

Violet Flame Reiki

Levels I-IV

A Reiki given by the Lady Quan Yin to Ivy Moore

Permission to use Violet Flame Reiki material by Ivy Moore
granted February 2002

Violet Flame Reiki

You can see her face almost anywhere in the world where the Chinese live. The Goddess of Mercy (The Goddess of Compassion) is the most popular and widespread of any deity of Chinese Buddhism. Yet she is only now becoming known in the West. Also known as Quan Yin, Quan'Am (Vietnam), Kannon (Japan), and Kanin (Bali), or Kwan Yin. She is the embodiment of compassionate loving kindness. As the Bodhisattva of Compassion, She hears the cries of all beings. Quan Yin enjoys a strong resonance with the Christian Mary, the Mother of Jesus, and the Tibetan goddess Tara. Her influence extends from the very dawn of creation to the heartfelt wishes of woman desiring children. In times of sickness and trouble, she is the first to be invoked. She is child-bearer, creator, living compassion, friend and intercessor. She is the great goddess of life herself. (a) Quan Yin means "one who hears the cries of the world." Her five major virtues are mercy, modesty, courage, justice, and wisdom. (b)



Closely allied with Quan Yin is Tara (Star), goddess of protection and compassion, worshipped by Tibetan, Mongolian, and Nepali Buddhists. According to "Mandala: The Architecture of Enlightenment" by Denise Patry Leidy & Robert A. F. Thurman (Shambhala 1997): "Tara is the archangelic and archetype-deity bodhisattva representing the miraculous activities of all Buddhas. In myth she is born from Avalokitesvara's tears of compassion or from her own vow to be enlightened and stay a woman... There are innumerable manifestations of Tara, "as many as beings require", but her most famous are the peaceful White Tara, who brings protection, long life and peace; and the dynamic Green Tara, who overcomes obstacles and saves beings in dangerous situations."

Quan Yin, as she is known by many Buddhists, is the bodhisattva who refused to ascend as a master, until all of humanity was allowed to leave the wheel of reincarnation, and their tears were healed. She is the compassionate one. Her color is lavender, or a soft shade of St. Germaine's Violet Flame. It is a golden violet ~ the color of healing and protection.

It was while Ivy Moore was meditating upon Quan Yin, and wishing to develop better healing skills using Reiki, that she received approximately forty symbols for this purpose. She called this Reiki ~Violet Flame~, and dedicated it to the Lady Quan Yin who gently attuned her to the symbols she had received. This Reiki has a warm compassionate touch, and offers a great healing to both spirit and body when used. It is also good to use over long distances.

It is advised that it can be given to any student of Usui Reiki Level II or above, primarily because of the large number of symbols. Ms. Moore believes the symbols are sacred and private. She does not display them openly to recipients of Reiki, if she discusses Violet Flame with her client at all. She merely uses the Reiki as she would Usui Reiki, and invokes a symbol if she feels it is needed.

There are four levels of Reiki, but the attunement can be given at one time, or over a series of appointments, again, mainly due to the large number of symbols. You may choose to attune your students to Violet Flame in a series of attunements for the same reason. However, if one uses a Reiki box, similar to that below, it can easily be done all at once. Please read her instructions on how to do this. She takes the attunements very seriously, and I can attest to the success of her technique! One can attune another in Violet Flame, only after completing both Usui Reiki Level IIIb (RMT), and Violet Flame (all 4 levels.) Note that there is an attunement symbol given in the last level of VFR.

History and Origins of Violet Flame Reiki

By Ivy Moore

In August 2000 I saw some "new" symbols, 40 all together. This system is called Violet Flame Reiki. This is not a higher or better or newer and more improved Reiki. Violet Flame Reiki (VFR) is 'old' new symbols ... of this I am sure. How the VFR system was found: For six months I did a daily rosary of this mantra to Kuan Yin:

Namo Kuan Shih Yin Pu'sa [Nay Moe Gwahn Shy Een Poo Saw]

and Violet Flame Decrees. This mantra is to summon or invoke the presence of Kuan Yin within the devotee. It is also a healing to the heart. I saw the symbols and wrote as quickly as I could to get all the information down. This may sound simplistic ... but that is what happened. I wasn't looking for new symbols. I was trying to deepen my spirituality, attain enlightenment and improve myself by repeating this mantra in multiples of 108 per day and then "saw" the symbols.

It was made clear to me that those being attuned to this Tradition of Reiki would come to understand the uses of the symbols on their own. This would encourage the

student to meditate and do spiritual work on his or her own. Violet Flame Reiki is a system that encourages a person to "listen" to their inner/higher self while giving a Reiki session.

Violet Flame Reiki Questions and Answers

Do you have explanation why the Violet Flame Reiki is a new Reiki energy?

A: Violet Flame Reiki is not new. When I saw the symbols and felt the energy, I immediately knew they were old. It is definitely not improved or better or a higher vibration or more special than any other system.

What is the difference between the different Reiki systems and this one ?

A: I know that there are many differing ideas about this. I feel that all the different systems of Reiki are individual facets on the same diamond. They are all wonderful gifts.

Why did Quan Yin give you this information?

A: The Violet Flame Reiki system of symbols was given to share. The emphasis for this system is on healing with a pure heart. Violet Flame Reiki re-introduces ourselves to the goodness of our own personal power by connecting us with the loving energy of Quan Yin and St. Germaine. Violet Flame Reiki and the mantra clears away ego and leaves behind purity of heart.

