

GENDAI REIKI

Curriculum



Kanji for Light (Hikari)



Sending Joy

A Meditation created for Okuden

Sit balanced in your chair, with your feet on the floor or supported on a stool, palms comfortably in your lap or supported at your sides, head upright and aligned with your spine, eyes closed, body relaxed, slow deep breaths

Focus on your breathing . . . slow deep breaths . . . in and out

In your mind's eye you find yourself standing beside a sunflower
The sunflower, in full bloom, stands as tall as you are
Her stem, thick and smooth, reaches straight to the sky
Her leaves, green and strong, wave gently in the summer breeze
Her face, crowned with yellow petals, lifts toward the sun
You sense her kindness and her friendship

Turn your attention to the soles of your feet
as you lean close to the flower
Imagine that you, too, grow roots into the soft earth
You stand tall and strong, without effort
You feel the warm and nurturing sun on your skin
A soft breeze brushes your loose clothing and wafts through your hair
You are carefree and young of spirit

Turn your face to the sun, your eyes are closed
You feel a radiance of light swirling leisurely
around the top of your head like a crown
Close to the flower, your energy merges with hers
You bow to one another playfully
With a light heart you begin to dance, twirling gently together
Arms and leaves entwined, faces smiling
Two children dancing joyfully to the music of the summer sun

Your body sways easily from side to side,

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Your feet are planted securely in the earth
The music fills you with light hearted joy
Stay with the feeling . . .

In the palm of your hand you find a small seed
A precious gift from your new flower friend
A gift of growth and life, abundance, and future joy

Take the time now to think of a wish you wish to come true
Give the wish form, put it into sentences or pictures or sounds
See the wish unfolding exactly as you wish it to be
Step into the story, watch it happening in your mind's eye
More than a dream, this wish is coming true
Put the whole story into the seed your sunflower friend has given you

When your story is complete, cup your other hand over the seed . . .

Your whole wish fits easily into that small seed
Know that it is filled with the joy you have created
As you hold the seed in the palm of your hand
you know this joy will come to pass

Reach down and plant your seed in the soft earth beneath your feet
Cover it with soil, and sprinkle it with clear water
The seed has everything it needs to sprout, grow strong, and bear
fruit

It is time to leave your friend for now
Thank her for this wonderful gift of joy,
a seed with your future growing inside

When you are ready, bring yourself back to this room
Take a slow deep breath . . .
When you open your eyes you will feel refreshed and relaxed,
centered and at peace . . .

shpc June 8, 2005