

## Non-Reiki Techniques

### Working with Chakras (An Introduction)

Indian mystics and sages have long viewed the human body as the most perfect instrument for the expression of consciousness.

This perfection, they say, can be realized only through the development of the psychic centres, or chakras (from the Sanskrit word meaning wheel or vortex of spinning energy).

Located within the cerebrospinal system, the chakras are the arena within which the integration between the higher consciousness and the desire is played out. Consequently it is said that through correct utilization of the energies of the chakra that we can ultimately reach an enlightened state of being.

Various methods of meditation have for centuries been used to awaken and align these energy centres in order to activate their transformational energy and elevate intellectual knowledge to an experience of spiritual growth.

Most of these techniques require stringent discipline on the part of the practitioner and such disciplines are often found to be too complex, rigid and foreign to the Western mind who now struggle with this over emphasis on the left hemisphere of the brain.

This over emphasis is often referred to by the mystics as one of modern day mans greatest ills.

To better understand the dynamics and benefits of the attunement process in the Reiki system, we feel one must first have some understanding of the chakra system. The following is an explanation of the nature of qualities of the seven major chakras.

The chakras are connected to each other and various aspects of the physical body through fine threads of subtle energy known as nadis (forming the chakra-nadi network) an extensive network of fluid like energies which parallel the bodily nerves in their abundance.

The nadis are like the roots and petals of the flower-like chakra in that they distribute the life force and energy of each chakra into the physical body. Because of this interconnection with the nervous system, the nadis affect the quality of nerve transmission within the brain, spinal cord and peripheral nerves.

Dysfunction at the level of the chakras and nadis can, therefore, be associated with pathological changes in the nervous system. In other words, the interconnection of the chakras and nadis with the glands and nerve plexis is imperative for optimal human functioning.

A decreased flow of subtle energy through one of the chakras can result in under activity of any of the key endocrine glands,  
**eg. decreased throat chakra energy can result in hypothyroidism.**

The seven major chakras are located just in front of the spinal column. As energy moves through the chakras it produces different psychic states. These psychic states are explained by modern day science as chemical changes produced by the endocrine system.

One of the researchers into this subject (Valerie Hunt) at UCLA used EMG electrodes, ordinarily used to measure electrical potential of muscles, to measure bio-electric energy variations in areas of skin corresponding to the positions of the chakras.

The normal frequency of brain waves is between 0 and 100 cycles per Second (with most information occurring between 0 and 30 cps). The normal frequency of muscles goes up to 255 cps and of the heart up to 250 cps.

The readings from the chakras were found to lay in a band of frequencies between 1,000 and 1,600 cps - figures far higher than had been found radiating from the human body in testing the gross body only.

In addition Hunt worked with Rosalyn Bruyere (a trained psychic observer). Bruyere's auric observations relating to colour changes in the subjects energetic field correlated exactly with EMG electrode recordings (each colour having an associated wave pattern that can be monitored by the EMG machine).

## Chakra Associations

- seven major endocrine glands
- associated organ/body part
- sense organ
- related emotion
- colours of the rainbow

## The Five Elements

Earth -stomach, spleen, pancreas

Fire - heart and small intestine

Wood - liver and gall bladder

Metal - lungs and large intestine

Water - kidneys and bladder

The chakras are door ways of consciousness through which emotional mental -spiritual forces flow into physical expression.

Most of us, unfortunately, live expressing ourselves through only the chakra (or chakras) we feel the most comfortable with ie. the singer ,orator or poet, through his throat chakra.

The following list gives the associations and qualities attributed to the seven major chakras: (the names **Foundation** etc are from the Centillion Yogic tradition of chakra meditation ).

## The Gassho Meiso - The Meditation ( The Five Elements )

The thumbs represent the Void

The index fingers represent Air

The middle fingers represent Fire

The ring fingers represent Water

The little fingers represent Earth

## The Seven Chakras and Five Elements

**The Root or Base Chakra** lies in the area of the coccyx in men and between the ovaries in women. This chakra is the seat of physical vitality and the fundamental urge to survive. It regulates those mechanisms which keep the physical body alive.

Kundalini -creative expression -abundance issues.

Glands -the suprarenal glands

Organs- the kidneys, bladder, bowel and spine

Colour -red

**The Sacral or Sexual Chakra** is positioned slightly below the navel, in front of the sacrum. It is the centre of sexual energy (both as transmitter and receiver) and of the ego. The feelings of other people are directly perceived with this chakra, making it one of the centers of extrasensory perception. Feelings and emotions, creation and protection of life all connected here.

Glands -the gonads

Organs -the organs of reproduction and the legs

Colour -orange

**The Solar Plexus Chakra** lies slightly above the navel. It is the actual center of the body, the place where physical energy is distributed. It is also the centre of unrefined emotions, wisdom and the power urge and it is here that we regard our navels. When we are scared, we can feel this area tightening up.

