

WESTERN REIKI – WHY IT CAN BE DANGEROUS AND WE NEED TO AVOID IT AND THE SO-CALLED MASTERS WHO USE IT

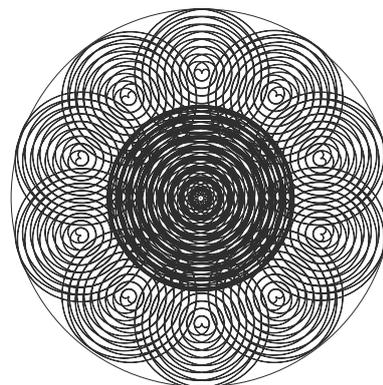
One of the most popular healing modalities around in the Western world at the moment is Reiki. Reiki is supposed to ‘attune’ you to higher cosmic energies so an individual can heal them self, along with others, and become a more spiritual person in the process. However, the reality of Western Reiki is somewhat different to the packaging it promises and has no bearing whatsoever on the correct origins of Reiki introduced into Japan by **Usui-sensei**. We will look at the **true origins of Reiki** in Chapter Two and we’ll examine the main differences between, and the obvious deviations from, Usui-sensei’s original teachings.

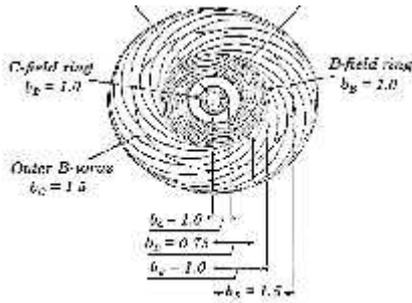
However, for now, it is time to put my own truth forward and explain my own experiences with Reiki and in particular the Reiki Symbols. Soon after completing Reiki II I began to feel uncomfortable about using the symbols in healing. I didn’t know why. I could not put my finger on the reason why intuitively I was giving myself a hard time. I persevered with the symbols but I gradually started to become more and more uncomfortable using them. Eventually I stopped using them altogether.

As my research into how energies worked and my understanding of symbology developed I suddenly began to realise why intuitively it did not feel right using the Reiki Symbols. Everything is energy and everything is made up of vibrations, either a single vibration for the very basic form of existence or, as in the human body, a multitude of vibrations. A symbol is no different in the way it is composed other than it is a *fixed* vibration. A symbol is a fixed energy. Now, irrespective of whether a symbol is balanced or imbalanced, positive or negative, good or bad, it always represents a *fixed vibration*. Therefore, drawing symbols with the hands or imagining symbols of any nature, while *channelling energy* for the purpose of ‘healing’, is **LIMITING** the energies that can be channelled. By doing this we are *limiting the energies to a fixed vibration, the vibration of the symbol*. This is the intellect getting in the way again. It is always the person receiving the treatment who does the healing; we are merely vehicles through which the energy travels. The Spirit of the person who has come for the treatment and *all that IS*, (the *Oeness of everything*) knows exactly what that person requires – not us! As healers, or Channellers of Energy, we should be as open and as pure as possible in order to allow energies higher than our intellect to get on with the work.

So, irrespective of whether a symbol is good or bad, balanced or unbalanced, in healing work in particular, using symbols by drawing them with our hands or visualising them through our minds eye, will limit the energy potential capable of being channelled to just the energy frequency of the symbol being used. This is reason enough not to use symbols in our healing sessions. Even though I now understood part of why I felt uncomfortable using the symbols, I knew there was more to it and I had to wait some time to find out what that ‘more to it’ was. One day while I was involved in a treatment I started to see what was going on in the chakras energy wise. At first I wasn’t sure what I was seeing but eventually was fixated watching the energies moving in the chakra. It was literally like an energy dance of various sized vortices of energy, but all constructed the same way! Here at last, in front of my physical eyes I was seeing the Ahnu, described by early theosophists as the source of all life, something I had only been privileged to see before in meditations.

I show to the right a symbolic two-dimensional representation of an Ahnu, but that is merely all that it is, a





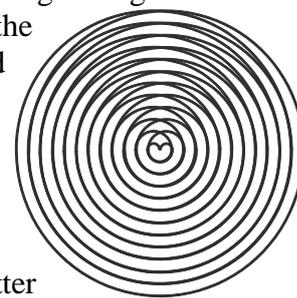
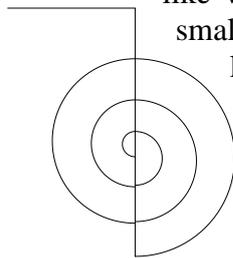
symbolic representation. It does not do justice to the true beauty of what an Ahnu is, which has to be appreciated in the magnificence of its multi-dimensional form.

Ahnus are comprised of vortices of energy that spin both ways within themselves. These energies are connected at the outside (at the top, three dimensionally) and at the centre (at the bottom three dimensionally) where they form a perfect heart.

They are one of the most beautiful sights to behold. They are the source of all life, the energy, which

feeds all life itself. As an example, each chakra has many of these Ahnus within it, various sizes with a larger one in the centre around which spin and dance the others.

