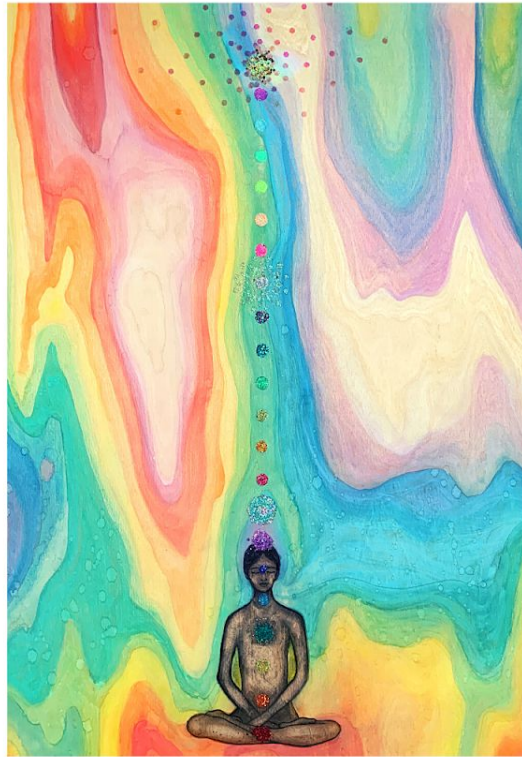




# *Reiki Level Two*



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## Personal Introduction to Reiki Level Two

After learning reiki one, and seeing how it has changed your life, how could you not want to share this gift with others?! Even if you do not want to be a teacher nor ever intend on opening a healing practice, reiki is something that you can share with anybody and everything along your path!

If you are growing spiritually then you are going to want your friends and family to grow too. It's all too often that one person decides to heal and grow and eventually they raise their vibration so high that it becomes dissonant with their friends and family. This can be especially hard on relationships and can cause them to drift apart. With reiki two, you can help the people close to you grow along with you!

You never know when an opportunity to use reiki will pop up! Well, I think every moment is an opportunity to use reiki, but some moments are more obvious than others. Reiki two allows us to help others relieve suffering mentally, physically, and emotionally, or to help by shining light on their path. I personally use reiki in my healing practice, as well as with friends, family members, cats, and especially my projects (like writing this)! If you ever run out of people or things to give reiki to then you can always give reiki to Humanity, Mother Earth, or the Universe!

My only caution with reiki two is that you MUST continue with reiki one. If you are reading this then you are most likely a healer and/or an empath. This means it brings you so much joy to give-give-give. Reiki two will help you to give, while reiki one will help you receive; give-give-give but get-get-get equally as much! Self-reiki will help you keep your heart full, your body healthy, and your energy system balanced so that you can give, and have more to give. Self-reiki is putting your oxygen mask on first so that you can continue helping others put their oxygen mask on with reiki two. So, we are not substituting reiki one with reiki two; we are adding reiki two to reiki one!

Our job as lightworkers and healers continues to depend on us showing up for ourselves and doing the work. We can only help our clients go as deep as we are willing to go ourselves. Clients will walk into our office with the same energy patterns as what we might have resolved in ourselves moments before! If we stop looking at ourselves then our clients will stop coming to see us.

There is a sweet spot, a place of balance between self-reiki and reiki for others. This place is the same place as hot+cold, yin+yang, Goddess+God, and Earth+Source. To balance giving and receiving is a beautiful place of harmony that supports the heart to open wide! This vulnerable place is where we find Love, Compassion, Empathy. It is where we Allow, Surrender, and Forgive. This is how we raise our vibration and expand our awareness and we



use this to raise the average vibration of the planet and everything on this planet. This is our contribution to the evolution of ourselves, humanity, Earth, and the Universe.

## Level Two Attunement

The attunement for reiki level two is just like the attunement for reiki level one, but with the addition of three reiki symbols translated by Dr. Usui: Cho Ku Rei, Sei He Ki, and Hon Sha Ze Sho Nen. Each one of these symbols gives us access to specific intentions aiding us in helping others heal.

Before the attunement we will practice self-reiki to help prepare our bodies for the attunement. If your energy system is not balanced when going into the attunement, I will balance it for you during the attunement.

During the attunement, you will need to be in a receiving state and your energy system will need to be balanced.

During the Attunement, I will ask you to go into a meditative state where we will open your crown chakra. This allows me to place the symbols in your energy system, through the crown chakra. We will send the intention that the frequency of the symbols go into your heart. From there, the frequency will radiate outward to every cell of your being and the entirety of your subtle body.

I will be using the Reiki Master symbol, Dai Ko Myo, to attune your body, mind, and spirit to an expanded connection to reiki. This opens your energy system to a stronger flow of reiki energy. This is just like your reiki one attunement, but it is asking for more reiki energy to flow through your body. We will also be asking for access to the specific energies of the reiki symbols.

This attunement can take up to a few weeks to fully integrate. It is recommended to continue performing the gassho meditation and self-reiki daily. You can support your body through this cellular detox by drinking lots of lemon water, eating as clean as possible, and resting and sleeping as much as needed.

Other things that help integrate the attunement are going for casual walks, meditating, and taking Epsom salt baths. These practices will help your body, mind, and spirit to cleanse out old energy, and to integrate this new energy in your body.

Each reiki master performs the attunements in different ways. Many perform it in the same way that they were attuned by their master, by following traditional reiki manuals, or by listening to higher guidance. Each attunement is unique. Your experience during the attunement will be unique as well. It is encouraged to share your experience of the attunement when conversation is opened up by the reiki master.

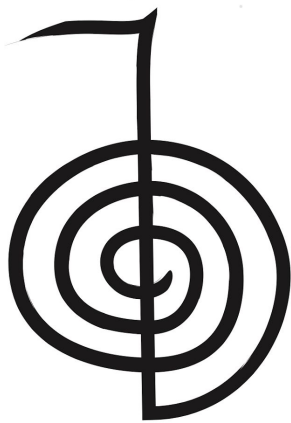


## Reiki Symbols

Traditional Reiki was founded by Dr. Usui after he meditated for twenty one days. In his meditation, visions of Sanskrit symbols came to him, each with a profound ancient meaning. Dr. Usui studied these symbols, practiced them, and refined their meaning in terms that were in alignment with the reiki healing methods. Just like a picture might be worth a thousand words, each Reiki symbol has a larger meaning. Each symbol holds its meaning in its original language, as well as the meaning Dr. Usui assigned to it, as well as the meaning every reiki healer has assigned to it since then.

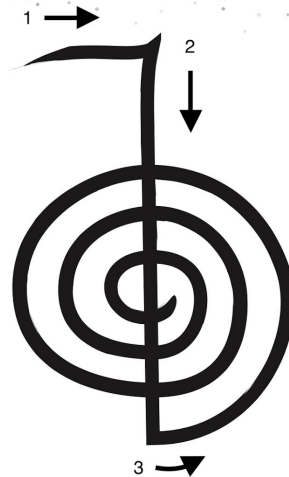
There is a higher power to these symbols; They have a clear intention. Whether our intention as the practitioner is clear or not, each symbol is clear. It has its own unique frequency with each its own special ability of moving energy in a distinctive way. Performing a symbol is similar to performing a dance; it combines our intention with our physical body, in space and time, which evokes an energetic response. Add that to the ancient knowledge, reiki tradition, and our own personal expression, then we have our dance.

### Cho Ku Rei



*Cho Ku Rei*

Moving Energy



*Cho Ku Rei*

Moving Energy

The chokurei is a multipurpose multidimensional symbol which works equally well on the body, mind, and spirit. The handle of the symbol is a short sideways movement parallel to the

ground (“finding the string”), the stem is a downward movement toward the ground (“down the string”), and then the spiral piece is a spinning whirlpool movement that is horizontal, parallel to the ground (“spinning the chakra”).

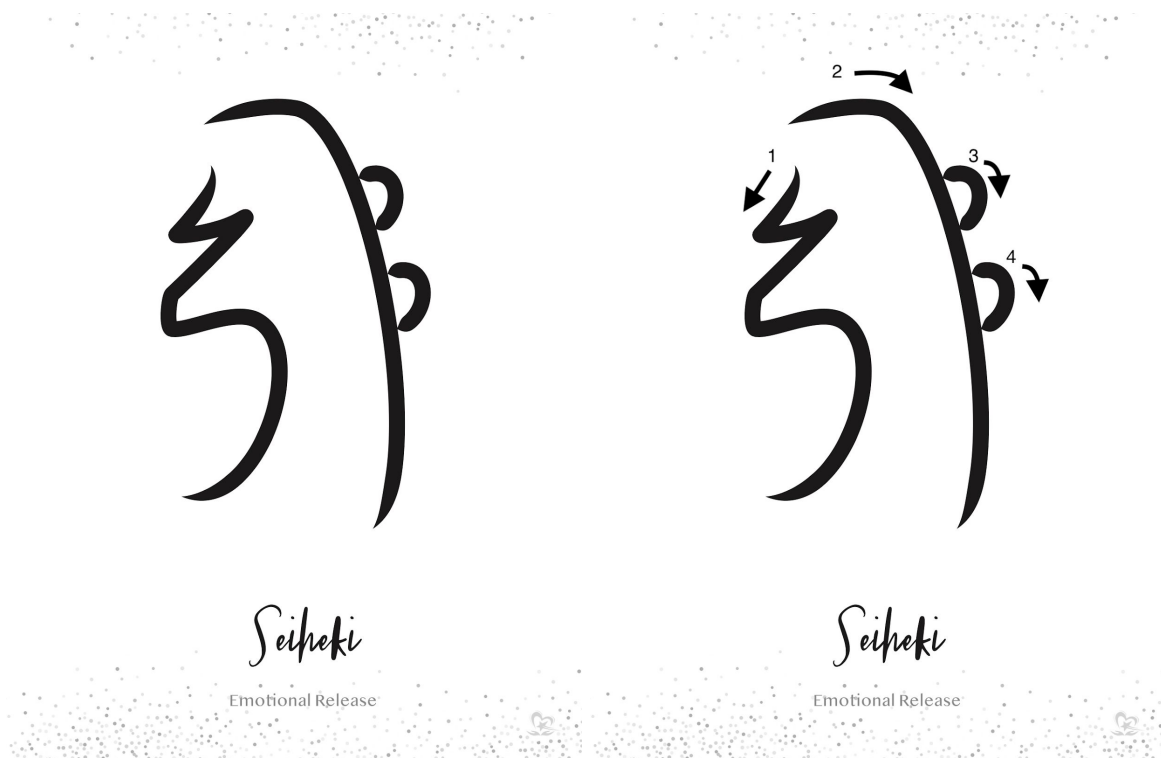
This symbol is very versatile to do almost anything in the body. We can use it directly on chakras to change their speed. We can also use it to send reiki to an organ, muscle, tendon, or bone, etc.

If we perform this symbol **clockwise** over the body, we are giving energy to the body or helping the chakra to spin faster. For example, maybe we want to help heal our client’s pancreas, help their digestion, or speed up their throat chakra.

If we spin the symbol the other way, **counterclockwise**, we are pulling energy from the body or slowing the chakra down. For example, we might consider using this symbol when our client has a fast third chakra, a busy mind, or is running a fever. This is particularly useful when we want to take energy away from a cancerous growth or tumor.

We can use this symbol for almost anything with a couple exceptions. It is not recommended to use cho ku rei on a broken bone which has not been set yet. If that is the case, send the broken bone white light or use the seiheki symbol for emotional support. It is also recommended to not send energy to cancer and tumors. Instead we use the symbol backwards to pull energy away from the cancer.

## Seiheki



The seiheki symbol is used to help release emotional burden. This symbol starts with the Z and 5 combo, then moves to the curved line with two bumps.