Gland -the pancreas

Organs -the stomach -liver and gall bladder

Colour -yellow

**The Heart Chakra** is positioned on the middle of the chest at the height of the heart. It is the centre of real, unconditional affection as well as brotherliness, spiritual growth, compassion, devotion and love. Many Eastern methods of meditation are especially designed to open up this Chakra.

Gland -the thymus

Organs -the heart, the liver, the lungs and blood circulation

Colour -green or pink

**The Throat Chakra** also known as the thyroid or laryngeal chakra, is the chakra of communication, self expression and creativity .

This is where you hear your inner voice and ones coming from extrasensory realms.

Gland -the thyroid

Organs -the throat, upper lungs, arms and digestive tract

Colour -blue

**The Third Eye Chakra** lies in the middle of the forehead, a little higher than the eyebrows. It is the centre of such forms of extra-sensory perception as clairvoyance and telepathy. It is the seat of the will, the intellect and the spirit; it is here that we visualize things. The opening of the third eye corresponds to spiritual awakening in many mystic traditions.

Gland -the pituitary gland (hypophysis)

Organs -the spine, lower brain, left eye, nose and ears

Colour -indigo

**The Crown or Lotus Chakra** is positioned at the top of the head, at the fontanel. This chakra represents the highest level of consciousness that mankind can attain, known as enlightenment, consciousness of unity and the consciousness of I AM.

For this reason a spiritually awakened person is often represented with a halo or rays of light around his/her head.

This chakra is the seat of intuition and direct spiritual vision which exceeds the ability of clairvoyance by far .

Gland -the pineal gland (the epiphysis)

Organs -the upper brain and the right eye

Colour -purple/violet /white

Once you have obtained the Second Degree Reiki, you will be able to give Reiki to the chakras with the symbols you have learned, balancing out the chakras will harmonize the body, dissolve blockages of energy and set potential capabilities free.

Make use of this special form of Reiki session whenever appropriate.

## **A Chakra Healing Session**

**The recipient can be seated, or lying down**

Gently lay your hands on your recipient's shoulders.

- 1** Then gently lay your hands on the top of their head.
  
- 2** Lay one hand on the Medulla Oblongata (the area between the back of the head and the top of the spine) and the other on the forehead.
  
- 3** Lay one hand on the seventh (protruding) cervical vertebrae and the other in the pit of the throat.
  
- 4** Lay one hand on the breastbone and the other on the back at the same height.
  
- 5** Lay one hand on the solar plexus (stomach) and the other at the same height on the back.
  
- 6** Lay one hand on the lower stomach and the other at the bottom of the back at the same height.
  
- 7** Hold each position for as long as is felt necessary or until your intuition tells you to move on, usually for least two to five minutes.

# Reiki Chakra Energizing with Sounds

## Chakra Mantra Musical Note Meditation

This activity is designed to be used in conjunction with the Reiki chakras. To incorporate the sounds into this practice, simply make the appropriate tone for each chakra as the Reiki energy is filling and clearing them.

The chakras each have a musical tone associated with them.

these tones in meditation has a decided calming and centering effect.

The effect can also energize.

This activity is a great one to do during a stressful day or any time you feel tired. It is also great to do this prior to doing a lot of treatments as it energizes and helps compose yourself.

To do the meditation, you use Do - Re - Mi - Fa - So - La -Ti - Do.

This is the regular scale of notes. The sounds of the chakras starting at the root are: Lam, Vam, Ram, Tam, Ham, Om, Soham, Do. Alternatively you can simply tone the note with no word or mantra associated.

<u>Chakra</u>	<u>Note</u>	<u>Tone</u>	<u>Colour Visualisation</u>
Root	Do	Lam	Red
Sacral	Re	Vam	Orange
Solar Plexus	Me	Ram	Yellow
Heart	Fa	Tam	Green
Throat	So	Ham	Blue
Brow	La	Om	Indigo Blue
Crown	Ti	Soham	Violet
Transpersonal	Do	Do	White

The sounds and vibrations of the notes are directed into the area of the chakras while they are being sung. Visualize the colour while doing this.

## Reiki-Chakras and their Significance

The word chakra is derived from Sanskrit and means wheel.

The chakras themselves are circular energy centres which exist in mans subtle body. Clairvoyants perceive chakras as being circular spirals of energy which differ in size and activity from one person to another. The chakras are connected to a fine channel of energy which runs parallel to the spiral chord and our material body could not exist without them. They serve as gateways for the flow of energy and life into our physical bodies.

Each chakra is associated with a certain part of the body and a certain organ, which it provides with the energy it needs to function.

