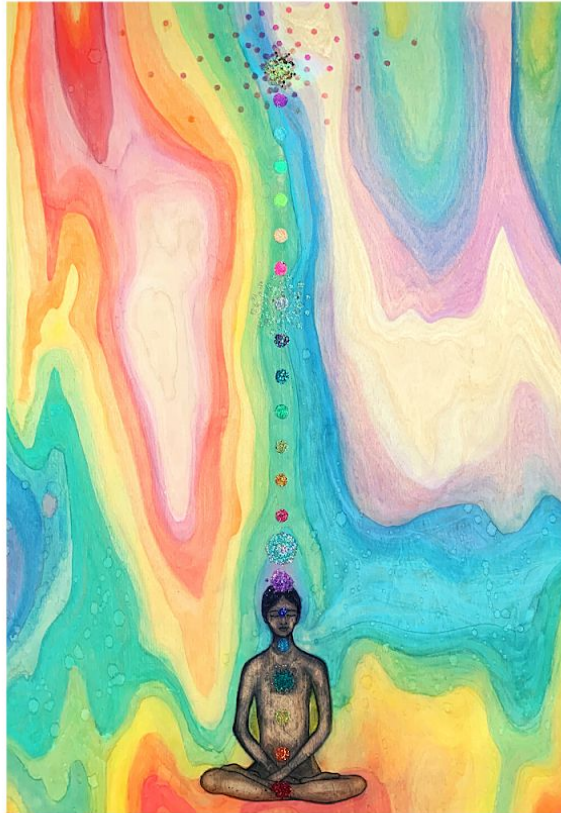




Reiki Level One



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Personal Introduction to Reiki Level One

Reiki level one is more important than any other level of reiki. Reiki one is the foundation in which we build upon. Reiki One is learning the ability to observe ourselves and our energy systems. It gives us the courage to look at ourselves, to change, grow, and heal, which in my experience is the most challenging thing a human can do. Reiki One is learning how to use metaphorical microscopes and flashlights to look more closely at our inner self. We learn how to look at the body, mind, and spirit with a neutral perspective, so we can see what is going on, where we can improve, and what we can learn next.

Where are we “out of balance”? Where are we strong compared to where are we weak? Are we giving as much love as we are receiving? Are we keeping your heart open and our internal lights shining brightly? Are we carrying others’ burdens, or maybe carrying our own burdens for decades? Is there anything heavy, dark, or uncomfortable in our bodies, our actions, or our beliefs.

Reiki One is ultimately the most important level of reiki. We cannot look at someone else to help them heal if we cannot look at ourselves to help ourselves heal. As healers we often overgive until we are completely depleted and have nothing left to give. Reiki one is learning how to put on our oxygen mask first so that we can help others put on theirs. Reiki helps us understand the path we take towards our purpose in life, our contribution to spiritual evolution, not only of humans but all spirits existing in the universe. It helps us be in alignment with our higher self, expand our awareness to include higher planes of existence, and access our unique gifts and talents.

Everytime I access reiki, whether for myself or others, I get something out of it towards my goals and my higher purpose. I could not imagine what my spiritual path would be like without reiki. Wait! I can just look at the first 32 years of my life... and it was very difficult! Spiritual growth without reiki is hard and painful. It is like walking through a dark room full of invisible obstacles and sharp implements. Reiki is the lightbulb that allows us to see the room, ourselves, others, obstacles, and challenges, as well as to see our opportunities for growth.

Reiki changed my life. Reiki allowed me to heal old wounds, release things that were no longer in my highest good, and to embrace anything that brings me joy and happiness. Reiki has the ability to help us through our darkest days, and everyday, by adding more and more light so that nothing seems dark any more. Reiki is finding our Unicorns and Rainbows and embracing our magic, and moving forward on our spiritual path.

Reiki continues to help me build my path, my spiritual journey of joy and happiness towards love and light.

What is Reiki?

Reiki comes from two Japanese words, “Rei” meaning “*God’s Wisdom*” or “*Higher Power*” and “Ki” meaning “*life force energy*.” The Japanese stress-reduction and healing therapy literally translates to “*spiritually guided life force energy*.” Reiki is a healing art from Japan that is used to relieve stress, release physical and emotional burdens, process deep seated-emotions, and support spiritual awakening.

Reiki is a non-invasive and natural way of healing the body. It incorporates a holistic view of medicine where we can heal the body through balancing the subtle energy system. Reiki practitioners learn to channel neutral white light energy, universal energy, from their heart and into their hands. This universal energy goes by many other names such as chi, qi, ki, prana, or subtle energy.

Humans naturally use this universal energy. When we have pain in our body we instinctively want to soothe it by placing a hand there, like a hand on our head for a headache or on the belly for a stomach ache. When someone is upset, naturally we desire to give them a hug to soothe them. This physical contact is a way of transferring this neutral energy to a place of need.

Reiki energy is universal energy so it can be used in any modality or in any practice of any kind. Reiki accesses the same neutrally polarized Source energy in which our heart chakra accesses. A reiki attunement will widen or expand this connection, and with practice we can draw in more of this energy. Many energy healing modalities require reiki attunements in order to register for their classes. Some examples of other energy healing modalities include: Acupuncture, Quantum Touch, Access Bars, QHHT, Crystal healing, sound healing, Emotional Freedom Technique, Restorative Touch, Pranic Healing, and Therapeutic Touch.

Many other spiritual practices are built on the foundation of this same life-force energy as well, such as yoga, tai chi, qigong, and other internal martial arts. They all use awareness of subtle energy and practice moving or balancing it within the body. When we expand our access to energy by attuning ourselves to reiki, then we can expand and deepen these practices as well.

Brief History of Reiki

Reiki was founded by Dr. Mikao Usui in Japan. As a child, Dr. Usui studied in a Buddhist monastery where he learned martial arts and Chi Kung. Throughout his education he studied medicine, psychology, and theology. Eventually he became a Buddhist monk and lived in a Japanese monastery. During his time in the monastery, Dr. Usui decided to do a solo meditation retreat in a small temple on Mount Kurama. There he fasted and meditated for 21 days where he received a spiritual awakening of the Usui Reiki system. This led to him creating a clinic for healing and teaching others in Kyoto. He then founded his first Reiki clinic and school in Tokyo in 1922.



Before he died in 1926, Dr. Usui taught several Reiki masters to ensure that his system would not be forgotten. Among them, Dr. Hayashi is credited with further developing the Usui system of Reiki by adding hand positions to more thoroughly cover the body. Dr. Hayashi also changed and refined the attunement process. Using his improved system, Dr. Hayashi trained several more Reiki Masters, including a woman named Hawayo Takata, who eventually took Reiki to the United States. Before Dr. Hayashi died, he managed to impart all of Dr. Usui's teachings onto Mrs. Takata. She continued to practice Reiki for many years. When she died, she had attuned 22 Reiki masters.

Modern Reiki is becoming more popular as time goes on, and the lineage of Reiki masters is growing every day. With the return to Usui Reiki, many people are using this traditional hands on therapy to heal themselves and others. You are now a part of this Usui lineage. Often, learning other healing modalities ask that you have learned Reiki and that you can claim Usui lineage.

The Three levels of Reiki Attunements

Reiki Level One

The first reiki level attunes us to healing our own physical body, mind, and spirit. We will learn the hand positions for self-reiki, traditional reiki practices, and self-care regimen. We learn about the human energy system using the chakras as the basis of the human biofield.

Reiki Level Two

The second reiki level attunes us with multiple symbols to assist us in healing the mental and emotional bodies, as well as distance healing. We will learn how to perform reiki on other people in-person as well as remotely. We will touch on the ethics of practicing energy work and practices that are best received by our clients.

Reiki Master

The reiki master level attunes us with the reiki master symbol, as well as the raku symbol. We will learn additional methods of moving energy and how to integrate energy between the body, mind, and spirit. We will also learn how to teach reiki and to perform attunements.

Reiki Principles

Just for today, I will not worry.

Just for today, I will not be angry.

Just for today, I will do my work honestly.

Just for today, I will give thanks for my many blessings.

Just for today, I will be kind to my neighbor and every living thing.

These principles were translated from Japanese. I do not believe it is necessary to memorize these principles verbatim, nor do you have to reframe our whole spiritual practice around them. However, as a reiki practitioner, it's important to be aware of them, especially since they make up a core part of Reiki's history.

I personally rewrite this without the "nots". If I say I will not worry, then I seem to worry more because the Universe does not hear "not". I simplify this message into living in the heart:

"I love, allow, surrender and forgive."

This affirmation opens our heart and expands our awareness, allowing us to be the highest vibration version of our Selves. In order to allow our heart to open further, it assumes that we are connected to Earth and Source, our chakras are balanced, and we are consciously expanding.

Reiki One Attunement

During the attunement, you will be asked to sit with your back towards each other. This is suggested because the back of our energy system more easily receives energy than the front. This allows the students to witness and receive energy from the attunement or expansion of the other students in the class.

I will ask you to go into a meditative state where I will open your crown chakra. I will then perform the Reiki Master symbol, asking life force energy in the form of higher consciousness to attune your body, mind, and spirit to connect your energy system to reiki energy. This connection can allow you to tap deeper into your higher self, expanding your intuition, and furthering your spiritual practice.

The attunement is like attaching a "hose" of reiki energy to your crown chakra. This hose will be different for each student, as each student is at a different place on their path. The size and volume of this channel of energy will be determined by your higher self. Each attunement



received by a student will effectively increase the size and volume, as the student increases their practice and awareness.

