



## Keys of the Kingdom

Ascension Reiki- 2nd Degree

(The Thinking Body)



## Right Intent/Right Choice

*When you have reached the place where you have Faith in God, in nature and yourself, you know the Word of power; your word is balm for every wound, is cure for all the ills of life. The healer is the one who can inspire Faith. The tongue may speak to human ears, but souls are reached by souls that speak to souls. You are the forceful one when your soul is large, and you can enter into souls, inspiring Hope in those who have no Hope and Faith in those who have no Faith in God, in nature, nor in humanity.*

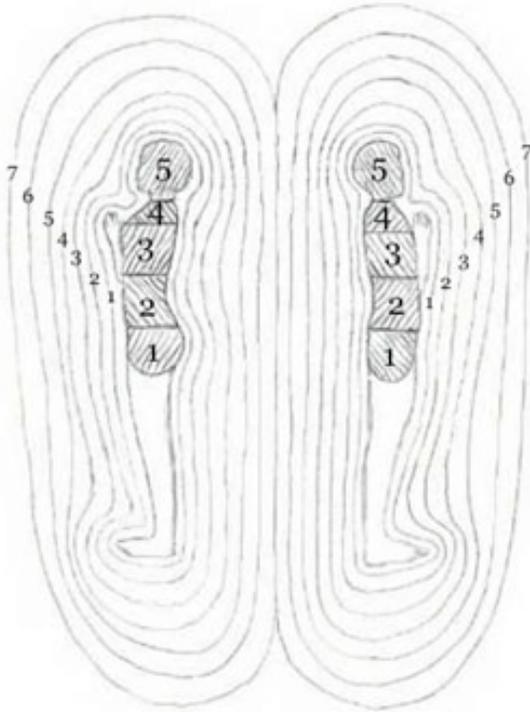
*A thousand things produce inharmony and make people sick; a thousand things may tune the harpsichord, and make people well. An herb may heal the one; a drink of water may restore another one; a mountain breeze may bring to life one seeming past all help; A coal of fire, or bit of earth, may cure another one; and one may wash in certain streams, or pools, and be made whole. The virtue from the hand or breath may heal a thousand more; but Love is queen. Thought, reinforced by Love, is God's great sovereign balm. Yeshua bowed his head in recognition of the wisdom of this master soul, and went his way. (Udraka- Aquarian Gospel ch. 23:13-21)*

*Perhaps you think that different kinds of Love are possible. Perhaps you think there is a kind of Love for this, a kind of Love for that; a way of Loving one, another way of Loving still another. Love is one. It has no separate parts and no degrees; no kinds nor levels, no divergences and no distinctions. It is like itself, unchanged throughout. It never alters with a person or a circumstance. It is the Heart of God. (A Course in Miracles- workbook lesson 127)*

II. The Second Degree Attunement of Ascension Reiki Attunes the Thinking Body and deepens the flow of Reiki Energy in and through the Subtle Body. The Subtle Body also called The Thinking Body and is composed of the Auras around the body and Pranas (Inner Auras) within the Body. (Collective Consciousness) (Akasha) (Distant Healing).

## *General Anatomy of "The Thinking Body"*

The "Thinking Body" or "Subtle Body" is made up of Fields of Energy (Auras) around the body and Fields of energy (Pranas) within the body. Together these fields of Life energy around and within the body bring life to the physical body. The body dies when these fields of Auras and Pranas leave. The Seven Auras of the "Thinking Body" are Yang in their Nature. The Five Pranas of the "Thinking Body" are Yin in their Nature. Yang energy is the outward energy and Yin energy is inward energy.



<b>Five Pranas within the Body</b>	<b>Seven Auras around the Body</b>
1. Apana	1. Red
2. Samana	2. Orange
3. Prana	3. Yellow
4. Vyana	4. Green
5. Udana	5. Blue
	6. Indigo
	7. Violet

### *The Seven Aura System of the Thinking Body*

The "Seven Auras" around the body have a relationship with the Seven Anatomical Systems of the Physical Body, The Seven Chakras along the Spine and the seven rays of the rainbow. Each of the Seven Auras of the Thinking body are in general about as wide as the persons hands width. The size of the auras varies from person to person depending on their size and level of unfoldment. One hand width is just a general guide to give you a place to start with your intent.

1. The First Aura is associated with the Circulatory System, the gonads and the Root Chakra (red ray) .
2. The Second Aura is associated with the Digestive System, the pancreas and the second chakra on the spine (orange ray).
3. The Third Aura is associated with the Respiratory System, the adrenal glands and the third chakra on the spine (yellow ray).
4. The Fourth Aura is associated with the Muscular System, the thymus gland and the heart chakra on the spine (green ray).
5. The Fifth Aura is associated with the Skeletal System, the Thyroid, Parathyroid and the fifth chakra on the spine (blue ray).
6. The Sixth Aura is associated with the Brain and Nerve System, the pituitary gland and the sixth chakra on the spine (indigo ray).
7. The Seventh Aura is associated with the Endocrine System as a whole, the pineal gland and the Crown Chakra (violet ray).

