

# Contents.

What Happens in a Reiki Treatment?	2
What does the spike in the Schumann resonance mean?	4
Schumann Resonance and the Earth.	6
The Current Energies.	8
Pictures.	10
The Colour Meaning of the Chakras	12



## What Happens in a Reiki Treatment?

Independent research by Dr. Robert Becker and Dr. John Zimmerman during the 1980's investigated what happens whilst people practice therapies like Reiki. They found that not only do the brain wave patterns of practitioner and receiver become synchronised in the alpha state, characteristic of deep relaxation and meditation, but they pulse in unison with the earth's magnetic field, known as the Schuman Resonance. During these moments, the biomagnetic field of the practitioners' hands is at least 1000 times greater than normal, and not as a result of internal body current. Toni Bunnell (1997) suggests that the linking of energy fields between practitioner and earth allows the practitioner to draw on the 'infinite energy source' or 'universal energy field' via the Schuman Resonance. Prof. Paul Davies and Dr. John Gribben in *The Matter Myth* (1991), discuss the quantum physics view of a 'living universe' in which everything is connected in a 'living web of interdependence'. All of this supports the subjective experience of 'oneness' and 'expanded consciousness' related by those who regularly receive or self-treat with Reiki.

Zimmerman (1990) in the USA and Seto (1992) in Japan further investigated the large pulsating biomagnetic field that is emitted from the hands of energy practitioners whilst they work. They discovered that the pulses are in the same frequencies as brain waves, and sweep up and down from 0.3 - 30 Hz, focusing mostly in 7 - 8 Hz, alpha state. Independent medical research has shown that this range of frequencies will stimulate healing in the body, with specific frequencies being suitable for different tissues. For example, 2 Hz encourages nerve regeneration, 7Hz bone growth, 10Hz ligament mending, and 15 Hz capillary formation. Physiotherapy equipment based on these principles has been designed to aid soft tissue regeneration, and ultra sound technology is commonly used to clear clogged arteries and disintegrate kidney stones. Also, it has been known for many years that placing an electrical coil around a fracture that refuses to mend will stimulate bone growth and repair.

Becker explains that 'brain waves' are not confined to the brain but travel throughout the body via the perineural system, the sheaths of connective tissue surrounding all nerves. During treatment, these waves begin as relatively weak pulses in the thalamus of the practitioner's brain, and gather cumulative strength as they flow to the peripheral nerves of the body including the hands. The same effect is mirrored in the person receiving treatment, and Becker suggests that it is this system more than any other, that regulates injury repair and system rebalance. This highlights one of the special features of Reiki (and similar therapies) - that both practitioner and client receive the benefits of a treatment, which makes it very efficient.

It is interesting to note that Dr. Becker carried out his study on world-wide array of cross-cultural subjects, and no matter what their belief systems or customs, or how opposed to each other their customs were, all tested the same. Part of Reiki's growing popularity is that it does not impose a set of beliefs, and can therefore be used by people of any background and faith, or none at all. This neutrality makes it particularly appropriate to a medical or prison setting.

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## What does the spike in the Schumann resonance mean?

In 1952, German physicist and professor W.O. Schumann hypothesized there were measurable electromagnetic waves in the atmosphere that existed in the cavity (or space) between the surface of the earth and the ionosphere. According to NASA, the ionosphere is an abundant layer of electrons, ionized atoms, and molecules that stretches from approximately 30 miles above the surface of the earth to the edge of space, at about 60 miles. This dynamic region grows and shrinks (and further divides into sub-regions) based on solar conditions and is a critical link in the chain of Sun-Earth interactions. It's this "celestial power station" that makes radio communications possible.

In 1954, Schumann and H.L. König confirmed Schumann's hypothesis by detecting resonances at a main frequency of 7.83 Hz; thus, the "Schumann resonance" was established by measuring global electromagnetic resonances generated and excited by lightning discharges in the ionosphere. While this phenomenon is caused by lightning in the atmosphere, many are not aware of the importance of this frequency as a tuning fork for life. In other words, it acts as a background frequency influencing the biological circuitry of the mammalian brain.

