

REIKI SEICHEM E BOOK



Presented by Reiki Master/Teacher
Melody Bass
'Reiki Seichem Healing'

Revised Edition – September 2019

A background image showing a person's face with eyes closed, surrounded by hands in a cupped gesture. The image is overlaid with a purple and blue gradient.

靈氣 Reiki seichem
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REIKI SEICHEM HEALING E BOOK

Reiki Seichem Healing

Established in 1997, dedicated to promote and facilitate
The Infinitely Divine Energies of the Universe
for Healing and Transformation by the process of Reiki & Seichem.

Reiki Master / Teacher:
Melody Bass
Principal of Reiki Seichem Healing

Melody Bass is a Holistic Health Practitioner

Incorporating skills in:

- Massage
- Shiatsu
- Acupressure
- Certified Holistic Rebirther
- Voice Dialogue Practitioner
- Hypnotherapist
- Time Line Therapist(R) Master Practitioner/Coach
- Reiki Master Teacher Master Life Coach (AB)
- NLP Master Practitioner/Coach
- Hypnosis Trainer (ABHP)
- Sound Healer Teacher/Trainer

Personal Consultations are available by appointment



REIKI SEICHEM HEALING E BOOK

FORWARD

This E Book is a general guide to introduce you to *'Reiki Seichem Healing'*.

This E Book CANNOT be a substitute for participating in the workshop with the personal direct instruction and initiation attunement to Reiki.

Please always have respect for the sacredness of the information presented within this E-book, as I truly have the intention only for the 'highest good' of all concerned.

In consideration of this modern day of rapid change, we have honored integrating the traditional essence of Reiki and Seichem, whilst also accepting the present cutting-edge technology available.

We all can read about Reiki, there is wonderful, enlightening information, however Reiki is all about the ATTUNEMENTS and being attuned by a Reiki Master.

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INTRODUCTION TO REIKI SEICHEM HEALING

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WHAT IS REIKI?



- Reiki means Universal Life Force energy. It is a very gentle energy that can be received and used by everyone for the benefit of everyone and everything that exists. Reiki is the energy of unconditional love; it is a gift to us all. This soft, comforting, healing energy is able to easily flow from one person to another, restoring their spirits, bringing a sense of peace and relaxation and putting them on the road to wellness. Reiki will offer whatever is needed, even if the receiver of Reiki doesn't consciously know what that is. Reiki does this because it is a purely intuitive and all knowing energy that works beyond our understanding and in spite of our logical minds.

To understand the energy itself, you may like to imagine a TV set. It has been made from the physical elements of Earth, the idea came from the mental energies of humans and as it stands in a room it has a low energy field or life force. Now plug it in and switch it on to yet another frequency and it will become more alive. The TV set now has all the balance and energy it needs to operate at its optimum capacity. We can also be 'plugged in' to many more frequencies than we have previously been aware of, and we can come alive to more than we ever imagines. The receiver of Reiki uses the Reiki Channel (or Practitioner) as the plug that connects them to this energy.



This beautiful energy knows no restrictions, limitation or biases. It holds no belief systems - only humans do that! It can be used and received by atheists, agnostics and people of all cultures and religions. It goes wherever it is sent, by whoever sends it, without question or bias. It works on every level of our beings, physical, mental, emotional and spiritual. This energy doesn't demand that the body, mind or spirit heal itself, it just supplies the energy to do this and if the person is ready, they will use this energy to heal themselves. Reiki makes no judgments it just 'is' and it provides a way to release blocks that cause dis-ease, on every level. It is a wonderful gift for humans, animals, plants and the Earth herself.

How does it Work?

- Reiki energy flows into the Reiki Channel (practitioner) and is passed on through the hands to the receiver. Because the Channel has been tuned into the energy by an initiation, he or she is then able to act like a conduit for the energy. Once contact with the receiver is made the energy starts transferring. The Channel can also send Reiki to a person any distance within a room, or even (at a Reiki 11 level) to a person not present in the same room by the 'Absent Reiki' method.

The Channel needs no special skills for this, only a willingness to do this for another. There are several different techniques or hand positions used by the Channels, all which are effective; some Channels prefer to use their instincts only - whichever way is chosen is right for the receiver.

