

Reiki Meditations by Philip Permutt

Featuring music from Reiki Gold by Llewellyn

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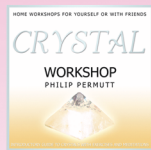
The Little Reiki Meditation Album
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with special thanks to Lyn

Other albums by Philip Permutt



Crystal Workshop



The Little
Meditation Album



The Little
Chakra
Meditation Album



The Little
Sleep
Meditation Album

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The Little Reiki Meditation Album



Reiki Meditations by Philip Permutt

How to work with The Little Reiki Meditation Album

This album has been designed to help you to focus on yourself, align and balance you physically, mentally, emotionally and spiritually through Reiki energy and meditation. The eight tracks take you on a journey through the Reiki experience. Each track is no longer than 10 minutes. So if you only have a few minutes listen to one track but, ideally you can repeat this whole meditation album daily (or twice daily if possible) for two weeks. Then pick and choose the specific Reiki meditations as you need.

You do not need to be attuned to Reiki to benefit from any of the meditations. All meditation has benefit for everyone.

If you have had a Reiki treatment then you may recognise similar feelings to those you experienced.

For those considering learning Reiki, this album will give you a "small" insight into Reiki energy. In this sense, "small" is in no way derogatory only an honest appreciation of Reiki's abundant potential.

If you have Reiki at any level, please use these meditations daily. They will give you a format for the meditative practices you are (or know you should be!) following.

For active Reiki practitioners and therapists these meditations are ideal at the end of a day of helping and focusing on other people.

Reiki Masters will have a deeper understanding of these meditations. Work with them to take you further on your personal Reiki path. Also we all know we are not all good at everything and you can use this cd in the appropriate places in your Reiki teaching, courses and workshops if you choose. (If you are a Reiki Master and are unsure of this please feel free to contact Philip by email.)

Track 1 – Channel of Energy

Starting with a centring exercise, this meditation is designed to open your energy system to the potential of Reiki.

Track 2 – Heart Meditation

This was originally combined with track 1 as one exercise but, we decided it is also an excellent meditation on its own. If you're listening to the album through it doesn't affect you at all as one flows into the other. If you choose to listen to the first track by itself try listening to this one too. Either way this meditation leads you to a deep sense of peacefulness.

Track 3 – Self Healing

This meditation will help anyone in their healing process, but by it's nature as a Reiki self healing meditation, those attuned to Reiki will get a much greater benefit.

Track 4 – Reiki Energy

The "Reiki energy" is associated with the violet colour band of the rainbow. Use this meditation to experience the violet light.

Track 5 – Emotional Healing

Allow Reiki to flow into your heart with this meditation, so you can heal and clear your emotions.

Track 6 – Distant Healing

Designed specifically to help you send healing to others who are not with you, this meditation will help whenever you are separated by distance from a friend, relative or client in need.

Track 7 – Attunement Preparation

This meditation is suitable for preparing yourself (or a group) for any type of ceremony.

Track 8 – The Master

This is a personal journey to find the light. Follow in the footsteps of Usui Sensei and find your own truth and answers.



Base - around the coccyx, the small triangular bone at the base of the spine. The energy here can be felt on the front or back of the body.

Sacral - just below the belly button. Try placing your thumb on your belly button with your palm on your tummy and your sacral chakra will be under the palm of your hand.

Solar plexus - behind the soft cartilage at bottom of your breastbone, the point on the upper abdomen just below where the ribs separate.

Heart - the heart, in the centre of your chest.

Throat - in the centre of your throat.

Brow - the centre of your forehead, above your eyebrows (also known as the third eye).

Crown - the top of your head.

These are the locations of the seven major chakras. There are many minor ones. Some people say up to 440, but for the time being it is enough to focus on these major seven chakras. Each chakra enhances certain qualities on all levels - physical, mental, emotional and spiritual. When all the chakras are both balanced and aligned many positive benefits can be felt.

The chakras link to the following concepts:

Base - survival, feelings of good health, abundance, connection to the Earth and moving forward in life.

Sacral - feelings of connection to other people, creativity and energy storage.

Solar plexus - developed and useable personal power, emotional control, the physical centre of the body.