I can understand where the word Chakra, meaning wheel, comes from because it is like wheels within wheels, yet it is more. Having a larger centre Ahnu and smaller ones around it also gives the chakra the look of a sunflower, so I could also see and understand where the description lotus flower came from, but again it is so much more.



The important part to take from this is the complete and utter balance of vortices of energy (shown on the right), which make up the Ahnu, forming a heart shape in their very centre. *Each and every one of our chakras spins both ways* too, creating balance. Compare this with the Cho Ku Rei symbol (on the left) and you will see that the Reiki symbol only spins one way, therefore, it is unbalanced. The Ahnu is fed from its centre so its energy comes from ***within itself***, not from an external source. This Reiki Symbol has an external source of energy connected to its centre and it is fed from a right-angled source.

On an energy level of creation, the level of the Ahnu (ether/spirit), *Nature does not work in right angles, nor is Nature unbalanced.* Only in the physical world where energies animate matter, the 0.001% of who and what we are, do we see geometric shapes formed, such as in crystals, snowflakes etc. Has Man's fascination with geometric shapes been responsible in some way for keeping us 'locked' into this physical reality? We'll look at this possibility in chapter two.

Each and every one of our chakras spins both ways and like the Ahnu is comprised of twin vortices of energy. Our base chakra, for example, does not spin one way i.e. clockwise for a male and the opposite for a female, with the sacral spinning anti-clockwise and so on up the body. All chakras spin both ways at the same time creating balance. Therefore imparting a one way spin into a charka - which is exactly what the Reiki symbol does - will only create an imbalance in the chakra by encouraging it to spin more one way than the other.

Because this is what I see, I realise that it is only *my truth* and I would not expect people to give their power away by believing my truth unless it resonates and feels right deep within them. However, science can now confirm this simple fact too.

Science has discovered that a proton and a neutron, for example, contain energies which spin both ways. They have twin vortices of energy. See picture above left. Scientists have also demonstrated that imparting a one way spin into a twin vortex of energy, (i.e. energies spinning both ways at the same time), will cause an imbalance within these twin-spinning vortices of energy.

As our chakras spin both ways at the same time, thus creating balance, then drawing the Cho Ku Rei symbol, which only spins one way, over any chakra, will impart a one way

spin into a two way spinning vortex. This action encourages the chakra (vortex) to spin one way more than the other creating an imbalance in its overall energy structure. The angled lines of the symbol also dissect and restrict the natural flow of energy in the chakra. This is not good either.

Now this simple example of how the Reiki symbol creates imbalance ceases to be my truth and becomes a scientific empirical fact and as such, we can all learn from it without giving our power away to somebody else's belief or truth. This is evidenced by the many Reiki Masters and practitioners who have ceased using the symbols in their treatments and attunements, who are now experiencing profound expansions of consciousness and improvements in their work. By not giving their power away to unbalanced symbols their spirituality has been allowed to grow exponentially.

It is interesting to point out here that there were no symbols in the origins of Reiki as taught by Usui-sensei. So what exactly are these symbols and where did they originate from? We'll cover these points in more detail later in Chapter Two, when we examine the True Origins of Reiki.

There are many thousands and thousands of wonderful people out there who are either religious or who use Reiki (maybe both), and those who use various other modalities of healing, who work through their heart centre for the good of mankind. Some of them are able to transcend and transmute the negative effects of the imbalanced external ego consciousness we all keep tapping into and are able to truly help themselves and other people in spite of these lower energy forms which exist in today's healing arts. Just imagine how much more could be achieved, not only for ourselves, but for the whole of humanity and Mother Earth, if we stopped feeding this illusory concept, and its multifaceted representations which surround us all, by constantly giving our power away to other people and healing systems which use unbalanced symbols?

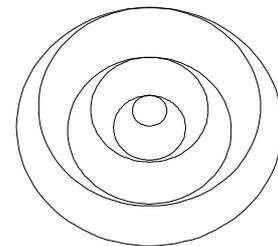
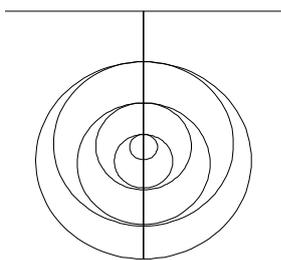
The simple answer to healing work in particular, is to ALLOW, no symbols, no invocations, in fact no mind input at all because all the mind does is distort or limit the energies being channelled and further blocks the intuitive side from coming through. [However, sometimes it is valid to ask for help from aspects of oneself – the living light within - when doing inner journeys and distant healing]. We keep giving our power away to other people, to invocations and to the use of symbols, believing they all play a more important part in the healing process and life itself than we do ourselves. By giving our power away and focusing on unbalanced energies outside of us we are feeding the external predatory consciousness. It becomes increasingly more difficult to remain balanced and centred, at one with ALL THAT IS within us. By doing this we are blocking our intuitive side and stopping ourselves from moving further along this wonderful path. The answer and truth of everything lies within each of us. It is only by going within that we will find our centre, our balance, connect more consciously with our spirit and connect with our true being - the light being we all are. This in turn enables us to channel the most purest energies of all, because they come from the *balanced* source within. All we need to do is to say thank you when we have finished.