Once the energy is received it is used by the receiver in any way their body, mental body, emotional body or Spirit wishes to use it. It must be said the emotional causation of any dis-ease is usually dealt with in sync with the physical problem to give a holistic healing, but it is not always the case.



This is where it is always good to remember that the Channel is not the healer, the receiver is.

Whether the receiver has a spontaneous self-healing or this process takes a few more sessions, is entirely up to the receiver as the receiver's sub-conscious often determines this outcome. The amount of energy 'pulled' in through the Channel by the receiver, determines the amount of energy the Channel also receives. This is the Channels gift for giving the Reiki. However no illnesses or complaints are transferable, if this were the case we would have very few Channels left in the world. However, some ailments are mirrored through Reiki. For example if the receiver and the Channel have the same physical or emotional problem it will be magnified in both of them for healing during the session.

A full treatment usually takes 1 to 2 hours. No clothes need be removed in a session as this is a non-physical energy, (it will flow easily through concrete or even denser matter). You don't have to be sick to have a treatment, Reiki is also a relaxing meditative experience that relieves stress, restores your Spirit and can help your growth.

What You May Experience When You Go For A Treatment

- You will gradually feel relaxed; some people go to sleep and some drift off into a beautiful space. The energy is love itself and so you tap into this part within you with the help of the wave of energy provided. The Channels will be as still as possible to allow you to deepen your experience. Only their gentle hand movements when changing positions are usually felt.



Sometime during the session you may experience tingling, heat, or even a little discomfort as the energy works to un-block physical blockages. At times your thoughts may wander over your life so far, or even a past life; this is perfectly normal. As the energy is working to un-block physical blocks, it is also releasing the emotional memories from the time when the blockage was created. These emotional memories may float through your mind as they are being discarded. You are then left with memories without the negative emotional charge or attachment.

Some receivers will remain quiet during the session and this can be wonderful for inward retrospection. Sometimes a receiver may need to release verbally the issue that is being un-blocked. Whatever is happening is meant to be happening. Reiki sessions can be full of surprises.

Most sessions are just beautiful experiences, however, occasionally; someone may go into crisis during a session. This means that a healing is taking place on a very deep level. The Channel is trained just to keep their hands in that position until the crisis has passed. This constitutes a very deep and complete healing, and although it may not feel great for the receiver at the time, it inevitably will be a truly a wonderful thing. A little more Reiki after the crisis and they should go home feeling much lighter.

The Reiki session really doesn't end there. The energy will still be affecting your life for a few days after the session because Reiki makes adjustments on all levels and sometimes the shift takes a while.

- **Reiki helps you change your life for the highest good of all concerned.**



Who Are The Channels or Practitioners?

- People who have chosen to be one, it's that simple. They are people who have either had a treatment themselves or know of someone who has benefited by Reiki or have simply been pulled by their soul to take the first initiation. They need no special skills - everyone and anyone can do this. All they need is to be opened, or initiated into Reiki by a Reiki Master. The Reiki Master uses a set of sacred symbolic keys to open the person's energy channels enough to allow the flow of higher frequency energy to be accepted in and to flow out through the Channel's body (although the hands are used mainly). In order for the Channel to maintain this frequency much old baggage will be forced out in the following months, sometimes years. So Channels have work to do as their Initiation begins their Earth journey in earnest, and their growth is accelerated to accommodate this. The Channel will find this at every new level of Reiki taken. I include this last bit to remind you that the Channels that may be working on you are human also; are not perfect; are working through things themselves; and are honored empty vessels that allow the Reiki energy to use their bodies to help the world.

Everything that is said before, during and after the Reiki session is confidential. Integrity is important.



What Is the Cost?

'*Reiki Seichem Healing*' is conducted through a series of unique and powerful channeling Initiation (Attunement) processes.

Channels can charge for their time, just as mechanics, teachers, University lecturer's etc, do. The cost, if any, entirely depends on the Channels and their own *circumstances* and integrity. Some Channels charge, some barter, some do this for free and some do a combination of all of these. All of the above is perfectly alright, none is wrong. People often ask why they need to pay for Reiki treatments as well as many other types of healing. It is all a matter of priorities. People will spend money freely on entertainment or to have their household appliances fixed, but are reluctant to pay for a little maintenance on their soul. Reiki really is priceless.