As far back as we know, the Earth's electromagnetic field has been protecting all living things with this natural frequency pulsation of 7.83 Hz. You can think of this as the earth's heartbeat. The ancient Indian Rishis referred to this as OHM, or the incarnation of pure sound. Whether by coincidence or not, the frequency of 7.83 Hz also happens to be a very powerful frequency used with brain wave entrainment as it's associated with low levels of alpha and the upper range of theta brain wave states. This frequency has also been associated with high levels of hypnotizability, suggestibility, meditation, and increased HGH (human growth hormone) levels, in addition to increased cerebral blood-flow levels while this frequency is being stimulated.

It would seem then that our nervous system can be influenced by the earth's electromagnetic field. Maybe that's why being in nature has always been so restorative and healing. Disconnecting from a typical city setting by reducing our exposure to crowds, traffic, work, and routine life—and instead getting out in natural surroundings—can slow our brain waves down from the aggressive, vigilant, anxious, and impatient states that are seen in higher ranges of beta brain waves to more restorative alpha waves.

On January 31, 2017, for the first time in recorded history, the Schumann resonance reached frequencies of 36+ Hz. It was considered an anomaly when in 2014 this frequency rose from its usual 7.83 Hz to somewhere in the 15-25 Hz levels—so a jump from 7.83 Hz to 36+ Hz is a big deal. That's more than a five-fold increase in resonant frequency levels. What does this mean to us as inhabitants of Mother Earth? According to neuroscience, frequency recordings of 36+ Hz in the human brain are more associated with a stressed nervous system than a relaxed and healthy one.

It has long been suspected that human consciousness can impact the magnetic field of the earth and create disturbances in it (and vice versa), particularly during moments of high anxiety, tension, and passion. If you aren't aware that we're living in a time of high anxiety, tension, and passion, then you probably are not aware. In addition to the highly charged political, social, economic, and personal environments of our current time, many people have also been feeling like time is speeding up. This might explain the intense disturbance most of us are feeling at this time in history. Could the drastic rise in frequency have something to do with this?

As we know from science, the higher the frequency, the more highly diversified the information those frequencies carry. Since we are organic creatures made of matter and susceptible to electromagnetic fields, and because our lives are inseparable from the earth, then if the earth's frequency is rising, shouldn't that also raise our frequency?

Evolution has not always been an easy process, but the energy behind it—the energy of the unified field—is always moving towards greater degrees of organization and wholeness, both within and without. If the earth's electromagnetic field is raising, then shouldn't that allow our brain to be able to pick up greater frequencies that are even higher than the stressed state of high beta brain waves? If so, is there a range of brain frequencies above the scale of high beta brain waves that—instead of being associated with a brain that is over aroused and imbalanced—is associated with a brain that is more aware, conscious, and creative?

Increases in frequency create increases in consciousness, and when our consciousness increases, we have greater awareness—and that's what gamma brain waves are. Gamma brain waves, which can be more than twice as high as high beta brain waves, represent an aroused state in the brain, however, they are not connected to the survival states of emergency mode, but correlated with a kind of super consciousness and awareness, as well as higher amounts of love and compassion. As the earth goes through her metamorphosis, maybe we too have to transition through this time of emotional intensity related to beta brain waves before we enter a new consciousness of gamma brain wave states. And wouldn't that upgrade our nervous system and expand our perception and awareness of reality?

Perhaps we are on the verge of a great evolutionary jump. Another way to say it is we are going through an initiation, after all, isn't an initiation a rite of passage from one phase to another? Perhaps the earth is assisting us in lifting the veil, initiating us to a quickening in energy, and enabling us to see our true nature. Maybe when we see, remember, and awaken to who we truly are, human beings can finally move as a collective consciousness from a state of surviving to a state of thriving.

## Schumann Resonance and the Earth.

When we consider that the ionosphere surrounding our planet is electrically positive charged whilst the earth's surface carries a negative charge, we must conclude that this amounts to a prevailing electrical tension within the earth/ionosphere cavity. This tension is discharged when thunderstorms develop in this cavity. In physics two concentric electrically charged balls, one placed inside the other, are called ball condensers, or capacitors.

