

Reiki, Grounding, and Centering – Vampyre EDU2 Lecture Notes

Hurlewain – Speaker
Autumn – Transcriber

(Note: All caps sections are written as such to denote times in which a broad topic is summarized or input from the text chat is referenced. I hope that their inclusion will be helpful in following the flow of the live discussion, though at times they are an imperfect truncation of a much broader discussion that was impossible to fully capture.)

At certain points, Hurlewain read directly from a lesson plan. In these cases, the script has been included in italicized text, and has been left unmodified.)

READER'S NOTICE: This lecture contains a mention of suicide.

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INTRODUCTIONS ARE HAD

Show of hands—who has experience with Reiki?

VARIOUS RESPONSES

I am a level 2 attuned, it has been a little over 15 years since I actually used it, but it's pretty cool to see from you guys.

Part 1: Tradition Versus Personal Discovery

The Importance of Traditional Methods

Traditional training methods continue to exist because they have proven effective and many times intuitive. Religions last thousands of years not because their specific god is real, they continue because their methods are universal. Esotericism, from magic to energy work, is embedded in religious practice. In tribal spiritual practices they dance around fires using grunts, growls, shouts, and prayer to enter trance. The witch doctor heals through various breathing methods and tools, such as drums, rattles, feathers, and herbs.

Western religions look different on the outside but still rely on the same mechanics. Where tribes dance around a fire, churches gather in pews before an altar as altar boys, or the Priest, fumigates the church. Tribes shout to the sky and Earth, the Priest evokes from the Holy Books. There is almost an essential nature to magic and energy, it's only the outward practice and perception that changes. Each culture flavors their spiritual practices in unique ways. This isn't taking away from the beauty and power, it is acknowledging that while there are universal methods, cultural creativity is something of inspiration.

Do any of you have any other personal practices that stem from a different culture? For example, I was brought up in Jōdo Shinshū Buddhism. We did a lot of mantras. I was also brought up in Qigong. We did a lot of martial arts for power. Do any of you have anything like that you'd like to share?

LITTLE BACK AND FORTH FROM CHAT

The Importance of Challenging Tradition

Caveat of why I think challenging is important, I was a little punk rock kid. I think it's important to not just blindly follow the rules.

While tradition has value, it is often colored by dogmatic or cultural perspectives that may not align with everyone. I was raised Buddhist in one household and Scientologist in another, having half my bloodline Japanese and the other an almost even mix of Swedish and Irish, I find value and power in Japanese folklore and concepts of ki and kami. I also have a love for runes and Norse gods and cannot deny the influence Scientology has had on me to formulate a systematic approach and (semi) scientific validation for psychic and spiritual phenomena.

With the above in mind, it is important to realize that although these traditions have value and definitions to bring a sense of understanding and belonging, a lot of psychic and spiritual work is largely subjective. The way I feed is similar to many others, but for a long time I felt alone because I discovered these methods on my own or was influenced by non-vampyric paradigms. Without challenging tradition we become stuck in outdated, and often harmful, mindsets and ways of practice. Following tradition without question leaves little room for exploration and self-expression.

Learn from diverse sources, but apply first and foremost over just reading. Write out a theory of your own and play with it. These 'silly ideas' may become the backbone of your practice and may even help the newly Awakened on their own journey.

HURLEWAIN LOOKS TO THE CHAT AGAIN

Okay, going off script. The reason I bring up the importance of tradition is because if you're new to vampyrism, it does have a tradition to it—founded in New York City (Gotham Halo) by Father Sebastiaan, Michel Belanger, and a few other people. They have a coded way that they think and talk about themselves. The Codex, while a good read, is also coded within Belanger's house. A house is a very specific organization—not like Project V—that have their own distinct beliefs. Like past lives. Not all Vampyres believe this is true for them. Or things like tendrils. Not all vampyres use those. I don't, instead I use something called pore breathing, which I will teach you here. I'm not in a house, so this is how I challenge tradition. I bring in my own influence, my own experience, through things like Chaos Magic, Reiki, and other things I have collected over the years.