Reiki's Cho Ku Rei Symbol and Tera Mai™ Zonar Symbol

Despite appearances to the contrary, and the so-called enlightening knowledge and love-energy contained within it, can we see that much of what resides in the New Age movement and the healing arts is based on this external imbalanced ego/intellect consciousness? After all, most of it is externalised and intellectualised, based on the physical vibration of nine, the Cabbala, geometric shapes such as the merkaba, and the use of unbalanced symbols, which

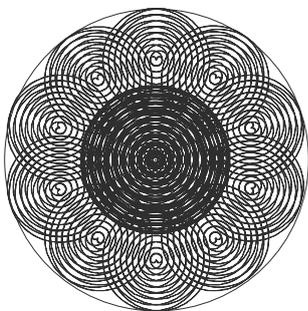
appear to form the very foundation and attunement methods we find in modalities such as Reiki and Tera Mai.

We looked at the single Cho Ku Rei in Chapter One. However, some Reiki Practitioners use both hands to 'draw' this symbol, but opposite ways at the same time, thus creating what they believe to be a balanced symbol. By carrying out this procedure we would only succeed in creating an unbalanced energy in one hand, and an unbalanced energy in the other hand. As we are taught to keep our hands separate when working on the body we are only *intensifying* the imbalance and further limiting the energies we could be working with. The only way to circumvent this happening would be to hold one hand over the other, so both symbols overlaid one another, which would then create the 'double' Reiki symbol.

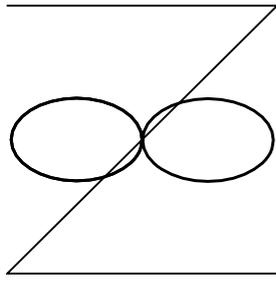


On the left is a double Cho Ku Rei using this very same process. On the right is the same double symbol without the angular lines. The symbol on the right tells its own story. Three dimensionally it looks like a bowl, within a bowl, within a bowl. If this is not immediately apparent take your time. It is like looking at three-dimensional drawings in a way. This symbol is an ancient symbolic representation of the Outerworld reflected within. With the lines, or antennae (aerial), which are designed to attract (just like an aerial) outside (outer) man-made astral-type energies *into* our own energy fields, can we understand why only one half of this symbol has been passed down to Reiki initiates? As *Creation works from within to without and not the other way around*, this will only help to disrupt and ultimately weaken our energy fields, making it more difficult to determine what is the truth and what is not. Not to mention the impact this reverse flow of energy and its attachments could have upon our health and well being, especially our Assemblage Point (Sacred Heart). We will cover the importance of the Assemblage Point in the next chapter.

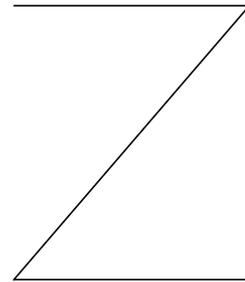
I'll leave it up to the readers' intuition to feel or sense the difference between the Reiki symbol/s and the Ahnu (below) and the effect they may have upon your energy fields, good or bad. That way you can come to your own conclusions and it will be your own truth.



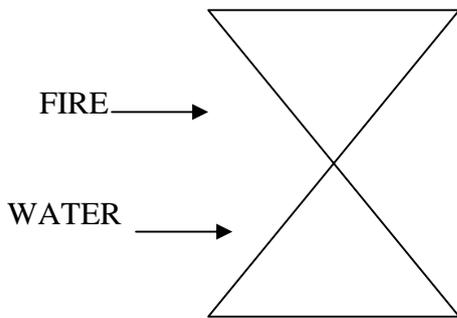
If we now look at the Zonar symbol which is used in Tera Mai™ and in some forms of 'advanced' Reiki, we can see the same picture forming.



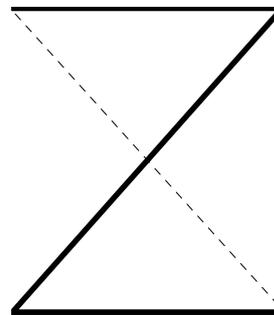
The figure to the left is the Zonar symbol. The figure to the right is where this symbol comes from. In Initiatic science, the Qabala, Z is the number 2. This is where 2 comes from. Two is the number of initiation, the most profound and the most dangerous. Everything pertaining to two is difficult. To the initiate it represents order, harmony and



construction. To the unwise it is the number of opposition and destruction. The Z (or 2) is merely symbolic and one has to understand its full meaning in order to use it for order, harmony and construction. The Z is only part of the answer. The Z is a symbolic representation of the principles of balance. In this case Fire and Water, the symbolic source of all existence, the elements of creation. Therefore, the Z is a symbolic representation of this principle of balance between Fire and Water thus - see below left.



