

AUTHORS PREFACE.

It was initially my intention to write a straightforward text for Reiki students for levels I & II. Just the facts as they immediately relate to the art. However, my own mind demands to know the how and the why and to honor the intellect with more than the essentials that relate to the subject.

There must be many others, who also like to 'lift the veil', I reasoned. So here is an overview of energies as applied to various modalities of the healing arts, which may be of interest to a broader section of the community. It may also benefit healers of all disciplines, especially those with the urge to unveil some of the less obvious realities.

The crossroads where philosopher-mystic comes to the meeting place of Science is, I hope, illumined with a brighter light.

My own journey of 'looking behind the veil' began about thirty years ago, when I realised there was much more to reality, (or, were there other realities?) than that which the senses experienced. I had experienced what was for me an awakening event. Having attended a seminar where I and my fellow travelers had been able to apply our minds quite differently to the normal day-to-day usage, we were able to project our minds to places distant and know what was going on.

Remote viewing it might be called today. What we viewed could be validated, as we were looking into the body of another person and detecting physical and or emotional discordances. The person, into whom we looked, had been nominated by another, who knew their current state of health and confirmed diagnosis. The accuracy of the findings was uncanny.

The experience taught me that it *was* so, but did not explain sufficient for my curiosity. The how and the why just begged to be filled in. My curiosity was whetted. So I set about on a journey of research and discovery. My path was set. I was able to unravel much. Though the more I learnt, the more I knew I didn't know. Never again could I possibly be bored. The thirst is one that doesn't quench.

I am grateful to Peter Honzacto for introducing me to other realms of consciousness and the application of those altered states. Peter is the Grandson of the late Sigmund Frued, the Austrian Psychiatrist (1856-1939) who pioneered the realms of the unconscious mind, in modern times.

Some years later I was introduced to Reiki, and have given considerable time and effort to explore the possibilities of that modality, and other subtle energy therapies.

Much of the research that I had done previously enabled me to understand to some degree, some of the mystery that is Reiki, which is the name given to a specific method of accessing particular life force energies and to deliver those same energies to another.

Knowledge is the dissipater of ignorance and of its handmaiden emotion, fear.

A woman who was in her mid sixties, read about Reiki and her interest was sparked. There was a Reiki Master visiting her town to introduce the art. She was unable to go, so she asked her daughter to attend the talk on her behalf. Her daughter duly reported that, "It is satanic!" She had been aware no doubt of high energy in the room. Unaccustomed energy. Fear rises, and the mind finds something fearful to attach to the emotion. In this case Satan was the fall guy. My thoughts on being told this story were that if this is satanic, then, I would have to readdress my idea of God. The woman incidentally proceeded to have a Reiki session and enjoyed it immensely. She had no such notions, as did her daughter.

It is in the pursuit of dispelling that brand of ignorance and its handmaiden emotion, fear, that I decided to change this treatise to one which included an overview of the phenomenon of subtle energy and its relationship to the human organism. I included some of the ways (in addition to Reiki), of engaging healing energy of providing stepping-stones for the path to understanding the nature of the energies, and the response to those energies. The emphasis of this writing is on Reiki. It can be integrated with, and complement any other modality, and is of primary interest to me.

The universality of energy and the interrelationships of the various forms of applied energy as in the various therapies that is now re-emerging from long hibernation. They are being validated by means of modern technology and now celebrate a new dawn. A dawn that ushers in an era in which each and every individual will have the capacity to take their power into their own hands for their own wholeness and well-being. Providing that they so choose.

One of India's foremost authors and researchers in bio-energy, (Whose name I cannot give as I have lost the reference. However I think it is sufficiently significant to risk quoting without the source, (My apologies to the author.) describe how energy relates to the biomass in the healing process as follows:

"...An electromagnetic principle of formative energy guides the integration of matter and controls the structural differentiation of all organisms. Only on such a principle can organic rejuvenation and regeneration be possible. In fact it is imperative that it be so. The chief aim of all healing methods should be towards the preservation, restoration and regeneration of

electrical potential, for this is the key to the dilemma that continues to plague allopathic medicine." (The underline is mine).

The above quote I believe aptly describes energy therapies such as Reiki.

The Preservation, - restoration and - regeneration of electrical potential.

It ought to be noted that energy healing does not confine itself to the dense physical body. It also addresses mental/emotional/spiritual levels. The causative or underlying factors are addressed. It is now generally recognised that emotional and or spiritual dis-ease /dis-quiet, is frequently the initiator and precursor of physical disorder. The chemical soup in which we now live adds pollution of the body as a significant factor in assaulting our immune systems and ushering in disease states.

This treatise is a collection of the wisdom of numerous teachers, writers and researchers both recent and ancient. As such I have been liberal with lengthy quotations to allow the jewels to shine for themselves and cast an undimmed light for the reader to enjoy.



Healing experiences.



I believe it's appropriate to share with you the reports that I requested from some of my clients.

One can twaddle on endlessly about energy and healing. However results are the measure.

Without reports of the effectiveness of energy healing it is of little account to go into the ins and outs of the modality. So I will begin the story with reports written by clients about their experiences and healing with energy intervention.

VISIONS - ARCHETYPAL EXPERIENCES, INSIGHTS, SPONTANEOUS REGRESSION, AND HEALING.

The following are 'case histories', provided by clients of their experiences during Energy Therapy sessions, which included the engagement of Reiki energy and mind journeying. I had intended to edit and give only the essence. However on reading them through again, I believe that they should stand unedited, and speak in all their majesty for themselves.

These sessions were guided only insofar as I lead clients into an appropriate place of consciousness where the unfolding was allowed to take its course. Encouragement and questions were asked to clarify. At no time was rebirthing evoked. Spontaneity was the ethos. Names have been changed to protect privacy of the individuals.

This illustrates one of the many possible applications of subtle body energy therapy. The following are visions, regressions, archetypal connections, and experiences during the sessions. The clarity of vision at other levels of mind with out drugs or hypnosis, but with energy as the catalyst, is interesting.