In the physical body our emotions are created in the second chakra, released from the fourth chakra, and remembered (or recreated) from our sixth chakra. Emotions, when they are not processed as they arise, will get stored as energy in the body, most commonly in the lower abdomen. These are known as deep-seated emotions.

Emotions can also be stored in any organ and each organ tends to have its own emotion associated with it. For example, anger is often stored in the kidneys or bladder. This seiheki symbol is a great way of pulling out these trapped emotions out of the energy field and the body.

This symbol is very useful in the even-numbered chakras: second, fourth, and sixth. It seems to be most effective when working with the mental body, the consciousness, or the auric fields. This symbol is most commonly used above the body in the aura, especially the emotional plane (second auric layer), the heart plane (fourth auric layer), and the celestial plane (sixth auric layer).



When using this symbol, be prepared to hold space for our client, they will most likely have an emotional or physical reaction to the release of emotions. Make sure that they know this is a safe place and that any release is perfect. [See below for holding space for our client.]

We can also use this symbol for “protection” on objects such as our house or car. We can send energy to an object to raise its vibration. When we raise the vibration of something high enough then it cannot be seen by lower-vibration people.

For example, if I give reiki to my car, then a burglar prowling the neighborhood might not even see my car as an option. So raising the vibration of my car acted like protection, but it did it without an action against something. It did it by focusing on the solution, rather than fear of the problem.

Ultimately, intention is more important than the action itself. If we intend to give energy to protect it out of fear, versus our intent to give it energy out of love and joy, one is going to attract scarier things, and one is going to align it to a happier path.

The seiheki symbol can also be used in mirror or reverse to put emotions into something. Maybe we are wanting to send our client joy and happiness to the third chakra. We can place this intention of joy and happiness into the seiheki symbol and then draw the symbol backwards and place it into the third chakra. Ultimately it is our intention in conjunction with the energy of the symbol that will work together to heal our client. The symbols are not strong enough on their own.

## Hon Sha Za Sho Nen



The hon sha ze sho nen symbol is used primarily to release mental burden, as well as to connect with our client over distance.

This symbol is a mental burden release symbol. Our thoughts create our reality. When we change our thoughts then we can change our reality, including our health. Many illnesses are rooted in mental patterns and thought-loops. This symbol can help to relieve these patterns, to clear the fields, so that we can create new and more positive patterns. Because of this, hon sha za sho nen can be very effective and relieving long-term and chronic conditions and imbalances.

This symbol is also referred to as the “**distance symbol**” ; this is the symbol we use to connect our energy system with someone who is not within our energy field. It is almost like dialling the long-distance code on a phone. Practice this symbol several times so we can get into a flow while performing the symbol. We can print it out and trace it with our fingers. Eventually we will memorize the energy of the symbol, we will connect to that energy directly, and we will not need to use the symbol.

This symbol works, not only across space, but across time as well. It can help us balance energies from moments earlier in this incarnation, usually childhood or a traumatic event, as well as past lives and future lives, maybe even parallel lives!

This symbol can also support someone in situations where their mind needs to be sharp and clear, such as taking a test, being interviewed, or performing a surgery. It can help us relieve overthinking and analyzing, anxiety and depression.

When sending reiki to an idea or a mental construct, such as groups, organizations, cities, countries, etc., this symbol helps us connect.

## Performing the symbols

Traditional reiki asks that students do not perform the symbols until they know them from memory and can say the name in their head as they perform the symbol. We stick to ABC reiki until we are comfortable with the symbols, their intentions, and how to use them. Symbols hold a lot of power and when used with the wrong intention they can hurt the client.

The most important thing about performing the symbols is **our intention**. It is not about performing the symbols perfectly at the exact right time; it is about doing our best to be in alignment with our higher self, getting out of our head, and using whichever symbol is intuitively presented to us in the moment. As we are learning, limit the use of symbols until we understand the intention and energy of the symbols, or we have trained our intuition well enough to stay in alignment with which symbols to use and when. Err on the side of caution, especially when working with a client.

In our practice, we might use the symbols frequently, or we might use them rarely. Use the symbols as needed. I might not perform the seiheki for three months, then have three sessions in a row that need this symbol. I might also perform the chokurei once and it is enough to balance the chakra, or I might perform it 17 times on the same spot.

We can use several symbols with the same client during the same session. For example, If my client has a slow third chakra I will draw the cho ku rei symbol, imagining I am speeding up the chakra with my hands, then make a light touch on the third chakra. Maybe she also needs to release emotions in the second layer of the auric field. I will draw the symbol in the air and use my intention to connect it to a point floating eight inches above her physical body. Maybe she is also struggling with a loud mind full of thoughts. I will draw the hon sha ze sho nen symbol and place it in her sixth chakra and her sixth layer of the auric field.

Traditional reiki suggests that we say the name of the symbol three times in our head as we perform the symbol. This gives the symbol time to work. I also find that words are like magic spells and saying the name of the symbol, even silently, can be very effective. It helps us to

keep the intention of the symbol pure by using the name of the symbol, rather than our interpretation of the symbol.

When working with symbols, follow our intuition and use our best judgement.

## Who We Give Reiki To

We could give reiki to anyone, but as we are starting out it can be best to start with practicing with our friends and family as they will be the most patient with us as we learn to connect to another's energy system. We may also choose to show up to reiki circles and mentoring sessions to maximize our opportunities to practice. Eventually we can build our confidence and our skills as a reiki practitioner and perform on clients!

**Anybody with stress** can greatly benefit from reiki. Reiki promotes stress reduction and relaxation. In today's fast-paced society, this pretty much means that everyone could use reiki energy. This means that anyone with stress-related diseases and conditions are ideal recipients. Some of these conditions include: Anxiety, Panic Attacks, PTSD, Depression, Heart Disease, Asthma, Obesity, Diabetes, Headaches, Heartburn, and Irritable Bowel Syndrome.

**Anybody processing emotions** can be ideal candidates. Reiki can change the way someone creates, processes, and stores emotions. It can also help us resolve past emotions, and release emotions that are stored chemically in the body. Grief and unresolved trauma are two great examples of this. If we are doing inner healing such as shadow work, reiki can help us shine more light into the darkness. It can even help us understand ourselves and others emotionally through fostering greater compassion and empathy.

Reiki can help **anyone looking to understand themselves mentally**. Reiki helps us see our thought patterns which allows us to change our subconscious programming towards promoting thoughts of joy and happiness, love and light. Everything from limiting beliefs to mental conditions may be resolved with reiki energy. Many spiritual leaders hold the belief that our present reality is created by our thoughts and intentions, so if we learn to direct our thoughts and intentions we can change our reality. Our thoughts are a direct result of the energies we are facing and reiki lets us see and change those energies.

Reiki can help **people on their spiritual path!** Whether we are on a path towards Enlightenment or leveling-up with the Ascension, or we are being born or in the process of dying, reiki helps to balance our chakras, open our hearts, expand our awareness, and raise our vibration. All of these things allow our body, mind, and spirit to change, grow, heal, evolve, or even transition to higher dimensions!

Young children might be one of the few that do not benefit a lot from reiki. Children, until they start activating their own chakras, are connected to their parents' or teachers' energy



systems. It is way more effective, in general, to give reiki to the people upbringing them, instead of the children directly.

Of course there are exceptions, as children are sometimes born with past-life or ancestry karma that reiki could help resolve. An important note, spiritual awareness is in a pattern of exponential growth and our children are waking up earlier and earlier. Maybe 40 years ago the average person was activating their own chakras starting at the ages of 16-18. Maybe today it is at the ages of 10-12. We use our intuition and the parents' advice/consent to determine whether the child is ready for reiki.

When I give children reiki, I send them reiki energy as white light, with the added intention of it going wherever it is needed. In my experience, this energy sometimes stays in the child's energy system, but it often goes to their parents, pets, house, or even their stuffed animals.

**Anything with a consciousness** such as Pets, Plants, Mother Earth, or even the Moon can benefit from reiki. **Anything with a mental concept**, such as a group, government, or city can as well. Pretty much **any noun in the dictionary** benefits: any person, place, thing, or idea can receive reiki. If we can think of it, we can send reiki to it! Common things to send reiki to that are not people or pets: house, car, hospital, ambulance, computer, phone, tool, government, humanity, or even world peace. The possibilities are infinite.

For the sake of ease in writing this handbook, I will refer to anything we give reiki to as our "client".

## Ground First

The traditional Gassho Meditation has us open our mind, balance our hearts, and then connect to reiki. I believe it is assumed, or unsaid, that we first need to ground our energy system. The Japanese are a very mindful culture and, in general, know how to ground themselves while entering meditation. We might need to add a step of consciously grounding ourselves before going into, or during, the Gassho meditation. We connect to reiki in the present moment, so we must bring our awareness to the present moment. This is where all of the magic happens!

Reiki gives access to a lot of energy, enough energy to hurt ourselves or others if we are not grounded. As a precaution, always ground ourselves when connected to reiki.

When working with a client, grounding ourselves and our client will make sure that all excess energy has somewhere to go. Just like a high-powered electric device, the grounding wire is a necessity for dissipating static electricity or unwanted energy. With that being said, reiki is from a higher source and is safeguarded by a greater consciousness. It is very hard to hurt someone with reiki energy but it can happen if we bypass safety precautions and ignore intuition.



Just to be safe, always make sure we are grounded, and that we ground our client at the beginning of the session.

## Tips for Reiki on Others

- 1) **Prepare Space:** I recommend having a designated healing space and having it picked up, organized, and clean. If our space is organized than we are more likely to be less distracted during the session and come across as an organized person. This also could include clearing the energy of our space, setting up our massage table, making sure there is drinking water for us and our client, and filling the room with fresh air.
- 2) **Take off shoes:** Taking off our shoes is a great way to remember to ground. It also allows me to feel more comfortable. I prefer keeping my office a casual environment to help my clients feel as comfortable as possible. When they walk in my door, I suggest they do whatever they would like to get comfortable.
- 3) **Dress comfortable:** To reduce my own distractions I try to dress as comfortable as possible, usually with clothing that breathes really well. I personally wear synthetic clothing because it handles the temperature changes in performing reiki really well. In one moment we might be burning up and super hot, and in another be really cold. Wearing wicking and breathable clothing can make a big difference.

I also try to avoid wearing lettering and logos on my clothing. This seems to be a distraction to clients. I also recommend staying away from metals (underwire bras, belt buckles, zippers, etc). Limit the jewelry on our body, particularly the hands as rings, bracelets, and watches can change the energy running through our hands, as well as be a distraction for ourselves and our client. In an email to first time clients I suggest the same recommendations.

I offer a small basket for anyone to empty their pockets, remove electronics, and take off jewelry. Many females will throw everything in their purse, but most males need something to empty their pockets into. A small basket or bowl will prevent things from being left behind.

- 4) **Scents:** I personally have no objection to human body odor, but I strongly react to chemical scents such as Axe Body Spray, Old Spice Deodorant, and many perfumes, aftershaves, and colognes. Our clients might be sensitive to these as well. We can try switching any of our personal hygiene products to natural-based alternatives, not only for our health, the health of the environment, but for respect to our sensitive clients. I ask clients to limit scents by sending them a “*what-to-expect*” email before their first session.

- 5) **Ambience:** We can't always control the environment of where we perform reiki, but we can usually greatly affect its ambience with some intention. I love having a fountain in my office, as not only does it mask distractions and background noises, but it also tethers my clients to the present moment using sound. Many healers use relaxing music to do this.

We may also choose to dim the lights, especially the ones over the massage table. Try to limit fluorescent and halide lights. Warm incandescent bulbs and newer LEDs seem to go great with reiki energy.

Part of the ambience is having visuals on the wall that bring us joy, as we being happy in our environment is probably the most important thing. (Unicorns and rainbows bring me a lot of joy, so I have unicorns and rainbows in my office.)

