



QUANTA
Reiki

QUANTA Reiki

Universe Healing
Spiritual Coaching

Level 1

100h Online Teacher Training
with Lola Lhamo

PART 1. QUANTA Reiki

History. Origins.
Foundations of Energy Healing
Sacred symbols
Attunement / Initiation

QUANTA Reiki Foundation

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You never enjoy the world alright,
Till the sea itself floweth in your veins,
Till you are clothed with the heavens
And crowned with the stars.

~Thomas Traherne

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Part 1. QUANTA REIKI



1. Introduction. Origins of QUANTA Reiki

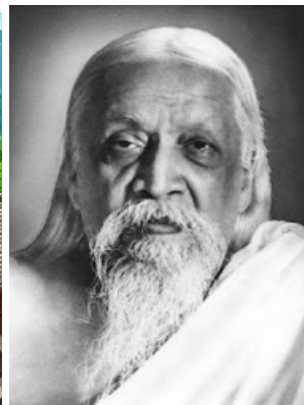
My Tree of Teachers and Consciousness Channels



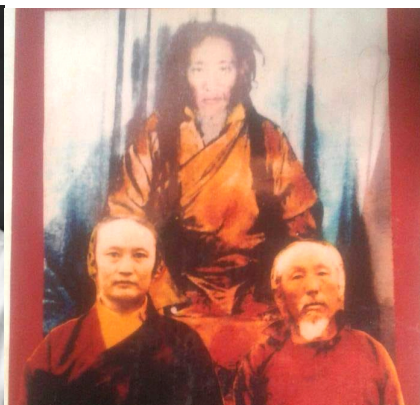
Native Americans
Nature Healing



Kung Fu, Qi Gong
Taoism



Sri Aurobindo
Sanatana Dharma



Dudjom Lingpa
Buddhism, Tantra



Mbahkung Muryono Mas
Javanology



Pema Rangrig Rinpoche
Nyingma Buddhism



**Chokyi
Nyima
Rinpoche.**
Nyingma
Buddhism



**Yogi
Ashokananda**
Hatha Yoga
Kriya Yoga



**Dharma
Mittra**
Yoga



**Ram
Vakkalanka**
Sanatana
Dharma
Vedas
Nada Yoga



Kazumi Ohishi
Okinawa Shaman

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1. Introduction. What is QUANTA Reiki

What is QUANTA?

QUANTA (plural from Quantum) – is the minimum amount of any physical entity involved in interaction, Quantization is the process of observation how energy and matter interact.

Quantum physics explain the nature and behaviour of matter and energy on the atomic and subatomic level. What is not commonly known is that the inventors of quantum physics - three great minds **Werner Heisenberg, Niels Bohr and Erwin Schrödinger**, introducing the science to public in 1920s, were great fans of Vedas, believing in correlation of their quantum physics experiments with concepts delivered in the Vedas.

Nobel Prize winner Niels Bohr had great respect to the Vedas. He mentioned, "I go into the Upanishads to ask questions."

"Ultimately, the entire universe (with all its 'particles', including those constituting human beings, their laboratories, observing instruments, etc.) has to be understood as a single undivided whole, in which analysis into separately and independently existent parts has no fundamental status."

- David Bohm



"In some sense man is a microcosm of the universe; therefore what man is, is a clue to the universe. We are enfolded in the universe."

David Bohm

THOUGHTS CREATE REALITY
A NEW SCIENCE & PHILOSOPHY OF LIFE

We are all linked by a fabric of unseen connections. This fabric is constantly changing and evolving. This field is directly structured and influenced by our behavior and by our understanding.

— David Bohm —

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1. Introduction. What is QUANTA Reiki

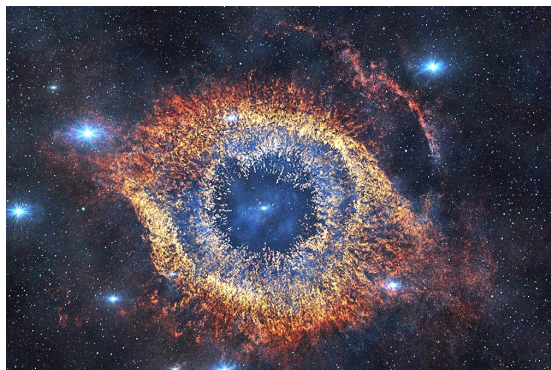
What is QUANTA?

“QUANTA is Cosmic Ocean of Energy which created everything, including ourselves, our visual and sensory reality. It's our Body, Mind, and Soul, it permeates everything, being highly conscious field. QUANTA is continuously evolving in accordance with what we thinkcreate.”

Lola Lhamo



We live in a quantum world of informational conscious cloud probabilities, which consists of dancing in cosmic rhythm subtle energetic properties – we can't see them with naked eyes, but they are visible under a microscope, and are also felt in our subconscious mind with senses that only we ourselves can distinguish (which are often not explainable with logical mind), - these are the working energies of Quanta consciousness ...



The structures of our DNA - are conscious Quanta. The body knows how to heal because of Quanta consciousness.

The epiphysis is a locator of energetic properties that are distributed by the pineal gland and other systems throughout our body, filling us in with whatever has been received or created. These energetic properties, impulses or feelings are individual, however are interconnected with the “mind of the universe” - all informational field around.

We impact this field every time the thought arises...

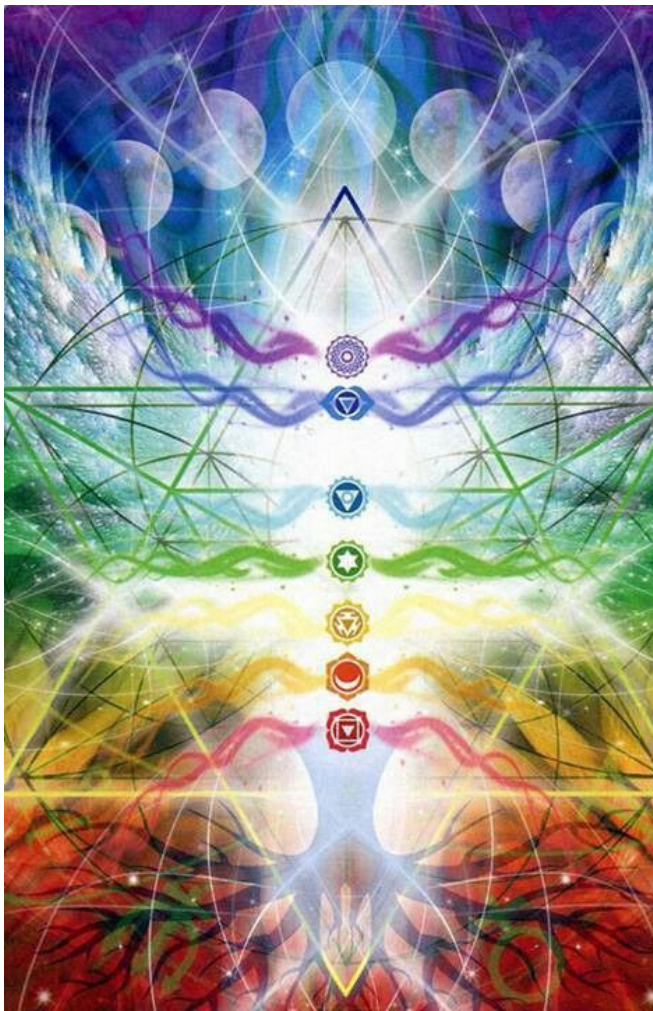
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Part 1. QUANTA REIKI



1. Introduction. What is QUANTA Reiki

What is QUANTA?



Great news are:

- We are composed of QUANTA – atomic structures of highly conscious Universe
- Our body and mind are the cosmic world of quantum properties, interconnected with other worlds of the universe (and other galaxies too - may be that's why we behave strange sometimes :)
- There is Universe Energy Hologram, we are part of it, we have the opportunity to travel through it, accumulating pure Universe Quanta Energy properties.

This Universe Quanta energy gives:

- the possibility to purify the body of old stagnant energies – helpful in treatment of diseases, for ourselves and other people;
- the “super human” abilities of pure vision, due to connection to the higher informational centres - the gift of foresight, mind reading, etc;
- the capacities to help others in the process of opening their energy channels to Universe Quanta energy. It's interesting that every person has all these energies within them, but they are forgotten and sleep inside the DNA atoms, and in their subconsciousness, we simply activate the process of awakening and connection of individual human mind, each by itself, and humanity as a whole.

By changing ourselves, we change the energetic, quantum properties of our planet.