When did she give it to you?

A: August 2000.

Do you use the Violet Flame Reiki symbols separately and occasionally or you just call in Kuan Yin's Reiki energy and you do not bother about the symbols?

A: Good question! I sometimes use specific symbols. I may be starting a session and then 'see' a symbol and I will use it. I also see them inverted occasionally. I do find that if I repeat the mantra **NAMO KUAN SHIH YIN PU'SA** while doing Reiki, the energy is extremely amplified.

How many levels are there in the Violet Flame Reiki system is there, and why? What is the differentiation?

A: There are four Levels with 10 symbols each. I split it up into four levels because of the number of symbols. I know that when I "saw" them, I saw 22 at first and then the remaining 18 about a week later. While I was seeing the symbols, the energy that went through me had me pacing for hours. My heart was pounding and I couldn't hold still. I couldn't sleep until I had drawn all of the symbols. I was

concerned that this much energy would be overwhelming to the recipients. Hence I split them up. There is no real differentiation, other than spacing the energy.

Do you do the initiations for all the levels, and within which period of time?

A: No. I moderate an Internet group called Violet_Flame_Reiki. (see below) On this list we take turns passing attunements. As for the period of time between attunements, I usually leave this up to the recipient. If they ask my opinion or feel like they should wait, then I encourage them to wait. I think there should be no doubts when proceeding to the next level.

Can I initiate others later?

A: If I understand the question, you are asking if you can pass attunements later? When you complete the four levels then you will receive the symbol used for passing attunements. If you have not completed your Master/Teacher level of one of the Reiki traditions in person, it is suggested that you do not pass attunements to others. The reason for this is: It is difficult to learn "how" to pass an attunement by reading about it. I encourage students to receive hands on instruction to effectively pass attunements to others.

When teaching Violet Flame Reiki I; may it be combined and taught with another Reiki tradition at the same time?

A: Absolutely. You can give the Violet Flame Reiki attunements with any other system, unless another tradition forbids if for whatever reason.

Is there any particular order that strokes for the symbols are to be drawn?

A: This is a question that has been asked a few times. And to be honest, the answer is I don't know. I "saw" the symbols, but I didn't "see" any particular way for them to be drawn. I could make something up but I won't. (smile) Learning the VFR system involves "making it your own." I encourage you to say the mantra:

Sanskrit:

Namo Kuan Shih Yin P'usa

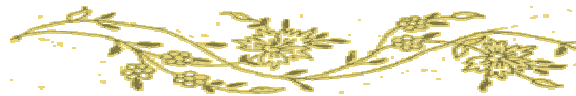
Phonetic Pronunciations:

Nay- Mo Gwahn Shy Een Poo Sa

Meaning:

Homage to the sacred name of Kuan Yin

I repeat this mantras in multiples of 108 daily. If you draw the symbols after that, take note of how YOU draw them.



I use the symbols a variety of ways.

I can draw them on my skin (with a fingertip) :

I've bought wooden disks and inscribed the symbols on them and then when I do a healing, I enclose them in my box with something personal of mine (or someone else if I am doing a healing for someone else)

I can also draw the symbol on the roof of my mouth with the tip of my tongue.

Visualize the symbol while your hands are in contact with the area that needs help.

Or just do a Reiki session ... the symbols do not need to be used. Reiki will go where it is needed with or without symbols.

Love and Light,

Ivy

To Use Violet Flame Reiki:

Wash your hands in cool water. Stand before client and repeat the following mantra silently or aloud (your preference) **NAMO KUAN SHIH YIN PU~SA*** 3 times ... Pause ... 3 times Pause 3 times, (a total of 9 times) to summon Quan Yin to aid you in the healing. There is no need to scan a patient as VF Reiki will go where it is needed. The symbols may be drawn directly above the client or onto the palm of your hands and than your hands held an inch or so away from client's body. It is also possible to not use the symbols. When doing long distance healing, ask for permission and then identify whom the proxy will represent by stating their name 3 times. Cup the proxy within your hands, draw VF Reiki symbols on the roof of your mouth and then breathe the VF Reiki symbols onto the proxy or draw VF Reiki symbols directly onto the proxy. You can also send the VF Reiki into a situation, or a room (being mindful of free will) by asking Quan Yin to channel VF Reiki through you and by doing the following:

1. Drawing symbols onto your palms and then turning your palms upwards/outwards to send VF Reiki into room or situation OR
2. 2. Drawing symbols on roof of mouth and exhaling through your mouth. You may also find another way that works well for you. To add power to the healing, repeat mantra. When completed, thank Kuan Yin for her assistance. Wash your hands in cool water.

*Phonetic pronunciation: Nay Moe Gwahn Shy Een Poo Saw

It will be necessary to practice this mantra unless you already use it in your spiritual work or are familiar with Sanskrit pronunciation

Notes:



Violet Flame Reiki Level I



Winter Ice: For fever, or where cold will help.



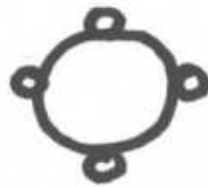
Water, Power, Movement



Fertility, Rebirth



Heat, Past Life Healing



Purification



Eternal Spiritual Cleanse



Nervous Disorders



Breaking through to Past Life Traumas



Spiritual Healing



Heat
Purification/AIDS/HIV



Violet Flame Reiki Level II



Uniting: For anything
broken, heart, bones, spirit,
etc.