- 6) **Tools:** In reiki, the only tool that is required is our intention! But many tools can help us hone a technique or increase the effectiveness of our intention. Crystals are a great tool to give us reference points for balanced frequencies. A chakra diagram might be handy so someone who does not know much about the energy system. Many light workers use wands to help direct the reiki energy to more acute points. I personally have a small selenite point that I use as a wand for psychic surgery and releasing thought patterns.

I really enjoy my whiteboard so I can visually explain something to someone! I love having a color chart or chakra flag in my office, as it helps me guide my intuition to a particular color if I get stuck. We may choose to use other reference charts such as my Ascension chart, human anatomy charts, or chakra meanings and mantras chart. Some practitioners like to use tools to create sound to aid in healing, such as drums, bells, or tuning forks. Others might use plants, rocks, and water to bring grounding earth elements to the space. Some have crystal balls, tarot cards, or seer stones to help them connect with psychic information.

Tools are not required but they can help us during our session. I have used many tools to explore which ones work best for me, but my favorite so far is my own body. I have trained my intuition to use my body to transmit information psychically through sensation, such as tingling, twitching, tightness, pain, heat, vibrations, etc, and it is by far my most effective tool. We do not need a \$1200 tuning fork set or \$200 crystals to be a great healer. Sometimes natural is the best way. Only us and our intuition will know what works best for us, and it might change from day to day or over time.

- 7) **Sanitary Practices:** In general, it is best to wipe down our door handles, horizontal surfaces, and tools often. We change the sheets on the massage table with every use. Certainly if the client has any skin condition, open sores, or bodily fluids come in contact with our sheets, change them right away and sanitize surfaces. If/When it is

flu season or there is a pandemic, it is encouraged to wear a face mask, clean and sanitize all surfaces and tools, wash our hands, and do not touch our face.

- 8) **Personal hygiene:** The last thing we do before we start a session and the first thing I do when I am done with a session is to wash my hands. This can be the most important thing. This will not only keep us safer in our practice, but will keep our clients safer as well. This can minimize the risk of colds and flus being transferred, but also skin conditions.

In my personal experience it can be really distracting if a reiki practitioner places their hands near my face and it smells like peanut butter or bbq ribs. I also recommend brushing our teeth regularly so our breath is fresher when in close contact with another person.

We can try to work around the natural rhythms of our body, including sleep and digestion. A few examples: If we normally go to bed at 9pm, try not to schedule a session with a client at 8:45pm. We will be tired and not at our best. If we are someone that regularly goes to the bathroom an hour after waking up, I wouldn't recommend scheduling a session during that time.

Another thing to consider is the foods we eat before a session. It might not be a good idea to eat a big plate of chili cheese fries hours before a session. An upset tummy or gas could lead to uncomfortable situations in a professional setting.

We are attempting to cause the fewest distractions possible during our sessions with our clients so that we can deliver the best and most effective energy session possible. I give my clients permission to burp, sneeze, and fart, or to let me know if they need to use the restroom at any time.

- 9) **Recommended Materials:** Very little is required to perform reiki, but here is a list of recommended supplies and materials that is helpful to have on-hand for reiki sessions:

- Massage table with face cradle, bolster, pillow, eye pillow
- Fitted sheets and slips for face cradle
- Heating pad, blankets, flat sheets, and/or space heater
- Rolling adjustable stool for while at the massage table
- Filtered water and drinking cups
- Clock or timer (visible from table)
- Chairs (meet and greet, ect)
- Notepad, worksheets, and pens
- Desk, table, or clipboard
- Step stool
- Tissues
- Cleaning supplies
- Certificates (Reiki and Business)



- Garbage can and bags
- Ambience materials
- Reiki/Intuition Tools
- Personal hygiene supplies (hand soap, deodorant and toothbrush)
- Schedule or Calendar
- Payment processor or cash bank
- Snacks (nuts help ground, carbs help energize, salt for electrolytes)

## Connecting to Our client

There are a few ways we can connect our energy system to our client's energy system. Each of these ways will be easier and easier the more we get to know our own energy system, our own "superpowers", and the more we practice. Practice, practice, practice. How much we practice will be a recurring theme!

- 1) **Physical Connection:** As we are starting out, we might notice that it is much easier to connect to a client's energy system with physical contact. There are a couple recommended positions that seem to work best.
  - Hands Under the Head: This works great when our client is laying on the massage table and they are resting their head in the palms of our hands.
  - Hands On Shoulders: This works great is they are sitting upright in a chair. If we stand behind them it is very comfortable to rest our hands lightly on their shoulders.
  - Handshake Position: Whether they are sitting in a chair, laying on the massage table, or across the table from us at a reading, holding their hand or hands is a great way to connect to them.
  - Light Contact Point: Touching lightly anywhere on their body or in their energy field can yield a strong connection as well. I personally prefer to touch my client's right shoulder with my fingers on my left hand. This keeps my right hand free to send energy (right side is sending) while receiving their information (left side is receiving).
- 2) **Intention:** Our intention is really powerful! Just by intending that we are connected to our client, or believing that we already are connected to our client, then we are connected to our client. The Hon Sha Ze Sho Nen symbol can help us connect over time and space, helping us build the energy connection.
- 3) **Superpower:** We each have our own unique gifts and talents, superpowers! If we are a physical empath we might connect better physically. If we are an emotional empath we might connect best through their auric fields. If we trained any psychic abilities we

might connect best through those channels or modalities. Maybe we are an amazing channeler and we can simply invite our client into our body. Maybe a drum or Tarot cards help us build that connection. We can play around with how we connect, which way is the fastest, or which way yields the strongest connection. There is no right way and wrong way.

## Reiki Hand Positions

Hand positions for working on clients are very similar to the self-reiki positions. They are generally related to the location of each chakra or common places of blocks. When we are working on others we are not limited like self-reiki, where our arms only bend in certain directions. We can reach any position on the body.

Below are the positions for when our client is laying on a massage table. We will need to adjust these positions if they are laying on a floor or sitting in a chair. The positions will change based on where we can reach and where it is comfortable to hold the position.

### Hands On or Off?

Reiki can be performed hands-on or hands-off. Some of our clients might be extremely sensitive to the touch, uncomfortable with touch, or prefer not to be touched. While other clients will love to be touched. I believe humans have an innate need to be touched, that human contact is required for our survival. When I have the option, I will opt to touch rather than go touch-free, with the exception of sensitive areas where I will float my hands above the body.

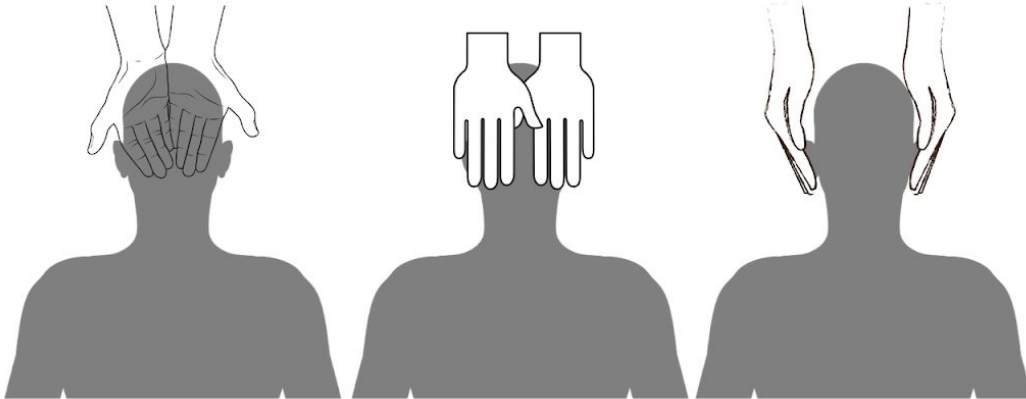
I always ask my client, *“Is light touch ok?”* or *“Are you comfortable with light touch?”*.

With hands-on, we will mostly be making light contact points on the body with our fingertips or our palms. Make soft, subtle, and gentle movements as it can be shocking to the system to have sudden or harsh movements. Also, try to be mindful of how heavy our touch is. A pound of pressure is plenty for a solid connection.

With hands-off, we will be floating our hands above the body. Try for about four inches above the surface of the skin. This gives us some room to wiggle, while staying within their first layer of their auric field.

# Hand Positions

On table, Face-up



Hands under head

Palms over third-eye

Hands on temples



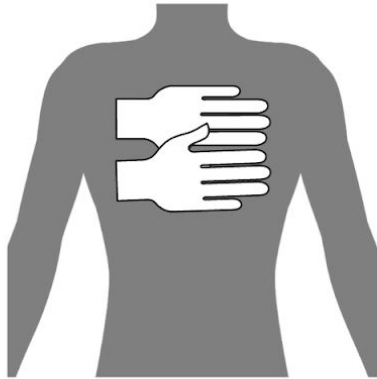
Hands on Jaw

Hands over throat

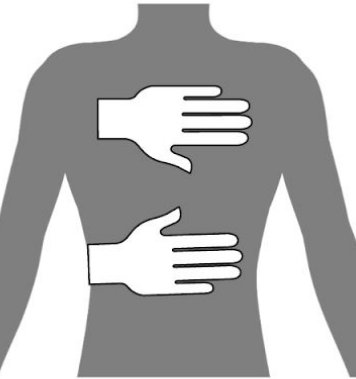
Hands over Thymus

# Hand Positions

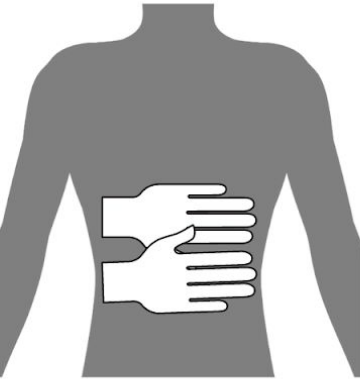
On table, Face-up (Cont.)