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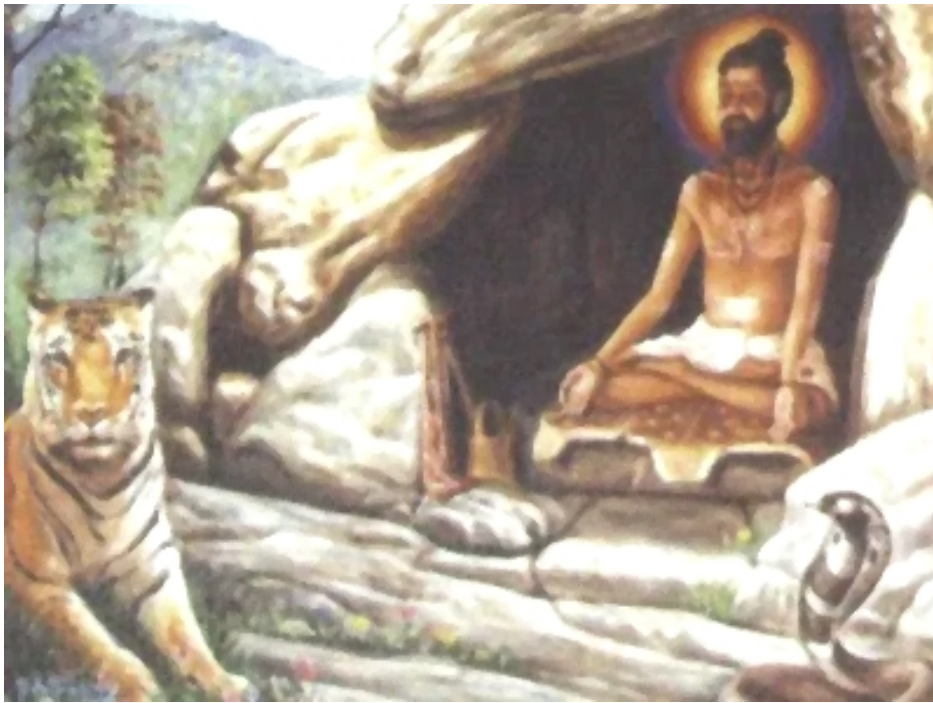


2. History of Reiki

Ancient Traditions of Universe Healing

Pre-religious times: healing by surrendering to the Universe, becoming One with the Universe

YOGA: Union with the Universe



Shamanic Healing – connecting to Nature elements and Nature spirits / energies

SHAMANISM



Key concept/principle for healing: expand to become the Universe

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2. History of Reiki

Appearing of the Tree of Religions: Energy Healing in Hinduism, Buddhism, Taoism, Christianity, Islam, Sufism and many other

Buddhism

Enlightened Body, Speech and Mind
Compassion (bodhicitta)
Healing with Mantras, Sound, Devotion



Taoism

Human Microcosmos is equal to Macrocosmos
The Way, Wu Wei
Healing with Light, Colours, Planets Energy, Sound



Works on Mind transformation, nature science, medicine, systematisation of ancient wisdom
Key concept/principle for healing: surrender to the Universe, wisdom of being in the flow

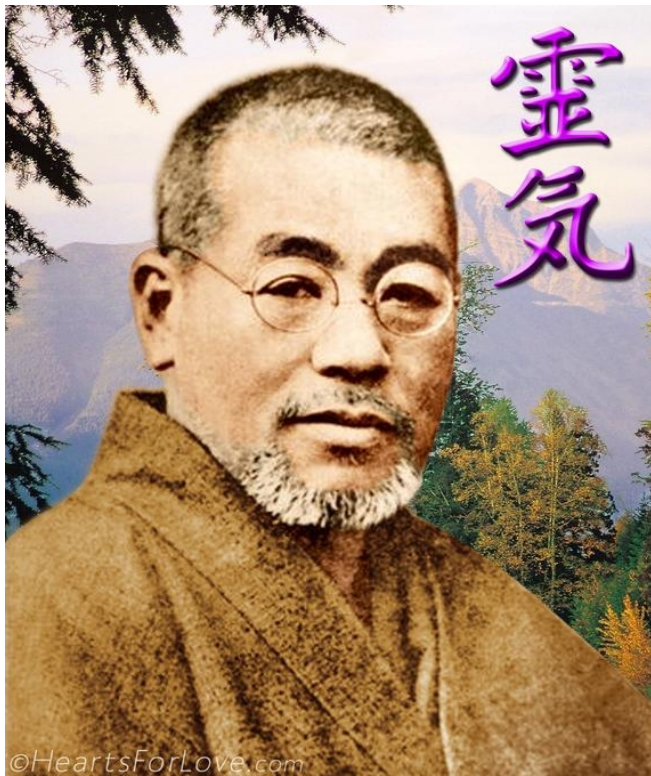
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2. History of Reiki

Dr Mikao Usui (15 Aug 1865 – 9 March 1926)



Japanese Tendai Buddhist born into Japanese noble Hatamoto Samurai family.

Age 4: started studies in Mikkyo Buddhist monastery Mt Kurama

Became Tendai Buddhist zaiko priest with name Gyoho

Studied sacred texts from around the world, astrology, Chinese Traditional Medicine, numerology, psychic and clairvoyant arts.

Pillar stones of Usui Do, which later became Rei Ki

- Mikkyo Buddhism's Shugendo – esoteric practice “the way of cultivating psychic and spiritual powers”, which integrates Shamanic tradition, Tantric Buddhism, and Taoism, and practices such as fasting, meditation in isolation, mantras and mudras, energy healing and exorcism, clairsentience, breath and visualisation techniques to sustain extreme heat and cold.
- Ken-Jutsu (Samurai swords), Ju-Jutsu (unarmed combat), Ki Ko (Japanese Qi Gong), Katsu (infusing life energy into person), Aiki Jutsu, Rei Jyutsu Kai, Yagyū Shinkage Ryū

Key concept / principle of healing: channelling Spiritual/Universal Energy

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2. History of Reiki

Dr Mikao Usui (15 Aug 1865 – 9 March 1926)

Mountain Kurama Retreat
Birthplace of Reiki



Mt Kurama is called “the spiritual heart of Japan”

Dr Usui meditated here every year, and in 1902, after spending 3 years, 3 months, and 21 days in meditation, he experienced Satori or absorptive (dhyanic) state. This practice in Japan is known as kushu shinren, form of shyu gyo - “painful or difficult training”, which includes fasting, meditation, chanting and prayers.



Dr Usui attended Isyu Guo meditative retreat and may have experienced Crown chakra activation under this waterfall. In pure Satori state he received Reiki energy through the Crown – which in Tendai Buddhism is called The Lotus Repentance

Key concept / principle of healing: channelling Spiritual/Universal Energy



“(Usui)... saw a shining light moving towards him with great speed. It became bigger and bigger and finally hit him in the middle of the forehead. Dr. Usui... suddenly saw millions of little bubbles in... all colors of the rainbow.”

~ Bodo Baginski and Shalila Sharamon in book “Reiki Universal Life Energy”

“What is being described here, it would seem, is an experience of *tigle* (or *bindu* in Hindi). *Tigle* is the Tibetan word that describes vital essence drops or spheres of psychic energy that are visualized and manifest due to the practice of deep and profound meditation, and is critical experience within the Vajrayana/Tantric Buddhist tradition.

Tigle represents the mind aspect of experience and either sits in a chakra or is visualized passing along energy channels within the body.

Tigle are directly related to the movements of energy and to the functioning of the mind. The metaphor oft used is that of the mind being a lame rider and the prana or ki (chi) being a blind horse. The ki has no direction without the mind, whilst the mind has no capacity to move without the ki. They function as a unit, and the *tigle* is the rider of the pranic horse. It is my belief that Usui, in being an experienced meditator of the highest order, was undergoing an experience of the spontaneous manifestation of *tigle* related to the energy empowerment that he sought.”