Questions? Comments? Alright, moving on.

Part 2: Mentorship vs Personal Guidance

I am a mentor here at Project V. That doesn't really mean anything in any house. It just means that I run discussions and write blogs here and do some help within the server. There are certain things we avoid here. Like talking of "turning," we don't believe that's a thing. Anyway, back to script.

*Mentors, in and out of the Vampyre Community, are important. Although Project V is not a House or Order and our Mentors are more of a title of experience over **High Initiate Grand Wizards of the Blood Realms**, we still provide guidance, teachings, and personal anecdotes to help new members on their journey. A Mentor also doesn't mean **Mastery of Life and All of its Causes and Conditions**. We are still human and make honest mistakes, but we are also mature enough to admit them and intelligent enough to fix them. I for one and am still learning a lot about the Vampyre Tradition among more experienced members both in Project V and in other spaces. My martial arts Mentors were still under guidance of the Grand Masters of their systems. There is no **Final Mastery** to anything, only steps toward greater self fulfillment and community engagement.*

*There is a schism in the Vampyre Community between Mentorship and self-guidance. Some see Mentorship as a way to control and coerce, while others find the methods and teachings obsolete and based on dead tradition, while others find it to be beneficial beyond words to have someone with knowledge and experience the newly Awakened can rely on to forward their Vampyric journey. In reality, all three are true depending on who the Mentor is and their intentions for mentoring. Personally, I am trying to slowly infiltrate your minds with Taylor Swift memes, punk rock anecdotes, and chaos magic to establish world domination with the **Hungry House of Chaotic Swifties**, but enough on that.*

Mentorship also doesn't mean lifetime fielly, just a little bit of personal time and effort to focus on your Vampyric journey. I Mentor because I enjoy teaching and learning, and what I share today may change tomorrow with the learning of new information. If you have a personal Mentor that refuses to evolve or allow you to learn under others, they are not a good Mentor.

Point blank, that is not a good mentor. That is a cult mentality. Growing up in Scientology, I am very familiar with this. Do not trust mentors that keep you from learning from others. Here at Project V, this is something we try to stress. We don't want any of you falling into a cult.

A caveat to this is sometimes a Mentor will ask you to keep your mind focused on their teachings for a certain time so you don't over fill your cup and burnout. A big reason we have a systematic approach in things like martial arts and occult studies is because that is often found to be the best way to train that system. I've found in martial arts a solid year of training under one system with the tutelage of the Head Instructor and his disciples helps the beginner focus on the basics and builds a strong foundation. Two years and you have a quality performer, three

years and you have a good fighter that can prove themselves outside of the training hall, and five years they have made the system their own and can expand to other styles with humbleness and proficiency.

I grew up doing Karate. If I was doing this and then going on and learning Jiu-Jitsu—when I was a black belt [in Karate] I did traditional Jiu-Jitsu. This is still about manipulating people's joints and throws and stuff like that. That was after a good 5 years or so of training in Karate under my father. If I didn't have the physical balance to do these things, I would have failed trying to learn Jiu-Jitsu. Because I had that background, I was able to pick it up easier. The same holds for vampiric study. If you were studying with me, I would expect you to put 30 minutes in a day, every day, studying and practicing. And then months later we would shift the plan and shift the amount of work. At a certain point we might decide that you could learn from others, or learn a different technique, and eventually I might even ask if I could learn that technique from you. That is how we develop in martial arts and it holds here, and that is how you develop a good relationship with your mentors.

If someone has other backgrounds that they're taking into this, I can find that interesting and worth learning from. If I was a jerk I would have rejected this entirely, but then I'm just closing myself off to new learning. If you asked me what energy was 10 years ago, I would have given you a very stock answer I learned from Wicca or something. Very mystical sounding. Now I might apply psychology or even physics, and speculate that it has something to do with an electrical field we can manipulate. Who knows. I've remained open to these ideas. I think it's important to try to pick up as much as you can from as many sources as you can.