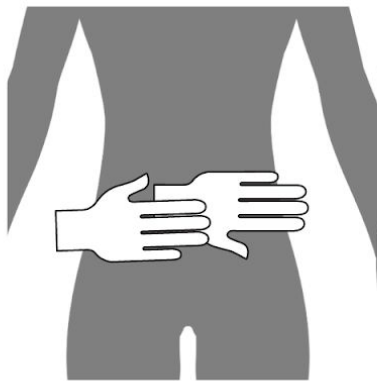
Hands over heart



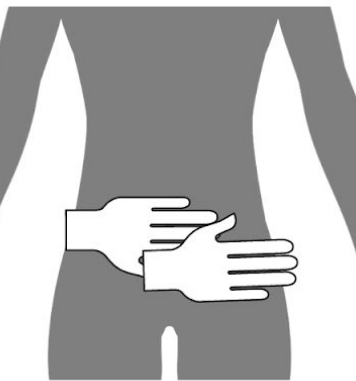
Bridge Heart to  
Solar Plexus



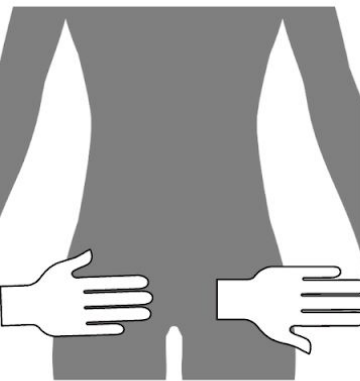
Hands on solar  
plexus



Hands over Waistline



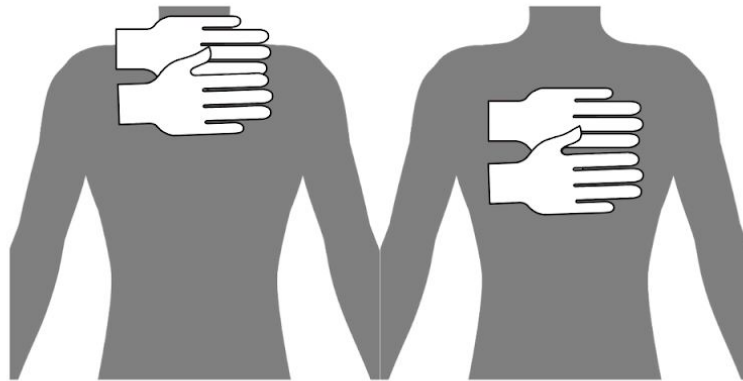
Hands over Sacrum



Hands on Hips  
for Root

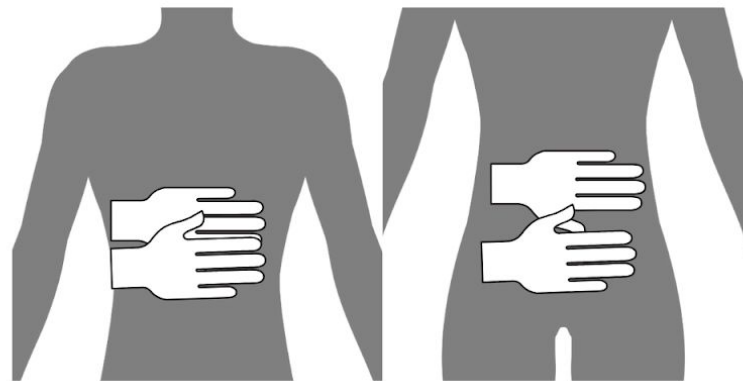
# Hand Positions

On table, Face-Down



Hands on back of neck

Hands between  
Shoulder Blades



Hands on Mid-back

Hands over Sacral

## Hand Position Timing

There are several factors when choosing how long to hold a position. Some of these factors include: our skill level, how much reiki we are channeling, how much confidence we have in ourselves, and the magnitude of the healing required.

If we are starting out, try staying at each position for five full breaths. As we develop our awareness of the energy system and our intuition, stay in a position as long as we need to until our intuition tells us to move on.

### Advanced Timing

As we develop our intuition, reiki becomes less structured and more like a dance. We are being led not only by our knowledge and experience, but by our higher Self, our client's higher Self, and maybe even our spiritual allies or Source itself. Timing will be determined by the flow. When we are in-the-zone and clearly hearing our guidance we will know when to leave the current position and when to move to the next position.

Our timing often has clear indicators of when to change, through a release and a refill. When we are healing the energy system, we are often releasing something from the body that is holding the energy out of balance, and then we are refilling the space it left behind.

For example, maybe I am giving reiki to a client and I notice that they are carrying protection, like a shield, on the front of their heart chakra. I would first remove the shield, and then refill the space that the shield occupied. And then maybe refill the heart chakra that the shield was blocking.

Another example, maybe I am giving reiki to a client with a block in their throat chakra. I will give reiki energy to the throat chakra with the intention of releasing this block. Once I have a sign of release, then I will continue giving reiki to the throat chakra until the chakra is balanced.

### Signs of release

Releases can come in all sorts of ways. The most common I come across is a huge sigh, either by me or my client. Other ways the release might express itself is a whoosh, a crescendo, tingling, a surge of energy, a sense of a dam bursting or gushing, a change in breathing, twitching, blinking, and/or some sort of emotional response. In general, wait for a sign of the release.



## Refill and Recharge

After this release, we have more work to do at that position. We must make sure that the chakra is refilled and has no leaks. Often when there is a big block that clears or emotional release, the client will feel very cold. Stay at that position until it feels warm and balanced. It is common that we will get a reward of some sort, like a feeling of bliss, a release of tension, or a feeling of happiness, when the chakra or body is recharged.

## Contemporary Reiki Sessions

### Before the Session

- 1) **Self-Intention:** This is where we set our desire to be a reiki healer, to help others, receive clients, or to have a practice.

*“It brings me so much joy to help others, my intention is to help others more often!”*

- 2) **Find Clients:** Clients often find us! Maybe they are drawn to our light! But we can certainly help them find us by increasing our visibility. Things like online ads, social media campaigns, Google Maps, flyers on local boards, partnerships with other businesses, or even direct marketing... all these things can help us increase our client base.

When we are first starting out, our marketing might be calling all of our friends and family and seeing if we can practice on them. There are online groups for practicing reiki or psychic abilities where we can offer free readings or sessions. Farmers markets are great places to set up a booth and practice!

Ultimately the best form of receiving clients is through referrals. As our abilities get stronger and our sessions become more impactful and tangible, then our current clients are our best allies and they will do our marketing for us! Referrals are our best compliment!

We can also ask the Universe to send us clients. We can ask our spirit guides to align us with bumping into the right person at the right time. Or maybe setting the intention of meeting them in the astral plane.

*“Please bring me the people I can easily help”*

- 3) **Schedule the Session:** Once we have the client, schedule the session! We can use our intuition to pick the best time for both the client and us. If we have a website, we can integrate it with a digital scheduling service so that clients can schedule a session with minimal effort from us.

*“Let’s have your session on Thursday at 2pm!”*

- 4) **Expectations:** When the session has been scheduled, it is very important that our client has some idea of what to expect. If our client is from a referral then they most likely heard about their experience directly. Some people have an open mind and come in with no expectations. Others do not.

A good business practice is to under promise and over deliver, and it fails when the customers have unrealistic expectations of the session. We can send them an email with what to expect or what we do, even before they get to our office. This seems to relieve some of their jitters and to keep our goals on the same page.

*“Reiki is a great way of relieving stress, and I believe I can help you with your headaches.”*

## During the Session

- 1) **Intention:** This is where we set our desire to do reiki on a client, and where our client sets their desire of healing. This can be specific or open. Usually we will have an intake process so we can more clearly set goals for the session. Some questions we might ask during an intake are: *“What brings you in?”*, *“How are you feeling?”*, *“What can I help you with?”*, *“Do you have goals for today’s session?”*, *“Is there anything coming up for you emotionally you would like to work on?”*, or *“Would you like me to follow my intuition to guide our session?”*.

Most of my clients have one or two things that bring them in but they give me full permission to follow whatever comes up. The intuitive approach nearly always also addresses the reasons they consciously chose to schedule an appointment with me. To the best of my knowledge, every one of my clients have left my office feeling we fulfilled or exceeded their intentions for the session!

*“Our intention is to help Sally release her grief today.”*

- 2) **Preparation:** Hopefully we have already prepared our office, grabbed all the tools we need, and set up the massage table for the session (See above *Recommended Materials*) . We have also already had our client prepare for the session ahead of time by sending them an email or talking to them before the session about what to expect.

*“Sally will be on the table with the lights turned down and the fountain on.”*



- 3) **Plug-in Ourselves:** Connect our root chakra to the Earth and start pulling up energy in the heart. Connect our crown chakra to God and start pulling down energy into the heart. (If our crown chakra, heart chakra, or pillar of light are blocked, we may not be able to connect to reiki energy. This is why self-reiki is learned before reiki two. Make sure our energy system is balanced and clear enough to actually send reiki to our client.) 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 in our highest good.

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

- 4) **Connect to the Client:** Once we feel balanced and fully connected to reiki energy, start connecting our energy system to our client. One way to do this is to place our hands under the clients head and set the intention of connecting. This step can take as little or as long as we believe, often in proportion to how much we have practiced. The more we practice the quicker the connection will form and the stronger it will be.

We can connect in several different ways. One way is by placing my left hand on their right shoulder, or by simply saying *“I am {client’s name}”*. I am not actually becoming my client, nor is my client channeling into my body, but my body changes its energy to match my clients energy. It is like I am an x-ray light table, I ask for a copy of my client’s energy system to be placed on top of the table, and reiki is the light that allows me to see the x-ray film.

How we sense or perceive the information from our client can come in on many different channels. It will mostly likely come through in whichever format or tool we have most practiced and developed the most. I personally get most of my information psychically through physical sensations or emotions.

*“Please connect my energy system with Sally’s”*

- 5) **Plug-in the Client:** This is the most important thing we can do: to connect our client to Earth and God. Plugging into the earth dissipates all built-up energy from the system and helps the client feel safe and supported. Healing integrates exponentially better if the client feels safe and is the present moment (root chakra). After we are sure our client is grounded, balance this energy by connecting their energy system to crown energy. We can help them pull both of these energies into their body so we can “turn the lights on” in the body. This allows us to see what is happening in the body, what we have to work with, and where the imbalances and blocks are.

*“I connect Sally to Earth and God and open her heart”*

- 6) **Follow:** As we are starting out we may choose to follow the traditional reiki methods of systematically moving through the chakras, spending about five full deep breaths at each energy center, and 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 wherever is in the highest good of the client. Then 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 session is unique.

*“I am opening Sally’s heart chakra bigger than her grief, so that the grief can pass through.”*

- 7) **Finish:** We know when we are finished in a number of ways. It might be when a set time has passed, or it could also be when our intuition tells us we are done. Most sessions with our clients will be timed, so we will want to stop reiki at least ten minutes before the end of the session so they have time to “come back.” Sometimes our client will tell us that they are done, either verbally, or just by opening their eyes and sitting up.

*“We released Sally’s grief and her energy system is now balanced.”*

- 8) **Gratitude:** The last step of giving reiki is gratitude. We go into the Gassho meditation and express our gratitude for the healing session. It is important that we thank the reiki energy for helping our clients and ourselves to heal. We also can 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 energy connections, these will release naturally during this gratitude step if it is in our highest good to release them. Ideally we would stay connected to reiki, crown, and Earth energy all of the time... with practice of course! If we are grateful for them it will make it easier to connect with these energies again.

*“Thank you Reiki Masters and Spirit Guides!”*

## After the Session:

- 1) **Inviting them Back:** Often in a reiki session, our clients might go into what I call a “reiki coma”. It can be they are in a deep meditative state or that their consciousness left their body. When this happens, when we are finished with the session, we can start by psychically asking them to come back. We can do this by using our intention, “Ok, it’s time to come back now”, or by imagining their consciousness returning to their body. We can give them about five minutes to start stirring. If they do not come back yet we can say softly and gently, “Start making your way back” and give them

another five minutes. We can also guide them to start wiggling their fingers or toes, blinking their eyes, or taking a cat stretch.

If they are resisting coming back into their body, saying their name will snap them back. Using their name can be very abrupt, especially if they are floating out of their body or in a deep meditation, so we use it sparingly. If we are uncomfortable with asking them to come back, we can purchase a small bell to ring them back to the present moment.

When we see them stirring, we suggest that they take their time, that there is no rush. We can advise them to sit up slowly, as reiki can make our client feel light-headed. And we can ALWAYS offer them some water.

*“Welcome back, take your time sitting up.”*

- 2) **Session Debrief:** A post-session debriefing can help our clients consciously integrate the energy work from the session. We can use a reiki worksheet or notepad to take notes while we are working on a client. Often we are in a higher state and might not consciously remember things. Sometimes the clients do not remember details of the session, as well.

This worksheet can also be useful to give our clients their homework, such as any meditations, mindfulness exercises, or changes to their routine. This homework will help them integrate the energy work performed. (See step three.)

Keep in mind that a reiki session takes us out of our logical and analytical side of our brains. We want to encourage this reiki state as long as possible in our client. Having a post-session debrief immediately after the reiki session could take them out of this healing mindset and back into an analytical mindset. We can use our intuition to decide whether to talk about the session, or to follow up with them the next day.

*“Sally, today we worked on releasing grief through your heart chakra. Your sternum might be a little sensitive or sore.”*

- 3) **Homework:** Reiki sessions are most effective when we teach our client about their energy system and how to heal them; teach them “how to fish”! We can give them homework, which they can do at home to include it into their everyday practice. Homework is kind of like a doctor’s prescription, but instead of medicine it is mindful practices. They are things that we come up with intuitively that they can do to integrate this energy and to continue further healing.

