RAKU KEI

The Way of the Fire Dragon

Master Manual

By

Holli Blackwell Reiki Energy Master Teacher



Table of Contents

RAKU-KEI REIKI	3
RAKU KEI SYMBOLS	5
MASTER SYMBOL	8
THE SACRED SECRET OF REIKI	9
THE SEVEN LAYER AURIC BODY SYSTEM	12
CHART OF THE SEVEN CHAKRAS	14
HA _ AHI - WAI	15

The Way of the Fire Dragon

The words Rei- Ki Originate from the words Raku- Kei. The Raku is the vertical energy flow within the body, whilst the Kei energy flows in a horizontal manner. The two cross at the 'Hara' centre at the Solar plexus centre. It is this centre which was cut out during the ritual Samurai "Hara Kiri,. In this manner the Samurai would cut out the 'centre of his being' by the implementation of three sacred cuts in the form of a triangle (the symbol of manifestation).

The cross formed by the Raku and Kei energy is the cross which represents the four Cardinal Points and four Elements. This pagan form was used by the Christians after the death of Christ, and to this day 4 crossing oneself is regarded as a devotional act for Christians.

Raku Kei is the ancient science of Self-development and Self-improvement. It is believed that the origins of Raku Kei come from Tibet. The Tibetan Lamas used Calligraphs to encapsulate the energy of a healing concept, recognising that all symbols, when drawn Produce Low Frequency waves that can be detected by the human body. These Calligraphy symbols would normally be painted in large form upon wall hangings in the monasteries where the monks would meditate. Such images would add a focus to the Mantric work that would resonate with the symbol.

It is thought that all Participants in these meditations would sit upon a four legged stool placed in the centre of a large oval shaped earthenware container. The container, representing the etheric egg, or Akasha, was filled with several inches of water. The water represented the emotions.

The stool itself represents the four cardinal points or elements, the person sitting on made the fifth, that of Ether, or Spirit. The stool was made of wood with a silver inlay going in a channel up the four legs to the centre. This linked to an inlaid Master Frequency symbol upon the seat.

The walls of the meditation chamber were of highly Polished copper buffed to a very high reflective sheen. A sloped wall was used to hang the symbol so that it could be reflected upon the wall. This was to the rear of the meditator who was able to see the reflection, enhanced by the copper on the wall. The concept of this Procedure was to ensure that the symbols were deeply embedded into the mind by concentration and repetitive mantra. At the same time the body was being purified by exposure to the Master Energy Symbol on the seat. The energy from the symbol would be directed up the spine to the higher Chakras. It was only relatively recently that Rolf Jensen discovered the cubicle silver inlay design which was used in the manufacture of the stool.

It is thought that this technique was an exact esoteric science that was passed down to initiates by verbal tradition. In this way it eventually disappeared until the Sanskrit text identifying these techniques was rediscovered by Usui in the 1800's.

The use of calligraphs was thought to be primarily for personal development, meditative practices and spiritual purification. The influence and demands of Western thought has produced changes to the original system. It is believed that the true system required years of dedicated concentration and study for the initiate to thoroughly memorise the symbols. This study was augmented by exercises, postures, breathing techniques and mantras. Few of these extra techniques have survived.

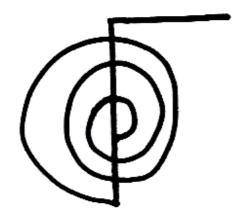
In 1915 Rolf Jensen, a US military medical orderly, was sent to Japan to study with Japanese medical doctors. It was here that he learned about the remarkable Dr Usui, and was able to leaned much about the system. He returned to the US in 1923 and introduced Reiki into his Chiropractic practice. As the Chiropractic art was banned in his home state of Oregon, he researched the field of electronics. It was here that he developed 'Pickup', a technique to discover the vibrations given off by living beings, and symbols.

Eventually in 1952 be found what he believed to be a Master symbol to conquer all disease. He decided that the key to make this function was a harmonious balance of colour, sound and atomics. He created a mix of the 7 primary colours (Rainbow), and the 7 notes of the Musical Scale. This harmonious mix aligned with the 7 atomic seals throughout the Earth itself.

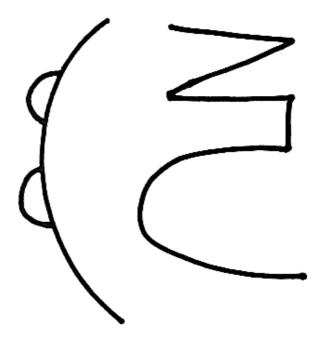
The Master frequency symbols were incorporated into the building of Reiki tables (couches). Takata used one of these tables for her treatments.