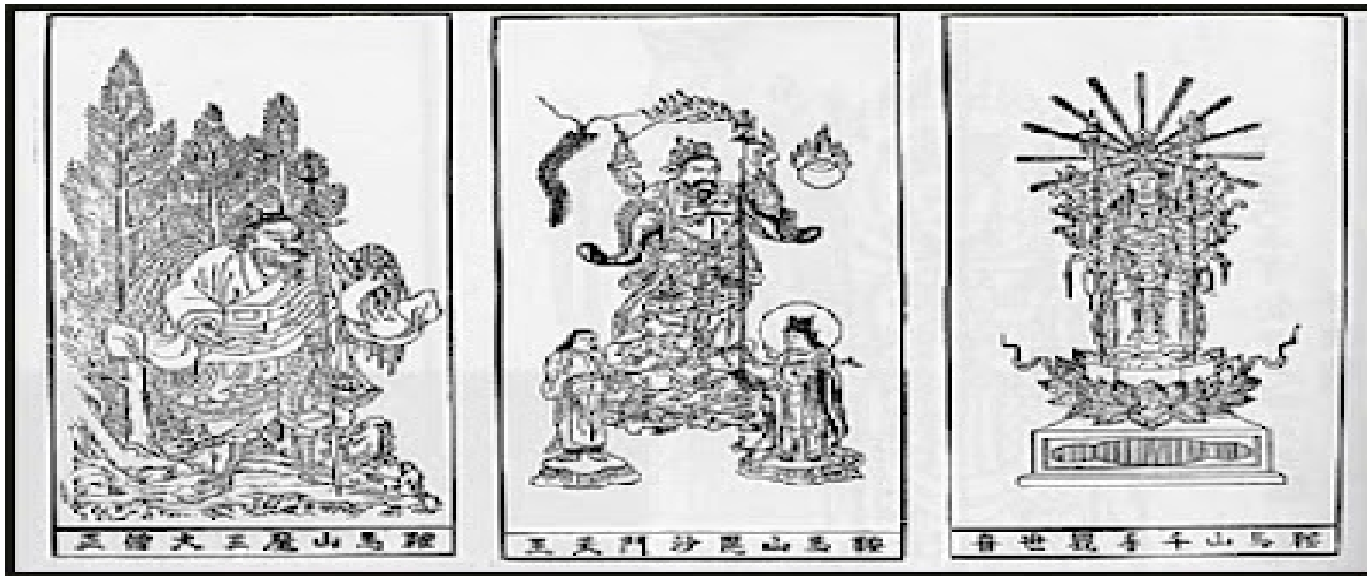
~ Steve Gooch in book “Reiki Jin Kei Do”

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2. History of Reiki. Philosophy behind



Gohoo Mao Son

Came from Venus 6mn y.a
Earth

Conqueror of evil,
Spiritual Guide of mankind
Power

Bishamonten

(Kubera,
Vaisravana)

Sun
Light Warrior
Light

Senju Kannon

(Avalokiteshvara,
Kwan Yin)

Moon
Compassion
Love



Kurama Temple 鞍馬寺
(from 770AD).

There are 3 deities
venerated at the
temple, forming a
Trinity Sonten,
“Supreme Soul of the
Universe, Living Soul,
Glorious Light,
Activity of the Soul”



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2. History of Reiki. Deeper meaning of Rei Ki

靈氣 or 靈氣

Chinese 靈氣 read Lingqi (Ling Chi) means **spiritual influence**; spiritual atmosphere; divine aura (of mountains), **supernatural power** or force in fairy tales, miraculous power or force, **intelligence, power of understanding**;

In ancient Japanese 靈 rei, ryō, tama, ryau - means god, deity, soul, spirit (**divine spirit**), miraculous, divine, effective, nimble, efficacious, keen.

The upper part of Rei symbol is 雨 U, ame, ama, same (Chinese: yu) - means **rain, friend, teachings**, instructions, to rain, or to fall from the sky (like the rain).

There is also kanji 霖 rei, ryō meaning drops of rain, to fall in drops.

Kanji 口 ku, kō, kuchi, kutsu meaning is mouth, cave, hole, opening, one's speech, one's words, the mouthpiece of a flute, **speech**.

Three mouth 品 it is kanji shina, hin, hon meaning **grace, elegance, refinement**, article, goods, quality, course, dish, to taste.

In Reiki there are three refinement courses of **higher divine qualities to taste**. Three goods are **spiritual, emotional and material goods**.

Down part of Rei Kanji is Chinese symbol 巫 wu, wū, Japanese mu, bu, fu, miko, kannagi - means **shaman** or shamaness practising **spiritual healing, divinations, prayers**, sacrifices, rain-making, sorcerer; traditional medicine doctor; **magician, medicine man, mystic and poet, augur and prophet**.

In one ancient Rei (Ling) 靈 symbol is kanji 氣 (氣) ki, ke, iki - commonly understand as **spiritual or vital energy**, life energy, **breath, quality, character**, air, weather, feeling, sense, sign. **Spiritual life energy is vitality connected with breath and feelings and with qualities of character and good sense**

Inside ancient 氣 Ki symbol is 米 bei, mai, kone, yone, mētoru - meaning rice, hulled or husked uncooked rice, grain-like things. Ki means vital energy increasing growth of rice grains or any kind of seeds. Ki or Qi is simply life growing energy and another kanji 木 ki, ke, moku, boku meanings three, shrub, wood is inside kanji 米 bei.

Inside Bei and Ki kanji 人 hito, nin, jin is hidden meaning a person, human, people, someone else, human being, a person associated with a particular identity or trait, physical, psychological or moral quality or condition.



Teachings and instructions are as rain drops flowing from the sky and heavens through three mouths of refinement – through shamans, magicians-mystics and poets, retreated in holy caves together.

Universe shares vital energy, which gives growth to grains, trees and human beings.

That is Japanese Reiki and ancient Chinese Lingqi (also called "sitting Qigong").

Human souls are growing as trees, slowly consuming vital energy drop by drop.
Their life force is enhanced through long-term spiritual life-style training
under well-qualified divine shamans.

Reiki practices have much more to do with rain-making than many may think...

Term REIKI is generic and was used by multiple therapists, not specific to Dr Usui's teachings

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2. History of Reiki. Evolution

Dr Mikao Usui started sharing his Usui Do - spiritual development and self-healing system from 1912, where hands-on healing wasn't the key method just yet.

Dr Usui started to offer reiju (accepting/giving energy attunement) from 1922 when he established a Society in Harajuku-ku, with its motto being “Unity of self through harmony and balance”.

In 1923 grading system has been introduced inspired by that of Jigoro Kano (Judo creator):

Rokkyu (6th class)

Gokyu (5th class)

Yonkyu (4th class)

Sankyu (3rd class)

Nikkyu (2nd class, Power symbol is taught)

Ikkyu (1st class, Mental/Emotional symbol is taught)

Shodan (1st degree, Distant symbol is introduced)

Nidan (2nd degree, Master symbol is taught)

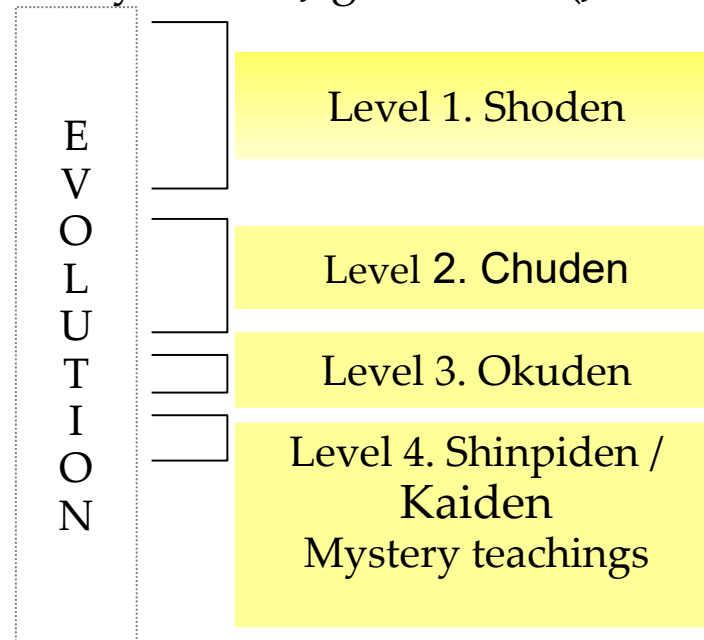
Sandan (3rd degree)

Yondan (4th degree)

Godan (5th degree, Master from now on)

Rokudan (6th degree)

Shichidan / Nanadan (7th degree)



This system has been active till 1925, and has evolved over the years, impacted by activity of other Reiki masters

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2. History of Reiki. Evolution through students.

Ittoen
Community



Toshiiro Eguchi
(1874-1946)

Studied with Dr Usui in 1920-21.

In 1925 taught at Dr Usui centre.

In 1928 founded Eguchi Te-no-hira Ryoji Kenkyukai (Palm Healing Research Association).



Dr Mikao Usui
(1865-1926),



Chujiro Hayashi
(1880-1940), naval captain

Studied with Dr Usui since 1925.

In 1926 after death of Dr Usui opened clinic in the Shinano Machi district.

In 1930 he formed Hayashi Reiki Ryoho Kenkyu-Kai (The Hayashi Reiki Research Centre).

Hayashi systemised Reiki system into what is commonly known on the West



Mrs Chyoko Yamaguchi
(1921-2003)

Studied with Hayashi in 1938-1940.

In 1999 founded Jikiden Reiki



Mrs Hawayo Takata
(1900-1980)

Studied with Hayashi in 1935-1940.