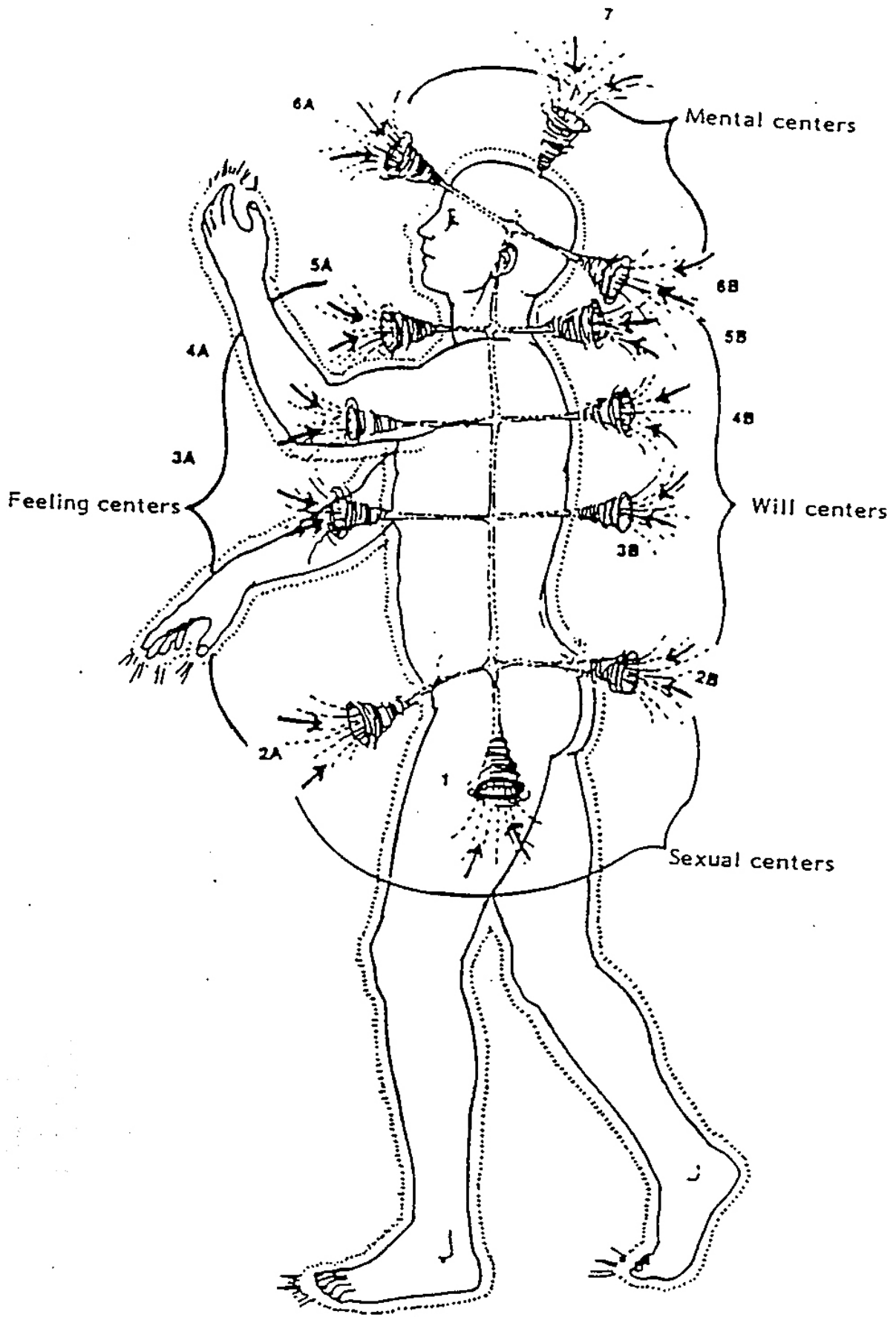
Just as every organ in the human body has its equivalent on the mental and spiritual level, so too every chakra corresponds to a specific aspect of human behaviour and development.

The lower chakras are associated with fundamental emotion and needs, for the energy here vibrates at a lower frequency and is therefore cruder in nature. The finer energy of the upper chakras, corresponds to mans higher mental and spiritual aspirations and faculties.

A blockage in the energy flow of the chakras as well as an excess of energy can lead to an imbalance and disharmony on the physical, mental and spiritual level. Such disturbances are caused by stress and trauma as well as painful experiences or an excess of joy.

A Reiki channel can do a lot by simply purifying the chakras and balancing them out, so that the energy flows again without disturbance. All meditations and yoga seek to balance out the energy of the chakras by purifying the lower energy and guiding them upwards.

In the average person the chakras look like dull glowing little circles of about 6cm in diameter. However, once awakened in a spiritually developed person, they will pulse and glow and an enormous amount of great energy will flow through them.



