

ASSISI REIKI MANUAL

By Vicente Del Federico (RM)

A COUPLE OF WORDS BEFORE BEGINNING:

Some of you received the first part of this manual. The reasons are two. First I wanted you to sense the power of the system and the peace it gives with some mantras and visualizations. Second, I took a time for myself to be peace myself and go deeper into this energy.

There are also a meaningful data that I did not mention in the Introduction because I found out after the writing of the first part of this manual.

As You may read in The Introduction Chapter there are some strange synchronistic events in the history of my family, related with San Francesco D'Assisi. Well, studying deeper on Saint Francis (San Francesco) I realized that HE WAS BORN ON SEPTEMBER 26th . Guess what? MY FATHER, SON OF ROSARIO ASSISI, WAS BORN ON SEPTEMBER 26TH 1935. The same birth day of San Francesco.

As The song of TOMMY SHAW say (“ Ever Since The World Began”) “We`ll never know and still we try to understand, so we search for clues, win or lose, in this we`re all the same, where Hope still Burns eternal, WE`RE THE KEEPERS OF THE FLAME”...

I. INTRODUCTION:

A) My path.

As our life unfolds we realize that our NOW and HERE depends of our History and Actions, Some conscious some unconscious. My Full name is Vicente Del Federico. I was born in Buenos Aires, Argentina on **April 25 th, 1974**. My Father`s Name is also, Vicente Del Federico, Born in Argentina in 1935. Her Mother (My grand mother) was **ROSARIO ASSISI** (She also was born on **April 25th**, just like me), and married my Grand Father

RANIERO DEL FEDERICO on **April 25 th** 1931. This is the interested part: My Grand-Grand Father (Rosario`s Father) was left when he was a baby in a church in Assisi, Italy , and Raised by Monks of that Order. As so he (My Grand-grand Father) was named ASSISI. What I know about the history about this branch of my family finishes there.

I am now 33 years old. I am a Master/Teacher on USUI Traditional System, SHINPIDEN, Karuna Reiki Master, JinKeiDo Reiki Master and Buddho Enersense Master.

My sister Eleonora Del Federico, took a trip to Italy, recently and went to Assisi. She took a lot of Photos.

You may find a lot of her work as a PhD in Chemistry related with pigments and Art, searching on any web search service (such as Google). (http://www.mtsu.edu/~proffice/Record/Rec_v14/rec1417/rec1417_p3.pdf) - (<http://pratt.edu/~edelfede/>)– (http://dsc.discovery.com/news/2006/10/13/blue_his.html?category=travel)

I never knew why, but, when I was a child I studied in a Very demanding Italian school here in Argentina. In those days I studied every Italian Poet and writer included San Francesco`s work and writings. Even if I forgot most of what I`ve studied (as a child, and adolescent boy), this year my sister came to Argentina with a special gift for me from Assisi: A CD with songs and inspiriting music about San Francesco D`Assisi.

I listened to each song repeatedly, and find out that I was sensing into my heart a special energy; a very and deep peace and unconditional Love.

After a Few months, when I was meditating in bed, I “heard” the sound of a special chant, and visualize one symbol such as waves from heaven.

As I do Understand Italian as well, I recognized that the chant was a Prayer that Francesco used to repeat. These words, people, are Powerful; they are a real mantra (as we Reiki Masters know).

Thus, I continued meditating and canalized this Energy as very powerful, healing and Peaceful. The message was clear to me: BE PEACE AND GREATFUL for all creation and for our Intelligent Universe. We are all related and united. And more important: TO SEND THIS ENERGY WHEREVER AND WHENEVER I COULD.

So this feeling of Peace and Unity brings me to diagram this system, all canalized from heaven.

B) THE SYSTEM: As you may know REIKI as UNIVERSAL ENERGY is transmitted both in person as into the distance and Time. We choose.

There are no complicated symbols just a few and the so-called MASTER SYMBOL to perform the attunement. It is related with the Crown Chakra and opens the Crown and introduces the energy directly into your heart.

There are sometimes knots at the throat Chakra which are there for sadness, anxiety, stress, fear, etc.

So the first step to practice this system is to harmonize our throat Chakra with a mantra.

2) THE ASSISI FIRST MANTRA.

The mantra is “ AAAAHHHHHH...” as long as you may contain the breath,

Repeat the mantra with your throat as many times you need,

Then the mantra turns into “AAAAHHHHSSSS...” (It sounds like “US” (WE), doesn’t it?)

Repeat...