Protection Amplified



Extraction of anything
undesirable, illness, habits,
etc.



9th Power Cleansing by
Heat



Return to Transcendental
Consciousness



Scale of Yin/Yang



Clasp the Divine



Balance



Amplifies Healing through
Divine Intervention



The Divine Human Soul



Violet Flame Reiki III



Heat/AIDS/HIV



Blood Purification
AIDS/HIV



Deep (T)issue
Healing



Joints, Arthritis



Strengthens Intuition
or Opens 3rd Eye



Releasing, Gives
patient strength to
deal with pain of illness
or to let go of illness.



Thyroid/3rd Eye
Clearing



Water / Cleanse /
Water Retention
Balances Bodily
Fluids



Opening oneself up to
Divine Guidance /
Higher Self / Ones
Life Plan



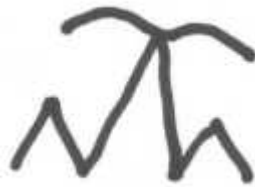
Divine Three



Violet Flame Reiki Level IV
(Master/Teacher)



Protection/Also a
UFO symbol



Life Energy/Chi



For Depression, to bring
"Light" down within



To Remove/Lessen
Pain



Unknown



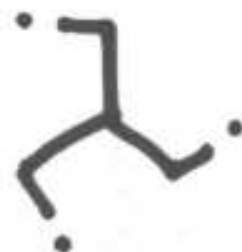
Mist of Invisibility



Fertility, Rebirth



Insomnia or Chronic Fatigue



Return (Wo)man/Earth to
Youthful Health



Master Symbol for passing attunements. The Circle seals the attunement and the lines of three indicate 3 by 3 by 3.

"I seal this attunement (Draw circle), 3 (Draw 3 lines) by 3 (Draw 3 lines) by 3 (Draw 3 lines)"

These are the instructions I usually suggest for receiving the Violet Flame Reiki attunements.

I would suggest bathing first. Find a quiet area to be alone. If you have sage, you might like to burn it as well to clear your space. Or create a sacred space of your own in whatever way you feel comfortable. Find a quiet place (alone, hopefully) to sit or lie down in a comfortable position and then ask,

"I wish to receive the Violet Flame Reiki attunement that _____ from _____ is sending me" then relax and accept the attunement. I will be sealing your attunement in a Reiki box with the symbols for seven days after.

Ivy

Both Attunements listed below are for long distance Attunements. Personal attunements process is the Usui attunement process currently in use.

Ivy Moore's VFR attunement process:

Congratulations on receiving your Fourth Level of Violet Flame Reiki. You may now teach and pass on attunements to others. :)

Violet Flame Reiki is done primarily as a distance attunement. The attunement technique of VFR allows the Violet Flame Reiki Master to prepare the attunement for each person and to present it across space and time. Put into less grandiose words once an attunement is done by a VFR Master it can be received by the intended person no matter where they are on the planet within a certain time frame, usually seven days. This technique is part of VFR level four and sent after the VFR level four attunement.

The following information is to assist you in passing on long distance attunements to others. This is the way I send out long distance attunements but it is by no means the only way. :) You should use whatever method you are comfortable with for doing long distance attunements.

I start out by preparing my altar area and myself. I bathe, put on a CD of thunderstorms, other nature sounds or meditation music, and light some incense and candles. I also make sure I will be free of distractions for the entire attunement period.

Prepare the person to be attuned by writing their name, birth date and location down on a piece of paper or prepare a proxy if you prefer. I then draw the Usui long distance symbol Hon Sha Ze Sho Nen in the air. I connect with the person by meditating on their personal information, which I have written down on a paper. I draw on the piece of paper the symbols for the level(s) that they are being attuned. I draw all the symbols 3 times over each person's information. I cup their information between my palms and chant the **NAMO QUAN SHIH YIN PU' SA** mantra 9 times. I visualize that Kuan Yin is within me* and then blow the Violet Flame Reiki onto the paper cupped in my palms. Then I use the Violet Flame Master Symbol and the chant of sealing this attunement, "I now ask this attunement to be sealed and held for 7 days until this student retrieves it. May this be, three, by three, by three."

I then place the persons information into a saged (or cleansed) Reiki box. This is a box especially prepared by me. It has the symbols inscribed on the outside and then it is covered in semi precious gemstones. I leave the information in there for at least 7 days. I place the box somewhere it won't be disturbed.

I use the box to visualize the student is surrounded by Violet Flame Reiki and the

symbols.

I then break the connection by stating that the attunement is complete and rinse my hands in cool water.

I then email the group that those who signed up for attunements that day can retrieve them for the next seven days.

You can also email each person individually. It is best, however, not to post the names to the group as some feel this is a violation of privacy.

* This mantra is to summon or invoke the presence of Kuan Yin within the devotee. It is also a healing to the heart. I have often felt that Kuan Yin has given the attunements rather than me.

Updated information: several people have given feedback on receiving the attunement. The most interesting recent experience was asking to receive the attunement several times over the course of the seven days. Each person who did found the experience useful and pleasant so I am mentioning it here. All of the people involved set aside a time to accept the attunement on several different days and used meditative techniques that were comfortable and familiar. You do not have to do this multiple day receiving but I did want to inform you of the option that others have used. Ivy

Lars Colsen's VFR attunement process:

Congratulations on getting level four and becoming a Violet Flame Master Teacher.