### *The Five Pranas*

What is a prana? It is an aura that is inside. Have ever meditated with your eyes shut and noticed after a while a slow pulsing light inside you head, probably mostly violet? That is the Prana from the Crown Chakra pulsing in a beautiful slow wave. You can look down inside and see other pranas at work as well.

The Five Pranas within the Body have a relationship with the Five Senses of the physical body, the Five Chakras along the front body and the "Five Elements". The Five Pranas bring life energy to five general areas within the body.

The arrangement of the following information is in the anatomical order of the Five Front Body Chakras. The five general areas of the Pranas extend all the way from the front of the body to the back of the body. The five Elements are everywhere in the body but also have specific relationships with the Five Pranas and the five chakras on the Conceptual Vessel of the Front body.

The Five Pranas have Sanskrit names which are as follows:

1. "Apana", the "First Prana", is associated with the sense of "Touch" and the element of "Earth". It is also connected with the Root Chakra of the "Front Body" and its general area is from the base of the spine up to around the top of the hips.  
(Apana mostly controls the excretory apparatus of the body such as -reproduction and the elimination of waste- genitals, kidneys, colon, rectum, bladder and lumbar portion of the autonomic nerve system)  
(Also associated with the First Chakra above the head- Body as a Whole- Circulatory System -Blood and Lymph)
2. "Samana", the Second Prana, is associated with the sense of "Taste" and the element of "Water". It is also connected with the "Second Chakra" on the "Front Body" and its general area around the navel.  
(Samana controls the secretions of the digestive system associated with the stomach, liver, pancreas, and intestine- abdominal organs and glands- autonomic nerve system in the thoracic region )  
(Also associated with the second chakra above the head- Digestive System and Total Aura and Prana Systems)
3. "Prana", the Third Prana, is associated with the sense of "Smell" and the element of "Fire". It is also connected with the "Heart Chakra" on the Front Body and the general area around it. It also is associated with the whole chakra system of the body.  
(Prana controls the verbal mechanism and the vocal apparatus, swallowing, the respiratory muscles and temperature in the body- the cervical portion of the autonomic nerve system)  
(Prana is also associated with the third chakra above the head- The Respiratory System, Breath and The Whole Chakra System)
4. "Vyana", the Fourth Prana, is associated with the sense of Sight and the element of "Air". This prana is said to pervade the entire body through the Conceptual and Governing Vessels, Twelve Pairs of Organ Meridians, Ida, Pingala and the 72,000 nadis or passageways of prana throughout the whole body. It is also said to control the voluntary and involuntary movements of the muscular system. It is also associated with the fourth chakra on the front body and its general area of the upper chest and throat.  
(Vyana is also associated with the fourth chakra above the head- Conceptual Vessel, Governing Vessel, Ida, Pingala and The entire Meridian System- The Muscular System)
5. "Udana", the Fifth Prana, is associated with the sense of Hearing and the element of "Ether". It is also connected with the Crown Chakra of the "Front Body" and the general area of the upper throat above the larynx and Head. It controls the Sound in Speech.  
(Udana is also associated with the Fifth Chakra above the head- The Main chord of The Kundalini Nerve- Brain and Nerve System)

### *Cross References*

In the Prasna Upanishad it says the following:

The Second Question: from (Prasna-Upanishad translated by Swami Prabhavananda and Frederick Manchester)

1. *Then Gbargave approached the teacher and asked: "Holy Sir, how many several powers (powers, organs, senses) hold together this body? Which of them are most manifest in it? And which is the greatest?"*
2. *"The Powers," replied the sage, "are ether, air, fire, water, earth-- these being the five elements which compose the body; and, besides these, speech, mind, eye, ear, and the rest of the sense organs. Once these powers made the boastful assertion: ' We hold the body together and support it.'*
3. *' Whereupon Prana, the primal energy, supreme over them all, said to them: 'Do not deceive yourselves. It is I alone, dividing myself fivefold, who hold together this body and support it.' But they would not believe him.*
4. *"Prana, to justify himself, made as if he intended to leave the body. But as he rose and appeared to be going, all the rest realized that if he went they also would have to depart with him; and as Prana again seated himself, the rest found their respective places.".....*

