



## Healing Hands

*Ascension Reiki- 1st Degree*

*(The Acting Body)*



## *Right View/Right Attention*

A Healer is born by receiving an Attunement. With this Universal experience of an attunement, Universal Life Force Energy- Universal Love- Divine Love begins to flow automatically into and through the practitioner whenever they place their hands on themselves or another person, with the intent to heal.

Right View and Right Attention begins with is the simple act of the laying aside of selfish interests or ego so that the Higher Will of the Reiki Source, our One Creator, may manifest to help or heal the person in need. By doing this the Higher Will of the "Reiki Source" manifests or flows through the practitioner into the receiver. It is the ki or prana that flows from Our Creator through the practitioner to the receiver that heals. The Reiki Source guides the flow and direction of this ki or prana to where it is needed most to bring the highest good to the receiver. The Higher Will of the Reiki Source is Universal Love.

As we progress on the path Right View of the Four Noble Truths becomes a part of our lives. A realization that if we place our attention on Love and Our One Creator we enter the Mode of Innocence and the Presence of God frees us from the inertia of the world and universe. The darkness made by the habits of our corrupt nature is dispelled and suffering begins to fall away.

I. The First Degree Attunement of Ascension Reiki Attunes the Acting Body and deepens the flow of Reiki in and through the Physical Body and its Seven Systems and Five Senses for Healing and growth on the Path of Reiki. (Conscious and the Unconscious) (Physical Healing)

## *The Nature of Manifestation*

Religion and science both study the origin and nature of the universe and the physical world. Systematized knowledge derived from objective observation, study and experimentation carried on in order to determine the nature of life is called the search for Truth!

Dr. Deepak Chopra, M.D., in his book "Creating Affluence," says that according to physicists, the source of the universe is called the Unified Field or Quantum Field. He explains that everything that is evident or manifested has its origin in the Unified Field. The Unified Field by itself is unmanifested, without form, a void and/or a field of all possibilities.

Physicists tell us the Unified Field is an unmanifested oneness of energy and information. Waves, frequencies or impulses of energy and information materialize from the Unified Field in the form of subatomic particles that make up atoms. The subatomic particles such as protons, electrons, quarks, bosons, leptons etc., that make up an atom of hydrogen or an atom of oxygen are the same. An atom of hydrogen is different from an atom of oxygen because of the different quantities and combinations of these subatomic particles or impulses of energy and information.

Molecules are groups of atoms. When molecules are combined chemically, they are called compounds. Organic compounds all contain molecules of carbon. Organic compounds are the basis for all life forms (on planet earth). Example: carbohydrates (sugars), lipids (fat), proteins (muscle), and DNA.

Cells, composed of molecules, are the basic structural building blocks of any organism. Example: blood cells and nerve cells, etc.

Tissues are groups of similar cells working together performing a certain function, for example: the four kinds of tissues- epithelial tissue, connective tissue, muscle tissue, and nerve tissue.

Organs are composed of two or more different kinds of tissues, for example: heart, lungs, liver etc.

Body systems are groups of organs performing a certain function, for example: the digestive system. An organism is the total of all systems together, for example: Human Being.

## *Quantum Mechanics*

Subatomic particles are so small they can't be seen by the naked eye or even with a microscope. Physicists know that subatomic particles exist because of the trails they leave behind on the photographic plates. The photographic plates are used to record the Unified Field experiments inside of particle accelerators.

In the particle accelerator experiments, physicists discovered something amazing. The trails of the subatomic particles only showed up on the photographic plates when there were people observing the experiments. When the scientists were out to lunch, no one was observing the Unified Field experiments. Nothing showed up on the photographic plates of the experiments that took place while they were out to lunch.

This basic discovery showed scientists that when attention is focused on the Unified Field, waves of energy change into particles. Conversely when our attention is not focused on the Unified Field, no particles materialize. Our attention when focused on the Unified Field is actually enough to change a wave to particle. These experiments prove that the universe is essentially mind stuff of a Great Intelligence beyond our own.

Scientists have shown that our attention or mental activities actually transform themselves into molecules called neuropeptides. These neuropeptides are not only found in the brain but in every cell of the body.

Neuropeptides are the chemical messengers of our thought patterns to the cells in our bodies. Whatever we focus our attention on not only makes a difference in our body chemistry and health but what we actually draw into our life experience.

When we place our attention on all the positive qualities of the Unified Field, The Field of all Possibilities, these qualities manifest in our awareness and in our body chemistry and health. The process of materializing particles, peptides or planets into existence by the focusing of mental activity on the Unified Field is called Quantum Mechanics.

The Manifestation of the Material Universe is caused by the Love and Attention of The Great Being upon the Field of All Possibilities, The Quantum Field, or Unified Field.