Heart - feelings of safety, ability to trust, take risks and love.

Throat - communication.

Brow - mind, ideas, thoughts, dreams, intuitive and psychic abilities.

Crown - spiritual centre, connection, imagination and awareness.

A healthy chakra is a flexible chakra, vibrating, opening, closing, going slightly in and out of balance. Where there is disease, the energy in the chakra becomes inflexible or actually blocked so it doesn't flow. Working with your chakras can correct and even prevent this and therefore aid physical, mental, emotional and spiritual health.

Philip Pernutt



Since "discovering" meditation on an extended trip to the Far East in 1979, Philip has practised and researched many types of meditation from different cultures around the world leading to a unique eclectic practice of his own. He teaches meditation and established the regular open meditation groups at his shop and healing centre, iSiS, in St Albans, England. Over 3,000 students have been attuned to Reiki at iSiS.

Philip is a Reiki Master. He has practiced and taught many healing techniques including: Reiki, Crystal Healing, Taoist Healing and Shamanic Healing. He also runs a successful retail and wholesale business importing crystals from around the world. He lives in Hertfordshire with his wife Lyn and German Shepherd Dog Cassie.

Contact Philip at iSiS Crystals -1, Market Place, St Albans, Hertfordshire, AL3 5DR
Tel 01727 866720 - Email meditation@isis-crystals.com - Website: www.isis-crystals.com

Listening instructions

Find a quiet, peaceful space where you won't be disturbed.

Switch your mobile (cell phone) off, unplug the telephone or put up a "do not disturb" sign.

Turn the lights down and light a candle if you wish.

Select the track(s) you want to play.

Sit comfortably. All I ask is that you do not cross your legs at the knees or ankles as this twists the spine.

Be comfortable.

Press Play and let the Reiki flow...



What is Meditation?

Meditation can be described as the exercise of quietening the mind and entering a place of stillness. We spend most of our lives hiding ourselves in our everyday concerns and the events of the world around us. It is far easier for us to deal with other people's problems than our own, the things we have to do, stuff from the past and concerns about the future. Meditation is an inward focusing of not just your mind but also your body and spirit. It is more about being than doing. (Although to start with you do need to be "doing" the meditations so that you can just be). Within meditation there is a moment, sometimes literally just a fleeting moment, when we actually experience "this moment". Now. Just being in the moment. Perhaps it is a feeling of connectedness to something or everything around us. Meditation is a state of mind rather than an activity but the "activity" of meditation can be used to achieve the meditative state of the mind. And this mental state is natural. We all experience it occasionally without "doing" a meditation. A beautiful sunrise or sunset, losing yourself in the rhythm of the waves by the sea shore, a crystal, a flower or just that quiet still moment at home in your favourite armchair at the end of the day when everyone else has gone to bed.

Some people say that meditation is essential to the discovery of ourselves. I would prefer to say that meditation is the discovery of our self. It is our own unique and direct experience without the thoughts, judgments, sensory reception and emotions that continually fill our mind. And none of these thoughts, judgments, sensory receptions and emotions is you. Not one of them. They simply fill up your mind and colour your real experience. In the same way that red wine in a glass is not the glass and the glass, when you actually see it for what it is, is clear and empty.

