

# Re Hu Tek 1st Degree Manual

## Table of Contents

|                                     |    |                                  |     |
|-------------------------------------|----|----------------------------------|-----|
| What is Re Hu Tek?                  | 6  | Re Hu Tek State Expansion        |     |
| How is Re Hu Tek Different?         | 7  | and Cloning Techniques           | 42  |
| A Brief History of Re Hu Tek        | 9  | Working with the Aura.           | 43  |
| What do the Words Re Hu Tek         |    | Energy Invisibility and          |     |
| Represent?                          | 14 | Expanded Visibility              | 43  |
| Re Hu Tek 1st Degree                |    | Aura Expansion and               |     |
| gives you tools to...               | 16 | Contraction Exercise             | 44  |
| Re Hu Tek Presuppositions           | 17 | Mudras                           | 45  |
| All is Energy (Vibration)           | 19 | Breathing—Fire Breath            |     |
| Using Your Own Energy Reserves      |    | and Carbon Burning Breath        | 49  |
| versus a “Channeled” Energy         | 21 | Hatha Yoga and Tai Chi           |     |
| Re Hu Tek™ and Reiki Differences    | 22 | with Re Hu Tek                   | 50  |
| The Attunement (Initiation) Process | 23 | The Brain/Mind                   | 51  |
| Accessing Re Hu Tek                 | 25 | Brainwaves                       | 51  |
| Disconnecting from Re Hu Tek        | 26 | Re Hu Tek and Brainwave States   | 52  |
| Sensitivity to Subtle Energies      | 27 | Re Hu Tek and Meditation         | 54  |
| Getting in Touch with Your Body     | 27 | Meditation Techniques            | 61  |
| Increasing the Flow & Modulating    | 29 | An Introduction to Dowsing       | 65  |
| About the Breath and Re Hu Tek      | 29 | Pendulum Dowsing                 | 65  |
| The Re Hu Tek Breath Technique      | 29 | Re Hu Tek and Sound              | 71  |
| Sound Technique Exercise            | 30 | Sound Research                   | 75  |
| Using the Mind to Shape             |    | How the Voice works              | 77  |
| Re Hu Tek Energy                    | 30 | Introduction to Sound Techniques | 79  |
| Beaming the Re Hu Tek energy        | 31 | Chakra Sounds                    | 80  |
| Creating a Re Hu Tek Energy Ball    | 32 | Vowel Sounds                     | 81  |
| Creating Geometric Shapes           | 33 | Combinations Vowel Sounds        | 84  |
| Yantras (geometric symbols)         | 34 | Other Sounds                     | 84  |
| The Re Hu Tek 1st Degree            |    | Healing Power of Laughter        | 85  |
| Power Yantra                        | 34 | OM (AUM)                         | 85. |
| Power Yantra Uses                   | 35 | Sound Makers & Instruments       | 86  |
| Building Energy in the Body         | 37 | Affirmations                     | 87  |
| Visual-Kinesthetic Experience       | 37 | Advanced Sound Work              | 88  |
| Running Energy Exercise             | 38 | Sound Scanning                   | 88  |
| Running Energy Shapes Exercise      | 38 | Tongues                          | 89  |
| Running and Tracking Energy         |    | Harmonic Toning                  | 89  |
| Exercise—Outside the Body           | 39 | Spontaneous Melodies             | 91  |
| Laying on of Hands Exercise         | 39 | Sacred Languages and Mantra      | 92  |
| The Tan Tien                        | 40 | Power Languages                  | 93  |
| The Re Hu Tek State                 | 41 | Japa Mala                        | 93  |

|                                    |     |                                    |        |
|------------------------------------|-----|------------------------------------|--------|
| Gayatri Mantra                     | 94  | Crystal Grid                       | 117    |
| Other Sanskrit Mantras and Bijas   | 95  | Wearing Crystals and Stones        | 118    |
| Spiritual Awakening Mantra         | 96  | Kundalini                          | 119    |
| Re Hu Tek for Energy Healing       | 97  | Controlling Sensitive Chakras      | 120    |
| Hands for Healing                  | 97  | Karma                              | 122    |
| Hands for Clearing                 | 97  | Karmic Blocks, Baggage and Cords   | 122    |
| Toning for Healing                 | 98  | Keys to Identify Karmic Patterns   | 124    |
| Body Awareness for Healing         | 98  | Identifying Karma                  | 124    |
| Visualizations for Healing         | 98  | The Oversoul                       | 127    |
| Re Hu Tek and Your Diet            | 99  | Oversoul Karma Removal             |        |
| Re Hu Tek with Other               |     | Technique                          | 127    |
| Healing Modalities                 | 99  | Numerical Value Karma Technique    | 128    |
| Clearing and Protecting Your       |     | Mantra Karmic Removal Technique    | 130    |
| Personal Energy Space              | 100 | Cutting Karmic Ties and Cords      | 130    |
| Matter and Energy Memory           | 100 | Higher Self, Guides, and Angels    | 132    |
| Susceptibility to Thought Forms    | 101 | Trickster Guides and False Guides  | 132    |
| Clearing and Protection Techniques | 102 | Connecting with Guides and Angels  | 133    |
| Power Yantra Clearing Technique    | 102 | Psychic Skills                     | 135    |
| Cobalt Blue and Gold               |     | Developing Psychic Ability         | 136    |
| Protection Technique               | 108 | True from False Signals            | 136    |
| Cobalt Blue and Gold Energy        |     | Opening Visual, Auditory,          |        |
| Panels Technique                   | 109 | Kinesthetic (VAK) Psychic Channels | 137    |
| Energy Filter Yantra               | 110 | Expanding Awareness Exercise       | 137    |
| Clearing Aura with Sound           | 111 | Visual, Auditory, Kinesthetic—VAK  | 143    |
| Clearing with a Vortex             | 111 | Balancing VAK Exercise             | 143    |
| Cobalt Bubble Expansion Clearing   | 111 | Creativity                         | 146    |
| Sound Smudging                     | 112 | Manifesting                        | 146    |
| Smoke Smudging                     | 112 | Manifesting Techniques             | 148    |
| Clearing Food and Drink            | 112 | Manifesting Generator to send      |        |
| Clearing Objects                   | 112 | Re Hu Tek to Yourself              | 149    |
| Re Hu Tek on Plants                | 113 | When What You are Doing            |        |
| Earthbound Spirit Attachments      |     | is not Working.                    | 149    |
| and What to do About Them.         | 113 | In Conclusion                      | 151    |
| Identifying a Spirit Attachment    | 114 | Sources for further research       | 152    |
| Signs of a Spirit Attachment:      | 114 | The Re Hu Tek Yantras              | 157-63 |
| Clearing Spirit Attachments        | 115 |                                    |        |
| Crystals and Stones for Our        |     |                                    |        |
| Living Space                       | 116 |                                    |        |
| Clearing, Programming,             |     |                                    |        |
| Placement, and Grid                | 116 |                                    |        |