

HOLOS UNIVERSITY

#790 Masters Essays and Exam

Essay #1

**Spiritual Healing:
Awakening the Pineal Gland**

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Introduction

Approximately twelve years ago, I started seeing faces of people when I was in a very relaxed state. These visions appeared in the third dimension. I asked everyone I encountered in alternative therapies if they knew about “having visions”. No one understood what I was trying to describe. Thereafter, in 1999 I began taking classes in energy work. The instructor believed the visions might represent people from my past. I thought she was right because once I saw my deceased husband’s face. However, she did not explain the mechanics of a vision. Thus, my quest commenced to understand what was happening. Several years later, in 2003, I found a mystic who had been trained to read the Akashic Records and assist others with their spiritual journey. She explained the visions were brought to me through the pineal gland. My goal became to understand the evolution and mystery of the pineal gland and its role in the world of energy and spirituality. This paper serves to discuss the physical characteristics, function, mystical aspects, and exercises to enhance the opening of the pineal gland.

Physical Aspects of the Pineal Gland

The pineal gland, conarium, or epiphysis cerebri is a small organ in the brain approximately the size of a pea (8mm in humans).¹ It is described as a rounded, oblong body that resembles the shape of a pinecone.² The gland is a deep reddish color, about one-third of an inch long, and connected with the posterior part of the third ventricle. The epiphysis (technical name) is an “upgrowth from the embryonic tissues which later form part of the ventricular or hollow center of the brain, which space is continuous with the central canal of the spinal cord”.³ The pineal reaches the height of its development at

age seven.⁴ The gland consists mainly of pinealocytes, but four other types of cells have been identified within: interstitial cells, perivascular phagocytes, pineal neurons and peptidergic neuron-like cells.⁵

In lower vertebrate animals, pinealocytes have a strong resemblance to the photoreceptor cells of the eye. The evolution of the human pineal gland has been retraced to the pineal (or third) eye in some reptiles (such as the New Zealand tuatara)⁶ and birds. In various reptiles, the pineal eye is an almost fully developed eye with lens, vitreous humor, and retina. In birds, the pineal gland is located on the surface of the brain, directly under the skull.⁷

According to David Klein, Ph.D., Chief of Neuroendocrinology of the National Institute of Child Health and Human Development (NICHD), the pineal gland appears to have evolved as an indirect way to improve vision, by keeping toxic compounds away from the eye. His theory maintains that melatonin was at first a type of cellular garbage, a by-product created in the cells of the eye when normally toxic substances were rendered harmless. Approximately 500 million years ago, our animal ancestors became dependent on melatonin as a signal of darkness. The pineal gland developed as a separate structure of the eyes, as the need for increased quantities of melatonin grew.⁸

The retina in the human eye transmits information to the pineal gland regarding light-dark exposure. The hypothalamus is the area of the brain well known to coordinate the biological clock signals. Light exposure to the retina is first relayed to the suprachiasmatic nucleus (SCN) of the hypothalamus. Fibers from the hypothalamus descend to the spinal cord and ultimately project to the superior cervical ganglia, from which post-ganglionic neurons ascend back to the pineal gland. Thus, the pineal gland

transduces signals from the sympathetic nervous system into a hormonal signal.⁹ The pineal gland contains a complete map of the visual field of the eyes, as well as playing a significant role in many human functions. See Appendix for a diagram of the brain.

Functions of the Pineal Gland

It was only after the 1960s that scientists discovered that the pineal gland is the center for the production of the hormone melatonin. The precursor to melatonin is serotonin, a neurotransmitter derived from the amino acid tryptophan. Within the pineal gland, serotonin is acetylated and then methylated to yield melatonin.¹⁰ Melatonin regulates daily body rhythms, the circadian rhythms (day/night cycles), and is stimulated by darkness and inhibited by light. The retina detects the light and directly signals and entrains the SCN. Fibers project from the SCN to the paraventricular nuclei (PVN), which relay the circadian signals to the spinal cord and out via the sympathetic system to superior cervical ganglia (SCG), and from there into the pineal gland.¹¹

The pineal gland appears to play a major role in sexual development, hibernation in animals, metabolism, seasonal breeding, longevity and immunity. In humans it affects circadian rhythms and sleep cycles. The pineal gland is large in children but shrinks at puberty. Thus, children have abundant levels of melatonin, which is believed to inhibit sexual development. Melatonin production is reduced with the onset of puberty. The pineal gland also secretes melatonin during times of relaxation and visualization.¹² Melatonin is also known to produce increased psychic ability, dream recall, visions, and hallucinogenic effects.¹³

The Pituitary Gland

The pituitary gland is about the size of a pea and is located behind the center of our forehead, between our eyes. This gland is the control center and sends messages to all the other glands from its two lobes, known as the posterior and the anterior. The frontal lobe regulates emotional thoughts like poetry and music while the anterior lobe regulates concrete thought and intellectual concepts. The pineal gland inhibits the action of the pituitary gland in two different methods: (1) By preventing premature sexual awakening. (2) Inhibiting the immediate discharging of thoughts into action.¹⁴

Spiritual Traditions

Different religious groups, such as Tantrism, Kundalini and Gnosticism, acknowledged the role of the pineal gland in the spiritual process. The spiritual/instinctual life force is seen as a serpent, extending from the genitals through the spine and up to its single all-seeing eye in the pineal gland. In the Kundalini energy system the pineal gland has been identified with the Ajnes chakra (6th chakra) and alternatively with the pituitary gland, the Sahasrara (7th) chakra. Tantrism, Kundalini and Gnosticism focused around the raising of the primordial serpentine energy from the genital area (base of the spine) to the pineal gland. The Gnostic texts also refer to the pineal gland in relation to seven distinct energy centers and the serpentine energy.¹⁵

Chris Bennett states there is another potential reference to the pineal gland at the end of the New Testament, Book of Revelation. It says that the elect will know God intimately, “his name will be in their foreheads”, which is where the pineal gland deeply

lies.¹⁶ In reviewing Revelations, I found a reference in 7:3. The King James Version states, “Saying, hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads.”¹⁷

Pineal Gland and Chakras

There are different ideas about which chakra is associated with the pineal gland. Richard Gerber states the brow (sixth chakra) appears to be strongly linked to the pituitary gland and the crown (seventh chakra) is linked the pineal gland.¹⁸

Donna Eden associates the sixth chakra with the third eye, situated between the eyebrows just above the bridge of the nose, which numerous cultures associate with psychic development. Further, the sixth chakra incorporates the eyes, ears, pituitary gland, hypothalamus, and the lower part of the brain. When developed, the sixth chakra gives one the sense of a separate self and identity is transcended.¹⁹

The Sanskrit name for the sixth chakra is Ajna, which means to perceive or command. The corresponding element to this chakra is light. Further, the pineal is a light sensitive organ, which seems to correlate to the pineal gland and chakra six. Anodea Judith sees the pituitary as the master gland and relates it to the master chakra of the crown.²⁰ I am of the opinion that the pineal gland is part of the sixth chakra.

However the pineal and pituitary glands figure into the chakras, it is apparent that they must vibrate in unison with one another, which is achieved through meditation and/or relaxation. John Bleibtreu states when a correct relationship is established between the personality, operating through the pituitary body, and the soul, operating through the pineal gland, a magnetic field is created, thus activating the ‘third eye’,

allowing one to perceive higher dimensions.²¹ Likewise, Beth Coleman states when the pituitary and pineal glands are fully developed and stimulated through meditation, these vibrations fuse and the third eye is activated. Thus, once it is open there is personal access to higher knowledge. This is called the “Eye of the Soul”.

Disease Implications

The pineal gland has been connected to a number of illnesses such as cancer, sexual dysfunction, hypertension, epilepsy, and Paget’s disease.²² With age the pineal gland calcifies and melatonin production likewise decreases. It is suggested that the decline in melatonin may be a trigger for the aging process.²³

Environmental stressors affect pineal gland function, impacting overall body alertness, temperature levels, and hormone balance. Stressors which can affect pineal function include “unusual light and dark rhythms, radiation, magnetic fields, nutritioinal imbalances, temperature swings, high altitude, and overall daily stress patterns”.²⁴

Meditation and Brain Waves

We function at different brain wave activities during our normal day/night cycle. Delta waves (0.1 to 3 Hz) are the lowest frequency and occur during deep sleep and in some abnormal processes. Delta reflects the unconscious mind. Theta waves (4-8 Hz) are the next frequency and represent a slower activity. Theta reflects the state between sleep and wakefulness, relating to the subconscious mind, which is the repository for memories, emotions, and sensations. Theta is seen in connection with creativity, intuition, daydreaming, and fantasizing. Alpha waves (8-12 Hz) promote mental

resourcefulness and aids in the ability to mentally coordinate. The Alpha frequency appears to bridge the conscious to the subconscious. Beta waves (above 12 Hz) represent fast activity. This rhythm is most dominant in those who are alert, anxious, and/or have their eyes open.²⁵

Theta waves are dominant in our highest state of meditation. Theta meditation can increase creativity, enhance learning, reduce stress and awaken intuition and/or other extrasensory perception skills. In this state, we are in a waking dream where vivid imagery flashes before our inner vision and we are receptive to information sent from the higher dimensions. Further, Theta consciousness allows us to connect with our spiritual guidance and peak experiences.²⁶

Mystical Aspects of the Pineal Gland/Third Eye

In The Book of Knowledge, Key 3-1-3 explains, “how the people of Light are polarized by means of a higher radiation of Light projected into their third eye area. This allows them to see beyond the limitations of the visible light, typical of our system of relativity”. Further, this key tells us “there is an ‘Arc of Light’ over the third eye which controls all of the basic neuron activity of the pineal gland. It explains that the Arc of Light comes in through the third eye because the pineal gland area controls all of the light synthesis connected with the cerebral cortex”.²⁷ Thus, when activated, the pineal gland (third eye) allows one to connect the present network of consciousness with the next universal network through telethought communication.