"I have an honour and respect to be trusted with this gift, a gift of a life time,... I fully promise to do what's right thru sincereness and to do my utmost in kindness and shall regard and respect the teaching and its teacher with utmost reverence and respect."

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2. History of Reiki. Your Lineage

Mikao Usui --> Chujiro Hayashi --> Hawayo Takata -->
Phyllis Furomoto --> Claudia Hoffman --> Mary Shaw -->
Christine Henderson --> Bruce Way --> Ariane McMinn -->
Mona Khalaf --> Dharmadevi --> Melissa Crowhurst -->
Lola Lhamo → You



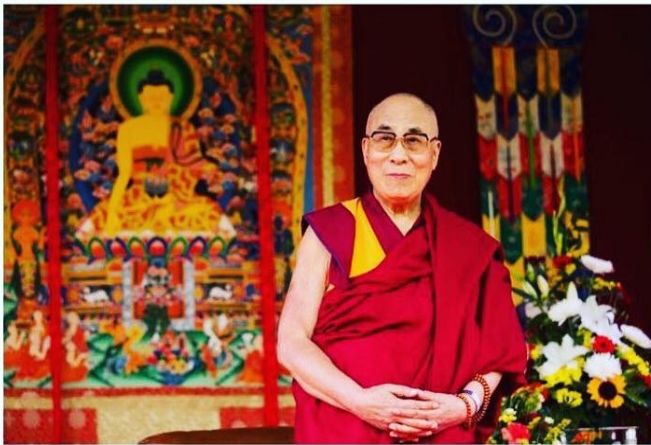
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3. All is Energy. What is Universe Healing

**DALAI LAMA: SPIRITUALITY WITHOUT
QUANTUM PHYSICS IS AN
INCOMPLETE PICTURE OF REALITY**



“Having studied the atom, I am telling you that *there is no matter as such*. All matter arises and persists only due to a force that causes the atomic particles to vibrate, holding them together in the tiniest of solar systems, the atom.

Yet in the whole of the universe there is no force that is either intelligent or eternal, and we must therefore assume that behind this force there is a conscious, intelligent mind or spirit. This is the very origin of all matter.”

~ *Max Planck*

“My brain is only a receiver.

In the Universe there is a core, from which we obtain knowledge, strength and inspiration.

I have not penetrated into the secrets of this core, but I know that it exists.”

~ *Nikola Tesla*

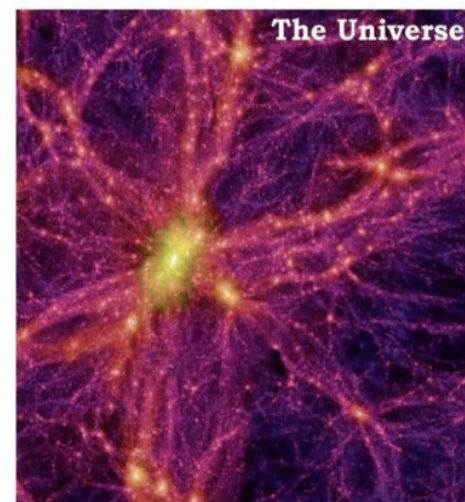
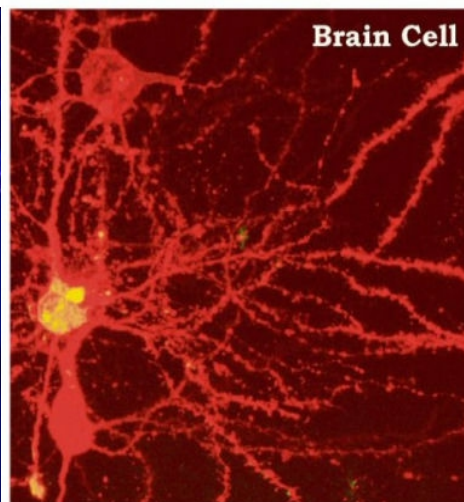
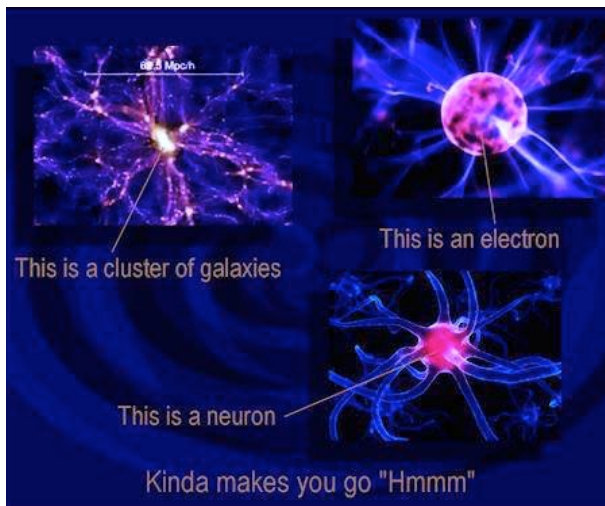
**Supreme Yoga practice as the foundation from ATI Yoga (Buddhism)
Seeing things as Energy and Universal Consciousness manifestation play**

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3. All is Energy. What is Universe Healing



Each human is a miniature universe built on the same template as the cosmos.
Man's nature is divine, perfect and infinite.
Yoga = becoming One with the Universe

Universe Healing mantra:
Big Universe, Small Universe, Become One in My SOUL



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3. How to channel Universal Energy and Light



1. REGULAR PRACTICE

Meeting the sunrise, watching the sun in the morning: purifies the eyes the mind, and the heart; light accumulation
Meditating around midday – receiving full-on sun energy for mind purification + secret practice

2. OPENING to CONNECTION with BIG UNIVERSE: WITH SKIES, EARTH, Light of the sun, moon, planets, stars

Regular practice with enhance capacity to channel Universal energy (every hour 3-5min)

Regular practice with create a habit for the brain to relax (alpha waves)

Practice of surrendering to the Universal Force, Qi, to flow through the body

Practice of breathing with the skin

3. LONG BREATHING

Developing long breathing with any activity during the day. Awareness

4. GRATITUDE and INNER SMILE

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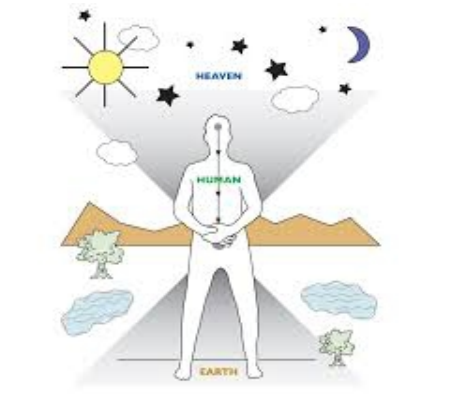


4. Attunement ATTUNEMENT: Earth & Skies Power



Preparation sequence: Standing or Sitting on chair, hands on belly

1. Long Breathing
2. **Connect with the EARTH** : hug the Earth with the toes (10% tension). Feel deep gratitude to Mother Earth and welcome its loving force
3. Earth Breath: Inhale with belly, expand the belly, exhale through middle of feet
4. Earth Breath Cycle: Inhale with belly, expand the belly, exhale through feet, Inhale with feet towards the belly, Exhale through feet
5. Pack the energy of the Earth into belly – breathing just with belly (inhale expand, exhale pack the energy)
6. **Connect with the SKIES**: elongate the spine. Bring awareness to the top of the head. Feel it open, touching the skies. Feel deep gratitude to the Universe and universal force, which created the galaxies and your body.
7. Inhale and exhale with the top of your head
8. Inhale with the top of your head and exhale washing your body like under the waterfall with the universal energy, Qi, prana, life force...
- 9 Pack the energy of the Skies into the belly - breathing just with belly (inhale expand, exhale pack the energy)



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4. Attunement ATTUNEMENT: Light Power



Channeling the Light 1. Bring hands to your heart

10. **Inner Smile:** Smile in your heart, feel loving fire within the heart, feel the light of your smile.
11. Feel the smile is growing, radiating with light to all body, all the body is smiling, filled with light.
12. **Expanding the Light:** Open your hands sideways, palms facing up. Feel this Light is expanding all around the body, beyond the body, keeps on expanding.
13. Connect your Light with the Light of the Sun. Feel your Light is being enhanced with Sun Light. Feel this Light is streaming, flowing through your hands, to all body.
14. **Heal the Planet:** Bring the hands forward, palms facing the heart, like hugging the tree. Embrace the planet with your Light.
15. Send this Light to someone who needs it – your family, your friend. Feel how stronger your Light becomes when you share it.
16. Bring your palms again towards your heart. Bring the Light back to your heart. You can always reconnect to this Light with your smile.
17. Bring your hands towards the belly, pack the Light and Energy into your belly with smile and gratitude – this life force will stay with you for your healing activity and daily practice.

