

Reiju Empowerment

Reiju empowerment is an offering of spiritual energy. It's a ritual that dates back to the early teachings of Mikao Usui. It is always practiced in the more traditional Japanese lineages. Reiju is Usui's original way, a procedure that enables the recipient to channel Reiki.

It is believed that it comes from Tendai Buddhism.

This is where Hatsu Rei Ho and other Japanese Reiki techniques seem to have their roots. In Japanese approach to Reiki practice, students would gather every single week and practice various Reiki techniques.

At the end of the gathering, during meditation, Reiki Master would give Reiju to every student as a mean of initiating further progress on Reiki path.

It is said that Reiju was also used to "attune" (to use western term) students into higher levels of Reiki channeling.

In Japan language, Reiju means: "accepting/giving energy".

What does Reiju do?

- Reiju connects the student to Reiki source, strengthens this connection, and thus enables more deep and strong Reiki flow. It is student that has most important role in his development. Reiju enhances Reiki channel, but student must keep it open by practicing various Reiki techniques, i.e. Hatsu Rei Ho.
- Reiju helps the student's progress in every aspect of his life, by enhancing energy level in student's bodies. This is also achieved by daily Reiki practice.
- Giving (on Master's end) and receiving (on student's end) Reiju empowerments every week or even daily, is very good opportunity to develop intuition and sensitivity to the energy, and above all, to enable one to make small but important steps towards Satori, Enlightenment.

Reiju can be used for self-empowerment also. Just like our western attunement processes can.

Back to Reiju!

Reiju Self-Empowerment

Clear intent is in order, as well as openness of your heart.

1. Raise hands to connect to the source of Reiki just like you do it in Hatsu Rei Ho.
2. Energy from above will flow gently down your hands into your Hara, Tiantien.
3. Slowly lower your hands all the way down to the Tiantien. At the same time keep intending that as you do this pure energy is flooding your body through

Sahasrara into Tantien. Try to synchronize the movement and energy flow. Finish this movement by placing both hands over your Tantien.

4. Open yourself up a bit more and know that by entering the Tantien, energy has got you. Do away with thoughts and just open your bodies to pure light, which Reiki in fact is.
5. Don't move on until you perceive close and intimate connection with the Source of the energy and with the energy itself also. At this point various energy side effects may manifest: hot hands, heat in Tantien etc.

Do not be fooled by these effects. Just recognize them and let them be!

Movement outlined above is done only once.

Then move on by performing the following:

- Move your hands away from your Tantien and place them in the "connection position" again.
 - Bring your hands slowly out to the sides, as you did before, and at the same time keep imagining that as you do so, the energy is expanding and engulfing your own self.
 - Place your hands again to your Tantien point as before.
6. Repeat these three movements three more times, each time finishing by placing your hands in front of your Tantien.

Giving Reiju

It is done in two steps:

- Your clear intent, opening to the energy. This is, logically, done only at the start of Reiju procedure.
- The individual empowerments for each student.

Individual Empowerments

The recipient should sit on a chair, relaxed, holding their hands in the Namaste (prayer) position and with their eyes closed.

Here's how you should do it:

- Touch the recipient's shoulder to indicate that the Reiju begins.
- Look to the skies and move your hands high up above you and feel energy coming down into your hands from Reiki source.
- Focus your intent and continuously move your hands down in front of the recipient, visualizing a thread of energy which enters the crown, and flows down through the body to the base of the spine (muladhara chakra). At the same time produce a clear and strong intent that energy thread opens each and every energy center, chakra as it moves along the spine. Your hands are now at recipient's knees.
- With firm intent, ground the energy by visualizing it flowing to the ground. Touch the ground as you visualize it entering the floor.
- Now comes the juicy stuff. You will be flooding specific areas by holding your hands in certain positions. Relax and produce clear intent for energy to flow to these areas.
- You will be keeping your hands in each position for at least 15 seconds.
- Sahasrara chakra: Stand up place your hands one over another, above the student's head. Intent energy to flow through the path from your first

visualization, along the spine cord. Let crown chakra be flooded with pure light from the Reiki source. Then just open up and let go, let energy flow.