Beth Coleman affirms the pituitary gland holds the positive, masculine charge and the pineal gland holds a negative, feminine charge. When the masculine and feminine

energies meet, it is known as the Mystical Marriage, initiating the birth of multidimensional consciousness. The third eye is also described as an etheric, or fourth dimensional eye, acting as a sensitive receiver and transmitter by which many types of vibrations can be translated, interpreted and dispersed into our third dimensional brains for gaining wisdom and illumination. In addition, inner planes, thought forms, and higher entities are perceived through the third eye, and a clearer sense of cause and effect are acquired.²⁸ Thus, it makes sense that the correlation of the pituitary and pineal glands may represent the pathway to enlightenment.

The opened Third Eye is referred to as the Eye of the Soul, Eye of Shiva, the Eye of Horus, and the Horn of the Unicorn. Rene Descartes²⁹ reasoned that the seat of the soul was the pineal gland. Helena Blavatsky³⁰ “repeated an ancient belief that the third eye is the “seat of the highest and divinest consciousness in man – his spiritual and all embracing mind”.³¹ It is stated that all eyes need a lens to give definition to the perceived light. The Third Eye’s lens is located just in front of our sixth chakra in the aura.³² Meditation can facilitate the development of our Third Eye’s lens.

Awakening

The pineal gland can be awakened by an accident or blow to the head. Since I do not believe in accidents, I imagine it would be part of the individual’s destiny to have their pineal gland awakened.

However, there are exercises to aid one in opening their third eye. Ellie Crystal states that visualization exercises are the first step in directing the inner energies. By focusing the mind on the midway point between the pineal gland and the pituitary body, a

magnetic field is created which activates the pineal gland. She asserts, “the creative imagination visualizes something, and the thought energy of the mind gives life and direction to this form”.³³

To strengthen the inner eye to create and perceive color, Anodea Judith recommends using a color meditation. Further, she states the “photo blink” helps to improve visual observation. However, Judith states the most useful exercise for strengthening the third eye is simple meditation, focusing the attention on the center of the head or the point between the eyebrows.³⁴

Personally, my visualization was spontaneous while in the Theta wave state. I was not consciously meditating, it just occurred. It is now a daily practice for me, especially active in the early morning hours and sometimes upon drifting off to sleep. At times I can be seated and go to what I call “the zone” and a vision will form. I tend to rely on them for teaching and guiding me on my spiritual journey. I found most teachers suggest you visualize a screen. There are times I see a screen, at times just a vision, often it is like a short movie running before me. Other times I watch as the energy particles come together to form the scene. Many times, it is as if there is information being downloaded. I have seen hieroglyphics, words, pictures, and pages of information running down a screen. Further, I have visualized past life regressions, which has helped immensely in my spiritual growth, understanding, and healing.

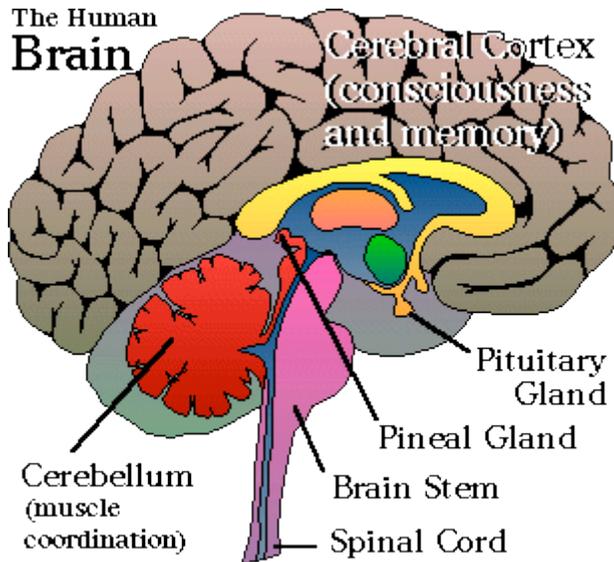
Conclusion

As I thought about the conclusion for this paper, I realized it was a beautiful review of my own experience of awakening the pineal gland. I had a new appreciation of

how it served in my spiritual growth and journey. It has served as a teaching media, a form of communication to bring to me that which I needed to review, understand, and release. I can only hope as I advance, my communication with the higher planes of intelligence will evolve.

It is important to heal the mind, body and spirit to release the traumas stored from our experiences (past and present). As the human species continues to evolve, so does the pineal gland. When the pineal gland is lifted from dormancy, our consciousness is raised from an emotional nature into an illumined awareness. When we set aside our sense of ego and personality and keep our mental energy intact, we can become conscious of the non-physical, our inner self, and the subconscious.

APPENDIX
Diagram of the Brain



<http://www.crystalinks.com/thirdeyepineal.html>

¹ Wikipedia Encyclopedia. *Pineal Gland*. Retrieved February 4, 2006 from http://en.wikipedia.org/wiki/Pineal_gland

² Ibid. Retrieved April 30 from http://upload.wikimedia.org/wikipedia/commons/6/6b/Illu_pituitary_pineal_glands.jpg

³ *Pineal Gland, Conarium, Epiphysis Cerebri*. November 1, 1999. Retrieved February 4, 2006 from http://www.experiencefestival.com/a/Pineal_Gland_Conarium_Epiphysis_Cerebri/id/135593

⁴ Judith, Anodea, PhD. *Wheels of Life*. (MN: Llewellyn Publications, 2005), p. 284.

⁵ Wikipedia Encyclopedia. *Pineal Gland*. Retrieved February 4, 2006 from http://en.wikipedia.org/wiki/Pineal_gland

⁶ “Either of two nocturnal lizard-like reptiles (*Sphenodon punctatus* or *S. guntheri*) that are found only on certain islands off New Zealand and are the only extant members of the Rhynchocephalia, an order that flourished during the Mesozoic Era. Also called sphenodon.” Retrieved from <http://dictionary.reference.com/>

⁷ Ibid.

⁸ NIH News. *Pineal Gland Evolved to Improve Vision*. August 12, 2004. Retrieved April 23, 2006 from <http://www.nih.gov/news/pr/aug2004/nichd-12.htm>

⁹ *The Pineal Gland and Melatonin*. Retrieved March 20, 2006 from <http://www.vivo.colostate.edu/hbooks/pathphys/endocrine/otherendo/pineal.html>

¹⁰ Wikipedia Encyclopedia. *Pineal Gland*. Retrieved February 4, 2006 from http://en.wikipedia.org/wiki/Pineal_gland

¹¹ Ibid.

¹² *The Pineal Gland and Melatonin*. Retrieved March 20, 2006 from <http://www.vivo.colostate.edu/hbooks/pathphys/endocrine/otherendo/pineal.html>

¹³ Lansky, Philip. “Neurochemistry and the Awakening of Kundalini,” Kundalini, Evolution, and Enlightenment, ed. John White (Anchor Books, 1979), page 296.

¹⁴ Coleman, Beth. *The Sixth Chakra and Opening the Third Eye*. Retrieved February 20, 2006 from <http://www.bethcoleman.net/3rdeye.html>

¹⁵ Bennett, Chris. *Pineal Power*. November 1, 1999. Retrieved February 4, 2006 from <http://cannabisculture.com/articles/79.html>

¹⁶ Ibid.

¹⁷ *The Layman’s Parallel Bible*. (MI: Zondervan Bible Publishers, 1973), p. 3006.

¹⁸ Gerber, Richard. *Vibrational Medicine for the 21st Century*. (CA: HarperCollins Publishers, Inc., 2000), p. 18.

¹⁹ Eden, Donna. *Energy Medicine*. (NY: Tarcher/Putnam, 1998), p.159-61.