It is possible to receive multiple attunements of the same level. It is recommended to space these attunements at least twenty one days apart, self healing will continue to occur after the attunement.

After receiving an attunement, to maximize its benefits and to achieve the most progress, it is recommended for the next twenty one day to:

- Perform self-reiki on yourself daily (at least 20 minutes in the morning or 10 minutes both morning and night)
- Support your body with eating clean, hydrating with lots of water or tea, and resting as needed.

These practices will reduce symptoms of the attunements.

Reiki Symptoms

Activating reiki in the attunement process, or simply performing reiki on ourselves or another, can have symptoms and side effects. Many of these are wonderful and amazing, but some of them can seem painful or uncomfortable.

First off, the attunement process often raises the frequency of every cell of our body and fills our entire being with white light! This is fantastic in the long-run, but in the short term it can cause our body to detox on a cellular level. This detox can cause mild flu-like symptoms, an upset tummy, or irregular sleep cycles for up to a few days. It can cause hives as the toxins leave through our skin, or even phlegm in our lungs as we release grief, etc. This means that we need to drink lots of water, preferably with some antioxidants or electrolytes (lemon and/or salts).

We might notice that our mind is quieter, or patterns and habits change. Or emotional and spiritual cleansing may occur. It is very common to have unprocessed emotions or grief come to the surface after an attunement. This can feel like we are very emotional or irritable. Keeping our heart open and self-reiki will help release these symptoms.

During the reiki attunement, I will be balancing your energy system and clearing your central pillar of light. If these were already balanced and clear before the attunement you might not notice a significant change. If your energy system was out of balance then suddenly coming into balance can cause a variety of symptoms.

Attunements and reiki may also cause some physical shifts. For example, maybe our chronic lower back pain suddenly releases and pops back into place. While this is an amazing thing,

our muscles that have been compensating or the new muscles being used to stabilize our lower back might be sore for a few days. Clearing blocks can often feel like bruises or sore muscles, or general tenderness.

Following reiki, another symptom could be an increased awareness or sensitivity to energy. Many sense energy as a tingling sensation, similar to the pins-and-needles feeling if our arm falls asleep, but much more subtle.

While reiki is universal energy and can cause any symptom in any system in the body, severe symptoms are not common. Because reiki is Source energy, and we are only accessing the amount of energy that is in our highest good, most symptoms fall in a very manageable range. As your reiki master teacher, please reach out to me if there is any way I can support you. With that being said, if symptoms arise that are beyond common symptoms, please seek medical attention.

Gassho Meditation

This is an important part of the traditional reiki practice. We are encouraged to practice this meditation twice a day, once in the morning and again at night. Reiki practitioners often use this meditation before and after performing a reiki session. This practice allows us to become centered and to move into a state of stillness in which we can better receive intuition and move energy.

In this meditation, we bring our hands together in front of our chest, palms facing each other, fingers pointing up. Elbows are slightly away from our sides, with our forearms nearly parallel to the earth. We take three breaths, one to open the mind, one to align the heart, and one to attune to the spirit of reiki.

“Mind mind is open” where the crown of our head is opening to receive reiki and higher knowledge, and our third eye is opening to hear our intuition.

“My heart is balanced” where our heart feels warm and overflowing with energy from above and below.

“I connect to reiki” where we surrender to, and allow the flow of, reiki to enter our energy system.

This Gassho meditation is also a great time to invite any of our spiritual allies to join us.

“I invite any and all spiritual allies who are in my highest good to be here today. I call upon my spirit guides, reiki masters, healers, and Ascended Masters to join me for this reiki session.”



The Gassho meditation, when performed at the conclusion of a reiki session, is a great opportunity to give gratitude for the reiki energy, and any and all spiritual allies that showed up to assist.

Twenty One Days

Many behavioral scientists believe that it takes twenty one days to make something a habit. Maybe it is not just that Dr. Usui meditated for twenty one days, but also this is why the traditional reiki practice gives the homework of performing self-reiki, clean eating, and Gassho meditation for twenty one days. So we can make self-reiki a habit!

If the only thing you get from this class is the habit of looking at yourself daily, then I am fulfilled as a spiritual teacher! Looking at oneself is the hardest thing one can do. Building it into our daily practice, where it becomes a habit rather than a struggle, will change our life. Having an overflowing heart pouring out reiki energy into the world everyday will change how we see the world, how the world sees us, and will even change the world itself.

I do reiki on myself everyday. This allows me to shine my light into the world. This gives me the energy to help others shine their light into the world. This contributes to a brighter future for everyone on this planet.

One day, one moment, one step, one positive thought, one photon of light... Any amount of conscious effort makes a huge difference over time. Think of what would happen if we made it a conscious habit!

Tips for Accessing Reiki

The Gassho meditation is a wonderful opportunity to open our mind, balance our heart, and to connect to reiki, but sometimes it can take a long time to connect, or we can be unsure if we feel the reiki energy. Ideally every time we practice connecting, the connection becomes easier, quicker, and stronger. So, practice practice practice! And then practice some more! Traditional reiki suggests practicing self-reiki twice a day, once in the morning and once at night, until it becomes a habit. Then we continue practicing reiki twice a day for the rest of our life. There is always something to practice, something to learn, grow, heal, etc. So keep practicing. We will only get better!

We can also encourage reiki energy, and strengthen our belief in the reiki energy, by adding a few tricks to our practice. The first trick is to engage our imagination! Connecting to reiki energy has a somewhat similar feeling as standing under a waterfall. When we are in a posture with a neutral spine, either sitting or standing, imagine there is a waterfall of light coming down from Source and flowing down over the crown of our head. This waterfall of

energy flows over us and through us, washing away any blocks, imbalances, and anything else which is not in our highest good. Use the intention of this energy filling up our heart. Then have it overflow down our arms and into our hands. Once we sense the energy in our hands, maybe a tickle, tingle, or heat, then we are connected to reiki!

If we are unsure reiki is in our hands try rubbing our hands together. This is a really simple way of activating the secondary chakras in the palms of our hands so that reiki energy can flow through. Once we rub our hands together, hold them together for a moment and see much they are attracted to each other. It almost pulls like they are pulling each other close. This is when both of our chakras are in receiving mode. Now pull our hand wide apart and see if we can collect some energy from the air, or send energy from our heart to our hands, and slowly move our hands closer together. As they get closer and closer to each other, we may sense that there is tangible energy between our hands. Maybe it feels like a ball of warm light. This is reiki energy!

Another powerful trick; words are kin to magic spells! So if we are unsure we are connected to reiki, feel free to say out loud “*I am connected to reiki*” or “*Reiki ON!*”. Believe in magic, believe in the power of our words, then there will be no doubt reiki energy is flowing through our hand!

Feeling Reiki Energy

Reiki energy can have very strong sensations or it can be very subtle. It often feels like heat, coolness, tingling, or pins-and-needles. Sometimes it can feel more flowy, like a very gentle slow stream of water moving over us. It can be so subtle that we might not even feel it or sense it at all. The most important thing is that we believe it is working and to know that we do not have to feel it for it to work. The intention of sending reiki energy is the key and can have results.

Sometimes we might have a session where we feel lots of energy but get no results, and sometimes we might feel no energy but get incredible results, so the sensation of the energy is not relative to its effectiveness. Let me say that again, reiki is still very effective even if we cannot feel it or sense it in any way. Our client or our energy system might be making dramatic changes on a level that cannot be perceived by the physical senses. Until we train our intuition and can sense these higher vibrations, just trust in reiki and trust in ourselves that it is working. Keep going. Keep practicing.

If we cannot feel the energy, or if we are not getting any feedback from our reiki, we stick to the ABC approach of traditional reiki methods. Start at the top with five breaths of reiki on the crown chakra, and another five breaths to each chakra going down. Over time and with practice our reiki energy will become more tangible. Not only will our body become more sensitive to the reiki energy, but more and more reiki energy will be flowing through our



system. The most important part is that we are confident in ourselves and have good intentions.

Exercises to Feel Reiki

If we are connected to reiki and our heart is overflowing, we might notice warmth and tingling in the palms of our hands. This is the primary place we send reiki from. We have secondary heart chakras in our palms, and these secondary chakras are very responsive to reiki and to our intention. It is possible to give energy with both hands, to receive energy from both hands, or have one giving and one receiving at the same time!

In general, it is easier for our right hand to send or give energy, and for our left hand to receive or pull energy. We can practice this sending and receiving with a few simple exercises. After connecting to reiki, try the following:

Sending Energy with Both Hands

Rub the palms of our hands together to activate the secondary chakras in our hands. Ten seconds should be plenty. Now set the intention of sending reiki energy out of our hands. Bring our hands far apart from each other and slowly bring them towards each other. As they get close to each other, because they are both sending energy, you might notice pressure build up between our hands. As we strengthen our connection to reiki energy, and practice flowing energy into our hands, this resistance between our hands will start to become more tangible.

Receiving Energy with Both Hands

Rub the palms of our hands together to activate the secondary chakras in our hands. Ten seconds should be plenty. Now set the intention of receiving energy from both of our hands. Keep our hands touching each other and slowly pull them apart. If both hands are pulling energy, we might notice the tension between our hands and how it is difficult to pull them apart. As we strengthen our connection to reiki energy, and practice receiving energy into our hands, this pull between our hands will start to become more tangible.

Sending and Receiving Simultaneously

Rub the palms of our hands together to activate the secondary chakras in our hands. Ten seconds should be plenty. Now set the intention of sending energy from the right hand and receiving energy from the left of our hand. Keep our hands touching each other.