The method used to pass the attunements is (in short) as follows.

I prepare yourself and your area so you are in a peaceful state of mind and have no distractions. Bath, light candles or incense, play quiet music, meditate or any other method that works for you. Prepare the person to be attuned by writing the name and location down on a piece of paper or prepare a teddy bear if you prefer.

II Use the attunement method that you are most familiar with doing distance attunements. I use a variation of the Diane Stein attunement. First I connect to the person using Hon Sha Ze Sho Nen. Then I open the aura to the attunement using Dai Ko Mio. I collect the Violet Flame Reiki energy in my diaphragm and then blow the Violet Flame Reiki into the person's aura using the name paper as a stand in.

III I trace on the piece of paper the symbols for the level(s) that are being attuned. Chanting the Namu Kuan Shih Yin Pu'sa mantra for each one. I then focus the Violet Flame Reiki

energies on the name paper while I chant a full one hundred and eight repetitions. Then I use the Violet Flame Master Symbol and the chant of sealing this attunement "Three, by three, by three"

IV I declare that the attunement is complete. I ask Quan Yin or some other willing Reiki spirit to guard this attunement and assist the person in collecting the attunement within seven days. I close the aura and disconnect with the other person, placing the slip of paper into a Reiki box.

V I send out notice to the person to collect the attunement.

Lars Colson

Violet Flame Reiki Box

"Violet Flame Reiki Attunement boxes are what I use for long distance attunements. After I used the phrase "Reiki box" I heard it elsewhere on the web. I have no idea what their Reiki box is, but I can explain mine. :) A Violet Flame Reiki box is a wooden box with all of the Violet Flame Symbols inscribed on the outside and inside of the box. I then take different kinds of polished and unpolished rocks (semi precious) and adhere them over the symbols so that the symbols are kept hidden and sacred. I use jade, amethyst, hematite, aventurine, all kinds of jaspers, all kinds of agate, all kinds of quartz, citrine, peridot, moonstone, sunstone, howlite, carnelian, sea shells, turquoise etc to cover the symbols. I take the attunement process very seriously. I do not feel comfortable relying on 'intent' alone for an attunement. I bathe first and put on clean clothes than sage the room. I light some white candles. I do a specific amount of mantras to Kuan yin. Then I inscribe the symbols on top of your information a set number of times and then seal your information and the symbols in the Violet Flame Reiki attunement box for seven days." **Ivy Moore**

Additional notes: from the newsgroup Violet Flame Reiki, or the Quan Yin newsgroup at yahoo.com:

Dear _____,

The energy was flowing from my daughter, through me, to Qwan Yin, and from her into the flame. It made sense, that to take energy/illness/virus/whatever from the stomach would make her feel better, but I had not felt Reiki move "backwards" before and then to go from one to another. I am sure it is fine and "normal" but was just new to me. There seems to be no end to what can be learned/done with Reiki. One of the reasons I like it so much. Also, I see colors when using Reiki. Since my last attunement I have noticed that the colors change depending upon what is being done with it or what is needed. Most of the time I will see physical healing oriented Reiki as sort of a green color. This was most definitely purple/violet, and it felt to be of a different quality than I usually use for similar



ailments. (By the way, when I say "me" or "I used" please understand that I do not decide what to use/do, Reiki "decides" and I just follow along and observe. I am fully aware that I am just the channel here, not the force. The English language is just not conducive to explaining these concepts very well.)

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Q. I also was thinking, that when you do the VFR Symbols, if you also use the Cho Ko Rei, before and after the VFR Symbols, or has any one else tried that? Also with the VFR Symbols, are WE suppose to be saying something three times when WE do the Symbols?

A.Yes. I use the Usui symbols and VFR symbols all the time together. I use the Usui long distance with the VFR to do long distance healing. I am not sure if all traditions "allow" that. I know that some traditions are considered a higher frequency or have strict trademarks so I don't know what the rules are there. I rely heavily on my heart. I do mantras (all different kinds) and then usually sleep on it. And then the next morning I wake up and always have some kind of answer. If I am unsure then I believe the answer is no. I have these little books that I have hand written my prayers, decrees, mantras in. One book I actually wrote each of the mantras out 108 times so I don't have to keep track. I also think of them as prayer wheels. I will flutter the pages to "send" out extra prayers when I am down. I need to finish the sites with at least the special purpose mantras. TSL sent me these mantras. I need to give credit to them. I am not sure they are the original source though ... I had emailed them asking for an online source of their Kuan Yin rosary and someone wrote back asking for my address and photo copied several pages for me. I was really touched by that. I like a lot of their decrees and mantras but, I can't understand a lot of their teachings and I won't follow something blindly. I also have Louise Hay affirmations in my books. I think I got off subject ...

You don't have to say the mantra when doing VFR symbols. I use the mantra like the Cho Ko Rei symbol. I can feel the Reiki energy increasing. I use Cho Ko Rei and (NAMO KUAN SHIH YIN P'USA) the mantra alternately.

Ivy

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I also wanted to ask what everyone's take on "keeping the symbols sacred" ? I understand that others feel that they will be used for wrong or won't be held in reverence if revealed. Do you have any opinions on that? I am going to be doing some major meditating on this. I have to admit to being one of those people who has to have a valid reason for something. Although I've been known to do things for no reason other than it "felt" like it was the right thing to do.

