



Himalayan Shamanic Reiki

What this reiki is for:

- ◆ success
- ◆ spiritual protection
- ◆ powerful healing
- ◆ insight

The Call:

I would ask you to breathe slowly and let yourself imagine a stroll among the woods of the Himalayan mountains. Bamboos hang over the trails, and old cedars tower above. High blue slopes lead to snowy peaks. Butterflies dart over colorful flowers such as primrose and rhododendron.





The legend says that a shamanic lesson begins with a hairy golden ape-like spirit who jumps upon you and takes you to a cave.

It will show you how to step back from day to day things. It even forces you to eat with the backs of your hands instead of the palms, just to remind you to look at things mindfully.

And as you step back, you will be able to perceive your emotions rather like drifting clouds. You won't have to rush into them deeply. You can watch them in peace.

And then your thoughts. They will dart here and there like bright birds, and that is fine. You can laugh gently and allow them to be what they want to be. You are finding out that you are not necessarily your thoughts and emotions, aren't you?

This stepping back takes you into a new place. A place of dreamlike things, like a forest in the mist. Sparkles drift by. Streamers of glowing color which carry sounds and tingle on your skin. Healing is alive here.



Beings appear. Most are shaped like animals or plants. But they can talk and nod their heads as you approach. For you may “walk” in this dream place.

These beings may be part of the psychic web of the world, or part of your own memories being shown for healing and curiosity.

Some of them will volunteer to help you with healing others. Some will guide you to wisdom. Some will protect you. Some will be a little mischievous. It's fine. You always have the choice to accept their assistance or not. Trust your instincts.



A good thing to do is to imagine you have a bag of small gifts such as candies or feathers or flowers, to give to strangers as a courtesy. So if you meet a big old bear, like Balu in the Jungle Book movie, you would bow and offer your gift, and he would probably nod and offer you something in return. Such as a pine-cone or other odd item.

Be polite. Gifts from magical beings carry healing energy and other good things. They will appear in your ordinary life as good luck or good health or inspiration.

And you can reach out and hold the sparkly flows and whisper intentions of health and happiness into them before they cascade into the ordinary world.

The golden ape-spirit will probably teach you a few wise words to say when you need to call upon spiritual assistance. And then it will set you free on the forest path again. A brand new magical shamanic human.

But now let's go up the mountain path to the snowy peaks and the clouds.

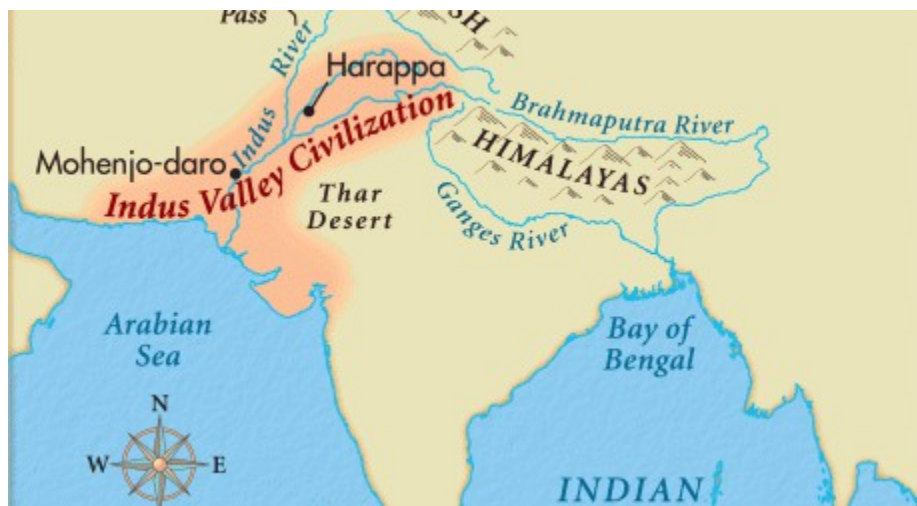
The Teachers of the Peaks

Oddly enough I am asking you to imagine a place far away from the mountains, a sunny land of rivers and green farm fields.

Cities of mud-brick homes bask in the golden sunlight with palm trees, wheat fields, oxen, elephants for heavy pulling, and monkeys. This is the Indus river civilization and the time is 2500 BC.

Men pole barges on the muddy river to meet the great trading ships. Women wear bangles and light cotton wraps, and weave and bake bread and a few people mark writing on clay tablets. Wheat is cut with sickles edged in dark flint for metal is not used much. But wheels have been invented for they have been found on charming clay toys.

There is a great Mother goddess honored here. In modern times she may have become Durga the Mother who protects. A curious man who seems to be a guardian of animals sits in a yoga posture, with horns adorning his head. In modern times he may have become a wild man of the forest, Rudra, and then a strong and wild mystical man of the mountain peaks. Shiva.





Shiva rides a bull rather like the humped oxen of the Indus valley people, or dances with a small drum, like an ecstatic pilgrim in the woods. He has the moon in his long tangled hair, which is unusual for a Hindu god. They have neat hair. He has a lovely wife named Parvati, who protects beasts, and they even have an elephant-headed human son named Ganesha. And they choose to live high in the Himalayan mountains today.

Of course, these are Hindu deities and you don't need to worship them or even believe in them. But wander up the path and imagine beings rather like them who greet you and hug you and honor you. For they can help you out of the dream world.

Not back into the ordinary world, however...

But step back with trust once more, and allow all the dream creatures to recede from you.

Why, you can see your own reflection!

This is the image of yourself you built up from childhood experiences, from the way your parents treated you, from your friends at school, from admiring others, even from being hurt by others.

Give yourself a hug for being brave enough to see yourself.

But...

You are the one who is watching, not the reflection. You may be different from the ideas you hold about yourself. In fact, you are real, you cannot “be” an idea, a feeling, a magical energy. You are deeper than these temporary things.

So what are you?

Shiva and Parvati will tell you. *You are a pure being, made before time and space, a little quark of possible awareness, dancing in the big universe and sharing its life, its excitement and wonder with other beings.*

Really? Really.

Try an experiment.



Allow the universe to be with you, because it is always wanting to share with you and be your companion.

Say, “Okay, universe, look out through my eyes and enjoy what I see.”

Let the part of you that watches, turn inwards to be aware of your awareness, as odd as that seems. It's a definite feeling.

Now imagine a friend with you inside your head. An awareness composed of many many beings. Gentle. Curious. Loving. Melt into it.

Now lift your head and gaze at something. Together.

Can you feel the difference?

Cool, right?

And yet, you have your own happy self, and dance your own steps, explore your own life. That's good and how it should be. This is what the Teachers of the Peaks can show you.

But now you have learned about the dream world, you have met spirit animal helpers, you have dealt with currents of healing. You have learned how to let the universe hug you and lift you, and to hug it in return.

All the things you wanted from this reiki empowerment can be yours!

Good luck!

Dante



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