To complete the circuit, imagine reiki energy coming into our heart, overflowing down our right arm and into our right hand. From here it leaves the right hand and gets pulled into the left hand. The energy travels up our left arm and back into our heart. And we can continue the flow around and around the circuit. As we strengthen our connection to reiki energy, and practice moving energy, the warm flow of energy will become more tangible.

Anatomy of the Energy System

It is very possible that all things in this Universe can be broken down, simply, into energy and vibration. Even quantum particles are mostly empty space with some sort of frequency holding energy into a solid structure. Every day quantum mechanics expands the scientific support for all possibilities of consciousness, everything from Reiki to Psychic Abilities. Every day we learn more and more about the wonders and possibilities of our human bodies and our consciousness.

Science can now measure and prove what many cultures have already believed for thousands of years. They use words like human bio-field and electromagnetic frequencies. In reiki we use words like energy body and vibration. The worlds of science, religion, and mysticism are converging. I no longer see a separation in them as they are all different perspectives of this same experience, our spiritual nature here on Earth.

Scientists now have instruments sensitive enough to measure our energy centers of our body and prove they exist, whereas there are ancient Sanskrit words describing these chakras. While different systems and different tools might count the chakras in different ways, the most generally accepted system says that there are seven primary chakras in the human energy body. There are many more secondary vortexes, over a hundred more, mostly coinciding with Chinese meridians and acupuncture points.

Our Energy System

View from the Front

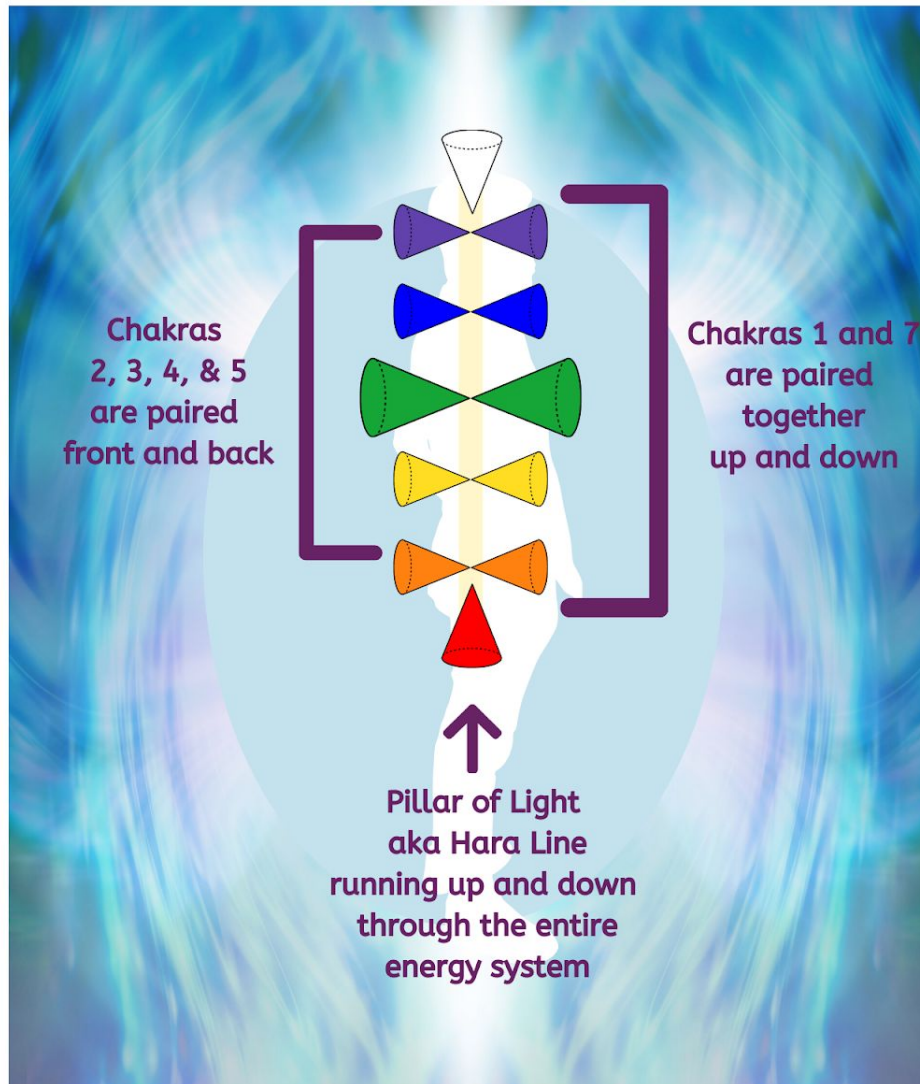


Seven Primary Chakras

In reiki we focus on the seven primary chakras. We start with the first chakra at the base of our tailbone, closest to Earth, and count up our spine to the seventh chakra at the crown of our head, closest to Source. We give extra attention to the chakras in the palms of our hands which are secondary heart chakras. We may also occasionally mention our emotional heart chakra located in our upper chest, and our secondary root chakras in the soles of our feet.

Our Energy System

View from the Side

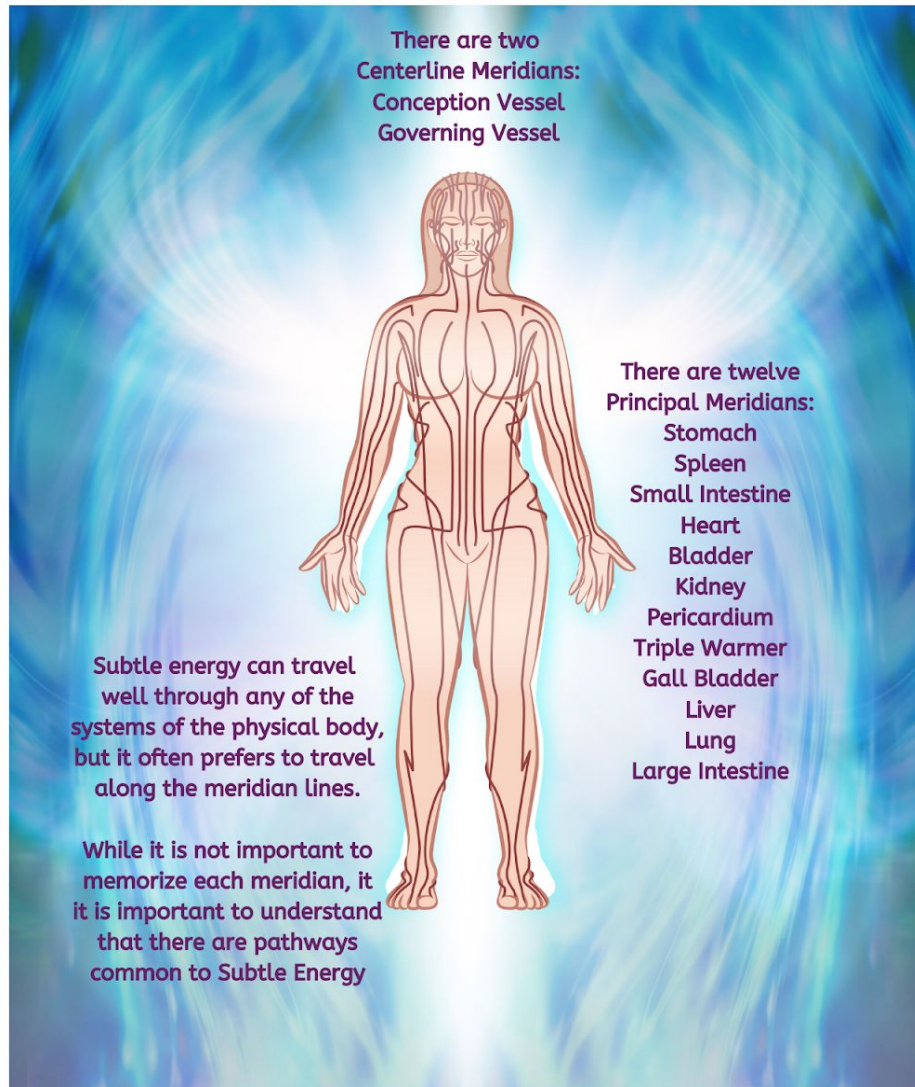


Pillar of Light

If we could imagine our spine is a perfectly straight column of light, extending far below our body into the Earth, and far above our body into outer space, this would be our Pillar of Light, also called the Hara Line. This links all of our chakras together and delivers energy throughout our entire energy body. This is our central channel of energy. It is along this channel that we receive reiki energy from above, from Source. Kundalini energy is another energy we can add to the system that we receive from below and works in parallel to our pillar of light.