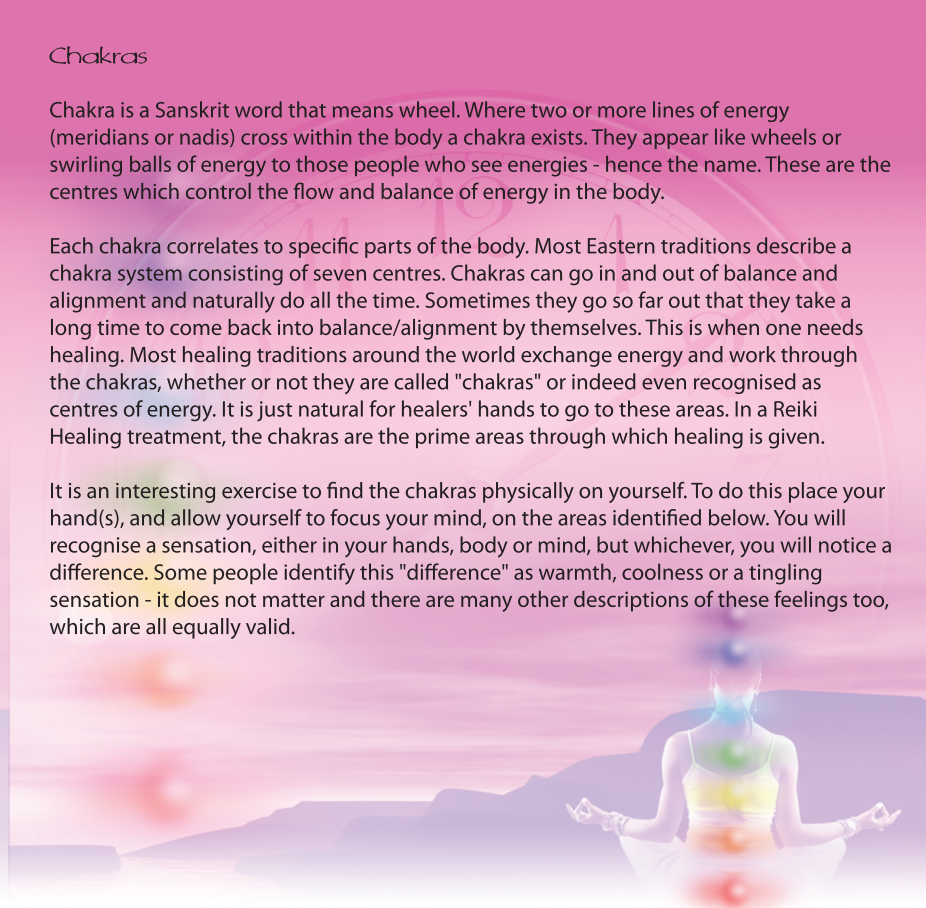
The Little Reiki Meditation Album is not intended to be a substitute for medical care. If you are currently suffering with any medical disorder, we strongly suggest that you please discuss using these notes with your doctor or therapist. Always use this CD under supervision. Neither Philip Permutt nor Paradise Music Ltd. assumes responsibility for improper use.

Chakras

Chakra is a Sanskrit word that means wheel. Where two or more lines of energy (meridians or nadis) cross within the body a chakra exists. They appear like wheels or swirling balls of energy to those people who see energies - hence the name. These are the centres which control the flow and balance of energy in the body.

Each chakra correlates to specific parts of the body. Most Eastern traditions describe a chakra system consisting of seven centres. Chakras can go in and out of balance and alignment and naturally do all the time. Sometimes they go so far out that they take a long time to come back into balance/alignment by themselves. This is when one needs healing. Most healing traditions around the world exchange energy and work through the chakras, whether or not they are called "chakras" or indeed even recognised as centres of energy. It is just natural for healers' hands to go to these areas. In a Reiki Healing treatment, the chakras are the prime areas through which healing is given.

It is an interesting exercise to find the chakras physically on yourself. To do this place your hand(s), and allow yourself to focus your mind, on the areas identified below. You will recognise a sensation, either in your hands, body or mind, but whichever, you will notice a difference. Some people identify this "difference" as warmth, coolness or a tingling sensation - it does not matter and there are many other descriptions of these feelings too, which are all equally valid.



Reiki I (first degree)

At the first level of Reiki you will be attuned to the flow of Reiki energy to heal yourself and others. It will also lead you on your own personal path of growth and development.

Reiki II (second degree)

In the second level you are attuned to the traditional, ancient and powerful symbols that enhance your own healing, giving healing to others, your personal development and enhances distant healing.

Reiki Masters 3A

This is the first stage of the Reiki Master Teaching. In this course you will learn advanced healing techniques which immeasurably add power to your healing skills. You are also attuned to one more symbol.

Reiki Master Teacher 3B

This is the next step on your Reiki path, when you will learn how to attune others to Reiki and have the wonderful gift of passing this knowledge on to others. You are also shown new magical healing techniques. Throughout your Master training there are many exercises to boost your personal development on any level you choose. Many Reiki Masters choose to combine the teachings of 3A and 3B.