## Subtle Anatomy

Everything that has anything to do with us as human beings has a connection to some part of our anatomy. The understanding of the total anatomy of a human being is the key to understanding all knowledge, all truth and all healing. How can a person either understand or achieve total healing without knowing what a total, complete, whole human being really is?

Have you ever thought about what you are and how you came to experience everything there is? Is the Self all you are or is there something more? The path of remembrance is a journey of curiosity about what life actually is. As you become curious about life, the synchronicity of coincidences increases, and you begin to remember who and what you are. You also begin remembering where you came from and how you were created.

The Higher Self has five main components and three minor ones for operating in the material world. These components are

- 1. The Will
- 2. The Spirit
- 3. The Soul
- 4. The Mind
- 5. Karmic or Atmic Body. The Karmic Body is made up of three layers which are:
  1. The Acting Body (consciousness, the unconscious)(Gross Body/Physical Body)
  2. The Thinking Body (collective consciousness, the collective unconscious) (Subtle Body/Auras&Pranas)
  3. The Feeling Body (cosmic consciousness, the cosmic unconscious) (Causal Body/Chakras)

*"Harmony to the Essenes meant peace. They considered that human life can be divided into seven departments: physical, mental, emotional, social, cultural, its relationship with nature and its relationship with the entire cosmos."*

*"Man, it was held, has three bodies that function in each of these departments: an acting body, a feeling body and a thinking body. The thinking body's highest power is wisdom. The feeling body's highest power is Love. The acting body's function is to translate the wisdom of the thinking body and the Love of the feeling body into action in an individual's social and cultural worlds and in his utilization of the terrestrial and heavenly forces."*

Quotation from: "The Essene Way - Biogenic Living" by Edmond Bordeaux Szekely. With permission and thanks from International Biogenic Society- P.O. Box 849, Nelson, B.C., Canada V1L 6A5 (Catalog of books available at same address)

## A-U-M

*This Self, beyond all words, is the syllable OM. This syllable, though indivisible, consists of three letters- A-U-M.*

*The Self as the universal person in his/her physical being, corresponds to the first letter- A (Acting Body and its 12 energies)*

*The Self as the universal person in his/her mental being, corresponds to the second letter- U (The Thinking Body and its 12 energies)*

*The Self as the universal person in dreamless sleep, corresponds to the third letter- M (The Feeling Body and its 12 energies)*

*The Fourth, the Self, is OM, the indivisible syllable (Its manifestation of Grace on the three Levels).*

*This syllable is unutterable, and beyond the mind (and Thinking Body). In it the manifold universe (of Inertia) disappears. It is the supreme good (beyond the light of material goodness)- One without a second. Whosoever knows OM, the Self, becomes the Self.*

(From: The Upanishads- Mandukya Upanishad)

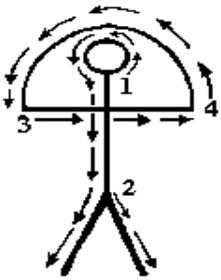
- The Twelve Energies of the Acting Body are composed of the Seven Anatomical Systems and the Five Senses of the Physical Body.
- The Twelve Energies of the Thinking Body are composed of the Seven Auras around the Body and the Five Pranas within the Body.
- The Twelve Energies of the Feeling Body are composed of the Seven Chakras on the Governing Vessel and the Five Chakras on the Conceptual Vessel.
- The Twelve Energies of the Karmic Body (Om) are composed of the Twelve pairs of Organ Meridians that are connected to the Governing and Conceptual Vessels.

## *A-u-m*

*The Self as the universal person in his/her physical being, corresponds to the first letter- A (Acting Body and its 12 energies)*

### *Rainbow Woman/Man Symbol of the 12 Spiritual Energies of The Acting Body*

	<p>This symbol is called The Indalo or Rainbow Woman/Man. This symbol represents the Acting Body, The Seven Anatomical Systems and The Five Sensory Organs.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>The Seven Anatomical Systems</b>                      Circulatory System- Blood, Heart, Lymph System                      Digestive System                      Respiratory System                      Muscular System                      Skeletal System                      Brain and Nerve System                      Endocrine System- Seven Endocrine Glands, Reproduction</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>The Five Sensory Organs</b>                      Skin- Touch                      Tongue- Taste                      Nose- Smell                      Eyes- Sight                      Ears- Hearing</p> </td> </tr> </table>	<p><b>The Seven Anatomical Systems</b>                      Circulatory System- Blood, Heart, Lymph System                      Digestive System                      Respiratory System                      Muscular System                      Skeletal System                      Brain and Nerve System                      Endocrine System- Seven Endocrine Glands, Reproduction</p>	<p><b>The Five Sensory Organs</b>                      Skin- Touch                      Tongue- Taste                      Nose- Smell                      Eyes- Sight                      Ears- Hearing</p>
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### *Drawing the Rainbow Woman/Man Symbol*

This symbol is drawn and used for general healing and balancing of the physical body and its systems. It is also used for the healing of the Acting Body and its relationship with the Mode of Innocence.