Our Energy System

Meridians

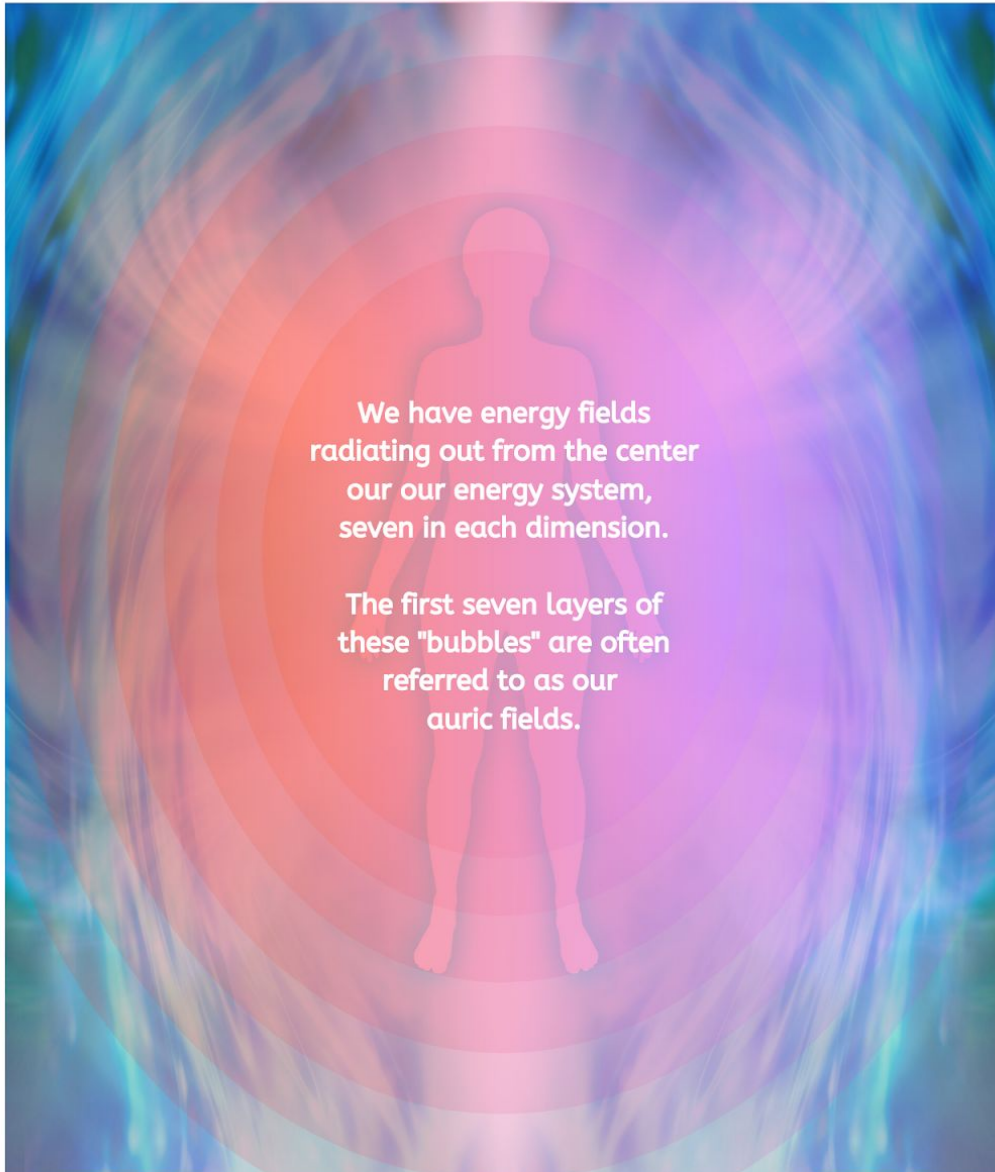


Meridians

Subtle energy flows along pathways we commonly refer to meridians. These are the same pathways that are used in Eastern Medicine, including Acupuncture and Acupressure. They roughly correlate to the pathways of both your circulatory and nervous systems, traveling throughout the body. These energy pathways flow through and within our body but can be accessed using points on the surface of the skin.

Our Energy System

Our Aura



Auric Fields

The aura is the energy field surrounding the body, extending beyond the physical body. It is governed by the consciousness and responds easily to thoughts. Our auras change all of the time depending on our health, thoughts, and even emotions. If we can take a snapshot of the aura it gives us a very good reflection of what is going on inside of us.

The auric fields are directly related to their corresponding chakras. For example, the first layer of the auric field is affected by the first chakra, the second layer with the second chakra and so on. The main difference is that our chakras represent how our physical body, the 3D human part of ourselves, is doing, and our auric fields represent how our mind, our consciousness 4D self, is doing. Generally higher dimension energy “trickles down” from 4D into 3D, and because it often takes time for energy imbalances to manifest physically, if we can read their aura we are getting a more current or updated energy report.

I often refer to the layers of the auric fields as chakras, but instead of numbering them one through seven, I number them eight through fourteen. I tangibly see that our energy system has seven primary chakras per dimension. Energy flows both ways from higher dimensions into lower dimensions and lower dimensions into higher dimensions. In general, the higher the dimension the faster the vibration of the energy and the quicker changes in the energy system take place.

Additional Reading

To learn more about chakras and self-healing: *Intuitive Self Healing* by Marie Manuchehri

To learn more about energy system anatomy: *Hands of Light* by Barbara Brennan

A Contemporary Self-Reiki Process

- 1) **Intention:** This is where we set our desire to do reiki on ourselves, as well as our desire of what we would like to get out of the session. Maybe it is a part of our daily schedule and we have the intention to do self-reiki every morning. Maybe we notice some changes in our energy levels and modulations in our patterns or behaviors. Maybe we are feeling great and want to work on expanding our intuition or raising our vibration. This is also where our intention of how much time we have for our session is set.

“My intention is to do reiki on myself for 20 minutes first thing in the morning.”

- 2) **Preparation:** This is getting the “where” we are performing our session ready. This can be laying down in bed, sitting in a chair, our comfy recliner, maybe even in our car at a red traffic light, on a walk, at the beach, in the shower, or while waiting for our kettle to boil. Reiki can be performed on ourselves at almost any time in any place. This also governs the location of our tools that we would like to use. If we are using a crystal, music, fountain, water, heater, pillow, floor mat, etc, this would be the time to place all of those things.

“I am going to lay on my yoga mat on my floor with relaxing music playing.”

- 3) **Connect:** Connect our root chakra to the Earth and start pulling up energy in the heart. Connect our energy system to Source and start pulling down energy into the heart. Perform the Gassho Meditation, *“I open my mind, I balance my heart, and I connect to the reiki energy”*. We may also choose to connect to our spirit guides, reiki masters, ascended masters, or any spirits and energy systems of our choice.

“I am safe, I have faith, my heart is open. I invite any and all spirit guides, reiki masters and ascended masters that are in my highest good to be here with me.”

- 4) **Energy:** Once we feel fully connected, start pulling energy into our body. As we are learning and starting out, we may want to send white light reiki energy to the heart until it overflows. From there, the heart will send light to all areas of the body, trying to balance the energy evenly. Sometimes the heart chakra is leaking or depleted so we might not be able to get it full and overflowing until we start following all steps or intuition. Use our best judgement on when we start working.

“My heart bucket is full and overflowing. I allow this overflow to go wherever it is needed most”

- 5) **Follow:** As we are starting out we may choose to follow the traditional reiki methods of systematically moving through the hand positions or the chakras, spending about five full deep breaths at each energy center, staying longer at any chakra that we need to. As we develop our skills, this becomes a process of developing a trust with our intuition. We set the intention of being guided by our Higher Self or the Universe to whatever is in our highest good, and we surrender to any and all information that comes through. Information can come in many forms, often through the physical senses as well as psychic senses. Every time we perform reiki on ourselves we are training our Self to be in alignment with higher information. Trust this information and follow it wherever it may lead. Every session is unique

“I am pulling a knife out of my heart, stitching up the wound, and applying a bandage. Then refilling my heart again until it overflows”

- 6) **Finish:** We can know when we are finished with self-reiki in a number of ways. It could be when a set time has passed, such as if we set the intention of doing reiki for 20 minutes. It could also be when our intuition tells us we are done. I notice this when no new information comes through, or I have a deep feeling of contentment. Maybe we are finished when we complete the goal from step one, intentions. Sometimes we are done when we fall asleep which is common if we do reiki before bed.

“I feel balanced and recharged, and my 20 minutes is up.”

- 7) **Gratitude:** The last step of self-reiki is gratitude. It is important that we thank the reiki energy for helping us heal, thank our spirit allies for joining us, and even thank our Selves for showing up to do the work. It is not necessary to release any

connections, these will release naturally during this gratitude step if it is in our highest good. I notice that this is usually when any healer spirits such as reiki masters and ascended masters leave (they are pretty busy so they only arrive with intention and stay around when they are specifically needed.) I find that I am connected to reiki energy all of the time, and when I am getting ready for a session this energy multiplies! We hope to be connected to the Earth, to Source, to our spiritual allies all of the time, so do not release this at the end of our session, but make sure to be grateful for them to make it easier to continue the connection.

The Self First

Reiki energy comes from Source into our Pillar of Light through our crown chakra. We then direct this energy into our heart. It fills our heart first! It then goes to wherever it is needed or wherever our intentions direct it to go.

Our culture is great at teaching us how to give and how important giving is. But, our body and energy system is a zero-sum system; in order to give we have to receive energy from somewhere. Reiki allows us not only to receive from reiki energy, but it also helps us develop our connection to receive energy from the crown and root energies as well.

Reiki is a balanced high-vibration energy. It is nearly foolproof because it goes anywhere it is intended to, and without specific intention it will do wherever it is in its highest good to go. Reiki will be naturally drawn towards any places within the energy system where there is blocked, dark, or heavy energy.

We want to be cautious about giving out our own life-force energy. Our main goal during our reiki session is to access reiki energy and pull it into the center of our energy system, our heart chakra. From there, the heart will send it out to any or every cell of the body where it is needed.

Just remember that reiki fills our hearts first, and then goes out to heal any imbalances.

Traditional Order of Approach

There are several methods to approaching a self-reiki session. I recommend trying each of them out regularly until we find our own flow. The best way to learn is experience, so we give ourselves permission to practice a variety of approaches!

Top-Down Approach

Traditional reiki has a top-down approach, starting at the crown chakra and working your way down to the root. We give energy to each chakra for the time it takes up to take five long, slow, deep breaths.