BALANCED



ZONAR - UNBALANCED

The two triangles represent vortices of energy coming together in balance to create life – the balance between implosion and explosion. So we can see that the Zonar symbol is incomplete and therefore unbalanced in its representation. See figure above to the right which shows (dotted line) what has been omitted from this symbol. Placing an infinity symbol on this incomplete and unbalanced symbol means literally infinite imbalance - infinite opposition and destruction. Using this symbol, in my opinion, will only serve to bring imbalance into ones energy fields in a similar way using the Reiki symbol will. Remember these are only symbolic representations of hidden knowledge. The 2 or Z also represents the Second Tarot card, the High Priestess in front of the two pillars, between which is a veil which conceals the entrance and forbids access to the temple. The High Priestess is holding an open book and two keys. This symbology means we have to study and learn in order to obtain the keys that will enable us to lift the veil and have access to the mysteries. The book is symbolic of two and so are the two keys which represent the two aspects needed to create the balance required to obtain knowledge. 2 or Z also represents the entrance to the sanctuary and to enter we need balance (the two principles), which is represented by the symbol above left. The Z is purely symbolic therefore of the *need* for balance in order to gain access to the mysteries of life. It does not represent balance itself; it represents opposition and destruction because in itself it is unbalanced. To the initiate, however, who knows the hidden meaning of the 2 and the Z - i.e. what is required to achieve balance - then it represents order, harmony and construction.

This does not mean we should refrain from using symbols at all, only when we are channelling energy for healing. Providing a symbol is balanced and receives its energy from within itself and does not attract energy from the pea soup of the astral realms, then symbols can be useful in certain circumstances.

It may be prudent at this stage to look at Reiki from a more historical perspective, rather than from any new-age or 'channelled' perspective.

The True Origins of Reiki

Thankfully, an original Japanese book on Reiki and its correct origins has been translated and published in English and provides us with some clarity and historical balance on this method of spiritual transgression developed by Mikao Usui that has hitherto been denied us by Western manipulation and illusory shenanigans. Let us compare the facts and the fiction. I quote from the book:

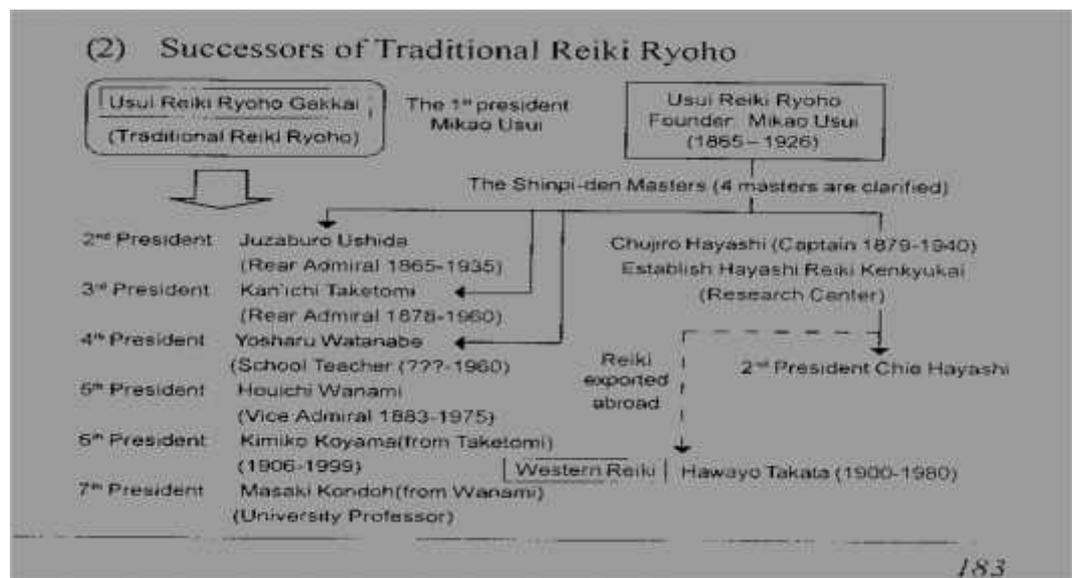
'We know that myth has played a big role in human history. However, when we talk about history as the truth, we should tell the facts as correctly as possible. If a new fact is found, we need to correct the wrong story. Some people deny the truth **because it is inconvenient for them** but Usui-sensei would not want such a dishonest behaviour. In the following I will state the wrong Reiki history and the truth.'⁸