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4. Attunement ATTUNEMENT

We channel Universal Force and Light by Opening to the Universe
The more we are open and connected to Big Universe,
recognizing Universal Force,
The more it will be flowing through us
Our Small Universe,
Healing ourselves
And naturally expanding, healing other people around us

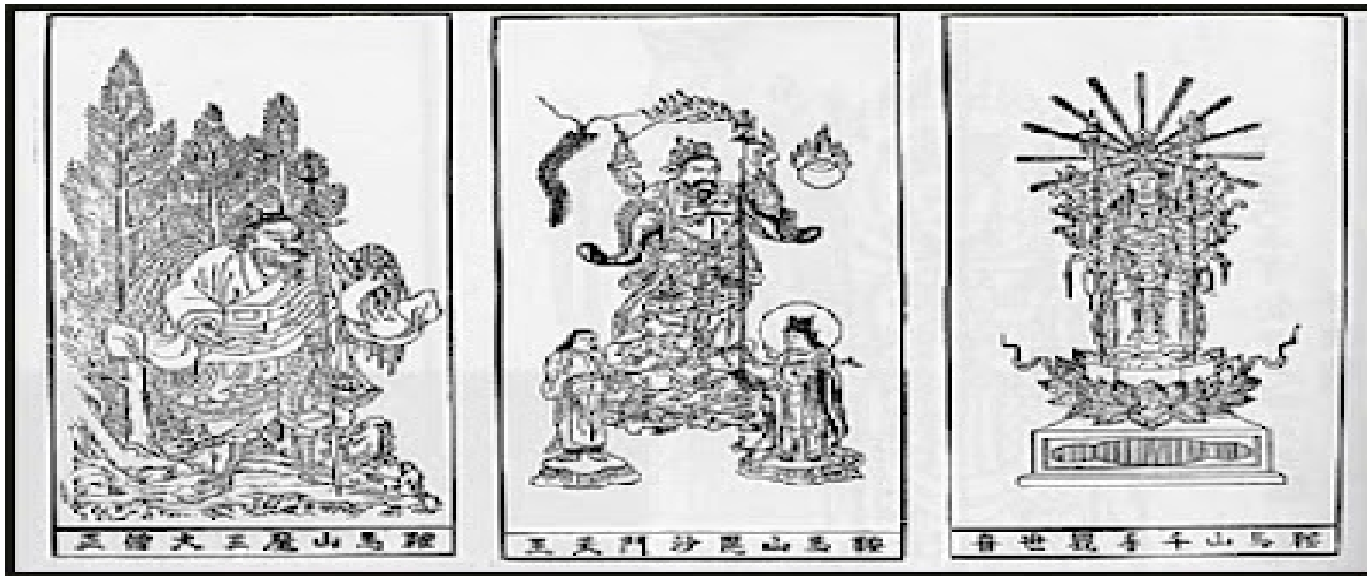
Big Universe, Small Universe, Become One in my Soul

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5. Reiki Sacred Symbols



Gohoo Mao Son

Came from Venus 6mn y.a
Earth

Conqueror of evil,
Spiritual Guide of mankind
Power

Bishamonten

(Kubera,
Vaisravana)

Sun
Light Warrior
Light

Senju Kannon

(Avalokiteshvara,
Kwan Yin)

Moon
Compassion
Love



Kurama Temple 鞍馬寺
(from 770AD).

There are 3 deities
venerated at the
temple, forming a
Trinity Sonten,
“Supreme Soul of the
Universe, Living Soul,
Glorious Light,
Activity of the Soul”



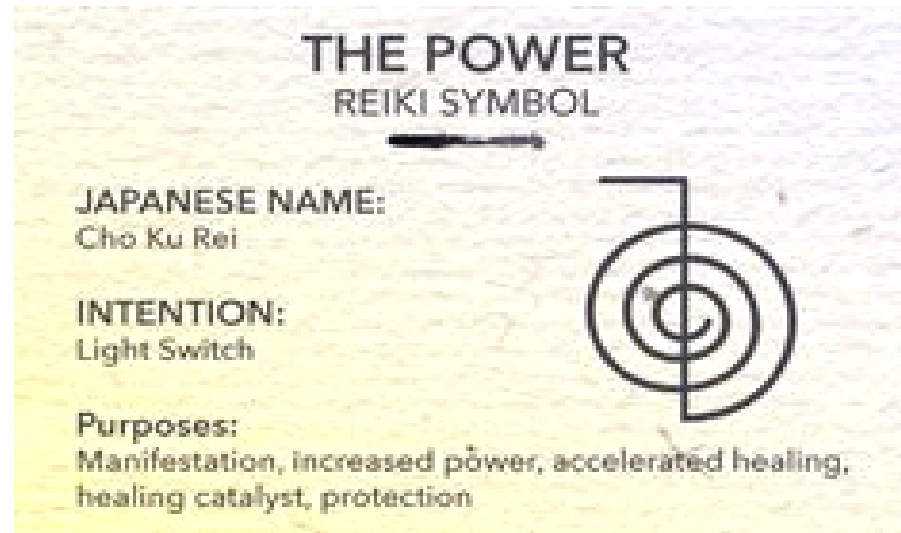
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5. Reiki Sacred Symbols

Power Symbol



Reiki Symbol	Meaning	How to use the symbol	Example Uses
 <p>Cho Ku Rei (Reiki Power Symbol)</p>	<p><i>"Placing all the powers of the universe here"</i></p>	<p><i>Used primarily to boost the Reiki power, to connect with Reiki energy at the start of a session, and to seal the energy at the end of a treatment.</i></p> <p><i>Some practitioners use it on their own palms and chakras before treating others, to help clear the channels and empower their hands.</i></p> <p><i>Using the power symbol over the client's crown chakra helps create positive energy around them.</i></p>	<p><i>Empower other Reiki symbols</i></p> <p><i>Helps in spot treatment</i></p> <p><i>Clears negative energies</i></p> <p><i>Provide protection</i></p> <p><i>Makes meals healthier and more nutritious</i></p> <p><i>Increase effectiveness and reduce side effects of medication</i></p> <p><i>Improve relationships</i></p> <p><i>Prevent misfortunes</i></p> <p><i>Activate the law of attraction</i></p>

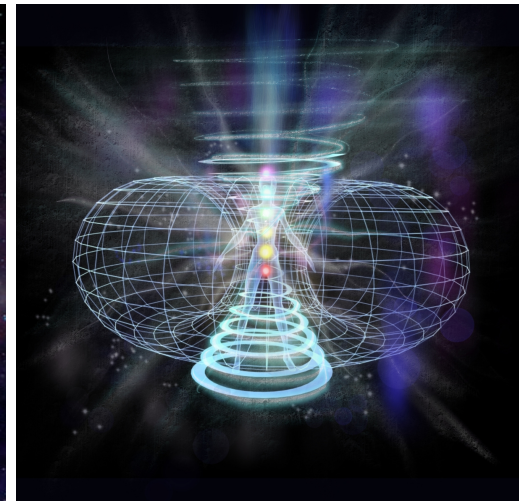
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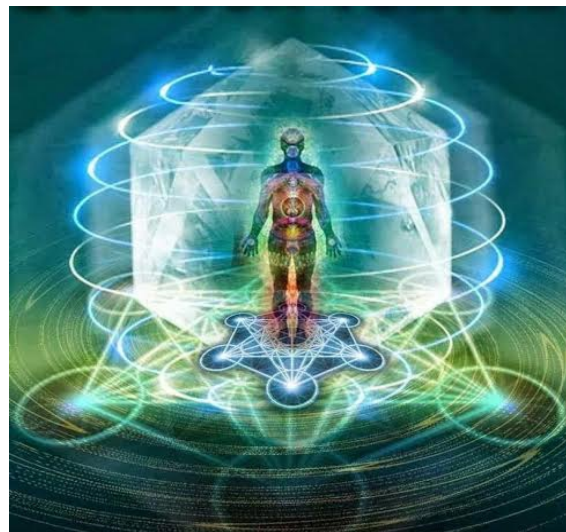
5. Reiki Sacred Symbols. Power.

ATTUNEMENT. Universal Grid



Connect to Earth. Belly to feet to belly.
Spiral deep down the Earth.
Inhale pure charged Earth energy.
Spiral Earth energy to belly.
Pack into belly.

Open hands, connecting to Skies.
Slowly raise hands up, shoot fingers into
the space, tap into Skies energy.
Spiral Skies Energy down through the
body and spine into the Earth.



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5. Reiki Sacred Symbols. Power.

ATTUNEMENT. Power symbol Cho Ku Rei



Raise your right hand into the skies, connect to Universal Energy.
Draw Cho Ku Rei 3 times, pronouncing Cho Ku Rei.
Touch your crown for a moment.
Feel Universal Energy and Light are entering your crown.
Say "I am One with the Universe, its power is within me."