### *Anatomy and Physiology of the Acting Body*

<b>The Acting Body</b>	<b>The Five Senses</b>	<b>The Seven Systems</b>
	<p>Touch Taste Smell Sight Hearing</p>	<p>Circulatory System Digestive System Respiratory System Muscular System Skeletal System Brain and Nerve System Endocrine System</p>

Note: It is highly recommended that you have a good picture anatomy/physiology book for reference.

## *The Endocrine System*

The Endocrine is manifested by the presence of the Seven Spirits of the Elohim in the Body. The Endocrine System is part of the intricate feedback system of the Brain and Nerve System. The Brain, the nerve system and the Endocrine glands work together to regulate growth, development and maintenance of the body.

The endocrine system consists of Seven Endocrine Glands. The endocrine glands produce hormones which are the chemical messengers of the endocrine system. These chemical messengers, which regulate the body functions, are secreted by the endocrine glands into the spaces between the cells, and then the hormones enter the bloodstream. The hormones circulate around the body in the bloodstream to target cells, tissues and organs which receive only the particular hormone they are receptive to. When the level of a particular hormone in the blood is too high production is decreased, and when a level is too low more is produced.

### *The Seven Endocrine Glands*

- 1. The Pineal Gland is the integrator of the endocrine system. The right brain and left brain send impulses through the Corpus Callosum to the Pineal Gland. The Pineal Gland produces a hormone called Melatonin which regulates sleep and waking states. The Pineal regulates the rhythms and timing of cycles of body functions. Melatonin stimulates the Hypothalamus. The hypothalamus secretes a hormone that stimulates or inhibits the secretion of pituitary gland hormones. (The Coordination- Timing)
- 2. The Pituitary Gland is the coordinator of the endocrine system. The pituitary stimulates the growth of most body tissues and helps regulate metabolism. The pituitary also stimulates the thyroid gland, adrenal glands, the synthesis of pigments in the skin and the regulation of water absorption by the kidneys. In women the pituitary stimulates the ovaries, ovulation, the secretions of estrogen and progesterone, the uterus in preparation for the fertilized egg, the contractions of the uterus in child birth, the production and release of milk in the breasts. In men the pituitary stimulates the testes, the production of testosterone and the production of sperm. (Integration)
- 3. The thyroid and parathyroid regulate metabolism in the body. They also control the calcium levels in the blood, promote skeletal growth, help the body in the use of carbohydrates, proteins, fats and cholesterol. (Assimilation)
- 4. The thymus gland controls the general growth of the body and the immune system. The thymus plays a major role in the body's immune system response. It also controls the lymphatic system and the production of antibodies and T-cells (white blood cells). (Balance-Growth)
- 5. The Adrenal Glands stimulate the fight or flight response. It increases blood sugar levels, increases blood pressure and affects secondary sex characteristics. The adrenal glands control salt and water balance in the body. (Protection)
- 6. The Pancreas stimulates the digestive system and regulates the blood sugar levels of the blood with insulin and glucagons. (Giving and Receiving)
- 7. The Gonads are the ovaries in women and the testes in men. The gonads also are contributors in the sexual and survival drives in humans. The ovaries are responsible for the development and maintenance of female secondary sexual characteristics, sexual organs, the production of eggs and the menstrual cycle and sexual reproduction. The testes are responsible for the development and maintenance of the male secondary sexual characteristics, sexual organs, the production of sperm and sexual reproduction. (Survival)

### *The Brain and Nerve System*

The Brain and the Nerve System is manifested by the presence of the Higher Self in the Body. It is the Electrical System of the body. It is composed of the Central Nerve System and the Peripheral Nerve System. The Central Nerve System is composed of The Brain, The Brain Stem and The Spinal Chord. The Peripheral Nerve System consists of twelve pairs of cranial nerves which emerge from the brain and 31 pairs of spinal nerves which emerge from the spinal chord.

The Brain is divided into two main categories, Forebrain and the Brain stem. The brain stem is divided into two categories, the Mid brain and the Hind brain.

The Forebrain consists of the two cerebral hemispheres, the corpus callosum, the pineal gland, the thalamus, hypothalamus and pituitary gland. The functions of the brain stem and the spinal chord are controlled by the forebrain.

