

Download Balancing Chakra Manual

The Dai ku Myo is known as the Master Symbol. This is the function or energy that the Reiki master activates to do the Attunements that make the Reiki energies permanently accessible to the new practitioner. An asana is a body posture, originally a sitting pose for meditation, and later in hatha yoga and modern yoga, adding reclining, standing, inverted, twisting, and balancing poses to the meditation seats. The Yoga Sutras of Patanjali define "asana" as "[a position that] is steady and comfortable". Patanjali mentions the ability to sit for extended periods as one of the eight limbs of his system.