The inside of the ionosphere layer is used in wireless information transfer to bounce off radio waves emitted by transmitters on the earth's surface. In this way the information can be transferred over large distances.

The physicist and inventor Nikola Tesla was the first to carry out wireless energy experiments at Colorado Springs, USA, which produced such powerful electrical tensions that they resulted in the creation of artificial lightning. These lightning flashes also produced radio waves. Due to their extremely low frequency these waves could penetrate the earth without resistance and thereby Tesla discovered the resonance frequency of the earth. Unfortunately Tesla was before his time and his discoveries were not taken seriously.

It wasn't until more than half a century later in 1952, when the German physicist Professor W.O.Schumann of the Technical University of Munich predicted that there are electromagnetic standing waves in the atmosphere, within the cavity formed by the surface of the earth and the ionosphere. This came about by Schumann teaching his students about the physics of electricity. During a lesson about ball condensers he asked them to calculate the frequency between the inner and outer ball, meaning the earth and ionosphere layer. They came up with a calculation of 10Hz.

This was confirmed in 1954 when measurements by Schumann and König detected resonances at a main frequency of 7.83 Hz. In the years following this discovery, several investigators worldwide have researched "Schumann resonance" and a number of properties and characteristics have now been established.

### Schumann Resonance Properties

The spherical earth-ionosphere cavity is created by the conductive surface of the earth and the outer boundary of the ionosphere, separated by non-conducting air. Electromagnetic impulses are generated by electrical discharges such as lightning, the main excitation source, and spread laterally into the cavity. Lightning discharges have a "high-frequency component", involving frequencies between 1 kHz and 30 kHz, followed by a "low-frequency component" consisting of waves and frequencies below 2 kHz and gradually increasing amplitude. This produces electromagnetic waves in the very low frequency (VLF) and extremely low frequency (ELF) ranges.

## Schumann Resonance *"Taken from NASA website"*

At any given moment about 2,000 thunderstorms roll over Earth, producing some 50 flashes of lightning every second. Each lightning burst creates electromagnetic waves that begin to circle around Earth captured between Earth's surface and a boundary about 60 miles up. Some of the waves - if they have just the right wavelength - combine, increasing in strength, to create a repeating atmospheric heartbeat known as Schumann resonance. This resonance provides a useful tool to analyse Earth's weather, its electric environment, and to even help determine what types of atoms and molecules exist in Earth's atmosphere.

The waves created by lightning do not look like the up and down waves of the ocean, but they still oscillate with regions of greater energy and lesser energy. These waves remain trapped inside an atmospheric ceiling created by the lower edge of the "ionosphere" - a part of the atmosphere filled with charged particles, which begins about 60 miles up into the sky. In this case, the sweet spot for resonance requires the wave to be as long (or twice, three times as long, etc) as the circumference of Earth. This is an extremely low frequency wave that can be as low as 8 Hertz (Hz) - some one hundred thousand times lower than the lowest frequency radio waves used to send signals to your AM/FM radio. As this wave flows around Earth, it hits itself again at the perfect spot such that the crests and troughs are aligned. Voila, waves acting in resonance with each other to pump up the original signal.

While they'd been predicted in 1952, Schumann resonances were first measured reliably in the early 1960s. Since then, scientists have discovered that variations in the resonances correspond to changes in the seasons, solar activity, activity in Earth's magnetic environment, in water aerosols in the atmosphere, and other Earth-bound phenomena.

## The Current Energies and the Schumann Resonance January 1<sup>st</sup> 2020

If you are energy sensitive, you already know that something is UP.

But even if you've never been particularly sensitive to energy before, you know something is UP. Not because of what you read or hear about, and not because of anything that's going on in your personal life, either. Those things are by-products of what's up... one of which is the Schumann resonance.

Huh? What's the Schumann resonance? (Some ask. Not all.)

