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REIKI

USUI Method



FIRST DEGREE

SEMINAR

LECTURE NOTES

(By ROGER MORETTO – Reiki Master)

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REIKI

Reiki in Japanese means the vital energy that spreads through everything and is everywhere, even inside us.

REI is the boundless universal aspect, KI is the aspect flowing in everything living, that today we could also scientifically define as Energy, radiations, magnetic fields, and so on....

So REI = Universe, KI = Energy; REIKI = Universal Energy.

Science teaches us today that all the Universe is energy in a perfect balance in a continuous movement, regulated by well defined Natural Cosmic Laws.

Reiki allows us to connect in a conscious way our personal energy with the one of the Universe that is in a perfect balance coming in an active touch with it, to receive, to channel and to send it, drawing numberless benefits at every level.

This very powerful and simple energetic discipline, takes again in a modern way the ancient healing methods of the Far East, and today is within everybody's range.

Re-discovered in 1800 by a Japanese Christian monk, (Usui, from whom the method taught in this seminar takes its name), today Reiki continually spreads in western industrialized countries, since it's really valid and simple, drawing even more wide consents by the great public; so, according to this, other similar methods were born as Karuna, Tibetan, Universal.

Reiki seminars are subdivided in three degrees: the first gives us the opportunity to energetically interact on a physical level; the second allows us to work on a psychic level and at a distance as well as to increase the channelled energy in a more direct way by the symbols; the third allows us to teach all the Reiki system to other people.

REIKI SHORT HISTORY

At the end of 1800 about, a Japanese Christian monk named Mikao Usui, had the idea to seek among the ancient eastern and western sacred texts, the healing teachings handed down by Buddhism and Christianity.

During years of searches among the libraries of the half of the world, Usui didn't succeed in finding convincing answers to his question or at least clearer answers to this subject.

For this reason, he decided to move for a short period, exactly 21 days, in a Zen monastery in the East.

This short meditation spiritual retirement, allowed him to complete his search, receiving directly by the Universe the initiation to this discipline that then he called Reiki and all the directives to channel, to send and to teach it.

Certainly, there aren't any official documents proving all this, and so we can say that this is almost a legend; we only know for sure that from him all a series of descendants of masters has started that since then up to now is in a continuous expansion, for real results Reiki offered and offers.

The first Master known today Usui formed in 1925, besides other 16 unknowns, is Chujiro Hayashi, who founded then in the west at Hawaii islands the first Reiki clinic.

Hayashi, besides forming in his turn 12 unknown masters about, in 1938 announced his successor named Hawayo Takata who formed then 22 masters until he died in the '80.

How Reiki came to America and later to Europe has been lost in the mists of times.

REIKI, HOW AND WHY

Reiki, as already said before, is Universal energy in a perfect balance, it can help us to solve any problem due to lacks of balance that, for reasons more or less unknown to us, make our life discordant compromising the physical, mental, emotional and spiritual health.

Starting from the scientific concept that everything is energy, and even our physical body, the emotions, the thoughts are part of this energy; so everything concerning us can be rebalanced by Reiki.

The main purpose Reiki means to, is to help ourselves and other people everytime we want, maintaining us more and more in keeping with ourselves and with the whole Universe making our inner life more and more satisfactory besides other numberless and subjective advantages everyone can draw.

Each person lives this fantastic experience in his own way and so it has to be personally proved to fully understand it.

THE HARMONIZATION

The neophyte, in order to channel Reiki energy, has to receive the harmonizations or purifications of the energetic channels (Chakras) the master effects during the seminars, allowing that from that moment he becomes a way for all his life, for himself and for the others.

The harmonization is a short, delicate and intimate process, the master effects putting his hands on the receiver's head, using the relative symbols.

(I state that Reiki isn't a religion, a dogma or an esoteric dark practice in the odour of a sect);

REIKI IS ONLY REIKI

When a person has been made powerful and energetically purified by the transmission of Reiki harmonizations, from that moment he will be able to get even more the Universal energy.

At first, for 15 days about after the harmonizations, the receiver (but this is not a rule) may meet some short and sometimes bizarre harmless resolution crisis, as laugh with no sense, liberating tears, unconditional love for everything, a sensation of mentally flying, heavenly visions, indifference, mental vacuum, diarrhoea, and in exceptional cases, vomiting, and so on.....

Every person has his own unconscious way to open to Reiki and to get rid of the old wounds he accumulated up to now, but we don't have to be frightened by this.

During the two days of the first degree seminar, the master will effect two harmonizations a day, that are four in all, for participant.

At the end of the first degree seminar, you need to do a warm bath melting 1 kilogram of kitchen salt to clean the Aura from energetic impurities due to the harmonization.

ZEN MEDITATION TECHNIQUES

Sit down in a quiet place well erect on the edge of a chair or on the ground in the Lotus position or with your legs crossed on an empty stomach without leaning your back being careful not to hang neither on the right nor on the left, neither forward nor behind.

Push the tongue forward against the palate, the mouth is closed, the teeth touch and the eyes are half open; don't stare; don't look at any object.