The cerebral hemispheres receive sensations from the senses, are involved in perception, thinking, intelligence, memory, decision making and the movement of body parts.

The right cerebral hemisphere (right brain) in most people is important in inner perceptions such as creativity, intuitive processes, art and music appreciation, and spatial perception.

The left cerebral hemisphere (left brain) is important in outward perceptions such as logical linear thinking, mathematics and languages.

The corpus callosum is a wide band of nerve tracts that connects the right and left brain together and enables the two hemispheres to communicate with each other and work together. The corpus callosum, the right brain and the left brain also control pineal gland.

The pineal gland is an endocrine gland which secretes a hormone that stimulates the hypothalamus. The pineal is located just in front of the posterior end of the corpus callosum.

Thalamus relays information to the cerebrum from the senses and sends instructions to the body muscles from the cerebrum.

The Hypothalamus coordinates the central nervous system and controls sleep, body temperature, appetite and other life processes in the body. The hypothalamus also secretes hormones that stimulate the pituitary gland which is attached to the lower part of the hypothalamus.

The pituitary gland is an endocrine gland that coordinates all the other endocrine glands.

The Brain stem is divided into two parts: the mid brain and the hind brain.

The mid brain is the highest part of the brain stem and is a relay station for messages to and from the brain.

The hind brain is composed of the cerebellum, the pons and the medulla oblongata.

*The medulla contains all ascending and descending tracts that connect the spinal cord and various parts of the brain. These tracts constitute the white matter of the medulla. Most tracts cross over from one side to the other as they pass through the medulla.....*

*The principal motor fibers that decussate in the medulla originate in the cerebral cortex and pass inferiorly to the medulla. The fibers cross in the pyramids and descend in the lateral white columns of the spinal cord, ending in the anterior gray horns. Here the synapses occur with motor neurons that supply skeletal muscles. Thus fibers that originate in the left cerebral cortex activate muscles on the right side of the body, and fibers that originate in the right cerebral cortex activate muscles on the left side of the body. (Principles of Anatomy and Physiology p. 412)*

The cerebellum maintains posture and coordinates complex body movements.

The pons affects breathing and conducts information back and forth between areas of the brain and the body.

The medulla oblongata communicates information between the higher brain centers and the spinal cord. It regulates the heart beat and the strength of the heartbeat, the rate of respiration and the diameter of the blood vessels.

The spinal cord contains nerve circuits which convey information to and from the brain. The spinal cord is located in the spinal cavity which is in the vertebral column. Inside the spinal cavity is cerebrospinal fluid which circulates in the spinal cavity and in and around the brain. The fluid is produced by the choroid plexus which is just below the corpus callosum. The choroid plexus is in the center of two cavities called the lateral ventricles. The cerebrospinal fluid drains from the lateral ventricles to the third ventricle then to the cerebral aqueduct to the fourth ventricle and to the central canal which is attached to the brain stem. From the central canal the fluid circulates down the central canal of the spinal cord and into the space surrounding the spinal cord and brain

The spinal cord and brain are suspended in the cerebrospinal fluid which protects them. The brain is sort of suspended in fluid, so its sensitive nerve tissue won't be crushed by the weight of the brain. The blood, as well as the cerebrospinal fluid, provides nutrition and monitors pH balance and carbon dioxide levels in the body.

The peripheral nerve system is made up of 12 pairs of cranial nerves and 31 pairs of spinal nerves. The twelve pairs of cranial nerves of the peripheral nerve system are the nerves associated with the five senses and their related functions. The thirty one pairs of spinal nerves are associated with the different regions of the vertebral column. These nerves carry information to and from different regions of the body. They carry sensory information from glands, organs and muscles to the spinal cord and send motor impulses to the glands, organs and muscles in the different regions of the body.

Of the 12 pairs of cranial nerves 2 pairs emerge from the brain and 10 pairs emerge from the brain stem. The 31 pairs of spinal nerves emerge from the five regions of the vertebral column.

- 1. Cervical- 8 pairs of cervical spinal nerves- carries impulses to and from areas of the head, neck, chest, shoulders, arms and hands. (reflections of The Eightfold Path)
- 2. Thoracic- 12 pairs of thoracic spinal nerves- carry impulses to and from the areas of the chest and ribs. (Reflections of the 12 anatomical aspects of the Transcendental Creator)
- 3. Lumbar- 5 pairs of lumbar spinal nerves- carry impulses to and from the areas of the abdomen, pelvic and thighs. (reflections of the Body, Mind, Soul, Spirit and Will)
- 4. Sacral- 5 pairs of sacral spinal nerves- carry impulses to and from the areas of the thighs legs and feet. (Reflections of the Body, Mind, Soul, Spirit and Will)
- 5. Coccyx- one pair of coccygeal spinal nerves- carries impulses to and from the area around the base of the spine. (Reflections of the One Creator of the Higher Self)

The Central Nervous System and the Peripheral Nervous Systems are divided into two systems according to function. The Somatic Nervous System is the voluntary control system of the body and controls things like voluntary muscle movement of the hands, arms, legs, locomotion, etc. The Autonomic Nervous System is the involuntary control system of the body and controls things like digestion and other internal bodily functions. Some organs are controlled by both voluntary and involuntary nerve functions like breathing which is involuntary most of the time but can also be controlled voluntarily.

