

The International Reiki Jin Kei Do Healing Institute



Introductory Free Meditation Course (Leading To Reiki Jin Kei Do Level 1)

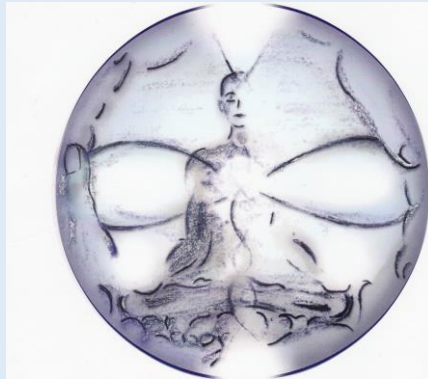
Introduction

This course is designed for those who have had no prior Reiki training and interested in receiving training in Reiki Jin Kei Do. The objective of this eBook is to prepare the student to receive Reiki Jin Kei Do attunements and training from a qualified Reiki Jin Kei Do teacher. It is for those who visit our Reiki Jin Kei Do official site or hear of Reiki Jin Kei Do from other sources. For anyone interested who would like to learn this unique way of Reiki but is unable to find a Certified Teacher in your area, this would be the first step towards a very rewarding path of self-exploration and development.

Purpose of Meditation

My purpose is to provide training that would enable you to learn self-healing through special techniques developed over the last 18 years practicing Reiki Jin Kei Do. These techniques when practised correctly will enhance your own healing potential.

Once you have completed the exercises in this ebook, you will be referred to a certified teacher by the Reiki Jin Kei Do Healing Institute in your area.



Meditation Outline

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1. Background Information

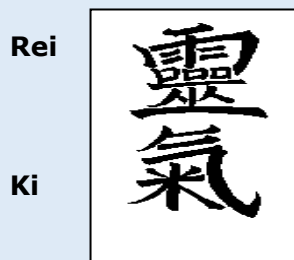
I chose the term Jin Kei Do to define the lineage because of several reasons;

First reason was to identify the system of Reiki on its own right separate from other forms of Reiki. It was necessary to do so because the teachings are significantly different to teachings of all other lineages including the information available recently from research into Japanese Reiki. At the time I created the words Jin Kei Do, there was no information available on how Reiki was practiced in Japan during Mikao Usui's time as well as after his death. The only information available to me was the brief information provided by my teacher, Seiji Takamori. Even at that time the Reiki taught to me was vastly different from the information coming via Hawayo Takata's lineage. The distinction was important at that time and even more so now as new information is trickling through from Japanese sources. Teachings of Reiki Jin Kei Do was enriched by the ancient system of healing and meditation called Buddho which has strong links to Reiki through its empowerment form as well as the mantras, yantras, and symbols used. The discovery of the Buddho system of healing by Seiji Takamori in the Himalayan Nepal and subsequent training in that system led to the infusion and integration of these ancient information to fill in the gaps found in Japanese Reiki in which Seiji had been previously trained.

The second reason was to reflect the qualities we try to impart and establish in our students. These are the qualities that have been promoted and developed by the teachers of this lineage and also they play a vital role in the experiencing, understanding, and using Reiki.

2. What is Reiki?

My own definition of Reiki is "Reiki is life itself". If one truly understands what life is at the ultimate level of reality, one understands what Reiki is in its deepest sense. So what is life? If for this discussion we refer to the human realm of life, we can say that Life is an interaction of Energy in material form or condensed form and Energy of consciousness (mind). Both energies of matter and mind are manifestations of a universal, non-local, ultimate conscious energy field. The consciousness that interacts with material energy is the transformed self-conscious and body-conscious energy.



Reiki is made of the combination of two Kanji or Japanese pictographic characters. Rei symbolizes the un-manifest, potential, unconditioned, non-local, universal state of energy in a conscious form. Ki symbolizes the manifestation of this energy in a dual form; Mind and Matter. Ki is the transformed energy that vitalizes living beings. It is the vital life force that maintains the life of the mind energy and body energy. Ki as it manifests from Rei, it transforms into the four elemental vibrational patterns of matter and its driving force as well as the consciousness or mind that enlivens matter. Ki as it flows within the body transforms into the appropriate vibrations that support the different organ systems.

