN, HE PLACED 21 LITTLE STONES IN FRONT OF HIM AND REMOVED ONE AT THE PASSING OF EACH DAY AS A KIND OF CALENDAR. DURING THIS TIME, HE READ IN THE SUTRAS, SANG AND MEDITATED. NOTHING UNUSUAL HAPPENED UNTIL THE LAST DAY DAWNED. IT WAS STILL QUITE DARK WHEN HE SAW A SHINING LIGHT MOVING TOWARDS HIM WITH GREAT SPEED. IT BECAME BIGGER AND BIGGER AND FINALLY HIT HIM IN THE MIDDLE OF THE FOREHEAD. DR. USUI THOUGHT HE WAS GOING TO DIE WHEN SUDDENLY HE SAW MILLIONS OF LITTLE BUBBLES IN BLUE, LILAC, PINK AND ALL THE COLORS OF THE RAINBOW. A GREAT WHITE LIGHT APPEARED, AND HE SAW THE WELL-KNOWN SANSKRIT SYMBOLS IN FRONT OF HIM GLOWING IN SHINING GOLD AND HE SAID, "YES, I REMEMBER." THIS WAS THE BIRTH OF THE USUI SYSTEM OF REIKI.

WHEN HE RETURNED TO A NORMAL STATE OF CONSCIOUSNESS, THE SUN WAS STANDING HIGH IN THE SKY. HE FELT FULL OF STRENGTH AND ENERGY AND BEGAN TO CLIMB DOWN THE MOUNTAIN. IN HIS RUSH, HOWEVER, HE STUBBED HIS TOE. HE HELD IT WITH HIS HANDS FOR A FEW MINUTES AND THE BLEEDING STOPPED AND THE PAIN DISAPPEARED. THIS WAS THE FIRST MIRACLE.

SINCE HE WAS HUNGRY, HE STOPPED AT AN INN AT THE WAYSIDE AND ORDERED A LARGE JAPANESE BREAKFAST. THE INNKEEPER WARNED HIM NOT TO EAT SUCH A LARGE MEAL AFTER FASTING SO LONG, BUT DR. USUI WAS ABLE TO EAT IT ALL WITHOUT THE LEAST OF CONSEQUENCES. THIS WAS THE SECOND MIRACLE.

THE GRANDDAUGHTER OF THE INNKEEPER HAD A BAD TOOTHACHE, FROM WHICH SHE HAD BEEN SUFFERING FOR SEVERAL DAYS. DR. USUI LAID HIS HANDS ON HER SWOLLEN FACE AND SHE IMMEDIATELY FELT BETTER. SHE RAN TO HER GRANDFATHER AND TOLD HIM THAT THEIR GUEST WAS NO ORDINARY MONK. THIS HEALING WAS THE THIRD MIRACLE OF THE DAY.

DR. USUI RETURNED TO HIS MONESTARY, BUT DECIDED AFTER A FEW DAYS TO GO TO BEGGAR CITY IN THE SLUMS OF KYOTO TO TREAT THE BEGGARS AND HELP THEM LEAD A BETTER LIFE. HE SPENT SEVEN YEARS IN THE ASYLUM, TREATING MANY ILLNESSES. ONE DAY, HOWEVER, HE NOTICED THAT THE SAME OLD FACES KEPT RETURNING. WHEN HE ASKED WHY THEY HAD NOT BEGUN A NEW LIFE HE WAS TOLD THAT WORKING WAS TOO TROUBLESOME AND THAT IT WAS BETTER TO GO ON BEGGING. DR. USUI WAS DEEPLY SHAKEN AND WEPT. HE RECOGNIZED THAT HE HAD FORGOTTEN SOMETHING OF GREAT IMPORTANCE IN HIS HEALING, NAMELY TO TEACH THE BEGGARS RESPONSIBILITY. SOON AFTERWARDS HE LEFT THE ASYLUM AND RETURNED TO KYOTO, WHERE HE KINDLED A LARGE TORCH AND STOOD IN THE STREETS. ASKED THE REASON WHY BY PASSERS-BY, HE TOLD THEM HE WAS LOOKING FOR PEOPLE IN SEARCH OF THE TRUE LIGHT, PEOPLE WHO WERE ILL AND OPPRESSED AND WHO WERE LONGING TO BE HEALED. THIS WAS THE BEGINNING OF A NEW PART OF HIS LIFE, WHICH HE SPENT TRAVELLING AROUND AND TEACHING REIKI.

DR. USUI IS NOW BURIED IN A KYOTO TEMPLE, WITH THE STORY OF HIS LIFE WRITTEN ON HIS GRAVESTONE. IT IS SAID THAT DR. USUI'S GRAVE WAS HONORED BY THE EMPEROR OF JAPAN.

ONE OF DR. USUI'S CLOSEST COLLABORATORS, DR. CHIJIRO HAYASHI, TOOK HIS PLACE, BECOMING THE SECOND REIKI GRAND MASTER IN THE LINE OF TRADITION. HE RAN A PRIVATE REIKI CLINIC IN TOKYO UNTIL 1940, WHERE UNUSALLY SEVERE CASES COULD BE TREATED, WITH REIKI BEING APPLIED "ROUND-THE-CLOCK" IN THE EVENT OF ESPECIALLY SERIOUS ILLNESSES. FREQUENTLY A PATIENT WOULD ALSO RECEIVE REIKI FROM SEVERAL PRACTITIONERS AT ONCE. THE EFFECTS OF THE SECOND WORLD WAR AND THE DEATH OF DR. HAYASHI ON MAY 10, 1941, PUT AN END TO THIS WORK. HAWAYA TAKATA BECAME DR. HAYASHI'S SUCCESSOR. SHE WAS BORN IN 1900 ON THE ISLAND OF HAWAII AS THE CHILD OF JAPANESE PARENTS BUT WAS A CITIZEN OF THE UNITED STATES. SHE WAS A WIDOW WITH 2 SMALL CHILDREN AND AT THE END OF HER PHYSICAL AND SPIRITUAL STRENGTH WHEN HER PATH LED HER TO REIKI IN 1935. SHE WAS SUFFERING FROM A NUMBER OF SEVERE ILLNESSES AT THE TIME WHEN AN INNER VOICE TOLD HER TO GO TO JAPAN AND SEEK HEALING THERE.

HAVING ARRIVED IN JAPAN, SHE WAS LYING ON THE OPERATING TABLE, ABOUT TO UNDERGO AN OPERATION, WHEN THE VOICE SPOKE TO HER AGAIN, TELLING HER THAT THE OPERATION WAS UNNECESSARY. SHE ASKED HER DOCTOR ABOUT OTHER METHODS OF TREATMENT AND HE ADVISED HER TO GO TO DR. HAYASHI'S REIKI CLINIC. ONCE THERE, SHE WAS APPLIED REIKI DAILY BY TWO PRACTITIONERS AND, AFTER A FEW MONTHS, SHE HAD WON BACK HER HEALTH COMPLETELY.

HAWAYO TAKATA BECAME A PUPIL OF DR. HAYASHI'S FOR A YEAR AND THEN RETURNED TO HAWAII WITH HER DAUGHTERS. SHE WAS MADE A REIKI MASTER BY DR. HAYASHI WHEN HE VISITED HAWAII IN 1938. ON HIS DEATH IN 1941, SHE SUCCEEDED HIM AS GRAND MASTER. SHE LIVED AND HEALED IN HAWAII FOR MANY YEARS, BUT SHE FIRST BEGAN TO TRAIN REIKI MASTERS HERSELF WHEN SHE WAS IN HER SEVENTIES. ON DECEMBER 11 1980, HAWAYO TAKATA PASSED AWAY, LEAVING 22 REIKI MASTERS IN THE USA AND CANADA. ONE OF THE 22 REIKI MASTERS WAS MRS. LOMBARDI, WHO ATTUNED BONNIE CARDINAL, WHO ATTUNED JON TOMAS WHATLEY IN THE SUMMER OF 1998.

REIKI PRINCIPLES (Prayer)

JUST FOR TODAY I WILL GIVE THANKS FOR MY MANY BLESSINGS
JUST FOR TODAY I WILL NOT WORRY
JUST FOR TODAY I WILL NOT BE ANGRY
JUST FOR TODAY I WILL DO MY WORK HONESTLY
JUST FOR TODAY I WILL BE KIND TO MY NEIGHBOR AND EVERY LIVING THING.

ABOUT THE PRAYER (Principles)

Buddha taught that mankind lives in three worlds. These three worlds are the Past, the Future, and the Present. Very few however, live in the present. Almost all live in either the past (anger) or the future (fear).

I will not worry. This principal is the recognition of the fact that we continually fear that we will not have enough to survive. This unreasonable fear demonstrates our lack of faith in the Divine Presence. Fear continually reinforces within us our lack of trust in Divine assurance. This deals with those who live in constant fear of an unknowable future. Those who trust in the Divine Presence perceive the future as friendly and filled with light and love. There truly is no need to worry .The Presence has provided enough for all life on earth. Of all life on earth, man is the only one who feels the urge to possess more than is needed. Fear of an uncertain future is the cause of hunger, war, and the great economic disparities in the world. To take more than we need means another must have less. We worry that in the future there may not be enough for all. We are now given the opportunity to alleviate this problem to some degree by letting go of this fear within ourselves by following the Five Principles of Reiki and teaching others to do likewise.

I will not be angry. Anger is a self-destructive energy that though intended to harm others always harms the individual within which it arises.

Give thanks for blessings. Gratitude opens up the individual to receive the Divine Presence which dwell within all. Those who practice Reiki do so on a daily basis. It is truly a way of life. First thing upon rising in the morning we give thanks for the things we are to receive this new day. And last thing before lying down to sleep we give thanks for the many blessings we have received during the day. Our gratitude never ends.

I will do my work honestly. This principle asks us to earn our daily bread honestly. This means that no matter what labor we perform we are to do the best that we can do.

I will be kind to every living thing. This teaches us the spiritual approach between ourselves and all around ourselves. Respect recognizes the truth that all are at different stages upon the spiritual path, and that it is fruitless to point a finger at another. So we are called to replace our fears with love.

These principles can only enhance your spiritual growth on earth

REIKI ATTUNEMENTS

The attunement(s) not only increase KI for the person being attuned, but also connects them to the source (Goddess, God, Higher self). It opens and aligns what was already part of the person. The attunement(s) opens and expands the Ki holding capacity of the Hara line and clears the channels of energy blocks. The attunement(s) additionally heal the broken DNA, reconnecting the person to the "LIGHT" of the information that has been lost to Earth's people.

The way I attune people to the Reiki energies is with four attunement levels Reiki I, Reiki II, Reiki 3A, and Reiki Master.

Reiki I (part A & B): (110 current) Reiki I is considered to be the class that awakens and activates the students ability to channel the Universal Life Force. Generally, students will become aware of their own energy and the power of the energy flowing out of their hands. They focus on self-healing, learn how Daily Self-Reiki affects their life, and then they start to learn about themselves as Reiki practitioners. They come to develop a form of communication with Reiki during the session and understand what and how their information comes to them during Reiki.

You can heal yourself and others that you lay your hands on. There is sometimes a cleansing process which manifest as a detox.

Reiki II: (220 power line) Reiki II is a purely optional class for those who want to add more specific or advanced techniques to their Reiki work. They learn how the Reiki symbols can alter and amplify the healing work they are doing now and learn how to add more control and focus to their Reiki efforts. They also learn how to perform long distance treatments and how empowering that technique can be in other areas of their life. The Second Degree student will notice that the Reiki energy that they have been working with becomes "stronger", but actually, what is happening is that their capacity to channel energy has increased. They become stronger, not Reiki. Second Degree students also note an increased connection to intuition.

Now you have the tools to do healings of non-present people. You also receive 3 healing symbols. There may be a cleansing process which manifest as a detox.

Reiki 3A:(strengthening connection)

You receive one more symbol, and learn some in-depth energy clearing processes.

Reiki Master: (from alternating current to direct current) Known as the Master level of training, the Third Degree students learn to teach Reiki and they actually experience two changes. Just like in Second, their capacity to channel energy increases, so that they feel the Reiki as a stronger flow and note even higher levels of communication with the intuition. But, the Third Degree student will also learn how to transmit and work with the attuning energy of Reiki, a more intensified flow of energy. They become self-actualized and develop a full understanding of how Reiki integrates in their life. A Reiki Master becomes a Lifelong Reiki student. There is a difference in degree in the typical type of healing that will occur at each level.

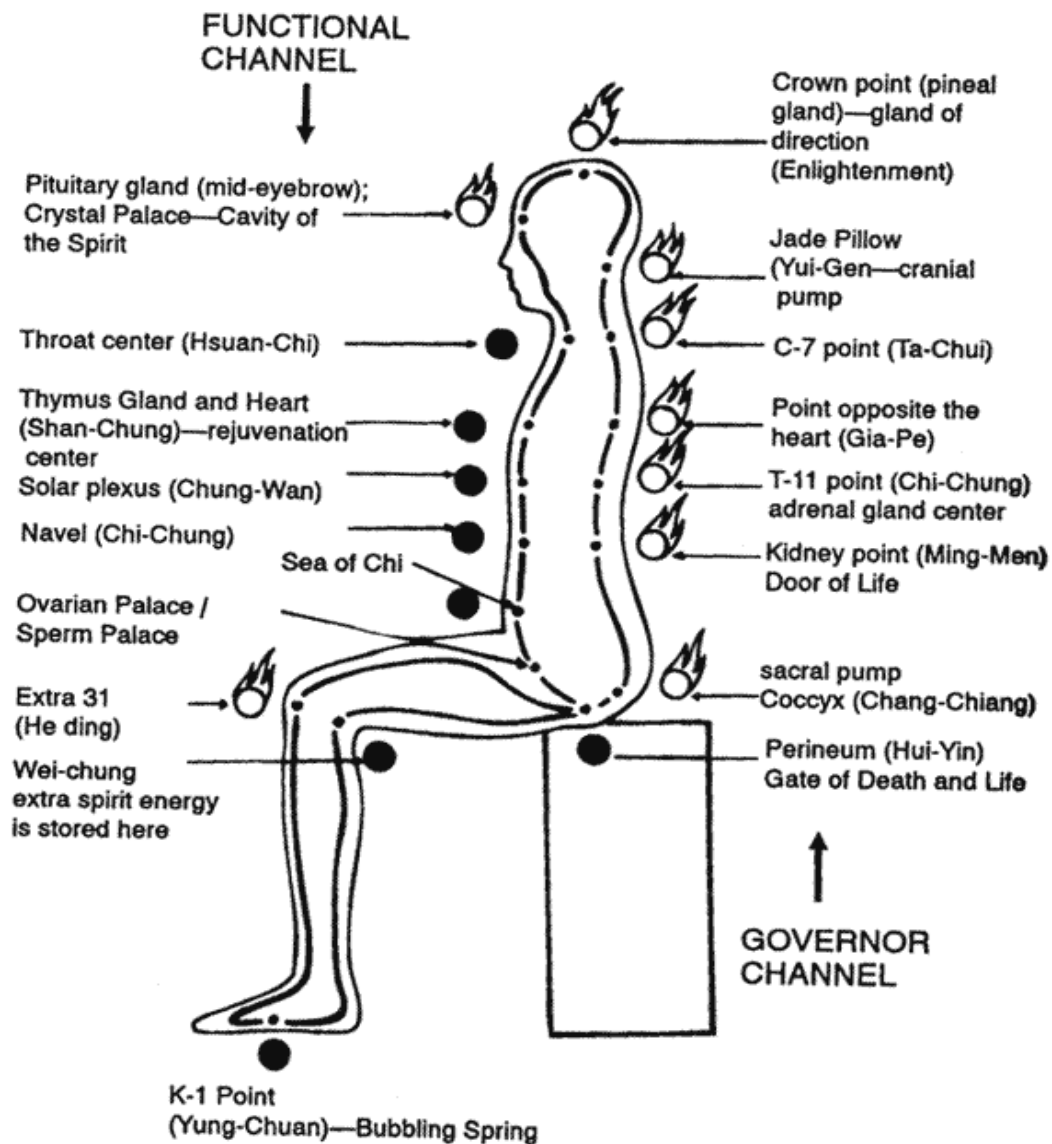
You can now teach and attune others. There are Spiritual body changes that happen on the Third Degree-most of these do not manifest as detox, but as self-examination of beliefs and values that will result in a growing self-realization and a sense of oneness and deeper understanding of the Self and the Universe beyond.

REIKI ATTUNEMENT PROCESS

During an attunement, Heavenly Ki energy carrying the five Reiki symbols moves from the Crown to the receiver's Heart. Earthly Ki is drawn through the legs and lower centers from the Hara to the Heart as well. Original Ki in the Hara center is replenished and refilled, and any obstructions to the energy's full use are removed.

Each person receiving the Reiki attunement(s) experiences something different. The person giving the attunement(s) feels something different each time as well, but the overall feeling is one of intensive joy.

The process of passing attunement(s) turns the body into a lightning rod for the Ki energy that first moves through the Master/Teacher before being transmitted to the student. There are no other considerations other than the physical movements; the energy takes care of itself.



REIKI - HOW IT WORKS

Physical = warm touch

Mental = symbols

Emotional = flow of love

Energetically = presence of initiated person

Dr. Mikao Usui was a Buddhist. The goal of Buddhism is emptiness.

REIKI RULES

1. Remember that you are not doing the healing you are a channel for the healing energy.
2. The healer must have the receiver's permission to do the healing.
3. Never put your hands directly on top of a wound or broken skin. Put your hands nearby and the energy will go where it is needed.
4. Sometimes is best to wait to heal someone. For example: Wait for a broken bone to be set before Reiking the break.
5. Avoid doing Reiki or any other healing work, if you are very ill or angry.
6. Do not cross your arms or legs... make sure the receiver does not either.
7. Be aware of body privacy.
8. Be totally non-judgmental of the person on the table. **JUDGEMENT is the main divider in life!!!**
9. Encourage talk if you feel they need to. There is usual some emotional release.
10. Do not promise that Reiki will cure a particular dis-ease or any other specific result. You can promise that Reiki benefits everyone that experiences it.

REIKI ENERGY AND THE BODIES

KI/Japan, Prana/India, Ch'i/China are different the names for the same energy. The energy that creates the body and determines the state of health. There are three types of Ki: Heavenly Ki, Earthly Ki and Original Ki.

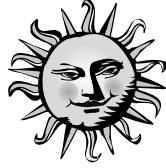
Original Ki is the energy that is instilled in the body at conception and stored in the Hara. The Hara or triple warmer in China is the center of the body in front of the kidneys.

There are three channels the Ki energy moves through... the Sushumna (spine), Ida and Pingala. The Ida (female/lunar aspect/downward movement) and the Pingala (male/solar aspect/upward movement) crisscross the spine. Ida (feminine) originates at the left side of the base chakra and spirals up and around the Sushumna to the right nostril. The Pingala (masculine) has its origin at the right side of the base chakra and it spirals up the Sushumna to the left nostril. Reiki opens up these channels and strengthens them with each attunement. The more we work with energy the more the channels open up. This increases are ability to channel/direct energy for healing.