Ivy

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Should the VFR Symbols stay secret? My answer is based on four considerations: sacredness, respect, harm and accuracy.

1) Is the Violet Flame Reiki a sacred matter that needs to be kept apart and a mystery from the un-initiated?

A1: I am just learning about VFR from the web site and the mailing list. I will not gain level one until 1/26/01 so I can not judge from personal experience only by inference. The inference is that the person who brought VFR into the world did so through a rosary meditation but that VFR is not a practice of any religion and does not have a bias based on religion. It is also intended to go out and heal the world and as such is not a cloistered practice. So VFR does not have to be kept secret due to sacred matters although it may be a sacred activity.

2) Is Violet Flame Reiki going to suffer from lack of respect by reserving the symbols from the un-initiated? Or will it suffer lack of respect because it *doesn't* reserve the symbols?

A2: This is dependent on the mind of the observer. I am living in the USA and have the cultural bias of 'freedom of information' so I want the information available. What I find important is the amount of effort I spend on study and understanding a subject, not necessarily the ready access to it. In my past study of Usui Reiki I could access pictures and definitions of the Reiki symbols but it was not until I spent the time and effort of using them that they had meaning and value to them.

If much effort is made to 'hush up' and keep secret the symbols there will be a group of people drawn to VFR with no better reason then curiosity. I probably fall into this category since I saw the word Violet and had to find out more. While I know and practice Reiki I do not consider myself a healer nor is that a major activity in my life. What I do try to do is have a healthy respect for people who are dedicated and more serious then I am on any given subject.

Does VFR need respect from the world at large and if so, what is the best way to earn it in general? There will always be individuals who will not respect something because it is new, different or not of interest to themselves. If respect is the goal of secrecy then I caution that it will always be a partial and unsatisfactory effort, IMNSHO.

3) Will the public access of the Violet Flame Reiki Symbols cause greater harm then keeping them secret?

A3: If the symbols are public knowledge, what will people do with them? Is there a way to use the symbols that will harm others or the person trying to use them? Is lack of the symbols going to cause harm to the world at large? Again, I do not have any initiation into the use of VFR or the VFR symbols so I cannot speak from experience. I do know that many people try to use objects that they have little or no training in (e.g. automobiles, logic, household appliances) and cause harm to themselves or others. The question then becomes, will people cause harm, even inadvertent harm and what if any, is the liability of the VFR teachers and caretakers?

4) Will the Violet Flame Reiki Symbols maintain the connection to and be discussed

accurately in conjunction with Violet Flame Reiki if allowed to go public? Or will the public release send it mutating through the world?

A4: I have read the various histories on the Karuna Reiki (tm and not tm) and the symbols connected to it, this is a cautionary tale. How much control is needed to make the teaching of VFR effective and consistent? How much worry is there on schism and difference of opinion? Two major complaints with the trade mark control are that the teacher is restricted to one set of teaching plans that can't be deviated from if one wants to remain 'official' and yet there continues to be revisions of what is 'official' and a teacher can be told he/she must now teach in a way he/she was never taught. If VFR is all set and standardized then slap a trademark on it and keep it pure and accurate. However I would assert that Violet Flame Reiki is still in the process of manifesting itself into the world at large. The symbols are still being investigated, the uses being explored and the ramifications of the VFR still being understood. It is not a static system and would suffer from excessive regulation. With that said, opening it up to the world in general is handing an egg to each individual: some will hatch it into a chicken, other will hatch it into an eagle, some will hatch it into a peacock and others will not hatch it but make eggs over easy with ketchup and a side of home fries. It will change and the changes may seem similar to ours or greatly different. Will these changes be accepted or seen as threatening to VFR? Is it a question of the system or is it the personality and ego of the people involved? Again, I do not have enough information for form a sound comment but I do have opinions.

What to do: declare VFR as the Reiki equivalent of 'open source code' Linux. State that there is a body of information that is accumulating and that irregular 'releases' of the information with "release date/ version number" available. People are encouraged to submit any and all insights into the use of VFR and the methods of teaching it back to the archives for inclusion in archives, discussion groups and future revisions. It is requested but not required that an acknowledgement of use of the Violet Flame Reiki materials be included in any class taught or articles written.

To be an open source the source needs to be defined. e.g. *"ver. 1.0 Violet Flame Reiki is a healing modality brought into the world by a rosary meditation on X date by Y person. VFR is used by the initiate to use promote healing in individuals, the initiate and the world. VFR has a group of symbols used as foci during healing sessions."*

Then *"ver. 1.1 Date Z first attunement of other people into VFR, using ... method"*

Then *"ver. 2.0 Date AA VFR I symbol 3 is being called 'bbbb' due to feedback from persons 'C, D and E'. VFR Master 'F' is teaching VFR as part of her classes on self healing meditation."* etc...

On rereading the above, I think it makes more sense to call it "updates" rather than versions and say you teach with material that is VFR as of 'this' date. But I am more satisfied in using version numbers, I am very analytical. Remember, as soon as more than one person is fully Master attuned, VFR is open source and there is no "going back into the egg shell". This is more of our attitude in how we face this rather than control of VFR.

Well this is a huge writing for me. I will send it out and hope that people read it with some forbearance and it stirs up thoughts. Lars

//*/**/*/*/*

I would like to include your statement in the egroups main page with the following revisions ...

