



RAINBOW REIKI® PHILOSOPHY

A Teaching Video by Walter Lübeck®

Founder of Rainbow Reiki®

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THE ROOTS OF RAINBOW REIKI

- Rainbow Reiki has been developed since the end of the 80's.
Worldwide in-depth research about Reiki, Shamanism, Meditation, Human Psychology, Holistic Communication Sciences and Spiritual Body Work has been put together to a modern spiritual path, deep rooted in ancient, timeless wisdom.
- Additionally, Walter Lübeck uses much of his knowledge and experience of former lives as a healer and spiritual teacher in different ages and parts of the world.

RAINBOW REIKI - TO HEAL MEANS TO DEVELOP...

- The Rainbow Reiki Path is made out of a clear, easily understandable concept of spiritual healing and holistic personality development ...
- To heal means to develop.
- To develop, means to love and to express one's unique individuality.
- To love means, to realize to be one with ...
- To express one's unique individuality means to work in the best way one is able to for the community of all beings to create/uncover effectiveness, beauty, good, and wisdom.

CONSCIOUSNESS

- Everything starts with consciousness.
- You can only enjoy what you are conscious about.
- You can only love what you are conscious about.
- You can only work with what you are conscious about.
- You can only make decisions about what you are conscious about.

LOVE

- Love is to be happy with.
- Love is the glue which holds the universe together.
- Love means to realize to be one with.
- Love connects the spiritual realms with the realms of matter.

PERSONAL RESPONSIBILITY

- Personal responsibility makes your life your life!
- Personal responsibility provides you with the power to make your life a better one.
- Personal responsibility heals the victim mentality.
- Personal responsibility enables you to walk the path of your soul.

RAINBOW REIKI PRINCIPLES - 1

1. Everything can be found in every other thing. And is connected to everything else.
2. Everything is brought into this world by the power of the feminine.
3. Children should be protected from harm and supported in their development.
4. Don't do anything that is unnecessary.
5. The world appears to you as you are accustomed to perceiving it.

RAINBOW REIKI PRINCIPLES -2

6. A person who can let go also can accept. A person who can say no also can say yes - and mean it.
7. Love expresses itself in life-affirming behavior and the joy of being together with other parts of the creation.
8. The energy of life always flows towards where the attention of the inner child/body consciousness is focused on.
9. Without devotion there is no wise use of power, without service there is no wise use of ruling.

RAINBOW REIKI PRINCIPLES -3

10. Anger, pain and fear are exhortations to harmonize the life process more closely with your own genuine needs.
11. Spirituality grows the more you understand and emotionally integrate practical experiences.
12. What separates make sick. What unites heals.
13. Loving joy in life is the power that brings a person closer to the divine.

RAINBOW REIKI PRINCIPLES -4

- 14. The divine beings cannot help you if you do not ask them for help. They respect the free will of each and every one perfectly.
- 15. Respect and gratefulness dissolve separation and invite unity.
- 16. Emotional energies can only be expressed completely through actions of the body. Otherwise, new blocks or other mechanisms of repression are created.

RAINBOW REIKI PRINCIPLES -5

17. Music, dance and singing that are in resonance with the divine forces of nature open the hearts of people and devote themselves to the divine and its support. If nothing helps anymore and Reiki is not accepted by the Inner child, music can still open the doors for healing, a positive mood and Reiki.

RAINBOW REIKI ADVICE FOR LIVING THE VOCATION

- **How to live your vocation...**
- Do what you can do best
- In a way that creates most fun for you and others
- Together with people you love
- And present the fruits of your work to those who need them and respect them and you.

THE PRINCIPLES FOR HEALING OF MIKAO USUI

1. First heal the mind - in Japan the term „mind“ includes the heart, the longing to take part in life and to walk the path of the soul.
2. Then heal the body.
3. Beggars do not know gratitude.