Reiki is a kundalini discipline.

* A good exercise to balance the Ida and Pingala (female & male) is 'Alternate Nostril Breathing'.

MECHANICS OF ENERGY-WORK



GOD

(LIGHT)



BODY

(WINDOW)



EGO/FEELING OF SEPARATION/SELF IMPORTANCE

(CURTAIN)



EARTH

(ROOM)

How does light get into a room? How does God get onto the Earth?

ANSWER

The light gets into the room through the windows. God gets onto the Earth through us.

WHAT IS OUR JOB?

To keep our windows clean and to keep the curtains open!

It really is simple when you look at the whole picture.

Being a Vessel for God

"I can of myself do nothing. It is the Father in me that doeth the work." -Jesus

Things that interfere with God working through you completely.

1. The left hemisphere of the brain stores knowledge you have gained. When spirit comes through you it uses the knowledge you have learned to help others.

If your left brain is too active it interferes with the way spirit can work through you and use you.

This is because only one half of the brain can be dominate at any given time. But if you can get in to the "Zone" (free of mental chatter) the twp halves of you brain synchronize and spirit works through you easily.

GOD



2. If you have too many mental process, like judgment, happening as you work on a client in prevents your ability to pick up on signals from the client as well as preventing spirit from completely working through you.

Mind chatter is just like static. It interferes with picking up and listening to a clear station/channel.

GOD



3. If you (the practitioner) are in pain some of the energy coming through you will go to your pain. The more pain you have the less energy you have coming through you to your client.

GOD



God meets himself when there are no blocks or static between you, God and another person.

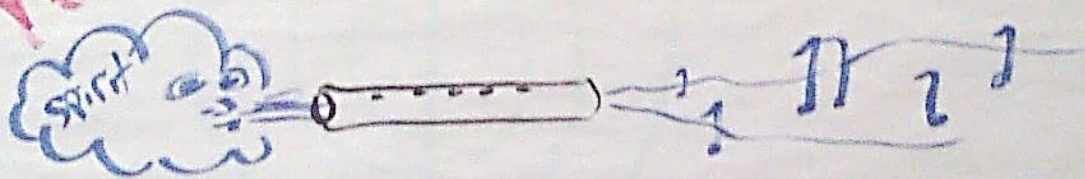
GOD



"Namaste"

ENERGY WORK Rules

#1: Be 100% present



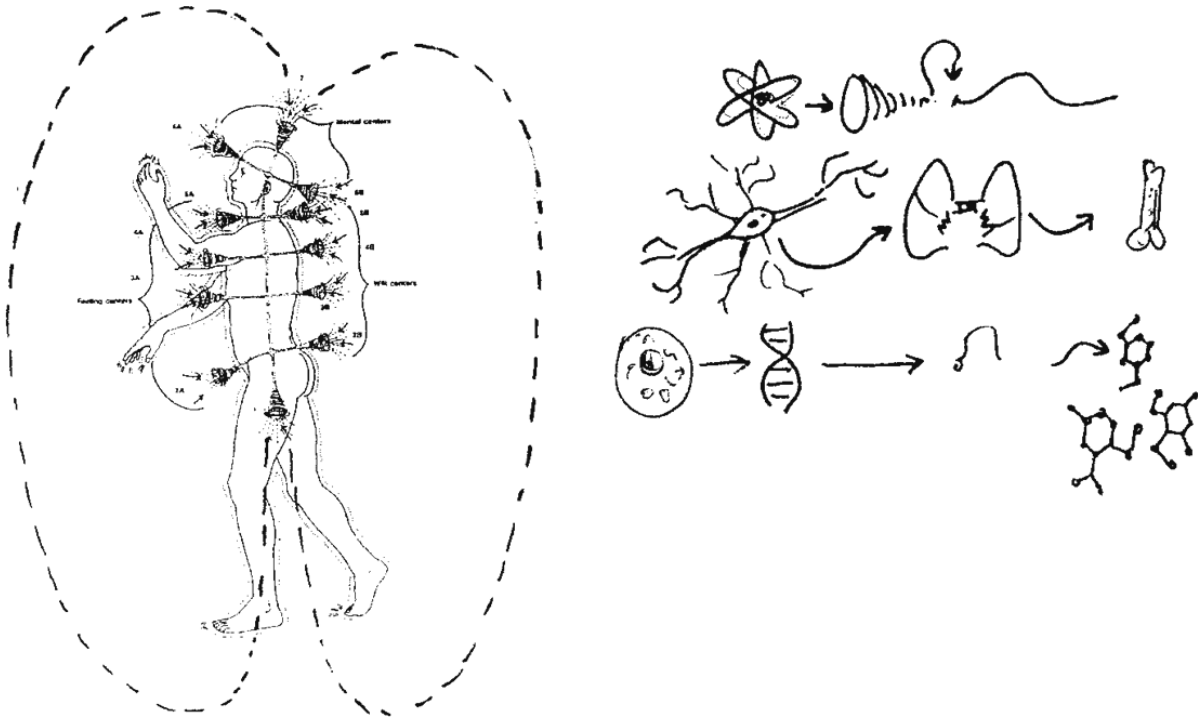
Be like A REED/flute - 100% present
- Empty

#2: HONE the instrument you
are through Study, QI gong &
practice



YOUR BODY

NESTED AND INTERACTIVE ANTENNAS



The energy paths in our bodies are like two-way roads - both receiving and sending messages (signals/vibrations.)

Energy - Chakra - Meridians - Skeletal System - Nervous System
- Organs - Cells - DNA - RNA - Building Blocks (Fatty Acids, Proteins, Amino Acids, Carbohydrates, Vitamins & Minerals)

The body is more fluid than solid - all these things can be changed and are manipulated with our perceptions of life.



YOUR BODY YOUR FRIEND
Part II

Section 2

7 Major Chakras

7 Major Chakras

Wheels of energy, data banks, vortexes, consciousness point, energy centers & flowers



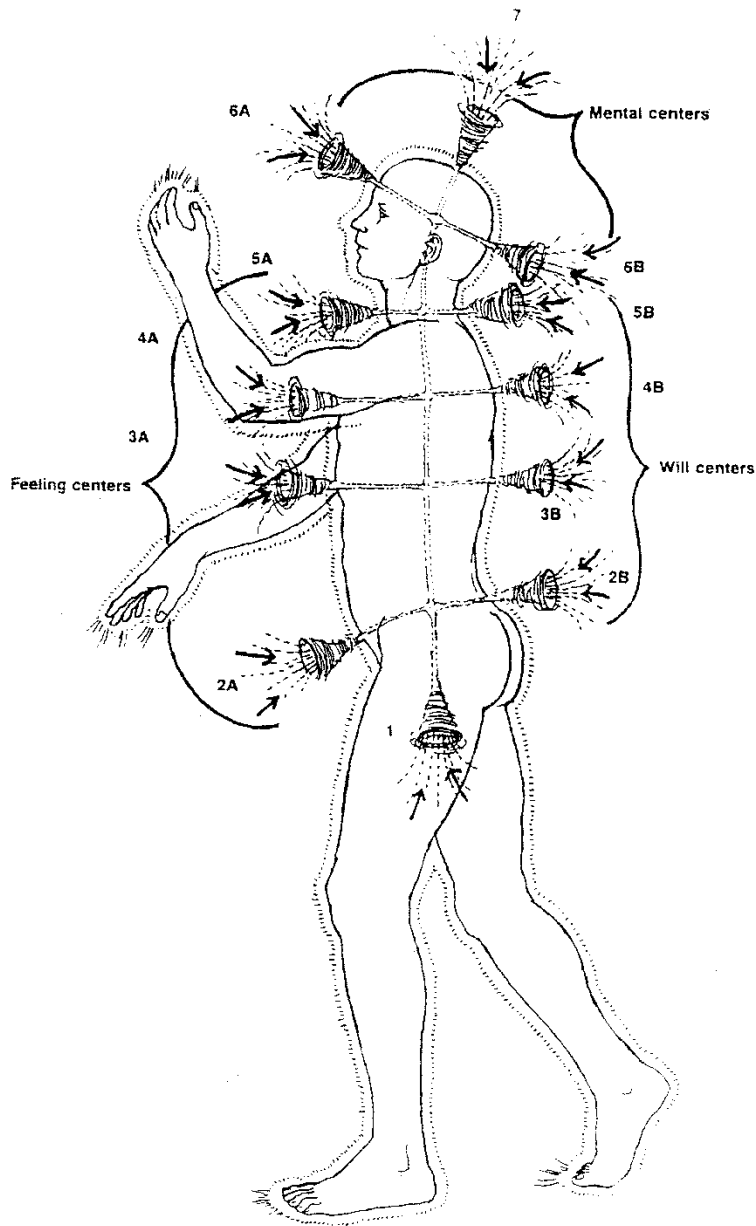
There are seven major chakras (shown above) and 21 minor chakras. These chakra centers interact with the environment by taking in and giving out energy. The seven major chakras energetically feed the seven endocrines. Disturbances in the chakras lead to physical, mental and emotional disharmony and vice versa.



At the left you see a picture of Jesus with a light about his head. This is a representation of the crown chakra (our connection to God).

There are energy centers on the back as well as the front of the body. On the back the centers are related to our "will" (mind) and on the front they are related to our "feelings" (emotions).

7 Major Chakras



The Seven Major Chakras. Front and Back Views



Pedals

1000

2

16

12

10

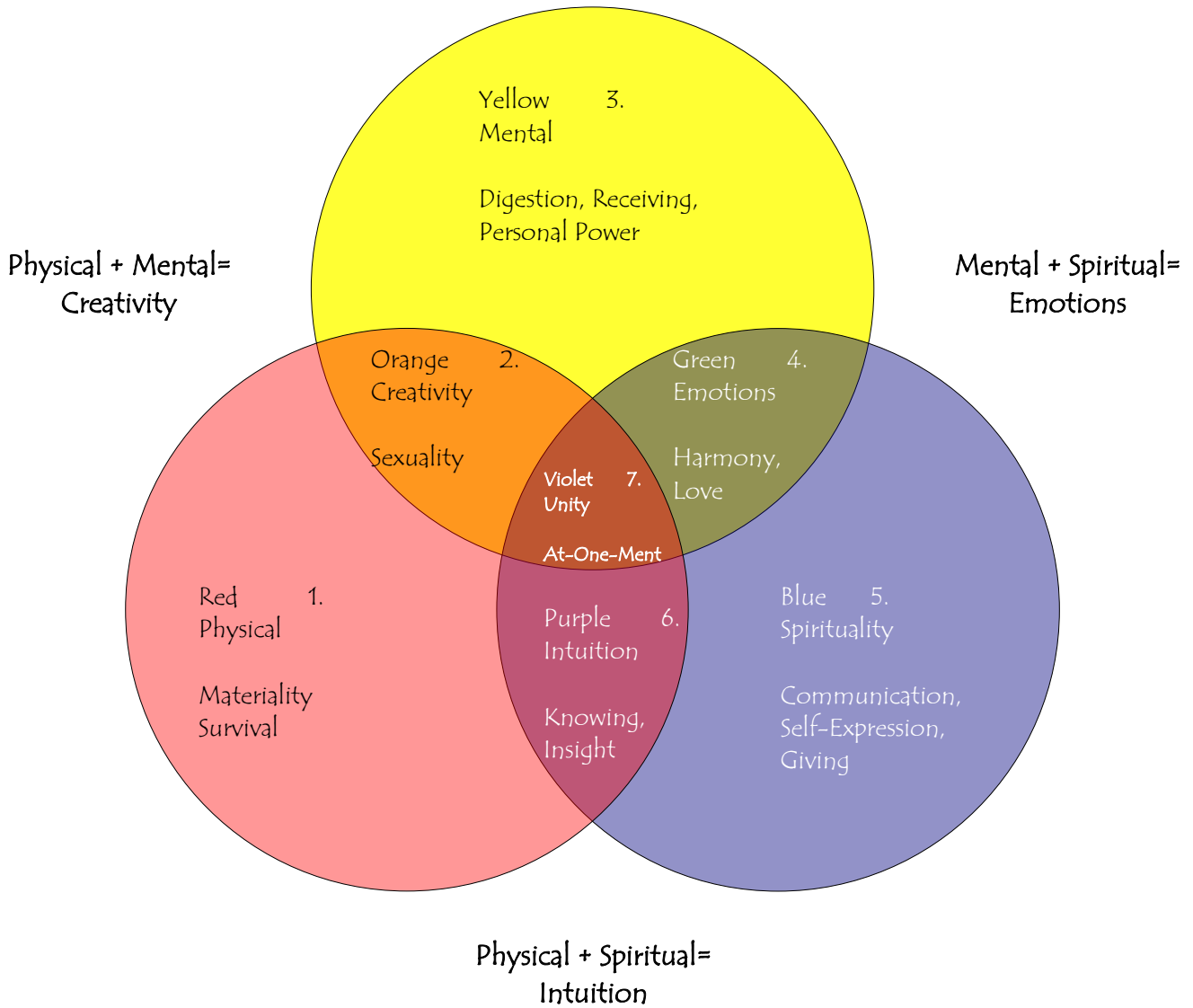
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4

* Picture from "Hands of Light" by Barbara Brennan

Chakras and Their Flow

Sanskrit: Circle of Movement



Chakra	Element	Color	Location	Glands	Qualities	Sample Affirmations
7 Yin	Thought	Violet	Crown	Pineal	Spirituality	-My Higher Self interacts with the outer world. -The Divine and Divine within are experienced now!
6 Yin	Light	Indigo Purple	Brow	Pituitary	Intuition Creativity	-I project my inner dreams outward and manifest them on the physical level -I am perfectly attuned to my vision.
5 Yin	Ether/Sound	Blue	Throat	Thyroid Parathyroid	Communication Giving Self-Expression	-I speak from a place of knowing and deep inner truth. -I communicate clearly and effectively. -It is safe for me to express my truth.
4 Yin/Yang	Air/Touch	Green	Heart	Thymus Lungs Immune Sys.	Harmony Self-Love	-I am in Touch with joy. -I love myself and experience a strong immune sys. -I breathe love into my heart and out to others. -I recognize and accept my own special-ness.
3 Yang	Fire/Sight	Yellow	Solar Plx.	Pancreas Stomach Spleen Liv/Gallbl	Digestion Receiving Power Assimilation of food & emotions	-I embrace my personal power. -I am free of giving my personal power away. -I accept myself completely
2 Yang	Water/Taste Joy	Orange	Sexual	Reproductive organs	Sexuality Sensuality Creativity	-I have a healthy body awareness & self esteem. -I express my individuality creatively. -I open myself to others naturally.
1 Yang	Earth/Smell Fear	Red	Tailbone	Adrenals	Materiality Survival Grounding	-I fully accept my life on earth. -I am stable, safe and secure -I am rooted in life, and in myself.

	Sanskrit Name	Location/Endocrine	Color/Sound	Central Issue	Orientation to self	Positive Expression	Rights	Identity	Demon/Trickster	Organ	Excessive Characteristics	Deficient Characteristics	Health Effects
Root (1)	Muladhara (root/support)	Base of spine Adrenals	Red LAM	Survival grounding	Self-preservation	Stability, security, grounding, physical health, prosperity trust	To be here, to have	Physical	Fear	Large Intestine, rectum, hips, thighs	Heaviness, Sluggish monotony, obesity, hoarding, materialism, greed	Frequent fear, lack of discipline, restless, underweight, spacey	Hemorrhoids, bones, feet, sciatica
Sacral (2)	Svadhithana (sweetness)	Abdomen, below naval Gonads Ovaries	Orange VAM	Sexuality emotions desire	Self-gratification	Sexuality, creativity, pleasure, healthy sexuality, feeling	To feel, to want	Emotional	Guilt	Reproduct. system, Kidneys, bladder	Overly emotional, poor boundaries, sex addiction, obsessive attachments	Frigidity, impotence, rigidity, emotional numbness, fear of pleasure	Fertility problems, menopause, prostate, kidney infection, appendix, hips
Solar Plexus (3)	Manipura (lustrous Jewel)	Solar Plexus Pancreas	Yellow RAM	Power Will	Self-definition	Vitality, spontaneity, strength of will, purpose, honor, self-esteem	To act	Ego	Shame	Liver, gallbladder, spleen, stomach, Small Intestine	Dominating, blaming, aggressive, scattered, constantly active	Weak will, poor self esteem, passive, sluggish, fearful	Diabetes, ulcers, jaundice, hepatitis, hypoglycemia, gall stones
Heart (4)	Anahata (unstruck)	Heart "area" Thymus	Green YAM	Love relationships	Self-acceptance	Balance, love, nurture, compassion, self-acceptance, good relationships	To love and be loved	Social	Grief	Heart, lungs, breasts	Codependency, poor boundaries, possessive, jealous	Shy, lonely, isolated, lack of empathy, bitter, critical	Breast tumors, lung disease, immune diseases, blood pressure, heart disease
Throat (5)	Visshudha (purification)	Throat Thyroid	Blue HAM	Communication	Self-expression	Clear communication, creativity, resonance	To speak and be heard	Creative	Lies	Throat, trachea, vocal cords	Excessive talking, inability to listen, over-extended, stuttering	Fear of speaking, poor rhythm	Sore throat, cavities, hypo-hyper thyroid, esophagus, TMJ
Brow (6)	Ajna (to perceive)	Brow Pituitary	Indigo AUM	Intuition imagination	Self-reflection	Psychic perception, accurate interpretation, imagination, clear seeing, inspiration	To see	Archetypal	Illusion	5 senses, sinuses	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Poor memory, poor vision, can't see patterns, denial	Eye diseases, hearing loss, headaches, nervous system
Crown (7)	Sahasrara (thousandfold)	Top of head, cerebral cortex Pineal	Violet Silence	Awareness	Self-knowledge	Wisdom, knowledge, liberation, Consciousness, Cosmic love	To know	Universal	Attachment	Brain	Overly intellectual, spiritual addiction, confusion, dissociation	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy	Depression, psychosis, epilepsy, brain tumors

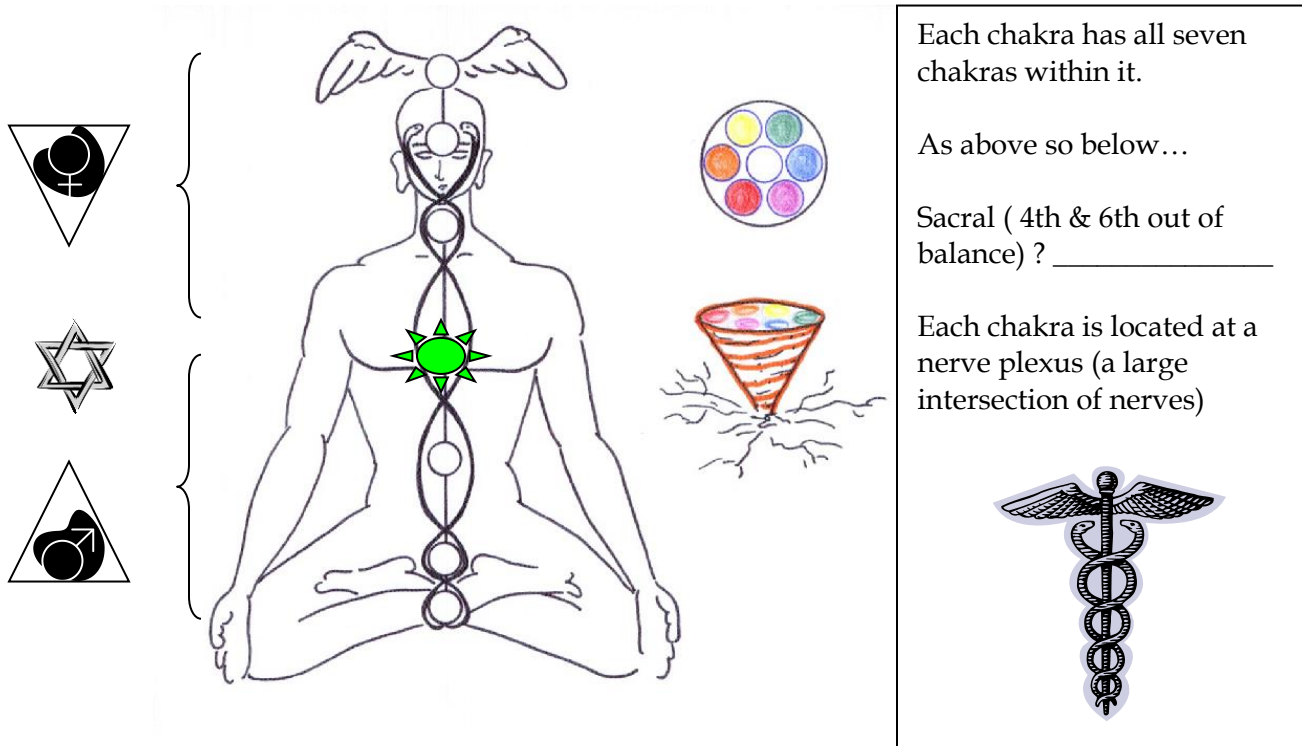


YOUR BODY YOUR FRIEND
Part II

Section 3

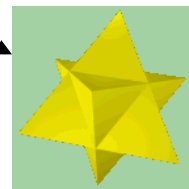
7 Chakras Male and Female
21 Minor Chakras

Chakras Male and Female



The Heart Chakra is the "GREAT HARMONIZER!" It is the key to balancing male and female.