People studying Violet Flame Reiki are encouraged to post, any and all insights into the use of Violet Flame Reiki and the methods of teaching it for the inclusion in this egroups archives, discussion groups and future revisions.

Ivy

//*/**/*/*/*

Some thoughts on these..

>I also wanted to ask what everyone's take on "keeping the symbols sacred" ? I understand that others feel that they will be used for wrong or won't be held in reverence if revealed. <

This is always a difficult one:-) I think it is how we use them that are important. I have the usual symbols on my web site but I have never known them to be misused. Until people are attuned to Reiki and on that kind of spiritual path, the symbols are of no use to them. So I think it is OK for them to be revealed.

//*/**/*/*/*

How are others using VFR energy? Since this is a new Reiki energy we need to share with each other how to use this energy. As I have lived a Reiki life since starting to study Reiki my life has continued to grow and open to all that is possible. Reiki is powerful energy for good, change and growth. For now.... growth in Reiki and VFR.

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Note from Winter BelViso in reference to her attunement to VFR Level I by Ivy Moore. Winter is an experienced Reiki practitioner; she was sharing her experience with other Reiki teachers when she wrote this:

Rather than have this be 'intention driven' I wanted to give this as much concentrated effort as is given by the person doing the attunement; in this case Ivy. (Aside: Even though I have been given all four levels by Rashana, I wanted also to receive them directly from Ivy.)

I sat in Gassho, repeated the Principles, recited the mantra while doing the 3-position Gassho breathing technique. I then repeated the mantra to Kwan Yin on my mala beads. I then asked, specifically, to receive the Level I symbols from Ivy. Having never met Ivy in real life, I wasn't certain what sort of energy to expect, if any. I remained in Gassho, not clear as to what to 'do' next, if anything.

I raised my hands to the level of my brow chakra, then opened them upward, to open the

crown. I felt a soft breath down into my head, down my spine. I hear a woman's voice say, very softly, "We will all (----) this attunement." I can't be certain of the word used. It 'felt' like facilitate/create/assert/manifest, a combination of all of those qualities. I am not certain of the word.

I had both sets of symbols at hand, along with a purple marker and paper. Familiar as I am with them, I have not actively been using the symbols. I had this concern that I would not be able to remember them since my memory is getting more and more senior. (Chemo has also taken a toll on my grey matter but I try to NOT have an issue with that, telling myself that this, like other things, will heal over time.)

I drew them all on one piece of paper, writing each purpose underneath. I have never actually drawn them before. They felt incredibly easy to draw, as if they were letters I have been writing forever, like the alphabet. I have to admit that I was very pleased that they felt this way due to my concerns mentioned above.

Then I drew each one in the air before me, then lifted it into my crown chakra. One by one, each one was drawn, touching the center, lifting it into my crown. I felt each one enter and slip into my skull, down the chakras, slipping past my knees, through my feet. I felt the way I do when I 'use' ReiKi, anchored between the Stars and the Earth. Each symbol 'came home' to me.

I sat for a bit longer in Gassho. Then I drew each symbol on each hand and then on my heart, one by one. Each time I would speak its purpose and 'sit' with it as it became a part of me.

I must tell you that my most incredible reaction came from "Nervous Disorders." I began swaying softly back and forth, front to back, not side to side. I just allowed that to happen. It went on for a full three or four minutes. (But I don't have a clock in the ReiKi room, a deliberate oversight on my part.)

When I put the "Spiritual Healing" symbol into my crown, rather than returning my hands to Gassho, I felt the need to open my arms completely, to bring my arms down behind me and 'send' that symbol to my root chakra from the back. (I just realized that this is the place where they have done all the bone marrow tests. This particular area of my body is where the doctors have, quite literally, been punching holes in my pelvic bone on a regular basis. And, even further, this is the area they would use to diagnosis and detect any recurrence of dis-ease. Hmmmm... interesting.)

I decided at this juncture to just sit with what I had accomplished. I drew each symbol individually on a separate piece of paper, with its purpose and use written under it. I was amazed, delighted and very happy to have them ALL come to me, easily. (g)

MIRACULOUS FLOWERS SPROUT ON A GOLD STATUE IN SOUTH KOREA

"Flowers that bloom only once every 3,000 years are budding on the head of a sacred Buddhist statue." Buddhist priests in South Korea "say the legendary flowers blossoming on the forehead of Kuan Yin the Compassionate" only appear "when the 'Sage King of the Future' (also known as Maitreya, the future Buddha--J.T.) comes into the world," which one Buddhist leader called, "a delight that gives joy beyond description." "The Miracle of the Flowers, as it's now being called, happened in the Chonggyesa Temple," in a suburb of Seoul, the capital of South Korea. "Tens of thousands of pilgrims are flocking to see the white blossoms on the tip of the eyebrow of the shining, gilded statue of Kuan Yin." "Kuan Yin is a gentle Buddhist deity who refused to enter paradise (Nirvana--J.T.) because she heard the cries of suffering humanity," says religious expert Dr. Kenneth Ireland (No relation to Kathy--J.T.) "She is acknowledged to save the soul of everyone on Earth, turning her back on none." "Many are now saying that the monastery of Chonggye-sa could become the Buddhist Lourdes because many cures are being performed there." "According to the monks, 21 threadlike stems are growing from the statue of Kuan Yin, each with a tiny white flower 'no bigger than the tip of a ballpoint pen.'" "This is the first time in the 1,000-year history of the monastery that the flowers have blossomed." "Buddhists say sighting the flowers is like witnessing the birth of Buddha," he added. "Experts say it's unthinkable that the 500-year-old statue of Kuan Yin, gilded every three years over the (original) woodwork, could produce growing flowers without divine intervention." "Botanically, the flower is related to the ficus," says botanist William Grant, "There is just no way it could take root in the statue." "Dr. Ireland says the flowers are regarded as divine in India, Japan and China and are believed to bloom only when a momentous event is about to happen." "Buddhist monks are currently keeping a prayer vigil at the statue, waiting for the event that will change mankind's future forever."