The Seven Major Chakras, Front and Back Views.  
(Diagnostic View)

## The Seven Chakras

The following list gives the associations and qualities attributed to the seven major chakras: (the names "Foundation" etc are from the Centillion Yogic tradition of chakra meditation ).

### Base Chakra

**Foundation** : Colour: Red

Element: Earth Emotion: Fear

Organs: Kidneys -Adrenals

Sense Organ: Nose

Work Organ: Anus

Located in the pelvic region between the anus and genitals at the base of the spine (first three vertebrae).

### Sexual Chakra

**Dwelling Place of the Self**: Colour: Orange

Element: Water

Emotion: Love for (opposite sex )

Organs: Ovaries -Testes -Prostate

Sense Organ: Tongue

Work Organ: Genitals

Location: Hypogastric Plexus

### Solar Plexus Chakra

**City of Gems**: Colour: Yellow

Element: Fire

Emotion: Anger

Organs: Stomach -Spleen -Pancreas -Liver -Gallbladder

Sense Organ: Eyes

Work Organ: Feet and legs

Location: Solar Plexus -Navel.

### Heart Chakra

**The Unstricken**: Colour: Green

Element: Air

Emotion: Love of Self

Organs: Heart -Lungs and Thymus

Sense Organ: Skin

Work Organ: Hands

Location: Cardiac Plexus -the Heart

The heart chakra is the seat of balance with the body, attaining balance between the three Chakras above the heart and the three Chakras below it. It governs the circulation of the blood and anchors the life force (prana). The heart chakra is the seat of Shen or Spirit and deals with the issues of the spirit

The heart chakra is the most important for it involves being able to freely express self love and love towards others. Personal development and spiritual transformation are dependant upon the development of the heart chakra. As we open our heart centre the higher spiritual energies can more easily flow through us. It is a catalyst to heal not just ourselves but those around us.

### **Throat Chakra**

**Pure:** Colour: Blue

Element: Ether Gland: Thyroid

Sense Organ: Ears

Work Organ: Mouth ( vocal cords )

Location: Throat

### **Brow Chakra**

**Unlimited Power:** Colour: Purple

Element: Light

Glands/Organs: Pituitary Gland

Sense Organ: Left Eye

Location: Third Eye

### **Crown Chakra**

**Nectar The Moon:** Colour: Violet

Glands/Organs: Pineal Gland -Cerebral Cortex

Sense Organ: Right Eye

Location: top of the head

## Chakra Healing-Meditation

Sit with your recipient, face to face, holding hands .

Look into the eyes and be with your recipient totally.

Gently close your eyes and do not open until the process is over. Give Reiki and draw the Reiki symbols and say three times.

See the crown chakra of your recipient; dark violet in colour.

Crown Chakra is the link with the universe -the link with the spiritual self - cover the chakra with white light and energy.

Give Reiki draw the Reiki symbols and say three times.

See the third eye chakra of your recipient getting activated

See the awakening of intuition and inner wisdom in your recipient

Declare within yourself the third eye chakra of your recipient is healed

Now see the throat chakra of your recipient -light blue in colour -centre of communication and self expression .

Give Reiki to the throat chakra of your recipient draw symbols and say three times. See the throat chakra of your recipient getting activated see your recipient becoming very expressive

Declare within yourself the throat chakra of your recipient is healed.

See the heart chakra of your recipient -bright green in colour centre of love, compassion and motherliness white give Reiki draw symbols and say three times. See the heart chakra of your recipient getting activated experience the love and compassion in your recipient.

Experience the abundance of motherliness in your recipient

Declare within yourself the heart chakra of your recipient is healed

Now see the solar plexus of your recipient

Bright yellow in colour -centre of inner wisdom and strength give Reiki and draw symbols and say three times.

See the solar plexus of your recipient getting activated experience the infinite wisdom and strength of your recipient.

Declare within yourself the solar plexus of your recipient is healed .

See the Hara of your recipient

Orange in colour -centre of peace and stability give Reiki draw the symbols and say three times.

See the Hara of your recipient getting activated

Experience the inner peace and stability of your recipient

Declare within yourself the Hara of your recipient is healed

## **Chakra Healing -Meditation- continued**

See the root chakra of your recipient  
Red in colour -centre of Kundalini energy and creative expression -centre of scarcity and abundance issues. Give Reiki draw the symbols and say three times.

See the root chakra of your recipient getting activated  
Experience a state of abundance -abundance of time -love -money -Declare within yourself the root chakra of your recipient is healed

See all the chakras of your recipient glowing  
See abundance of love, compassion and motherliness in your recipient -  
Declare your recipient as whole and healed

When you are completed slowly open your eyes and come back into the room