Both voluntary nerve and involuntary nerve functions are found in the Central Nervous system. Both voluntary and involuntary nerve functions are found in the peripheral nerve system.

## *The Skeletal System*

The skeletal system is manifested by the I AM Presence within. It is the support system of the body. The skull protects and supports the brain. The vertebral column supports the trunk of the body and protects the spinal cord. The ribs protect the heart and lungs. The skeleton is lightweight weighing around 20 pounds and is composed of 206 bones. The bones are connected together by ligaments at the joints. Cartilage protects the bones from shock at the joints as well as makes the movement of the joints easier. Tendons connect the bones to the muscles.

Red blood cells, white blood cells and platelets are manufactured by the skeletal system in the red bone marrow. These cells are then taken up by the capillary network and sent throughout the blood stream.

### *The Skull*

The skull consists of 8 cranial bones and 14 facial bones. The brain is encased by the cranial bones.

### *The Spine*

The spine carries in it the patterns of our anatomical nature. The spine is composed of 5 main areas. They are the cervical, the thoracic, the lumbar, the sacral and the coccyx.

### *The Cervical*

The cervical part of the spine consists of 7 vertebrae. Each vertebra relates to different parts of the body. For more information on the relationships of the vertebrae to thought patterns etc. the book "Heal Your Body" by Louise L. Hay is highly recommended reading. The cervical vertebrae from the top down are:

- 1C- Seventh chakra- pineal gland (Blood supply to the head, scalp, bones of the face, brain, pituitary gland, inner ear, middle ear and sympathetic nervous system)
- 2C- Sixth chakra- pituitary gland (forehead, mastoid bones, tongue, auditory nerves, optic nerves, eyes and sinuses)
- 3C- Fifth chakra- thyroid and parathyroid glands (teeth, face bones, cheeks, outer ear and trifacial nerve)
- 4C- Fourth chakra- thymus (eustachian tube, lips, mouth and nose)
- 5C- Third chakra- adrenal glands (glands of the neck, pharynx and vocal cords)
- 6C- Second chakra- pancreas (tonsils, neck muscles and shoulders)
- 7C- First chakra- gonads- (thyroid gland bursae in the shoulders and elbows)

## *The Thoracic*

The thoracic part of the spine is composed of 12 vertebrae. From the top down they are:

- 1T- Will- skeletal system- (esophagus, trachea, arms from the elbows down)
- 2T- Spirit- muscular system- (heart and coronary arteries)
- 3T- Soul- respiratory system- (pleura, bronchial tubes, lungs, breast and chest)
- 4T- Mind- digestive system- (common duct and gall bladder)
- 5T- Astral Body- Body as a whole- circulatory system (blood, liver and solar plexus)
- 6T- Seventh chakra- pineal gland (stomach)
- 7T- Sixth chakra- pituitary gland (duodenum and Pancreas)
- 8T- Fifth chakra- thyroid and parathyroid glands (spleen)
- 9T- Fourth chakra- thymus gland (Adrenal and supra-renal glands)
- 10T- Third chakra- adrenal glands (kidneys)
- 11T- Second chakra- pancreas (urethras and Kidneys)
- 12T- First chakra- gonads (lymph circulation and small intestines)

## *The Lumbar*

- 1L- Will- skeletal system (inguinal rings and large intestine)
- 2L- Spirit- muscular system (abdomen, appendix and upper leg)
- 3L- Soul- respiratory system (knees, bladder, uterus, sex organs)
- 4L- Mind- digestive system (muscles of the lower back, sciatic nerve and prostate gland)
- 5L- Body- circulatory system (lower legs, ankles and feet)

## *The Sacrum*

- Mind- digestive system (hip bones and buttocks)

## *The Coccyx*

- Body- circulatory system (rectum and anus)

## *The Sense of Hearing*

Sound waves are funneled through the outer ear to the ear drum. The eardrum vibrates causing the three small bones (hammer, anvil and stirrup) of the middle ear to vibrate. They vibrate against the oval window. The vibrations of the oval window cause motion of the inner ear fluid. Movement of the inner ear fluid stimulates hearing receptors which change mechanical sound waves to nerve impulses. These impulses are sent to the brain where they are interpreted as hearing.