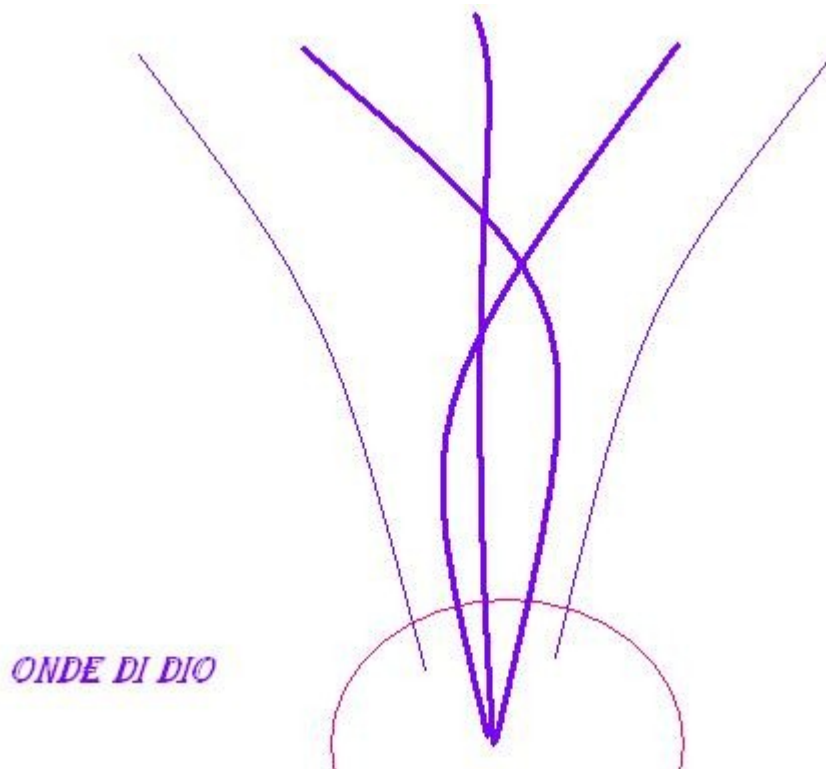
Then the mantra turns into “AAAAHHHHSSSSIIIISSSSIIII”. In this case the mantra vibrates in your heart Chakra. Repeat. Sense the feeling into your heart.

3) THE ASSISI SECOND MANTRA. CONNECT TO THE FREQUENCY.

You have now harmonized your throat Chakra and you have prepared your heart to receive the energy.

Relax a while centered into your heart.

Then DRAW JUST UPON YOUR CROWN CHAKRA or VISUALIZE the Symbol 1 of this system (ONDE DI DIO) – “Waves from God”



The drawing begins with the semicircle from left to right; then the external lines from down to top. And then the three waves descending from heaven; first the center one, then the one from the right, and finally the one from the left.

This symbol OPENS THE CHAKRA and lead the energy directly to your heart.

Sense the feeling of peace and glorious light, how your heart reaches the entire universe and explode with love for all.

After a while, close your eyes, trying to conserve this sense, visualize a Field full of flowers, a river that crosses it with the purest and transparent water. Look Up and See the sky, blue and the sun that gives you life.

There is also the moon up there. Look at her. Sense yourself as part of that greatness. Now run free through the field under the blue sky as a Child. You are safe, in perfect peace. Then let you fall into the ground in the middle of the field. You are FREE. No one can interfere with this peace you are. Listen to your brothers birds flying as free as you are now. Enjoy this feeling as much as you want.

When you are ready return slowly to your chair or bed and stay in prayer position. Try to keep the sense you enjoy in that field, with you.

It's time for the other MANTRA. This is in Italian. Nevertheless you can say it in any language you want.

“DIO, FAMMI ISTRUMENTO DELLA TUA PACE,

DOVE C'È L' ODDIO, PORTARE L' AMORE,

DOVE C'E' OFFESA DONARE IL PERDONO.

DOVE C'È IL DUBBIO INFONDERE FEDE,

AI DISPERATI, RIDARE SPERANZA

DOVE C'E' IL DUBBIO FAR SORGERE LUCE,

DOVE TRISTEZZA, DIFFONDERE GIOIA,

DONARE GIOIA E TANTO AMORE,

GIOIA ED AMORE, GIOIA ED AMORE...

DIO FAMMI STRUMENTO DELLA TUA BONTÀ

DAMMI LA FORZA DI CONSOLARE I CUORI,

NON VOGLIO AVERE MA SOLO DONARE,
CAPIRE ED AMARE I MIEI FRATELLI,
SOLO SE DIAMO, RICEVEREMMO
SE PERDIONIAMO AVREMMO IL PERDONO.

