

Imara Reiki

Distance Course Notes



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IMARA REIKI

Introduction

What Is Imara Reiki?

Imara is a mode of Reiki that vibrates on a higher energy level than most common Reiki traditions, and this can only happen once you have already been attuned to traditional Usui Reiki to the master level.

Many practitioners refer to Imara as a level 5, with the three levels of Usui being 1, 2, and 3, and Karuna Ki being a 4 on the Reiki scale.

Imara is intense energy. It feels slightly different, and as such:

- Imara does not use symbols
- Imara uses a different but easier way to pass attunements
- Imara specializes in healing past life issues
- Imara works well in healing repressed issues
- Imara can heal areas of life that lie in the unconscious, but still affect you
- Imara uses a strongly simple but intense distance healing procedure
- Imara users quite often experience visions of spirit guides/angels, etc
- Imara sessions quite often induce visions and messages from the spirit world

Other Facts

Barton Wendel first channelled Imara. He and his brother Geoffrey refined Imara into its current state that we learn here today.

Imara means 'more'... referring to the higher energy vibration that it gives off.

Once attuned, it is easier to tap into than Usui, Tibetan Usui, Tera Mai, or Karuna Reiki, but you must be a Reiki Master of one of these or a similar tradition before receiving the full benefits of Imara.

Once you are a Master, be certain that the individuals that come to you to be attuned are prepared to be an Imara Master. Some aren't ready to receive this intense energy.

Using Imara Energies

To begin, say silently or chant aloud "Laho-Chi" (lay ho chee) at least three times. The more you chant, the stronger the energy may build. Start with 3 times, and when you feel comfortable with it, you can repeat it more times to your liking.

Place your hands where you want to send the healing energies.

Let the energy flow. You may see/feel it flowing from your hands/body.

It will flow until you decide to stop it, whether you feel it or not. Remove hands when you feel that you are done.

It is quite common to see this energy like a tornado or a whirlwind when you call for it ("Laho-Chi"). However, it may take time to develop this ability, so be patient. For beginners, it's best to practice alone with your eyes closed. Its colour, if it has colour, is often green or purple, but any colour can appear to you. You can even envision a tornado if you'd like.

For those of you who work or would like to work with a guide, say: "Laho-Chi please heal, Laho-Chi please heal me," 3 times. The guide has been known to appear as an older Chinese man.

Receiver Preparation

Before you begin, the healer must state out loud or silently focus on the healing intent. You must have a strong desire to heal in order for this energy to work. This can be physical, emotional, or spiritual healing.

Ask your client to focus on healing, even if they don't personally share the specifics with you. Ask them to visualize the outcome they desire.

There is no need for the client to share every detail with you about why they have come to you. The energy focus will take care of what they need and what they can handle at that time.

Healer Preparation

If you have been made aware of the client's intention, then focus on what it is that they have requested. Otherwise, prepare yourself in any type of ritual, meditation, etc that you normally do. Ask out loud or silently in your mind to be used as a conductor of the healing energies. Ask that the session be performed with Grace and for the client's highest good. Ask that the energies happen at a pace that the client can handle.

You can use any hand positioning that is comfortable for you. Go with your instincts.

For those of you who prefer a specified pattern, there are some positions below which you can use to create a session.

Place your hands with the index and middle finger together, ring finger and pinkie also into a 'V' position (think of Spock's 'Live long and prosper position').

The client can stand with both feet flat on the floor, or reclining flat on a table/bed.

Position 1:

Place your 'V' positioned hands over their ear so that the ear is in between the 'V' gap on both sides of the head. Let your thumbs meet at the top centre of their head. Call forth the energy and let it flow for 3 to 9 minutes, depending on length of session. There is no need to actually touch the client. If they feel as if you are touching them and you are not, you can raise your hands up higher over them.

Position 2:

Place your thumbs in the notch of the base of their neck. You can really touch or just hover next to them. Be careful to not touch the breasts or get too close into the client's comfort zone. Keep position for 3 to 9 minutes.

Position 3:

Cup your hands on the outside of their shoulders. Point your fingers down the sides of their arms. Keep position for 3 to 9 minutes.

Position 4:

Sit down next to client by the right side of their waist. Take their hands off of their hips and then lay them down next to their body. Place one of your hands on the nearest hipbone, and the other hand on the other hipbone. Keep position for 3 to 9 minutes.

Position 5:

Position yourself so you are heart to heart with the client. For male clients, place your hands across their chest, all fingers and thumbs held together and pointing away, while the thumbs are touching each other. For females, place your left hand above the breasts and the right hand below the breasts and have the thumbs meet on the sternum in between, if possible.

Remember, the positions above are suggestions and are not mandatory. They are there if you need them. Experiment and see if they work for you. Always follow your intuition.

Receiving Messages

It is quite common for the giver and/or receiver to receive messages or visions during a session. The more energetically experienced you are, the more likely you are to receive information. This can come in the form of visions, smells, tastes, etc.

The giver is more likely to perceive information for the receiver, and the receiver may get the same messages. It's very common to sense spirit guides, etc. You may also find that you sense past lives, repressed issues, or otherwise hidden information. Use your intuition on what needs to be shared during the session.

The information, like symbols in a dream, may not make sense. Analyse, and try to remember.

Self Treatments

Here are some steps that you can use on yourself for a session.

Position 1:

Place your hands on top of your head so that the middle fingers meet at the middle on the top (triangular formation). Invoke the energy and let it flow. Hold for as long as you feel the need.

Position 2:

Cross your arms over each other so you are holding your shoulders. Hold as long as necessary.

Position 3:

Place your hands on your legs with fingers pointing down to your toes. Hold for as long as necessary.

Position 4:

Lay your hands across your heart for as long as needed.

Feel free to use these and/or other hand positions. You can also simply meditate and call forth the energy and envision it flowing through you. Remember to set your intentions before beginning.

Distance Healing

This is simpler than you may think!

Connect with the Higher Self of the person being treated. Place your hands on any of the self-healing positions, or intuitively choose what will work best for them.

Invoke the energy.

Intend that the energy go out to them for the healing specified.

Visualize in your mind's eye that they will be healed.

Then simply let it go... and you are done.

Attunements

Very much like the distant healing, this too is quite simplified!

First, cleanse the room and yourself. Go about your usual ritual of preparation.

Ask them to sit down and relax. Have them put their hands on their thighs.

Put your hands on the person's head using first position (Spock position on the head).

Invoke the energy .You may even see the whirlwind or manifestation of it.

Then intend that the person will be attuned to Imara Reiki and let the attunement flow. You will sense when the attunement is complete.

That's it! The first real Imara work they should do is a self-treatment, followed by giving thanks.

Distance Attunements

In your mind, connect with the Higher Self of the person being attuned. If you can, try to have as much personal information as you can about them, such as address, physical image or photo, etc.

Place your hands on yourself in the first position and invoke the energy. Then when you feel it running through you or see it, declare your intent to attune that person. Wait until you feel it coming to a close... and that's it.

Afterwards, contact them to inquire about their experience and see if they have any questions. It is recommended that before they begin to attune others, that they first do a self-treatment.

Imara Reiki Lineage

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Stephen Womack

Allison Dahlhaus

Dawn Rothwell

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