Reiki is a Japanese word meaning "Universal Life-Force-Energy". 'KI' is the same as 'Chi' or 'Qi', the Chinese word for energy which permeates everything.

It is known as Prana in India, Ruaa in Hebrew, Mana in Polynesian. Some call it 'Ongone Energy', (Wilhelm Reich), Magnetism (Mesmer), Archaeus (Paracelsus).

The Chinese define 'Chi' as energy, air, breath, wind, vital breath, vital essence.



Reiki is an ancient and profoundly simple system of “laying-on-of-hands” healing. In Reiki the person who is initiated into the attunement process as a Reiki Healer has had their body’s energy channels opened up and cleared of obstructions. Upon receiving the attunement the practitioner is then a Reiki Channel for universal healing energy.

THE HISTORY OF REIKI

According to the knowledge of mainstream Reiki Practitioners, the history of Reiki prior to World War 2 has been passed-on from only verbal stories with little or no hand evidence of its origins.

Reiki was discovered by Dr. Usui in the late 1800’s who studied Buddhist writings for years at a monastery in the orient.

Throughout Japan he toured many temples seeking for knowledge of how the Buddha had healed. He found Sanskrit writings from India (or perhaps Tibet). Some suggest he found the Sutras to invoke the Medicine Buddha After years of study he had come to an understanding that to go further required in-depth meditation. He declared to the monks of his monastery his intention to fast and meditate for 21 days at a nearby mountain and that if he did not come back they should come and get his body. On the 20th day nothing had come as yet and whilst saying (well this is it, I get the answer tonight or I do not). In the night on the horizon he could see a ball of light coming towards him. The first instinct was to get out of the way, but he realized this might be just what he was waiting ~or, so he allowed it to hit him right in the forehead. As it -struck him he was taken on a journey in which the symbols of Reiki, the very same symbols in the Tibetan writings he was studying but now he had total understanding of their meaning.

From the moment of this experience he was able to heal in such ways that were known as miracles.

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REIKI MISSION:

To promote and facilitate healing at the level of the 'cause' of the disease and transfer the 'Point of Creation' to a more positive and appropriate response.

Some Reported Benefits and Results from Reiki:

- ❖ To realize our full potential by unifying the Physical Body, Mind, Spirit.
- ❖ To increase our experience of physical health and well-being.
- ❖ To grow and transform in consciousness and awareness.
- ❖ Transforming of past **traumatic experiences** that have suppressed our personal growth.
- ❖ To accept responsibility for creating our reality.
- ❖ Expanded awareness, consciousness and self-realization.
- ❖ Healing of physical, mental and emotional aspects of our being.
- ❖ Release of physical tensions, stress and pain.
- ❖ Improved personal relationships.
- ❖ Enhanced happiness, joy and creativity.
- ❖ Improved sexual and sexual enjoyment.
- ❖ Greater sense of purpose in life.
- ❖ More youthful vitality, energy and personal power.
- ❖ Emotional stability and confidence.
- ❖ Increased intelligence, perception, mental clarity and telepathy.
- ❖ Inner peace, harmony and compassion.
- ❖ Experience spiritual connection with Divine energy.
- ❖ Enhanced prosperity.





REIKI PRINCIPALS

There are a number of variations of the 5 Reiki Principals. However the following is probably the closest to the original.

Just for today, do not anger.

Just for today, do not worry.

We shall count our blessings and honor our fathers and mothers, our teachers and Neighbors and honor our food.

Make an honest living.

Be kind to everything that has life.

Another version from the Reiki Handbook.

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.

A further version reads:

Just for today do not worry.

Just for today do not anger.

Honor your parents, teachers and elders.

Earn your living honestly.

Show gratitude to everything.

Just for today I will give thanks/or 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.

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THE REIKI HEALING SESSION TECHNIQUE

After attunement the practitioner needs to know how to hold their hands. Both hands, held palms down, are mostly used.

Initially the standard Reiki positions are to be honored. The hands are placed, and rested gently, relaxed with no exerted pressure. The life-force energy or 'Ki' — that flows, simply transfers the healing energy.

The healing-energy through the hands can happen at any time, however often can be activated automatically, when the hands are rested on one-self or another, with intent to heal and then the energy simply starts flowing.