Types of homework could include meditations, mindful practices, visualizations, affirmations, or some sort of activity or change of habit. Examples of homework might be “use the tree meditation twice a day”, “whenever you start feeling anxious, try

*this breathing technique”, “drink lots of lemon water for the next three days”, or “have fun, play, blow bubbles everyday!”*

*“Sally, whenever your heart hurts place your hands on your sternum and imagine your heart filling up with warm beautiful white light until your hands tingle.”*

- 4) **Clear the Energy:** After the session is over, we immediately clear their energy from our body, the room, and our tools. To keep it as simple as possible, we can say *“I am me”* or *“the office is clear”*, then fill them with lots of white light. We can imagine we are filling the room with energy like filling a fish tank with water.

Washing our hands is a great opportunity to remind ourselves to wash the client’s energy down the drain. This is easily the most overlooked part of being a healer and can be the most impactful to our ability to keep good health. It is so important, here is a whole chapter dedicated to clearing energy.

## Distance and Remote Sessions

Reiki is just as effective (if not more) over distance or remotely. Distance reiki is where we perform reiki on someone who is not in the room with us, often over the phone or video chat. Remote sessions are similar, but we might not be speaking with them live during the reiki session. These sessions are performed the same as an in-person session, but with a few changes:

- 1) The “where” is usually decided upon while booking the session, whether we will connect on Zoom, Facetime, FB Messenger, WhatsApp, text message, or simply over the phone. These distance sessions may also be done remotely where we set a time to do the session, but no live contact is needed. For example, we might say *“I’ll send you reiki at 9pm”* or *“I’ll send you reiki when I wake up tomorrow”*
- 2) Because they are not on our massage table, we may offer suggestions of ways that our client would feel comfortable. We can give them permission to close their eyes, lay on their bed, or sit in their favorite chair, anything comfortable. Make sure to tell them that it is more important that they are comfortable rather than being able to see them.
- 3) While we are connecting our energy system to theirs we can use the Distance reiki symbol. As a student we might want to ask them to be patient while we connect. We can ask them to start by focusing on their breath, long slow deep breaths in through their nose and out through their mouth. This helps them ground while we are connecting to them.

- 4) We may choose to use a surrogate or proxy for distance reiki. We can use our intuition and imagination and find a method that works best for us. Or combine them! As we practice, try all of them to see which one leads us to the best connection with our client.
- **Stand-in:** We can use a reiki doll, a pillow, a stuffed animal, or anything tangible, as a stand-in for the session. We can even use a spouse, pet, or roommate as a surrogate.
  - **Self:** We may use our own body as a proxy. We can set the intention, “*I am \_\_\_\_\_(Client)*” and then give ourselves reiki. We can use this method once we know our own systems well enough to be able to decipher “this is mine” and “this is theirs”. This method is particularly effective if we are physically empathic.
  - **Hand:** We can imagine that our non-dominant hand is our client. We can imagine the chakra system layout in our hand. Maybe as we give reiki to our fingertips then we are sending energy to our client’s crown chakra, and maybe the palm of our hand represents the root.
  - **Imagine our client is here:** We can use our intuition to invite our clients to where we are. And we can use our imagination to believe that our client is laying on our massage table and we are giving them reiki locally, just as if they were actually in the room with us. Or we can imagine that their head is resting in the palms of our hand.
- 5) Our clients have the added benefit that they get to come back when they want to. We can encourage them to stay in this meditative state as long as they can. If they have something important to do after the session we can suggest that they set some sort of reminder.

## Clearing the Energy

**We now have the knowledge and the tools to maintain our own energy system!** Clearing our energy system of unwanted energy is really important. Clearing others’ energy is easy if we do it often and check for it regularly.

In the energy system, others’ stuff shows up similar to the density of orange wax. Orange: because it is made up of mostly emotions which are created in the orange sacral chakra. Wax: because it is tangible and malleable, and it is easily melted.

The best defense is a good offense. If we keep our energy system and our entire body full of white light, then there is no room for foreign energy. If we are proactive with keeping our heart full, our vibration high, and our aura healthy, then others’ stuff cannot invade our body



in the first place. This is why self-reiki is such an important piece of being a healer. Self reiki helps us to not pick up everything from everyone, regardless of how sensitive to energy we become.

When we are low vibration, then any wax of all vibrations has the potential to stick to us and smother us, just like wax would engulf an ice cube. When we are in a neutral vibration, we are more like water, where wax floats to the surface, and occasionally we have to break the surface to breathe. But when we are high vibration, then we are more like steam, where wax, of all vibrations, would just pass right through us. If our energy system is bright enough, it will melt before it gets to you.

The good news is, orange wax is no match for reiki and our imagination combined! We want to address it often. At the end of every session, as well as before we go to bed, and maybe even in the shower, imagine that our internal light is burning so bright that it is melting this wax. Maybe we can take it off like an orange jacket, or shake it off of.

Another way is to get as happy and excited as possible. If we are like steam, then the wax will naturally melt off and dissolve! We can use positive affirmations, recall the happiest memories of our lives, balance our chakras, open our heart, or find something in the present moment that brings us joy.

Remember to clear our body, aura, office, and tools. If we are clearing energy from something that is not our own energy system, define the edges of the object or space with our intention, and then give it reiki and fill it with white light. If for some reason the energy is stubborn, try to use sound. Sound is the fastest way to release stubborn energy. Try toning or using a small bell. Allowing sunlight and fresh air to enter the room is also a great way of clearing a space.

## How Long We Perform Reiki

The amount of time in a reiki session depends a lot on several factors: our skills and abilities as a healer, the severity or intensity of the energy imbalance, the length of time the imbalance has been there, the willingness and readiness of the client to heal, and the client's experience with energy healing.

The more we practice the faster we get. The more confidence we have in reiki, ourselves, and our client, and the more our client has confidence in reiki, themselves, and us, the more effective reiki will be, and the shorter the session will need to be.

In general, the bigger helps us by presenting to us only the things that we have time for, or the ability to, heal. If we only have a few minutes to perform reiki then our guidance will only show us something like a sliver or spot-treating. If we have longer or multiple sessions, then things like chronic conditions will show up. If I have a clear intention of the amount of time



that I have then the Universe will only show me things that can be healed within that time frame.

As wonderful as it is to work within an open time frame, ending whenever the healing is finished, we often do not get this luxury. We have to keep an eye on the clock to stay aligned to our schedule. With practice we will have a greater understanding of what we are capable of bringing to completion in a set amount of time. We will be able to listen to and trust the dance of our healing abilities and time. As we start out, err on the side of scheduling too much time, rather than being rushed. Feeling pressure can be enough to take us out of the flow.

In my personal healing practice, my sessions are usually 90 minutes for the initial consultation. This allows me time to do the introduction, the intake, the energy session, and the debriefing. These 90 minute sessions often look like 30 minutes for the meet-and-greet, 45 minutes for reiki, and 15 minutes to “come back”.

After the initial consultation, I recommend sessions of 60 minutes if a client has a chronic condition. If they are seeing us regularly maybe 30 minutes every week or two is the perfect amount.

Keep those suggested lengths in mind but always stay in the moment! If our client has a huge release then they might be done earlier than planned. If we are in the middle of a big release when the time is up maybe they need a longer session. Sometimes we need to go over in our session, so plan buffer time between sessions. Eventually we will get more comfortable with sensing where the client’s energy system is at and what we are capable of doing in our limited amount of time together. Practice, practice, practice! Everything will get smoother.

## How Often to Do Reiki

Reiki sessions can take some time to integrate, sometimes up to a few weeks, but the most common is about two weeks. If they are regulars then maybe something weekly could work well for them. I have not seen a case where a client needs a full session more than once a week, except for trauma patients.

Some of our clients will need support with integrating their sessions, such as a block that presents itself after the session. Some clients might need some spot treating between sessions, where we will give them a few minutes as needed. We need to learn to trust our intuition, until then default to scheduling clients with about two weeks between sessions.

In a perfect world we might help a client heal so well on their first visit and they do not have a reason to come back! But, I see this healthy and balanced state as the perfect time to heal beyond the physical body with consciousness expansion work.



Reiki helps us grow spiritually, and the best time to do that is when we are healthy and balanced. Spiritual growth is a continuous process so we can encourage our clients to show up for their next session, especially when they are feeling amazing, then we can focus on leveling-up and expanding awareness! There is always some sort of energy work to do to help us learn, grow, heal, and evolve.

## Believe in Ourselves

We will need faith or belief in ourselves in order to perform reiki. There are many types of these beliefs and they come from many sources:

- Certificates (Reiki Certificate, Business License, State/City/County Permits, Professional Certificates, Degrees, and other Energy Healing Modality accreditation)
- Training (we have learned as well as integrated the knowledge of what we are doing)
- Legal (In order to do it legally for money we need to have a legal formation, otherwise keep it for free or for friends and family or for pure entertainment)
- Healing Space (having a designated healing space such as an office can give us a huge boost in confidence and give us that “*wow, I finally made it!*”)
- Self (give ourselves permission to put ourself out there)
- Our Client (when our client believes in us then we are more likely going to believe in ourselves)
- Failure (every failure is a lesson learned, use them as learning opportunities to grow. Every failure we gain more confidence in ourselves that we can make it through any obstacle and that we are resilient)
- Human (give ourselves permission to be human, to make mistakes, to experience pain or suffering, to grow, change, heal, evolve. We are human until we are no longer human)

Ultimately, our ability to access reiki and to heal ourselves and others is directly related to our belief in ourselves. **If we have faith in ourselves as a healer then we will heal.** It is really as simple as that. These permissions are real world things that give us reason to believe in ourselves, to have faith that we are a healer. We certainly do not need all of these permissions to be an effective healer. That is a choice that comes from within and a reason for confidence from without.

In my personal experience, every one of these things offered me one step forward on my path of believing in myself, of believing that something so “woo-woo” or non-physical could possibly heal people physically, emotionally, mentally, and every spiritually. Maybe I was born





with this ability to heal, maybe we all were, but we have to remember how to heal, and then have the confidence that we can actually do it!

## Our Client's Confidence

The most important thing in helping others heal is that we have confidence in ourselves, but also that they have confidence in us! Here are some ways we can gain and keep their confidence:

- 1) **Self-confidence:** How can others have confidence in us if we do not have confidence in ourselves? Faith in our abilities and our practice is the first step! The more confidence we have in ourselves, the more confidence our clients will have in us.
- 2) **Certificate:** A reiki certificate gives our clients confidence that we know what we are doing, and some will not come and see us if we are not certified.
- 3) **Office:** Others will also have more faith in us that we are legit when we have a proper healing space like an office. Personally my business exponentially multiplied when I opened my office. Many clients do not like going to someone's home for healing care, especially people sensitive to energy.
- 4) **Massage Table:** For such a small investment a massage table can give us a big boost because paying clients expect comfort. A massage table is way more comfortable for both us and our clients, over kitchen-table-reiki.
- 5) **Assertiveness:** If we are too passive then people can lose confidence in us. They are looking for help, so help them. Be careful, because if we push or pull too hard they will resist. We are trying to find the place of balance. *"In my professional opinion, I would recommend..."*
- 6) **Knowledgeable:** It's impossible to know all of the answers, but we need to know the answers to commonly asked questions. We also need to remove ego when we do not know the answer to something. I try not to say *"I don't know"* to a direct question, instead I'll say *"Let me get back to you with that answer"* or I will connect to my intuition and look for the answer. Whatever we do, do not lie or make up answers! That is the fastest way to lose customers and confidence.
- 7) **Off Days:** If we are having an off day, or cannot connect to our intuition, be honest. Either reschedule their session or offer them a refund. I definitely have off-days, days I'm going through spiritual growth or human muck, but I have yet to fail or "not connect to reiki" in a session. In my experience, whenever I am in a position to heal someone else I have exponential help from the Universe and my spiritual allies to connect. I might be off before the session and after the session, but the second they walk through my door I'm on fire. Some of this is faith in ourselves, and some of this is

that we are a channel for their healing. In a sense we are our client's tool to heal themselves.