Bruce Stephen Holms (e)

Setting up a Kwan Yin Joseke **by Donna Powell, RMT** **with Grace Lin**

These days there seems to be a lot of interest in Kwan Yin. Therefore, we will be discussing who the historical Kwan Yin was, who She is, and how to set up a Joseke (altar) to honor Her, as well as the meanings behind some of the Kwan Yin statues one sees, and Her birthdays. We will touch briefly on the performance of the Compassion Mantra, and the Pledge one make take to Kwan Yin.

Historically, Yasodhara (whom we know as Kwan Yin) was the wife of Siddhartha Guatama. He was a warrior prince of the Shakya tribe in what we now know as Nepal, and they married when both were 16 years old. For at least 13 years, the time they were living as husband and wife, they shared a life of wealth and luxury. Shortly after the birth of their son, Rahula, Siddhartha had fulfilled his obligation to keep the family line going and thus had fulfilled what was expected of a son and husband. He abandoned his family and the life he had known and went to seek enlightenment. After His enlightenment, when He became known as Buddha, Yasodhara went to visit Him along with other family members. She asked to join His followers, which until then had been only men. He accepted and She and his aunt became the first Buddhist nuns.

Kwan Yin has several titles, which may explain why Reiki practitioners may feel an affinity for Her. Her titles include: She who hears the cries of the world; Goddess of Serenity; Goddess of Good Fortune; Goddess of Peaceful Enlightenment; Goddess of Compassion; Goddess of Mindfulness; Destroyer of Obstacles; and Goddess of Tea. She is a Healer and Her healing technique sounds much like what we know as Reiki. She is also known as Gentle Protectress of the Old, the Weak, Mothers and Babies.

It is said that upon Her death as Yasodhara, She heard the cries of those who suffer, and vowed to stay in Samsara, the realm of darkness, until all sentient beings had been rescued. When She became a Bodhisattava as a result of Her vow, She took on the name of Kwan Yin.

To set up a Joseke to Her is quite simple. You must never have anything above it. Her Joseke must be in an area where there is never any degree of being disrobed, and there must never be any sexual intimacy in front of Her. Otherwise, there are only two things needed for the Joseke. Kwan Yin Herself, and to Her left a green branch in a vase. A statue of a boy and one of a girl, one of who is on either side of Her and to Her front, may be added.. The statue of Kwan Yin should be of ceramic or China, as should be those of the children. An incense burner may be placed in front of Kwan Yin, and incense burnt in the early morning. A side note here is that Lotus incense is preferred, though Sandalwood incense is acceptable. The water in the vase holding the green branch should be changed every morning. An artificial branch is acceptable for the Joseke.

The legend is Kwan Yin uses the branch as a wand or sceptre when She blesses things around Her, turning what was bad into good. The children are Her only servants.

The statue one uses for a Joseke should be of a sitting Kwan Yin. This is to show reverence to Her. A faceted Kwan Yin is the equivalent of a halo around a Saint - it shows this one is Holy.

If one lives in an area where there is a Buddhist temple, one might wish to take their statue of Kwan Yin there to be blessed prior to setting up the Joseke.

In traditional artwork, Kwan Yin appears as a beautiful Oriental Lady, sitting on or standing near a lotus blossom. The vial or vase with the green branch represents growth. The white lotus represents purity.

Kwan Yin has 4 birthdays. Taiwan observes Her birthday on March 28. Her other 3 birthdays are set aside for the observation and performance of the Compassion Mantra. The <http://www.owlsdottir.com> site has an excellent chart on Her birthdays, the animals sacred to Her, Her traits and Attributes, Stones, Trees, Plants, Festivals, Healing Techniques, Music, Crafts, Incense for Her, Magical Tools, Sense, Colors, Divination Methods, and Element.

As a Reiki Master Practitioner, I particularly found interesting the following: that Rose Quartz is sacred to Her. Meridians and energy healing based on Stress Reduction are Her techniques. My pets, cockatiels - the smallest of parrots, are sacred to Her as parrots are one of Her totems. The Rose Ray, a color associated with healing according to those who study auras, is Her color.

As a side note about the rose quartz, my husband and son put a rose quartz pation in our backyard on Mother's Day 2001. This area was charged with Reiki prior to the laying of the stones, and I'm told that one can feel the energy before one steps on the patio. When we sit on it, if tired or distressed, the most marvelous calm and peace comes over us and we are refreshed. We've also noticed that both medicinal and decorative plants we placed on the sides of the patio grow for a longer period and strive to grow over the patio!

Thanks to Kwan Yin, and those who started me on this quest to learn more about Her, I learned of the days on which one recites the Compassion Mantra. They are the 9th day of the 2nd, 6th, and 9th lunar months. Again, I refer you to the [owlsdottir.com](http://www.owlsdottir.com) site, which has the ceremony for the Compassion Mantra. I learned that the glass or glasses of water, which one places before Kwan Yin for Her blessing, have healing powers and are to be drunk after the ceremony is completed.