It's the heartbeat of our earth, measured by the peaks in the ELF (extremely low frequency) portion of earth's electromagnetic field spectrum. And in 2014, for the first time in documented history, the beat went up from a steady 7.83 Hz to a steady 8.7 Hz. Then it went way up, to a fluctuating (unsteady) range of 15-25 Hz!

But that's nothing NOW. Have you noticed how FAST the trajectory of your life has suddenly begun to change? How circumstances and events that would have taken years to gather enough frequency momentum to manifest suddenly seem to happen "out of the blue," so to speak? Not exactly out of the blue. Out of the earth.

According to the Russian Space Observing System's website, last month (February 2017) the Schumann Resonance extended beyond the frequencies of 36 Hz.

So what? So it's therefore no surprise that "time" has seemed to be speeding up, is it? Higher frequencies vibrate faster than lower ones, after all.

So all life on this planet resonates with the Schumann resonance, including you.

So your own frequencies just shot up pretty high very fast.

Get it? Your entire bio/neuro/psycho/energy system is going through a massive and unprecedented upgrade.

So it does not mean you're going crazy if your nervous system seems to be going haywire.

So you're not falling apart if you seem to be losing your memory, your focus, your equilibrium.

Nor do all the traumatic, confusing, and seemingly catastrophic things that have been happening mean that you have come to the end of your rope.

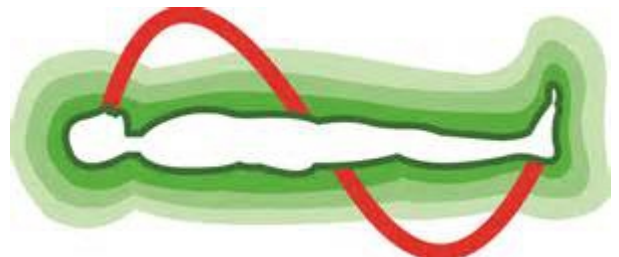
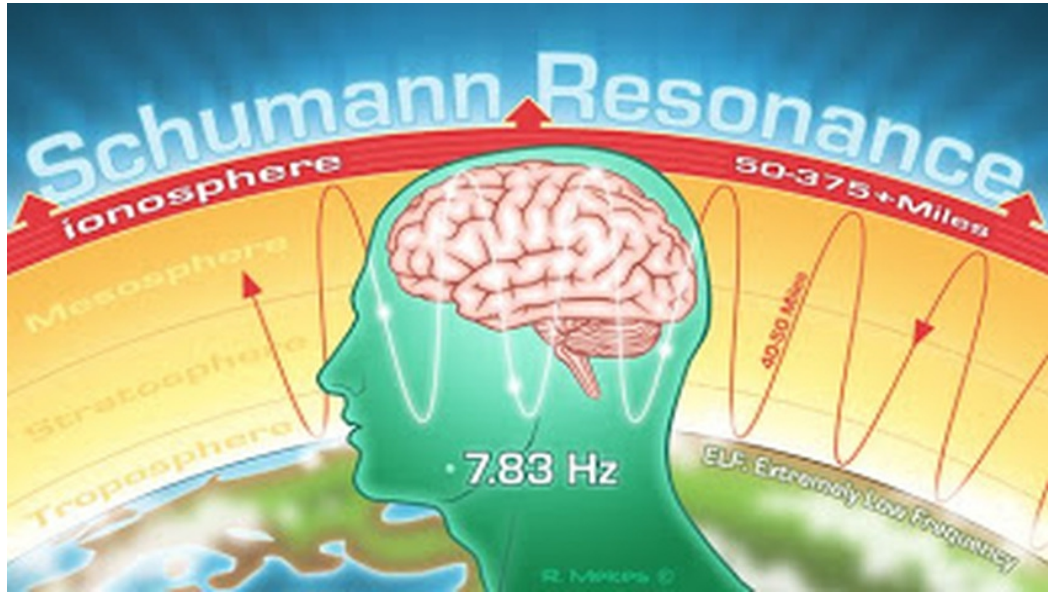
Not even if you feel hopelessly depressed and teary for "no reason." (Ha.)

NO to all of that (although it is kinda true temporarily, but we aren't going to go there thank you very much).

