



Shamanic Reiki Master Teacher and Life Empowerment TASMIC PORTAL PRACTICUM FORM

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SHAPESHIFTING WITH THE TASMIC PORTAL

Transmuting Thought Forms in the Energetic Field

Every experience, emotion, and thought pattern logs into the tissues and organs of the body, as well as within its energetic field, as information – from this lifetime, and those times and events beyond this incarnation. These patterns and beliefs can be our own or be taken on as ‘ours’, though in reality they can belong to, or derive from and are imposed upon us – by our family, community, culture, etc.

We might liken our body to a biological computer, ultimately an energetic form that expands into a holographic luminous field.

These outdated belief systems and patterns – conscious, as well as unconscious (and those which are our own and those which impact us, yet derive from others) – hover as energy forms in our bodies, and in our larger field.

In Reiki and other energy healing practices, we know that imbalances appear first in the energetic field – before they ever manifest as symptoms or “dis-ease”.

Ultimately, and over time, imbalanced thought forms will attract experiences that mirror what the hologram energetics are; as this is the blueprint for our relative experience. (Though, this is not our *essence* blueprint.) Coinciding, symptoms may manifest.

The following Shamanic Reiki protocol is a powerful way to transmute such energy blocks, to support us to become conscious manifestors – and free ourselves to integrate ways of being that more closely reflect, and express, our ‘core’ or ‘essence’.

Have your client bring a stone *huaca* with them for this practice. (Direct them to the section in the book, *Shamanic Reiki* that instructs on how to find a stone *huaca*.) Your client – and you – should cleanse the stone before using it, in sea salt water, with Reiki symbols, etc. Your client will not be taking the stone back with them after the healing practice; you will be offering it as a gift to the Earth in gratitude for the healing that the person experienced.

Have a bowl of sea salt water nearby, out of sight of your client.

Have offerings on hand to send your client away with: cornmeal, birdseed, tobacco, bread, etc.

Begin your Shamanic Reiki session with sacred circle, symbols, intention, invocation and *shapeshifting* into guides, etc.

Do 15-30 minutes of hands-on Reiki practice before you begin the steps outlined below.

- ❖ When you and your client are in a relaxed state, invite your client to identify something that's troubling them. This may be about an event, or a current frustration at work or with a friend or partner, a physical ailment, etc.

- ❖ Once a situation has been identified, invite your client to go into the feelings that are associated with this situation.

- ❖ When the time feels ripe, you may ask your client the following questions:

“When was the last time that you felt this way?”

“Can you describe this memory?”

“How old were you?”

The memory may bring up another feeling, or it may prod the memory of another event.

Keep going back until your client feels that she or he has found the deepest, and oldest memory that is linked to the current situation in this lifetime.

Allow the person to feel free to allow whatever bubbles up, knowing that the intention is what directs the energy.

If what the client recalls appears as an unrelated event, know that it is not.

As you guide your client back in time to remember an event, encourage that they not become attached to the telling of their story. Invite them to just notice what is coming to mind, and to be curious. There is no need, and it is not desirable, to re-experience the past event. See further notes on the Shifting Past Events section in the *Shamanic Reiki* book.

- ❖ Once your client has identified the oldest memory that is connected to the feeling/emotion he or she has identified, invite him or her to utter the word that best expresses their feeling state – out loud – and blow it into the stone *huaca*.

For instance, your client may say the word *fear*. Then he or she would blow *fear* into the stone.

Have the client do this three times: express a feeling (word), then blow it into the stone.

- ❖ When your client has enacted the above step, ask your client's permission to take the stone. When this is granted, use your Reiki hands to remove the stone, and invite your client to lie with their eyes closed.
- ❖ With the stone in hand, tune into your Shamanic Reiki Wisdom Body and sense which part of the energy field and body the foundational, or root imbalance lives in. As you do this, also invite your client to sense where on their body this imbalance rests.

Which part of the body calls to you, and to them?

Once you have located the site, place the stone there. Transmute the energy that is held here by invoking the Reiki symbols, rattling or tapping with flowers, or *Camaying with the Breath of Spirit*, or waving your hands, or however your guides direct you. Or simply rest your Reiki hands over the stone and invoke the symbols, with the intention that the energy held here is transmuted.

- ❖ When the above step feels complete, move to stand behind their head and cup your right hand underneath the skull so that the palm of your right hand holds the base of the skull, over the occipital ridge at the *Tasmic Portal*. You may choose to rest your left hand over the left cheek/jaw or on the left shoulder.

Wait some time until you sense the person has shifted into the Tasmic State (dreamtime). As the brain waves shift in this place, you may see the client's eyes twitch, and you will notice the breathing rhythm will shift to a more relaxed cadence.

These are observable indications that the inner mechanisms have slowed down, and the mind and body are more relaxed.

Depending on the person and circumstance, you'll observe this relaxation response within 5-20 minutes of holding this position at the occipital ridge, at the *Tasmic Portal*.

- ❖ When you note the above relaxation responses, release your hands from behind the head of your client, and remove the stone from the body, unseen by your client. Quietly place the stone into a bowl of sea salt water in a location where the client will not see it after the session.
- ❖ Continue the session, completing in whatever presents itself within the context of a Shamanic Reiki session. Before closing the session, be sure to do

ample hands-on work, which will deepen and integrate the work you have enacted.

- ❖ Provide your client with some offerings – bread, tobacco, birdseed, cornmeal – and ask that they offer to the Earth within 24 hours, with gratitude for the healing they have received.

- ❖ After your client leaves your space you will go out to offer the stone to the Earth, on their behalf.

- ❖ Remember that it is the intention that directs the energy and that your Shamanic Reiki Spirit Guides are working through you.

(Endnote – Even if the issue derives from a past life situation, there will be events in this life time that reflect the feeling your client targets. You may also choose to incorporate past life work around this situation, as outlined in the *Shamanic Reiki* book.)