The person that has done much to bring this system to the West was Rev. Arthur Robertson who studied with Virginia Samdahl, the first Westerner to be given Reiki Mastership. Later he studied under Iris Ishikuru, Takata's Sister. During Robertson's research, new information has come to light, and this, linked to scientific research, has produced more depth to the understanding of how the Reiki energy is transmitted.

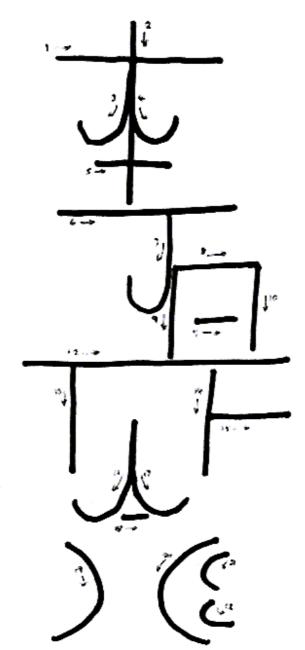
Raku Kei Symbols



CHOKUREI



SEHIKI



HON SHA ZA SHO NEN

HON SHA ZA SHO NEN

The God within Me Recognises the God within You

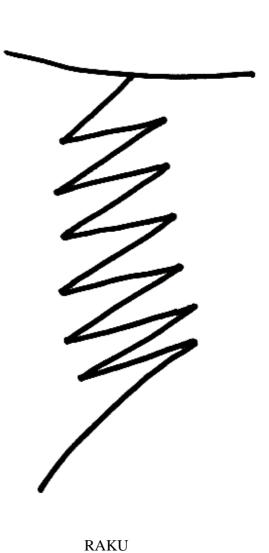
Symbols from Norbu-Lingka Original Raku Kei

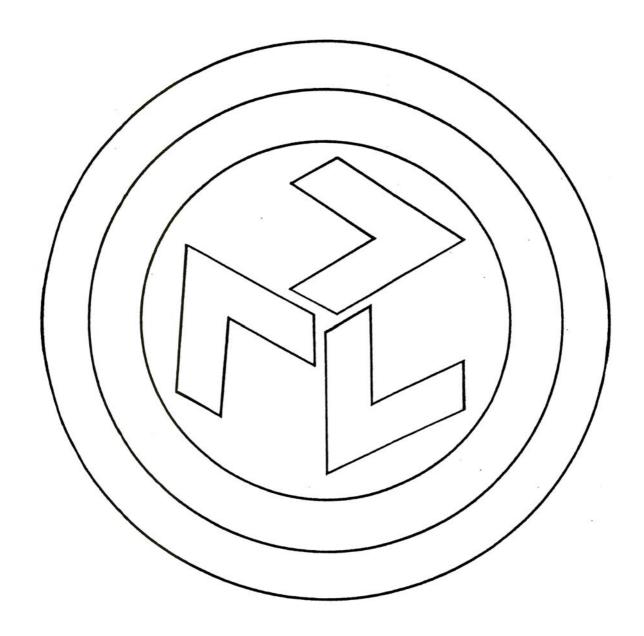


FIRE SERPENT



DAIKOMIO





Master Symbol

The Sacred Secret of Reiki

Every culture that has aspired to spiritual transformation has recognised the link between the Chakra system, even though some cultures disagree how many there are, and the Endocrine glands system. The link between the two systems allows the RAKU fire energy to travel up the spine and into the brain. The brain is then effected by the mind.

Kidney Breathing

An elementary exercise in accessing this energy is by way of 'Kidney breathing'. The exercise, which should be practised daily, will increase the supply of RAKU to the body. Then exercise should be conducted as follows:

Place the palms of your hands on the lower back, covering the kidneys.

Breathe deeply and direct the breath to the kidneys, allowing your hands to slightly move outwards. Imagine the kidneys actually expanding.

On exhaling press the hands lightly back into position. Imagine the kidneys contracting.

Begin to visualise the colour of dark blue with every in-breath and continue the process for several minutes.

Repeat daily. Eventually it will be possible to feel the RAKU without using the hands.

The Hui Yin

The Hui Yin point is also called the Perineurn which is a small sensitive area between the genitals and the anus. To locate the area, warm the hands and place your fingertips on the position. Contract the point and try to draw it up into your body. Do not contract the anus. The feeling is similar to the Kagel birth exercises taught to pregnant women. Hold the contraction as long as possible, and then relax. Continue to practice this until just the thought of the Hui Yin causes the body to contract and hold the point effectively.