²⁰ Judith, Anodea., PhD. *Wheels of Life*. (MN: Lewellyn Publications, 2005), p 285-86.

²¹ Bleibtretu, John. *The Third Eye & the Pineal Gland, 1966*. Retrieved February 4, 2006 from http://www.strayreality.com/Lanis_Strayreality/thirdtyepinealgland.htm

²² Paget’s Disease: A disease, occurring mainly in old age, in which the bones become enlarged and weakened, often resulting in fracture or deformation. Also called *osteitis deformans*. There are two other forms of Paget’s disease: extra-mammary and mammary. Named for British surgeon Sir James Paget 1814-1899. Retrieved May 1, 2006 from <http://dictionary.reference.com/>

²³ *The Pineal Gland*. Retrieved February 4, 2006 from <http://www.wayfinding.net/pineal.htm>

²⁴ Ibid.

²⁵ Crossroads Institute. *Brain Waves & EEG – The Language of the Brain*. Retrieved April 30, 2006 from <http://www.crossroadsinstitute.org/eeeg.html>

²⁶ Coleman, Beth. *Theta Waves*. Retrieved April 23, 2006 from <http://www.bethcoleman.net/theta.html>

²⁷ Hurtak, J. J. *The Book of Knowledge: The Keys of Enoch 3-1-3*. (CA: The Academy for Future Science, 1977), p. 469.

²⁸ Coleman, Beth. *The Sixth Chakra and Opening the Third Eye*. Retrieved February 20, 2006 from <http://cannabisculture.com/articles/79.html>

²⁹ Rene Descartes (1596-1650), French philosopher and mathematician.

³⁰ Helena Petrovna Hahn (1831-1891), better known as Helena Blavatsky, was the founder of Theosophy. She did much to spread Eastern religious, philosophical and occult concepts throughout the Western world. Retrieved April 24, 2006 from <http://www.crystalinks.com/blavatsky.html>

³¹ *Pineal Gland, Conarium, Epiphysis Cerebri*. November 1, 1999. Retrieved February 4, 2006 from http://www.experiencefestival.com/a/Pineal_Gland_Conarium_Epiphysis_Cerebri/id/135593

³² Thoughts Door. *The Sixth Chakra and Opening the Third Eye*, 2001. Retrieved April 23, 2006 from http://www.multidimensions.com/con_thoughts_6chakra.html

³³ Crystal, Ellie. *Crystalinks*. Retrieved on February 11, 2006 from <http://www.crystalinks.com/thirdeyepineal.html>

³⁴ Judith, Anodea, PhD. *Wheels of Life*. (MN: Lewellyn Publications, 2005), p. 306-09.

HOLOS UNIVERSITY

#790 Masters Essays and Exam

Essay #2

**Spiritual Healing:
Kundalinī Energies**

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Introduction

Spiritual healing is a custom-tailored, personal journey for each individual. There may be similarities, but no two are identical. There is no right or wrong way to heal spiritual ills. I have been blessed with many experiences, including that of Kundalinī arising as part of my spiritual growth and journey. This paper serves to discuss the origin of Kundalini, an interpretation of this energy, its cultural and religions significance, and the physical and spiritual aspects of the Kundalinī awakening. In this paper, Yoga refers to the state of highest spiritual achievement.

Origins of Kundalinī

Throughout history, Asian religions have spoken of a mystical force called the Kundalinī. Many names have been given to this power, including orgone, esprit, loosh, prana, élan vital, and bioelectricity.¹

The word Kundalinī was derived from a Sanskrit word kund “to burn”; kundal “to coil or to spiral”. In English, Kundalinī means “serpent power”. Every human has Kundalinī, a primordial dormant energy which some believe is present in three-and-a-half coils at the base of the spine in a triangular bone called the Sacrum. Others believe it is a reservoir of energy in the perineum. The Latin name ‘Os Sacrum’ suggests that it is a holy or sacred part of the body. The ancient Greeks called this bone the ‘Hieron Osteon’ and ascribed supernatural powers to it. The Egyptians held the sacrum bone to be very valuable and considered it the seat of special power.² In most individuals, the Kundalinī energy lies dormant in the perineum. Uri Geller states, “tradition says that Kundalinī resides coiled in an area called *kanda* at the base of the spine”.³ The three coils of the serpent represent prana-kundalini ~ the energy that gives the physical body life, chitta-

kundalini ~ the energy of our mind/emotions, and para-kundalini ~ the energy of our spiritual self. As the energy is released and moves up the spine it activates the phisic mechanism (chakras or energy/awareness centers).⁴

Arthur Avalon states the two Sanskrit works translate Sat-cakra-nirūpana (description of the six centres, or cakras) and Pādukā- pañcaka (fivefold footstool) deal with the Tāntrik Yoga called Kundalinī-Yoga or Bhūta-śuddhi. These names refer to the Kundalinī-Śaki, or supreme power in the human body. When aroused and Yoga is achieved, a purification of the elements of the body (Bhūta-śuddhi) takes place at that time.⁵

In the Western world, the Sacrum is symbolized by the sign of Aquarius and by the Holy Grail, container of the water of life.⁶ One concept is that the word ‘grail’ is derived from ‘gradida’, which means self-discovery and/or development and perfection of the human spirit.⁷ In all the Grail stories, the underlying theme is the quest for the Grail, which represents the hero’s spiritual journey towards and beyond personal transformation.⁸ After all, that is our spiritual journey here on earth, our quest to return to God (or whatever Higher Power in which we believe).

Cultural and Religions Connections

As a spiritual experience, Kundalinī is thought to have parallels in many of the mystical and Gnostic traditions of the world’s great religions, but is mainly associated with Hinduism.

The early Christians may have referred to Kundalinī as ‘pneuma’, and there are some recent parallels in contemporary Christian Charismatic referring to the ‘Holy Ghost’ as being symbolic of this energy. Religious studies note parallels in Quakerism,

Shakerism, Judaic Shuckling (torso-rocking prayer), the Islam swaying zikr⁹ and whirling dervish, the quiverings of the Eastern Orthodox hesychast¹⁰, the flowing movements of tai chi, the ecstatic shamanic dance, the ntum trance dance of the Bushman, Tibetan Buddhist tummo¹¹ heat as practiced by Milarepa¹², and the Indically-derived Andalusian flamenco. (*Sovatsky, 1998*) Further, Kundalini practice is centerfold in Japan's Aum Shinrikyo group¹³ and Kundalinī-yoga is one of the stages the practitioner is able to achieve.¹⁴

Kundalinī in the awakened form is depicted in Indian scriptures both as a Goddess (Devī) of immense power (often called Kundalinī Śhakti), and as a snake or serpent. Kundalinī-Śaki is Cit, or Consciousness, in its creative aspect as power. When she is aroused from sleep, she returns to Her Lord, who is but another aspect of Herself.¹⁵

Stages of Kundalini Awakening

Kundalinī is said to be in the state of sleep (Prasuptā) when it is coiled in the Mūlādhāra (original abode) chakra. This is a state of latent activity looking outwards (Bahirmukhī). In this state man thinks his body and egoism to be the real self, therefore creating bondage to the material world. Thus, creating the cycle of births and deaths (reincarnation). When Kundalinī ascends, she absorbs into herself all the Tattvas¹⁶ that had emanated from her.¹⁷ The rising up of Kundalini-Yoga is thus a type of merger into the universal consciousness or union of the “two”, which is the end of every system of Indian Yoga.¹⁸

When aroused, the Kundalinī follows the centres (chakras) in the body of man/woman, which correspond to the Lokas, or cosmic planes. This is the first stage of the descent. The following table shows the correspondence, Guna, and presiding diety:¹⁹

NO	PSYCHIC CENTER IN BODY	LOKE OR COSMIC PLANE	GUNA OR QUALITY	PRESIDING DEITY
1	Muladhara at the stage when Saki is aroused up	Bhuvraloka	Tamas	Agni (Fire)
2	Svadhithana	Svarloka		
3	Manipura	Maharloka	Rajas	Sun
4	Anahata	Janaloka		
5	Visuddhi	Tapoloka	Sattva	Moon
6	Ajna	Satyaloka		

Arthur Avalon states the second stage of the Kundalinī ascent consists of one step. The Śakti should be taken into the Sahasrāra from the Ajna. The Sahasrāra (a thousand-petalled lotus) forms in itself a Sri-cakra. In the Sahasrara there is a place of luster known as Candra-Loka (a world of nectar). It is here that Sat (Sadasiva) and the Cit live in union. The goal of the aspirant is the union of the Sat and Cit. When Sat and Cit merge the aspirant can enjoy beatitude itself (Paramananda). However, Kundalini does not stay in the Sahasrara for a long time. It returns to its original position. This process is repeated again and again by the aspirant until the Sat and Cit is complete, and becomes Pativrata. The aspirant is then a Jivan-mukta, or pure Sattva. He/she is no longer conscious of a material limitation of the soul.²⁰ The Kundalinī energy is fed by the chakras along the spine and by the cosmic energy entering through the crown chakra. It is said to be a feminine energy.