However, Reiki as practiced today is only a technique. The technique of Reiki uses tools in symbolic forms to access the higher states of energy for healing.

3. What is Reiki Jin Kei Do?

Jin Kei Do



Reiki Jin Kei Do means the using of Reiki as a vehicle to bring the two qualities Compassion and Wisdom into your life. Now how can one do this? The systems of Reiki and Buddho that Seiji imparted to me, his successor, are tightly linked. There is no doubt that Seiji had incorporated and enriched Takeuchi's Reiki with the knowledge gained from Buddho. For this reason, I created the name **Reiki Jin Kei Do** to clearly distinguish this style of Reiki from Usui's. The Japanese words **Jin** and **Kei** also signify the importance placed on the development of two important qualities, namely Compassion (Jin) and Wisdom (Kei). A Reiki practitioner trained in this lineage integrates these qualities so it becomes a way of life (**Do**).

Reiki Jin Kei Do being a simplification of Buddho does not have the latter's emphasis on Buddhist imagery. Stripped from its Buddhist context, Reiki Jin Kei Do is a simple and straightforward method of energetic healing that can be enjoyed by students from all walks of life and all religious beliefs.

Reiki Jin Kei Do Lineage

Reiki Jin Kei Do lineage is considered as a spiritual lineage. It is the line of teachers practicing Reiki as taught by Venerable Seiji Takamori. There are several branches or lineages of Reiki, originating from various students of Mikao Usui. The lineage I am part of is that of Seiji Takamori. It is also a special lineage. It is special for these reasons. Firstly, Reiki knowledge was passed from the founder Mikao Usui to Chujiro Hayashi, and from Hayashi to a Zen monk named Takeuchi and, finally to Seiji Takamori, a Buddhist monk, philosopher, and meditation teacher. Seiji Takamori was an explorer. He was an explorer of healing methods as well as meditation methods. His goal in life was to be of service to others and develop his own mind. He taught whoever needed healing. His objective in life was to heal the mind of many through meditation.

When we say that the lineage of Seiji Takamori is a spiritual lineage, it means that through the introduction to Reiki one becomes connected to the spiritual nature of the universe perhaps for the first time. We experience the subtle energy of the universe and simultaneously realise that we have this ability inherent in us. We realise we are in fact energy and at one with the universe. It requires only a shift in our awareness to realise the power we have within us. The introduction to Reiki through energy transmissions or attunements provides the shift in consciousness through its ability to raise our vibrational frequency to a higher state. The practitioner of Reiki can experience further shifts in awareness, especially if supported by a meditation technique that trains the mind to focus and direct awareness to sensations accompanying energy flow. These sensations may occur either during self-treatment or treatment of others. The lineage is also spiritual because it emphasises daily meditation in conjunction with Reiki. Finally, its focus is on developing compassion for yourself and opening your heart to others with the same compassion.

Secondly, compassion became the corner stone of this lineage. The teachings always emphasised compassion in the practice of Reiki. The spiritual teachings of Reiki have survived intact because of teachers like Takeuchi and Takamori. Well-trained in meditation, deeply compassionate, they developed great wisdom and insight into the true nature of life and the universe. By making compassion and wisdom an integral part of their daily life, they opened the way to healing of the mind and body for many.

Lineage

Dr. Mikao Usui---> Dr. Chujiro Hayashi-----> Venerable Takeuchi-----> Venerable Seiji Takamori-----> Dr. Ranga J. Premaratna.

What is Jin Kei Do?

Now that you have an understanding of Reiki and its history in brief, let us look at what Jin Kei Do means and how it evolved. Jin means compassion, Kei means wisdom and Do means the way or way of life. If we study these three aspects in greater detail, we will see how the qualities presented in the teachings of Reiki apply to its practice.

The Japanese Characters for *Jin Kei Do* are shown below.

