

# 21-Day USUI REIKI CLEANSING PROCESS

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## USUI REIKI RHOYO 21 DAY CLEANSING PROGRAM

When you receive a Reiki attunement, or Reiki session you are put into 21-day cleansing cycle. This process isn't Reiki specific either. Whenever a major transition or change takes place this cycle comes into play. Psychologists have known for many years it can take anywhere for 2 weeks to 30 days to make any real lasting change in behavior. This cycle explains that process. The cycle can be tied to the chakras, which are each associated with major psycho-dynamic functions in our lives. If you are unfamiliar with the chakras there are a series of pages under the lecture pages that deal specifically with them.

Here is how the cycle affects the body. You can look at the table for a simplified breakdown.

When the session or attunement ends this cycle begins. You are assisted on a journey. This journey lasts for 21 days. Of course, some of the changes and insights learned along the way may take longer to fully manifest, or integrate but the journey is the important part in this process.

The first week is personal. The issues brought up relate to one's personal perspective. The second week is more community and outside relationships. The second week is a result of personal changes made during the first week. The last week is divine or spiritual. It is the result of life altering insights gained through the first two weeks.

Reiki will bring up and help clear any issues that are preventing wellness or standing in the way to the person becoming a Reiki practitioner. This cycle is especially intense when one has decided to become a Reiki practitioner. There is a commitment and responsibility one's self and others when you take on the training.

This cycle happens whether you are receiving or giving a Reiki treatment or healing. In fact, it happens every time you make a change of any kind. The only difference is the focus.

As for chakras and endocrine glands, yes they directly relate to each other. The crown chakra is related to the Pineal Gland, the third eye to the pituitary gland, the throat to the thyroid, the heart to the thymus, the solar to the pancreas, etc..... I refer you to CW Lead beaters, The Chakras he covers this in detail.

The 21- day Reiki cleanse is simple, can be done at any time of day and with no time limit. You can sit in a chair, stand up, or lie down. I recommend at least five minutes of practice but you can go as long as you feel guided by the Reiki. To begin simply call on the Reiki to flow through your hands. Practice a short Gassho meditation. When you have completed Gassho, place your hands on these parts of your body for as long as your hands feel guided to rest there:

- crown/ top of head
- third eye/ middle of forehead

- throat
- heart/ center of chest
- solar plexus/ upper stomach
- sacral center/ lower stomach
- root/ hips and base of tailbone
- knees (you can beam the Reiki to your knees if it is uncomfortable to hold)
- feet (you can beam the Reiki to your feet if it is uncomfortable to hold)
- physical, mental, emotional and spiritual growth
- release of deeply held emotions
- newly found self love
- increased attitude of gratitude

Chakra Affected	Potential Issues Arising	Week 1	Week 2	Week 3
<b>Root</b> 	Support. Physical Body. Primal Power.	Day 1	Day 8	Day 15
<b>Sacral</b> 	Sex. Creativity. Intimacy. Ego.	Day 2	Day 9	Day 16
<b>Solar Plexus</b> 	Emotions / Gut Feelings. Feelings for other people. Pancreas.	Day 3	Day 10	Day 17
<b>Heart</b> 	Self-Love. Love (general). Compassion. Thymus.	Day 4	Day 11	Day 18
<b>Throat</b> 	Communication. Expression. Responsibility. Thyroid.	Day 5	Day 12	Day 19
<b>Third Eye</b> 	Ideas. Vision. The mind (general). Purpose. Pituitary.	Day 6	Day 13	Day 20
<b>Crown</b> 	Colour Integration. Higher Mind Direction. Pineal.	Day 7	Day 14	Day 21