Part 3: Five Principles of Reiki

*The purpose of the Five Reiki of Principles is to give yourself daily reminders to be gentle with yourself on your healing journey. They each start with the statement "**Just for today**," as a gentle reminder that healing and overall well being are not rushed, that the human condition is a form of suffering and that small steps are the key to any lasting success.*

The condition of human suffering—I say that because that is very Buddhist coded. There is no proof that the founder [of Reiki] was Buddhist or anything like that, but Japan is a very Buddhist country, so it was influenced heavily by Buddhism.

Just for today *I will not worry*

Just for today *I will not get angry*

Just for today *I will work with honesty and integrity*

Just for today *I will give thanks to my many blessings*

Just for today *I will be kind to all living creatures*

Practitioners often chant this daily in Gassho, better known as "Prayer Hands," to begin their self-healing or Treatment. The goal is not to just speak the words but feel them bring light from

the Divine to your lower belly, heart, and head and into your palms creating fiery healing energy completely consuming your physical and spiritual being.

I like to use words like fiery and consuming because you really want to have that feeling when dealing with energy. You really want to feel it intensely. I don't go over these every day but I do them every now and then, especially if I'm at work and feeling underfed. I'll go through them in my brain. It can also help when I'm pissed off to remind myself that I don't need to act on any kind of monstrous thoughts. Vampyres are people, we are human, we are not monsters, even if maybe we have some monstrous things about us.

Part 4: Ikiryō Reiki: A Haunted Theory

***Ikiryō Reiki - Disclaimer:** This is a thought experiment. There are so many types of Reiki but all have to do with overtly divine concepts, so I thought it would be a fun experiment to play with the inverse of the divine. It is not meant to be blasphemous, although a little taboo, and a fun way to expand Reiki concepts. This is not a path or tradition of Reiki, it is a concept, theory, commentary, and introduction of Reiki through a spirit model perception. Specifically, through a haunted perspective.*

*Today Reiki has become a melting pot of New Age practices and almost comes across as spiritual psychosis in some circles. There are levels to energy healing from reduction of stress to post surgery well being, but energy healing itself cannot cure diseases like cancer or HIV nor is it a replacement for therapy or surgery. With this understanding of Reiki's limits and ways it has evolved, I decided to manufacture what I call **Ikiryō Reiki**.*

***Ikiryō** means "living ghost," and **Reiki** means "life energy". The concept I am about to present was inspired by learning about Usui's disciple Chajiro Hayashi's death, that of **seppuku**, or ritual suicide.*

Seppuku is an ancient Samurai thing, where to avoid dishonour they would sit in front of their leader wearing all white, and with their blade they would stick it in their gut in a specific pattern. They would bring about their own death while avoiding screaming or crying, and then someone else would come behind them and cut off their head. Anyway, back on topic.

*There are suggestions that **seppuku** was used as a way to die with honor. According to one story he was ordered to spy on Hawaiians when he was to visit his Reiki disciple, Hawao Takata. Going from a military man to a healer he had a crisis of morality and realized the only way out was **seppuku**. His other choices were to follow orders and spy on civilians against his better judgement or be imprisoned.*

What's better, killing yourself or spying on an innocent foreigner so your military can kill them? What are you going to do, right?

In Chajiro's case, was it honorable or was it running from prior obligations as a military spy? Did his guilt turn him into a ghost that may haunt the hands of Reiki-ka (students of Reiki)? Can we

use Reiki as a way to conjure ancestral, and other, powers for more than healing? If Reiki can be used along with angels and ascended masters, can it also be used to summon yokai?