- 8) **Professional Attire:** I do not wear business clothes, but I do dress professionally. I make sure my clothes look and smell clean. I buy comfortable clothes that are appropriate. Nothing too short, too low cut, or too revealing. Wear what brings us the most joy, but limits distracting clients or distracting ourselves. Nothing too noisy or blingy. I wear comfortable slacks with a nice breathable shirt. Some healers choose to wear anything from medical scrubs to athletic garb to spa wear. Maybe they wear a wizard's robe, leather tribal clothing, or a rainbow rave outfit! I'll admit that I wear purple pants and sparkly shoes, but I try to not get too far "out there" because I want to be comfortable as well as accessible for the "average folk". I stay in the range of comfortable business-casual or sometimes athleisure wear.
- 9) **Be the Example:** We are our own walking billboard. If we are healthy and happy people are naturally going to have confidence in us that we can help them be healthy and happy. As an active reiki practitioner, it is highly recommended to give ourselves reiki every day to maintain our own energy system. Let our own Pillar of Light be a beacon for potential clients. Let our heart be so big it can give a hug to anyone in our town. If we are willing to look at ourselves, our clients will be more willing to look at themselves, or let us look at them.

Would we buy a fitness package from a 350 pound guy that can't even climb a flight of stairs? No. Similarly, would I buy a reiki session from someone with an imbalanced or low-vibration energy system? No! So we need to make sure our energy-body is fit and healthy so that we can sell a fit and healthy energy session. Do the work. Then clients will show up who will trust us and will want to do the work as well.

#### 10) Open Dialogue:

- Inform clients of what to expect from us and from a session. This allows our clients to trust us, as well as protecting them from being let down.
- Give them permission to say or ask anything. Spirituality encompasses all things, big and small. It especially deals with human nature. My willingness to talk about anything gives them confidence in me as a mentor. I will not bring up all subjects unless my intuition guides me to, but I have learned to stay open and balanced when a client brings up anything. If they ask me, and it is in alignment with the higher good, I will talk about anything. Anything. Even sex, drugs, and rock'n'roll, or religion and politics.
- Be in the present moment. Healing can only happen in the present moment, here, and now. So if either of us drift to the past, the future, get caught up in the story or the details, then the healing will not be nearly as effective.

Ground ourselves, connect to Source, center ourselves, and help them do the same. Catch ourselves and/or our client if we begin to slip.

- Let them know what we actually do. What we do is weird, but weird in a good way. Try to let our client understand our abilities and our practice with a simple explanation. Non-denominational approach would be best unless we have a good read on their preference.
- Relate to our client. If our client is a devout Christian or super conservative, we might choose to use different words than if our client were an atheist or liberal. Our language might also change based on their spiritual background or level of education. Try to transmute communication in a way that they are most likely to understand or relate to. Ask them questions to get an understanding of their framework. *“How familiar are you with chakras?” “Do you have a mindful practice?”*
- Get permission before using heated words like “God”, “Faith”, or “Trump”. We can use our intuition for this or ask them directly. *“Can you tell me a little bit about your spiritual practice?”* or *“Which word are you more comfortable with: Universe, God, or Source?”*
- Find out where they are on the “woo woo meter”. Does talking about spirit guides and aliens get them excited? Or do they freak out and shut down? Finding out about what previous energy sessions they have had can be a great reference point. I usually ask *“Have you ever had a reiki session before?”* or just gauge their reaction as I gradually introduce my woo-woo’ness to them.

In general, our intuition and our spirit guides naturally lead us in every moment. If we stay in alignment and keep ourselves from overthinking, analyzing, processing, etc, then we will be guided through all of our words and actions in each moment. This includes translating our conversation into which words to use, as well as, on the table, with which hand positions, symbols, and intentions to use. The messages that come through us are usually tailored for the client as long as we are connected above and below and surrender to whatever information comes through. If we raise our vibration as high as possible, and keep our heart open as big as possible, the messages come through will be as clear as possible. This will help us and our client gain the most from the session.

## Religious: Spiritual: Scientific

We can almost classify our clients into a balance of three categories: Religious, Spiritual, or Scientific. I see them as all the same thing, trying to understand our human nature. But each one has its own unique perspective based on its history, culture, and place in time.

It is good to remember that no one is wrong or right, but both truths can exist in the same reality at the same time. We each create our own version of reality, see the same thing in different ways, or create filters and veils that change our perceptions. In the spiritual nature of the universe, one person can see a blue sky, another can see a purple sky, and it is completely possible that they are both correct in their own version of reality. They both can exist simultaneously in harmony. And truth can change at any time!

When working with a client, we can generally pick up on clues pretty fast which category they lean towards, or maybe they are a mix of everything. Sometimes they wear a cross or rosary that can give us leads. If we are mindful of the context within their dialogue we can pick up on clues and include it into the context of our conversation.

## Healing Others

**“We DON’T heal people! We help people HEAL!”**

Deep down at the very work of what we do, we are not healers; we are tools that people use to heal themselves. As reiki practitioners and light workers we are channels of love and light. Nothing more. Nothing less. We are tools of the Universe/God/Source to do higher work and to help others raise their vibration. It is ultimately our job to stay in alignment with this higher work and to surrender to whatever comes up. We do this by connecting to Earth, God, Source, Reiki, and then opening our hearts as big as possible. This helps us vibrate as fast as possible so that we can expand our awareness as high and far as possible.

Throughout our day, and especially when we are with a client, it is our job to keep our frequency as high as possible. Open our heart with gratitude or get happy by focusing on joy and happiness. Telling ourselves self-loving thoughts and focusing on positive affirmations are great! This allows us to be in alignment with our higher Selves, as well as the bigger picture, which results in much more clarity in the messages coming through.

If a client walks into my office, this client will only heal as fast or as much as they are ready to heal. If we have faith that every client that walks through our door is guided to us, and if we have faith in ourselves, we will be able to help them.



Our client also requires faith. If they do not believe in me or my work, they will not be healed by anything that I do, no matter how much I say or channel. It is up to them to have faith in the healing process so that they can heal.

I use this affirmation to bring clients to me:

*“Please bring to me those who I can easily help,  
Please bring to me those who can easily help me.”*

## Healing The Ego

On the spiritual path, the topic of ego comes up often. There are many definitions of ego and there are just as many beliefs about what to do with it.

Our ego is our perception of our self. This is our identity and the constructs we have created along with it. And we have ego in every dimension. In the first dimension, this Self is our physical body. In the second dimension, this is our subconscious. In the third dimension, this is our complex Self. In the fourth dimension, this is our consciousness. In the fourth dimension this is our spirit, light body. When we get to higher levels of consciousness, we realize that we are connected to everyone. At even higher levels, we realize that we ARE everyone.

This journey is not about killing the ego. It is about expanding our awareness to include Oneness. Our ego does not like change, so this expansion process can be very uncomfortable for our ego in all dimensions.

Ego is a great thing when it is in balance. When we find harmony with our ego, we are able to have self-confidence, self-worth, and self-esteem. All of which are very necessary in order to do this work. We can keep an eye on our ego at all times to make sure that it is balanced. When it is very fast, it feels like “I am Superman” or “I can save the world”. When it is very slow, it feels like “I am worthless” or “Who am I to do this”. It takes a balance between these polar opposites to exist in harmony with our ego.

Our ego and our sense of Self is governed by our third chakra. There is a third chakra in all dimensions, even the dimensions of Oneness. Ego is not a bad thing, but it can feel that way when it is out of balance.

Our goal is to get to know the Self well enough to be aware of when it is out of balance. When it is, we can use reiki to help us bring the ego back into balance. We can work on expanding our awareness to include Oneness. This does not kill our individual identity, but it does allow us to understand that we are all unique expressions of Source and integral pieces of a bigger picture. We are a fragment of Source, a piece of this collective consciousness.

It is very common for someone who learns reiki, when they reach awareness of the sixth dimension, to slip into the ego state of “I am going to heal everyone”. This is a very normal part of becoming a healer. Even the label “healer” is a construct of ego. To keep this in balance, we can focus on our own joy and happiness. If we are in joy and happiness it will lead us to healing others and then healing others brings us so much joy and happiness. If we focus on healing others it is easy to forget the joy and happiness to keep our ego balanced.

On my path, I definitely had a period of time where I felt amazing, and I wanted everyone else to feel amazing too, so I went around trying to save people from their non-amazingness. But this too is ego. It is the ego of the superconsciousness; ego of 5D. It is definitely a goal of ours to feel amazing, and it is wonderful when we have people supporting us and sharing with us in that amazingness, but it is not our place to impose this upon anyone else. All we can do is offer our energy and love but it is up to them to accept it.

There is no judgment that our path is better than their path, even though our vibration might be higher than their vibration, our hearts are open wider than theirs, or we are able to work through our suffering faster than them. The lessons we are learning on our path are equal to the lessons they are learning on their path, but we are learning different lessons. We cannot compare suffering as it is something relative and unique to each person. One person might be suffering because they are lonely, while another might be suffering because they don't have alone-time. Our job is to have compassion and understanding of ourselves on our path, as well as others on theirs.

I can show others my path, and how much it has helped me move forward on my spiritual path, but ultimately it is up to them to choose to heal, to change their path. All we can do is to lead by example and offer help whenever they ask for it.

Ego of the spirit, might also come across as *“I have already learned that lesson, let me teach you”*. While our roles as healers are teachers and mentors, people still have to learn and experience the lessons for themselves. Words do not teach; life experiences teach. We can guide them through the process, but we cannot give them all of the answers to the test. This will actually hinder their growth process. They need to learn the answers consciously, in every cell of their being, otherwise they will forget, or they build a spiritual path on uneven ground because they never learned how to build a solid foundation.

This does not mean that I cannot help them learn. Sometimes it takes me eight weeks to learn something... as soon as I figure it out a client walks into my office for a session, and because they are ready or because the Universe is in alignment, I am able to help them learn the same lesson in eight minutes. Spiritual growth seems to be exponential that way.

If I spent eight weeks building a path brick-by-brick, the next spirit to come along skips and hops in joy down that same path. This can be upsetting and frustrating on a human ego level, *“wait I just put all of that sweat, blood, and tears into this, and others get to skip along!”* Ultimately it brings our spirit so much joy that it can help other spirits on their paths, that



the happiness outweighs the burden to our torn and tattered bodies from doing the work ourselves.

From the bigger perspective, how many people have paved paths that I have skipped along? Countless! These paths might not even be possible without the people that have paved the paths before me. Some of the most famous prophets were spiritual path-builders, like Jesus, Muhammad, Buddha, and many more. They lived with belief in humanity and that they were building a path to help expand our consciousness.

Whenever we get into a place of ego (which while we are still human is only natural) it is not about being perfect, it is about catching ourselves quicker. When we notice ego arise, in any dimension, we can direct our healing to our third chakras to make sure that they are rebalanced in all dimensions. It is important that we are always observing our Self to make sure it is in balance with all versions of our Self and the bigger picture.

## Tripping hazards

In a reiki session, we might find ourselves pulling dense energy out of our client. Sometimes these are deep-seated emotions, grief, swords and knives, as well as several different types of burdens. As we pull these out of the body, we need to make sure that we are transmuting them into high-vibrational energy. I like to imagine that they are “poofing into glitter”. (It makes me laugh and it is highly effective.)