- **Fiction:** Usui was a Professor of a university in Kyoto, or a Dean and even a President or Doctor.
- **Truth:** Mikao Usui did not graduate from any university. Neither did he have a doctor's degree.
- **Fiction:** Usui-sensei was a priest of Christianity or a professor of divinity.
- **Truth:** He experienced various professions. He was engaged in missionary work of a religion related to Shinto, but he was not a Christian at all. Mt. Kurama is a holy place for Buddhists. A Christian would not do fasting at Mt. Kurama, and would not enter a ZEN temple.⁹ He studied and practised Zen for three years.¹⁰
- **Fiction:** Usui-sensei searched for a healing method for a long period and searched the mystery of life/soul and how to use universal energy.
- **Truth:** Usui-sensei said that healing power was given by accident during fasting and he did not know the true essence of Reiki and it is written in the "Reiki Ryoho Hikkei" that he did not search for the energy to obtain healing ability.
- **Fiction:** Usui-sensei saw Reiki symbols during fasting. A bright light came into the centre of his head, rainbow colours appeared and then they changed into a huge white light, and golden lightening symbols in Sanskrit appeared.
- **Truth:** Usui's experience is written in the "Reiki Ryoho no Shiori (Reiki Ryoho handbook)", and it does not say anything at all about this.³⁶ Usui wrote 'I have a hard time explaining exactly. I realise that I've received the ability of healing accidentally when I felt the air in mysterious way during fasting...I was not taught this method by anybody nor studying to get intuitive power.'⁵³ Usui-sensei did not even use symbols himself.¹¹ He developed the 'symbols' later to help his students to focus.¹²
- **Fiction:** Chujiro Hayashi succeeded the Usui Ryoho Gakkai as the 2nd grand master. After Hayashi passed away, Hawayo Takata succeeded the Gakkai to be the third grand master.

- **Truth:** Hayashi and Takata were great grand masters of Reiki. However, there was no fact that Usui-sensei determined Hayashi as his successor. Hayashi was not the 2nd president of the Gakkai. Takata was not either.⁹

What has been established is that Usui had approximately 2000 students, and Usui-sensei had given Shinpi-den to 16 masters. Four have been clarified:

1. Juzaburo Ushida 1865-1935
Rear Admiral of Japan Navy
The 2nd president of Usui Reiki Ryoho Gakkai
2. Kan'ichi Taketomi 1878-1960
Rear Admiral of Japan Navy
The 3rd president of the Gakkai
3. Yoshiharu Watanabe ???-1960
School Teacher
The 4th president of the Gakkai
4. Chujiro Hayashi 1879-1940
Captain of Japan Navy
The 1st president of Hayashi Reiki Kenkyu-kai



And on and on we could go. Mikao Usui merely referred to universal energy, the life force energy inside humans – the pure light that we are – as Reiki. Reiki was a label meaning connection with the light or universal energy within. Usui-sensei taught, ‘The universe is me, and I am the universe. The universe exists in me, and I exist in the universe. Light exists in me, and I exist in the light.’¹³ He also taught that Reiki was a method based on intuitive power among the universe¹⁴ and this is carried on today in traditional Japanese Reiki where it is taught that the first spiritual awakening is an intellectual awakening with one’s consciousness. In this stage ‘it is understood in the head and not a true awakening.’ A true awakening is an intuitive understanding by Shinga (Soul/Higher Self) and to complete the unity with truth.¹⁶

We can understand from the above that in the true origins of Reiki, before the Western ego got hold of it, it was all about finding the light, the universal energy within us. It was about the ‘inner journey’ and developing the intuitive side so we could better

communicate with the light or universal energy which Usui called Reiki. Usui-sensei developed Hasurei-ho to improve the connection with the inner light, or internal Reiki energy.¹⁷ Additionally, from the above lineage, we can see that the original Reiki developed by Usui-sensei stayed in Japan and a different form of Reiki was exported into the Western world.

Also Usui-sensei did not use symbols, nor was he 'given' symbols in some divine encounter. He developed what have become known as symbols later on, as a tool to help members of the Japanese Navy and his students focus on the inner journey, and in conjunction with the mantras help them to connect with the light (Reiki) within. The Japanese Navy was one of the main avenues through which Reiki expanded in the early years.¹⁸ Usui-sensei created the distant healing system using the resonance feature between the symbol and Kotodama (mantra) energy and said: 'Human being has a natural gift to resonate with universe if he aims it in his mind. I want you to grow enough to be able to do distant healing without symbol and Kotodama (mantra) that I taught.'¹⁹

Today in traditional Japanese Reiki teachings, symbols (focusing aids) are taught in the same context as 'supporting wheels of a bicycle.'²⁰ In other words, when a person has grown enough spiritually and can rely on their inner light they should stop using the symbols/focusing aids, just as a child takes the stabilisers off their bike when it has enough confidence in its own ability to ride it without falling off. It is also taught that symbols should be used as a tool and one should not misunderstand their function, and that searching for additional symbols or regarding symbols as a holy thing is meaningless.²⁰

In Gendai Reiki-ho, students learn the symbols and are taught to aim at 'NO SYMBOL USE' status. It further teaches that you can replace the 3rd symbol with the image of the Sun and the 4th symbol with the image of White Light.²¹ **Additionally, it is taught 'You must not mislead yourself into believing that the symbols themselves have any power and rely upon them. Otherwise you are worshipping only the images and not the reality...you have to overcome this limitation eventually, because it is like a hurdle.'**²² **Students are encouraged to become a light symbol or a symbol of the light.'**²³

It is also taught that it is important in 'healing' to apply one's hands without any control of the mind and that if you try to make useless effort to concentrate, other kinds of power may be mixed in. If we are to receive the higher dimension of universal energy we need to relax and open our minds and trust the universe.²⁴ Here we have confirmation in traditional Japanese Reiki of the importance of 'Allowing' in healing, taking the mind out of the equation, and that if we use the mind, aka ego, then other lower energies may come into the healing equation. So it is a fallacy that people involved in Reiki cannot attract negative energies. If the intellect comes in, in any shape or form, so too do negative energies.