It is the doorway through which our masculine and feminine aspects join together. Once we are balanced our merry-age begins! Until then, we fight with ourselves and our mirror (the Uni-verse).



You can say that there are only 4 chakras not 7. The top three chakras are the Feminine aspects of the lower Masculine chakras.

-The top three chakras are yin. They are cool – hence their cool colors.

-The bottom three chakras are yang. They are warm – hence their warm colors.

You cannot raise the energy in an upper chakra without raising the energy in the corresponding lower chakra. One example of this is when you deny your sexuality, you deny your intuition. To have a powerful third-eye chakra you must also have a powerful sexual/creative chakra.

The Journey Home

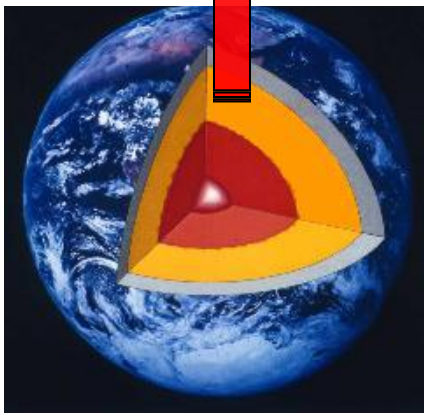
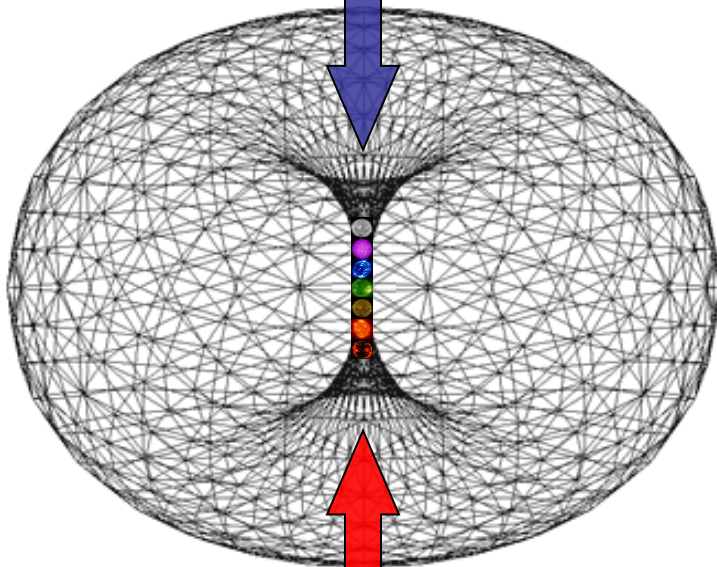
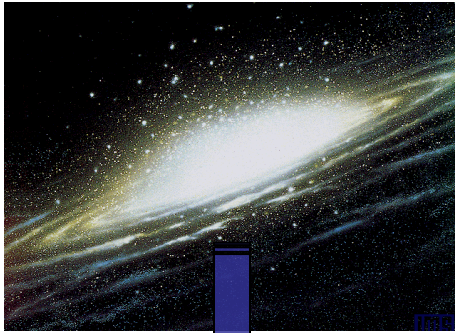
I reach up to father "SKY"
And down to mother "EARTH"
I pull them to me
My father gives me the power of thought
And my mother the power of structure to organize thought
Pulling them into me
My father gives me the power of visualization
And my mother the power to feel so my visualizations have depth
Further into me I draw them
My mother gives me the power to will
And my father the power of sound to speak my will
To my very core they now come and meet
We all meld in a sea of love
All the powers merge here in the center of my being
Blended as ONE we manifest love in everything
We think, do, visualize, feel, speak and will
The marriage is complete and the merry age begins
We are locked in loving consummation for eternity!

Jon Whatley 2008



Chakras – Creation

Father, Light, Wave, Spirit



Mother, Matter, Particle, Manifest



Pure/Raw Energy
THOUGHT

Spiritual Guidance - Visualization
LIGHT

Sound - Power of "The Word"
"Let there be _____"
SOUND

Harmony - Heaven & Earth are 1
As Above SO Below!
AIR - SEND IT OUT

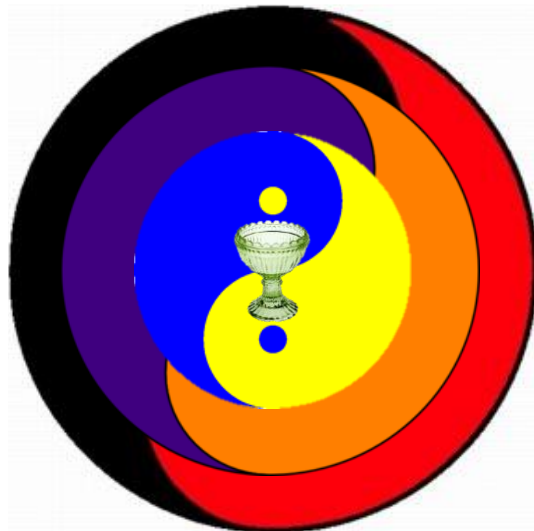
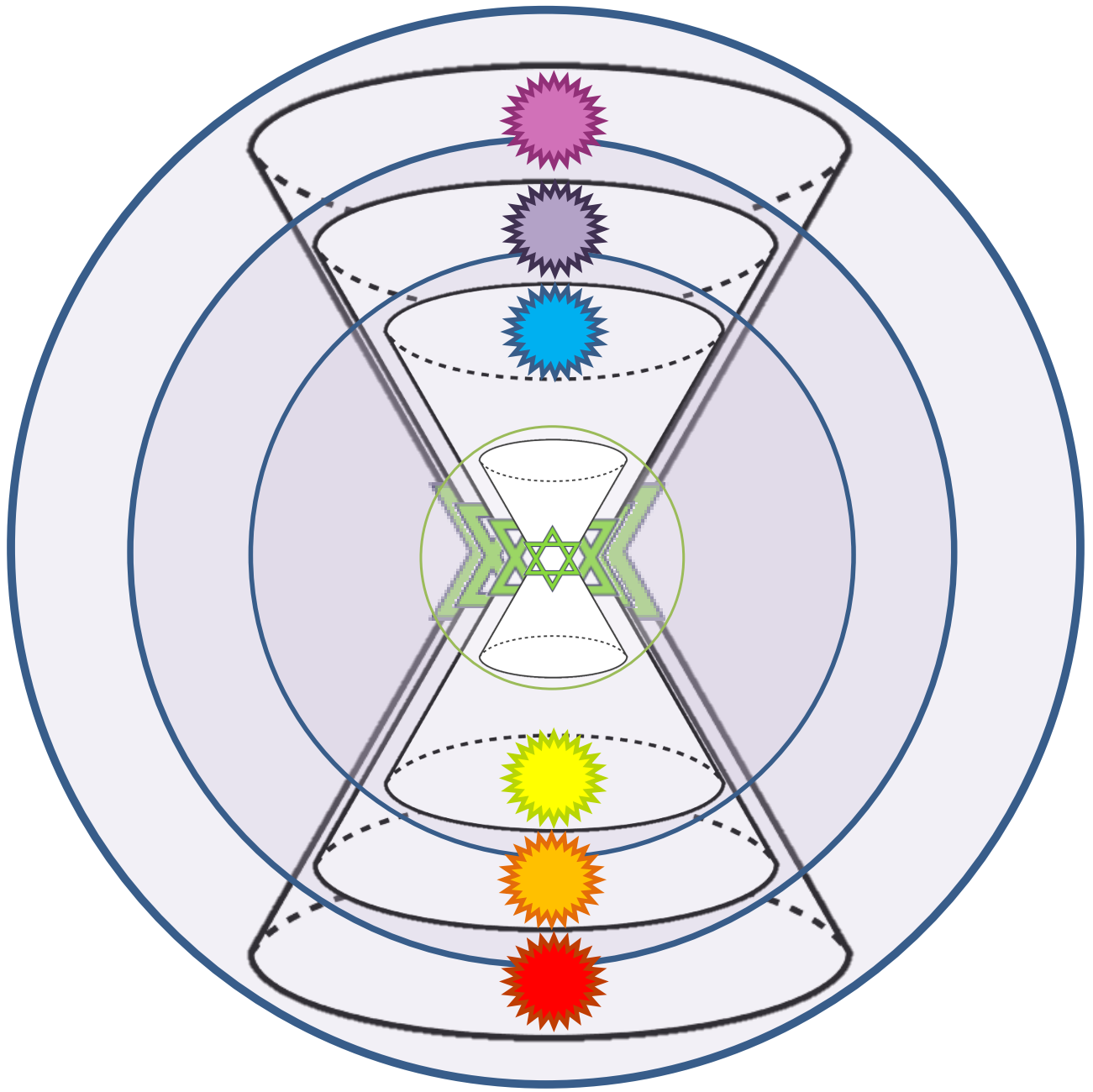
Will Power - The ability to PUSH.
FIRE

Feelings - You MUST feel it!!!
WATER

Energy of Form - Sacred Geometry
EARTH

Earth + Water + Fire = POT

StarGate Vortex

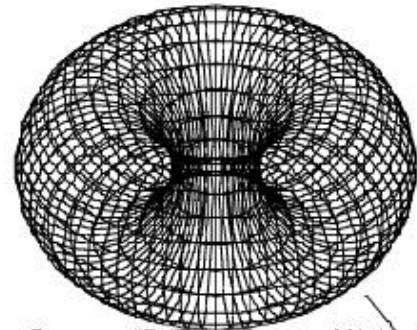


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Wheels within Wheels

Ezekiel 1:16

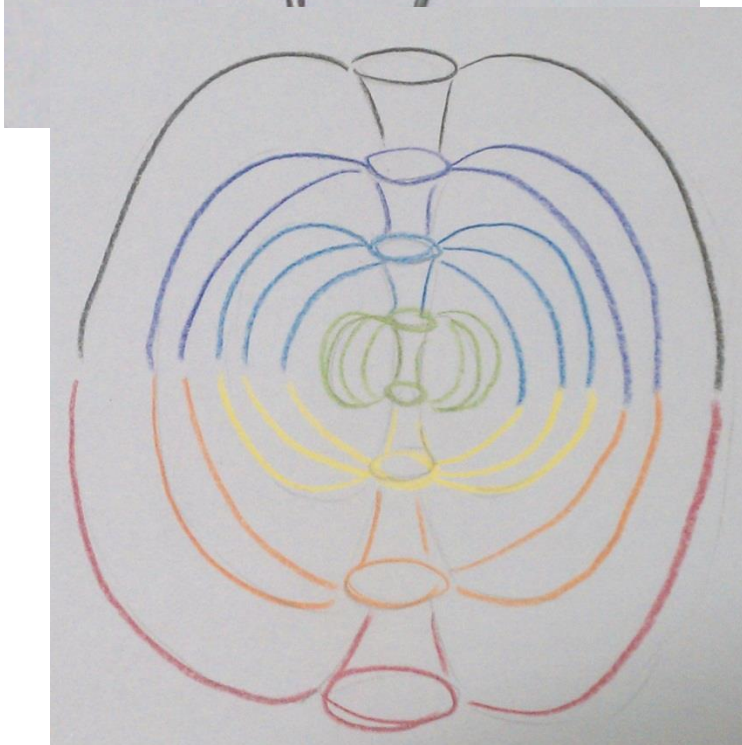
What some see as the seven major chakras are really nested toroidal fields...wheels within wheels.



Do you see a "Cairn" cup in the center of this donut?

The vortexes that are associated with the chakras are actually entrance and exit points in and from these fields.

Energy swirls up the sides and down the center through the nested fields and chakras. Life flows easily as long as the fields are balanced and aligned properly. If the fields are not aligned then the energy of what we are trying to create gets caught up in/on one of the fields and we get "stuck." Our lives are then like records playing the same thing over and over.



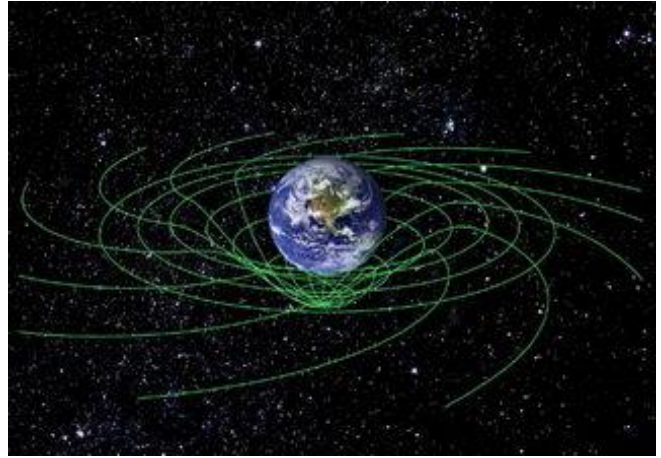
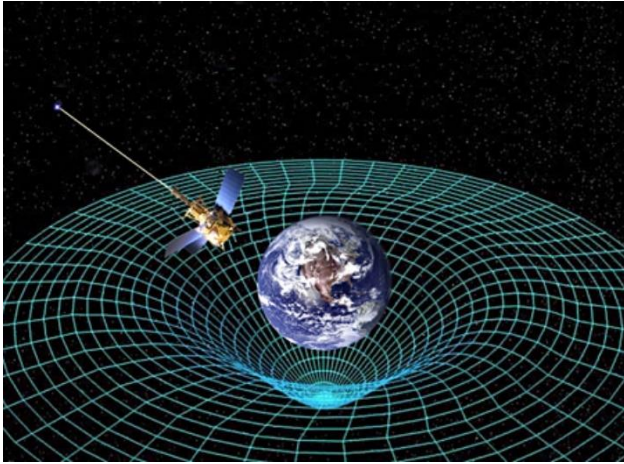
When these toroidal fields are aligned and balanced properly:

1. Love shows up in everything we do and the world changes.
2. We have access to our power (God). This is what is missing in "The Secret" so far.
3. We manifest much faster.

How do we align these fields? We get there through the heart, the center of all the vortexes. This is your access point to God (or what ever name you have assigned to the life giving source and sustaining force of all life) and your power. **ALL life experiences are about getting to the center of your heart!** Having the right relationship with God/Spirit, which then leads to right relationship(s) in the world. I can't emphasize this point enough. There is nothing more to get or learn.

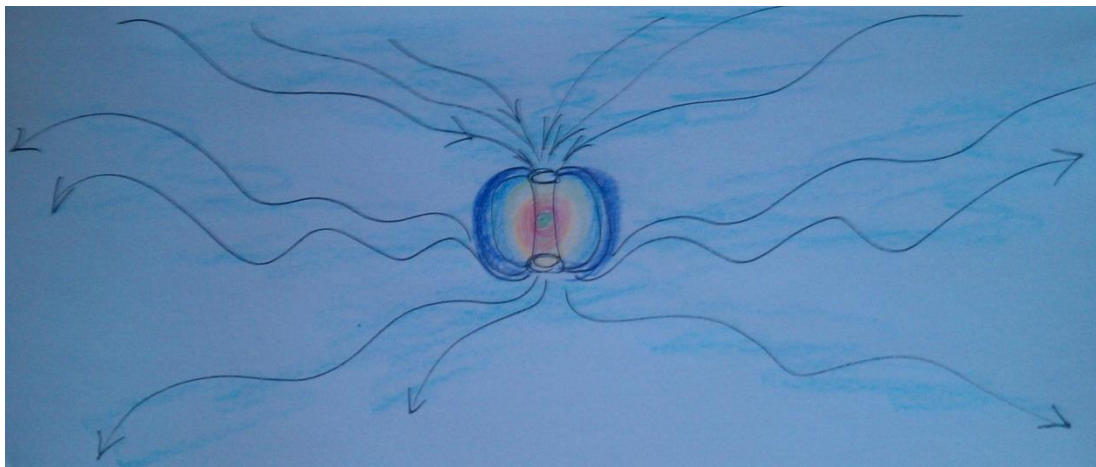
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Time, Space and Your Real Estate (Energy State)



The geodetic effect says the Earth's mass warps local time and space like the weight of a bowling ball placed on a rubber sheet would dent the sheet. The frame-dragging effect posits that the rotating Earth drags time and space around with it like a spinning dancer's body causes her skirt to swirl. -Stanford University

Our nested toroidal energy field works in the exact same way. We pull into our experience that which we vibrate in accordance with.