Reiki comes in through the top of the head, so this approach lets us clear blocks and balance our chakras in the order of which reiki is flowing into our energy system. This approach has been around for forty plus years, and it is widely accepted and successful.

Bottom-Up Approach

The top-down approach was designed by the Japanese who, in general, are very grounded. The Eastern culture, and particularly the Japanese culture, is rooted in mindfulness resulting in healthy root chakras. The Western culture has very little practice in mindfulness results in energy systems that are not grounded. For this reason, a bottom-up approach with reiki is highly recommended.

In my practice, 70% or more of my clients have a hard time grounding. Maybe they are stressed, anxious, depressed, or nervous, or their mind is so busy it is hard to focus. I believe that the most important thing we can do is to ground our energy system first, so I almost always start there. If I can ground my client, then they will be in the present moment with me, which is where all of the healing happens! We have to “get here” first!

Intuitive Approach

As we practice reiki and develop our intuition, it will become easier and easier to hear higher guidance. For example, we might start with a top-down approach, but in the middle we get a message to stay in one chakra longer, to add some spot healing, or to expand the heart.

During this approach we set the intention of “*please express to me whatever is in my highest good*”. We could follow this guidance and stay in one chakra for any length of time, maybe forty minutes or forty seconds. We could visit a single chakra multiple times and not visit another at all.

Learning reiki is like learning to dance. It can take us some time to learn the dance steps, where our own feet are, and how to move the body. As we practice, this dance

becomes more of a flow where we follow a lead. As we master it, reiki can become an artform in which we dance with Source itself.

Self-Reiki Hand Positions:



Self-Reiki Hand Positions

Crown



07.1

Place your hands on your crown, or hover slightly above your crown.



07.2

Place your hands over your temples and jaw.

Third-Eye



06.1

Place your hands over your face.



06.2

Place your hands on the front and back of your forehead

Throat



05.1

Place both palms on front of your neck



05.2

Place a hand on the back of your neck

Self-Reiki Hand Positions

Heart



04.1

Place one hand on your heart chakra (sternum) and one hand on your emotional heart chakra (upper chest)



04.2

Place either hand on your upper back with the intention of sending energy to the back of your heart chakra



04.3

Bridge the heart chakra and solar plexus for worthiness

Solar Plexus



03.1

Place both hands on your stomach



03.2

Place both hands on your mid-back

Self-Reiki Hand Positions

Sacral



02.1

Place both hands
on your lower
abdomen



02.2

Place both hands
on your lower back

Root



01.1

Place your hands
on either side of
your hips



01.2

Place your hands
as low on your
pelvis as you are
comfortable



01.3

Place your hands
as low on your
coccyx as you are
comfortable

*You make choose to bridge any two chakras, spread your hands, or spot treat any area of your body. You are not limited to these positions.

Types of Self-Reiki Hand Positions

Sandwich Positions are where our hands are on the front and back of our body. Placing one hand on the back of a chakra and one hand on the front of the chakra is very effective at filling up the chakra and clearing blocks. We can also use the sandwich positions to spot-treat to relieve pain. Not all chakras are able to be reached both front and back at the same time, so we reach where it is comfortable with the intention of reaching both front and back. For example it is easy for me to reach the front and back of my third eye, but it is not easy for me to reach the front and back of heart chakra. With my heart chakra I would place my right hand on the front of my heart chakra and one hand on my upper back, wherever it is comfortable.

Bridge Positions connect energy between two places. It is most common to bridge neighboring chakras, as blocks can occur between chakras. I find that I often bridge my heart above to the throat chakra and below to the solar plexus. Here are examples how bridging can help:

7th+6th = calming the mind

6th+5th = speaking our higher truth

5th+4th = speaking from our heart

4th +3rd = worthiness

3rd+2nd = do/create our desires

2nd+1st = manifest our desires

Spread Positions are when we work off of the central line. This allows us to work on things other than the chakras, such as organs, tissues, fascias, and minor chakras.

Spot Treating Positions are when we work directly on an area that needs attention. We might be directed to these areas because they feel dark, heavy, painful, uncomfortable, or cold.

When To To Self-Reiki

Anytime is a great time to give ourselves some reiki; we can do reiki at any time with any intention. Usually we perform self-reiki for several reasons: to balance our chakras, improve health, or to modulate energy levels. Other reasons include encouragement of enlightenment/ascension, to raise our vibration, or to expand our awareness. We will know when to perform reiki on our Self if we check in with our Self often.

Here is a sample of questions we can ask ourselves:

- 1) How is my body doing?
- 2) What am I really feeling?
- 3) How are my energy levels?
- 4) Is my heart open?
- 5) Am I expressing myself?
- 6) How is my brain?
- 7) Am I connected?

These are very broad questions, one for each chakra. If there is any pain, suffering, discomfort, or negativity in the answer of a particular question, then give ourselves reiki. If we notice that there are seven questions, and we have seven chakras, then give ourselves reiki to the chakra that has a subpar answer.

What Causes Energy Imbalances?

The most common cause of imbalances in the energy system, is when we give more than we receive. Giving is beautiful and amazing, but if we are not receiving from somewhere then we eventually deplete ourselves. This can happen on a macro scale, with our entire energy system, or on a micro scale, within a single element of our energy system.

The opposite also is true; an imbalance happens when we are receiving more than we are giving.

Turning on reiki is like turning a light on in our energy system; it helps us to see these imbalances. Reiki is also the tool we can use to repair these imbalances and bring them back into harmony.

If the light is off then we cannot see what is there; the problem is hidden. Neither can we see the solution.

Everything can cause an imbalance in the energy system. Whether there is too much of it or a lack of it. Sometimes it is from ignoring it or fixating upon it. Everything included stress, relationships, toxins in our environment, aging, emotions, mental patterns, thoughts, behaviors, actions, environments, etc.

We can perform reiki on ourselves everyday. This will keep the imbalances in our energy system at a minimum, or to help us find these imbalances while they are still whispers of energy before they manifest physically.



Keeping our energy system full of reiki energy is likely to prevent many imbalances from happening in the first place, similar to how keeping our immune system strong helps us prevent getting sick.

Ways To Read the Energy System

There are many ways that reiki students can practice reading their chakras and energy system. Some methods involve the use of tools and others rely on trusting ourselves and developing our intuition.

Pendulum: Probably the most common tool that reiki students start with is a pendulum. We can hang a pendulum over or in front of a chakra and wait for a “response”. If the pendulum swings gently in a clockwise motion then the chakra is most likely balanced. In contrast, if the pendulum swings really fast, counterclockwise, or in a non-circular orbit then the chakra is out of balance. The results of the pendulum test will give us a hint to how to approach bringing that chakra back into balance.

Muscle Testing: One tool that I embraced early-on in developing my intuition and reiki practice was muscle testing. Muscle testing relies on the assumption that if something is good for us, is in balance or is a “yes” answer, then our energy system and our strength is strong. If something is bad for us, out of balance, or is a “no” answer, then our energy system and our strength is weak. By setting the parameters of the test and practicing so we have a strong baseline, we can pretty much use muscle testing for anything and everything that our energy system knows the answer to.

Sway Test: Very similar to muscle testing is the Sway Test. This also uses our body as a tool for asking yes or no questions. The premise is that if we hold something in our hands in front of our chest and ask “*Is this in my highest good?*” and then we wait for the answer. If our body naturally leans forward, toward the object, then it is good for us. If we naturally lean away from it is not in our highest good.

Physical Sensation: Eventually as we practice working with chakras, our nervous system can become sensitive enough for us to feel the chakras. If we have a good understanding of the physical sensations of what balanced chakra feels like, then we will have a feeling of what a slow or fast chakra feels like. Maybe we will develop this beyond just speed or “balanced vs not balanced” and be able to diagnose blocks, bends, kinks, distortions, etc. This can take a lot of time, practice, and a very sensitive body to develop this skill.

Emotions: If we are an emotional empath, where we can feel others’ emotions as our own, then we could train our abilities to feel the emotion of a particular chakra. For example, we might ask “*Please express to me my third chakra.*” If we wait and receive an answer we might

start to feel an emotion that we weren't feeling seconds before. In this example, a balanced third chakra might feel like joy and happiness, a slow third chakra might feel like depression, and a fast third chakra might feel like ego or "Superman".

Reverse Diagnose: Ultimately if we have a hard time seeing the energy system, we can almost reverse diagnose the chakras. Instead of looking at how the energy system is out of balance and how that is causing imbalances in the health, emotions, behaviors, ect. We can look at the external factors like health, emotions, behaviors etc to diagnose the energy system. Energy works both ways. For example, if we know that a fast throat chakra can lead to gossiping, and we notice that we are gossiping, then we can reasonably deduct that our throat chakra might be fast.

Intuitively/psychically: As we develop our third-eye, our knowledge paired with intuition or psychic abilities are going to be our best tool! Nearly everyone I meet or work with has an innate intuitive ability. With training, practice, and some confidence we can develop this into a true gift and talent! We might develop claircognizance and "just knowing" whether a chakra is out of balance. We might develop clairvoyance where we can see energy and the chakras. We might become best friends with our spirit guides and they can tell us which chakras we need to focus on. The list of psychic abilities and intuitive gifts are endless! There is a good possibility that if we continue on this path of reiki we will learn what our psychic abilities are and develop them into beautiful gifts!

When we are reading chakras, there is not one way of doing it. And sometimes it might be a combination of several methods or tools. Maybe we train our intuition but have muscle testing as a backup if we are not getting clear information. Mix and match to see which combination is right for us. Have fun, play with them, and explore!