With the hands placed on a Reiki position, the Healing Practitioner feels a cycle of sensations. Initially the feeling of the expected warmth of body heat may be accompanied by sensations of flowing, vibrating, trembling, magnetism, tingling, color, sound or pins and needles.

The person receiving the healing may feel the same or may feel nothing. The sensations change from position to position, time to time and healing stage to stage.

As the sensations experienced end, and a quiet, body heat returns, this signals a move to the next position. The signal to move from one hand position to another and complete the healing session is mostly a very intuitive process by the practitioner and the client.

Very little conscious focus is required during Reiki; however it is an advantage to be intuitive. Occasionally, the sensations may seem to continue forever, as if the healer's hands are glued into place.

The general guide is to continue for as long as you feel you need to be there for. There is no set-time, but after approximately five minutes is a good indicator.

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ADJUNCTS TO REIKI

On its own Reiki is a uniquely simple and powerful process, and does not necessarily need any other techniques or complications.

However there are certain considerations that may assist Reiki.
A congenial environment will support to process and obtain optimum results.

Some healers like soft ambient music playing in the room. Use Non-Vocal, Classical or New Age, preferably with no-driving beat.

Keep lighting low, preferably incandescent and not fluorescent. Remove distractions such as take the telephone off the hook, remove any bell sounding devices, etc.

Assure good ventilation, comfortable temperature and ample room. Loose comfortable clothing is advantages.

Some healers like to take their shoes off to be grounded. Remove heavy jewellery, belts, etc. - blankets may be comforting.

Crystal layouts may assist in directing the energies.
A candle flame may assist in clearing the energies.





SYMBOLS

SYMBOLS are very powerful tools used through Higher Consciousness, and applied either physically or mentally, for the highest interest and good, in the healing of Body, Mind, and Spirit.

SYMBOLS are shapes, configurations and signatures that we use in healing, to focus intention or concentrate communication. By using symbols we access the conscious mind, directly with the intuitive mind.

SYMBOLS can be used either mentally, or physically, and the recipient can be either present or absent.

By using the symbols physically through our hands either on the body, or within the aura and enteric field, we are making more of a statement, a commitment.

The total use of symbols increases our awareness and capacity for wholeness. The symbols are part of the WHOLE. Symbols can be used separately or in combination with other healing modalities. In using the symbols we go beyond left brain, and have communication which goes beyond the logical reasoning mind. The general state of the conscious analytical mind does not always recognize messages and information, even when it is presented.

During focus upon certain symbols, the higher consciousness, or Higher Self, is able to bring about INTEGRATION & ALIGNMENT in one's life. The more one uses the symbols, the more one realizes the magnitude and impact that they have in healing. They can be used on yourself, as well as on others.

Your own personal symbols are a projection of fourth dimensional consciousness, an allowance of one's self to journey into the unlimited, Infinite Universe.

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RECOMMENDED ETHICS & MORALS GUIDELINES FOR REIKI

Aspects to consider:

Ethics and morals may include values such as; Personal Integrity, Professional Competence and Conscience and Responsibility Also consider **Religious Doctrines**, Always respect the many different cultures around the world which have varied religious beliefs

Professional Ethics

- Various health professionals' codes
- Remember the Hippocratic Oath. •

Reiki Principles

- Dr Usui Reiki Tradition

.... Personal Integrity

- Your own conscience/consciousness
- Learned, conditioned behavior/responses
- Sense of judgment, right or wrong,
- Physical/mental state of health
- various values of love and fear

Do not offer any guarantees or assurances of results, but only representation of possible benefits received by yourself or others. Maintain confidentiality, secrecy of client's facts, concerning clinical history, domestic and business life, as revealed to you (except with their written consent, or when required by law, or where failure to do so may constitute in your judgment a menace or danger to the client's or others' well being). Once you have accepted a client, accept reasonable responsibility for support. Do not abandon or neglect support.

Cultivate respect, professional etiquette and honor the dignity of the client. If you do not wish to accept a client or continue support, make every effort possible to refer the Client to an equally proficient practitioner. Refrain from criticism of colleagues or member of other health related profession (except if required by law). If referring a client, all relevant details should be forwarded in writing.