Draw Cho Ku Rei near your 3rd eye, pronouncing Cho Ku Rei.
Touch your 3rd eye for a moment. See Universal Energy and Light and the symbol entering your 3rd eye.
Say: "Universe purifies my vision to see only Truth"
Repeat 3 times.

Draw Cho Ku Rei near your heart, pronouncing Cho Ku Rei.
Touch your heart for a moment. See Universal Energy and Light and the symbol entering your heart.
Say: "Universe purifies my heart. Big Universe, Small Universe become One in my soul"
Repeat 3 times.

Repeat the same sequence with your left hand.

QUANTA Reiki. Universe Healing. Spiritual Coaching


Part 1. QUANTA REIKI



5. Reiki Sacred Symbols

Symbol of Love, Compassion
Emotional Balance



 <p>Sei He Ki (Reiki Emotional / Mental Healing Symbol)</p>	<p><i>"The earth and sky meet" or "God and Man become one."</i></p>	<p>Different practitioners use this symbol in different ways. As an example, the practitioner draws the Cho Ku Rei (the power symbol) to create a connection with the Reiki energy source.</p> <p>Sei He Ki is then drawn over the troubled area where the Reiki energies are required.</p> <p>The energies are sealed by drawing the power symbol again. This sustains the effect of Sei He Ki for a longer time.</p>	<p>Improve memory power Get rid of bad habits Improve relationships Empowers your affirmations Personal bodyguard Dissipates headaches Helps to find lost objects Teaches us about the synchronization or harmony of things in nature Gain more positive outlook of life and stay happy</p>
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QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



5. Reiki Sacred Symbols. Emotional Balance.

ATTUNEMENT. Inner Smile and Gratitude. Heart Power



“Our only action is to keep connecting to the Universe and to Love which created everything around” Lola Lhamo

Bring awareness to your heart. Bring your hands towards the heart (without touching the body).

Smile in your heart. Feel shining sunshine in your heart, melting all worries into light.

Allow this smile to grow radiating to all body. Every organ is smiling, all your body is smiling, glowing with light.

Allow this light to grow beyond the body, all around you. You may expand your hands wider.

Open your hands sideways, palms facing up, open your heart. Receive the love of the Universe into your palms and heart. Say “I receive infinite love”

Slowly raise your palms up above your head, feel the shower of cosmic love, washing your body.

Allow this loving energy to flow through you. Slowly move the hands down towards your feet and the Earth.

Repeat 3 times. Bring your hands towards the heart. You can always reconnect to this Light with your smile.

“Your temple is in your pure smiling heart. Keep coming into it” Lola Lhamo

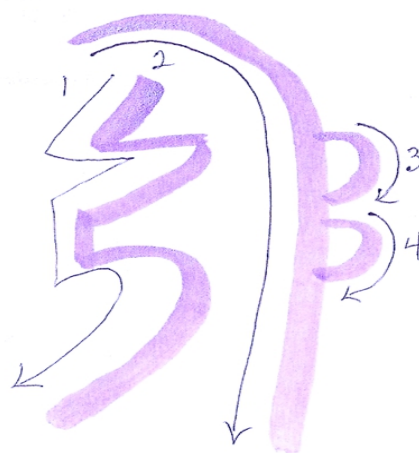
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Part 1. QUANTA REIKI



5. Reiki Sacred Symbols. Emotional Balance.

ATTUNEMENT. Love and Compassion Power Sei Hei Ki



Open your hands sideways.

Receive loving energy of the Universe.

Say: "I receive Loving Energy of the Universe".

Bring dominant hand towards your heart and draw the symbol in front of your heart, also saying *Sei Hei Ki*, 3 times. Bring the hand towards your heart and breath and surrender to love.

Open both hands again, receive loving energy of the Universe.

Repeat with another hand.

Bring both hands towards your heart and breath and surrender to love.

Feel love is opening and blossoming like lotus in your heart.

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Part 1. QUANTA REIKI

6. QUANTA Reiki for Self-Healing

Chakras, Energy Centres in different cultures



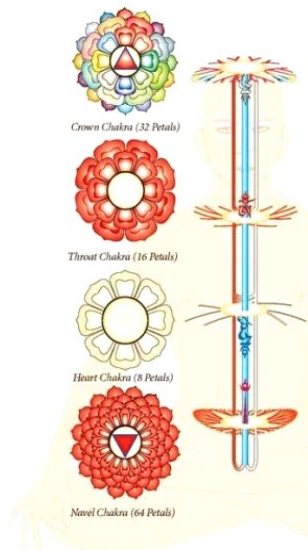
There are billions of chakras, or energy centers, corresponding to any physical and energetic connection within the body. They may become blocked by long-held tension, stress, and low self-esteem. These imbalances may develop temporarily with situational challenges, or they may be chronic. A chronic imbalance can come from childhood experiences, past pain or stress, and internalized cultural values.

Our focus is on releasing these blocks and clearing the path for Universal energy and higher consciousness.

Later in A.C. yogis started to see the body as containing seven main chakras, arranged vertically from the base of the spine to the top of the head. Chakra is the Sanskrit word for wheel, and these "wheels" were thought of as spinning vortexes of energy.

Tantric practice is said to eventually transform all experience into bliss. The practice aims to liberate from negative conditioning and leads to control over perception and cognition.

In Tibet by focusing on a specific chakra (while often holding the breath) the subtle winds enter the central channel. The chakra at which they enter is important in order to realise specific practices. For example, focusing on the subnavel area is important for the practice of *tummo*, or *inner fire*. Meditating on the heart chakra is important for realising *clear light*. Meditating on the throat chakra is important for *lucid dreaming* and the practices of dream yoga. And meditating on the crown chakra is important for *consciousness projection*, either to another world, or into another body.



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Part 1. QUANTA REIKI

6. QUANTA Reiki for Self-Healing

Chakras Yogic System



Energy Centers Tao System



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Part 1. QUANTA REIKI



6. QUANTA Reiki for Self-Healing

VERTEBRAL LEVEL	NERVE ROOT*	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	• Eyes • Lacrimal Gland	• Dizziness • Sinus Problems
C3	C3	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue
C4	C4	• Base of Skull • Neck	• Vision Problems • Runny Nose
C5	C5	Muscles • Diaphragm	• Sore Throat • Stiff Neck
C6	C6	• Neck Muscles • Shoulders	• Cough • Croup • Arm Pain
C7	C7	• Elbows • Arms • Wrists	• Hand and Finger Numbness
C8	C8	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	or Tingling • Asthma • Heart Conditions • High Blood Pressure
T1	T1	Arms • Esophagus	Wrist, Hand and Finger
T2	T2	• Heart • Lungs • Chest	Numbness or Pain • Middle Back
T3	T3	• Larynx • Trachea	Pain • Congestion • Difficulty
T4	T4		Breathing • Asthma • High Blood
T5	T5	Gallbladder • Liver	Pressure • Heart Conditions
T6	T6	• Diaphragm • Stomach	• Bronchitis • Pneumonia
T7	T7	• Pancreas • Spleen	• Gallbladder Conditions
T8	T8	• Kidneys • Small Intestine	• Jaundice • Liver Conditions
T9	T9	• Appendix • Adrenals	• Stomach Problems • Ulcers
T10	T10		• Gastritis • Kidney Problems
T11	T11	Small Intestines • Colon • Uterus	
T12	T12	Uterus • Colon • Buttocks	
L1	L1	Large Intestines	Constipation • Colitis • Diarrhea
L2	L2	• Buttocks • Groin	• Gas Pain • Irritable Bowel
L3	L3	• Reproductive Organs	• Bladder Problems • Menstrual
L4	L4	• Colon • Thighs • Knees	Problems • Low Back Pain
L5	L5	• Legs • Feet	• Pain or Numbness in Legs
SACRAL	SACRAL	Buttocks • Reproductive Organs • Bladder • Prostate Gland • Legs • Ankles • Feet • Toes	Constipation • Diarrhea • Bladder Problems • Menstrual Problems • Lower Back Pain • Pain or Numbness in Legs



Sahasrara Chakra (The Crown Chakra)



Ajna (The Brow Chakra)



Vishuddha Chakra (The Throat Chakra)



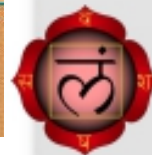
Anahata Chakra (The Heart Chakra)



Manipura Chakra (The Navel Chakra)



Swadhisthana Chakra (The Sacral Chakra)



Muladhara Chakra (The Root Chakra)

