

## **Additional Notes to Reiki Tummo Level 1 Workshop Manual**

### **GROUNDING TECHNIQUE**

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This technique can be practiced by all people, Reiki Tummo or non Reiki Tummo practitioners with the main difference in using visualization. For Reiki Tummo practitioners, since you have been attuned in divine Reiki energy and have better connection to your higher self, you do not need to do any visualization during practicing this technique. Intention and smile more at your heart is all you need to do. For non-Reiki Tummo practitioners, visualization is important in practicing this technique.

#### ***Benefit (when practiced regularly):***

1. To cleanse and to refine all of body cells from negative energy (it is good even for ill people);
2. To cleanse and to activate all major chakras;
3. To give additional psychic protection (shield) from negative energy attack;
4. To give better connection to spiritual energy which is very good for spiritual life;
5. To give better connection to earth energy which is very good for prosperity;
6. To balance spiritual and worldly life aspects;
7. To level excessive Kundalini energy from Tummo technique;
8. Can be combined with Gland Cleansing Technique for better result (see The Gland Cleansing Technique below);

#### ***Training suggestion (for better result):***

1. Practice this technique twice daily in the first week following your first level of Reiki Tummo Attunement. Later on it is enough to practice it once daily. It is good to practice this technique in the morning before going out of home.
2. Requirement:
  - a. Quiet room with no disturbance during practice; having enough light but not too bright to help you relax
  - b. Turn on new age music or any relaxation music you prefer. Note: the cassette and CD of this technique with the Grandmaster (Master Irmansyah Effendi, MSc.) voice are available now. You may order the CD or cassette through your nearest Padmacahaya representative office, nearest Padmacahaya workshop host or email me for more information.
  - c. Light (an) incenses or use any aroma therapy fragrance that specially design to help relax
3. If you are a religious person, it is suggested to start the exercise by praying to God, Divine Source, for help, guidance and blessing. Then after finishing the exercise do not forget to pray to appreciate all the help, guidance and blessing.
4. Prior to doing the core exercise, it is always suggested to activate your crown chakra by means of intention and hand movement like opening a lotus on top of your head (for Reiki Tummo I practitioners) or by means of Cho-Ku-Rei symbol for practitioners of Reiki Tummo II or higher level.

5. Prior to starting the core exercise, you need to do relaxation exercise to make your body and mind more relaxed. The simple suggested relaxation technique is as follows (do while closing your eyes and smile to help you more relaxed):
  - a. Inhale deeply without forcing yourself.
  - b. Exhale slowly and feel all tension on all part of your body is being exhaled away together with your breath.
  - c. Inhale deeply without forcing yourself.
  - d. Exhale slowly and feel all part of your body, from your toes to your head, becomes very relaxed.
  - e. Inhale deeply without forcing yourself.
  - f. Exhale slowly and feel all negative energy from your mind and your body is being exhaled away from your body;
  - g. Inhale deeply without forcing yourself.
  - h. Exhale slowly and feel your mind and your whole body become very relaxed.
  - i. Smile at your heart at the center of your chest, smile with all your love and feeling, and enjoy ☺
  - j. You can repeat this sequence until you feel very relaxed to start the exercise.
6. During the practice you need to maintain your back and neck straight without forcing your self. You may stand up or sit on the chair or sit on the floor (use mattress cover) in any asana yoga posture you have trained so far (sit with the legs crossed) during the exercise. When you sit on the chair, try not to lean on the chair. But, when you find it is difficult for you, you may lean on the chair as long as you can keep your back and neck straight enough. It is suggested not to lie down unless you are not strong enough to remain erect throughout the exercise or your are in ill condition that prevents you from being erect throughout the exercise; lying down precludes worrying about a straight back. Ill people may lie down for convenience during the exercise. When you sit down you need to put your hands on your thighs with your palms facing upward (receiving position). It is suggested to close your eyes during the exercise to help you focus (but no concentration, only relax during practice).
7. During the exercise, make sure you are always relaxed, no concentration at all, just breath normally and smile more at your heart in the center of your chest and enjoy the process with your feeling.