Another description of the Kundalini arising states there are four stages. (1) Awakening stage (arambha): Occurs when the shell of the Kundalinī is broken in addition to the knot of the base chakra, normally referred to as the Brahma knot. (*See Appendix 1*) (2) Cleansing stage (Ghata): Kundalinī energy then opens the second big chakra knot at the heart chakra, the Wsynu knot, and the energy can flow easier toward different parts of the body to do more thorough cleansing. (3) Absorption stage (Pacihaya): During this

stage the cleansing is done in different body layers. (4) Final stage (Nishpatti): When the Kundalini opens the third and last big chakra knot at the ajna (third eye chakra), called the Rudra, the aspirant is only a step away from getting the crown chakra open. As the crown chakra opens, one will be able to achieve self-realization, cosmic realization, and then Yoga.²¹

Spiritual literature also describes instances where Kundalinī is said to be initiated by a guru. This practice is called shaktipat. Shaktipat is a form of ‘laying on of hands’ where physical contact to the body or the forehead of the subject by the guru, or initiator, is supposed to cause an awakening experience. It is also said Shaktipat can be received from the teacher in four primary ways – through the look, touch, thought, and word. Shaktipat means the descent of grace, or transmission of energy. In the tantric tradition shaktipat is the highest form of spiritual initiation, providing the initiate with immediate access to the divine energy dwelling within them. ²²

In discussing the Holy Spirit and Kundalinī, Genevieve Paulson states there are vast differences between the Kundalini energy and the energy of the Holy Spirit. Kundalini is an evolutionary energy and is of the earth while the energy of the Holy Spirit is a divine energy of God leading to the development of love and wisdom. The ultimate goal of Kundalini is enlightenment, and the ultimate goal of the Christian is to be one with or filled with God and/or Christ. They are, however, the same goals.²³

Conclusion

My interpretation is the Kundalinī energy is that of an earthy energy within each person. It is released from the sacrum, possibly fed from energy from earth, while the

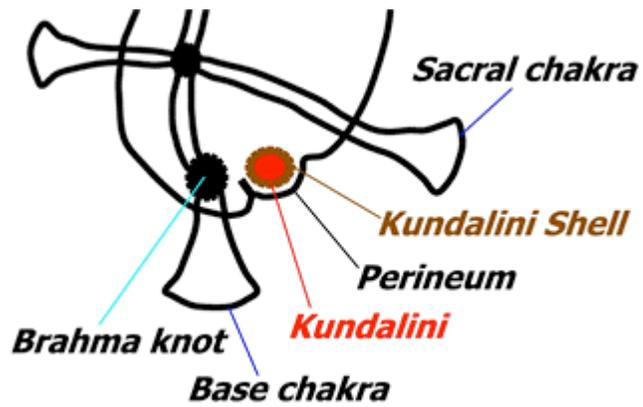
divine energy flows into the crown chakra from above (the heavens). I believe our ability to awaken this energy is based on our spiritual evolution. The Kundalinī energy first flows up the spinal column clearing the chakras. It can be a gentle experience or rather uncomfortable, the goal being to open and clear the chakras and ultimately clear the physical body of negativity or energetic discord. The energy moves up and outward from the crown chakra. (See Appendix 2) It appears the two energies mix in the heart chakra and further healing flows throughout the body. It can take one or more Kundalinī awakenings to complete the process of clearing. This was a spontaneous experience for me; I had never practiced to awaken the Kundalini energy. I can only imagine that it was brought to me as a healing mechanism. It has awakened on three occasions, bringing with it increased clairvoyance. The Grof's state a Kundalinī awakening can bring up memories of past psychological traumas.²⁴ This gives the individual the ability to heal old traumas (present or past life) and clear out those energies on the cellular level.

It appears each individual has the potential to awaken the Kundalinī energy encapsulated in the sacrum. However, the question remains, do we awaken it by a ritual, practice, meditation or prayer, or is it simply based on our spiritual evolution?

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- ¹ *Kundalini Energies*. Retrieved June 18, 2006 from <http://www.crystalinks.com/kundalini.html>
- ² *Historical Sources & Knowledge of Kundalini*. Retrieved July 1, 2006 from http://www.sol.com.au/kor/14_02.htm
- ³ Geller, Uri. *Kundalini, Chi, and Chakras: The Serpent-Fire Within*. Retrieved on July 30, 2006 from <http://www.uri-geller.com/shc11.htm>
- ⁴ *Kundalini & Shaktipat*. Retrieved August, 2007 from www.sacredspaceyogasanctuary.com/kunda2.html
- ⁵ Avalon, Arthur. *The Serpent Power*. (NY: Dover Publications, Inc., 1974), p. 1.
- ⁶ *Ibid*, p. 1.
- ⁷ Random House Dictionary. *Grail*: any greatly desired and sought-after objective; ultimate ideal or reward.
- ⁸ Picknett, Lynn, and Clive Prince. *The Templar Revelation – Secret Guardians of the True Identity of Christ*. (NY: Touchstone, 1998), p. 117-20.
- ⁹ Zikr (dhikr): to engage in dhikr is to have awareness of God.
- ¹⁰ Hesychast: to be quiet, still. One of a sect of mystics that originated in the 14th century among the monks on Mt. Athos, Greece.
- ¹¹ Tummo: body heat generated by meditation practices (Tibetan).
- ¹² Jetsun Milarepa (1050-1135) was one of Tibet's most famous yogis and poets.
- ¹³ Aun Shinrikyo is an eclectic Buddhist movement, founded in 1984, by Shoko Asahara. It draws on various Asian traditions such as yoga and Tibetan Buddhism. In 2004, they changed the name of the group to Aleph, at which time membership was estimated at 1,500 to 2,000.
- ¹⁴ *Kundalini Energies*. Retrieved June 18, 2006 from <http://www.crystalinks.com/kundalini.html>
- ¹⁵ Avalon, Arthur. *The Serpent Power*, p. 245-46.
- ¹⁶ Tattvas: Referring to the energy of the chakra centers (Eastern philosophy recognize six centers). The lower five are believed to be of a gross energy, which manifests sensible matter. The sixth is the center of the subtle mental energy. (They do not recognize the spleen (third chakra).
- ¹⁷ Avalon, Arthur. *The Serpent Power*, p. 245.
- ¹⁸ *Ibid*, p. 246
- ¹⁹ *Ibid*, p. 248.
- ²⁰ *Ibid*, p. 250
- ²¹ *What is Kundalini?* Retrieved June 26, 2006 from <http://www.padmahaya.com/Kundalini/Kund1.html>
- ²² *Kundalini & Shaktipat*. Retrieved August 19, 2007 from <http://www.sacredspaceyogasanctuary.com/kunda2.html>
- ²³ Paulson, Genevieve. *Kundalini and the Chakras*. (MN: Llewellyn Publications, 2002), p. 209.
- ²⁴ Grof, Stanislav. *Beyond the Brain: Birth Death and Transcendence in Psychotherapy*. (NY: State University of New York Press), p. 78-79.

APPENDIX 1

1. Awakening stage (Arambha):



HOLOS UNIVERSITY

#790 Masters Essays and Exam

Essay #3

**Spiritual Healing:
Reiki**

Instructor: Bob Nunley, PhD

**Committee Members:
Berney Williams, PhD and
Paul Thomlinson, PhD**

February 22, 2010

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Introduction

Reiki is a wonderful form of alternative medicine which I believe is very beneficial to the clients, as well as the practitioners. While using it as part of my personal preventive medicine, I have also been trained in the First and Second Degree levels. Reiki is not only an act of affirming the self, but of reaffirming self as a part of a larger Whole. In this paper will present an overview of Reiki, including definitions to help understand the origins, a brief history of Reiki, degrees and attunements, symbolism, treatment guideline, and touching briefly on some Reiki in research.