With your vibrations (your **Perceptions, Thoughts and Feelings**) you stir, spread and consume the Cosmic Jelly of LIFE!
Consume - Communion - Consummate

Everything and I mean EVERYTHING that shows up in or on your real estate is an answer to a prayer of yours. The trick is to understand that EVERY person, situation and even illness that shows up in your life is an answer to a prayer, and that every one of your thoughts, fleeting or obsessive, is a prayer!! This applies to all your thoughts! **If you let others put images and thoughts of fear and anger in your mind and heart you will be praying for those things whether you like it or not!!!**

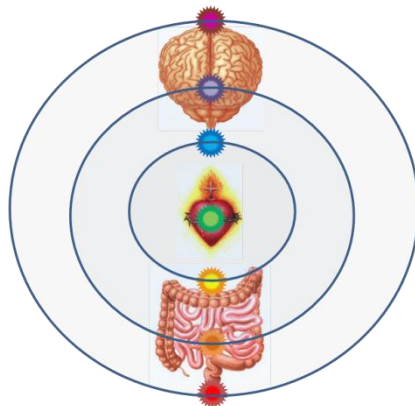
Freedom = learning what you are praying for and changing those prayers (thoughts) that you do not want to have in your life experience. This means you have to be picky about what you let into your mind. You have enough negativity to deal with without the added negativity of junk-food be it physical (Mc Donald's) or mental (TV, movies, and the media). **Masters are rare because people don't want to do the real work.**

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Halo = Event Horizon = Energy Vacuum



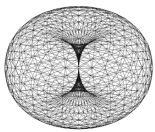
If your heart is in a E-state of COMPASSion your moral COMPASS is aligned with God and your heart and being expand, as a result your heart has enough space to enncompass others!!!



As above so below!

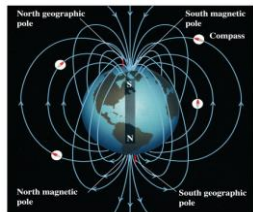
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what we are usually shown to be a chakra.



HALO

what a chakra looks like in its complete form



magnetic field

♂ Father Sky

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

EVENT HORIZON

Toroidal field (magnetic field)



Caduceus

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

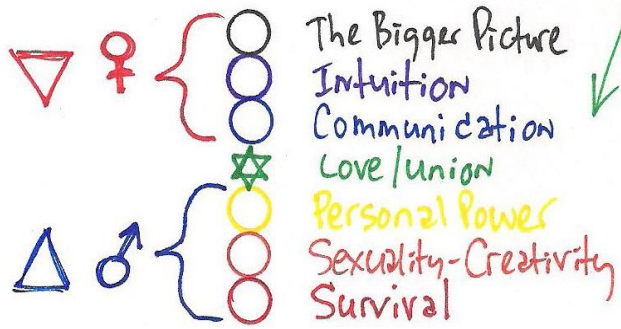
Sushumna Nadia
Ida Nadia (channel) ♀

♂ Pingala Nadia

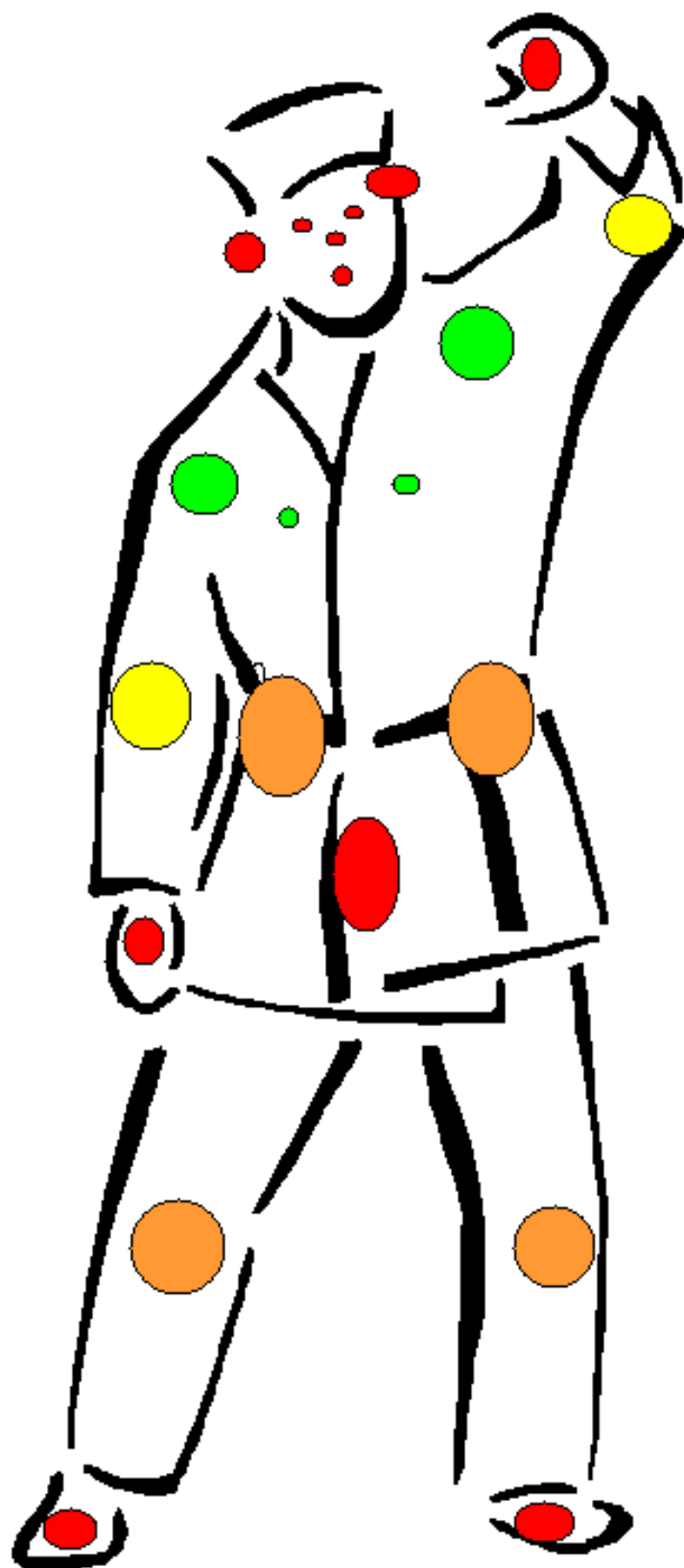
♫ = Reiki's Choku Rei
Kundalini (coiled snake)
Resides in the sacrum

♀ Mother Earth

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



21 Minor Chakras



EYES

Natural-
Sight Physical & Subtle
Insightfulness
Seeing the truth

Pathological-
Seeing selectively
Poor insight
Poor vision Physical/Subtle

Seeing TRUTH!!!

EARS

Natural-
Hearing Physical & Subtle
Hearing the truth (bullshit)
Clairaudience (6th sense)

Pathological-
Listening selectively (thru masks)
Poor understanding of what we hear
Diminished clairaudient ability

The ability to truly HEAR!!

NOSE
LU Metal

Natural-
Survival
Sexuality
Smell

Pathological-
Poor sexual discernment
Critical relationship with surroundings
More critical of environment
Lack of awareness of danger

Health personal Boundaries vs VictimNESS

Survival instinct & Sexual drive!!! Help the species to mate genetically for the highest good. Most important sense for survival.

TONGUE

Natural-
Speaking from the heart (right brain)

Pathological-
Speaking from the intellect (left brain)
(the mind full of beliefs and condition)

Related to main HEART CHAKRA & tip of cervix – *speaking from the heart*. Red tip tongue = excessive heart energy (SHIN.)

NIPPLES (similar to Reiki)

Natural-
Nurturing
Healing
Ability to receive

Pathological-
Resentment
Neediness
Diminished sensuality

HANDS & WRIST

Natural-
Heart “open” **HC 8**
Loving touch
Communicating love & harmony through the hands
Healing (with heart energy)

Pathological-
Heart “closed”
Shutting down to life
Withdrawal from life
Poor life expression

Ability to reach out and touch others with love & harmony.

Wrist problem areas relate to different meridians???

SHOULDERS

Natural-
Responsibility
Taking practical steps
Feeling empowered by the interactions of life

Pathological-
Experiencing the burdens of life and duty
Feeling restricted
Desire for freedom
Resentment of life situations

Dealing with the issues of life in a constructive way –vs- life is a burden to run a way from

ELBOWS (fire and metal)
LI & HT meridians

Natural-
Flexibility in mind and body
Adaptability
Harmony

Pathological-
Possessiveness
Rigidity of mind & body
Depression (heart/fire closed down)

Flexibility of life expression

GENITAL
Related to feet

Natural-
Strength empowerment
Sexuality/sensuality balance
Grounding

Pathological-
Disempowerment
Deviant behavior
Sexual aggressiveness

Weak = charge with fantasy - behavior

HIPS

Natural-
Foundations
Stability
Security
Trusting in life processes
Sexual strength

Pathological-
Instability
Insecurity
Lack of trust in life processes
Sexual insecurity

Our foundation in life they give us stability

Hip replacements = feeling unable to deal with life.

KNEES
KI - Fear

Natural-
Willpower for survival
Healthy fear to keep us alive

Pathological-
False belief in free will
Fear of life & death
Need to control
Excess or deficient expressions of willpower

How well you can use your willpower to get what you want out of life.

Giving power to others under minds your immune system.

FEET & ANKLES
KI starts in the ball of the foot
Female energy – off sets mentalness

Natural-
Standing up for yourself
Grounding
Connectedness
Moving forward

Pathological-
Existential fear
Ungrounded intellect
“Space cadet”
Lacking vital earth energy

*Arch: Collapse – crushed under pressure
High – uptight and ungrounded*

Spleen related to Earth

What we stand on, stand up for ourselves, and connect to the earth with. This energy keeps the body strong, solid, and grounded.



YOUR BODY YOUR FRIEND
Part II

Section 4

Dowsing/Muscle Testing Chakras
Chakra Healing Alter
Chakra Sheets for Notes

Dowsing/Muscle Testing the Chakras

Locate Chakras

Muscle Test

1. Check for switching. If switched, unswitch and check switching.
2. With your hand about 10" above the person's body, slowly move your hand up the center of their body. Muscle test as you go.

Dowsing

1. Hold your pendulum above the client's body.
2. Move VERY SLOWLY up the center of their body.



Direction of spin

Muscle Test

1. Place hand over the chakra you found.
2. Ask "Clockwise?" and muscle test

Dowsing

1. Hold the pendulum above the chakra you located.
2. The pendulum will spin the direction that the chakra is moving.
3. Pay attention to the shape the pendulum makes. Ovals and simple lines indicate blocks and tears.



Make notes on your chakra assessment sheet.

Size of chakra

Muscle Test

1. Client holds chakra in question.
2. You muscle test them as they hold the chakra.

Dowsing

1. Hold the pendulum over the chakra in question.
2. Watch and see how big the circle, or lack of, is in the pendulum swing.

Make notes on your chakra assessment sheet.

Other things you can test for

Color needed:

1. Client holds chakra.
2. Say color "_____" and muscle test or check yes and no with pendulum. A strong response is the color you want to use.
3. After you finish doing one color check the need for others.

Chakras needing to be balanced with another chakra or chakras:

Place hands over both chakras that want to be balanced. Hold them for at least 5 minutes.

*You can muscle test or pendulum check for the best length of time.

Party Trick

Hold a pendulum above a friend's sex chakra and then have him or her think of the most unappealing sexual partner they can, invariably this will go counterclockwise. Then have the person think of someone that they are attracted to and it will go clockwise.

Muscle Testing for weak Chakras

1. Check to see if they are **switched**.

Lying or standing: arm at the side the other hand is place palm down on the top of the head.

a. have them resist your pull on the arm down to the side. (hold the arm against their side).

It should check strong.

b. now have them turn their palm up and place it on top of their head and do the same muscle test.

It should test weak.

c. if it is opposite they are switched you then do

a. Tapping (forcefully) on the area at the sternum and clavicle

b. tap the thymus (center of sternum)

c. tap the sides of the ribs @ chest level

d. drink water

e. then re-check the muscle test

Checking overall weakness (person is lying supine) arms and hands are extended toward the ceiling backs of the hands are together. Have the them resist and you try to pull the hands apart.

2. Then tap and muscle test for weak Chakras (in the same way above)

a. when clearing a charka go counter clockwise then clock wise (may take 15 min.)

b. then re check (muscle test) charka

c. if they get a headache start at the heart charka and clear to the root. Then go back up to the head.

Chakra Healing Alter

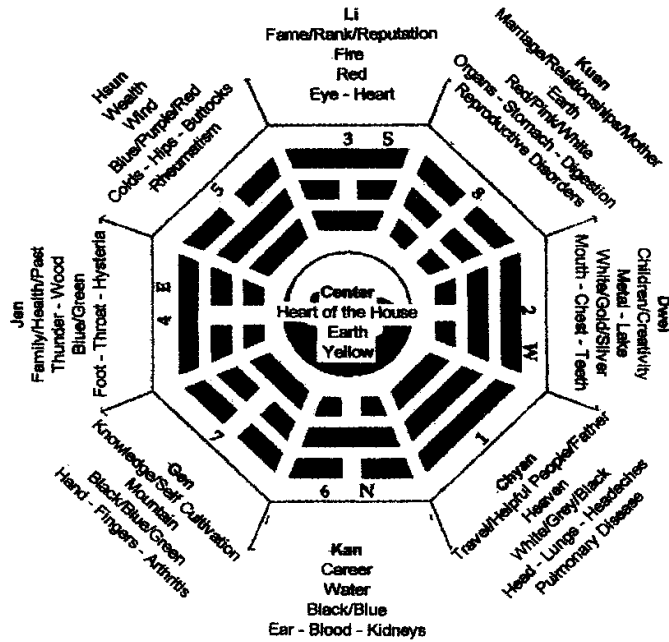
Remember to think of the chakra system in its entirety and how each one works in harmony with the others.

You may create an altar to represent the chakra that you are working on, to include the appropriate color, fragrances, crystals, and other relevant objects

- Crown** Lavender, Frankincense, Rosewood Amethyst, Diamond, Clear quartz
Spirituality Magnetic personality, achieves miracles in life, transcendent, at peace with self
- Third Eye** Hyacinth, Rose geranium, Violet Amethyst, Fluorite, Azurite
Intuition, Wisdom Charismatic, highly intuitive, not attached to material things, may experience unusual phenomena
- Throat** Chamomile, Myrrh Lapis lazuli, Turquoise, Aquamarine
Communication, Self-expression Good communicator, contented, finds it easy to meditate, artistically inspired
- Heart** Rose, Bergamot, Melissa Watermelon tourmaline, Rose quartz, Emerald
Love and relationships Compassionate, loves unconditionally, nurturing, desires spiritual experience in lovemaking
- Solar Plexus** Vetiver, Bergamot, Ylang ylang Aventurine quartz, Yellow citrine, Sunstone
Personal power, Self, Respects self and others, has personal power, spontaneous, uninhibited
- Sacral** Jasmine, Rose, Sandalwood Citrine, Carnelian, Golden topaz
Emotional balance/Sexuality Trusting, expressive, attuned to his/her own feelings, creative
- Root** Cedarwood, Myrrh, Patchouli Hematite, Tiger's eye, Bloodstone
Survival/Physical needs, Demonstrates self-mastery, high physical energy

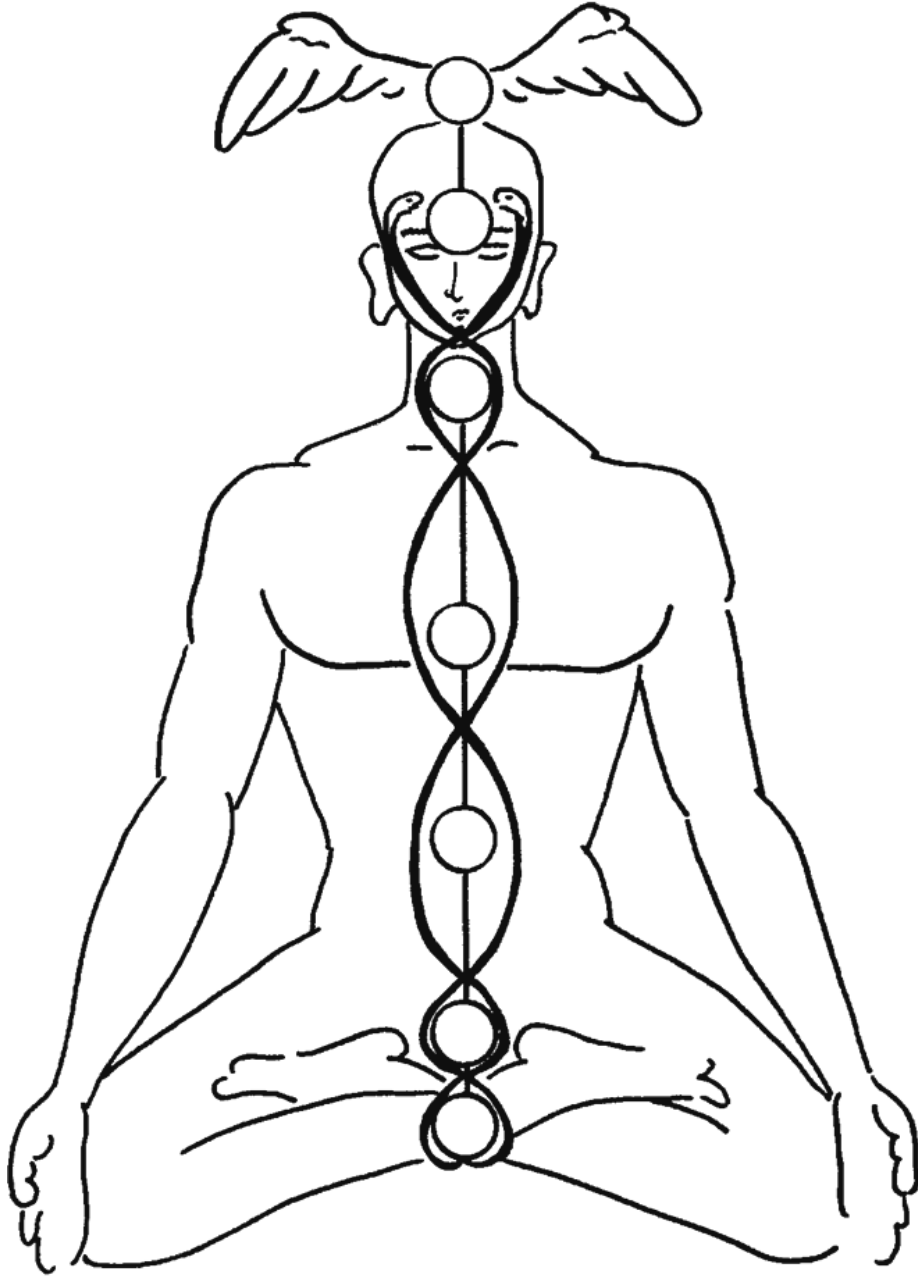
BA-GUA

The BA-GUA and its corresponding elements, body parts, colors, and life situations.