Reiki Masters and practitioners live and work throughout the world. The best way to find a teacher is by recommendation. If you can not find a local person to help simply type "reiki" into the Google search engine and start looking through the seventeen million web pages! (Hint - use the advanced search to narrow this down!) Always try to meet your Reiki Master before studying with them. If you are unsure book a treatment with them. This will give you some time, space and healing for yourself too. You should be provided with a manual with each level of Reiki, although these seem to vary greatly in quality, one should be provided as part of the course.

It has been said that meditation is the art of distancing yourself from the flow of information rushing through your mind. It is being the clear empty glass and not allowing yourself to be the red wine.

It is only in this clear empty space of the mind that we can go beyond the limitations of logical linear thought into the intuitive world of inspiration and imagination. It is only here that you can truly find yourself.

Whether you are new to meditation or continuing to find new practices you can consider this album the next step on your journey.

What is Reiki?

Reiki is a Japanese word which can be translated as Universal Life Force Energy. It is a type of healing that is completely unconditional. It is a powerful, yet simple form of hands-on healing, but may also be used for distance healing and as an effective self development tool. Reiki is different from many other forms of healing in as much as it is passed on through a Reiki Master to a student by means of an attunement. Anyone can be attuned to receive Reiki and Reiki naturally flows through all of us and the whole universe, allowing anyone to receive the benefit of a Reiki treatment from a qualified Reiki practitioner.

Reiki was "discovered" by Usui Sensei (Dr Mikao Usui) around 1914. He practised and taught Reiki for the rest of his life. Although he died just 12 years later he taught more than 2,000 students and initiated sixteen Masters. The story of Usui Sensei's life is well documented in various books and is a standard part of the teachings you are given at the first level of Reiki. (Although there are several versions of his life story, the essence is always there.)

Today Reiki is practised and taught throughout the world. It is an accepted complimentary therapy which is available on the NHS in the UK. (Please note that not all health trusts offer this but more and more are doing so each year.)

Meditation and Reiki

Like so many other traditions meditation is a key concept and part of Reiki. Usui Sensei found Reiki on a meditation retreat. He probably learnt meditation at the age of 4 at a Buddhist school and meditated everyday. The first statement on his memorial stone praises his virtue as one who "practices meditation" and the original Reiki ideals suggest that happiness and wisdom can only be found through meditation. Quite simply put, meditation is an essential part of the Reiki practise.

The Original Reiki Ideals

The secret art of inviting happiness
The miraculous medicine of all diseases
Just for today, do not be angry
Do not worry and be filled with gratitude
Devote yourself to your work and be kind to people
Every morning and evening join your hands in prayer,
Pray these words to your heart,
And chant these words with your mouth
Usui Reiki Treatment for the improvement of
body and mind - *The founder - Usui Mikao*

Though there are several versions of the Reiki Ideals, this is held to be the original version from Usui Sensei. Philip commissioned a translation of the original document (written in "Old Japanese") by the Languages Department of the University of Hertfordshire. "To devote yourself to your work" means to meditate. "Join your hands in prayer" is a reference to the "Ghasso" or "Gasho" meditative hand position. "Pray these words to your heart" is another reference to meditation as is "chant" - itself a meditative practice. Therefore of the six ideals 4 are directly related to your personal meditation practice.

The Benefits of Reiki

Treatments

A Reiki treatment is a simple and gentle healing technique. Ideally a professional Reiki Therapist will have a beautiful safe space to work in. Some therapists will visit you or work in hospitals, hospices, clinics or their own home. Reiki healing energy can help to heal many physical injuries and symptoms, emotional trauma and upset and mental and spiritual unrest. It also has a profound effect on your general health and well being. It works to bring about balance within the whole person.

Learning Reiki

Reiki is taught by a Reiki Master and passed on through a series of attunements. It is a system of healing which, by definition, is passed from Master to student. The term "Master", in this case, is traditional and simply means a teacher and does not imply someone free from karma or who has reached enlightenment. (It also does not imply that they aren't free from karma or haven't reached enlightenment).



Usui Mikao