Definitions to Understand Reiki

Reiki is pronounced “Rey-Key” and comes from the Japanese alphabet. Rei is the Japanese word for universal, spirit and gift. The Kanji (Japanese alphabet) defines Ki as the Japanese word for the vital life force energy which flows through everything. This is similar to the Chi of Chinese acupuncture, Light to Christians, and prana from Eastern India.¹ Walter Lubeck emphasizes that Ki is not to be confused with the bioplasmic energies or vital force Wilhelm Reich called orgone.²

Walter Lubeck outlines certain characteristics that can be observed in their synergetic interaction. In the human body, Ki circulates in the form of various qualities that build upon each other.³

1. *Kekki*: This is the Ki of the blood and closely connected with the first chakra, located at the end of the spine (coccyx). It is the coarsest and least structured energy quality in the body. Being the vital force, it needs to gather and be the

- nourishment for something in order to fulfill its task. In fulfilling this function, it is aided by the next higher energy form of Shioke.
2. *Shioke*: This is the form of Ki which allows Kekki energies to gather and not fall apart. It is the egg in a batter mix, without the egg to hold the cake together, it is crumbly in nature. Shioke in Japanese can be translated as the Ki of salt or minerals. This force field is created when individuals recognize that their physical body has a purpose. It represents our potential for self-realization and our boundaries. Like Kikki, it has a close relationship with the first chakra. In order for Shioke to fulfill its function, it requires relationships with other animated substances and like beings.
 3. *Mizuke*: This is the Ki of water or liquids. This life energy produces the fundamental emotional patterns of basic trust, desire, and the ability to have fealty relationships. Mizuke is associated with the energy of the second chakra. It creates organization from the Kekki bound within the Shioke forms, which would otherwise remain isolated and sluggish, unable to move. Mizuke must be instructed by another higher force, Kuki, in order to appropriately filter the many forms of relationships into meaningful experiences.
 4. *Kuki* – This is the energy of gases or of the air. Kuki is self-fulfillment and is associated with the third chakra located in the solar plexus. Kuki supports the ability to think logically and break down nourishment, as well as fueling self motivation to find our own course without being influenced or diverted by others. Kuki is nourished by the higher vibration Denki, which assists with orientation toward the true needs of one's personality and their bonding and community.

5. *Denki* – Translated as the Ki of the thunder, Denki is the energy that assists in balancing our relationship with the ego and urges growth towards consideration of others. This life energy is created when we accept that our growth should not compromise our own well-being or that of others. Denki establishes the emotional patterns of love, empathy, tolerance, diversity, and trust in God. It is related to the fourth chakra, the heart. Denki needs the additional power of Jiki to ensure that our development does not become inactive or sluggish.
6. *Jiki* – This energy form is translated as magnetic power or gathering force of attraction. It is accessible when we accept the challenges of responsibility. It contains the essence of truth, beauty, and kindness. This magnetic energy is connected to the fifth chakra, the throat. This form of Ki assists us in finding the appropriate complement to oneself in every situation, which presents us with our un-lived shadow aspects in a way that we cannot overlook them. Jiki depends on the next higher vibration (Reiki) to keep its stability.

In order for the above six forms of life energy to be appropriately attuned to each other, there must be a controlling force on the highest level to provide homeostasis in the entire system. This force is Reiki.

7. *Reiki*: This can be translated as the soul force or spiritual power. It is the energy closest to the divine creative force, the source of all life. It brings harmony to the three archetypal forces of the inner child, middle self and higher self so that they remain united. Reiki connects without binding, stimulates without overexciting, separates without creating isolation, calms without causing rigidity, and directs our attention to life and the love in the heart. In addition, Reiki creates clarity

without lack of involvement and supports the development of all types of latent potentials. Reiki is connected with the sixth chakra, the third eye in the center of the forehead. “Reiki promotes all types of life processes.”

Shinki is the divine Ki from which all creation is formed and to which we return when we leave the physical world. This vibration operates outside the material world and is located above the seventh chakra approximately two to three fingers above the top of the head.⁴ There is not much information on this vibrational field. It appears to coordinate with what Cyndi Dale describes as the eighth chakra, which is located about one to one and a half inches above the head. Our past (Akashic records) are reportedly stored in this chakra.⁵

Walter Lubeck points out that the types of life energy described above have a close resonance with specific chakras but are not to be interpreted as the energies of the chakras themselves, which are the conical funnels through which the Ki flows. The point of contact with the physical body lies in the spine.

PRINCIPLES OF REIKI

I show gratitude to everything

Just for today, I will not worry

Just for today, I will not anger

I work hard and earn my living honestly

I honor and am kind to my parents, teachers, elders and neighbors

I respect the oneness of all life

A Brief History of Reiki

A Reiki technique was discovered and developed by Dr. Mikao Usui who was born in Japan in 1865. Dr. Usui traveled all over Japan, China, and Europe in pursuit of knowledge. He had an interest in learning subjects including medicine, psychology, religion, and spiritual development. Dr. Usui's education and well-organized mind aided in his becoming the head of Japan's Department of Health and Welfare. Eventually he started his own successful business until it took a downturn in 1914. He became a Buddhist monk and focused his mind on the devotional practice and trained intensely. He took a twenty-one day retreat on Mt. Kurama where he had studied as a child, during which he fasted, chanted, prayed, and meditated. Toward the end of his retreat in March, 1922, he felt a great and powerful spiritual light enter the top of his head and he had a satori or enlightening experience. The light was the Reiki energy coming to him in the form of an attunement.⁶

Dr. Usui began with self healings and progressed to members of his family. In April 1922 he moved to Tokyo and started a healing society that he named, "Usui Reiki Ryoho Gakkai". In English this translates to Usui Reiki Healing Society. He also opened a clinic in Tokyo and began teaching classes and giving Reiki treatments. Thereafter it is reported that he developed six levels or degrees for his training. These levels were in reverse numbering of what we would do in the Western world, with level one being the highest. Level six to three were called *Shoden* (beginner levels). Level two was called *Okuden* (Inner Teaching) and was divided into *Okuden Zenki* (first half) and *Okuden Koki* (second half). Level one, the Master level was called *Shinpiden*

(Mystery Teaching). Dr. Usui taught basic Reiki techniques to over two thousand students, but trained only sixteen teachers before he died in 1926.⁷

The word Reiki was already in use in Japan when Dr. Usui was given the new healing technique. Dr. Usui called his technique *Usui Reiki Ryoho* so people could understand it was a unique type of Reiki. Since then other healing methods have been channeled similar to Usui Reiki Ryoho, but with different vibrations and effects. Presently there is a whole class of healing methods that can appropriately be called Reiki.⁸

It is easy to understand that practitioners who channeled a Reiki healing technique had their own perception of the energy because that is what makes the human being unique. Several people can watch the same movie and glean a different perception, just as dreams can be interpreted in different ways. With this in mind, how would one know what is Reiki and what is not? Dr. Usui's method consists of four unique qualities which identify the class of healing techniques called Reiki, as defined in *The Spirit of Reiki*. A healing technique can be considered Reiki if it possesses the following four qualities.⁹

1. The ability to perform Reiki comes from receiving an attunement and not by developing the ability through the use of meditation or other exercises.
2. All Reiki techniques are part of a lineage. The technique has been passed from one teacher to student through an attunement process, starting with the one who first channeled the technique.
3. Reiki does not require that one guides the energy with the mind, as it is guided by the higher power that knows what vibration or combination of vibrations to have and how to act.
4. Reiki can do no harm.

Birth of Reiki in the Western World

Reiki came to the Western world through Harwayo Takata, born December 24, 1900 on the Island of Kauai, Hawaii. On a trip to Japan for health reasons, Harwayo Takata studied Reiki with Dr. Hayashi, who was a student of Dr. Usui. She worked in his clinic doing Reiki treatments for a year, returning to Hawaii in 1937. She and Dr. Harwayo taught Reiki and gave lectures and treatments. She then established clinics in Honolulu and Hilo. She trained students to Okuden, which she began calling Level II. In 1970 she began training others in the Shinpiden, or master level as she called it. No apprenticeship required, she charged \$10,000 for the weekend training. Hawayo Takata initiated and trained twenty-two Reiki masters before her death in December 1980.

After Hawayo Takata's death, one of her trained masters, Iris Ishikura, began charging a very moderate fee for the master level and in some cases taught it free. Thereafter, in the mid-1980's, Reiki began to spread more quickly.¹⁰

Today in the Western world, out of inspiration to provide greater benefits, Reiki has also undergone a transformation. New symbols and variations for the attunement process have been channeled by practitioners. These new healing techniques still have the same core qualities of Usui Reiki Ryoho, but the vibration of the healing energy is different. New symbols have also been channeled, which have specific purposes. Having several types of Reiki to work from with additional symbols gives practitioners greater flexibility, which allows for better results. The same with a toolbox, the more tools one has the more he can accomplish in his job.¹¹

In the United States there are currently approximately fifty-seven hospitals offering Reiki treatments. This list can be accessed from:

<http://www.centerforreikiresearch.org/HospitalList.aspx>

Some of the new healing techniques available since the 80's and 90's include: Mari el (channeled in 1983 by Ethel Lombardi), The Radiance Technique, Raku Kei, Tibetan Reiki, Karuna Reiki, Rainbow Reiki, Men Chho Reiki, Jinlap Reiki, Seichim, Saku Reiki, Blue Star Reiki, Reiki Plus, etc. It appears that over 50 different types of Reiki exist today.¹²