SOLO MORENDO, RINASCEREMMO...
RINACSEREMMO, RINASCEREMMO
RINASCEREMMO, RINASCEREMMO”

This is the first step in this system. The second Part is about how it works and attune others, please practice this part. You may do Reiki as repeating this powerful mantra in silence or whispering.

THIS SYSTEM IS ONE OF THE MOST POWERFUL I'VE EVER SENSE. IT CONNECT DIRECTLY TO GOD OR THE UNIVERSE IMMEDIATELY AND LEAVE YOU IN A VERY SPECIAL STATE OF MIND AND HEART. PLEASE PRACTICE IT. THE WORLD NEEDS PEACE AND **WE ARE PEACE.**

THE SYSTEM

As We are now conscious That We ARE PEACE and ONE with all creation in the Universe, sensing this feeling deep, deep in our hearts we can Practice REIKI as we know from the Linage of USUI but intending to canalize this frequency of Peaceful Energy. We can use the same hand positions we were instructed or the Usui “REIJI HO” (Using our intuition). It is important that we at least repeat the mantra while any treatment or visualize the Symbol ONDE DI DIO, which may be draw over the recipient's aura. We reach the frequency of his system By INTENDING to do so. By repeating the mantra and/or visualizing the symbol. You will feel the energy flowing in a special manner. The connection is Heart to Heart, flowing through our hands.

As so, We are receiving and giving PEACE AND UNCONDITIONAL LOVE to our patient. It is important to Connect to this frequency of REIKI before the treatment using the instructions of the first part of the manual before using the hands to intend to give Reiki to others or ourselves.

THE ASSISI REIKI ATTUNEMENT.

As we REIKI practitioners know, to reach the Frequency of any style we need to be attuned.

Most of you are receiving the attunement from the distance. It is the same to attune in person or through space, because at last we are all connected and ONE.

a) To Attune In Person.

Preparation: First connect to the USUI Master Symbol, Mantra or the Sanskrit mantra for it (“ MAHA PRABHA SURYA-CHANDRA”). We raise our arms to the sky visualizing a very starry night and we sense the feeling (we can draw the DKM or just repeat the Mantra DAI KO MYO or the Sanskrit one as you wish. While we are with our arms up and open to the sky we imagine or visualize the sunrise as if we, in a minute or two, spend all the night till the sun begins to rise. This is the moment to visualize the ASSISI reiki MASTER SYMBOL, As we “see” the sun rising. We Draw then The symbol ONDE DI DIO over our Crown Chakra, and then slowly begin to lower the arms with our palms passing near our crown chakra (incorporating the symbol) 3rd eye, throat chakra, and finalizing in our heart. Then we sense how this energy fills all our body, while standing in prayer position.

Then we draw a big CHOKUREI over our entirely body and stay back in prayer position, visualizing the Assisi Symbol.

This is the tough part: we visualize ourselves with the person who is going to be attune in the field with the river. There we are going to perform the attunement, in that field.

Disconnect yourself from your all around. You are with the person in the field.

Sense the feeling of PEACE AND LOVE AND FREEDOM for you and the person.

Put your hands over the Crown Chakra of the person. Take a deep breath, open your hands like a book, while opening the chakra of your brother. Blow the DAIKOMYO symbol and imagine it stays in the base of the head. Now Draw over the crown the ONDE DI DIO and guide it into the base of the head. Remember you and he/she are always in that peaceful field.

Go in front of the person and draw in his/her heart chakra the ONDE DI DIO and 3 CHOKUREI.

Open the recipient's hands and draw ONDE DI DIO and 3 CHOKUREI in both hands.

Finally, say the ASSISI mantra outloud or in silence and blow this energy to: the hands (now in prayer position) across the hands reaching the heart. Then Blow the energy into his/her throat chakra, 3erd aye. And rest.

Go to the back of the person, and blow the energy from the crown to the root chakra.

Put your arms over your student shoulders and visualize his/her heart exploding withlight, and then INTEND TO TRANSMIT the system and leave the intention in his/her heart.

Seal the attunement. Take some pure bright water from the river (floor) and close the attunement by letting the water drop on his Crown Chakra.

Stay in Prayer Position. Visualizing now the sun and the moon. Say and intend for you and the person attuned the Assisi mantra.

The person is now attuned to this system.

Say Thanks to your guides, The Universe and San Francesco D'Assisi
for this gift from heaven.



San Francesco D'Assisi



Sincerely Yours, With LOVE, LIGHT and INFINITY PEACE,
VICENTE DEL FEDERICO (RM) “ASSISSI REIKI MASTER FOUNDER”