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



6. QUANTA Reiki for Self-Healing

Symbol & Sound	Sanskrit & Translation	Physical Body	Emotional state	Practices
	SAHASRARA, Crown Thousand petals Great sound	Hypothalamus or the pituitary gland, pineal gland, brain, nervous system, skin, depression	KNOW – I understand Maturity, wisdom, dignity, higher consciousness, divinity, gratitude	Meditation, Savasana, head-stands, gratitude
 AUM	AJNA, Third Eye Command	Brain, pituitary & pineal glands, eyes, nose, hormones, head-aches	SEE – I see Intuition, clear vision, spiritual energy, intelligence, insight	Balasana, Garudasana, Janu Sirsasana, Dolphin pose, Adho Mukha Svanasana, Paschimottanasana, Trataka
 HAM Ether	VISHUDDHA, Throat Especially pure	Thyroid, endocrine system, sore throat, voice, insomnia, ears, teeth, shoulders, arms	SPEAK – I speak Communication, voice, self-expression, power of choice	Khecari Mudra, Sarvangasana, Halasana, Matsyasana, Simhasana (lion pose)
 YAM Air	ANAHATA, Heart Unstruck sound of celestial realm, Pure *Yantra – Shiva-Shakti	Immune system, heart, respiratory, thymus, skin, blood, palms, allergies, anxiety	LOVE – I love, trust Love, compassion, relations, openness, harmony, intuition	Ustrasana, Kapotasana, Chakrasana, Bhujangasana, Virabhadrasana, Purvottanasana
 RAM Fire	MANIPURA, Solar plexus Jewel city Mani – gem Pura - city	Digestive system (liver, stomach, pancreas, kidneys), metabolism, diabetes, arthritis, blood, muscles, adrenals, vision	WILL – I do, I transform Will power, persistence, natural leadership, career, control, confidence	Pranayama uddiyana; agnisara kriya (abdomen in-out); Virabhadrasana, Dhanurasana
 VAM Water	SVADHISTHANA, Sacral One's own base	Genitals, fertility, lower back, emotional instability, depression, uterus, colon	FEEL – I feel, I create Sexuality, prosperity, physical energy, creativity, compassion, relations	Trikonasana, Chandrasana, Natarajasana, Balasana (child pose)
 LAM Earth	MULADHARA, Root Mula – root, base, foundation Dhara – support, security	Adrenal glands, kidneys, skeleton, bones, pelvis, hips, legs, knees, excretory system, bladder, sexual organs, veins	BE – I am Grounded, safe, stable, connected, joyful. Fearlessness, willpower.	Tadasana, Vajrasana, Garudasana, Lotus, Gomukhasana, Utkatasana, Dandasana, mulabandha

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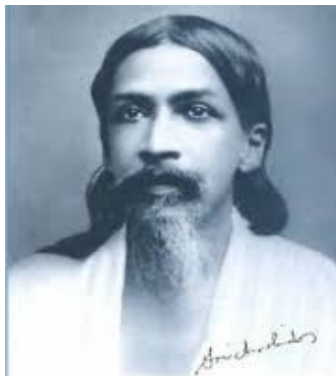
6. QUANTA Reiki for Self-Healing



Sages on Chakras practices

In his book on Japa Yoga (Himalaya Press, 1978), **Swami Sivananda** states that a yogi that practices Japa only with the Om and is successful at Mahasamyama (oneness with the object — in this case, a word being meditated on —) becomes a direct disciple of the Om, the most holy of all words and syllables. Thus, the yogi who achieves this feat needs no guru or Sat-guru to achieve any spiritual goal (an archetype or an Ascended Master — a Krishna, a Rama, a Jesus, a Nanak, a Buddha... —).

Swami Sivananda mentions that this yogi has a path that is, in all recognisable ways and manners, reverse of that of other yogis or spiritual aspirants and their paths, in that this spiritual aspirant then works through the chakras, mastering them from the crown down.



Satprem explains, in page 67 of his book *Sri Aurobindo, or the Adventure of Consciousness* (ISBN 81-85137-60-9), that, in **Sri Aurobindo** and the Mother's Integral Yoga, the practitioner experiences a "descent" where the Grace and Light works through and enlightens the chakras from the crown chakra downwards.

“Big Secret is that we don't need to work hard on opening our chakras, rather we just need to surrender to the Universal Light to descent on us through the crown and purify all of our being with billions of chakras within our body, like stars within Big Universe, – allow to charge with Light our little Universe, becoming One with big Universe.”

~Lola Lhamo

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Part 1. QUANTA REIKI



6. QUANTA Reiki for Self-Healing

Daily practice. Step by Step / Preparatory Practice

Just for today,
I will not worry.

Just for today,
I will not be angry.

Just for today,
I will be grateful.

Just for today,
I will do my work honestly.

Just for today,
I will be kind to every
living thing.

- When you open your eyes, welcome new day with the Gratitude.
- Repeat Reiki Precepts.
- **Offering to the Universe.** I often lid the incense and offer it to the Universe, connecting to its expanse, recognizing given purity and beauty in my heart and mind, asking to stay by my side every moment of the day, keeping integrity and inner strength. Repeat mantra "Big Universe, Small Universe, become One in my Soul".
- **Earth & Skies Power Activation.** Connect to the Earth. Connect to the Skies. Open the hands, charge yourself with Universal Energy. Wash yourself with Universal Energy.
- **Inner Light Power Activation.** Inner Smile in your Heart. Expand it to all organs and all body, beyond the body, all around you. Embrace the planet with your Light. Bring it back to your heart. Keep inner smile glowing throughout the day.
- You can repeat this practice throughout the day and in the evening before going to bed

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



6. QUANTA Reiki for Self-Healing

QUANTA Reiki Self-Healing by Chakras



Please, remember, it's not recommended:

- not to cross the hands one over another, rather placing the palms near each other or one under another flat on the body (not covering one palm with another)
- not to force energy to flow, rather surrender to the Universal Flow
- preparatory practice helps you to ground yourself, try to keep both feet on the ground

It's recommended to start with **Preparatory practices** (see page before) to connect with the powers of the Earth, the Skies and the Heart.



OPENING

Say: "Big Universe, Small Universe, Become One in My Soul.
I channel Universe Healing for myself
I invite all guiding masters, my ancestors, my guardians, and
all higher energies to be part of this healing now."

Draw Cho Ku Rei in the Skies above your head, near your 3rd eye, and near your heart

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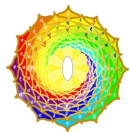
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6. QUANTA Reiki for Self-Healing

QUANTA Reiki Self-Healing by Chakras

Self-Healing Sequence (22)



1. Touch your **Crown chakra** and open it like a book with both hands. Draw Cho Ku Rei with dominant hand to activate the flow of Reiki energy. Place your both hands on the crown and keep them there allowing the energy to flow until you feel an impulse to move further.



2. Keep your non-dominant hand on the crown. Touch your **3rd eye** with dominant hand to activate. Draw Cho Ku Rei with dominant hand to activate the flow of Reiki energy. Place one hand on 3rd eye (another one stays on crown chakra).



3. Gently place your both palms on **your eyes**, also covering 3rd Eye with fingers, and keep them there allowing the energy to flow until you feel an impulse to move further.

4. Repeat the same for your ears

5. for the temples

6. for the back of your head



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6. QUANTA Reiki for Self-Healing

QUANTA Reiki Self-Healing by Chakras



7. Bring your non-dominant hand to the neck. Touch your **neck** with dominant hand to activate. Draw Cho Ku Rei with dominant hand to activate the flow of Reiki energy. Gently place your both palms on **your neck (thyroid glands)**, and keep them there allowing the energy to flow until you feel an impulse to move further.



8. Repeat the same with one hand on the neck, another on **thymus**.



9. Repeat the same with one hand on **thymus**, another on **heart**.

10. Repeat the same with both hands on your chest.



11. Repeat the same placing both hands on your **solar plexus**.

12. Repeat the same one hand on solar plexus, another on the back of solar plexus.



13. Repeat the same with both hands on **your kidneys**.

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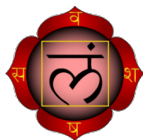
6. QUANTA Reiki for Self-Healing

QUANTA Reiki Self-Healing by Chakras



14. Repeat the same for your **belly**.

15. Repeat the same with one hand on belly, another on the back - "the door of life"



16. Both hands in the area of **ovaries**, for man – under belly button.

17. Repeat the same one hand on **uterus** / under belly button, another – on perineum



18. Repeat for your **knees**

19. For your **calf muscles** (stimulates detoxification)



20. Repeat for your **ankles**



21. Repeat for your **feet**

22. Place one hand on your forehead, one on belly, to balance the energies.

Then just surrender to the Universe Healing and energy flowing through all body.

Say: "Big Universe, Small Universe become One in My Soul"

Express Gratitude to all higher energies that were present with you.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



7. QUANTA Reiki for Healing others



Sharing **QUANTA Reiki** with others is incredibly rewarding journey.