Once you have experienced the contraction, begin to visualise a white mist forming at the base of the spine during inhalation. Holding your breath, feel it moving up the spine and entering the brain. The white mist circulates around the head and then turns to a violet colour. Hold this image about two minutes. Repeat the procedure two more times.

During this Process press the tongue to the point behind the two front teeth. This is called the Alveolar Ridge. Keeping this point allows the energy raised to circulate through the body via the Functional and Governor channels which start and end at the Base Chakra and Alveolor ridge.

This Process is the essence of the secret of energy transference which energises the body and mind. Competence in this process is necessary for the student to be able to attune effectively. During the attunement process the Hui Yin contraction and the tongue placed correctly in the mouth are maintained throughout the entire process.

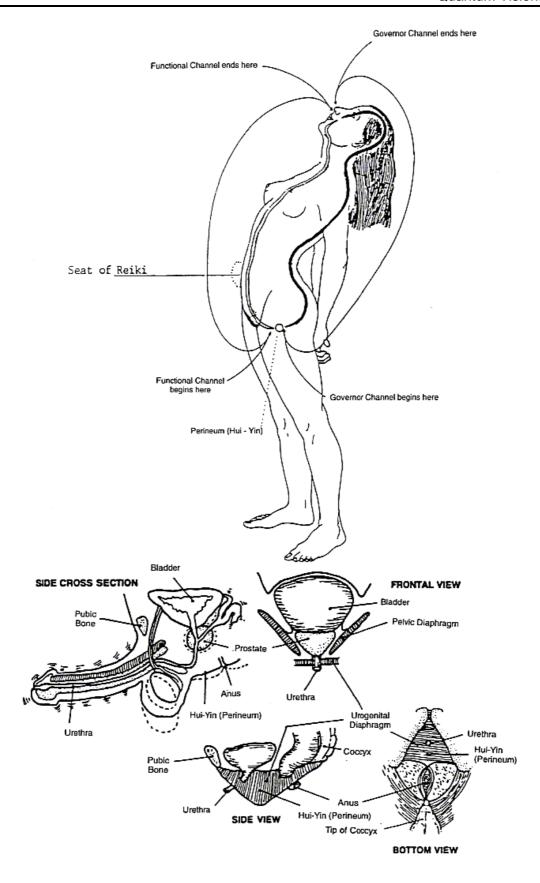
The Breath of the Fire Dragon

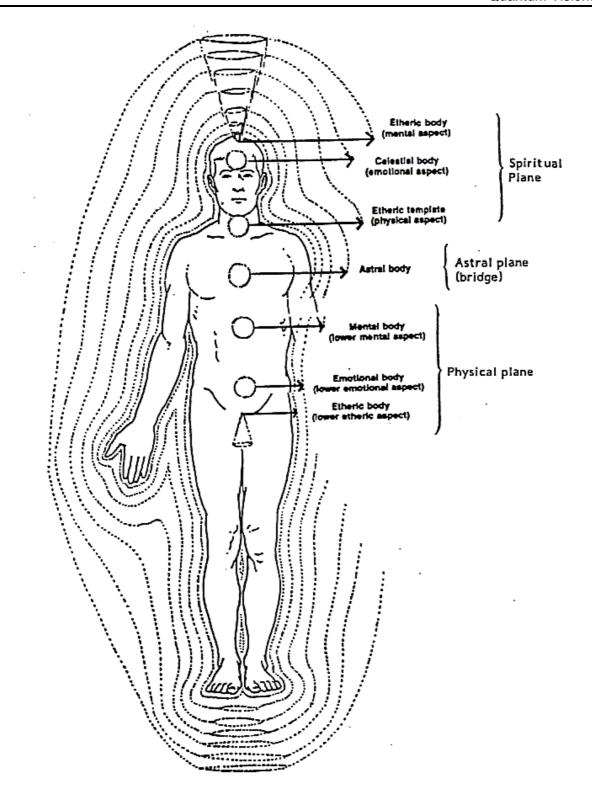
For millennia the Oriental races have linked the Dragon to the 'Airy' or Mental aspect of our nature. The meaning of Sei Hei Ki is 'Dragon Power' and the symbol represents the face and scaly back of the Dragon. The Chinese even use the expression 'Chasing the Dragon' in Opium smoking.

Mastering the Dragon energy is mastering the mind, that is why Dragons have always provoked fear in the weak-minded, but have inspired leaders and countries to adopt the symbol of the Dragon as a powerful symbol of strength and fortitude. It is likely that St George, the Patron Saint of England, most famous for his Dragon-slaying, was actually conquering his own mental fears towards inner enlightenment.