Jin – Compassion



Kei – Wisdom



Do – Way or Path



Jin, Kei, Do Detailed Explanation

Jin – Compassionate Healing

This aspect of Jin Kei Do emphasizes self-treatment and developing awareness of the Reiki flow, particularly in the upper chakras and palms. The treatment begins with a feeling of friendliness, unconditional love, and compassion for your self. This attitude of compassion for oneself is an integral part of healing. We are prone to physical, emotional, and mental imbalances throughout our lives. By spending a minimum of ten minutes doing Reiki with compassion you activate and open your heart to your own suffering and that of others. Suffering in this context is physical pain, mental pain, anxiety, restlessness, depression, anger, envy and other negative states of mind. With the growth of compassion in your heart, an accompanying sensation develops. This sensation evolves as Reiki further opens your heart. When we are able to fill ourselves with Reiki (compassionate energy), then we can extend it to others. In other words, the development of compassion for oneself can be projected. As our awareness of Reiki flow increases, so does the ability to heal ourselves and others.

Kei – Wisdom Through Meditation

The main focus of meditation in Reiki Jin Kei Do is to develop an awareness of energy. Through developed awareness one begins to feel how the energy flows and fluctuates in the physical body. As our perception of the rapid arising and passing away of energy heightens, we also perceive how the thoughts that arise and pass away in rapid succession affect the energy flow in the body. This awareness provides us with knowledge of cause and effect and the causal relationship between the mind and body and the resultant mental/physical conditioning or reinforcing. The ability of the mind to perceive subtle changes of the energy flow helps develop the ability to understand the effect of the constantly changing thought process on the body. This, in turn, leads to insight into the nature of physical and mental phenomena. With clear insight into mind-body phenomena, one begins to see the ultimate reality of oneself, as well as the universe as a whole. *As such insight and wisdom matures, one begins to realize one's universality.* This is the realization that we are all one at the state of universal energy. We lose the identity of an individual entity and ego. As we begin to understand the constant existence of our mental and physical pain and unsatisfactory nature, we realize that all beings are subject to such conditions. When we realize that these conditions are inevitable and common to all we not only understand the pain of others and develop compassion but more so come to the realization that although pain and dissatisfaction maybe inevitable, but suffering is not. Finally begin to see ourselves in every being, thus developing universal compassion and true wisdom.

Several simple meditations are introduced at Reiki I level and advanced instruction is provided to the practitioner as he/she progresses in Reiki training.

Do – Integration

This is the most difficult aspect of Reiki Jin Kei Do. Every attempt is made to bring together the compassion generated and developed through self-healing and the wisdom developed by the practice of meditation. Applying what you have practiced every moment of the day is difficult. When wisdom and compassion are highly developed and integrated, you begin your journey towards attaining an enlightened state of mind. Specific techniques based on Vipassana or Insight (mindfulness) meditation are introduced at different stages of Reiki.

4. Introductory Meditation Practice

Meditation enhances our awareness of the five senses and the objects or impulses arriving from the external world impinging on the five senses. Meditation also brings our awareness to the sixth sense, our mind. It is like looking at your self in a mirror. The mind observes itself. As various thoughts arise, we can become aware of the thought and the process which brought about this thought whether it was generated as a consequence of a sense object or a mental object.

In Reiki we use our awareness of a very subtle energy field. Meditation helps make that awareness very sharp and clear. So if one can develop awareness of our own body and its energy field or aura, it will enhance the awareness of Reiki once attuned to Reiki through the attunement process.

Now it is the time to experiment with developing awareness of energy in your palms. Later as Reiki Jin Kei Do practitioner you will be using your hands to sense energy as well as transmit energy. This exercise will enhance your ability to experience energy more intensely.

Introductory Meditation on Body Awareness

Sit comfortably on a chair or floor. If sitting on a chair, keep your back straight and relaxed without leaning on the back rest of the chair. If sitting cross-legged on the floor, have a small cushion to sit on so that your bottom is raised by about 4 cm off the floor under the buttocks. This prevents numbness and discomfort. Keep the back relaxed and straight. Examine your body from the head down to the toes slowly scanning large areas such as the head, neck, shoulders, upper back, mid back, lower back, thighs, knees, calves, and feet. Then from the front, face, throat, chest, abdomen, pelvic area, upper thighs, knees, lower legs and feet all the way to the toes. As you observe each area note the degree of relaxation, tension, discomfort, pain or neutral sensations. As you note these sensations, relax those areas letting go of tension, tightness, and discomfort. Think of comfort, lightness, and softness. Softly say silently, feeling light, comfortable, relaxed, deeply relaxed, calm, and peaceful. The vibrations of these words will bring about the feelings of relaxation.