If we take an energetic block or grief-ball out of someone and we were to just drop it on the floor, then that energy will stay there until something picks it up. These are tripping hazards and are very real things, so real that we could actually trip over them. Or we might pick up as our own and carry them around with us.

We can remove a heavy blob of energy from the body and take it outside for the sunlight to naturally dissolve. Maybe we can flush it down the toilet, or send it to the center of the earth to be recycled back into usable energy. Once something is removed from the body and we have cut off its energy supply, it is easy to transmute or dissolve. When we take anything that is dark or heavy out of our client, ourselves, or anything at all, transmute it to something high vibration. Glitter is so much more fun than tripping! Think glitter. Poof!

## Holding Space

Holding space is a spiritual term for fully witnessing someone. This means that we are completely in the present moment, with our body, mind, and spirit. We keep our hearts open and release all judgment. We can love another for exactly as they are, and accept their path exactly as it is.





Emotional release is very common during a reiki session, especially when clearing blocks and burdens, or grief and deep-seated emotions. These releases could be small and subtle, like a cough or a sigh, or they could be big with crying, laughing, or screaming. These may bring back memories, flashbacks, or visions. They often are understood by the client of where they came from, but sometimes they are confusing.

As a reiki practitioner, we will often practice holding space for our client. When we see a release starting, help them keep their heart open so the emotions have a clear exit. Keep sending love and light to their sacral chakra so any and all emotions are visible. If the heart is open, these true emotions often take a few seconds to a few minutes to fully process. It happens quickly.

Sometimes our client can shut down or become unplugged from the release, especially if something triggers them. If we see any signs of struggling, we can start by encouraging them to breathe; long, slow, deep breaths will help them ground and relax their system.

When we are holding space for someone, we are mostly active listening. We are witnessing them, observing their process, and offering support when they need it. We may ask them neutral questions like *“What is coming up for you?”* Sometimes it is helpful to offer some comments that are reflective such as *“I hear that you are feeling \_\_\_\_ (this)”*. Sometimes it is just letting them know that we are there for them.

If we get any intuitive insight about the release, get their permission before we share. If we can, save our feedback for after the release. Be fully present for the release.

We also need to take into consideration that we are energy healers, and most of us are not licensed counselors. We can use caution when discussing matters of the mind, trauma, and abuse. Reiki works amazingly well in conjunction with counselors and psychologists. We help heal the energy system, and they help heal the mind.

## We are Not Alone

While there are billions of people on this planet, there are far fewer energy healers and lightworkers. While more and more people are becoming lightworkers, as we raise our vibration there are fewer and fewer people who can see use fully. It becomes more and more important to find people who can witness ourselves entirely, as well as to keep a connection to faith. Just know that we are not alone even though it is a very lonely journey.

Our spiritual community is one of the most important things to being a lightworker. We are all connected; we are One. Yet, we are all parts of this One. It is impossible for us to do everything, to know everything, and to heal everybody all by ourselves. We have our own unique gifts and talents, and others have theirs. We can share our gifts with others as well as





let them share their gifts with us. It is a two-way street. We can find the balance. It is a blissful place to be. It is sustainable.

We can ask for assistance from others in our spiritual community, our Sangha. We can ask other energy healers and lightworkers to trade services and readings. We can ask our mentors for guidance. We can work together with other students to practice, learn, and grow together. We can ask our friends, family, and relationships for understanding and support.

Again, we are not capable of healing everything and knowing everything! We each have our strengths and weaknesses, pieces of the puzzle. We can have complete confidence in ourselves, but also learn when to ask for help or support.

We need healers, too! We will want our own healers for our body, mind, and spirit. We can find a healthcare team, maybe with a naturopath, a therapist, and a bodyworker. We can be open and willing for trades as they arise. Keep offering. Keep receiving.

## Etiquette

There are many “little things” that make a huge difference in reiki practice.

- 1) **Get Permission for Reiki Energy:** We cannot perform reiki on a conscious being without conscious permission. (There is a gray line between what is conscious and what is not. I believe even rocks or trees are conscious, but I have yet to meet a tree that didn't want reiki.) In general, anything with an ego needs permission.

If they are unconscious or non-communicative, we may get permission from their higher self psychically or in meditation. We can ask out loud or in our mind, then wait for a “yes”. Based on our intuition, our tools, or our “superpower” a yes can come in many forms. It might be a pendulum swinging front-to-back, a feeling of happiness, or a green light.

If we are giving reiki to something non-conscious, then no permission is needed. We can give reiki to our drinking water, house, or car regularly. If we have a friend in the hospital in surgery, we can give reiki to the hospital building, the operating room, and the tools and implements. We might also imagine a pillar of light filling the room so that anyone who walks into the room, such as nurses, doctors, family members, or patients, have access to this white light energy. In this case, people do not need to be conscious of the energy in order to benefit from the energy. They will naturally absorb it from the room, often subconsciously.

- 2) **Get Permission for Touch:** Reiki can be performed hands-on or hands-off. We give our clients the choice. If we prefer the hands-on method we can ask them “*Is light touch*

ok?” Pay close attention to their breathing or any flinching to make sure we are not touching any areas that are inappropriate.

This also extends as far as asking a client if they are comfortable with a hug. When greeting them or closing the session ask “*May I give you a hug?*” Remember that the answer might be different from time to time, or can change at any moment. Just because we gave them a hug at the beginning of the session does not automatically mean that they want a hug at the end of the session.

Sometimes they are integrating the reiki energy or working on changes and a hug could be overwhelming to them. Offering a hug is not the same thing as asking if we can give them a hug. If we hold out our arms for a hug some people have a very hard time saying no, as they feel obligated to reciprocate. Always ask.

- 3) **Appropriate Touching:** In general, there are standard places that are not appropriate to touch. For women, the lower pelvis, genital area, and breasts. For men, the genital area and the neck.

Everyone has different levels of comfort and sensitivity of their body. If we are drawn to an area of the body that we are unsure about, then ask permission first. Permission areas might be the sternum, hips, inner thighs, and sometimes even the waist.

Try staying away from the mouth, nose, and eyes. It can make a client very uncomfortable if we are placing our hands on their face for any reason. Usually if we are working on chakras in sensitive areas we can hover our hands a few inches above the body with the same effectiveness. With that said, if we know our client really well, have gained their trust, and have open dialogue, we may be able to work directly on the skin even in sensitive areas.

Touching a client is a big responsibility and should not be taken lightly. We absolutely never want our client to feel that their body has been violated in any way. Even if we get verbal permission while they are in this beautiful relaxed reiki meditative state, when they get home they might feel completely different. Err on the side of caution when it comes to touching anybody. And certainly give them permission to tell us if they are uncomfortable. If there is any doubt, we do not touch.

If we need to work on their root chakra, there are a few ways we can do this without touching appropriate areas. The first way is to touch a safe area near the root chakra, such as the side of their hip or their feet, then use our intention to work on the root chakra. A great way is to float our hands several inches above the body and do the rest with intention. Another way is to use our own root chakra as a proxy, with the intention that we are healing their chakra or body.

One way to get around all of this is to have them place their own hand on the sensitive area for us, which can work exponentially as well because now we are engaging both consciousnesses and using twice the intention.

I find that I use all of these methods at various times in different ways. It changes based on the area of their body, how comfortable they are with being touched, how connected my energy system is to theirs, how in-tune is my body with their body, and whether they are awake or in a reiki-trance. If I am working on their throat chakra I notice that I always touch my throat instead. When I work on their root chakra I am almost always using my imagination with intention. If I am working on their chest I usually have them touch their chest for me.

It is completely fluid and changes moment to moment. If we have many tools in our toolbox, with practice, we will be more comfortable with which tool to use at what time.

- 4) **No Agenda:** When our clients come to see us, they are choosing us based on their path and their life choices. Our vibration resonated with their vibration. Ultimately it is up to them with what they want to get out of the session. We cannot have an agenda or impose our desires upon them.

For example, if we are giving reiki to someone on their deathbed, we cannot give them reiki to save their life, or give them reiki to make them cross over. All we can do is to stay in the present moment, give them reiki, and what they do with it is up to them.

We cannot use reiki to change someone else's path; we use reiki to help them light up their path. They are the ones healing themselves; we are not healing them. Throw all agendas out the window and go with the flow.

- 5) **No Means No:** Some people do not want reiki, to be touched, nor to be healed. Some people are not ready to heal. Some people are still learning and remembering what pain and suffering is like, so maybe it's not their time to heal. Sending reiki to someone without their permission or for our own agenda is considered "dark magic".

We can hold compassion for someone, even when they are suffering and we could help them. We can release our attachment and expectations. We can understand that all paths are equal and we cannot compare paths. We do not need to change their mind for them. Instead, we can focus our energy on people that want our help to learn, grow, heal, and evolve.

- 6) **Appropriate Words:** Some words are triggers for people, especially words relating to religion and politics. We can ask someone permission to use the word "God" if we deem it appropriate in the conversation. In general, for every trigger-word there is usually a neutral or more passive alternative. As a substitute for "God" consider using

“Source”, or use words like “trust” and “belief” instead of “faith”. In general we can stay away from specifics and use bigger-picture words.

Some people are very offended by swearing, strong opinionated words, and words from foreign languages. Try avoiding strong words like “hate”, “always”, “never”, “evil”, and “wrong” as they are words built upon judgment and comparison.

Some people do not respond well to Sanskrit words like “Chakra” or Japanese words like “reiki”. In these instances, try to avoid those words and use substitute descriptions like “energy center” and “white light”.

Try to avoid really off-the-wall or woo-woo subjects unless it is broached by the client. Examples of these include everything from aliens, to conspiracy theories, and to exorcisms.

- 7) **Sexual Energy:** In a reiki session there are absolutely no sexual innuendos or sexual advances to our clients. When our clients are under the influence of reiki they are vulnerable. We do not take advantage of that vulnerability. We do not date clients. The more professional we keep our relationships with our clients, the clearer and cleaner everything will be.

Even if they are our spouse or lover, keep sex out of reiki sessions and keep reiki out of sex sessions unless both parties agree beforehand. With that said, reiki can be a wonderful addition to all things in life, and sex is one of those things. Reiki can help us form a deeper connection and understanding with our partner.

- 8) **Eyes Open:** Usually when we meditate or do reiki on ourselves our natural tendency is to close our eyes. Eventually we can start practicing with our eyes open. Working with our eyes open has so many benefits.

First, the benefits to our clients are very tangible and noticeable. If our eyes are open while we are giving our client reiki, we can pick up on a lot of clues. These clues might be how fast they are breathing, if they are breathing into their abdomen or chest, whether their eyes are fluttering or have rapid-eye-movement, are they tensing their body or squinting their eyes, or are they antsy and wiggling their toes. It could be also noticing when they sigh, restriction in their throat, or if one hip is higher than the other. There are countless subtleties we can pick up on that we would miss if our eyes were closed.

When we are practicing with our eyes open, we can find it helpful to hold a soft downward gaze at a comfortable distance about five or six feet from our body. We try to keep this gaze as wide as possible to include our peripherals rather than focusing on a particular point. We may choose to look at a blank spot on the wall to keep our

eye-sight free of distractions. Sometimes we direct our focus to a chakra chart or poster to see what intuitively stands out.

The other huge benefit with keeping our eyes open while in reiki is that it will become easier to connect to reiki when our eyes are open, which is pretty much most of the entire day except while we are sleeping. Eventually we can take this practice into every moment of every day and stay connected to reiki all of the time. It can also help us achieve a more meditative state in moments where we are stressed but cannot close our eyes, like driving a car or giving a presentation. It can train us to keep awareness of our feelings and our physical body even while we are going about our day.

Being able to meditate or perform reiki with our eyes open is a good sign that our awareness and intuition is becoming strong. It is completely possible to keep our inward focus while our eyes are receiving information from the outside world. This is like strengthening a muscle, so do not expect to be able to do this full time or consistently right away. We have to keep practicing to get to know our consciousness well enough that we can hold this awareness.