Lean your hands with the palms up on the thighs trying to open and relax the shoulders and the pelvis as soon as possible lightly straining the nape with the chin a little withdrawn, pushing the top of the head upwards.

Try to keep perfectly still and quiet stopping the thinner movements of the body and of the mind.

Once you have fixed your perfect position without an extreme tension or laxity, stay continuously concentrated on the verticality of your position.

Let continuously the breath and the thoughts as they are without intervening to modify them, without driving them away or holding to them always taking care of the erect position.

If anything should disturb your meditation and you realize the thoughts, the emotions, the bad will, the noises, the aches, the torpor, the sleep or any any good or bad feeling or sensation, always come back to take care of your position.

This is Zen meditation exercise, that is

CONSTANT CARE OF ONE'S OWN POSITION;

This exercise can last from half an hour to an hour per day.

HOW REIKI ACTS

Reiki brings well-being and balance to everything we channel, considerably speeding up all the evolutive processes either psychic, spiritual, emotional and material; when and everywhere it is channelled by the expert, after some simple preliminary practices, Reiki spontaneously activates at once and more or less both at a quantitative and qualitative level according to what or who it is needed to rebalance at that moment.

Since Reiki energy is clever, acting undisturbed both by our conscience who channel it and by the one (in this case) of the person treated by the trainings or the harmonizations, it apparently adapt itself to the actual energetic state of everything to which it is channelled, working this way the most naturally and deeply removing the first reasons of every lack of balance or energetic block that had created, making this inner growth method very simple and at the same time more than ever very effective and suitable.

Reiki Universal Cosmic energy which is in everything, brings the balance everywhere it is channelled adapting to it everything which is in contrast with the real Universal reality, solving and removing every obstacle and block.

MAN ENERGETIC CHANNELS (CHAKRAS)

Chakras are energetic whirls (or psychophysical centers) composing our aura or energetic field.

Inside our energetic field there are more than thousand, but the main ones we're going to treat by Reiki are seven.

They are placed in line along our spine from the top of the head until the coccyx and correspond to the main vital organs.

Chakras have both the positive pole (dorsal) and the negative one (back) except for the first and the seventh.

Each one has different energetic, physical, emotional, mental and spiritual features that are linked together.

I will list herunder their names and their position:

1st Chakra of the root (Muladhara) corresponding to the coccyx

2nd Chakra of the procreation (Svadhista) corresponding to the sexual organs

3rd Chakra of the sun plexus (Manipura) corresponding to the stomach

4th Chakra of the heart (Anahata) corresponding to the two nipples

5th Chakra of the throat (Vishuddha) corresponding to the neck base

6th Chakra of the third eye (Ajna) corresponding to the forehead between the two eyebrows

7th Chakra of the crown (Sahasrara) corresponding to the head top

THE TRAINING AND VARIOUS CONSIDERATIONS

The purpose of first degree Reiki seminar is the one to receive a very powerful instrument of energetic training to carry out in any place and quiet moment of the day.

Reiki energy of the person harmonized by the master during the seminar, comes out of the hands and spontaneously activates, after some short and simple preliminaries, every time the person put them everywhere it is necessary (radiating the energy with a depth of 30 centimetres about in a concentrated way) giving the opportunity to carry out the training, besides for himself, even for other people, so that he becomes a way, a bridge or channel between the Universal energy and the receiver besides benefit for himself personally.

The training is carried out by the apposition of the hands, kept for a certain time changeable from three to five minutes (or if you want even for more) for each position on the Chakras (or anywhere in the body we think suitable) getting this way a growing opening of the same, removing energetic blocks that developed in the long run, speeding up and starting this way rebalance and detoxication processes.

This allows numberless advantages as illness prevention, longevity, positiveness and clarification as well as the elimination of accumulated mental and emotional unconscious blocks which are the cause of every illness and discord.

To carry out a correct training, the first thing is to lay ourselves down or make the person we're going to treat comfortably laid down with an empty stomach, in as soon as possible quiet room with soffused lights, even with some relaxing music burning some incenses, making sure nobody will disturb us during the training, disconnecting the house-phones and the telephones if necessary.

The first time you carry out a treatment on a person it is very important to advise 4 consecutive days of training representing the needed energetic impact to realize the balance at Chakras level; then, it will be enough to program a treatment every time you want or when it is needed.

Remember that during the self-training, from the start to the end, for any reason the contact between your hands and the body of the person you're treating, yourself included, has to break off; both before and after every training wash your hands well with cold water.

Make the person you treat to take off his shoes and even you take off your shoes if you can; make sure that the person and even you aren't in contact with metal objects as watches, ear-rings, rings, belts, necklaces, and so on..... (a track-suit as clothes is always ideal for both); take care that during the training the person and even yourself don't cross legs and arms.

It is advisable not to absolutely talk during the training, in case the person should give vent in a gaudy way to his unconscious blocks as weeping, laughing or other (but this is not a rule), anyway, let him do it and go on with your treatment being silent until the end.