Like mentioned in Chapter One, healing is all about ALLOWING. Allowing energies higher than the intellect to get on with the job at hand.

It would appear that some Western Reiki Masters have offended the keepers of traditional Reiki in Japan, who feel there is a limit to Western Reiki.²⁵ This I can readily understand. In original Usui Reiki Ryoho, after a student receives the 'first level', the student has to practise for many years and must show increased spiritual ability to their sensei before the second level is even considered and offered them.²⁶ Compare this with the 'get-rich-and-become-enlightened-overnight-with-Me-guru' approach of many Western Reiki Masters who offer 'Mastership over Spirituality' in a weekend! And compare this also to those who now believe they are aliens – but as we now know, only alien to the light and truth. (See Chapter Four for more).

It is only when we connect with the light within that we can possibly hope to connect with the reflected light without. For if we cannot recognise what it is we are looking for, we will never find it outside of ourselves in the convoluted miss-mash of imbalanced energies we

have created over time. As I mentioned in Chapter One, we cannot camp at the base of a mountain and expect to wake up at the top the next day. Sadly, too many people do believe they can become holders of the truth over night, or by reading some book or other. The journey to the top of the mountain **is the journey inwards** towards the light that we are and the light that is all things. There is only one truth – the light – and as we dig through the darkness of the illusion we begin to find this one same truth behind many disguises today.

So we can see that the truth never varies and is quite simple. It is all about finding the light within, the convergence of the soul through its inner journey towards the light that we are. It is about allowing. Nothing complicated at all. We can see, just as the alleged teachings of the character referred to as ‘Jesus’ have been altered and manipulated beyond recognition over time, so too have the origins of Reiki, as have the origins of Freemasonry and Initiatic science and many other teachings too. The ego and the intellect have merely externalised the truth of these methods and made it complex and difficult to achieve by placing divinity beyond the capability of humans. When in truth, **we are all immortal humans and we are all capable of achieving Christ consciousness in the physical body through the inner journey, the baptism of the soul with the inner light – the resurrection.** Only THEY do not want us to know this, for in realising this simple truth means we no longer buy into the illusion and can no longer be controlled. In effect, our NEED for THEM disappears and with it so does their power and the illusion and all its heinous thought forms, for without our imbalanced energy fields to keep them alive, they cannot survive. This is simplicity in itself. Harmony restored, consciousness balanced both in and out; Paradise or Heaven in the physical reality, the perfect reflection of the light and unconditional love we are.

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Is the great slumber of Man coming to an end and a great awakening beckoning us all?

We all originate from the one same source – God, Spirit, Light – and this Source energy is what animates us all in this physical reality. Therefore, we are *all* connected to, attuned to and aligned with everything that is. If we were not then we would not be here; we would be dead. We are *all* part of the whole and we *all* evolve from the one source. We have just forgotten that’s all. We are everything and everything is us. Can we really believe that Nature has separate pockets of energies labelled Reiki, Tera Mai, Karuna, Seichem, Sekhem, or even Uncle Tom Cobley and All? **Nature just is. Everything just is. We just are.**

We are a part of everything, yet we are also everything at the same time. Are we merely a holographic image of the whole of existence? When a hologram is broken each piece contains a picture of the whole. Just as each cell of our body contains the blueprint of the whole body, so do we too contain the blueprint of the whole universe, just like the hologram? If so, how can we not be attuned, aligned and connected with everything that IS when we hold its entire blueprint within us? Why should we pay hundreds of pounds and in some cases thousands of pounds to be attuned to something we are *all* already attuned to? Is it not then, more likely that Man and his ego has created these labels to make us feel inadequate and to deceive us and to encourage us to look in the wrong place for spirituality and truth? Or could it not be to make others feel superior and then make money out of teaching or attuning others into the ‘correct’ form of healing? Or both?

As long as we keep looking outside ourselves, giving our power away and allowing ourselves to be connected to, attuned to and aligned to these man-made labels of chaotic energy, we will continue with our goldfish existence, swimming in continuous circles. When we focus our attention outside of us, we resonate and interact on a consciousness level with

ALL those energies that exist external to us. Some of these energies are wonderful natural energies that we can find in nature, which are obviously beneficial. Unfortunately though, due to our beliefs, emotional insecurities and ego, today we tend to mainly resonate with, and attract towards us, the external imbalanced ego consciousness humanity has created over the years. The Astral Reality! Therefore, we are merely feeding into our self – into our psyche/soul/consciousness - everybody else's thoughts, fears and energies, everybody else's rubbish, emotions and false beliefs. Many of the symbols used in various healing modalities are also designed to attract lower external astral vibrations into our energy fields. Why would we want to connect with, invoke and channel these imbalanced man-made lower vibrational energies and the potential problems they bring with them? After all, this is the pea-soup creation of the ego, which contains the thought-form, predatory type energies, which serve only to weaken our energy fields - no matter what label they may be wearing. Why do we do this when we can channel pure balanced energies from within, from the source of all there is? Simply because we continue to look outside of ourselves all of the time for the answers and we are encouraged to do this by the 'healers and dealers' that exist in many of the modalities prevalent in today's healing arts and religions.