The Buddhist Background of Reiki

A student of Ganjim,¹³ the monk Gantei, established the Kurama temple in the year 770, after undergoing a deep religious experience at the site. The temple was associated with Tendai Buddhism until 1949, and then it became the headquarters of the Kurama-Kokyo Sect. There remain a few small, beautiful Shinto shrines on and near Mt. Kurama.¹⁴

Research does not produce much on this subject. Many online articles were controversial, doubting a connection between Buddhism and Reiki. However, one article written by David Herron sites the connections between Reiki and Buddhism as pointed out by Maureen Kelly, listed below.¹⁵

1. The Reiki Principles appear to be written in the form of Buddhist Precepts, an agreement one might make before entering serious Buddhist practice. The Precepts are a code of behavior and guideline as one searches for enlightenment. While the Reiki Principles are in the same form, they are often forgotten in the Western world. *(See Appendix 1)*
2. The four Reiki symbols are four of the Eight Auspicious Symbols of Buddhism. However, Herron states one might consider her reinterpretation of

the method for drawing the Distance and Master symbols controversial. (*See Appendix 2*)

Reiki Degrees and Attunements

There are three levels or degrees of attunement. The attunements affect each student differently, and your vibratory level will increase according to your basic vibratory level at the time. There is usually a 21 day cleansing process after each attunement wherein old dense negative energy is brought to the surface and released. Paula Horan describes the attunements or degrees as follows.¹⁶

First Degree - This attunement is meant to open up the physical form so that it can accept greater quantities of life force energy. The initiation process can differ from school to school; however, the attunement should be given by a trained Reiki Master. The students are taught the history and related background of Reiki, including the basic hand positions for self-treatment. It can vary from one or more sessions. Usually, the first Reiki degree consists of four initiations and or workshops. When I received the first attunement it was included in one session, wherein we received all four initiations.

The First Degree attunement raises the vibratory rate of the four energy centers of the upper part of the body; the heart, throat, third eye, and crown chakras. The fourth attunement seals the channel open for channeling Reiki for the rest of your life.

Second Degree – This degree provides a quantum leap in the vibratory level (approximately four times) than that of the First Degree. The focus of the Second Degree is to adjust the etheric body. The student is taught and receives the Reiki symbols of Cho-Ku-Rei, Sei-He-Ki, and Hon-Sha-Ze-Sho-Nen. These symbols facilitate the

practitioner to perform distance healing. The third eye or sixth chakra is affected, which often heightens one's intuitive abilities, and opens the chakras in the palms. This attunement can also awaken the energy in the root chakra, which can amplify what the Hindus call Kundalini energy.

Third Degree – This attunement is used to initiate a Master. This attunement activates the Master symbol and again the vibratory level is amplified. The Master symbol can vary in different systems. A Reiki Master chooses to accept greater responsibility for their life and Master of his/her destiny. One becomes a co-creator with the Absolute and accepts the causes and effects which he has created. It is an individual choice as to whether one receives a Master level attunement. A Master has no power over his or her students.¹⁷

Symbols in Reiki

As we know shapes and designs affect us in many ways. In Feng Shui there is a lot of information about the importance of shapes and angles in our environment to support life and healing. Further, we have the sacred and geometric symbols. Almost all geometric designs give off energies of various frequencies, even when just drawn on paper.

When looking at the Reiki symbols one may tune into the fact that they are used to communicate with a higher form of energy. Of themselves, they are not powerful or spiritual, but used after an attunement they become powerful tools and mediums. The symbols carry energetic properties of their own and are activated by an attunement or mystical experience. Reiki symbols are sacred and should be viewed as a special gift for

the student to keep and use. In *The Spirit of Reiki* it states that symbols can be divided into two types: those that create subjective changes and those that create objective changes.¹⁸

Reiki symbols are universal and transcend space and time. The symbols are a connection to spiritual or God consciousness. Whenever a Reiki symbol is used, unseen forces are activated. The symbols can be thought of as keys which open doors to higher levels of awareness and manifestation.

There are some variations in the Reiki symbols. When a Reiki Master shows the symbols to a student, an imprinting takes place that links the image they are shown to the metaphysical energies the symbols represent. A practitioner should use the symbols that resonate with their own energies. The symbols received in an attunement will allow the practitioner to empower, protect, and work on a *physical level and increase power* (Chou Ku Rei), do *mental and emotional clearing* (Sei Heki), and *karmic and distance healing* (Hon Sha Ze Sho Nen).

Frank Petter states the Second Degree Reiki symbols appear in both ancient Shintoism, called Ko Shinto and ancient Buddhism. The power and mental healing symbols are slight deviations from the Sanskrit originals. The pronunciation is Japanese. These symbols came from India to Tibet where they were copied by the Chinese monks. From China they migrated to Japan.¹⁹

The Reiki Master Symbol is an original kanji, is Buddhist as well, and was also brought from China to Japan a long time ago.

The symbols are meant to be drawn (with the hand or third eye) and spoken three times (mantra) each time the practitioner uses them. The mantra associated with each

symbol will activate that symbol. The Reiki symbols will work automatically every time they are used. One does not have to be in a meditative state to have the symbols work. They can actually be utilized in everyday life and in everyday situations. Also, one must remember they cannot be activated unless the person using them has had the attunements.

Reiki Treatment

Following is a suggested basic Reiki treatment guideline. The energy imparted by the practitioner does not come from the practitioner but through the practitioner from a Reiki channel to which they have connected with intention.

- The practitioner would Choku Rei (symbol) the room either before or after the client arrives, bringing in white light.
- Once the client is on the table, the practitioner would turn their hands up, draw the Choku Rei on their palms to activate their own energy, and accept the power and ability to do Reiki.
- Scan the client's body if that is a practice you incorporate in your sessions.*
- Draw the power symbol over the client's solar plexus and balance their chakras.
- The practitioner then places their hands on the client's shoulders (or one hand on their own heart and the other on the client's heart). At this time the practitioner would ground self and the client, call in the Reiki guides (all you believe might be of service at that time) and ask for the level of healing and illumination for which the client is ready. The Choku Rei is then drawn on the client's crown chakra.
- The practitioner will begin the Reiki hand positions in the systematic approach: eyes, ears, top of head, back of head, still point holding, brow and occipital, throat (cupped), heart, upper stomach, middle stomach, lower stomach and public area, hip and knees, knees and feet, front of knees, right and left feet (cupped), and the arms.
- At this point you can have the client would turn over and the hand positions would be done on the shoulders, upper back, middle back/kidneys, lower back/

sacrum, base and top of spine, back of knees, and bottoms of both feet. Some practitioners prefer leaving the client face up and performing the back side from the top position.

- Sweep the client's back and have them turn over, facing up again. At this point you would scan again (optional), close chakras and draw Choku Rei, sweep arua, draw hands down from head to feet, ground client with Choku Rei's, give thanks and send Reiki out to all life, give positive affirmation, beam energy and disconnect.**

After a treatment the practitioner might want to offer the client water, get feedback, offer comments (what information feels right to impart), and any education you feel would benefit the client. The practitioner will wash their own hands and arms to release energies and absorb Reiki energies.

*Scanning is a method of detecting differences in the energy surrounding the body. The practitioner would hold their hands over the client's body and scan in a downward movement. It can direct you to areas of the body that need to be balanced and energized. Through scanning we might find "old injuries" as well as current physical complaints or emotional issues. The more practice, the better a practitioner would feel in the subtle differences in energy. The practitioner might detect warmth or coolness, tingling, pressure, pulling down of the hand (like magnetic energy), or just a deep knowing. They might do the Reiki Power Symbol over the affected area and do additional Reiki there.

**The practitioner can beam energy from across the room to the client. The energy being delivered from the palms of the hands with beaming is clearer because the client will not be in the practitioner's energy field and vice-versa. The energy can be beamed to the aura or a specific area.

Research in Reiki

In reviewing several research articles on Reiki, I found that most sample sizes are too small to get a good statistical power. However, it is encouraging to see all the interest and projects that have been generated.

One study by Engebretson and Wardell (2002)²⁰ explored the experience of receiving Reiki by assessing physiological changes associated with the relaxation response but only enrolled twenty-three (23) volunteers. This study actually used a standardized treatment by a single Reiki master, which could be atypical to how a Reiki treatment would generally be administered. It is a positive for providing consistence of treatment, however, it does not allow for the more common intuitive approach to a Reiki session.

Another study by Wirth and Chang²¹ evaluated the effects of a combined treatment of Reiki, Le Shan, Therapeutic Touch and Qigong on the flow of energy within the body and its effect on blood chemistry. It was a cross-over study that only enrolled fourteen (14) subjects. While the study appeared to be a success, showing significant differences regarding some of the blood chemistries, the sample size is too small to be of significance. They also site a weakness of a familiarity the subjects had with the Qigong instructor. Further, since multiple treatment modalities were used the study did not specifically address Reiki.