As a practitioner you become the channel for Universe Healing, and will experience personal transformation and will observe powerful changes happening with people around you.

It's important to keep your channel pure and regularly practice self-healing. It's important to connect to the Universe energy source within you every day in order not to be lost in the mind games - the consequence of being busy, living in modern world, - and to stay rooted on your path as a healer and true to your calling as a Light Warrior.



Your personal ethics is very important, both to yourself, to your thoughts and actions, and to other people. In Vedas it's believed every thought generated stays in the environment around us for over 70 years, impacting us and other people.

QUANTA Reiki practice will help you to purify the mind and the heart, and be mindful in every thought and action you take during the day.

You become an example for other people in the way you act, and the way you share and teach. Please, always remember it.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



7. QUANTA Reiki for Healing others



Your place for practice QUANTA Reiki is your altar, your place of power, energy centre, where mind and heart are being purified to its natural essence.

Preferably it's good to have a massage table, however, you can also practice on the floor and well-cushioned Thai mats.

If you have a garden – it's good to put the patient straight on the ground, as the Earth will purify negative energies and charge with the energy naturally.

Don't forget, that the healing force is in nature, so bring the elements into your practice room.

Please, have **4 elements** represented in your healing space:

- Earth – green plants
- Air - fresh air, you can use natural fragrances, especially Jasmine is good
- Water – good to have a little fountain or water feature, or photo of the ocean, the sound of the waves is amazing for relaxation. Or just have water bowl with flowers in it as an offering to Water power of the Universe.
- Fire: fireplace or just a candle

Primary element Ether/Space is generated and becomes the source of abundant energy with your own practice

Also have all rainbow colours represented in the room.



QUANTA
Reiki



All energies are part of ourselves, one common consciousness.
All people are part of One Soul, inter-connected.

Natural state is a state of bliss and joy. If we don't feel it - we are out of balance, the mind took over, and we got disconnected from the Universal Source.

As soon as we connect back to the Universe within us – we are naturally being healed.



Very often people “pick up” negative energies and negative thinking as they:

- Don't have regular practice of purifying their negative thinking and allowing Universal Energy to flow through them (Qi Gong, Yoga, Meditation, Mindfulness)
- Have chosen to experience negative energies as a soul
- Had trauma which created the mindset and habits of negative thinking

Neuroscientists believe, that it takes 21 days to shift the patterns of thinking and to create positive habits, and 90 days to reprogram the mindset.

It means – you need to have your own regular practice and also “to lead the client through healing” for at least 21-90 days to experience the transformation needed. That's why we provide multiple tools for you and your future clients for Breath work, Meditation, and Spiritual Coaching.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



7. QUANTA Reiki for Healing others



Preparation for Healing Session

1. Fill in the Medical Form to have registry for your work with the client, and to observe transformations over time.

Check if there are any medical concerns, emotional concerns, and intention for the session.

2. Explain in few words the session sequence. No need to spend a lot of time here talking about Reiki, rather just start the healing work which will “talk better than words”. If someone is very new to Reiki – you can have a separate discussion few days before the session and also refer to your website or send written introduction to What is Reiki to them in advance.

On a day of the session less talk is actually better, as too much talking activates the mind, and we are focused on deep relaxation and surrendering to Universe Energy flow (less mind, more heart).

3. Make sure the client feels comfortable and relaxed in the room. Make sure there's the right volume of music (nature sounds are the best), the light is not too dark and not too bright, the temperature is good for relaxation during 1h.

4. Advise the client not to speak during the session, only if absolutely necessary (to change the body position, to share emotional or painful experience), and to keep the eyes closed as it helps to focus internally.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



7. QUANTA Reiki for Healing others



Healing Session step by step. OPENING.

First 3 steps can be done in the beginning of the day or of the session.
Steps 4-5 are always done in the beginning of the healing session.

1. Connect to the Earth and welcome Earth energy.
Inhale with belly and exhale down towards the Earth. 3 times.
Inhale Earth energy towards the belly and exhale down towards the Earth. 3 times.



2. Connect to the Skies and welcome Skies energy.
Breath with your crown.

Breath with your crown and wash yourself in the waterfall of energy flowing from the skies down to all body.

Open your hands sideways, connect with the Universal energy, feel it flowing through your heart.

Raise your hands slowly above your head and wash yourself with the energy.



3. Smile in your heart. Feel the smile is growing, radiating with Light to all organs, all the body is smiling, filled with Light. Expand this Light beyond your body.

4. Say: "Big Universe, Small Universe, Become One in My Soul.

I channel the Universe Healing for (this person)

I invite all guiding masters, the ancestors, the guardians of this person, and all higher energies to be part of this healing now."

5. Draw Cho Ku Rei in the Skies, near your heart, and above the person.

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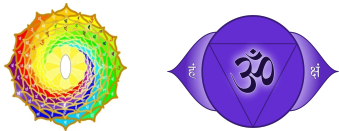
Part 1. QUANTA REIKI



7. QUANTA Reiki for Healing others

Healing Session step by step

The sequence of hands positions corresponds to the self-healing sequence, with the only difference related to reaching out the back of the body (kidneys) – the hands are to be positioned on the sides of the body.



1. Touch **Crown chakra** gently and open it like a book with both hands. Draw Cho Ku Rei with dominant hand to activate the flow of Reiki energy. Place your both hands on the crown and keep them there allowing the energy to flow until you feel an impulse to move further.

2. Keep your non-dominant hand on the crown. Touch the **3rd eye** with dominant hand to activate.

Draw Cho Ku Rei with dominant hand to activate the flow of Reiki energy. Place one hand on 3rd eye (another one stays on crown chakra).

3. Gently place both palms on the **eyes**, covering 3rd Eye with the palms, and eyes with the fingers, and keep them there allowing the energy to flow until you feel an impulse to move further.

4. Repeat the same for the ears

5. for the temples

6. for the back of the head

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



7. QUANTA Reiki for Healing others

Healing Session step by step



7. Bring your non-dominant hand to the neck. Touch the **neck** with dominant hand to activate. Draw Cho Ku Rei with dominant hand to activate the flow of Reiki energy. Gently place your both palms on the **neck (thyroid glands)**, and keep them there allowing the energy to flow until you feel an impulse to move further.

8. Repeat the same with one hand on the neck, another on **thymus**.



9. Repeat the same with one hand on **thymus**, another on **heart**.

10. Repeat the same with both hands on chest / breasts.



11. Repeat the same, placing both hands on **solar plexus**.

12. Repeat the same with both hands on sides of the body, reaching out towards the **kidneys**.

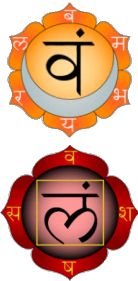
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Part 1. QUANTA REIKI



7. QUANTA Reiki for Healing others

Healing Session step by step



13. Place both hands on the **belly**, around **belly button**.

14. Place both hands in the area of **ovaries**, for man – under belly button.

15. Repeat the same one hand on **uterus** / under belly button, another – on perineum
Please, be mindful – it may be necessary to raise the hands above the body.

16. Move towards the **knees**

17. Move towards the **calf muscles** (stimulates detoxification)

18. Place your hands on the **ankles**

19. Place your hands on **feet** of the client. You can combine with reflexology points.

19. Place your hands on **one and another hand** of the client (one by one). You can combine with reflexology points.

21. To balance the energies, place one hand over the **forehead**, and one over the **belly** button.

22. Step out, open you hands towards the client, and imagine he/she is surrounded with the **cocoon of Light**.

Say “Big Universe, Small Universe become one in Your Soul”

Express Gratitude to all Higher energies present during the healing session.



QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 1. QUANTA REIKI



7. QUANTA Reiki for Healing others

Healing Session step by step. CLOSURE.

Closing QUANTA Reiki session is important, both for your client and for yourself.



1. It's recommended to use **Raku symbol** – downward lightening – to ground all energies received during the healing session. It also helps to disconnect from the energy field of the client.

2. Advise the client to take 3 deep breaths to slowly come back with the sound of your voice guiding their breath. If the client is asleep – please, gently touch their forearm.

Here you can guide him/her through QUANTA Breath practice (*Part 2 of this course*)

3. Advise the client that you will leave the room for few minutes for them to come back. Please, wash your hands in running water, and if you have the candle – wash the palms above the fire light.

4. Drink water and make sure glass with water is in the room for the client.

5. When the client is fully awake – dedicate 10-15min to listening first, and only then – to sharing your observations. Schedule new session if necessary. Make notes in Medical Form for current session.

6. When the client leaves, come back to the room, express Gratitude to all higher energies that were present with you during the session. Drink water and sprinkle water to plants.





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Thank You

QUANTA Reiki Foundation

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