Dragons have always been linked to having fiery breath by which they vanquish. It is this breath, with the fire being supplied by the RAKU energy that blasts away obstacles to a clear mind, thereby bringing understanding to the student, and presenting a clear channel for the attunement to take place.

The Breath of the Fire Dragon is first gained by developing the kidney breathing, circulating it in the body by the Hui Yin Process, adding the symbols, and then blowing the energy in to the student via the Crown Chakra. In this way the Master is always using maximum energy by which to properly project the RAKU KEI.





The Seven Layer Auric Body System

Chart of the Seven Chakras

Name:	Base Center	Spleen Center	Solar Plexus	Heart Center	Throat Center	Brow Center	Crown Center
Location:	Base of the spine (hui-yin)	Between pubis & naval	Above naval	Center of the chest	Middle of the throat	Middle of the forehead	Top of head towards back
Function:	Sexual power or flight	Sexual	Health	Compassion	Creativity & self expression	Paranormal power	Spirituality and Liberation
Endrocrine Influence:	Ovaries Gonads Testes Prostate	Liver Pancreas Spleen	Adrenal	Heart Thymus	Thyroid	Pituitary	Pineal
Color:	Red	Orange	Yellow	Green	Blue	Indigo	Purple/Violet
Sound:	TI	LA	SO	FA	ME	RE	DO
Element:	Earth	Water	Fire	Air	Ether		
Dominant Sense:	Smell	Taste	Sight	Touch	Hearing		
Planetary Influence:	Saturn	Jupiter	Mars	Venus	Mercury	Sun & Moon	Universe
Emotion:	Frustration Rage Passion Sexuality	Anxiety Well-being	Power Desire Fear Guilt Doubt	Joy Grief	Inspiration Repression	Obsession Ecstasy	Bliss
Related Illness:	Hemmoroids Sciatica Prostate Ovarian Uterine	Diabetes Cancer	Ulcers Gallstones Arthritis Kidneys	Stroke Angina	Thyroid Flu	Schizo- phrenia	Psychosis

HA – AHI - WAI

Breath – Fire – Water

The Water Ceremony

It is by way of the Water Ceremony that Raku Kei Mastership is conferred. The Water ritual symbolises the rebirth of Spirit from the Etheric into Matter. Students are seated on the Master Energy symbol, in a circle facing outwards. A cup of water that has been previously consecrated on the symbol is held by the student between both palms, fingertips, no thumbs touching. The cup should be held at the Solar Plexus. In this position the attunement can begin.

- 1. Direct the students to take a deep breath and hold it whilst visualising the colour blue. All should contract the Hui Yin and place the tongue on the Alveolar Ridge.
- 2. Direct the students to exhale forcibly through the teeth, making a hissing sound. All should visualise the breath as a blue mist entering the water. Perform this 3 times.
- 3. As the process is taking place, begin the Kidney Breathing and con act the Hui Yin.
- 4. Stand behind the student and draw the Fire Serpent down the back.
- 5. Place both hands on the student's head and visualise the RAKU, DAIKOMIO, Distant, Mental Emotional and Power symbols over the head and breathe them in to the Crown Chakra.
- 6. All students now draw the Power Symbol over the cup with their dominant hand, intoning Cho Ku Rei.
- 7. All students repeat, ""I exorcise thee 0 Sui Ching (Spirit of the Water) to receive the Divine benediction of Fire. That as I partake of this water so shall I receive the Divine benediction of Fire. I declare this to be true and so, in the name of the Holy of Holies. So be it!"
- 8. All students draw another Power Symbol over the water and then drink all of it. Have students release Hui Yin and place glass under their chair.
- 9. Direct the students to sit in prayer position with their eyes closed."-T
- 10. Squeeze the left shoulder as a sign for the student to raise their hands to their Crown Chakra.
- 11. Visualise all the symbols as before and blow them into the hands. Return the hands to prayer position.
- 12. Seal the process by cupping the hands Over the Crown Chakra. This releases the Dragon and initiates the flow of energy around the Governor and Functional channels.
- 13. Once the circuit is complete blow on the hands into the Crown.
- 14. Release the trapped energy by slapping the right hand three times to the ground.
- 15. Go to the next student.
- 16. When all students have been attuned, release the Hui Yin and place the student's hands on their Heart Chakra.
- 17. Read Affirmation
- 18. Gently bring the students back to full consciousness.