How to Sense Energy Imbalances

While doing reiki on ourselves, we might notice something "off"; something might not feel "right". When our energy system is balanced it feels warm, flowy, comfortable, blissful, and relaxing. If we think about all of the emotions and sensations that we deem as "good" or "healthy", this wonderful beautiful place of harmony, that is what we can use to describe a healthy and balanced energy system.

For example, when I am giving my third chakra reiki I would like to feel joy, happiness, self-confidence, and/or self-worth. I would like to feel like I have enough energy to do things but not so much energy that I can't sit still. When I am sending energy to my solar plexus and feelings come up such as anxiety, depression, restlessness, or so much ego I could rival Superman, then I know that my third chakra is out of balance.



Energy imbalances can manifest physical sensations or health conditions in the body. For example, a fast third chakra might feel like being punched in the stomach or nausea. Or a slow third chakra might show up as Type-2 Diabetes or fatigue.

The sensation of temperature is a very good indicator, as well is the sensation of weight and density. If something feels heavy or cold it could mean it has slow or depleted energy. If something feels hot or tight it could mean fast or excess energy.

As we develop our third eye, we might be able to see the energy system. When we are looking at a healthy solar plexus, we might see a warm glowing ball of yellow light. When it is slow it might look dark and dull.

Our energy system can communicate to us using all of our senses: sight, sound, taste, touch, smell, and emotions. It can also come through in a sense of “just knowing”, through our imagination, or through movements or flow of energy. With practice we can see which of these channels is easiest for us to sense; which sensory system has the clearest information.

Do you know which channel(s) your intuitive information comes through?

As we are starting out, we might not know what a balanced chakra or energy system feels like. Reading and memorizing will only take us so far. The knowledge contained in this packet will give us and our intuition scaffolding to build our understanding of the energy system, but ultimately the best way to learn is to practice, practice, and then practice more! That is when knowledge becomes wisdom.

Let me repeat that. If we want to develop our abilities to sense our energy system, practice, practice, practice, practice...

If we are not receiving any clear information about our energy system, stay optimistic! If we show up and put in the effort, we are sowing seeds. We might not see tangible results in the beginning but keep plugging away.

When we are not hearing our intuition or guidance then stick to the ABC's of traditional reiki; go in order and give five breaths of reiki to each chakra. We will not always receive psychic information so set the traditional approach as our default.

Even as a reiki master, and especially as a reiki student, there is ample to learn from the basics. For this reason, traditional reiki is so popular. Reiki has a simple structure with powerful results!

Most Common Energy Imbalances

Here are the list of most common things to look out for in a session with a client:

Root: Fear, Anxiety, Depression

Sacral: Deep-seated emotions, Grief

Solar Plexus: Ego, Low self-worth

Xiphoid Process: Worthiness

Heart: Depleted Heart, Recent Grief, Betrayal

Emotional Heart: Emotional burden, bricks on chest

Throat: Physical burden on shoulder, silent child constricting throat

Third Eye: Thinking too much, Analytical Mind, ADHD

Crown: Limiting beliefs about faith/God

The Balanced Energy System

When we move beyond sending neutral reiki energy to our energy system, here are some questions we can ask ourselves to guide us through the process of self-healing.

Are My Chakras Balanced?

In Relation to Each Other?

We want the size, shape, and speed of the chakras to be similar. The most important thing is that our chakras are balanced in relation to each other. If our root chakra is, let's say, spinning at 1 pulse every 1.5 seconds, then we want our crown chakra every chakra in-between also spinning at 1 pulse every 1.5 seconds. In general we speed up the slower ones to meet the faster ones. If only one or two are fast, then we might slow them down to match the slower ones.

In Relation to Front and Back?

We want the chakras to be the same shape, size, and speed in the front and back. It is common that the back of a chakra might be narrower than the front. This is because someone is being hard on themselves and self-critical.



Factors to Look For:

Are they spinning at the right speed? Stopped, Slow, Normal, Fast,
 Are they spinning in the right direction? DClockwise, Counterclockwise, Oscillating, Stopped
 Are they a healthy color? Dull, Saturated, Shifted towards another frequency of color
 Are they the right shape? Healthy cone-shape, Oblong, Long, Skinny, Oval, Bent, Kinked
 Are they activated? pre-activation scaffolding, activated, or turned off
 Are they clear or do they have blocks? emotional, physical, energetic, psychic, mental
 Are there any leaks? trickles, fountains, volcanoes, sparks

Do I Have Any Blocks?

Blocks can show up in a variety of places. The most common place is in the middle of the chakra, when the two cones meet. This is the narrowest part of the chakra. It is also common to find blocks between two chakras, or in the pillar of light. They can also show up in any meridian or pathway.

Do I Have Any Burdens?

The four most common burdens are emotional burden, physical burden, deep-seated emotions, and grief.

Emotional burden appears in the energy system as weight, pain, or restriction on the upper chest. To me, this feels like a lead brick resting on the emotional heart chakra. This emotional heart chakra is a secondary chakra a few inches above our heart chakra. This can cause so much weight on our chest that it compresses our chest and drops our ribs, closing our heart chakra and pinching our solar plexus.

Physical burden appears in the energy system as weight on the shoulders. This is almost like our body is carrying a really heavy backpack. Our shoulders brace against this weight and our body starts to lean forward. With a lifetime of burden one might develop a hunchback.

Deep-seated emotions are unprocessed or unresolved emotions which are often stored in the lower abdomen. The more recent they are the softer and more malleable they are. If left for a long time they get heavier and denser. I see recent emotions stored as orange wax balls, and old emotions stored as stainless steel marbles.

Grief is one of the most painful things a human can experience. It is so painful that people very commonly repress it. Grief is processed in the heart but when left unprocessed it gets stored in the lower abdomen. I see recent grief as a dark fluffy cloud of razor blades. I see old grief as dense and heavy as a bowling ball.

Am I Carrying Protection?

It is common that empaths, psychics, and empaths (before they are aware they are such) will naturally put up protection as a survival mechanism. Many psychic arts encourage protection

so that dark and low-vibration entities cannot hurt us. In my experience, protection is heavy, dense, and weighs us down. It also requires us to lower our vibration so we can carry this dense energy. I believe the best way to protect ourselves against low-vibration entities is to raise our vibration so high that we are like steam and nothing dense can hurt us, it will just pass through us. We must keep our energy system full of white light so that there is no room for this dense energy to take up.

With that being said, protection gives low-vibration entities a way to find us and something for them to cling onto. The safest way to be in the psychic realms is to be high-vibration, bright, light, and nimble. Remove all body armor, breast plates (front and back), masks, helmets/skull caps, chastity belts, and throat guards, etc. They will only weigh us down.

Do I Have Early Childhood Trauma?

One of the most common traumas in our energy system is damage to our root chakra. We are only zero to 18 months old while we are developing our root chakra. During this time, our root chakra is extremely vulnerable. Our root chakra governs our body, in this place, and in this time. If any physical trauma happens to our body at this time, whether it is accidental or on purpose, through intention or neglect, or the result of the inability to communicate our needs, our root chakra does not develop in a healthy cone shape. If there is a lot of trauma, the root chakra can look like something Dr. Seuss would draw; instead of a healthy cone it looks like a squiggly wavy mess. This distorts our perception of our body and our reality. It can cause all sorts of health issues throughout our entire lives. Thankfully, through reiki, psychic surgery, or our intuition we can reshape the root chakra!

Do I Have Any Psychic Trauma?

Psychic trauma is very real to our energy system. Heartbreak can actually break our heart. A betrayal can actually look like a knife stabbed in our back. When someone betrays our trust to our face it can look like a knife stabbed in our front. Physical, emotional, and verbal abuse can show up as trauma in many places in the energy system.

If we died badly in our past lifetime we could still be carrying that trauma in this lifetime. It is all too common to have trauma from wars with sword wounds, missing limbs, or gangrene. Beheading, drowning, pneumonia, drawn-and-quartering, and burning at the stake are very normal as we have had a very violent past as a human race.

Do I Have Limiting Beliefs?

Something a teacher, parent, or mentor said to us when we were younger, or even something we read on the cover of a magazine or watched on TV, could be deeply ingrained in our

energy system. Sometimes induced by media, society, or religion, these limiting beliefs can bend, restrict, or distort our energy system.

The most common limiting belief we might run into is in the throat chakra. There was a time when it was common to tell children “*Kids are meant to be seen and not heard.*” These children will tighten their throat chakra, and will keep it restricted for many years. Often this manifests as tonsillitis, chronic sore throats, or laryngitis. It can also look like a restriction in how we express ourselves or what we say. For example, maybe we are allowed to talk about religion but not politics. Or we are allowed to gossip but now say how we are feeling emotionally. This creates all sorts of imbalances in speaking our truth.

Do I Have Energy Cords?

Yes, energy cords are very real! Some of these energy cords are health, like the one parents have to their children. This might also be healthy and helpful when we are caring for someone who is sick.

Unfortunately most of our energy cords are not healthy. Not only because “we” are being sucked dry of vital life force energy, but because they are becoming dependent or enabled by us. Think “energy vampires”. Most people do not know if they are energy vampires. Maybe they did not have a healthy family growing up, or were never taught where energy comes from. Somewhere along their path they realized that they can take it from others. This was their survival mechanism.

Other energy cords show up in empaths overgiving, codependent relationships, and unhealthy relationships. Some of our energy cords show up just from walking through a crowded place or bumping into someone at the grocery store.

It is a good idea to check our energy system daily for energy cords, especially if we are an empath or healer. We might accidentally stay connected to a client or a patient. I highly recommend NOT to cut cords, but to ask to release any and all cords that are in both parties highest good. Sometimes it is in our highest good to maintain this energy cord, such as when our best friend is going through a hard time. Or maybe this person has been plugged into us for so long that they know no other way of sustaining their energy system.