Third Question from: The Prasna-Upanishad translated by F. Max Muller

1. *Then Kausalya Asvalayana asked: 'Sir, whence is that Prana (Spirit) born? How does it come into this body? And how does it abide, after it has divided itself? How does it go out? How does it support what is without, and how what is within?'*
2. *He replied: 'You ask questions more difficult, but you are very fond of Brahman, therefore I shall tell it you.'*
3. *This Prana (Spirit) is born of the Self. Like the shadow thrown on a man, this (the prana) is spread out over it (the Brahman-the Self). By the work of the mind does it come into this body.*

4. *As a king commands officials, saying to them: Rule these villages or those, so does that Prana (Spirit) dispose the other pranas, each for their separate work.*
5. *The Apana (the down breathing) rules the organs of excretion and generation; The Prana himself dwells in eye and ear, passing through mouth and nose. In the Middle is the Samana (the onbreathing); it carries what has been sacrificed as food equally (over the body), and the seven lights proceed from it." (The Seven Lights explained as the two eyes, the two ears, the two nostrils and the mouth).*
6. *The Self is the heart. There are the 101 arteries, and in each of them there are a hundred (smaller veins), and for each of these branches there are 72,000. In these the Vyana (the back-breathing) moves.*
7. *Through one of them, the Udana (the out-breathing) leads (us) upwards to the good world by good work, to the bad world by bad work, to the world of men by both.*
8. *The sun rises as the external Prana, for it assists the Prana in the eye. The deity that exists in the earth, is there in support of man's Apana (down-breathing).*
9. *Light is the Udana (out-breathing), and therefore he whose light has gone out comes to a new birth with his senses absorbed in the mind.*
10. *Whatever his thought (at the time of death) with that he goes back to Prana, and the Prana, united with light, together with the Self (the givatma) leads on the world as deserved.*
11. *He who, thus knowing, knows Prana, his offspring does not perish, and he becomes immortal.*  
*Thus says the Sloka:*
12. *He who has known the origin, the entry, the place, the fivefold distribution, and the internal state of the Prana, obtains immortality, yes, obtains immortality.'*

Third Question from Prasna Upanishad translated by Swami Prabhavananda and Frederick Manchester:

1. *"Master, of what is Prana born; how does he enter the body; how does he live there after dividing himself; how does he go out; how does he experience what is outside; and how does he hold together the body, the senses, and the mind?"*
2. *To which the sage replied: "Kousalya, you ask very difficult questions; but since you are a sincere seeker after the truth of Brahman, I must answer.*
3. *"Prana is born of the Self. Like a man and his shadow, the Self and Prana are inseparable. Prana enters the body at birth, that the desires of the mind, continuing from past lives, may be fulfilled.*
4. *"As a king employs officials to rule over different portions of his kingdom, so Prana associates with himself four other Pranas, each a portion of himself and each assigned a separate function.*
5. *"The Prana himself dwells in eye, ear, mouth, and nose; the Apana, which is the second Prana, rules the organs of excretion and generation; the Samana, which is the third Prana, inhabits the navel and governs digestion and assimilation.*
6. *"The Self dwells in the lotus of the heart, whence radiate a hundred and one nerves. From each of these proceed one hundred others, which are smaller, and from each of these, again, seventy-two thousand others, which are smaller still. In all these moves the Vyana, which is the fourth prana.*
7. *"And then at the moment of death, through the nerve in the center of the spine, the Udana, which is the fifth Prana, leads the virtuous man upward to higher birth and the sinful man downward to lower birth, and the man who is both virtuous and sinful to rebirth in the world of men.*
8. *"The sun is the Prana of the universe. It rises to help the Prana in the eye of man to see. The power of earth maintains the Apana in man. The ether between the sun and the earth is the Samana, and the all-pervading air is the Vyana.*
9. *The Udana is fire, and therefore he whose bodily heat has gone out dies, after which his senses are absorbed in the mind, and he is born again.*
10. *"Whatever his thought at the moment of death, this it is that unites a man with Prana, who in turn, uniting himself with Udana and with the Self, leads the man to be reborn in the world he merits.*
11. *"The progeny of him who knows Prana as I have revealed him to you is never cut off; and he himself becomes immortal.*
12. *"It was said of old: One who knows the Prana—whence he has his source, how he enters the body, how he lives there after dividing himself five-fold, what are his inner workings--such an one attains to immortality, yea, even to immortality."*

Other Reference books:

"The Complete Illustrated Book of Yoga" by Swami Vishnu-devananda

"Anusara Yoga" by Doug Keller.