## *The Muscular System*

The Muscular System is manifested by the presence of the Spirit in the physical body. Muscles generate physical movement from chemical energy. Muscles also help move food through the digestive system, circulate blood, and generate heat as well as many other functions. The three types of muscles are skeletal muscle, cardiac muscle and smooth muscle.

Skeletal muscle is voluntary muscle that enables us to maintain body posture, movement of the skeleton, achieve locomotion and movement of a few organs such as the eye and tongue. The diaphragm is also made of skeletal muscle and is both voluntary and involuntary. Skeletal muscles are attached to the skeleton by tendons.

Cardiac muscle composes the involuntary organ of the heart. The heart beat is produced by a tissue that has special properties. This tissue is located in the right upper chamber or atrium of the heart. The brain sends impulses to this center which is like a natural pacemaker, firing off electrical impulses that cause the muscles to contract and the blood to circulate.

The muscular control of the viscera (organs of the chest and abdomen) is possible because of smooth muscle. Muscles that control the movement of the digestive system, respiratory, reproductive organs, blood vessels etc. are all smooth muscles.

## *The Sense of Sight*

The eye is the sensory organ of vision. Light energy passes through the cornea, the iris, the pupil, the lens, the transparent center of the eye, and strikes the retina. In the retina are sensory receptors called rods and cones that convert light energy into electrical impulses that travel through the optic nerve to the brain where they are interpreted as sight. The iris or colored part of the eye opens and closes depending upon the amount of light. In dim light the iris opens to let in more light and in bright light the iris becomes smaller to let in less light. In this way the right amount of light is let in to the retina.

## *The Respiratory System*

The Respiratory System is manifested by the presence of the Soul in the Body. The lungs are enclosed in the ribcage on the sides and the diaphragm underneath. As the diaphragm is drawn downward and the ribcage expanded a slight vacuum is created. This vacuum draws air in through the nose, through the sinuses, through the pharynx, through the larynx, through the bronchial tree and into the lungs.

Oxygen is absorbed by the lungs into the bloodstream. The oxygenated, food- rich blood then goes back to the heart and is then pumped to all parts of the body where the oxygen and nutrients are absorbed by the body cells. The cells then give off carbon dioxide back into the blood which returns to the heart. It is pumped from the heart to the lungs where the carbon dioxide and other wastes are exhaled from the lungs on the out breath.

## *The Sense of Smell*

At the top of the nasal passages are olfactory receptors. Air that is breathed in through the nose passes over olfactory receptors which transmit the sensory information through the olfactory nerves to the brain which interprets it.

## *The Digestive System*

The Digestive System is manifested by the presence of the Mind in the Body. The Digestive process starts in the mouth with the thorough chewing of the food with the teeth. The tongue mixes the food with saliva produced under the tongue and jaw and in the cheeks. As the saliva mixes with the food, it begins the first step in the digestive process by converting the starchy food into sugars (glucose).

When the food is thoroughly chewed, the tongue helps in the swallowing of the food. The saliva keeps processing the food as it is swallowed and while it travels down the throat but nearly stops when it reaches the stomach. The well- chewed food entering the stomach is already partially processed by saliva. The sugars or glucose is acted upon by gastric juice, and proteins are acted upon by pepsin both of which are produced by the stomach. The stomach thoroughly mixes the gastric juice, pepsin and the food together with its churning and kneading motions. The gastric juice and pepsin dissolve some of the solid foods, releasing fluids and nutrients.

Fluids that have been drunk as well as fluids that have been separated from the solids in the stomach and some nutrients are absorbed by stomach into the blood stream which carries them to the liver via the portal vein. The remaining food passes from the stomach into the small intestines. Gastric juice is neutralized in the small intestines.

In the small intestines bile and enzymes mix with the food. Bile is produced by the liver and stored in the gall bladder until it is needed in the digestive process in the small intestines. Bile helps break down fats.

Pancreatic enzymes flow from the pancreas through the pancreatic duct to the small intestines. The pancreatic enzymes digest proteins, carbohydrates and fats. Fluids and nutrients are absorbed by the small intestine into the blood stream which carries them to the liver via the portal vein. From the small intestines the remaining food and waste matter enters the large intestine. The large intestine digests the remaining food with bacteria. Water is also absorbed. Fluid and nutrients are absorbed by the large intestine into the blood stream which carries them to the liver via the portal vein. The remaining waste is moved by the large intestine to the rectum where it is expelled.