There are many beautiful cord releasing ceremonies to choose from. My favorite is to simply grab the energy cord and plug it directly into Source. Then this energy contract is no longer my burden and becomes an agreement between this person and Source itself.

Do I Have Any Orange Wax?

I see other people’s emotions like orange wax. People are constantly flinging orange wax in all directions, especially when they are unaware of their energy system. As an empath or

healer it is almost like we go looking for it. We gobble up all of this wax and then internalize it like it is our own stuff.

This orange wax can coat us and our energy system. If it gets too thick it can smother us and weigh us down. The great thing about orange wax is that it is malleable, easy to remove, and melts at a relatively low temperature. We can simply peel it off, melt it off, or wash it away.

We can melt it off in the shower as part of our daily routine. We can also regularly say “I am me, and I release everything that is not me.” We can also practice keeping our internal light so bright that this wax melts regularly and quickly. Maybe our internal light is as bright and as hot as the sun and all wax melts before it even reaches us!

Ways to Heal Energy Imbalances?

There are infinite ways to heal any imbalance that show up in our energy system. Here are some of the most common ways within reiki.

Sending it Reiki

Once we find an energy imbalance there are many ways of healing it! As we are starting out as a beginner reiki student, default to **sending reiki energy to the area**. Reiki is a neutral white light energy, so if something in our system is fast it can help it slow down, and if something is slow it can help it speed up. If we are unsure if it is fast or slow, heavy or light, hot or cold, then sending reiki to it will help regardless. Reiki is like turning a light on in the room; reiki can help us see what is going on! The more light, the easier it is to see.

Light Touch

Pain and discomfort is often a way that our awareness is directed to a specific area. If we bring our attention to the area through light touch, placing a hand or fingers softly at the area, then often the pain and discomfort subsides.

Movement

Manipulation of the physical body can often balance the energy system. This is evident in yoga and stretching. Some of the best physical support we can offer to our body is slow gentle movements such as walking or tai chi and qi gong. Dancing and exercising can be great activities as well. We can have others help us with our body movement, such as getting a session from a bodyworker, chiropractor, masseuse, or physical therapist.

Sound

Sound is pure energy in physical form. It can be extremely effective in clearing energy imbalances. Singing and toning is a great way of using our own vocal cords to create sound for self-healing. We may also consider tuning forks, music, or singing bowls.

Tools

Because reiki is a neutral energy it works with a huge variety of tools. We can use everything from Tarot cards, to crystals, to wands to help us in our self-reiki practice. Here are some of the most common tools:

- Massage table (helps the client relax)
- Crystals (provides a reference point to a balanced frequency)
- Wands (help us direct the energy to a smaller refined point)
- Sound tools (drums, rattles, bells, gongs, and tuning forks)
- Music (to aid in relaxation)
- Fountain (to help tether consciousness to present moment)
- Essential oils (various reasons depending on the scent)
- Therapy Vibrators and Percussors (to release fasciae)

Imagination

Can you remember when you were a kid and everything was possible in your imagination? Well in this strange world of energy healing, it is all possible! If we imagine that our energy system is tangible, it will be. When we find an imbalance in the energy system we can imagine that it is something concrete or “real” and then come up with a “real” solution. One of the most common ways of using my imagination in a healing session is with emotional burden.

I see emotional burden as a lead brick resting on the upper chest. I will imagine that I am grabbing this lead brick, lifting it up and off of the chest, and then turning it into glitter. Poof! No more emotional burden. Even though “*I am making this up*” I will notice an immediate and tangible difference in the weight on my chest.

Our imagination is the most powerful tool in the Universe! When we have confidence in this tool our healing abilities will be endless. It is only limited by our consciousness and our belief in ourselves. Eventually we will learn how to let our intuition guide our imagination and our consciousness!

Intuition

Ultimately, the best tool we have to heal ourselves is our intuition. The combination of reiki and intuition can dramatically change our health, happiness, and our whole life. With practice and training, intuition can be tangible and reliable.

Imagine that we are standing in a huge room. Most of us stumble through this crowded room in the dark. Learning reiki is like turning on the light in the room. Training our intuition is like learning to see what is in the room. Having both light and vision to see these life lessons, challenges, and growth opportunities, gives us a huge boost in being able to overcome these tests and learn from them. Without either of these we might as well be going through life blindfolded.

Training our Intuition

I have found that developing intuition is not only possible, but easy to learn! The Universe wants us to heal ourselves and to help others heal, so it offers so much support in awakening our intuition. Once we set the intention of developing our intuition, and we show up to do the work, the Universe leads us on this beautiful journey of discovering our new channels of communication.

Not any two people have identical intuition, nor the same channels to access this information. But they can develop their intuition in a similar way. Here is how I have found to train our extrasensory perception (or should I say how the Universe trains us). I call it: Following the Yellow Brick Road.

Whenever we do reiki on ourselves, or sit down with the intention of training our intuition, there will always be a trail of breadcrumbs to find. Everytime we follow a cue or take a step in the right direction we get a little reward in the form of joy or a burst of energy. These rewards strengthen our confidence in ourselves. Because these rewards are governed by the third chakra, and the chakra is yellow, and I see every one of these rewards as laying brick in our path of training our intuition, then we, in a sense, are building a yellow brick road!

Follow the Yellow Brick Road:

- 1) Get Curious (what hints or messages are coming through)
“Right shoulder, right shoulder, right shoulder”
- 2) Follow the guidance
“Move your hand to the right shoulder”
- 3) Receive reward
“A moment of feeling good by following your intuition”
- 4) Gratitude



- “Thank you for giving me a clear message to follow”*
- 5) Finish task at hand
“Release the block in the shoulder”
- 6) Receive reward
“A moment of feeling good by balancing the energy”
- 7) Gratitude
“Thank you for healing us”

Eventually, as we develop our intuition to be more fluid and clear, then combining it with our reiki sessions will dramatically improve our self-healing. Our intuition might start to guide us in how to move the energy to bring it into balance. We will start to receive intuitive messages on ways to heal trauma, release burdens, process emotions, resolve grief, etc.

We will eventually get to the point that our intuition will give us clear messages or visualizations. And these messages tend to be universal for everyone, but will come through in the way that we need to sense them in order for us to understand.

For example, if we just went through a bad break-up our intuition might show us a knife in our heart. If we were deceived or betrayed this knife might be stabbed in our back. If you blatantly disrespected this knife might be staffed in our front. While doing self-reiki, we might see, feel, or know this knife is there. We will then be guided in how to remove this knife and stitch up the wound.

Sometimes we might now even know how this knife got there in the first place, or who did it. It is possible that it was something from a past lifetime, something we picked up from someone else, or something we blacked out all memory of. Regardless of why it is there, we can remove it the same. If we are meant to know why it is there, or if there is other healing needed in resolving this stab-wound, it will often clearly let us know. Maybe upon removing this knife we have a sudden and overwhelming emotion of heartbreak from our last break-up, but we may also have a message of “needing to forgive” this person.

Often when we remove these knives we have already resolved the emotions or the trauma. We are now only seeing the knife because we are now ready to pull the knife out. This knife may not even be visible to us, or anyone helping us heal, if we are not ready to see this wound and to heal from it. Our intuition will only show us things that we are ready to heal in this moment. These are wounds and imbalances that we are strong enough to resolve! The Universe will never show us anything that we cannot handle.

Other Support Along Our Journey

Our path of self-healing is something we have to do ourselves, but it is not a lonely path. I can guarantee that we have help along our way!

Spirit Guides

Everyone here as a human on this planet has a collection of spiritual allies helping them on this journey. The most common of these helpers are our spirit guides. They are multidimensional beings helping us with every step of our journey. With the intention of getting to know them, training ourselves how to hear them, and then asking them for assistance they will be some of our most powerful spiritual allies!

We can ask these spiritual beings to guide us or to help us perform the work. They are particularly effective in helping with energy healing!

Spiritual Allies

There are many different types of spirits to help us on our path. We are free to call on any of them at any time! The most common we will call upon during reiki sessions are our spirit guides, reiki masters, Ascended Masters, and “*any spirits in our highest good*”. These spirits can be anything from healers, angels, archangels, gods, aliens, unicorns, dragons, fairies, mermaids, sphinx, centaurs, basilisks, giants, or pretty much any mystical, mythical, religious, or spiritual beings. We may even call upon the Universe, God, or Source itself.

Spiritual Community

Let me say this again, you are not alone and you do not have to do this journey by yourself. We all have our unique strengths and weaknesses. We also have our areas of expertise or our blind-spots. Please ask for assistance from others in your spiritual community. There are other healers, light workers, mentors, and students who are willing to help you, just as you are willing to help them.

Some of our best teachers and helpers on our path are our friends, family, relationships, and (especially) children. We are all sharing this experience together for a reason. Sometimes it is to show each other contrast, but most of the time it is to help each other learn, grow, heal, and evolve. Please remember that we are surrounded by people to help us on our path. If we want to help others heal then we have to be willing to let others help us heal.

Chakra Reference Guide:

First Chakra: Root

First Chakra: Root

Location: Tip of the tailbone,
Orientation: Cone opens downwards (paired with crown chakra)
Secondary: Bottom of the feet
Color: Red
Saying: I exist, I am here, I am safe
Governs: The connection between the body to the present moment, in this place. This is how we ground our subtle energy to the Earth's energy. This is one of the primary ways our energy system receives energy from the present moment. This is our life energy.

This energy feels hot, heavy, nurturing, safe.