NOW! What comes with a total systemic upgrade? A refined attunement to frequencies, of course. In other words, your sensitivity to energy is getting an overhaul.

For those who were born energy sensitive, you'll appreciate the clarity this refinement will bring you enormously once your system adjusts.

For those who've never consciously been energy sensitive, you are NOW. That's why you feel so... sensitive.





Mr M R Thirlwell MFHT

Reiki Tradition

靈氣

## The Colour Meaning of the Chakras

### Red

Red - is the slowest of all the wavelengths within the visible spectrum, yet, it is the most stimulating colour. It pulls the retina forward so all of our energy and attention is focused outward. That's why we use red colour for the stop lights and stop signs. The root chakra colour commands attention. It signals danger to us. We act immediately. Red is the colour of the life force. It is the colour of blood and the first colour we come into contact when we are born. Red means energy and our connection with the Earth and carries the promise of survival.

### Orange

Orange - the sacral chakra colour is composed of red and yellow in equal parts and it is a colour of vitality and strength. It is at the lower end of the visible light spectrum and it is also a warm colour. It reminds me of the heat of the sun. Just as the sacral chakra is located in the pelvic area, orange is the area of our gut feelings and wisdom. Buddhists call this "hara", the centre of being through which we connect with the deepest voice of the self, the deepest stillness and wisdom. This is where we find bliss. Orange energy is very sensual. Living a life guided by orange colour transforms even the most mundane daily experiences into pleasurable experiences. That is not to say that orange is purely hedonistic. Orange is also associated with the gentle and positive nurturing of ourselves which moves us on our path of growth and development.

### Yellow

Yellow - the solar plexus chakra colour is a primary colour, composed from a single ray of light. Yellow is the colour of sunshine and it is the core of your being. It is at the solar plexus where the "I" shines from, where you feel the strength, will and personal power. The energy of yellow is vibrant, optimistic, and full of energy. It is the colour of youth, new beginnings, birth and re-birth. At the same time, yellow is wise and knowledgeable. Yellow connects you with knowledge and your intellect. People who are drawn to yellow are drawn to intellectual pursuits. As you unfold the petals of solar plexus chakra, you find a fire that burns within you, that gives you power and energy to stand for yourself and to assert yourself. You find trust and inner worth. That is the healing brilliance of yellow.

## Green

Green - the heart chakra colour is composed of yellow and blue in equal parts. Green is a colour of love. It is at the very centre of your being. The heart centre. Green is the energy of love and transformation. It allows you to transform your ego and the needs of your lower chakras and open up to love. To become more loving and compassionate. It is at the heart centre where the energies of lower chakras (once the needs are fulfilled and satisfied) can be transformed and integrated into a more spiritual aspect of yourself. This is where you reach beyond yourself and connect with something greater, wider, and deeper. Green is the colour of growth, life, and balance. Through balance you find this centre from which you can love, form healthy and nourishing relationships, and give and receive love. The energy of green is soothing and calming, like a blanket of soft grass underneath your feet. It is the colour of nature, grass, and the trees. As you unfold the petals of your heart chakra, you find the seat of compassion, not only for others, but for yourself as well. You begin to radiate love. You begin to sense the interconnectedness of all of life.

## Blue

Blue - is the first of the three primary colours and it is the colour of the throat chakra. Blue connects you with the Divine and it is the colour that we associate with Heaven. Blue energy is pure, soothing, calming, and healing. Imagine yourself lying on the grass on a beautiful sunny day, looking at the blue sky. How do you feel? Peaceful. Serene. Content. Tranquil. That is the power of throat chakra colour. Blue is also at the cooler end of the spectrum, where things slow down, allowing you to take time to be still. And to listen to your own voice. To listen to the stillness within and to express what needs to be expressed. In Buddhist philosophy, blue is the colour of pure mind - the mind that is uncluttered by thought. In stillness, you can find pure mind. Blue energy is a guiding energy, enabling you to find a sense of faith and trust. Red, orange, yellow, and green guide your attention towards movement, activity, relationships, and things that can be observed on a material plane. Blue moves your attention to the subtle vibrations that move through all of life. As you unfold the petals of your throat chakra, you find the seat of creativity. You communicate with ease and clarity. You begin to express your authentic self.