Goryo Shinko

Shinto is an old shamanic form of worship. They live in the mountains—you see those cool hand symbols people use in anime? They learn those from Daoist masters. They spend hours a day literally just in their underwear praying and using these hand seals while sitting under 20 degree [fahrenheit] water. In the snow, in Okinawa. It's a method of mind-expansion with the devotion to nature. Things like the Kitsune, they have an entire temple dedicated to them. It's very fascinating—super, super magical. A lot of anime is based on Shinto.

*In pre-Shinto Japan, there was a practice called **Goryo Shinko** roughly translated as “**Religion of the Ghosts**” which was a way to give offerings and appease **kami (spirits)**, from ancestors to spirits of the land. The Japanese are historically an animist culture until Buddhism and Christianity lurched their way in. There are extensive and exhaustive lists of **yurei (ghosts)** and **yokai (monsters)** from the harmless **chichin-okabe**, a lantern that sticks its tongue out at you, to the **nodeppo**, a flying squirrel that sucks the blood out of your face. There is the terrible **oni**, usually blue, green, or red, that carries a large club, all the way to a will-o-wisp-like spirit called **onibi** that lights dark paths for wayward travelers.*

NERD (<3) TANGENT ABOUT GOKU I COULD NOT KEEP UP WITH

When I visualize feeding on people, I visualize blue energy. Some people would call that the colour of magic. Anyway, that's what the Onibi is, it's similar to the Will-O-Wisp, and it's actually a guide. It's not harmful.

*My concept of **Ikiryō Reiki** is a play on **Goryo Shinko** for the Psi Vampire.*

WE BREAK FOR A SECOND IN ORDER TO TALK ABOUT THE KHEPRIAN MODEL/PSI CODEX

LINK TO THE FREE CODEX: <https://sacred-texts.com/goth/vc/index.htm>

(Note: This version of the Codex, while useful, has since been updated fairly extensively. The modern second-edition of the Psychic Vampire Codex contains a few key distinctions in its outline of the Kheprian model, which I was able to ascertain from a brief reading of this free online source. However, it is still worth looking into if you are unable to obtain an updated copy, especially for the sake of passing curiosity or further reading from this lecture.)

Here is the free version that was officially released. Give it a read. Briefly, the belief is that they were ancient Egyptians that went through a ritual to have their energy body altered. Now things get a bit complicated throwing around different types of language to describe things from

different points in time and space. But they believe that our naval chakra was cut in order to keep us reincarnating as we do. If we live forever, isn't that terrible? We are stuck for eternity being vampyres in all bodies. If not eternity then thousands or millions of reincarnations.

House Kheperu is the house that they made. It's very specific. Here in Project V, we're not affiliated, but many of us definitely do feel that parts of the Codex resonate. So yeah, they believe that we live forever and ever and are bonded in a familial sense. So that is the Kharete, I do suggest reading it. Just read the intro and you will find everything I explained here worded much better.

*The Khepri/Kherete theory that vampyres are cut off from the divine means we cannot use **Reiki** since it is a divine energy, but **Reiki** being "universal" means it theoretically has a chthonic aspect as well. Instead of pulling from the divine it pulls from the ghostly and underworld. **Goryo Shinko** was a practice to feed **hungry ghosts (gaki)** and light a way for wayward spirits, so **Ikiryō Reiki** can be a way for the vampyre to tap into a powerful healing energy of ghosts and monsters.*

So this Reiki is not something I've actually been doing, but the idea fascinates me. Let's pretend that as a vampyre I can't call upon the divine. Well there is a divine energy that is earthbound. Technically I can't call upon god, but I can call upon energy. Spirits are energy, so I can call them. So really it's a form of sorcery. If I play with it more I might write a blog on it.

Does anyone know Demonaltry?