- 9) **No Agenda:** Reiki is about staying in the present moment. We can have goals and intentions going into a session, but once we are in the flow all of that could go out the window. Learning traditional reiki is to help us get into the flow, or to help us still have results if we can't find that flow. Ideally, we would get into alignment with our higher self or with Source and follow the guidance. Getting into the groove! We become more of a channel or instrument for healing rather than being the director of the play.

If we hold on tight to my plans or agenda for the session we might miss the most important messages or healing opportunities. If our client has a sore throat, and we only focus on the sore throat, we might miss the grief in her second chakra. Keep a soft focus and an open intention while in any session. We can surrender to the present moment and allow ourselves to perform the dance between reiki and healing! Dance!

## Reiki For Animals

Reiki for animals is very different from reiki on humans. First off, it requires complete honesty. Animals are body language experts, so it requires that our body language matches our real self, emotions, and physical state. If we are standing proud but feeling scared they will see right through us. In general, have a neutral posture and a happy energy system when working with animals.



Before we start, let them know our intentions with giving them reiki. Be up front about any reservations and weaknesses that we may have. If we are working on a horse and we are afraid of horses, we better let it know honestly, or we can choose not work around them.

Most animals do not have the same energy blocks that we do. Mostly, animals have very clear energy systems. A second or two at each chakra might be more than enough. If we follow the flow from point to point, we will often notice that it jumps around much faster and sessions are much shorter. Animals don't have the same complex minds getting in the way. Some exceptions are animals that have experienced trauma or injury. It is also really important to focus on their limbs and their tail, and that is important to their survival.

## Additional Reading

*The Art of Psychic Reiki* by Lisa Champion

*Anatomy of a Spirit* by Caroline Myss

*The Subtle Body* by Cyndi Dale

*The Subtle Body Practice Manual* by Cyndi Dale

*Hands of Light* by Barbara Brennan

*Energy Medicine* by Donna Eden

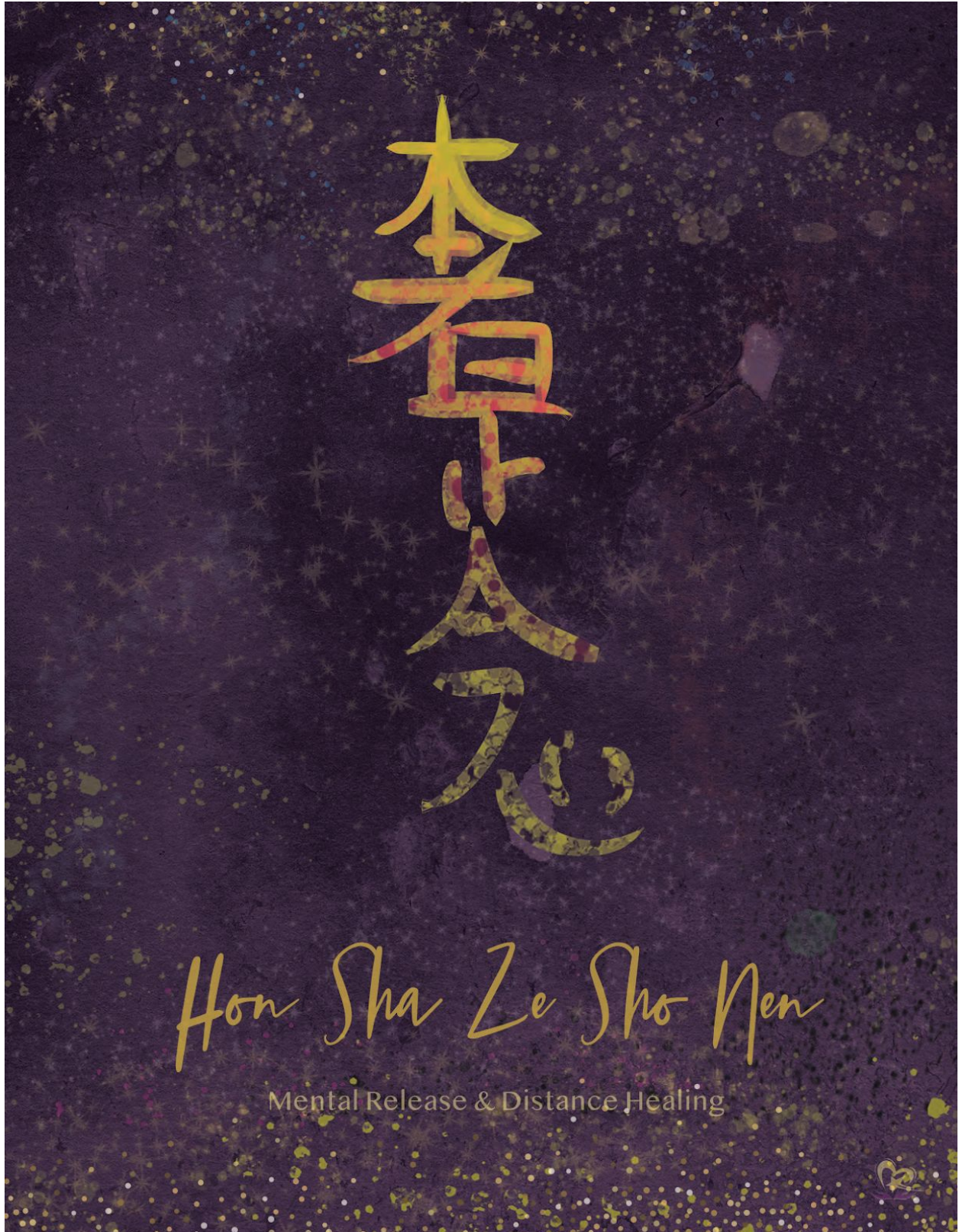
*Intuition on Demand* by Lisa K. PhD

*Awakening Intuition* by Mona Lisa Schulz

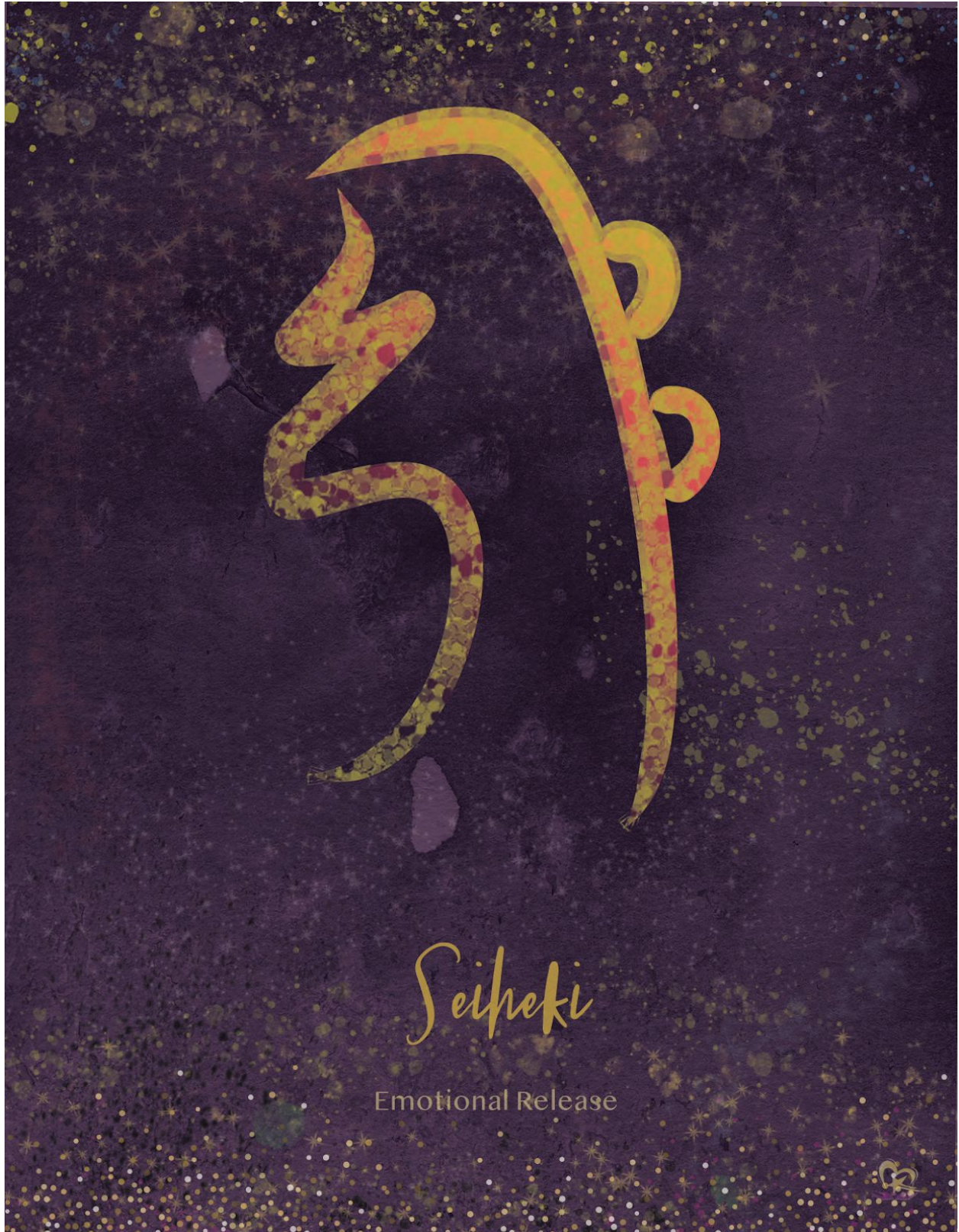
## Printable Symbols















本者止念

*Hon Sha Ze Sho Nen*

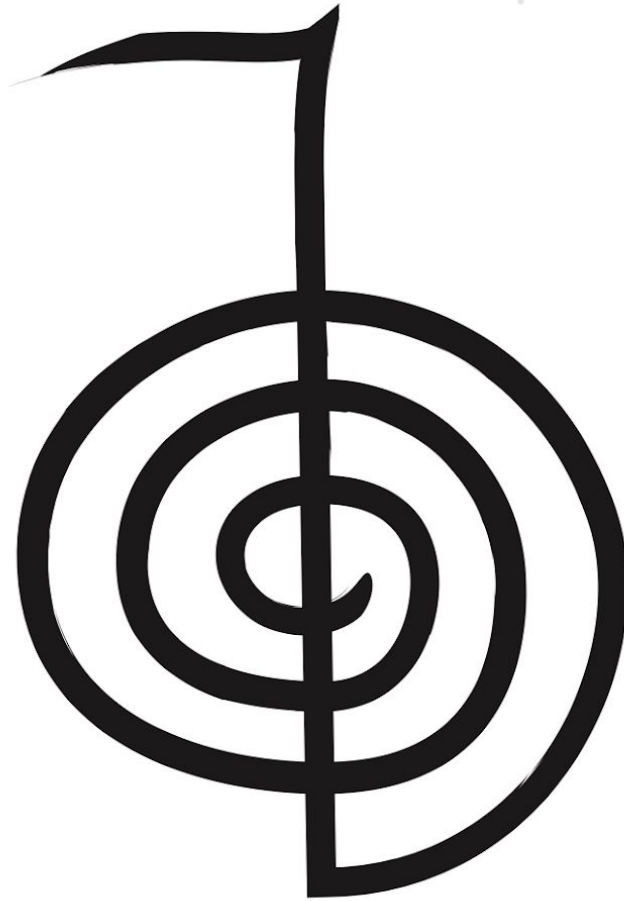
Mental Release & Distance Healing



Seiheki

Emotional Release





*Sho Ku Rei*

Moving Energy



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