Once you have done this, you can think of a feeling. For example think of appreciation. Think how much you appreciate your body, your health, and your life.

Allow this feeling to flow from your head down the areas you had previously relaxed. Imagine this feeling of appreciation flowing like a liquid light calming and soothing the body. Soon you will be feeling very relaxed with fewer thoughts flowing into your mind.

Self-Healing Meditation

Step 1. Place your awareness on your right or left palm which ever you are more comfortable with. As you breathe out visualize a silvery energy flowing from your heart down the arm to the palm. With each exhalation allow this energy to build up in your palm creating a small luminescent ball. Try to feel the heat, heaviness, and vibrations coming from the ball.

Step 2. Repeat the same with the other side. Do both sides simultaneously exhaling and feeding the balls you are holding in both palms. When you can feel the heat/warms, heaviness, and vibrations from both balls, slowly bring both palms close to each other with fingers pointing up in from of the heart.

Step 3. Visualize the two balls merging between your palms and become one bigger more brilliant ball of silvery light.

Step 4. Now try to focus your mind at a point between your eyes (third eye chakra) through your closed eyes (but keeping the eyes closed very softly not tightly).

Step 5. Visualize or try to see the ball of light that you are holding in your hands. Even if you are unable to see at first, the ball will appear as a faint light later after you have practiced for a while.

Step 6. While trying to see or visualize the ball at the third eye, start moving your hands slowly in an opening and closing motion separating the hands from each other up to 30 cm and then bringing them closer up to 6 cm apart (centres of the palms 6 cm apart, but fingers of the hands may be almost touching each other.

Step 7. As you are moving your hands closer and further apart, keep your mind on the sensations building in the palms. Imagine that there is a ball of energy vibrating between your palms and as you bring them together the ball becomes smaller but brighter and intensifying in heat and vibrations. As the palms are separated the ball expands becoming bigger.

Step 8. While you are building this ball by synchronizing with the breathing –inhale expand –separating, exhale and concentrating, becoming smaller and brighter, you are looking through your closed eyes at this ball.

Step 9. Now imagine placing this energy ball inside your lower abdomen and place your palms on your lower abdomen with fingers below the navel and thumbs above tips of the thumbs touching each other.

Step 10. As you imagine the energy ball resting inside the abdomen visualize it expanding with inhalation and condensing with exhalation. Keep deeply relaxing your whole body especially the lower abdomen allowing the abdomen to rise and fall with each inhalation and exhalation.

Step 11. The healing energy concentrating in your navel chakra (lower abdomen) can be directed to areas of the body needing healing by just focusing on the organ or area of the body and visualizing a stream of energy flowing from the energy ball flow to the area in need as you exhale. You can gently say to yourself “ I am totally I balance, feeling well, and perfectly healthy”.

5. Reiki Jin Kei Do Healing Institute

The International Reiki Jin Kei Do Healing Institute is created by **Dr. Ranga J. Premaratna, Ph.D**, Reiki Jin Kei Do Master and Lineage Head

The International Reiki Jin Kei Do Healing Institute Objective

The International Reiki Jin Kei Do Healing Institute is created by Dr. Ranga J. Premaratna, Ph.D. Lineage Head and Reiki Master.

The International Reiki Jin Kei Do Healing Institute main objective is to ensure the original Reiki Jin Kei Do lineage teachings, practices and related healing systems are clearly and accurately maintained.

The International Reiki Jin Kei Do Institute purpose is to provide:

- a) International Professional Reiki Jin Kei Do Standards, Practices, Codes of Conduct and Ethics
- b) International Professional Reiki Jin Kei Do Practitioner Accreditation and Certification Training Programs
- c) Original Reiki Jin Kei Do Lineage Knowledge and Teachings
- d) Support to the International Reiki Jin Kei Do Member Practitioners and Community