ANSWERS OF AFFIRMATION FROM THE CHAT

Basically it's a lot like Demon-coded Wicca. You have a variety of Demons. Anyway, Demonaltry is the worship of demons, calling them upon as allies or things that you can invoke, similar to a lot of Christianic practice. So the idea here with my theory of this Reiki is built on a lot of that. In my history, you know, if I was going to spar or train or something I would invoke the Oni. If I was going to go flirt with people I might invoke the Kitsune. As I was exploring my gender I realized I really liked them a lot. But now as time has gone on I've realized I really like invoking Izanami, She Who Invites, and her Husband, Izanagi, He Who Invites. They are the Parents of Japan, Sun, Moon, and Ocean. So the moon god Izanagi went down to the underworld, and his wife, the sun goddess, followed. She ate of the fruits, and she became the goddess of hungry ghosts. When the moon went searching for her, he saw this really decrepit looking ghost, and he ran, only later realizing that was his wife. So now you have all of these hungry ghosts that feed because they have this need. And this idea I have extends to vampires, that we are these hungry ghosts that must feed. But Shintoism, a lot of it is based upon being kind to these sorts of spirits such that they might heal.

Part 5: Grounding and Centering Beyond Energy

Grounding is a very human thing to do and is part of fitness, martial arts, and psychotherapy as much as magical practitioners and Psi Vampyres. Grounding itself is simple. Feel your feet on

the ground and allow your tension to fall away. You can breathe into your tension and move accordingly, jump and flail, sway, stomp, whatever helps you become presently aware and comfortable in your body. (This also includes screaming, or yelling. Whatever releases tension within your body.) Once you have reached a state of relaxation, which is a form of centering, you just stand, sit, or lie down in your comfort. This resets your nervous system after a hard work out or stressful day at work.

Other ways to ground you may have heard about are eating “Tea and Cakes” after group ritual, which is what “Merry Meet and Merry Part” represent in Wicca. Taking a shower is another way to ground, especially in cold water. The temperature forces you into your body by shock. Certain energy healing modalities like Pranic Healing will have you throw the patient’s energy into a metal bowl filled with salt water and wash your hands, from elbow to fingertip, under cool or cold water to get rid of any minor lingering energy from your session.

PROMPTING QUESTIONS FROM THE GROUP

So as you can see it’s very simple. Like when you meditate, close your eyes, shut your mind up, breathe deeply. That’s centering. That simple practice gets you in tune with the feel of energy, which we’ll get to in a moment.

A MOMENT PASSES–

Part 6: Method: Grounding Into Your Space

So remember, the point is to be physically relaxed but mentally alive. Do not fall asleep. This might feel a little funny at first, because we are going to go deep inside ourselves, into the flesh and hair and bone. We do have a donor in chat, so this might be a hint of kind of what it feels like to feed.

Method 1: Awareness of Body in Space

- 1. Sit or stand in a comfortable position, close your eyes and breathe naturally, bringing awareness to your body. (Body Scan)*
- 2. Feel your clothing on your skin, feel any movement of the air, as well as allowing sound to enter and leave. Feel your body.*
- 3. Feel your feet on the ground and buttocks and thighs on the seat if you are sitting.*
- 4. Slowly become especially aware of your skin, breathing into your skin. Listen to it. Feel the top of your head, your hair like little tendrils looking for sustenance. Even if you are bald, you have hair all over your body, let this hair awaken and feel. (Body Scan)*
- 5. Continue to breathe into your skin and expand your awareness to all of your hair over your body. From your peach fuzz to your **Mighty Wizard’s** beard, let this hair become sentient of your space.*

6. *Continue breathing and feeling your hair come alive, now keep that feeling and feel your pores open up and breathe in the space around you, feeling the temperature and any other sensation just beyond your flesh.*
7. *Breathe gently, breathe deeply, deeper into your hair, deeper still into your pores, and fusing that breath with your muscles, bones, nerves, and blood.*
8. *Arise.*

This can be used to settle you into sensitivity and expansion of your awareness and feeling where you do not need to rely on tendrils, just focus and feeling.