- Temples: Now move your hands to both sides of the student's head, at the height of the eyes. Flood temples with energy.
- Ajna chakra: Now move your hands to the front of the student's face and form a triangle with your index finger and thumb tips, with the rest of the fingers held together. Place the center of this formed triangle in front of the student's 6th chakra. This chakra is most important of them all. Intent and let energy flow strong and deep.
- Vishuddhi chakra: When done with 6th, move your hands in front of and behind of, the throat, thus setting them to flood 5th chakra. This chakra represents our mental capacities, also very important chakra. Now let energy flood this area of student's etheric body.
- Anahata chakra: Now move your hands behind and in front of, the heart area, and intent pure light to flow to the heart chakra.
- Hands: Forming a triangle with your hands, now move them down and around the student's hands, without touching their hands. Intent pure light to flow through your student's hands all the way to arms and shoulders, thus balancing the energies in his/hers bodies. Let energy flow through formed triangle.
Now proceed and move your hands down towards the knees. At this point, smoothly separate formed triangle and, with your palms facing down, perform grounding as you did earlier...
- Conclude Reiju: You will end Reiju by intending or sending energy back to where it came from, along the path you have opened earlier. That's the main difference between western attunement and Reiju. Quickly move your hands up, pointing (more visualizing) at the energy route from Tiantien to the sky, thus firmly connecting student's "Life center" or Tiantien with the source of energy called Reiki.
- Do namaste and that's all.

Degrees of Reiju

You can use above format of Reiju empowerment as a general reference to Japanese attunement/initiation/empowerment process. To impart higher levels of accessing Reiki source on your students, you can use Kotodama for each corresponding level.

For 2nd level, use:

- Reiju 1: while flooding areas as described above, silently repeat in your mind Focus Kotodama (CKR)
- Reiju 2: while flooding areas as described above, silently repeat in your mind Harmony Kotodama (SHK)
- Reiju 3: while flooding areas as described above, silently repeat in your mind Connection Kotodama (HCZSN)

For master level, use:

- Reiju 1-3: repeating in your mind respectful Kotodamas
- Reiju 4: while flooding areas as described above, silently repeat in your mind Empowerment Kotodama (DKM)

Distant Reiju

If you are a Reiki master and do a lot of distant work or have been initiated at distance, then you already know that physical distance does not matter in Reiki practice. Just like distant healing, Reiju can also be sent through time and space.

To send Reiju to someone that is not in the same room as you are, just produce firm intent and follow the procedure outlined above using visualization.

Note that Reiju's Practice doesn't use traced symbols or intonated mantras and is the practice of the Silent Oneself. It's a gift or offering of spiritual energy, that may be sent by the eyes too. There are no differences in the levels, although we have seen in the description above the people offering level 1 level 2 etc. etc., in the real Reiju's Empowerment think that in the past times to Master Usui and his disciples the flow of the energy has no a step by step single Level, there is no difference in the energetic flow and the student has the same ability to draw down the energy as the Master. Or the novice and the more advanced practitioner.

This is the main difference in reiju and reiki. Reiju enhances the Reiki Channel, but it is the student who must keep the channel opened through Hatsu Rei Ho daily practice.

Reiju connects us to our reiki source on a deeper and sometimes more subtle Level, it enables our reiki flow to become deeper, stronger. It accelerates our healing and our spiritual awakenings.

The reiju empowerment is meant to be ongoing. Some Masters offer it every week, some like me once a month. I can only offer once a month due to my own time restraints. Some Masters offer it on a daily basis or after class and sessions etc. It varies. The thing to remember is that it is ongoing. It is an excellent way to keep the source channels open and connected and if a person cannot get to reiki share this is an excellent way to connect into the source.

It is said to be able to raise the levels of the consciousness to higher degrees of channeling and awareness. To higher degrees of openness and sensitivity.

But the main point to emphasize is the students practice of Hatsu Rei Ho. As we had seen in the Reiju's description above remember that the knowledge of these Japanese techniques is very important as that Reiju as an attunement process can be used not just for attunements of others, but for self attunement as well.

So take care with the practice of several self-attunements without Gasho, Bowl, and Hatsu Rei Ho techniques because Reiju bring us much energy at a same time, and if someone didn't perceive It, so an excessive energy may be present in his bodies layers and his (my own) awareness couldn't cope with It at all. You could get sick.