Our energy field is like our skin. **It is there to protect us!** When we cut open our skin, external biological pathogens can get into the open wound and the wound can then become badly infected, even worse. If we do not seal and protect the wound from further infection from external sources, then we are placing our health at great risk. **It is exactly the same with our energy field! If we open it up, through whatever means, we are allowing external pathogens on an energy level to enter our energy field and infect us!**

So, please remember this, if you take nothing else from this chapter, *our energy field is there to protect us and so we should never, on any occasion, allow anybody or anything to open it up!* EVER! This is pure ego and intellect. If we do need beneficial energies external to our self, then that 99.999% of who and what we are – our energy immune system if you like – will do all the work for us without the intellect or ego having any awareness or input whatsoever. This is how the body works to restore and maintain homeostasis, naturally, and on a deep subliminal level.

We all need to work through our shadow side to successfully and wholly move on. We do not need any help or encouragement from the modalities and symbols flooding the healing arts today to tap into this astral pea soup of man-made unbalanced consciousness - the very cause and source of the shadow self and all it stands for.

We cannot climb a mountain by camping at the base and hoping to be at the top when we wake up in the morning. As with ascending a mountain, spirituality too should be taken one step at a time. When we begin searching for our spiritual selves we have two places where we can shop. We can shop in our inner Shopping Mall, the Shopping Mall for Truth and Light or we can shop in the Illusory Shopping Mall. The difference being, our inner Mall is at the top of the mountain and is difficult to see and reach, whereas the illusory Mall is always in front of us and is lit up like Blackpool Illuminations so we cannot fail to see it, or reach it. Too many people want the spiritual path to be quick and easy because there are so many methods out there which offer the same easy fix. People become a 'Master' in a weekend and so others want it too. Others may offer a longer solution at more cost but with the same outcome. As long as we look for the easy fix there will always be modalities out there offering a fast solution. ***We are our own Master and our own Avatar if we can just access that aspect of ourselves.*** When we start this incredible spiritual journey, the inner journey of finding the true self, the illusory light will always appear brighter to attract us and ensnare us, just as it has over thousands of years through religion.

The illusory Shopping Mall is more modernised these days with its Reiki shops, Sekhem shops, Karuna shops and a whole range more - the list is endless. Only we don't buy

our goods from these places with credit cards, we pay with our spirituality and our health and the well being of not only ourselves, but of the whole of humanity and Mother Earth. If our jug is constantly empty because we keep giving our power away, we are not able to quench our own thirst let alone the thirst of other people.

We are all from the same source and we are all equal. Nobody is better than we are and likewise we are no better than anybody else. We are, after all, all one and the same. Most people who call themselves a Master are a master of nothing, least of all themselves. A true Master will never call themselves a Master or tell you what they can do and what abilities they have. Only somebody living in his or her ego will do this. A true Master will become known as a Master by his followers or disciples over time because of the energy, warmth, light and truth they radiate and the sheer pleasure one gains from being in their presence.

There are so many self-styled Masters and Gurus out there today that tell us they have amazing abilities and talents. To the vast majority of us there is just no way of determining whether what they are saying is true or not. Their stories are impossible sometimes to corroborate because they are so fantastic. In fact, the stories are so fantastic and wonderful at times that we naturally want to believe them because we want the stories to be true and we want to be part of this 'incredible' adventure. And so we start to give our power away again. These types of people feed on our power. Our power feeds their over inflated egos. They may tell us what star system we originate from, or what part of the Solar System we first incarnated in. They may even tell us about some of our past lives, although my experience has shown they say many of the same things to many different people. I know of a number of people who were told by the same 'guru' that they all had the same past life. Now that must have been one crowded body. These people love to emphasise their own self importance and may even tell us of some of their own alleged past lives; always important people though, such as Merlin, Nostradamus, Tesla, Einstein or even Jesus.

I know of one person who actually said he had had all of the aforementioned past lives, even though Tesla and Einstein lived at the same time. Some may even change their own names calling themselves after so-called 'Gods' and 'Angels' to impress us, such is their ego. I know one guy who firmly believes his son is God reborn and named him after one of his so-called past lives. These so-called Gurus/Masters gain their information and knowledge from reading many books, listening to stories related by other people and from other people's meditations. Some of these people are very clever and their façade can be at times difficult to see through, although if we tread the central path and look hard and long enough *we will start to see the face behind the mask*. Most of these people have a very shallow energy field too and can also appear to be very cold, emotionless people. When questioned about their abilities and their stories, which at times just don't add up, their energy fields turn very black as the emotional/ego body kicks in.

