

Byosen

Feeling the accumulation of toxins

Byosen is a very special topic and element in the practice of Reiki, Hayashi Sensei spent time in all his seminars teaching his students Byosen. Sadly the Western way of teaching Reiki have eliminated this technique but Reiki Tradition have always taught this technique to our students and we are pleased to say that after the first attunement our students have reported feeling the sensations of 'Byosen' (*feeling energy tingling and pulsating palms*)

Let me explain the full understanding of the system. Byosen is made up of two words 'Byo' which means (ill or toxic) and 'Sen' which means (lump) which disturbs the flow of body and the flow of energy. So in general the word 'Byosen' means a lump of toxins, which creates blockages causing all the flows to stagnate, in doing so leading to a poor body environment from which we are prone to develop illnesses.

In most cases *Byosen* starts around the kidneys and spreads upwards to the shoulder blades, armpits and neck and can go on to lead to all joints of the body. Many of us have stiff shoulders and pains in our shoulders but we tend to just push it to one side and usually put it down to work or posture, but in reality our body is telling us that a illness is about to start. More specifically *Byosen* is telling us of the build up areas of toxins usually (lactic or nitric acid) *Byosen* usually appears where we use our joints a lot ie shoulders, neck, arms, or legs. These toxins usually work like a treacle glue like substance that attaches itself to the above areas in doing so it starts to make the joint painful with restricted movement causing deterioration. The breakdown of these toxins in these areas need energy and as Reiki practitioners our hands are capable of delivering the energy to these areas of blockage.

Once a Student has received the 1st attunement the student will be able to feel sensations in your hands, palms, fingers, wrists and even arms when you start to place your hands on yourself in a self healing or a client when giving a Reiki treatment you will start to feel the *Byosen*. The symptoms of *Byosen* will start to disappear as the Reiki continues.

Levels of Byosen

The students will sense different feelings of Byosen (build up of toxins blockage) at its peak and at different levels as it eases. Let me tell you the different levels.

1, **On-Netsu (Warmth)**

When your hands are placed on a stiff part of a receiver's body you will sense warmth (1st level), which is slightly higher than the usual body temperature.

2, **Atsui-On-Netsu (Intense Heat)**

It will be followed by more intense heat (2nd level).

3, **Piri-Piri-Kan (Tingling Sensation)**

If the stiffness in the body is even more serious your hands will have a tingling sensation in the palms or fingertips. Some people describe this as “numbness” and others as “electric vibration”

4, **Hibiki (Throbbing Sensation)**

Hibiki is a pulse-like sensation in your hands, which indicates that you can actually feel the Reiki stimulating blood vessels, causing them to expand and contract. At this time the blood circulation is activated and the blood begins to flow more smoothly.

5, **Itami (Pain)**

Itami means a pain, which tells you that the receiver's *Byosen*, is quite serious. If the problem is more serious, your hands will feel more painful. Pain can move from your palm to the back of your hand, to your wrist and gradually to around the elbow area. Sometimes it stops there and other times it may move up to your shoulder. After the pain eases, the tingling sensation you felt also simultaneously decreases. When they experience this pain some people become worried about being effected by negative energy from the receiver, but this is not possible so do not worry unnecessarily. Taking your hands off the receiver can easily relieve the pain although occasionally it still continues for a while

As I have previously mentioned students usually feel *Byosen* after the 1st attunement, students however who are more spiritual minded like those who meditate do yoga and live a more spiritual life will feel the *Byosen* more strongly after the 1st attunement, this doesn't indicate those who are not already spiritual will feel nothing, they will, but the feeling and sensations might not be as strong. Students learning Reiki will become familiar in picking up the above sensations and feelings, the more you practice Reiki the more easy and stronger you will become in sensing *Byosen*. Finally what you will start to feel and sense is *Byosen* will be at its strongest on the first

treatment and if this treatment is scheduled for 60 minutes you will notice the *Byosen* area will become more strong over a couple of times within the hour, and will finally start to decrease as the treatment nears its end. If the client was to return for a 2nd and 3rd treatment you will surprisingly be amazed that you will notice the *Byosen* area is becoming less and less until it becomes normal, this is indicating the flow of body and energy in the area has returned to normal. At this stage the movement and pain the client was initially experiencing will have cleared and returned back to normal state.

Heikin Joka (Balanced Cleansing)

As I have previously explained the pains in your shoulders, armpits let me explain balanced cleansing in this area. If you are experiencing pain in your Right shoulder (*byosen*) and you receive Reiki and suddenly the pain goes from your right shoulder, but then you start to feel pain in your left shoulder its like its moved from right to left but this is not the case. Due to the cleansing process as I have previously mentioned above, your body gathers toxins to be eliminated from the system. When the Reiki starts and the cleansing process starts from the *byosen* area toxins are not ejected just from one area, the body tries to balance the toxins to aid the cleansing process this is called (*Heikin Joka*) or balanced cleansing. This means that toxins were present on both sides of the body both right shoulder and left shoulder, to clarify this there were more toxins on the right than on the left (unbalanced) so the pain in the left shoulder was not so apparent. Once the pain on the right shoulder has been eliminated it makes the left shoulder more noticeable. This process occurs all over the body and this is why when we are doing a Reiki Treatment we always make sure what we do on the right is a mirror image of what we do on the left ie 30 minutes on the right 30 minutes on the left working in this way the body becomes balanced.

Reiki just doesn't heal pains or superficial symptoms it tackles the roots or origin of the sickness. It boosts the cleansing process as it activates the immune system, the body's self-cleansing function, leading to faster and more effective cleansing without side effects.