Before starting any Reiki training, the person who will carry it out will have to do the balance for some time keeping the hands on his own heart (as to treat it) and stay concentrated to keep in touch with the Universal energy that will activate at once; after a minute about or when you feel ready you can go on; if you treat another person, before starting with the first position, caress the aura for three times, both at the start and at the end, balance included.

The hands of the person who will carry out the treatment have to be joined together and touch themselves, all the ten fingers included, so that the person can better concentrate the channelled energy on the point to treat (obviously, except the positions where the two hands are separated).

SELF-TRAINING POSITIONS

Carry out the Heart Balance

1) *TOP OF THE HEAD (7th CHAKRA)*

2) *EYES (6th CHAKRA)*

3) *THROAT (5th CHAKRA)*

4) *HEART (4th CHAKRA)*

5) *STOMACH (3rd CHAKRA)*

6) *GENITALS (2nd CHAKRA)*

7) *COCCYX (1st CHAKRA)*

Carry out the Heart Balance

NOTE:

- It is very important to follow all the Trainings plans described hereunder (the previous included), without skipping any passage from the start to the end;
- keep every position for minimum 3 minutes about (and for more if you want);
- during every Training it is possible to carry out keeping in step, some alternative positions according to your needs, but remember to carry out all the positions in the order from the top to the bottom without skipping them.

POSITIONS TO CARRY OUT THE TRAINING TO OTHER PEOPLE

QUICK TREATMENT

*Heart Balance
Aura Caress (3 times)*

- 1) *EYES (6th CHAKRA)*
- 2) *TEMPLES*
- 3) *EARS*
- 4) *HEAD TOP (7th CHAKRA)*
- 5) *THROAT (5th CHAKRA)*
- 6) *HEART (4th CHAKRA)*
- 7) *STOMACH (3th CHAKRA)*
- 8) *GENITALS (2nd CHAKRA)*
- 9) *THIGHS INSIDE (1st CHAKRA)*
- 10) *HANDS IN "T" POSITION ON THE HEART FOR CLOSING*

*Aura Caress (3 times)
Heart Balance*

THE WHOLE TREATMENT (Fore part of the body)

Heart Balance Aura Caress (3 times)

- 1) *EYES (6th CHAKRA)*
- 2) *TEMPLES*
- 3) *EARS*
- 4) *BACK PART OF THE HEAD (little fingers in contact)*
- 5) *NAPE / FOREHEAD*
- 6) *HEAD TOP (7th CHAKRA)*
- 7) *THROAT (5th CHAKRA)*
- 8) *SHOULDERS*
- 9) *HEART (4th CHAKRA)*
- 10) *STOMACH (3th CHAKRA)*
- 11) *INTESTINE*
- 12) *LIVER AND SPLEEN*
- 13) *GENITALS (2nd CHAKRA)*
- 14) *THIGHS INSIDE (1st CHAKRA)*
- 15) *KNEES*
- 16) *CALVES*
- 17) *ANKLES*

18) *FEET TOES*

Go up with your hands along the body up to the shoulder keeping the contact and make the person turn checking he doesn't cross his legs or under the body his arms

Back part of the body

19) *SHOULDERS*

20) *NECK BASE*

21) *HEART*

22) *STOMACH*

23) *KIDNEYS*

24) *COCCYX (HANDS IN "T" POSITION)*

25) *COCCYX / NAPE (KEEPING THE HANDS IN "T" POSITION)*

26) *THIGHS INSIDE*

27) *KNEES*

28) *CALVES*

29) *ANKLES*

30) *FEET PLANT*

Keeping the contact with the body, go up and to the CLOSING position

31) *HANDS IN "T" POSITION AT THE HEART PLACE*

***Aura Caress (3 times)
Heart Balance***

FIRST DEGREE REIKI EXPERIENCES

As already said before (and I confirm), everything living and vibrating is energy in motion with its own changeable features, and so it can be treated and purified by Reiki Universal rebalancing energy.

For instance:

- *animals can be treated as human beings for any problem they have putting our hands on them on the concerned part;*
- *plants, to give them the right feeding and see that little by little they grow blooming putting our hands for some time in contact with the ground near the roots;*
- *the water, can be treated keeping the bottle in your hands for half an hour about and then drink it, getting this way the elimination of the impurities inside the body*
- *the medicines and the food to take off the harmful and chemical properties without changing the active ones, simply keeping them in your hands for some time;*
- *loading the crystals, that, as you know, they issue beneficent radiations for our Aura (see the Crystal Therapy) simply keeping them in your hands;*

..... and finally everything we can physically touch.

Besides, Reiki combines very well with other therapies involving a manual touch with the patient as the massage; then, everyone will be able to do exciting experiences with everything he wants, personally verifying the power of this means that is Reiki.

Would you like to organize a Reiki, Radionics and Radiesthesia group in your town??? Ruggero Moretto will be glad to personally follow and with great enthusiasm people coming from any part of U.S., U.K., from abroad and everywhere you'd like to organize your groups

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