***The Technique:***

1. Put your attention at your crown chakra at the top of your head.....Feel the Divine energy as bright white light from above flowing down into your crown chakra.....activating and cleansing your crown chakra.....Your crown chakra is rotating clockwise and counter clockwise while cleansing itself...., smile ☺ and enjoy.....
2. Feel more and more Divine energy flowing down into your crown chakra.... and your crown chakra becomes brighter and cleaner .... and start blossoming like a bright lotus .....Just smile ☺ and relaxed.....and enjoy....
3. Feel this Divine energy flowing down into your crown chakra.....through your head....and start to fill your head cavity.....Divine energy flows into the upper part of your head cavity .....middle part ...and the lower part.....Divine energy removes all negative energy .....while filling your head cavity .....

4. Enjoy the flow of Divine energy which is flowing into your crown chakra continuously into your head.....Feel Divine energy flows faster .....smoother .....and brighter.....Divine energy keep on removing negative energy from your head cavity .....and pushing all negative energy away from your head.....
5. Divine energy now starts flowing toward your ajna chakra between your eyebrows..... As Divine energy flow out of the Ajna chakra ....all blockages and impurities from the ajna chakra are being washed away by the Divine energy .....Ajna chakra becomes brighter and cleaner....
6. Your ajna chakra start rotating clockwise and counter clockwise .....cleansing itself .....becoming cleaner and more active .....Relaxed and enjoy ....while Divine energy is cleansing your ajna chakra.....
7. Feel more and more Divine energy flowing down to your crown chakra.....and realize that some of the Divine energy now is flowing down toward your throat .....starting to enter your throat ..... removing all negative energy from inside your throat.... and pushing all negative energy out toward your throat chakra.....
8. As Divine energy flow out through the throat chakra,..... the throat chakra start to become cleaner .....more active ....and start to rotate clockwise and counter clockwise .....Relaxed and enjoy.....smile ☺.....
9. Feel as your throat chakra rotating clockwise and counter clockwise ...your throat chakra becomes cleaner, brighter and more developed.....
10. Now feel that Divine energy is flowing down into your upper chest cavity.....Some Divine energy is entering your left shoulder ....and some is entering your right shoulder ....Divine energy from your shoulders flow down into your forearms, elbows ....., your hands, .... and all the way toward your fingers.....While flowing, Divine energy also cleansing .....removing all negative energy.....and pushing them out of your fingertips....
11. Divine energy fills your chest cavity ....and flows down into the rest of your chest cavity .....toward your diaphragm .....All impurity and negative energy in cells and all of your organs inside your chest cavity are being cleansed and pushed away by Divine energy out from your body through your heart chakra which is located at the center of your chest ....
12. Let Divine energy flows out through your heart chakra while dragging all negative energy from your chest .....and feel your chest become lighter ....all of the organs inside your chest cavity becomes healthier .....
13. As Divine energy flows out to your heart chakra, your heart chakra becomes cleaner, brighter and rotating clockwise and counter clockwise .....becoming more active and more developed .....Just relaxed and enjoy.....smile ☺.....
14. Feel Divine energy flowing down from above into your crown chakra becomes smoother...brighter.....While still flowing out through your ajna chakra, your throat chakra and your heart chakra...Divine energy flow even further to the lower part of your body .....
15. Divine energy is now flowing through your diaphragm ...entering your upper stomach cavity .....,The Divine energy fills your upper stomach cavity totally....and cleanses all cells and organs there ....All negativity are dragged out by the Divine energy through your navel chakra at your navel....