..... Align the front door along this plane

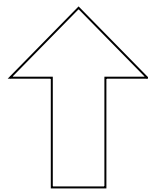
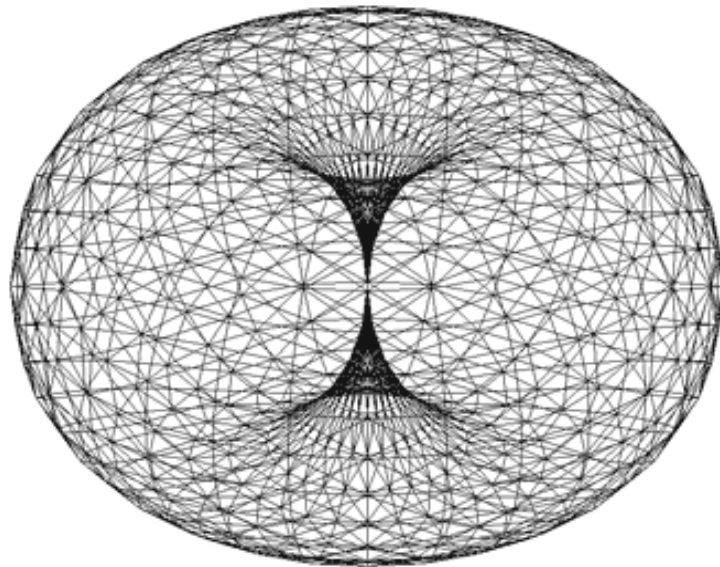
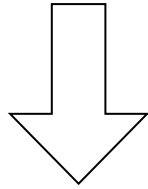
<p>WEALTH & PROSPERITY "Gratitude" REAR LEFT <u>Wood</u> Blues, purples, & reds</p>	<p>FAME & REPUTATION "Integrity" REAR MIDDLE <u>Fire</u> Reds</p>	<p>LOVE & MARRIAGE "Receptivity" REAR RIGHT <u>Earth</u> Reds, Pinks, & whites</p>
<p>HEALTH & FAMILY "Strength" MIDDLE LEFT <u>Wood</u> Blues & Greens</p>	<p>CENTER <u>"Earth"</u> Yellow & earth tones</p>	<p>CREATIVITY & CHILDREN "Joy" MIDDLE RIGHT <u>Metal</u> White & Pastels</p>
<p>KNOWLEDGE & SELF-CULTIVATION "Stillness" FRONT LEFT <u>Earth</u> Black, blues, & greens</p>	<p>CAREER "Depth" FRONT MIDDLE <u>Water</u> Black & dark tones</p>	<p>HELPFUL PEOPLE & TRAVEL "Synchronicity" FRONT RIGHT <u>Metal</u> White, gray & black</p>



Observations - Intention

Breathe in like a straw...Breathe out sending energy out.

Heavenly Chi



Earthly Chi



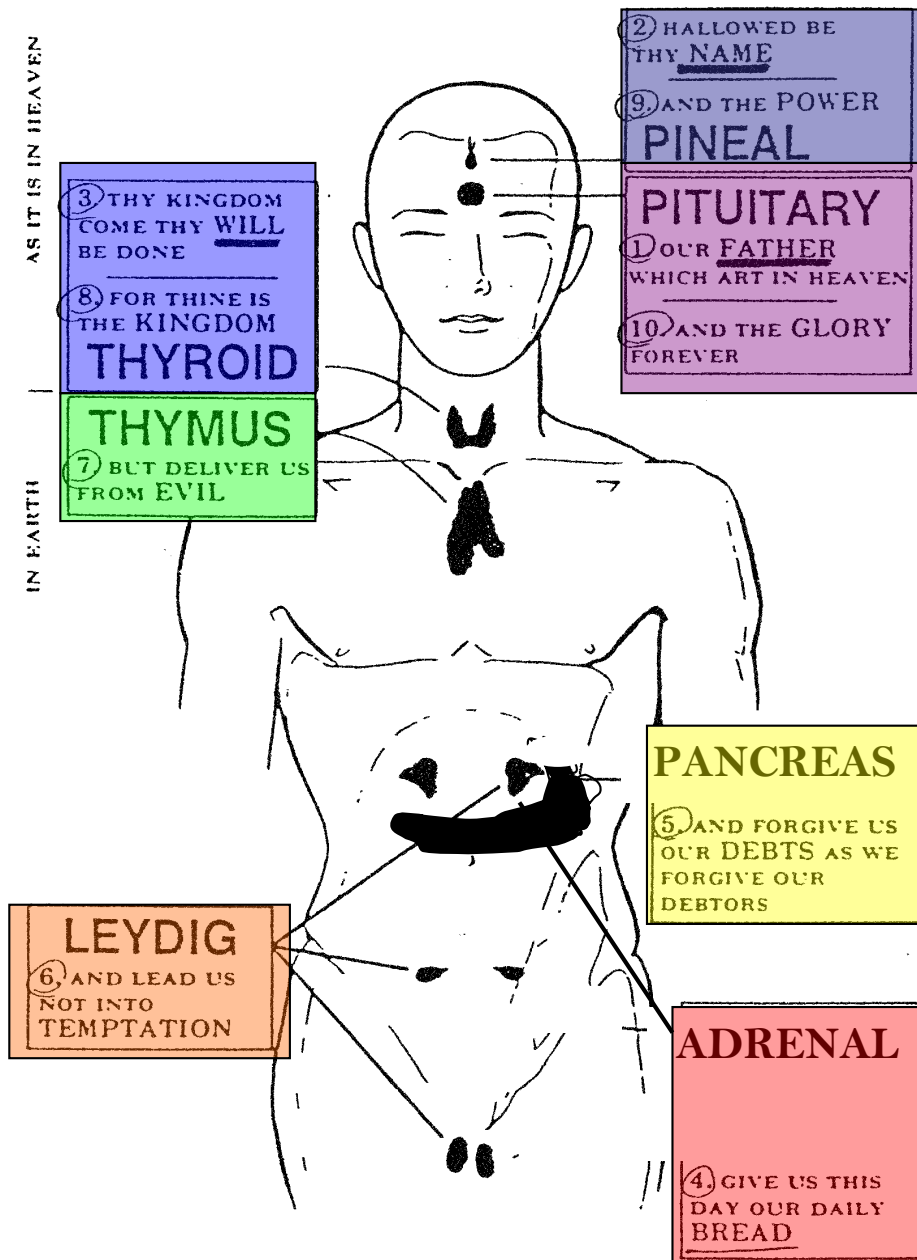
YOUR BODY YOUR FRIEND
Part II

Section 5

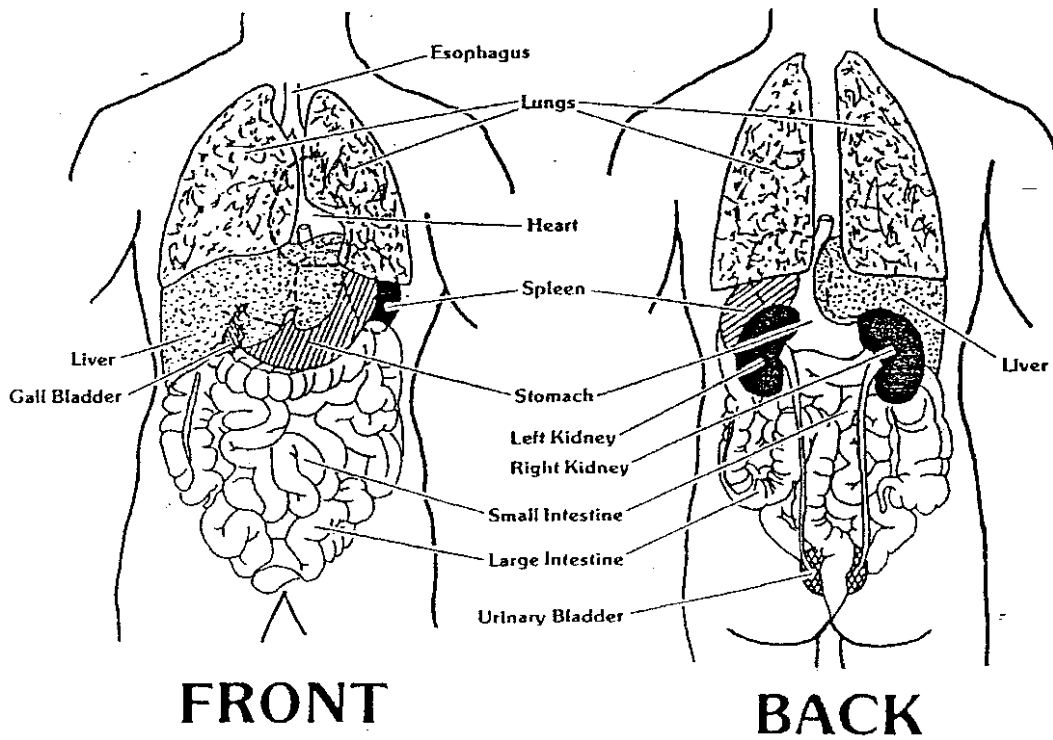
Endocrine – Chakras
Organs
Muscles
Skeletal

Endocrines - Chakras

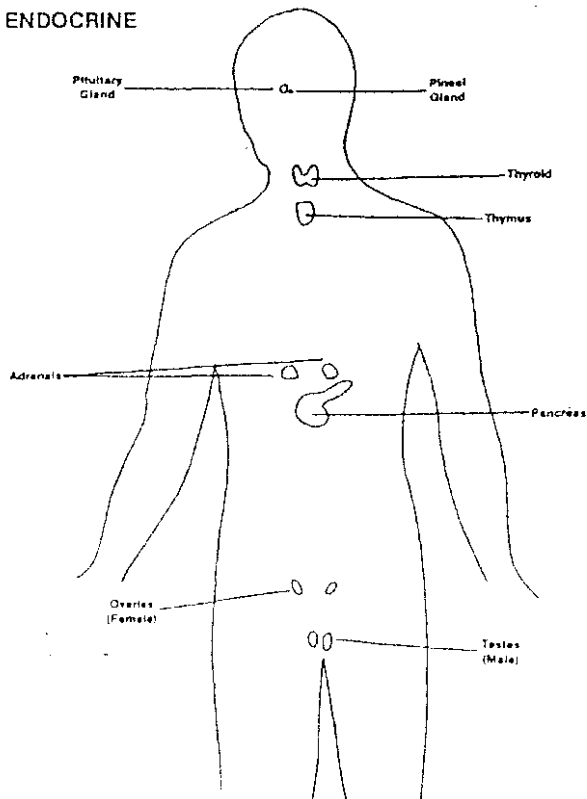
THE LORD'S PRAYER AND THE SEVEN CENTERS



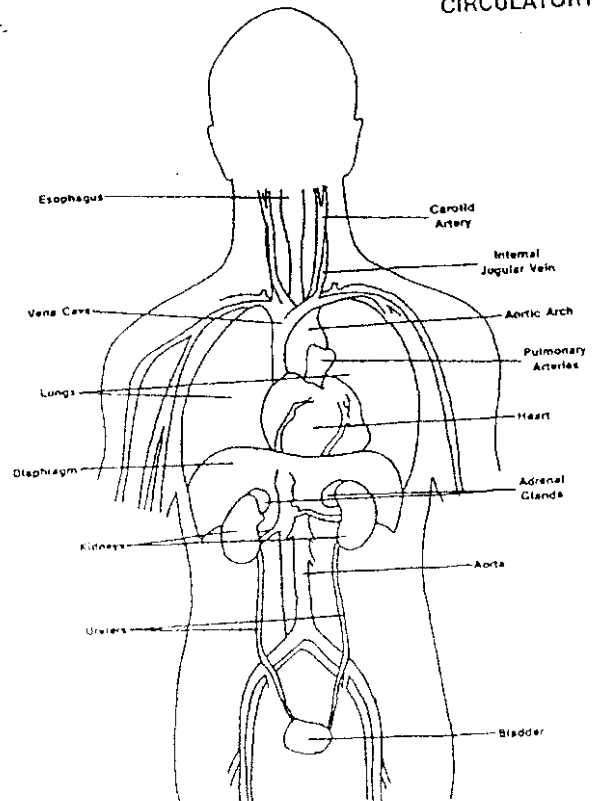
Organs

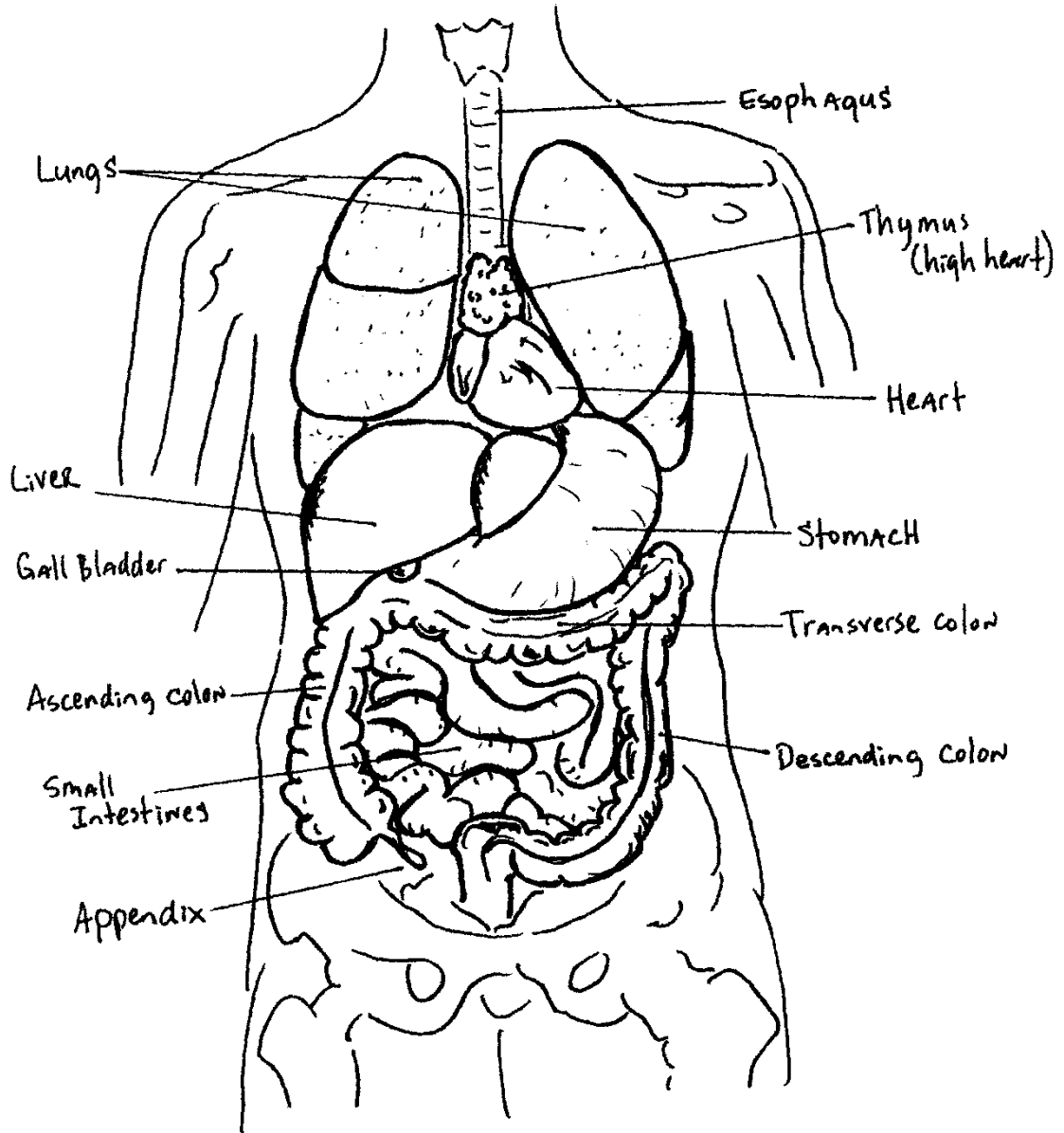


ENDOCRINE



CIRCULATORY





Muscles & 5 Elements

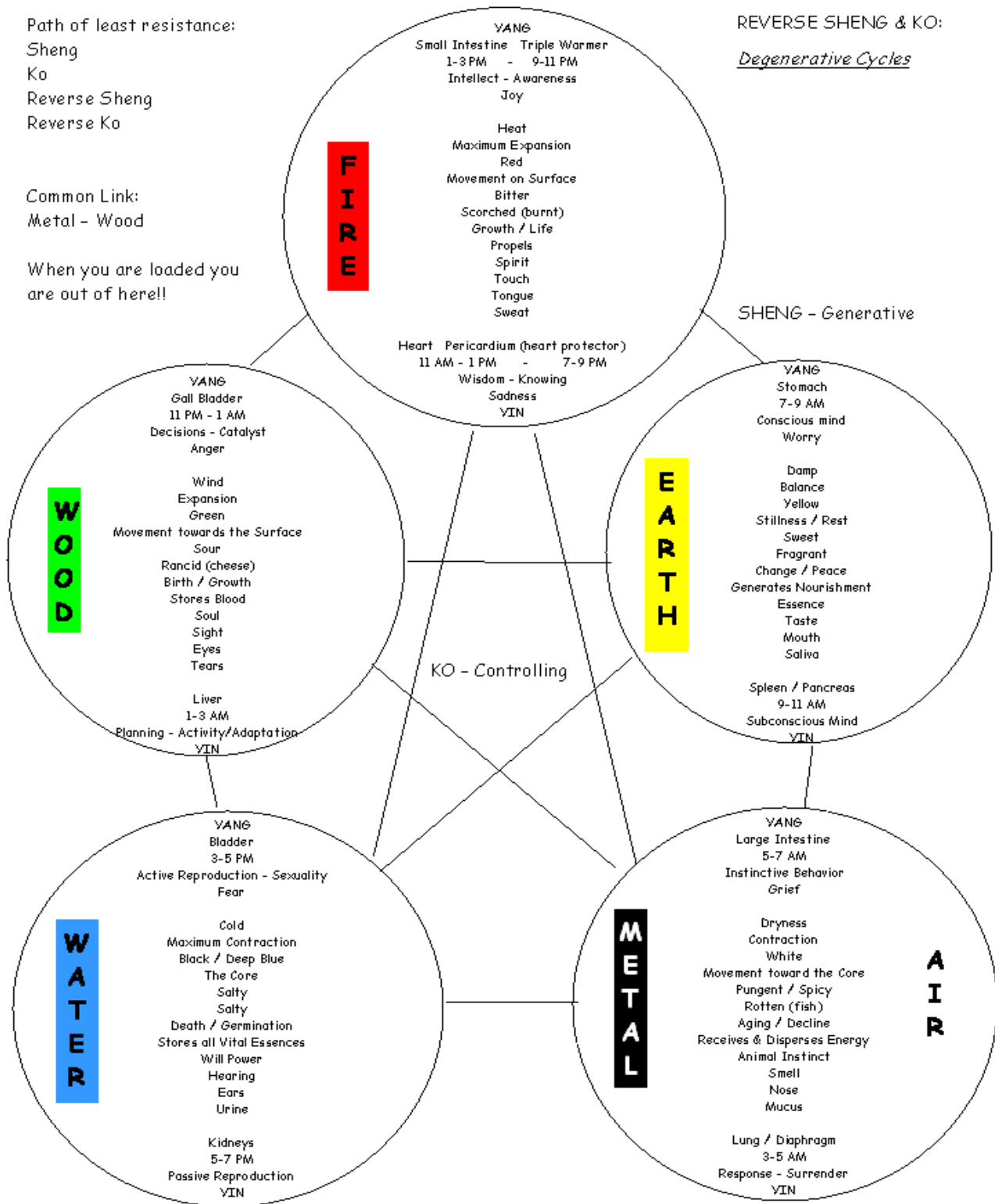
Path of least resistance:
Sheng
Ko
Reverse Sheng
Reverse Ko