The final processing of nutrients takes place in the liver. The liver is the largest organ inside the body. The liver is the chemical laboratory of the body. The liver metabolizes carbohydrates, lipids and proteins. The liver also helps in the maintenance of blood sugar levels, the breakdown of fatty acids, the synthesis of cholesterol and the metabolizing of proteins. The liver also stores vitamins until they are needed and removes waste products from the blood. The liver performs around 500 functions.

The liver sends the filtered processed nutrient rich blood through the inferior vena cava to the heart which pumps the nutrient rich but oxygen depleted blood to the lungs then back to the heart and then on to the rest of the body. In this way the cells of the body receive the nutrients from the digestive system.

## *The Sense of Taste*

Taste buds in the mouth, tongue and throat are composed of receptor cells. A network of sensory nerves is connected to the receptor cells and relay taste sensation information to various centers in the brain. The four primary tastes are sweet, salty, sour and bitter.

## *The Circulatory System*

The Circulatory System is manifested by the Astral Body in the physical body. The Circulatory System is the energy pathway of fluids in the body. The circulatory system is made up of the cardiovascular system and the Lymphatic System.

### *The Cardiovascular System*

- The arteries- carry nutrient- rich, oxygenated blood from the heart to capillaries which nourish the tissues in all parts of the body. Venules take blood from the capillaries to the veins.
- The veins carry the blood on its return journey to the heart.
- The kidneys filter the blood and eliminate waste products into the urine which goes to the urinary bladder where it is stored and then expelled through the urethra. The kidneys regulate the plasma volume in the blood, the concentration of waste products in the bloodstream, the pH of the blood and the levels of electrolytes, (acids, bases and salts), in the blood. One function of electrolytes is that they carry electrical current in the body. The kidneys return water, electrolytes, glucose and other vital substances to the blood in correct proportions to keep the blood stable.
- The blood transports oxygen from the lungs, nutrients from the digestive system and hormones from the endocrine system to all the cells and tissues in the body. The blood carries carbon dioxide from the cell tissues back to the lungs for expulsion. The blood also carries waste products from the cells and tissues to the excretory organs. Blood helps regulates pH balance, interstitial fluid balance (fluid in between cells) as well as maintain body temperature. The blood also contains a clotting mechanism as well as immune system components. Blood is made up of three kinds of cells which are suspended in fluid called plasma.
- Red blood cells or erythrocytes transport oxygen and carbon dioxide and are formed in the bone marrow.
- White blood cells or leukocytes destroy dead cells, produce antibodies that fight viruses, detoxify foreign materials, and eat bacteria. They are produced in the bone marrow, the thymus, the lymph nodes, various other parts of the lymph system, the spleen and tonsils.
- Platelets are cells that cause clotting of the blood when a blood vessel has been damaged or cut and blood is escaping.

- Plasma makes up a little over half of the blood. Plasma is about ninety percent water. It contains thousands of substances such as vitamins, minerals, glucose, electrolytes, hormones, antibodies and waste products. Because of plasma, blood and the materials it carries flows freely to all parts of the body.
- The Heart - is the pump of the cardiovascular system. Electrical impulses stimulate the pumping of the heart. The heart pumps the nutrient rich, oxygen- depleted blood to the lungs where it releases carbon dioxide and picks up oxygen and returns to the heart. From the heart it is then pumped in two directions, upward and downward. The upward route goes to the upper chest, arms, neck, head and brain and then returns to the heart through the venous system. The downward route goes to the liver, spleen, stomach, kidneys, small intestines the pelvic area and the legs. All the blood that goes to the spleen, stomach, small intestines, and large intestines then goes to the liver through the portal vein. All the nutrients obtained from the digestive system are carried in the blood to the liver for final processing before the blood returns to the heart through the venous system. The blood going to the kidneys is filtered by the kidneys and returned through the venous system to the heart. The rest of the blood going to the lower body and legs returns to the heart via the venous system.
- The pericardium is a fluid filled sack around the heart reduces friction and keeps the heart from rubbing against the chest wall.

### *The Lymphatic System*

The Lymphatic System has two main functions: the balance of body fluid and immunity. Blood flows through the capillaries. Dissolved fluid and materials seep through the capillary walls into the intercellular space of the tissues. Most of the fluid is returned to the capillaries but some remains in the intercellular space. When this fluid enters the lymphatic capillaries it is then called lymph.

The lymph travels in a one way direction through the lymphatic capillaries then through the lymphatic vessels and lymph nodes. The lymphatic vessels that drain the right arm, the right side of the head, neck, thorax, lung, heart and liver flow into the right lymphatic duct. The right lymphatic duct drains into the bloodstream through the right subclavian vein where it joins the right jugular vein.

The rest of the lymph from left arm, left side of the head, neck, thorax, lung, heart and the entire lower part of the body including the legs drain into the thoracic duct. The thoracic duct drains into the bloodstream through the left subclavian vein where it joins the left jugular vein.