Kwan Yin is prayed to for, among other things, children, healing, and the turning of bad situations into good ones.

There is a pledge one may choose to take to Kwan Yin. However, this is not to be entered into lightly, but only after much thought and if one is willing to make a commitment of what could be considered epic proportions. Basically, one pledges to follow Kwan Yin's example, and not to go to Heaven after death, but to work with Her until all sentient beings are rescued. I refer you to:

<http://theosophy.com/tlodocs/PledgeKY.htm>
for further information and the pledge itself.

Website References:

<http://www.san.beck.org/EC9-Buddha.html>
<http://www.ship.edu/~cgboeree/siddhartha.html>
<http://www.geocities.com/SunsetStrip/Birdland/922/buddlife.htm>
<http://www.geocities.com/Tokyo/Pagoda/8721/kwanyin4.htm>
<http://www.geocities.com/Tokyo/Pagoda/8721.miao-sha.html>

Information on Multiple Items regarding Kwan Yin:

<http://www.owlsdottir.com/Goddess/air/kwanyin.html>
<http://www.geocities.com/Tokyo/Pagoda/8721/>
<http://www.goddesscraft.com/spirit/kwanyin.html>

Kwan Yin Prayer Card:

<http://members.ozemail.com.au/~teramal/kwan.html>

The Kwan Yin Pledge:

<http://theosophy.org/tlodocs/PledgeKY.htm>

Donna, a Reiki Master Teacher in the Usui Ryoho Reiki System, began her journey of self-healing after sustaining a fall in June of 1991 when she was advised that she would never be able to work again. She did not choose to accept this prognosis, with the results of studying Tai Chi Chuan and Qi Quong. These two arts started her on the path of working with energy. A Reiki Master team was gracious enough to visit her, and informed Donna she was already doing Reiki. Donna is dedicated to teaching this gentle and beautiful healing art to all who will learn. She presently resides in Marion, Indiana with her husband, John, who is also a Reiki Master. Together, they are the Alternative Healing Team. She can be reached via e-mail at: herbs_healing@bpsinet.com

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This paper has been revised by the author since that date; and permission granted to publish in this manual March 19, 2002 by Donna Powell, RMT, Alternative Healing Team; Marion, Indiana. Any requests for information about this paper should go to her at the email address given above.

Sources for written material not belonging to Ivy Moore, and the Violet Flame Reiki:

- a. <http://www.kuanshihyin.org/>
- b. <http://www.eteam-relocations.com/kuanyin.htm>
- c. http://groups.yahoo.com/group/Violet_Flame_Reiki (moderated group)
- d. http://groups.yahoo.com/group/0_KuanYin (moderated group)
- e. <http://members.sitegadgets.com/skreanst/board/1.html>; this is not the original source; any information leading to the original source material would be welcome: this material is quoted in several websites without it.
- f. Donna Powell; RMT; Alternative Healing Team; herbs_healing@bpsinet.com
Used with Permission.
- g. Winter BelViso; used with permission

Anyone interested in the Ascended Master Quan Yin should seek out further sources online the World Wide Web. There are many wonderful and colorful websites with material about this compassionate lady.

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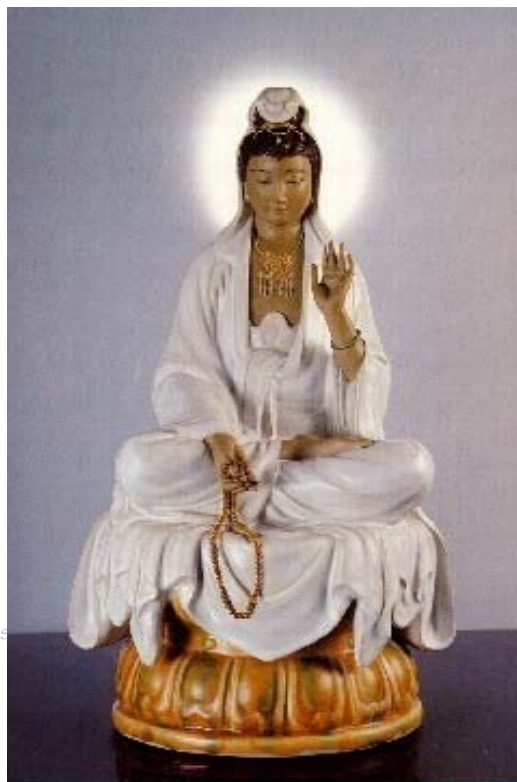
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Used with permission. Pictures of Quan Yin; various artists and photographers over several hundred years ago to the present, over large areas of the globe. Postings from writers to the newsgroups include material © to the writer alone. Some material used without permission from its author.

Ivy Moore advises she will have more symbols in the future, and is presently writing **the** manual for VFR. I urge anyone interested in knowing more about this wonderful form of Reiki to request membership in her group online at Violet Flame Reiki @ yahoo.com. and seek attunements there.(c)

This manual is meant as a guide to a particular form of Reiki, and is not meant in any event or occurrence to be used instead of proper medical diagnosis or treatment. Anyone exhibiting any symptoms of disease or illness is urged to seek help immediately from their physician. This material is solely meant for educational purposes.

Thank you.



The Beloved
Lady Quan Yin