Common Link:
Metal - Wood

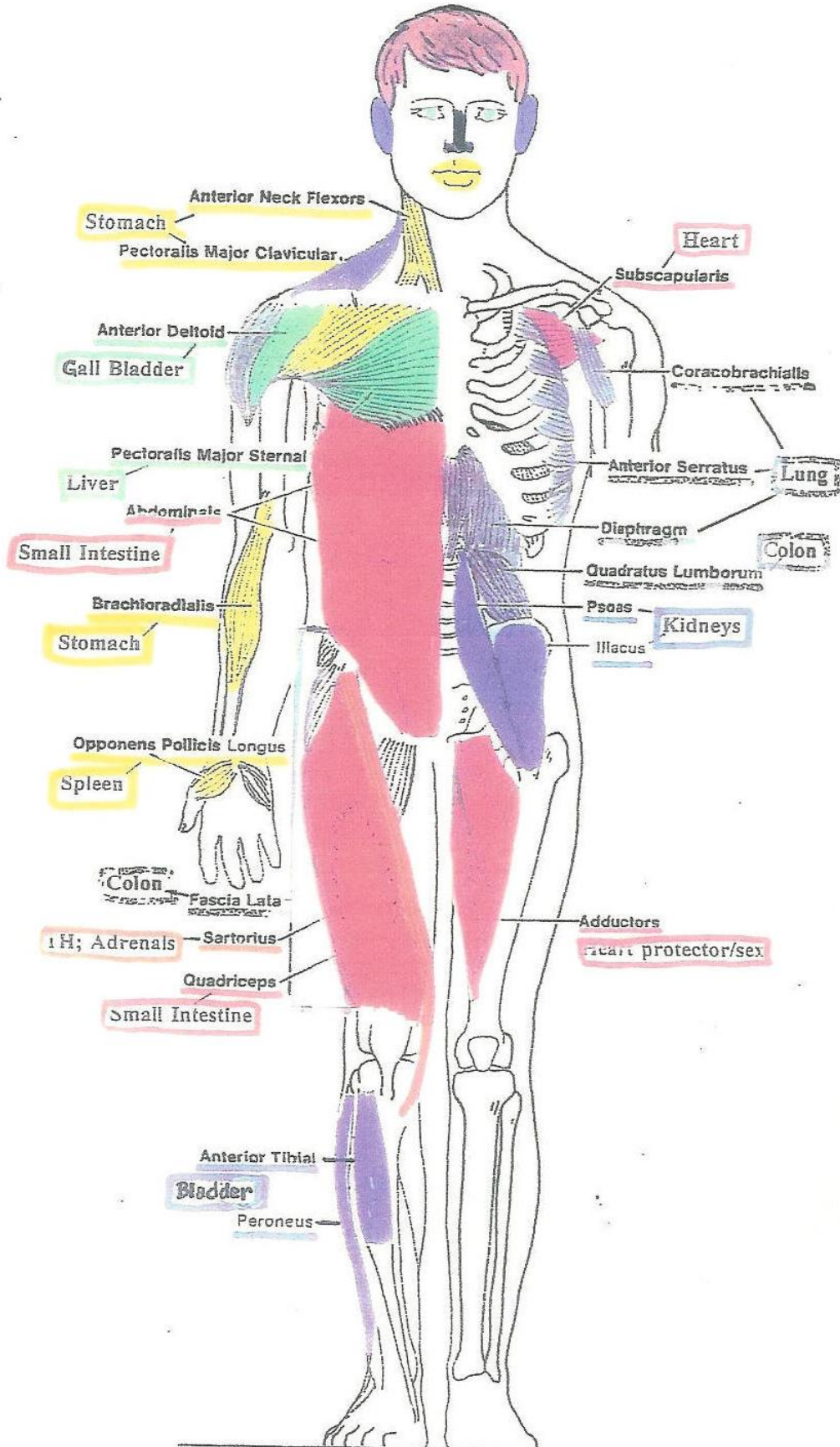
When you are loaded you
are out of here!!

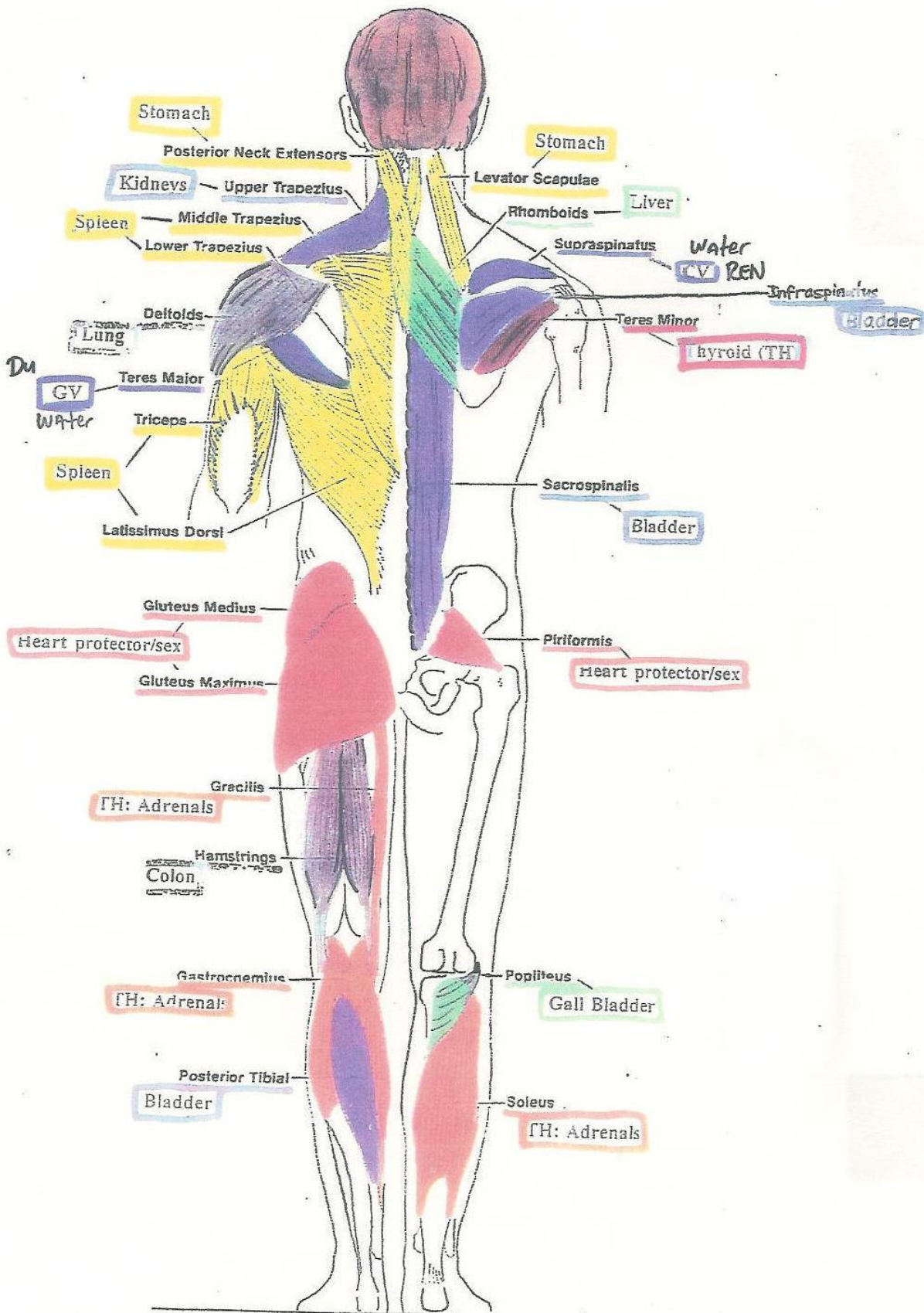
REVERSE SHENG & KO:

Degenerative Cycles

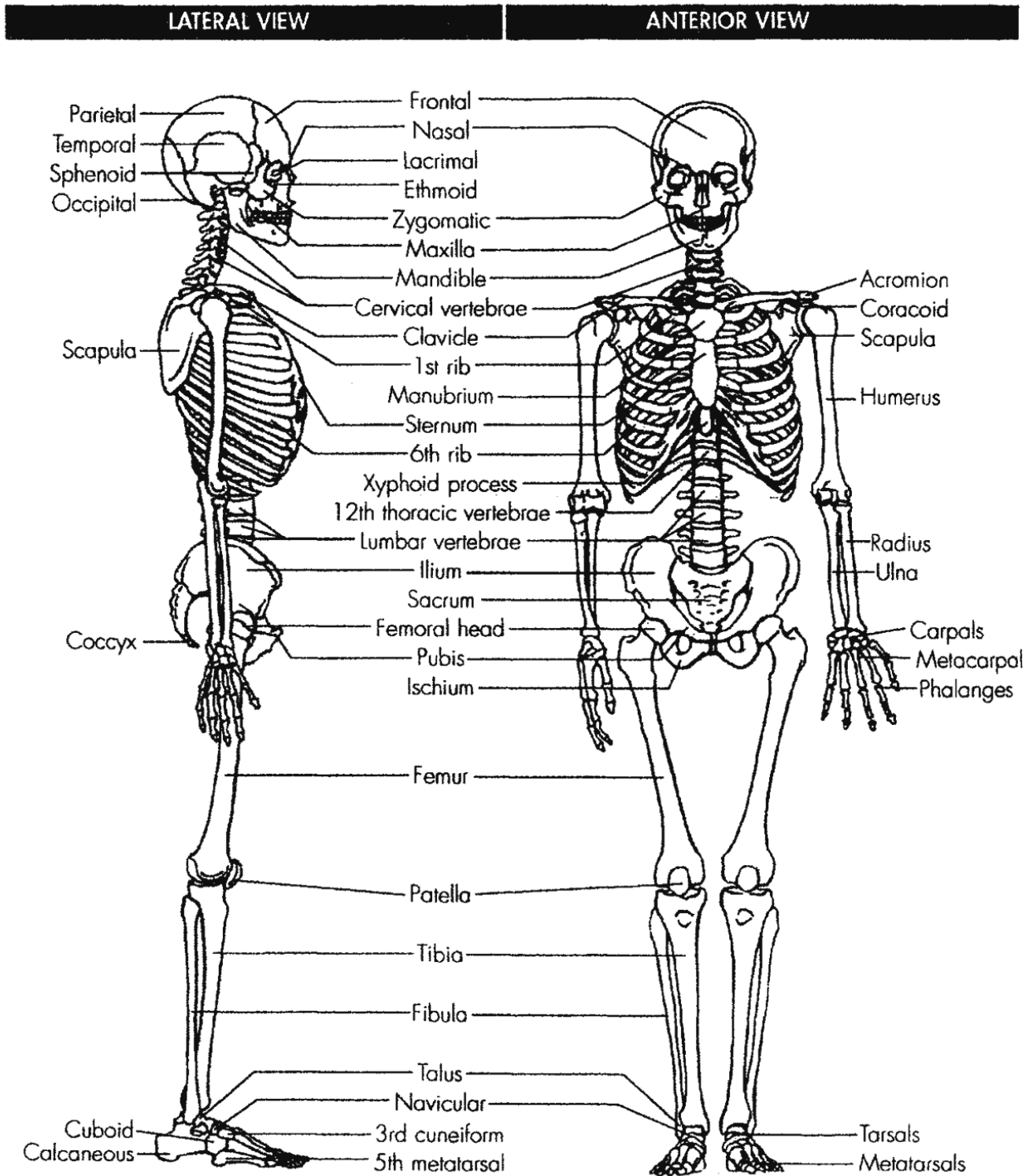


Muscles





SKELETAL SYSTEM



YOUR ANTENNA & CURCUIT BREAKERS

Your thoughts and emotions shape your physical body, so by changing your emotions and thoughts you change your physical body. Likewise, you can change your emotional and mental states by changing your physical body with exercise and diet.

So how do mental and emotional states affect the body? In many ways!!! The skeletal system of the body is a good place to start. Our bones are the mineral kingdom of our body, and minerals conduct electricity. Also, if you look at a skeleton with out- stretched arms it looks like an antenna. A subluxation, which is a misalignment in the spinal column, is an example of the relationship between mental *and* emotional states and the physical body. Most subluxations are caused when you try to tune something out - usually something you deem "negative." It is like me taking my TV antenna and bending one of the brackets, because I did not want to get a certain channel. Yes, subluxations can be caused by a physical accidents, but I believe our thoughts for the most part cause 'so-called' accidents.

These subluxations lead to physical problems (dis-ease), because the nerves pinched by the subluxations cause malfunctions *and* degeneration of the area fed by certain nerves. The affects of negative emotional and mental states on the body are unlimited. A few examples are: colon problems when we have problems **releasing**. Low back pain stem from pain **not feeling supported** Leg problems indicate our not being **able to move forward**. Worrying leads to overall fatigue. The list goes on and on.

Also, when you dine on junk food, watch gory movies, listen to music with hate messages, and accept ideas from others that do not involve love, your very being (antenna) is distorted.

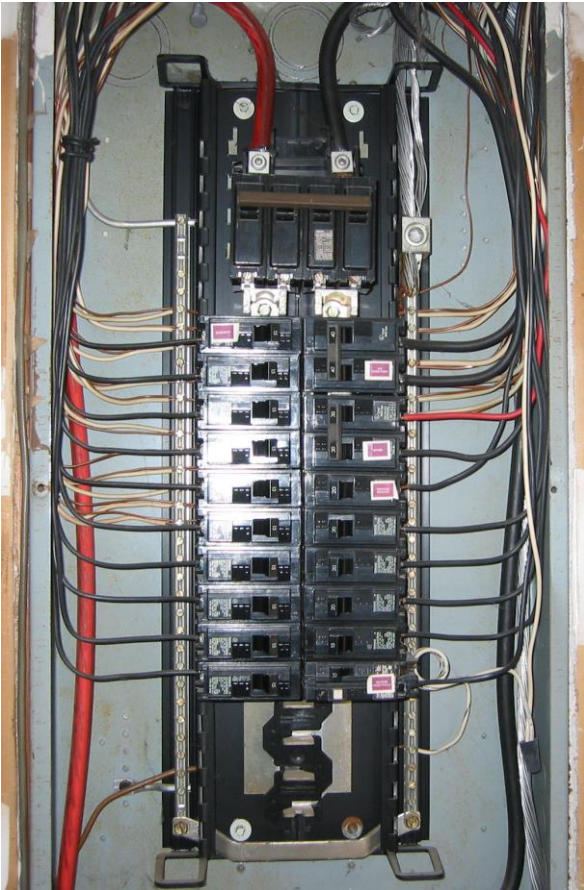


Your body comes together to make an electromagnetic antenna. Not only is the entire spine an antenna, but each vertebra in the spinal column is an antenna. Each vertebra sends and receives different frequencies (your thoughts and emotions and those of other people). Your thoughts and emotions affect this delicate *antenna*.

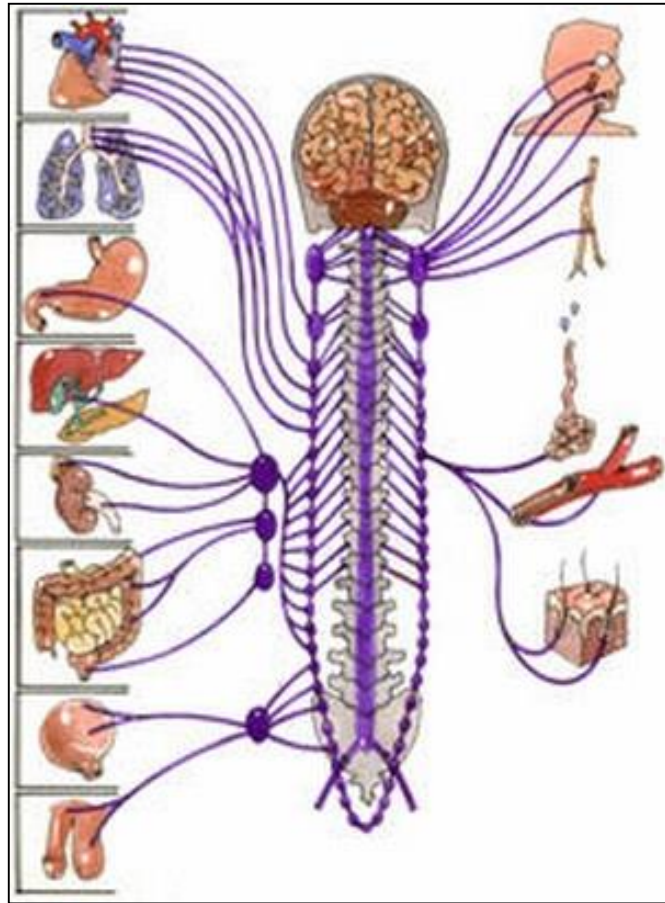
For example: when you do not want to experience something like sadness, the energy behind your thoughts and emotions will actually cause the spine to twist and turn. This twisting and turning usually results in a subluxation somewhere in the spinal column which causes a pinched nerve leading to a certain part of the body. This results in dis-comfort and dis-ease in the area.

"If posture and thought process are intimately connected, then, in a sense, your thoughts are constantly sculpting your posture, changing your alignment. The reverse holds true as well. Your posture influences your thinking. Your thoughts are part of a powerful matrix that influences your posture. The flood of words and images around you affect the way you sit, stand, and walk. Both the pictures and the words in our minds influence the feelings in our bodies, which in turn feed our thoughts and mental pictures." -Eric Franklin

SPINAL VERTEBRAE = BREAKER BOX



Breaker Box



Spinal Vertebrae and Nerves

Don't these two seemingly unrelated objects look remarkably alike? They do because they are!

Our spinal vertebrae and nerves work a lot like the breakers and electrical wires that keep our houses operating smoothly.

When a breaker is turned off, electricity (energy) stops flowing to the items the breaker's wires are attached to. There are two ways for a breaker to be turned off:

1. It is manually turned off
2. An item (oven, refrigerator, etc) attached to a particular breaker overloads for some mechanical reason, which causes the breaker to "blow" (turn off).