## Indigo

Indigo - also called Royal Blue is the third eye chakra colour. It is a colour of wisdom and deep inner knowing. Indigo opens the door to the Divine and it is the colour that we associate with night. It is at night, when our senses become finer and a different part of us awakens. Indigo brings clarity to the sense organs - your seeing, hearing and feeling. Indigo It is also connected to your sixth sense - your third eye. Indigo is a bridge between heaven and earth, between the left and right hemispheres and also between life and death. Indigo helps to make a transition towards life or towards death. Indigo colour energy is an energy of deep change. It allows you to transform the energies of lower chakras into higher spiritual vibrations. You must be cautious though, because you can become ungrounded and disconnected with the life on earth and with your family and friends. As you unfold the petals of your third eye chakra, you begin to recognize patterns. You can see where you have been, where you are stuck, and where you are going. You begin to experience those "Aha" moments. Moments of insight and clarity. You are recognizing your patterns and are able to relate everything to a larger picture and what it means. Illusions are shattered and dreams are integrated. You begin to experience wholeness and sense of tranquillity and inner knowing – wisdom. You begin to see that you can consciously create your life. And that your vision for the future is a creative act of will.

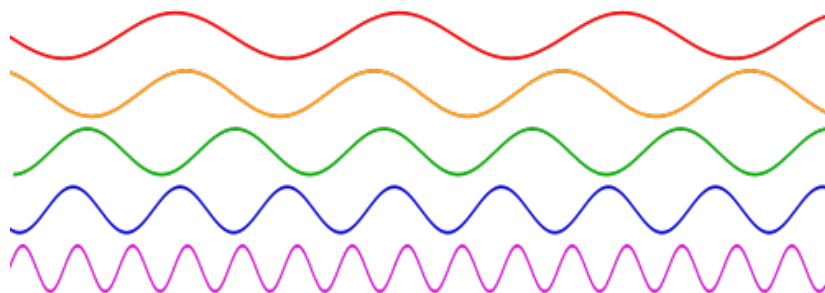
## Violet

Violet - is the crown chakra colour - our connection with the energy of heaven. Violet is the colour of spirituality. It has the shortest wavelength and the highest vibration of the colours of the visible spectrum of light. Violet offers an inner sense of wholeness. With wholeness comes a sense of ending, completion of a process, and a promise of something new, illumination, rebirth. Violet connects with sadness of letting go and also with joy of transformation. There is peace and tranquillity in the newfound knowledge of profound change. Violet colour is cleansing and purifying. It is the colour of magic, ritual, cleansing, purifying, connecting, mystery, and mysticism. It is a colour that allows us to glimpse other realities, beyond our physical and material reality of this earthly existence. It is pure cosmic energy. Violet is a colour of reconciliation. Of bringing together polarities - male and female, day and night, hot and cold, heaven and earth, right brain and left brain. In this state of balance, you feel the connection with other beings, with heaven, with earth, with all of Universe. There is no separation, no duality. As you unfold the petals of your crown chakra, you find the seat of your wisdom. You assimilate knowledge and integrate it. You know and you understand. You manifest divinity.

## The Visible Light Spectrum

Colour	Wavelength nm	Frequency THz
Red	625 - 740	400 - 484
Orange	590 - 625	484 - 508
Yellow	565 - 590	508 - 526
Green	520 - 565	526 - 606
Blue	500 - 520	606 - 670
Indigo	435 - 500	670 - 700
Violet	380 - 435	700 - 789

The visible light spectrum is part of the electromagnetic spectrum and its wavelengths range approximately from 380 - 740 nm.



**Colour is a wave** travelling through space. Depending on the wavelength, the space between the peaks - measured in nanometers *nm*, our eyes register different colours.

**Sine Wave** - is the measurement of energy, used to depict frequency, vibration, and waves. It is a waveform, a single frequency repeated indefinitely in time.