Research by Crawford, Leaver and Mahoney²² examined the use of Reiki treatments on patients with mild cognitive impairments or mild Alzheimer's disease. They only enrolled twelve subjects, but the results were very positive for improved scoring by those subjects receiving Reiki. This study focused on cognitive effects instead

of physical effects. In addition to a low sample size, the study also had a few other weaknesses to detract from its validity.

As one can speculate, more in depth research needs to take place in the world of Reiki. There would need to be more consistency, larger sample sizes, verification of Reiki practitioner credentialing, and whether or not the Reiki treatments were based on using symbols (is it assumed all trained Reiki practitioners use symbols). It would be interesting to conduct a study to compare Reiki, one other modality, and a control group to see if Reiki is more beneficial than another form of alternative therapy.

I have found that one modality of healing does not always resolve all the issues an individual may deal with when walking their spiritual journey. I personally have used several different methods of treatment for my well-being - mental, spiritual and physical.

In conclusion, I believe that Reiki has a very beneficial place in the healing world. We as individuals must take responsibility for healing ourselves, and then one by one we can heal our nation and the ailing world. It would be nice to see more people channeling energy to assist with the national and world crisis which are so prevalent today.

Appendix 1

Just for today, do not anger	Buddha Aksobhya	The Imperturbable Buddha
Just for today, do not worry	Buddha Ratnasambhava	The Buddha of Abundance or Compassionate Giver
Honor your parents, teachers and elders	Buddha Amitabha	The Buddha of Infinite Light
Earn your living honestly	Buddha Amoghasiddhi	The Buddha of Infallible Success
Show gratitude to all beings	Buddha Vairocana	The Great Sun and primal spiritual essence

Appendix 2

Vajra	Protection / Cuts to Reality	Power Symbol (Cho Ku Rei)
Conch Shell	Voice of Buddha	Mental/Emotional (Sei Hei Ki)
Two Fish	Joy of the union of yin and yang Ability to go anywhere without restraint of constriction	Distance symbol (Hon sha ze sho nen)
Vase of Life	Contains spiritual jewels	Dai ko myo
Precious Parasol	Gives protection from evil	n/a
Lotus Flower	Emblem of original purity	n/a
Knot of Life	Longevity	n/a
The Wheel of Life	The Mandala and teachings of Buddhism Spiritual pathway	n/a

- ¹ Horan, Paula. *Empowerment Through Reiki*, Lotus Press, Twin Lakes, WI (2002), p. 17
- ² Lubeck, W., Petter, F.A., Rand, W.L. *The Spirit of Reiki*, Pilgrims Publishing, Durga Kund, Varanasi, India (2001), p. 53
- ³ Ibid, p. 54-60
- ⁴ Ibid, p. 60
- ⁵ Dale, Cyndi. *New Chakra Healing*, Llewellyn Publications, St. Paul, MN (1999), p. 48
- ⁶ Ibid, p. 13-14
- ⁷ Ibid, p. 14
- ⁸ Ibid, p. 22
- ⁹ Ibid, p. 22-23
- ¹⁰ Ibid, p. 19-20
- ¹¹ Ibid, p. 21-22
- ¹² Ibid, p. 22
- ¹³ Ganjim was the founder of the Toshodaihi Temple in Nara.
- ¹⁴ Usui, Mikao, Petter, F.A. *The Original Reiki Handbook of Dr. Mikao Usui*, Lotus Press, Twin Lakes, WI (2003), p. 10
- ¹⁵ Herron, David. Reiki and the Healing Buddha, (2008), from http://www.energy-healing.info/amazon/reiki_and_the_healing_buddha/251. Retrieved February 20, 2010
- ¹⁶ Horan, *Empowerment Through Reiki*, p. 56-58
- ¹⁷ Ibid, p 57-58
- ¹⁸ Lubeck, *The Spirit of Reiki*, p. 117
- ¹⁹ Petter, Frank A. *Reiki Fire*, Lotus Light Publications, Twin Lakes, WI (2001), p. 110
- ²⁰ Engebretson J., and Wardell, D.W. – *Experience of a Reiki Session*, Alternative Therapy Health Medicine, Vol. 8, No. 2, (Mar/Apr 2002).
- ²¹ Wirth, D.P., Chang, R.J., and Edelman, W.S. – *Hematological Indicators of a Complementary Intervention*, Complementary Therapeutic Medicine, Vol. 4, No. 14, (1996).
- ²² Crawford, S.E., Leaver, V.W., and Mahoney, S.D. – *Using Reiki to Decrease Memory and Behavior Problems in Mild Cognitive Impairment and Mild Alzheimer's Disease*, The Journal of Alternative and Complementary Medicine, Vol. 12, No. 9, (2006).

HOLOS UNIVERSITY

#790 Masters Essays and Exam

Essay #4

**Evolving Spiritual Healing, Being an Essay on
Suzann Brune's Personal and Professional Healing Journey,
Integrating Three Stand-Alone Essays Authored by her:
1) Spiritual Healing: Awakening the Pineal Gland, 2006;
2) Spiritual Healing: Kundalini Energies, 2008; and
3) Spiritual Healing: Reiki, 2010.**

**Professors: Bob Nunley, PhD
 Berney Williams, PhD
 Paul Tomlinson, PhD**

January 25, 2011

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Background

Syllabus, HU 790, Masters Essays and Exam: In consultation with the Chair, the student chooses a specific topic of interest and writes three, ten-page stand-alone essays based on that topic. The first three essays explore and develop various aspects of the topic in depth and include both adequate references and bibliography. In the fourth essay the student *integrates the material* of the first three essays. This fourth essay is based upon the information in the first three essays and thus, is not a stand-alone essay. In its title, the fourth essay references the titles of the first three essays.

My first essay was written in 2006 on "**Awakening the Pineal Gland.**" It dealt with how awakening the pineal gland is a signal of spiritual growth and maturity. It discusses the physical characteristics of the pineal gland, its function, the mystical aspects, and exercises to enhance the opening of the pineal gland. Multidimensional consciousness occurs when the energies of the pituitary gland (masculine) unite with the energies of the pineal gland (feminine), known as the Mystical Marriage.

My second essay was written in 2008 on "**Kundalinī Energies.**" It dealt with the origin of Kundalini, an interpretation of this energy, its cultural and religious significance, and the physical and spiritual aspects of Kundalini awakening. The Kundalini energies are important for clearing the chakras and preparing the individual for the marriage of earth's energies (evolutionary) with those energies of divine origin. The ultimate goal of Kundalini is enlightenment, and the ultimate goal of the Christian is to be one with God, which are the same.

My third essay was written in 2010 on "**Reiki.**" It dealt with the definition and overview of Reiki, a brief history of Reiki, the degrees and a description of the attunements, symbolism used, suggested treatment guideline, and Reiki research. Further, the paper describes the seven various qualities of Ki (Chi) which flows through all matter. Reiki assists in clearing the chakras and raising ones vibrational level which ultimately enhances the vibratory level of the earth.

Introduction To My Fourth Essay

I believe nothing in this world is too small to be insignificant and everything happens for a reason and has a purpose. When we open ourselves to the higher dimensions, the world becomes our teacher.

I started a more intense spiritual journey upon realizing that the physical world was not fulfilling my inner desires. I had a job I loved and most anything I could want, but still felt something very important was missing. I was vacuuming the floor one day and said to my Higher Power, "I know the world is about much more than this Lord, please let me see what I am missing." I questioned the true meaning of life. Thereafter I had a vision of hands coming out of a stained glass window and felt it was asking me to work with Him. Of course I agreed and, thereafter, things began to change, opportunities arose to study energy, and I was on my way to an intense spiritual journey. I continued to be introduced to new ideas and people, thus leading the way to a study of the mind, body and spirit on the academic and personal levels.

While working in the medical field for many years, I realized we do not truly heal the person; they are only cured of a physical illness or ailment.

Duality

Our struggle with duality is the battle between light and dark energies within each individual. Understanding and treating this struggle is truly our spiritual purpose. Earth is one vessel with which to accomplish this feat. Each reincarnation brings opportunities to fulfill our contracts. I see the darker forces as those of the physical world, beckoning

us to submit ourselves to the material life. This is not just the world of obtaining material possessions, but the world of **idolatry, cupidity, and preoccupation**. Darkness is all around us, disguising itself in many forms. It is the master of disguise and trickery.

When the power of evil enters a room I sense a flash of “un-nerving energies,” and I feel a need to remove myself from the vicinity. My interpretation is that of a threat; it feels harmful. This has happened when I am in the presence of an individual who has yielded extensively to the whims of the physical world. This, too, has had a teaching aspect, showing me that I do not often see people for "who they really are;" I tend to accepting them at face value instead of looking deeper. Further, I now comprehend the subtle but powerful energies of evil.