When a vertebrae (breaker) has a subluxation (dislocation) the energy flowing to the items the vertebrae's nerves are attached to is greatly reduced. There are two ways you can get a subluxation:

1. It is manually moved. Some kind of physical impact (car wreck, fall, etc.)
2. An item (heart, lungs, stomach, etc) attached to a particular vertebrae overloads for some physical, mental, emotional or energetic reason, which causes the vertebrae to blow.

VERTEBRAL SUBLUXATION AND NERVE CHART

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4) Misalignment of spinal vertebrae and discs may cause irritation to the nervous system which could affect the structures, organs, and functions listed under "areas" and the "possible symptoms" that are associated with malfunctions of the areas noted.

Vertebrae	Areas & Parts of Body	Possible symptoms
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	☐ Headaches ☐ nervousness ☐ insomnia ☐ head colds ☐ high blood pressure ☐ migraine headaches ☐ nervous breakdowns ☐ amnesia ☐ chronic tiredness ☐ dizziness
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	☐ Sinus trouble ☐ allergies ☐ pain around the eyes ☐ earache ☐ fainting spells ☐ certain cases of blindness ☐ crossed eyes ☐ deafness
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	☐ Neuralgia ☐ neuritis ☐ acne or pimples ☐ eczema
C4	Nose, lips, mouth, eustachian tube.	☐ Hay fever ☐ runny nose ☐ hearing loss ☐ adenoids
C5	Vocal cords, neck glands, pharynx.	☐ Laryngitis ☐ hoarseness ☐ throat conditions such as sore throat or quinsy
C6	Neck muscles, shoulders, tonsils.	☐ Stiff neck ☐ pain in upper arm ☐ tonsillitis ☐ chronic cough ☐ croup
C7	Thyroid gland, bursae in the shoulders, elbows.	☐ Bursitis ☐ colds ☐ thyroid conditions
T1	Arms from the elbows down, including hands, wrists, and fingers, esophagus and trachea.	☐ Asthma ☐ cough ☐ difficult breathing ☐ shortness of breath ☐ pain in lower arms and hands
T2	Heart, including its valves and covering, coronary arteries.	☐ Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breast.	☐ Bronchitis ☐ pleurisy ☐ pneumonia ☐ congestion ☐ influenza
T4	Gallbladder, common duct.	☐ Gallbladder conditions ☐ jaundice ☐ shingles
T5	Liver, solar plexus, circulation (general).	☐ Liver conditions ☐ fevers ☐ blood pressure problems ☐ poor circulation ☐ arthritis
T6	Stomach.	☐ Stomach troubles including: ☐ nervous stomach ☐ indigestion ☐ heartburn ☐ dyspepsia ☐
T7	Pancreas, duodenum.	☐ Ulcers ☐ gastritis
T8	Spleen.	☐ Lowered resistance
T9	Adrenal and suprarenal glands	☐ Allergies ☐ hives
T10	Kidneys.	☐ Kidney troubles ☐ hardening of the arteries ☐ chronic tiredness ☐ nephritis ☐ pyelitis
T11	Kidneys, ureters.	☐ Skin conditions such as acne ☐ pimples ☐ eczema ☐ boils
T12	Small intestines, lymph circulation.	☐ Rheumatism ☐ gas pains ☐ certain types of sterility
L1	Large intestines, inguinal rings.	☐ Constipation ☐ colitis ☐ dysentery ☐ diarrhea ☐ some ruptures or hernias ☐
L2	Appendix, abdomen, upper leg.	☐ Cramps ☐ difficult breathing ☐ minor varicose veins
L3	Sex organs, uterus, bladder, knees.	☐ Bladder troubles ☐ menstrual troubles such as painful or irregular periods ☐ miscarriages ☐ bed wetting ☐ impotency ☐ change of life symptoms ☐ many knee pains
L4	Prostate gland, muscles of the lower back, sciatic nerve.	☐ Sciatica ☐ lumbago ☐ difficult, painful or too frequent urination ☐ backaches
L5	Lower legs, ankles, feet.	☐ Poor circulation in the legs ☐ swollen ankles ☐ weak ankles and arches ☐ cold feet ☐ weakness in the legs ☐ leg cramps
SACRUM	Hip bones, buttocks.	☐ Sacroiliac conditions ☐ spinal curvatures
COCCYX	Rectum, anus.	☐ Hemorrhoids (piles) ☐ pruritus (itching) ☐ pain at end of spine on sitting



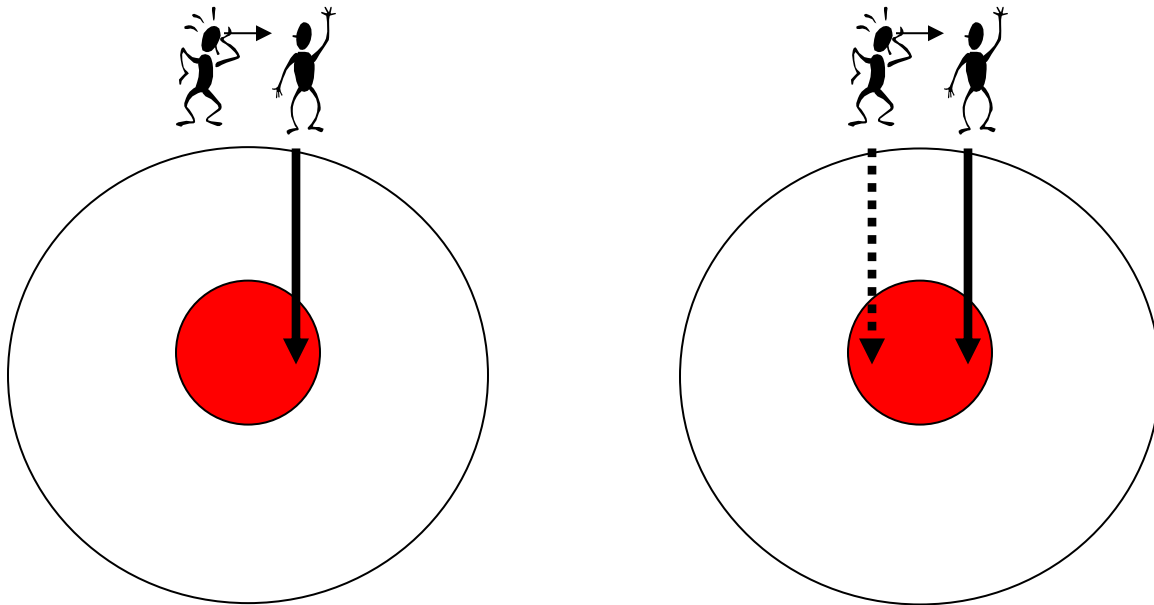
YOUR BODY YOUR FRIEND
Part II

Section 6

Grounding
Reiki Session
Thought Field
Hand Placement
After a Reiki Session

GROUNDING

When you do energy work on someone part of you is filtering their low energy. It is very important to ground! To ground means that you are plugging into a larger more powerful energy than that of your own. Sending a cord down from your root chakra into the Earth is a good way to do this. The Earth's core is swirling liquid metal which means it has a strong magnetic field.



In the first picture the person doing the energy work is grounded and the other (person in pain) is not grounded. This means that you are filtering for the person your working with. It is beneficial for client and therapist to be grounded. In the second picture both people are grounded and a loop on energy is formed bringing much more power to the session.

If your client is not grounded:

1. You can teach the person how to ground before working on them.
2. If you are in a situation where you can't teach the person to ground you can take a moment before working on the person and visualize energy coming from their root to the ground. The down side of this is that when they leave your presence your visualization will fade and they will no longer be grounded. But this does help in the moment of working on someone.

When you send other's low energy through you to the Earth, you aren't poisoning the Earth. The Earth's core is so hot that it instantly transmutes lower energies. Purification by fire.

The Pink Rose Exercise:

1. Visualize a pink rose floating between you and the person you are talking with or working on.
2. Set the intent that the rose filter any negativity going between you and the other person.
3. After the person is gone or you're done working on someone visualize the rose burning up.

YOU DON'T WANT LOTS OF NEGATIVELY ENERGIZED ROSES FLOATING AROUND IN YOUR AURA!

The need to protect ourselves is an affirmation of weakness, but until you develop centered strength it is a good idea to use a technique like the "Pink Rose" to protect yourself. The optimal way to work on someone and live life is to have continuously high energy. High energy transmutes all lower energies. The higher you are the more you can transform. When you reach the highest energetic level of being your mere presence is healing!

The more you work on yourself the clearer you get. The clearer you get the more energy passes through you either getting transmuted or passing through you with no negative effects.

Higher energies always transmute lower (weaker) energies. If you get sucked into or get affected by a lower energy one of two things is happening.

1. Your energy is low because you have not taken the time to recharge.
2. Your energy is low related to that issue/problem. You have a similar issue yourself. You need to look at why and transmute it in yourself so that you can transmute it for others. When we have charges on certain issues it is much more difficult to help another with similar issues.

Once you get pulled into someone's "story" and you start feeling their emotions as if they were your own. Once you start feeling others emotions as your own you have lost your objectivity and lack of objectivity is the root of pain and suffering. This means you have lost neutral ground and have jumped into the water to save them and you are now being pulled under with them. Pay attention to the stories you get sucked into and work to neutralize your attachment to them. You must continually work on clearing/neutralizing yourself!

Remember a neutral mind is the most powerful mind!! If you get sucked into someone's low energy you have lost your neutral balance.

REIKI HEALING SESSION

- Before-giving a treatment, show the person all of the different positions that you are going to use on them so that they will know what to expect.
- Wash your hands before and after a hands-on session. You can put a little essential oil on your palms to enhance the energy of a session.
- Have the person receiving the treatment to remove shoes, glasses, and belts, and other articles of apparel which are bulky or extra tight.
- Remove all jewelry if possible. Jewelry carries the vibration of the person and can have lots of negative energy attached to them.
- Uncross your legs and make sure that the receiver uncrosses their legs and feet so that the energy flows freely.
- Keep your fingers together when giving a treatment. Scattered fingers makes for scattered energy.
- Give the full twelve position "hands-on" treatment except in emergencies, accidents, or on-the-spot stress reduction. Always use your intuition!!!
- Create a safe, quiet, caring environment. Soothing music is recommended but certainly not mandatory.
- Keep tissues and a blanket nearby in case either one is needed.
- A minimum of three consecutive daily sessions are recommended when Reiki is applied for the first time.
- Unless you are licensed to do so, DO NOT diagnose or prescribe any medications or supplements.
- Also, DO NOT tell anyone to stop taking their medications.
- DO NOT treat a child alone. Always insist on a parent or a responsible adult being present during a treatment.
- DO NOT treat a broken bone until after it has been set. You can send Reiki energy to a broken bone - just focus on pain relief not healing!!!

-When treating a person that is diabetic, suggest to them that they monitor their blood sugar level more frequently than normal.

-As a general guideline, remain in each position for approximately 5 minutes. Use more or less time depending on individual circumstances.

-During a session, both you and the receiver should be comfortable. The person having the session may be in a sitting or reclining position. Use a padded table, couch, bed, chair, or the floor. Use a pillow under the knees to relieve pressure on the lower back

- Invocation - Some sort of focusing statement. Example:
Hands in front of your heart center - "May I act as a Reiki channel for the healing of the person I am going to place my hands on."

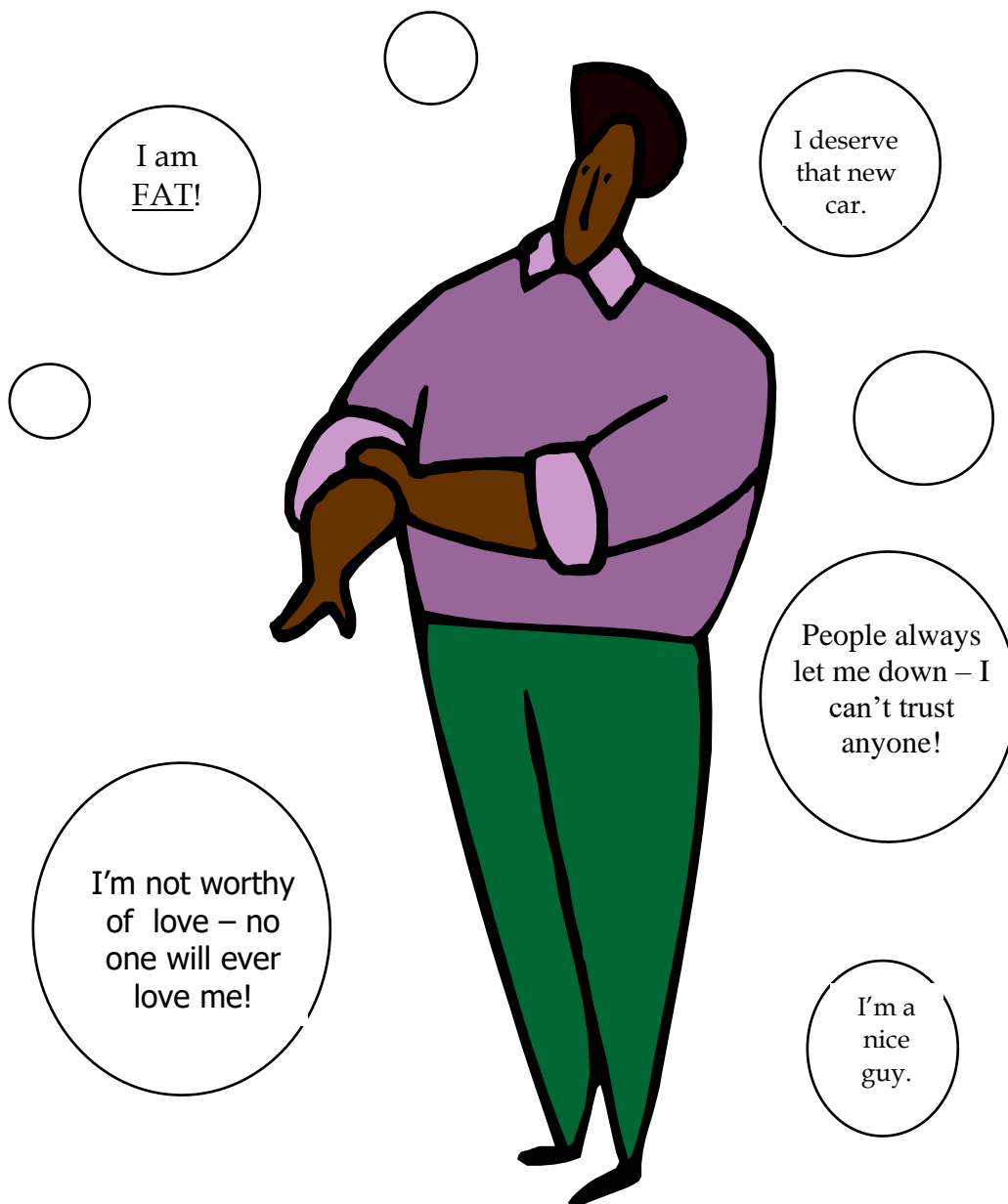
- Accept yourself and the person on the table fully. **JUDGMENT** is the quickest way to stop the flow of energy.

- Smooth out the Aura

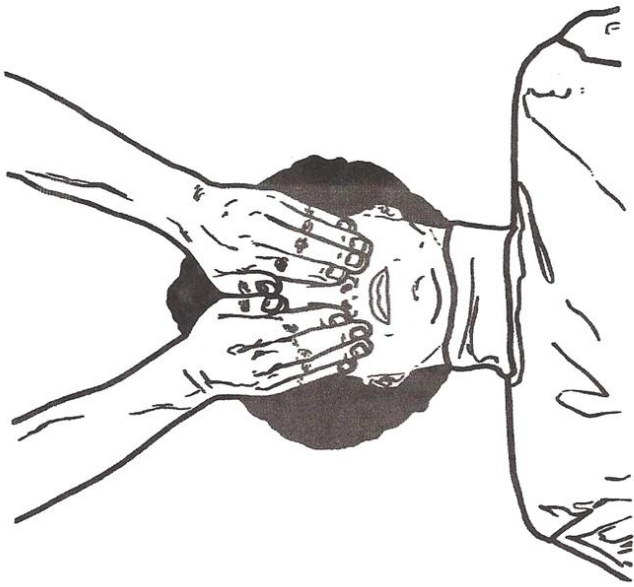
****** The more clear (balanced left and right brain) you are the more energy will flow through you. Reiki is much like a meditative experience or practice.***

People can resist the healing process by trying to control the situation with an overactive mind. When patients' rational mind gets out of the way and their brainwaves go into alpha, they are able to surrender to their natural healing process as enhanced by the Reiki practitioner.

THOUGHT FIELD

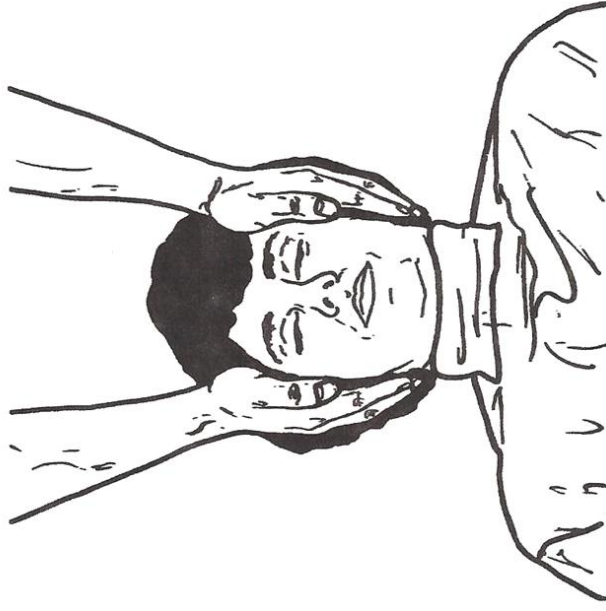


Unless you have worked on removing them, you have many different thoughts that float in your energy field all the time. A thought, good or bad, will eventually become a reality if you think about it (focus your energy on it) long enough. It does not matter if it is a good thought or a bad thought, it will manifest when the field around the thought gets big enough. When you focus on something you are saying, "I want that!" "I am that!" The bigger the field around a thought is, the more power it has in and on your life. You can see how beneficial it is to be aware of where you put your energy/thoughts.



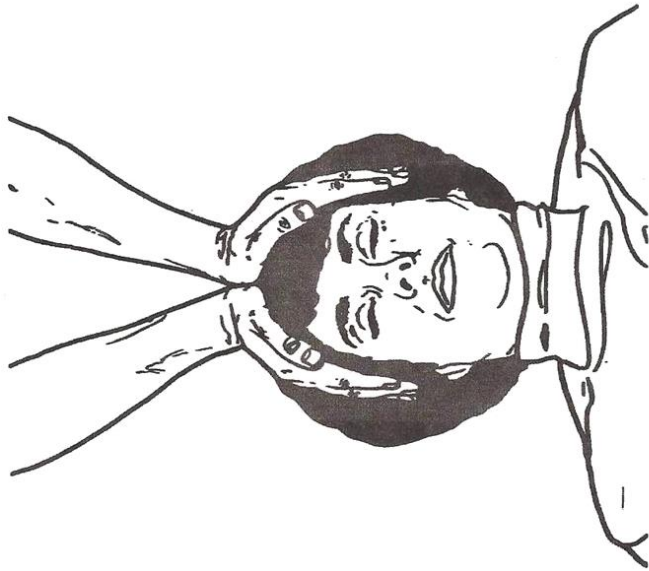
Position #1

Hands are together with thumbs touching. Carefully curve your hands so that the palms do not touch the eyes or eyelashes. Slowly place the base of the hands on top of the forehead with the fingers gently resting on the cheeks. If your hands sweat, place a tissue over the eyes.



