

# Michael's Sword Technique

Start with Reiki head position # 1 - # 4 and any other area that need treatment.

Place hands in opening position and visually draw the Mental/Emotional Symbol followed by the Power Symbol on the back of your right hand. *It is important to leave your left hand in it's position during the entire technique.*

When the energy link between you and the client has been established. Tell the client visualize a quiet, peaceful scene in their mind, and project their spirit to that place.

Ask the client to experience what they would feel through the five senses if they were there.

*For clients not visually oriented, use a lot of sensory statements to activate their senses.*

It is important that you know where the client feels safe and secure so you can help them keep visualize the place. Use occasional words and visual pictures.

Tell the client to write down in big, bold letters the issue they have chosen to work on (one issue per session). When completed, tell the client to begin scanning - one leg at a time. Moving slowly up the entire length of the leg, foot, ankle, calf, knee, and thigh.

Memories are stored throughout the body including the feet and legs, and may show themselves in the form of sensations, feelings, colors, textures, or smells. Anything out of the ordinary may be a repressed memory.

As memories are discovered, tell the client put them into a balloon and let it float up above the body, still attached to the spot where the memory was discovered.

After both legs are completely done, have the client clear the central channel or spine by imagining a Golden White light entering the crown chakra and moving down the spine to the coccyx.

As the light accumulates at the coccyx, it will begin to overflow out of the root chakra and have the client imagine the energy rising upward along a channel in front of the body. When it reaches the top of the body, have the client imagine the energy joining the Golden White light coming into the crown chakra, creating a continuous loop of the energy; cleansing, purifying, opening the two main channels along the back and fronts of the body.

Have the client become aware of the feelings and sensations being experienced.

Now tell the client to scan the remainder of the body, ballooning any stored memories. Guide the client through the entire body, the organs, hands, arms, shoulders, neck, and head.

Once the client has identified and ballooned all appropriate memories discovered throughout the body, the next step is releasing the balloons, which represent cords or attachments to the memories.

First have the client will to separate the soul from the physical body. Visualize (or using their strongest sense) imagine the spirit slipping out through the left side of their body. Then have them imagine floating to the left, above and a short distance from their body, observing it in a detached manner. There are many methods that can be imagined to cut the attached balloons from the parts of the body where stored memories have been found; we are suggesting the use of the Flaming Blue Sword of Archangel Michael to accomplish the task.

Ask the client to imagine reaching out with the left hand, receiving it from Michael, grasping it with both hands and gently swinging to sever the cords that hold the balloons. Begin at the feet and move up the entire body, remembering to also cut the balloons from the back.

As each cord is cut, the client is to imagine the cord and the balloon bursting into violet flames, transmuting and burning away all traces of the memory inside the body.

When the task is finished, have the client give the sword back to Archangel Michael, thanking him for his Flaming Blue Sword that helped accomplish the complete detachment of all stored memories.

Have the client converse with Michael, asking if there might be a message regarding the purification of the body from the attachments. Give ample time for this to happen.

Next, have the client imagine that his/her body is now filling up with Golden White light, beginning at the feet and moving upward to the crown. The light shines outward through the body, filling the auric field, disintegrating any left over debris from the cord cutting.

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Next, have the spirit of the client approach the body and slowly move to a horizontal position next to the physical body, and then slowly slip back into the body through the left side.

Ask the client to focus on all parts of the body, paying close attention to any differences sensed or felt since the beginning of the exercise. Ask the client if the body feels lighter, with more freedom; ask about their emotional state of being.

Finish with the remainder of the full body Reiki treatment, asking the client to remain relaxed and in an open, loving state. The Reiki treatment will probably not take very long, as there is a lot of energy flowing through the meridians and chakras.

Do the closing position and cut the cords between you and the client's solar plexus.

Wash your hands/arms in cool water.

Spend a few minutes conversing with the client, supporting the choice to work on old issues, building his/her self worth for following through with the technique.

Explain the possible 3 -- 21 day purification that will likely take place.

The body has made change on every level and will probably be in a state of shift and change for some time to come; the client needs to be aware that this could be somewhat uncomfortable.

Ask the client to give you any feedback on the technique and particularly on how they are feeling and their emotions, physical reactions, and thoughts in the coming few days.

If the conditions for which the client originally sought this technique continues to exist, then more than one session may be needed to complete the process.