But, learning soon to open yourself more and starting to perform self-attunements on daily basis, general attunement at first (channel sahasrara-anahata and palms) and specific attunements latter on (each symbol to corresponding chakra).

Those initiations were very powerful and they help many practitioners a lot.

Try it yourself, just don't overdue it!

Reiju Empowerment in presential treatments or attunements:

1. Raise your hands above your head, palms facing upwards and connect to Reiki.
2. You will feel or sense the energy in your hands and arms.
3. Slowly lower your hands all the way down your sides and bring them out in front of the Dan Tien point (roughly just below your navel) intending that you are flooding it with pure light.
4. Bring your hands out to the sides, imagining that the energy or light is surrounding you, bring them up over your head and back down until your hands are again in front of the Dan Tien flooding it with light. Repeat this movement twice more (so that you have 'flooded' the Dan Tien three times in total including the initial connection to Reiki) and you are now ready to perform Reiju Empowerment (You need only perform the above 'connection and flooding the Dan Tien once before carrying out any number of Reiju empowerments)

Carrying out the Empowerments

The recipient is sitting with hands in Gassho Position, the same as in an Attunement...

Place the forefingers of each hand together and allow all other fingers to 'droop' so that you are pointing with both forefingers: Point' at the sky above

the recipients head, and bring both fingers down from above the head, down the middle of the body and down to the root chakra. (Not touching - but just inside the aura) As you do this, visualise that you are drawing down a channel of pure light in through the crown of the recipient, down through all the other chakras, which is clearing and widening the central channel. As you reach the root chakra, separate your hands and, still pointing 'draw' the line of light down each leg simultaneously, and when you reach the feet, just touch the floor in front of them.

Next you will be 'flooding' specific areas with light.

Place one hand over the other, and hold both hands over the crown chakra for minimum 15 seconds (longer if you feel guided to) and imagine that you are flooding the crown with light.

Then place a hand near either side of the temples, and do the same here, imagining flooding the head with light, and holding the position for a minimum 15 seconds.

Now place your thumbs and forefingers of both hands together making a diamond shape in between them (like playing twinkle little star with a child?) and hold this diamond shape over the brow chakra flooding that area with light for min. 15 secs.

Now place the fingertips of each hand together in a temple or tower shape. Enclose the recipient's hands (still not touching, but over the hands) and flood the hands with light

Now make the pointing finger shape that you already did to draw the line of white light, and again draw down from the root chakra, separating the hands at the legs and down ALMOST to the floor. This time you turn your hands over in a slightly cupped manner and stand up 'throwing' any blocked or negative energy upwards to be caught and disposed of safely by whoever you think is suitable.

End of Reiju.

There are variations, you can if you wish visualise the symbols going into the brow chakra when you are flooding light through the diamond shape you have made with your fingers. You can place a hand at back and front of throat, heart, or any other chakra that you want to and flood that area with light too. Whatever you feel like. It's tempting to dress the Reiju up with all sorts of other bits and pieces, mainly because we are used to more complex forms in the attunement process. Do what feels right to you, and try to keep it simple!

Remember: This is NOT the original Usui Reiju! NO-ONE knows what that is...This one works though, and is as good as we've got just now.

Distant Reiju

To carry out distant Reiju Empowerments, just set up as we described in the beginning what you must do for a distant attunement, or distant healing using your distant techniques, then carry out the Reiju with intent that whoever is supposed to receive it will do so. If you wish you could send distant Reiju out on Monday evenings at 9.00pm your own local time, as a sample, and be a part of the many groups who are also sending at the same time each week.

> Send you a triple Reiju

1st - contact to Usui, who put his golden heart from mine onto yours - Usui Reiki Ryoho Reiju.

2nd - contact through the line of the descended Kan'ichi Taketomi and Kimiko Koyama through Hiroshi Doi to you - Gendai Reiki Ho, and Hyakuten Inamoto to you - Komyo Reiki Kai Reiju.

3rd - contact from Mikao Usui through Hiroshi Doi, Hyakuten Inamoto, and the Universal Energy that flows from the Japanese Buddhas.

Love, power & light
José Marinho

Om Namo Seichi Bobatsu

Om Namo Amida Nyorai

Om Namo Kannon Bobatsu

Om Namo Dainichi Nyorai