The processed lymph that enters the bloodstream through the right and left subclavian veins then flows into the superior vena cava which goes to the right atrium of the heart.

The lymphatic system has no pump to move the lymph through the system. The movement of lymph is promoted by many factors. The constant pressure exerted by new fluid that is continually entering the intercellular space, the pressure from expansion and contraction of nearby arteries, pressure from the expansion and contraction of the lungs and the very important pressure from the expansion and contraction of muscles during exercise all work together to move the lymph through the lymphatic system.

Lymph comes from blood plasma, but it is clearer and more watery. Lymph contains many substances such as fats, fat soluble vitamins, macrophages (scavenger cells), and lymphocytes (white blood cells) and waste. Before it reaches the bloodstream, the lymph is filtered by the lymph nodes of most of its waste, bacteria and other harmful substances. The remaining wastes are filtered out and eliminated by the kidneys.

The tonsils, the spleen and the thymus are organs of the lymphatic system. The body is protected from harmful substances that enter the nose and mouth by the tonsils. The spleen filters the blood and produces white blood cells that clear up debris, destroy old blood cells and harmful substances. The spleen also serves as a reserve blood supply. The thymus is responsible for the development of the immune system and lymphocytes (T- cells) that protect the body tissues.

### *The Sense of Touch*

Sensory receptors convert stimulus into nerve impulses which are interpreted as sensation by the central nervous system. Nerve impulses may trigger a reflex response. Sensory receptors are located on the body surface or skin, within muscles, joints, organs and body systems. They are sensitive to vibrations, pressure, touch, temperature, stretch, tickle, itch, pleasure and pain. There are many sensory receptors in the skin which is the organ of touch.

The Skin is the largest organ of the body. Skin tissue, nerve endings, blood vessels, hair, nails, and sweat glands are all part of the Integumentary System or "covering." The skin protects the body, makes possible sensations of the environment, helps regulate body

temperature, excretes waste, and manufactures vitamin D. The skin not only covers the body on the outside, it also protects the eyes, lines the inside ears, nose, mouth and digestive system.

## *Reiki's Ancient Past*

Since ancient times there has been a constant search for deeper understanding of Healing. Throughout the ages the mysteries of the Reiki have manifested and come to light in many forms. Reiki healing is the gentle path of balancing life energies for health and well being. This path of balance has been the traditional healing system of the human race long before the advent of technology and modern medicine.

Although the word Reiki is a relatively modern word for "hands on healing," the knowledge of Reiki has been around since the beginning of Humanity. There are many words and definitions of Reiki. None of them can truly define Reiki. Even combining all the names and definitions only alludes to the universal experience of Reiki and the ancient Legends associated with its beginnings.

One ancient word for Reiki is "The Tao," pronounced (Dow). The Tao means "The Way" of life guided by the "Highest Source."

Another word for Reiki from ages past is the word yoga. The word yoga is derived from the Sanskrit word yuj which means to bind together, join with, yoke with, be in union with or become one with the "Highest Source". When we place our hands on someone with the intent to heal, we yoke with the "Highest Source" of Divine Love, Our One Creator. The healing energy then flows and healing takes place.

*The Ascended Master Jesus said, "Come to me, all of you who are weary of labor and heavy burdened. I will give you rest and refresh you. Take upon yourself the Yoke (Yoga, Joining, Union) which is upon me and learn from me, for "I AM" gentle and humble in heart and peaceful and serene of mind. You will find serenity for yourselves and rest for your souls. For the Yoke (Yoga, Union, Binding) upon me is easy and my burden is Light." (Matthew 11:28-30)*

## *Ascension Yoga*

You might ask the question of why is the practice of Ascension Yoga important to the Reiki Student/Master? Ascension Yoga is the pathway of Union with the Divine, Union with our One Creator. Ascension Yoga is a gentle path of Discipline through the Compassion of Christ. Each Degree of Ascension Reiki has a Twin Aspect of Ascension Yoga that is an integral part of Ascension Reiki and that helps us grow deeper on the Path of Reiki and in our Lives.

## *Prana Yoga- 1st Degree*

### *Union with God through Prana (Ki)*

As we work with Rei-Ki (Prana of God) we become in union with the Love of Our One Creator. We surrender through service for the healing and repair of the world- Tikkun Olam. Through the practice of Reiki we recognize that the Ki of God is what is within and what supports all Beings, All Creatures Great and Small and all Creation. We honor the flow of the Ki of God in all Life and become in union with the flow of Rei-Ki in all aspects of our lives. We enter into the Key- Rays of Reiki, the Presence and Love of God through the practice of Prana Yoga.