Physical, Emotional, or psychological symptoms could include one or more of the following:

Balanced:

grounded, rooted in reality, physical ease, security, comfort. Prosperity, common sense, energetic, reliable, motivated, adventurous, able to manifest, able to be calm, in-the-moment, or be the eye-of-the-storm.

Imbalanced:

Fast/Bright: Hot, heavy, tired, overcome by gravity, hypochondria, paranoia, excessive spending, laziness, fatigue, fear of change, obsession with safety/security, rigid boundaries, overeating, overweight, greed, hoarding, excessive materiality

Slow/Dark: spaciness, disconnected, underweight, fear, anxiety, lack of focus, no follow-through, self-destructiveness, addiction, sense of being unlovable, masochistic, suicidal, not wanting to be here, passivity, floating, financial lack, poor boundaries

Long/Skinny: caused by being rooted in fear, head-in-the-sand, stubborn,

Deformed: caused by traumatic injuries to the body, rough childhood, life or death situations

Second Chakra: Sacral

Second Chakra: Sacral

Location:	Lower Abdomen
Orientation:	Cone pair opens front and back
Color:	Orange
Saying:	I create, I feel, I desire
Governs:	True desires, emotions, and creativity.

This energy feels very warm, very flowy like swaying the hips side to side.

Physical, Emotional, or psychological symptoms could include one or more of the following:

Balanced:

In-touch with desires, true emotions, Friendliness, vitality, sensuality, the ability to feel satisfied, compassion, sexual expression and desire, sense of connection or bondedness.

Imbalanced:

Fast/Bright: addictions, compulsive behaviors, irresponsibility, emotionalism, invasiveness, seductive manipulation, looking for satisfaction outside of yourself, codependency, obsessive attachments

Slow/Dark: rigid body, rigid beliefs, frigidity, self-denial, fear of change, lack of social skills, lack of desire, lack of creativity. Deep seated emotions. Trapped grief

Long/Skinny: caused by searching outside of yourself for sexual or emotional fulfillment

Deformed: most commonly sexual abuse or imposed beliefs about innate desires

Third Chakra: Solar Plexus

Third Chakra: Solar Plexus

Location: Solar Plexus, a couple inches below the sternum
Orientation: Cone pair opens front and back
Color: Yellow
Saying: I am worthy, I have power, I have energy
Governs: Personal power and willpower. The relationship between yourself and the outside world. This is also a power regulator for the entire energy system.

This energy feels fun, joyous, happy, light, and quick.

Physical, Emotional, or psychological symptoms could include one or more of the following:

Balanced:

Self-esteem, self-worth, self-confidence, assertive, cooperative, dynamic energy, decisiveness, productivity, a healthy relationship with the greater world, self-recognition, easy to feel joy, happy, excited.

Imbalanced:

Fast/Bright: Egotism, controlling, aggressive, dominating, need to be right, hyperactivity, pride, competition,

Slow/Dark: low self-esteem, low self-worth, low self-confidence, fatigue, contracted energy, unhappy with life situation, poor self-discipline, poor digestion, sugar cravings, food cravings, hyperventilating, victim, unreliability, passivity, blaming attitude, emotional burdens

Long/Skinny: searching for approval from others, trying to get others to like you, looking outside of yourself for energy, vampire

Deformed: verbal abuse, self-abuse.

Fourth Chakra: Heart

Fourth Chakra: Heart

Location: Center of the chest
Orientation: Cone pair opens front and back
Secondary: Palms of the hands, Top of chest (emotional heart)
Color: Green
Saying: I love, I allow, I surrender, I forgive
Governs: This is the center of the energy system. It governs the flow of life force to all areas in and out of the body. This also governs the balance between yin and yang, hot and cold, heavy and light. This is directly proportional to our level of awareness and our ability to have compassion for our Self, others, and source.

This energy feels warm and balanced, blissful. Feels like floating in a warm bath.

Physical, Emotional, or psychological symptoms could include one or more of the following:

Balanced:

Love, forgiveness, sense of surrender, compassion, wholeness, empathy, friendliness, motivation, nurture, and acceptance.

Imbalanced:

Fast/Bright: jealousy, codependency, martyrdom, self-aggrandizement, egotism, self-centered, tribalism

Slow/Dark: inability to forgive, loneliness, lack of empathy, lack of self love, apathy, indifference, withdrawing, aimless, emotional burdens

Long/Skinny: caused by trying to get other people to love you, taking love from others

Deformed: grief, physical loss, betrayal

Fifth Chakra: Throat

Fifth Chakra: Throat

Location: Center of the neck
Orientation: Cone pair opens front and back
Color: Blue/Cyan
Saying: I speak, I express, I communicate
Governs: Communicating one's truth through all means such as speaking, writing, dancing, painting, body language, facial expressions, etc, as well as receiving the truth of others.

This energy feels cool with front to back energy, slightly lifting.

Physical, Emotional, or psychological symptoms could include one or more of the following:

Balanced:

Truthful, creative, expressive, communicates from the heart, communicates from intuition, talks kind about the self, listens consciously, sense of contentment

Imbalanced:

Fast/Bright: gossiping, stuttering, loudness, hyperthyroid, lack of consideration, compulsive behaviors, speaking from the brain,

Slow/Dark: "silent child", fear of speaking, biting your tongue, inability to express one's truth, lack of creative expression, too precise, over regulated

Long/Skinny: caused by talking badly about oneself, communicating from thoughts or too much about the future.

Deformed: caused by being verbally abused

Sixth Chakra: Third-Eye

Sixth Chakra: Third-eye

Location:	Center of the forehead
Orientation:	Cone pair opens front and back
Color:	Purple, Indigo
Saying:	I see, I know, I intuit
Governs:	Anything related to the mind and higher perceptions of reality, self-awareness, and vision.

This energy feels cool, calm, and very subtle, a whisper.

Physical, Emotional, or psychological symptoms could include one or more of the following:

Balanced:

Keen intellect, strong intuition, imaginative, see the big picture, perceive and influence spiritual planes, goal driven and take action. Self-awareness, good memory

Imbalanced:

Fast/Bright: overthinking, overanalyzing, over processing, fantasizing, hallucinations, difficulty concentrating, short attention span, obsessiveness, delusions, nightmares, self-centeredness, turmoil, anxiety

Slow/Dark: denial, delusions, easy to deceive, confusion, chaos, codependency, difficulty in planning for future, memory loss, perception issues, hard to keep cool under pressure, negative thinking, pessimistic thoughts

Long/Skinny: caused by encouraging negative thoughts, trying to see the future.

Deformed: caused by neon and fluorescent lights, as well as electronic devices

Seventh Chakra: Crown

Seventh Chakra: Crown

Location: Crown of the head
Orientation: Cone opens upwards (pair with root chakra)
Secondary: Bottom of the feet
Color: Violet, White, Ultraviolet
Saying: I understand, I have faith, I am connected
Governs: The connection between the body and Source energy, as well as our part to play in the bigger picture. This governs faith in something outside of your Self.

This energy is cold and still, yet supportive, almost like floating in outer space.

Physical, Emotional, or psychological symptoms could include one or more of the following:

Balanced:

Faith in self, faith in others, faith in the bigger picture, higher awareness, higher compassion, connection to the bigger picture, selflessness, empathy, understanding, recognition, awareness, present, spiritually connected

Imbalanced:

Fast/Bright: overthinking, overanalyzing, living in the head, superiority, hysterical behavior, fanatic, addiction to religion or belief, scattered, short attention span, disconnection with body.

Slow/Dark: lack of purpose, lack of connection, loss of ethics or joy, loss of meaning or identity, cynicism, learning difficulties, fear of death, feeling alone, feeling separate, apathy, materialism

Long/Skinny: caused by spiritual trauma, narrow mindset

Deformed: caused by spiritual trauma, searching for something in the wrong places.

Practice, Practice, Practice.

I cannot stress this enough. The more you practice, the easier it will be to connect to reiki, to feel your energy system, and to sense the imbalances. This will help you to have confidence in yourself, and that you are capable of healing these imbalances. Every time you show up for yourself, and you look at yourself honestly with neutral vision, you will be one step closer to healing yourself. When you heal yourself you will be the shining example for other people looking to heal themselves. When you heal yourself it heals the whole world.

If you raise your vibration 1% then you are raising the vibration of the whole planet a fraction of a percent. This makes it easier for everyone else to raise their vibration. Then it becomes yet again easier for you to raise your vibration, then easier for them, then you, then them. Healing becomes exponential. The work you are doing on yourself is healing the whole planet!

Let me say again, that by doing this work you are not only healing yourself but you are paving a path for all people on this planet to heal themselves. I promise you that this journey is hard, as this path requires some sweat, blood, and tears. But I can also promise you that this journey will be the most deeply rewarding journey. When things get tough have confidence that you are on the right track, that the Universe will only present you with what you can handle. But you do not have to deal with all of it alone or by yourself. Have confidence in yourself, but also have confidence in asking for assistance. We are all in this together.

Let me say that I am so honored to share this gift with you and that you are part of my journey. I am here for you.

The Next Step

Continuing your journey to reiki level two is a natural progression of learning reiki. In reiki level two, we expand our reiki practice to include healing others. When you discover the healing benefits of reiki, it is only natural to want to share this gift with others. Even if you do not plan on becoming a reiki practitioner or a healer, you can still share this gift with your friends, family, and pets!

Reiki commonly helps us level-up on our spiritual path. This change in our vibration can change our life or put strain on our relationships. Reiki two give you the tool to be able to help your friends and family grow along with you and to share in your healing journey!



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