We come into each lifetime to learn the lessons we have pre-planned. We are the actor on our own stage of life. In a new incarnation we mostly forget what we previously learned and knew, and start with a clean slate so to speak. Gladys McGarey says that when we are born the Angel of Forgetfulness lightly touches us. The light (that spark of the Divine) within us must be nurtured so it can grow. We must seek out those things in the physical world which will enhance our spiritual growth and not nurture the physical or discorded properties. None of us wants to admit we have discord lurking about; however, accepting self for exactly what and who we are is an important step on our individual and group spiritual journeys. Mostly our focus is on achieving everything but that which is the most crucial – connecting to our Higher Power and introspection. However, I believe that consciousness is one of the most important factors. When we can finally admit we yearn for something and nothing seems to quench that thirst, then the real seeking begins. This yearning must come from the heart and not the intellect. It is

easy to acknowledge that “we know” about seeking a spiritual journey; however, to yearn with the heart is a whole different matter.

Third Eye

As cited in my paper on Awakening the Pineal Gland, John Bleibtreu wrote that when a correct relationship is established between the personality (operating as the pituitary body) and the soul (operating through the pineal gland) a magnetic field is created, thus activating the ‘third eye,’ allowing one to perceive higher dimensions.ⁱ To activate the ‘third eye’ is to raise one’s frequency and move into higher consciousness - all consciousness is an experience perceived through the Eye of Time or Third Eye. When awakened, the third eye acts as a ‘stargate’ that sees beyond space-Time and into Time-Space.

By opening the third eye we give ourselves a whole new dimension of seeing the world and an avenue to be taught. I have had many past life scenes wherein I was shown an experience which left me feeling a certain way about life in general (often resulting in empathy or fear). It is more difficult to have empathy for another unless you have experienced what they are feeling. It is possible that some of the more traumatic experiences are dormant within and we are not fully aware of the experience. I remember back during Katrina (2005) I thought I had never experienced losing everything and I remarked to my guides and Higher Power I wasn’t sure I knew how that felt. Thereafter I was brought a scene wherein I had lost everything, possibly even my life, in a devastating cataclysmic event. The scene was so real to me there was no question in my mind what I

had experienced. During some of these 'other side' experiences I have had auditory or tactile (feeling) sensory perceptions.

Energy

If we view the flow of energy (chi) within us as that spark of the Divine and discord of that energy as interference from the physical world or darkness, we might understand that wellness/health comes from nurturing the light energies within.

I worked in the medical field as a nurse for many years, specializing in heart disease, liver transplant, and research. I came to understand that we can cure an illness or replace a body part, but we do not heal the individual's spiritual ills. Often an illness will recur or manifest in a different form because the underlying discord remains. Some holistic practitioners see energy discord as a hazy, dark energy. I see energy when I am actively seeing through my third eye, otherwise I sense energies.

When energy is not flowing down through the chakras it is likely due to a blockage. One subject I assisted felt she was to protect others (or send them energy) by placing colored lights around them. During one of these experiences she reports feeling the down flow of energy, only to shoot out through her third chakra with great force. The experience left her feeling very weak. This subject was having difficulty with severe stiffness in her hips and legs, making ambulating very difficult after sitting. Upon working on her I detected an egg sized blockage on her back around or just above the second chakra. I worked with BOS_BESⁱⁱ and aided the subject in releasing an enormous amount of grief surrounding an accidental suicide of her son.

Individual Rights (Heart Over Ego)

There is a lot of controversy regarding the Constitution of the United States and individual rights. The burning question seems to be, is our country being governed according to the Constitution. In addition, I seem to be surrounded by those who feel they must “speak their mind” citing it as a constitutional right – freedom of speech. Their argument is that women have been oppressed and it is time for us to speak out. Unfortunately, many of their comments are harmful, opinionated, harsh, and only their limited truth. I also see emails forwarded without regard as to whether or not they are the truth. The individual wants to believe the media, so they forward it to impress their bias thought forms onto others. As individuals we must ask ourselves exactly what we believe in and how did we arrive at those beliefs.

Long before the Constitution we had another important document which was impressed upon us – The Ten Commandments. If we lived our individual and group lives according to these mandates the world would be in a better place. Learning to speak from the heart and not the mind (or ego) would develop much better relationships; leading to better governed countries and improved international relationships.

Healing Modalities

On my personal journey I have experienced many different forms of healing modalities to aid in my wellness venture. No one modality is superior to others, I find they each serve a purpose and sometimes the combination of different approaches aids in healing the ailment or clearing an energy blockage. I have studied and practiced BOS-BES, Inner Counselor, Reiki and the Akashic Records. I have participated in

acupuncture (various varieties), Inner Counselor, massage, cranial sacral therapy, crystal and mineral healing, dream interpretation, Tibetan bowls, Rolfing, astrological readings, herbal therapy and general energy work. I see that often the time and depth of discord/ill takes its toll on the physical body, which leads to the aging process. While this has been my path, others may find a different approach to aid them on their journey.

Nature, birds and animals are often used to bring messages to me. For example, I was having a problem with people stealing energy from my being. This was revealed to me by hawks. These people what became known to me as Hawk People, people who prey on others for light energy. Hawks were circling me, my home, and my car. Whenever a hawk appeared I soon was robbed of energy by someone, which can lead to an emotional and/or physical drain. I remedied this by putting golden packets of energy outside my field. Each packet contained my excess energy plus a spark of the Divine. These packets were ready for any Hawk people to take. We must learn to protect ourselves as we continue on our journey. In many circumstances I was too trusting (usually with those people closest to me).

I quickly realized that it is more difficult to help others when one still has remnants of spiritual ills within. While I did work with others, the personal insight I obtained was more valuable to me. Today I question my motives and reactions in almost every situation, quick to realize that I have not mastered everything. There is always the desire to learn more. If our daily goal is looking within, we are on the right road to self discovery, healing, and ultimately ascension.

Divine Forces

On a few occasions I have been visited by a tremendous light force which I felt was a very large angel. It could have represented a source of energy, as it emanated the message “we are always here for you”. I felt I was being guided and watched over by this source of energy/energies. I would describe this light as very illuminating and coming from a central point. It has been seen with my naked eye when I was not in an altered state.

I have encountered many experiences, which were also used as teaching tools. For example: astral travel, the ability to see through walls, subliminal messages on a television set, past life regression, Kundalini arising, the opening of my third eye, the intimacy of human and spiritual connection as the High Priestess, and evil.

A few times while in another dimension, I was conscious enough to realize I could not see (with the physical eye). I became concerned and told the other entity with me I could not see. I kept trying to focus and all I could visualize was bright light. As I became more conscious (waking up phase) I realized I was on the other side. Thereafter I was acutely aware of how gifted we are to have the five senses in the physical body. I was very thankful for the physical experience and all it offers. When on the other side we do not rely on the five senses to guide us - communication is done through telepathy (or sensing).

Ascension

Death is usually considered the normal end to an individual’s life on Earth. Entering heaven while still in the physical form is considered exceptional and a sign of God’s special recognition. Multiple religions believe in the concept of ascension (or

entering heaven alive). Each belief system recognizes individuals whom they believe to have undergone physical ascension without experiencing death. Catholicism and Anglicanism believe that Jesus Christ, Enoch, Elias and the Virgin Mary were all ascended. In addition, Mormonism, Daoism, Hinduism, Islamic, Hellenistic, Judaism and Zoroastrianism also believe individuals have physical ascended.

I believe we earn the ability to ascend when we have mastered our goals by learning our spiritual lessons, whether in the physical dimension or elsewhere. This could very well be preprogrammed in our DNA, with activation at the appropriate time. I too believe we have the ability to ascend in the physical body. My experience was a returning to a Higher Power energy force, two of them, and the uniting was done with what we might recognize as a handshake. During this exchange I felt a conflation of my energies with the other two, almost as if we became one. I was very touched by this union. I sensed this as the trilogy of energetic forces – as the Father, the Son, and the Holy Spirit (or Divine Feminine) energies. I believe the Divine Feminine energies are present on Earth and now available for all to assimilate when spiritually ready.

I also believe that we often choose to come back into the physical dimension to further our standing in the Upper Heavens. This was slightly disenchanting to me, however, I see a hierarchy on the other side, just like here on Earth. The Hermes saying “As above, so below” could possibly be true.

Notes

ⁱ Bleibtreu, John. *The Third Eye & the Pineal Gland, 1996*. Retrieved February 4, 2006, reviewed January 24, 2011 from http://www.strayreality.com/Lanis_Strayreality/thirdtyepinealgland.htm

ⁱⁱ BOS-BES: Biocomputer Operating System developed by Larry Steel and the late Harvey Steel and Biocomputer Emotional Spiritual technique developed by Karin Cremasco, PhD. Dr. Cremasco utilized the two modalities together into the BOS-BES technique.