

## Major Directions in Energy Work Free Guide

### **Reiki**

Reiki is based on the transference of energetic symbols that attune the student to Rei (靈) literally soul or spirit and Ki (氣).

The methods of transmission of the symbols is held back to Master and teacher level. This has been made public in some books. It involves writing Japanese symbols relating to energy and Buddhist beliefs in the aura of the student.

#### Classes:

Level 1: Basic hands over body positions. Holding the position for five minutes while client is lying supine (normally). Duration – 2 days.

Level 2: Transmission of two further symbols. During the three day class three symbols are taught. The idea is an increase in power, and the ability to send the Reiki over a distance. The symbols have been published, despite that some teachers have an air secrecy around them.

Level 3: Master Level where a single master symbol is transmitted and is obviously a Japanese Kanji (大光明). I have only heard that this is a secret symbol from one particularly secretive teacher. It means Big Rays of Light (literally). At this level the teacher shares how to attune students and the course can be five days.

There is no guidance theory or diagnosis in Reiki.

### **Qigong (氣功) literally work with Energy or Qi:**

The term was re-coined in the 1950's in China, and became a national sensation in the late 80's and 90's. Everyone was practicing Qigong and the Communist party was temporarily behind it. The term is a catchall for anything health preserving or spiritual. The term Qi means breath but has much greater connotations and cultural significance. I can divide the area into three main areas.

Inner Cultivation – This will generally be more about mediation and stillness. Developing inner awareness, interoception. The use of mind, intention and energy to drive an inner change and development.

Breathe Work – Coordinating the breath with movement, bringing a graceful focus on the body and mind, while developing a flow encompassing body and mind.

Constitutional Health support – Stretching exercises, swinging exercises, repetitive movements that bring an awareness of movement and stillness.

Nowadays in modern China, the practice is not officially sanctioned by the CCP. One reason is because of the danger of cultic groups.

The older more traditional styles are often related to Daoism and Buddhism.

### **Pranic Healing/Bioenergetic Strokes / Qi healing (Qigong)**

This is where manual manipulation and pulling of energy is done. The practitioner stroke or grabs the energy of the client and pulls out or strokes off negative influences. This is perhaps the hard labour approach. It can be very effective but often not so energetically hygienic.

There is often a diagnostic phase in these approaches.

### **Yuen Method etc.**

This is making the connection between the energy at the centreline and inner peace.

Using insight a defined form of intuition, the practitioner finds weaknesses in the client's energy and strengthens the energy at the centreline. This can be learnt very quickly and efficiently. I have a book on this method – Training Manual for Energy Work.

### **Matrix Energetics –**

These methods can be likened to the Quantum physics analogy of collapsing the Wave.

The idea is collapsing the Wave. Matrix Energetics is normally an entertaining Theatrical course over four days. There is no diagnosis or treatment as such.

### **Shamanic Approaches**

Sickness comes from a disconnection with a spiritual or energetic force. Reconnection with this force has many approaches. This can often involve entering trance, medicinal sacred plants, and some kind of sacrifice. Sometimes the patient enters other realms but often the shaman enters the realms to negotiate for the patient. Sometimes this involves lost soul fragments (more about this in literature) from traumatic events being reintegrated. Often there are journeys into the lower world of animal and elemental spirits, the middle world of humans and the upper world of angels and gods.

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One on one coaching for Psychotherapist integrating Energy into their practice or dealing Energetic Hygiene issues.

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