## *Mantra Yoga- 2nd Degree*

### *Union with God through Mantras and Prayers*

There are many mantras, prayers and affirmations that can uplift us into union with Our One Creator, the Giver of the Gift of Reiki Healing. As we work with prayers and mantras we gradually are transformed not through a blind repetition of a formula that enables our wills to direct the flow of Reiki. Quite the contrary, a quiet reflection upon the words and their meaning reveals a living guidance that helps us through the events of each day. The prayers are alive with the Spirit of God. One day we receive an insight into the words. On another day we receive a different insight into the same words revealing the Living Spirit of our One Creator ever gently guiding and teaching us how to be of service and transcend the trappings of energy of the mundane world.

### *Reiki Healing Affirmation*

I am here only to be truly helpful.

I am here to represent The One who sends me.

I do not have to worry about what to say or what to do, because The One who sends me will direct me.

I am content to be wherever You wish, knowing You go there with me.

I will be healed as I let You teach me to heal.

(Course in Miracles- Text-p.24)

### *Ascension Reiki Affirmation*

"I AM" Healing

Worry is gone, I am remembering to Smile

"I AM" Peace,

Anger is gone, I am remembering to Laugh

"I AM" Abundance

Scarcity is gone, I am remembering to Work Honestly and be Generous

"I AM" Joy

Sorrow is gone, I am remembering to Rejoice and be Thankful for my many Blessings

"I AM" Love

Fear is gone, I am remembering to be Kind to my Neighbors and All Living Things

"I AM" Life

Separation is gone, I am remembering to be Happy

"I AM" One with the Great Being

Loneliness is gone, I am remembering the greatest gift of Love and returning Home

## *Our Father*

Our Father of Heaven  
Holy is Your Name  
Your Kingdom come, Your Will be done on earth as it is in Heaven  
Give us this day our daily bread  
Forgive us our trespasses as we forgive those who trespass against us  
Lead us from temptation and deliver us from evil  
For yours is the Kingdom, the Power and the Glory, Now and forever,  
Amen

## *Prayer of Surrender*

Melchizedek (God) I surrender all that I Am  
All that I have  
And all that I long to be  
To you and all that is your Love and  
All that is of your Light.

## *Advanced Kotodama of the Elohim*

Eloheinu is another form of Elohim. Eloheinu is pronounced El-o-hay-new. We can add this word into our Om/Hum- Kotodama to bring the Seven Primordial energies of the Elohim in and through our Prayer. This is the form we use in all our prayers. It has the most resonance on the deepest levels of our being.

*OM-Eloheinu-Ho-Ku-Ei-Hum*

(Focus- Grounding- Clears ignorance- Brings Innocence)

*OM-Eloheinu-Ho-A-Ze-Ho-Ne-Hum*

(Connection with the Pure Heart of Our One Creator- Clears the passions- Brings Purity)

*OM-Eloheinu-Ei-Ei-Ki-Hum*

(Harmony- Nurture- Devotion- Clears selfishness- Brings Love)

*OM-Eloheinu-A-I-Ko-Yo-Hum*

(Empowerment- Knowledge- Clears Illusion- Brings Wisdom)

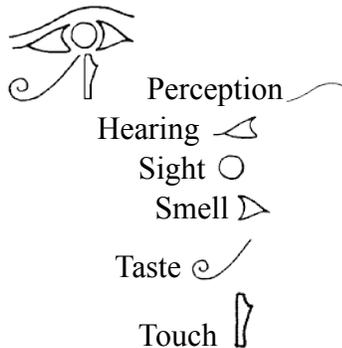
Æ-U-M

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

## Eye of Melchizedek

### Symbol of the 12 Spiritual Energies of The Thinking Body

The Eye of Melchizedek is the Symbol for the Thinking Body. The Eyebrow symbolizes Perception. The deeper perception comes through the Seven Auras and The Seven Spirits of the Elohim shown in the Eyebrow and the Metaphysical Senses of the Ascended Masters Shown come through the Five Pranas and the Five Senses represented in the five parts of the eye. Perception becomes grounded through The Elohim and the Ascended Masters who are the Supreme Personalities of the Godhead.



#### **The Elohim- Perception- Auras The Ascended Masters- Senses- Pranas**

God- Crown Chakra- 7th Aura  
Holy Spirit-Third Eye Chakra-6th Aura  
Christ- Throat Chakra- 5th Aura  
OM- Heart Chakra- 4th Aura  
Love- Third Chakra- 3rd Aura  
Faith- Second Chakra- 2nd Aura  
Hope- Root Chakra- 1st Aura

I AM THAT I AM- **Hearing**- Udana  
Radharani and Krishna- **Sight**- Vyana  
Uma and Brahman- **Smell**- Prana  
Yasodhara and Buddha- **Taste**- Samana  
Mary and Jesus- **Touch**- Apana

## *Drawing the Eye of Melchizedek*



**Eye of Melchizedek**

The Eye of Melchizedek is drawn and used for the healing of the subtle body and for the clearing of the auras and pranas of the body.