

What Makes an Effective Reiki Practitioner

Celebration of Reiki Conference ~ April 10, 2016

Joshin Kokyu Ho - *Beneficial for grounding the body by building Ki in the hara.*

Joshin = focusing the mind

Kokyu = breath

Ho = method

- Sit with good posture - spine straight with slight pelvic tilt and gentle nod of the chin. Connect the feet to the ground. Lift the spine up straight to the crown (top of head) towards the sky. Make an energetic connection from above and below.
- Place hands on legs facing up or on your stomach (hara/tandem - 2 " below naval).
Hara = Japanese word for belly or abdomen.
Tandem = Chinese energetic center that is 2" below naval and 2" inside abdomen.
(The Japanese and Chinese build energy in the hara/tandem in martial arts and energy work. It is like the spiritual altar: where the fire is contained within the body. It is the energetic power center in the body.)
- **In-breath:** feel the energy coming in through the nose, traveling down the torso to the hara, filling the body with energy. If you have your hands on your hara, feel the rise and fall of the belly with each exhalation. Physically draw the stomach towards the spine as you exhale.
- **Out-breath:** expand the energy out of the body 360° and into the surrounding space around the body like you are filling a balloon. With each exhalation, feel the energy around your body expanding further and further out to infinity.
- Do this exercise for 5 to 30 minutes.

Intention: To focus the mind on breath and build the energy in your hara/tandem to ground. This brings calmness and clarity.

Reflection:

"In your daily life, please accept yourself as you are and appreciate your life as it is. Be intimate with yourself. Taking good care of yourself is always the best way to take care of everything. Then your life, I am sure, will go alright. I want you to be a truly intimate being. Beneath your robe is the same as outside your robe. Inside and outside the robe are one. There is no division."

Taizan Meazumi, *Appreciate Your Life: The Essence of Zen Practice*

Diane Marie Gallant, Usui Reiki Ryoho Master/Teacher & Practitioner
River of Light Energy Healing, Lee, NH
diane@riverlighthouse.com 603-396-4147