16. Let Divine energy flowing out through your navel chakra ....cleansing your navel chakra ....so that it becomes brighter and cleaner ..... and start to rotate clockwise and counter clockwise....Relaxed and enjoy while your navel chakra becomes cleaner ....brighter ...and more developed....
17. Now ..feel Divine energy flow into your lower stomach cavity ...filling up all of the organs in your lower stomach cavity ....cleansing them ....and bringing out the negative energy through your sex chakra that is located at your pelvic bone.....Feel as Divine energy flowing out through your sex chakra ...your sex chakra becomes cleaner, brighter ...and start to rotate clockwise and counter clockwise.....Relaxed....enjoy...and smile ☺ ....
18. Feel Divine energy from your head cavity is entering your neck ...into your neck bone ....cleansing your neck bone disc by disc while dragging all negativity .....Divine energy keeps on flowing into the lower part of your spine ...flowing along the spine .....toward the lower part of your spine....until it reaches the tailbone .....
19. As Divine energy reach the last disc of your tailbone.... it keeps on flowing downward....and out toward your base chakra....Feel base chakra becomes cleaner, brighter and rotating clockwise and counter clockwise .....Relaxed and smile ☺ .....
20. While the Divine energy still keep on flowing into your crown chakra and out through your other six main chakras ...Divine energy is now flowing toward your thighs ....knees ....legs ....and your toes ....Divine energy brings out all of your negative energy and impurities through the sole of your foot ....
21. Relaxed and enjoy while your body being cleansed totally by the Divine energy..... Feel your body becomes lighter, fresher and healthier....The Divine energy keeps on flowing into your crown chakra to cleanse your entire body and flowing out through your other six main chakras ....through your palms....through your sole of the foot....And as well as through your mini fingers and toes chakras....Feel all your chakras become more active ....cleaner ....and brighter....
22. If you have a health problem, simply put your attention to the part of your body that has the problem ...smile at it ....and feel that part of the body will become cleaner, brighter and healthier ....Feel that your whole body become very clean, fresh, healthy, and energized.....
23. Now ....for those of you who are sitting with your legs cross ....let the Divine energy flow out through your base chakra ....toward the center of the Earth ...But those of you who are sitting on the chair or standing ....let the Divine energy flow out through the sole of your foot ....toward the Earth's core....
24. Let the energy flowing out from your body reach the floor .....penetrating the Earth layer by layer .....going down further and further.....Just smile ☺ and relaxed .....until Divine energy reach the center of the Earth.....Let Divine energy flow to the core of the Earth.....
25. Give your love and your smile to the core of the Earth....And feel as you are giving the love and the energy toward the core of the Earth, the Earth responds your love and your energy.....
26. While the Divine energy still flowing into your body continuously ..... feel the Earth start responding by giving you bright green energy that start ascending from the Earth surface.....The bright green energy is going up in the tube form as wide as your body.....This energy is reaching the lower part of your body ....going up to

- reach your buttock .....your waist .....your solar plexus .....your chest .....neck  
.....cheek ...upper part of the head.....and still going up further.....
27. After reaching one meter above the head .....this bright green energy is spreading like a big umbrella to form the upper part of a giant egg for the psychic protection .....relaxed.....smile ☺...enjoy...
28. The green light keeps ascending from the Earth ....flowing along your body upward ....and upper part of the giant egg becomes wider ..... downward ... and reach the height of your head .....while maintaining one meter distance from around your body....The giant egg in the energy form is completing ...until it reaches the floor and finally closing one meter below your body ...The giant energy egg is now completed and will give you protection....
29. As soon as the giant energy egg is formed perfectly....Divine energy flowing through your crown chakra is now flowing down only toward your heart chakra.....Divine energy and green energy from the Earth are mixing at your heart chakra and spreading to your entire body to give all positive things for your life, your health and your spiritual improvement.....
30. Now ....have the intention that even you are going to stop this exercise ..both Divine energy and green energy will still flow continuously ....Smile ☺ and relaxed.....and enjoy .....
31. Move your fingers slowly and open your eyes with a happy smile ☺

### **GLAND CLEANSING TECHNIQUE**

In addition to their important functions for physical body metabolism, the glands also have very important functions from spiritual point of view. For example, the pineal gland which is located in the center of the head is the very important gland for spiritual process because it can produce Endorphine hormone which is very good to calm the mind, so we can do meditation better to advance our consciousness to higher level.

As mentioned above, you can combine the grounding technique with gland cleansing technique. Simply have the intention that the divine energy is to cleanse your gland in addition to cleansing your major chakras. Note that every major chakra is related directly to each of our major gland. Just give about 10 to 20 seconds additional time for the divine energy to cleanse each major gland related to each major chakra when the divine energy is working on each chakra, to make the gland cleaner, healthier brighter and balanced. For example when the divine energy is working on your ajna or brow chakra then prior to moving to your throat chakra you can add another 10 to 20 seconds for the divine energy to cleanse the pituitary gland to make it cleaner, healthier brighter and balanced. Do this just by intention while smiling with love and feeling at that particular gland.

The chakra and gland relation is as follows: The pineal gland is related to the Ajna chakra; The thyroid and parathyroid glands are related to the throat chakra; The thymus gland is related to the heart chakra; The pancreas gland is related to the navel chakra; The ovaries (in women) or the testes (in men) is related to the sex or sacral chakra; The adrenals is related to the base chakra.