However, because these people have bought into the lower vibration of ego, they cannot exist in the light of truth and we have nothing to fear from them. When we realise this and realise who and what these people truly are, we stop feeding their ego and their power is weakened and ultimately taken away. We then see them for what they truly are - sad lonely and insecure people, who need to create a fantasy world in which they can live to avoid dealing with the issues they have buried deep within themselves. Some of these people become pathological liars and begin to firmly believe that they do live in this illusory world they have created around themselves, a world which they then expect everybody else to live in too. If we can dispel the ego of an individual by refusing to give them our power to feed on, then we can do like-wise with the combined ego of this man-made illusion that surrounds us all. If more of us were to do just this, then surely we would help to purify the consciousness of Mother Earth which nurtures us all? If we stop feeding anything *it will eventually die!*

Overview

Balance is a state of being, a state of calmness and extreme stillness amidst the chaos and turmoil that passes itself off as being the 'true' reality in which we live. Like a tornado that weaves its chaotic magic by creating destruction, devastation and imbalance with and within everything it touches, so too does man. Like a tornado has its inner peace - the eye of the storm - so too has Man. The centre of every storm is absolute peace, pure stillness and utter calm - complete balance amongst all the surrounding chaos. The centre of Man is no different. We need to find this inner centre, this inner balance, our own area of absolute stillness, to avoid living in our own and everybody else's chaos. A storm is only one example of how Nature shows us where and how we can find this balance, this space and inner peace of pure tranquillity.

There is no greater force than that of equilibrium. Everything, every energy, every vibration ultimately strives to reach its own perfect state of balance. We are no different. If we continue to look and focus our attention outside of us, all we will see and experience is the chaos of the storm. We will never find our inner self, our true being, who and what we really are. In attempting to reach this calm, equalised state of being, it is only natural that everything, including ourselves, will tend to begin by swinging wildly from one extreme of chaos to another, just as a pendulum swings. We are constantly traversing the chaotic aspect of the storm, passing fleetingly through that perfect balance somewhere along the way without consciously recognising or acknowledging it for what it truly is - except just enough perhaps, for our inner self, our intuitive side to register there is more to this life than we presently understand. This may explain why many of us keep searching for this something, this 'more to life', yet remain unsure of just what it is we are actually searching for, because we are constantly looking in the wrong place for it.

Just as the universe may eventually cease to expand and begin to flow back towards its source, we too are beginning to stop searching forever outwards to find truth and balance. Through realisation, some may say awakening, we are beginning that opposite swing of the pendulum back towards our true inner selves. We are searching inwards, back towards balance, towards the centre away from the chaos and finally towards the peace and understanding of Oneness itself. Somewhere between that outer 'reality' of this chaotic physical world and the inner truth of everything that is, lies our own perfect balance, our own perfect space, which will allow us to exist as a Spiritual Being *enjoying* a physical experience. Not a Human Being *striving and struggling* to achieve a Spiritual experience in this Land of Illusion.

Why do some of us search for excitement and danger? Why do some of us always feel the grass is greener on the other side of the fence? Why do we never feel complete, as if something is missing? Simply because we feel something is missing. It is, US. **WE** are missing. We have left our home, our inner home and our inner self, to search and journey the land of illusion for who we really are, little realising the very place we have stepped out from houses all the answers we are looking for. While we continue to search this external land of twisted truths - this land of our own creation - we continue to feel as though something is missing even more, and so we intensify our search. Yet, the enigma of it all is we continue to search this land. There are many possibilities, which could attract and hold us to this mysterious land of no answers; for it has a resonance that can bewitch the very best of us at times. And so we continue with our search. Off we go again, travelling out into the badlands and beyond with hope and maybe a touch of desperation in our minds, while we begin to feel more than ever this aching chasm within - an ever increasing and widening chasm, creating a space we feel so urged to fill. And so we continue with this journey until we reach the

autumn of our life. We then wonder what life was all about and possibly regret we didn't search further and harder. We leave this land of confusion and we reach a place where there are no illusory shops, and if we are lucky, we remember that what we were looking for was deep inside of us all the time.

We should all listen to our intuition more, but first we need to help it to develop and find its voice. We can then begin to learn to live our lives by our own truth and to gradually stop living our lives by somebody else's truth. This does not mean we should stop reading or taking advice from others. It just means the truth will gradually resonate better with each of us and we will be able to recognise it better through *feeling and knowing from within*, rather than relying on intellect and logic and external input. When we start to look within our vibrations rise quickly and soon we begin to see through the illusion and the various shops it uses to ply its trade. We are then able to replenish our jug, quench our thirst and then quench the thirst of thousands of people.

If we can light our inner flame, nurture it and encourage it to grow until we become a beacon of light, we can then light up the darkness for others to safely tread their path. Then our spiritual journey will truly begin.