**EV1: Sacred Door Shamanic Reiki Healing Session Practice**

Updated January 2020 by LCR

**THE SACRED DOOR**

Share with your client prior to commencing the session, that you would like permission to access the subconscious level of his or her mind for deep healing.

Open the session with the symbols, invoke your Shamanic Reiki Spirit Guides and offer an opening prayer, or whatever your normal opening ritual is. Relax and become a hollow reed. Remain mindful and centered, asking divine energy to guide you.

**You will remain in each head position 1) eyes 2) temples and 3) occipital ridge, for a full five-seven minutes each or more before enacting this visualization.**

With your right hand under the occipital ridge under the head, your righthand fingertips facing toward your client’s left ear – place your left hand over the person’s forehead with fingertips facing the right ear. This position invokes direct contact with the client’s subconscious mind. Intend only for the highest good of your client.

Please keep in mind that the below is your (the practitioner) INNER and SILENT visualization, performed as your hands rest as noted above:

1. Close your eyes and visualize yourself walking with bare feet through a rich, alive forest. You find a path and walk on dark, smooth earth for some distance feeling the qualities of strength, life force, surging through your body. Look down at your feet and see the earth and feel its temperature and contact with your bare feet – as you feel the energy of Mother Earth radiating through your body and emanating out your hands and into your client. Take your time. Move slowly, as you walk upon the meandering forest path that leads you more deeply into the thick, green forest. Notice the sounds; smells and colors; and everything you see and become aware of in this forest. Feel the energy of the Earth that rises up through you. Feel invigorated and strengthened. Feel your mind become crystal clear. Notice that your mind and your client’s mind are filled with the healing energy of the Earth.
2. The path ends and in front of you is a door that is covered, almost hidden by vines. This is the door to your client’s subconscious. Notice the environment around the door. Now, notice what the door is made of. Is it wood, glass, metal, earth or another material? How large or small is the door? What is its shape? What color is the door and how thick does it appear? Now, look at the door handle – what does it look like and what is it made of? Scan as many details of the door and its surroundings as you can.
3. Looking at the door now, a large *Choku Rei* appears on its surface. Notice in what colors it may appear. This is followed by a large *Sei Heki* . *Sei Heki* means “My Mind to Your Mind”. As each symbol appears, you silently say it or hear it three times to bring it to full power. The *Sacred Door* will open only if it is in the client’s highest interest; his or her higher self must desire for it to do so. Normally, the door slowly opens and as it does, you walk through it and then it slowly closes behind you.
4. You walk through the door into the space summoned to you by the person you are working with. Notice what kind of space you walk into, what environment you step into as the door closes behind you. It could be a hallway, or a room that leads to another space. Notice the details. Where is your client in this space? What are they doing? How do they seem? Do they greet you, and if so, what do they say to you? They will reveal their deepest desires to heal, what may be in the way of this healing, and their deepest aspirations for life. This may be symbolically communicated by what the setting is and by what they do, what you perceive or intuit, or through how your client moves or relates in this space.
5. Follow the above #4 to its natural conclusion. When the time is precisely right, your client will walk out of this space to a large open vista or meadow. The landscape is beautiful, breathtaking and relaxing. The vista extends as far as the eyes can see. Your client may be sitting or lying in the meadow.

In this space, allow an affirmation to come to you from spirit that is in support of this person’s highest and deepest wishes for this individual’s life on Planet Earth. This is a positive statement only. It will be simple and express the highest good of this person – as if it’s already been accomplished, as if it is happening now.

Here are two examples: “My life nurtures and affirms my highest spiritual goals”, “I am loved and guided now and always”. Allow the affirmation to naturally come to you.

1. Hear this affirmation proclaimed three times and see your client in this space as happy, healthy, vibrant and balanced.
2. Immediately leave the natural setting, and your client, who is now in a profoundly peaceful state. Walk through the space that you first entered until you are face to face with the interior of the door.
3. The door opens for you to pass through then it closes behind you. As you step outside, you hear the door slam shut. You feel the reverberation of the slammed door. You turn around and see the door is thoroughly sealed and hidden by vines again, completely protected from anyone seeing or entering it unless requested by your client.
4. Leave the forest slowly walking and retracing your steps through the meandering path, feeling the healing energy of the Earth rise up through you. Listen to the sounds, look at everything around you, smell the scents, feel the texture and temperature against your feet and skin, as you gently step. Sit for some time when you reach the meadow at the forest’s edge. Collect yourself here, as you slowly make the transition back to full awareness of the healing room.

When you feel complete and fully present in this time and space - move your hand to the next position and resume the session.

NOTE: I received the basic form of this practice from a Reiki master teacher many decades ago, who had received it from another master teacher. I apologize for not being able to offer credit to the person who passed it on, as that name is lost. I have re-written it to offer it to you in the most accessible form, and as a Shamanic Reiki practice, which brings in the energy of the Earth. We are grateful to offer it to you. I have applied this practice with countless clients. It is extremely accurate, and it is powerful. Always ask permission at the beginning of the session - to apply a meditation practice that you will silently perform, which accesses and offers healing suggestions to the deep unconscious. Apply this practice (and every practice), with integrity.