Position #2A

Place your hands on each side of the head cupped over the ears with the fingers pointing toward the feet.



Position #2B

This position can be used in addition to or instead of position #2A. Let your intuition guide you. Place the base of your hands together and rest them on the crown of the head with fingers extending toward the ears.



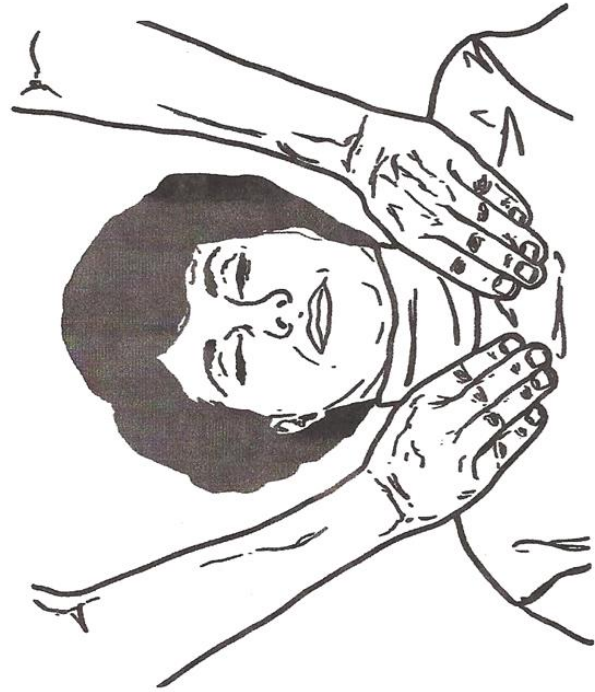
Position #3

Gently cradle the head in your hands. The hands are touching and the fingers are at the base of the skull.



Position #4B

This is an alternate position. Add it if there is a problem in this area, or if your intuition guides you to use it. The hands are under the chin and over the throat. One hand is over the other. Use very light pressure.



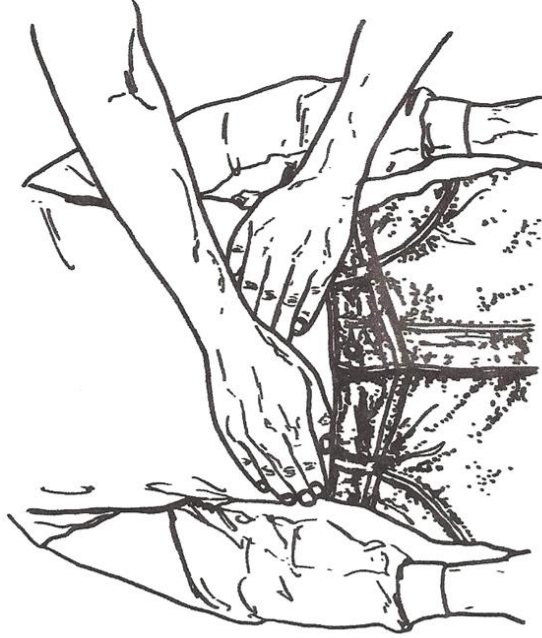
Position #4A

Place your hands over the collarbone with the fingers pointing toward the feet and the thumbs under the neck.



Position #5

Place your left hand under the neck and your right hand over the heart.



Position #6

Place your hands on the upper stomach along the ribs.



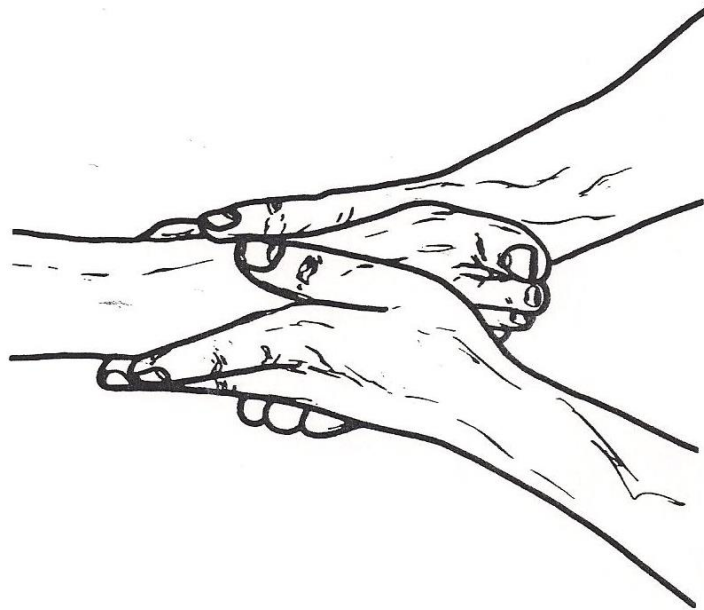
Position #8

Place your hands on the lower stomach across the hip bones.



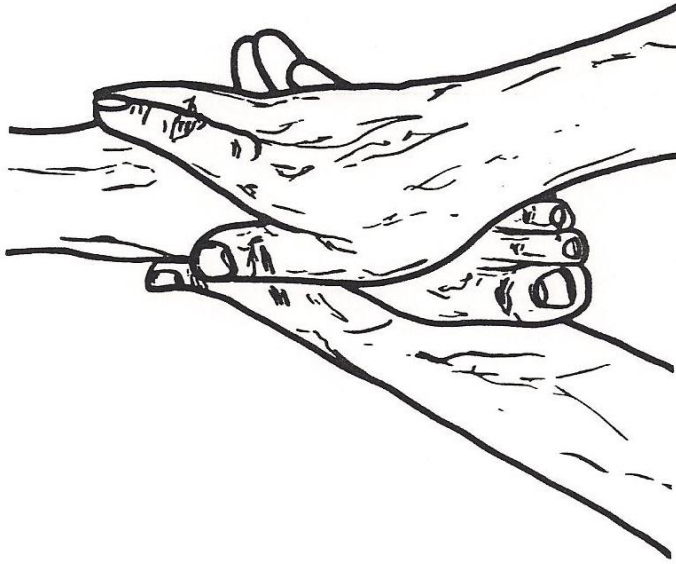
Position #7

Place your hands on the middle of the stomach across the navel area.



Position #9

Hold the right foot with both of your hands in a way that is comfortable for you.



Position #10

Hold the left foot with both hands in a way that is comfortable for you.

REIKI HAND POSITIONS

The traditional way is to work from head to the toe. Stay approximately 5 minutes at each position.

Positions:

EYES, SKULL, BRAIN, EARS AND CNS.

1. Eyes (3rd eye)
- 2A. Sides of the head (Balances left and right sides of the brain.)
- 2B. Top & sides of head (Balances left and right sides of the brain.)
3. Back of head (Brain and 3rd eye)

The still-point can be used at this time.

ALL ORGANS

- 4A & 4B. Throat (Throat charka, thyroid)
5. Chest (Heart & Breast)
6. Solar plexus (Upper digestive organs)
7. Sacral charka (Abdominal organs)
8. Root (Reproductive system)

BRINGS PERSON BACK TO THEIR BODY AND GROUNDS THEM

---. Knees

9 & 10. Ankles

11. Bottom of feet (you can skip the feet here if you are going to do the back of their body, because you can do the feet while the person is turned over).

You can finish up with an *aura brush*. Holding hands 8 inches above the body... stroke (pretty fast) from the head to the feet.

Let the person lay there a while (as long as they need).

AFTER A REIKI SESSION

After a Reiki healing the receiver may begin to detox. Offer some water after the healing. Also inform the person receiving Reiki that they may do some detoxing . This should not be suppressed in any way... especially with drugs.



YOUR BODY YOUR FRIEND
Part II

Section 7

Alternate Nostril Breathing
Three Pillars & Breathing Method
Scanning
Directing Energy

Alternate Nostril Breathing

There are many different Pranayama exercises (breathing exercises), which have a soothing effect on the entire nervous system. It is very relaxing, helps clear the mind, and provides a good precursor to meditation. It helps to balance left brain activity (rational) and right brain activity (intuitive).

Keep your breathing natural as you perform this exercise. Do not strain or push the air in or out. As with other energetic exercises, do them in a quiet room without distractions, concentrating on your movements.

1. Sit erect in a cross-legged posture or in a comfortable chair.
2. Close your eyes, rest your mind, place your right hand over your nose. Let your right thumb rest lightly against your right nostril. Let your ring finger rest lightly against your left nostril. Exhale slowly.
3. Gently close your right nostril. Slowly and quietly inhale through your left nostril.
4. Close your left nostril, release pressure on your right nostril to open it, and exhale slowly and quietly.
5. Without pause, inhale through your right nostril slowly and quietly.
6. Press right nostril closed, open left, and exhale.
7. This completes one round. Continue to repeat the exercise continuously for about 5 minutes, then sit quietly with your eyelids closed for about 2 minutes.

Three Pillars

Reiki is non-polarized energy.

Dr. Mikao Usui was a Buddhist. The goal of Buddhism is emptiness. The following practices help you become a better channel of healing energy. The three pillars are ways to QUIET, CENTER, and CLEAR you so that the energy will flow through more powerfully.

Once the treatment has started you do not need to be concerned about healing or any other treatment goal.

THREE PILLARS OF REIKI

Gassho (Namaste in India) = Two Hands Coming Together
I great the divine within you.

Sit in a chair or on the floor (lying down is okay, but it invites us to fall asleep) with the hands together in front of the heart. Now concentrate all your attention where your two middle fingers meet. Done the morning (for 20 30 minutes) upon waking and before going to sleep. It is also good to do this before each session.

Reiji-Ho = Devotion

Fold hands in front of heart and ask the Reiki power to be connected to you. Ask the Reiki to flow through you three times. Send the Se Hey Ki followed by the Cho Ku Rei symbol out. When you feel the energy coming, pray for the recovery and or health of the patient on all levels. Now bring folded hands in front of your 3rd eye and ask that the Reiki guide your hands to where they are needed.

Chiryō = Treatment/The Laying On Of Hands On Certain Parts Of The Body

Place dominant hand over their crown and wait until there is an impulse or inspiration, which the hands then follow.

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.



YOUR BODY YOUR FRIEND
Part II

Section 8

Practice
Lineage

MY TEACHER LINEAGE

DR. MIKAO USUI - CHJIRO HAYASHI* - HAWAYO TAKATA**

Barbara Webber Ray
David Jarrell
Kate Huston-Law
Vicki Davies-Hill
Jeanne Greening
Susan Brown
Laurie Allen Grant
Rev. Laurie Joy Pinkham

Barbara McCullough
David Jarrell
Judy Seeley
Chris Conte
Rev. Laurie Joy Pinkham

Phyllis Furumoto
David Jarrell
Kira L. Wiecastor
Richard Hofmann
Saska Jaazar
Rev. Laurie Joy Pinkham

Jon Tomas Whatley
YOU

Iris Ishikura
Arthur Robertson
Diane Mc Cumber
William Lee Rand
Richard Morningstar

Phyllis Furumoto
Pat Jack
Cherie A. Presuhn
William Lee Rand
Richard Morningstar

Phyllis Furumoto
Carol Farmer
Leah Smith
William Lee Rand
Richard Morningstar

Jon Tomas Whatley
YOU

Phyllis Furumoto
Evelyne Helbling
Miranda and Peter Gilgen
Ageh and Unmesha Popad
F. Arjava Petter
Richard Morningstar
Jon Tomas Whatley
YOU

Ethel Lumbarti
Bonnie Cardinal
Jon Tomas Whatley
YOU

These are the lineages that I have studied and incorporated into my healing practice
in the Usui Shiki Ryoho Method of Reiki healing tradition.

REIKI

Healing is a three-way agreement, between the healer (channel), the receiver, and God/Source. Healing is not done to someone, but WITH!!!

"I can of myself do nothing. It is the Father in me that doeth the work." -Jesus

REIKI IS NOT

- A religion, a cult, or a belief system.
- A dogma or a specific doctrine.
- A "laying-on-of-hands".
- A form of mind control or hypnosis.
- A form of psychic healing.
- A form of wishful thinking.
- Just for when you are ill.
- Restricted to a limited few.

REIKI IS

- The science and art of activating, directing, and applying natural, universal life energy, to promote energy balancing and wholeness.
- Easy to learn.
- Safe to use anytime, any place, and in any situation.
- For you and anyone alive using energy daily.
- An individual experience.
- A technique for activating, restoring, and balancing natural energy.
- For helping, preventing disorders, and maintaining wellness.
- For transformation and enlightening.
- Easily used with medical and other therapies.
- A self-help technique for personal growth and transformation.



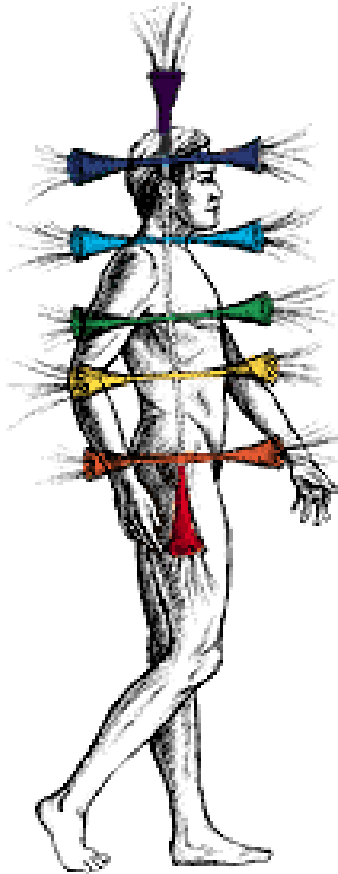
REIKI INTRODUCTION

Reiki is the Japanese word for Universal Life Force Energy. When the 'Rei' and 'Ki' are broken down into their component parts, the Kanji (Japanese alphabet) symbol for 'Rei' describes universal, spirit, mysterious, and essence. Ki is described as the vital life force energy, known as Chi to the Chinese, as well as other names by other cultures. We all have Reiki energy because it is our birthright. What makes Reiki different from other healing methods is the initiation attunement process which the student experiences in Reiki classes. Anyone can lay their hands on another person and accelerate the healing process by transferring energy. However, a person who has been through the process of Reiki initiation has experienced a very ancient technology for fine tuning the physical and etheric bodies to a higher vibratory level. Additionally, certain energy centers (known as chakras) are opened to enable the person to channel higher amounts of Universal Life Force Energy.

Reiki Treatment Documentation Form

Client Name: _____

Date: ___/___/___ Treatment Start time: ____:____ End Time: ____:____



3rd Eye

Throat

Heart

Solar Plexus

Sacral

- Crown: Pineal, awareness, organ brain
Excessive characteristic: confusion, dissociation
Deficient characteristic: learning difficulty, limited beliefs
- 3rd eye: pituitary, intuition, organ 5 senses, sinuses
Excessive characteristic: headaches, nightmares, difficulty concentrating
Deficient characteristic: poor memory, poor vision, denial
- Throat: thyroid, communication, organ trachea (vocal cords)
Excessive characteristic: talking, cant listen, stuttering
Deficient characteristic: fear of speaking, poor rhythm
- Heart: thymus, love relationships, organ heart, lungs, breasts
Excessive characteristics: poor boundaries, possessive, jealous
Deficient characteristic: shy, lonely, isolated, bitter, critical
- Solar plexus: pancreas, will power, organ liver, gall bladder, spleen, stomach, small intestines
Excessive characteristics: dominating, blaming, aggressive, constantly active
Deficient characteristic: weak will, poor self esteem, passive, sluggish, fearful
- Sacral: gonads, ovaries, sexuality, emotions, desire, organ kidneys, bladder, reproductive organs
Excessive characteristics: overly emotional, poor boundaries, sex addiction
Deficient characteristics: frigidity, emotional numbness, fear of pleasure
- Root: adrenals, base of spine, survival, organ large intestine, rectum, hips, thighs
Excessive characteristics: obesity, sluggish, monotony, heaviness, greed
Deficient characteristics: fear, lack of discipline, restless, under weight, spacey

Has there been any change in the client's condition, medications or dosages, (recommended by Dr.) other treatment programs, or environment, etc, that should be noted: _____

Today's Treatment Notes:

Indicate the reason client has come to you and the areas where blockage and / or releases were felt.

Therapist Signature: _____ Date: _____

Client Information Form

I understand that Reiki is a stress reduction and relaxation technique. I acknowledge that treatments administered are only for the purpose of helping me relax and to relieve stress. Reiki practitioners do not diagnose conditions, nor do they prescribe or perform medical treatments, nor prescribe substances, nor interfere with the treatment of a licensed medical professional. It is recommended that I see a licensed physician, or licensed health care professional for any physical or psychological ailment I may have.

I also understand and believe that the body has the ability to heal itself, and to do so complete relaxation is often beneficial. Long term imbalances in the body sometimes require multiple treatments to allow the body to reach the level of relaxation necessary to bring the system back into balance. I understand and believe that self-improvement requires commitment on my part, and that I must be willing to change in a positive way if I am to receive the full benefit of a Reiki treatment.

I acknowledge my commitment to my self-improvement process. I recognize that a Reiki treatment program must be followed to be truly effective, just as prescribed medication is only effective if taken as directed.

Signed: _____ Print Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Email: _____

Are you receiving any other treatments or taking any medications at this time?

Medication or treatment type	Dosage or Frequency	When did you start
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Comments/History:

Chakra Information Form

Client: _____ Date: ___/___/___

Check for switching: Yes No

Check for Chakra Strength

- | | |
|-------------------------------|----------------------|
| 1. Root (red) Yang | strong - okay - weak |
| 2. Sacral (orange) Yang | strong - okay - weak |
| 3. Solar Plexus (yellow) Yang | strong - okay - weak |
| 4. Heart (green) Yang/Yin | strong - okay - weak |
| 5. Throat (blue) Yin | strong - okay - weak |
| 6. Brow (indigo) Yin | strong - okay - weak |
| 7. Crown (violet) Yin | strong - okay - weak |

Checking for Color

Client holds chakra say color of chakra. A strong response is the color you want to use.

- | | |
|--------------------------|----------------------|
| 1. Root (red) | strong - okay - weak |
| 2. Sacral (orange) | strong - okay - weak |
| 3. Solar Plexus (yellow) | strong - okay - weak |
| 4. Heart (green) | strong - okay - weak |
| 5. Throat (blue) | strong - okay - weak |
| 6. Brow (indigo) | strong - okay - weak |
| 7. Crown (violet) | strong - okay - weak |



