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## How to Perform Reiki Self-Healing

**Congratulations** on your new journey in self-healing! I hope you will continue to explore this beautiful new gift as you watch your life change in so many wonderful ways. Remember that the more you practice, the more you will recognize Reiki energy flowing through you. Trust Reiki and trust yourself as you raise your vibes one healing session at a time. You may choose to include Reiki energy in every healing ritual you perform, whether for yourself or when channeling its energy into your loved ones, your tools, crystals and sacred space. Your Reiki blessing, or attunement, will always be with you, even if you haven't practiced for a time, so you can always pick it back up and use the steps below to channel healing Reiki energy.

After the self-attunement that you experienced in the previous chapter, I advise that you practice Reiki self-healing consistently for 21 days and then as often as you feel it's needed. Sometimes I feel like I need it every day while at other times a week will pass before I practice self-healing. Keep in mind that the more you do, the better you will feel spiritually, emotionally and physically. Performing the following ritual each day to start your journey in Reiki healing will help you recognize this energy as well as create wonderful positive changes. It has

changed my own life in the most amazing ways and I know it will for you too.

When I had my first Reiki attunement, I experienced the most wonderful sensation of warmth and visions of purple light. I found the first week of self-treatment to be exciting and sort of chasing that feeling again. Some days I struggled to concentrate, while on others I was on cloud nine. By the end of my 21-day "initiation", I had the most amazing feeling of purpose and placement in the world.

Everyone will have their own unique experience, as everyone's energy and journey are different, so don't worry if your experience is not the same as mine. Some people feel like they are floating, seeing lights or getting emotional, while others may question whether anything happened at all. Trust that Reiki is working for you in its own special way.

### SELF-HEALING WITH REIKI

Give yourself the gift of approximately 30 to 45 minutes of time to spend healing yourself, with three to five minutes for channeling Reiki in each hand position pictured. Remember there is no right or wrong, so try not to stress over getting each hand position perfect. Reiki energy will always flow to where it is needed most and for your highest good.

#### Step 1:

Bring your hands to prayer position (*gassho*) over your heart chakra, inviting Reiki energy to flow through you.

## Step 2:

Visualize its beautiful light entering your crown chakra and flowing through every cell of your physical body and into your hands.

## Step 3:

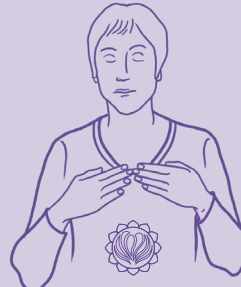
Begin by placing your hands on your crown chakra and working down one chakra at a time as Reiki energy flows into each chakra center. Follow the pictured self-treatment Reiki hand positions as a guide, adapting these as you work your way down your body.



Position 1:  
Crown and third eye  
chakras



Position 2:  
Throat chakra



Position 3:  
Heart chakra



Position 4:  
Solar plexus chakra



Position 5:  
Sacral chakra



Position 6:  
Root chakra

## Step 4:

If you feel that one or more chakras need extra focused healing, spend an additional three to five minutes on that area.

## Step 5:

If there is a particular part of your body that needs more healing, place your cupped hands there and hold for three to five minutes.

## Step 6:

Bring your hands to the *gassho* position, giving thanks for the time you've been given for self-healing and to Reiki energy for its blessing.

## Step 7:

Drink a glass of cool water to assist grounding. You may also choose to rinse your hands and wrists under cool, flowing water. This is an important step, bringing you back to the physical plane and grounding yourself in our physical world.

## INFUSING YOUR TOOLS WITH REIKI ENERGY

Just as you can channel Reiki into your body and energy centers, you can also channel Reiki into your healing tools. This may be done for crystals, journals, tarot and oracle cards, a pendulum, or any other tool you are choosing to work with.

## Step 1:

Bring your hands to prayer position (*gassho*) over your heart chakra, inviting Reiki energy to flow through you.



Part 3

RAISE  
YOUR  
VIBES!

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## Work on Self-Love

**We** are all divine beings, blessed with our individual talents and traits. Many of us tend to forget this for a variety of reasons, such as having other people's pain projected onto us, unhealthy relationships, childhood traumas or the constant comparing of ourselves to others. Whatever the reason, know that you are deserving of love – and that this starts with loving yourself. Showing ourselves some love is a beautiful way to lift ourselves up, raise our vibes and start attracting those who will also show us love.

When we are vibing low, it's easy to blame what's happening in our lives as the cause of our unhappiness, but we don't need to stay in a state of apathy, worry or pain. Journaling out these emotions can help us release them. But what about the space left after that release? By creating a shift in our own vibration to the positive, we are making space for all that's new and wonderful to come into our lives. Seeing ourselves in a more positive light will help to attract the love we all need, and to feel accepted, valued and worthy of love. If you don't love yourself, how will you learn to accept the love of anyone else?



It all starts with you, so show yourself some love!

Many issues of self-love originate during our formative years. Not everyone is blessed with emotionally supportive parents and some of us might even have been abused as children and made to feel unloveable. In an effort to protect ourselves, we close off our ability to trust anyone. Overcoming these deep-rooted experiences can feel like an uphill battle – but know that you *are* loved. You are an important part of this world and can use these experiences to create a better life for yourself and others. Through your pain, you have the ability to show compassion, recognize the emotional hurts of others and guide them back to a place of love and healing. By starting your own practice of self-love and self-worth, you create a shift in vibration that radiates out to all those you come into contact with.

Our thoughts about ourselves are an important part of self-love, so take a moment to pause the negative ones. The media and society tend to dictate what we think is “beautiful”, and when our own appearance doesn't match this, especially during our developing years, we hold on to the negative thoughts about our body. It may be more common with girls, but boys also feel the pressures of society's definitions of masculinity. But the truth is, not everyone agrees with society's views about what's attractive. And definitions of beauty change over time. In the Renaissance, for example, it was fuller-figured women who were thought more desirable. We've seen how Jennifer Lopez and Kim Kardashian kicked off the new fabulous of large hips and big bottoms – a drastic change from the anorexic look of ballerinas and runway models a decade earlier. Suddenly women no longer looked negatively at their fuller hips – and some felt they

had to get implants to give the illusion of a smaller waistline and larger hips. So it goes from one extreme to another.

New mothers especially struggle with these ideals; their post-maternity bodies have changed and the baby weight may not come off immediately or at all. Having had three children myself, I remember looking in horror at my reflection and crying over my clothes not fitting. It was only after seeing my younger sister go through the process, and seeing that same look of disapproval on her face at her own reflection, that I was shocked back to a healthy state of mind. She had the same little marks on her belly and I remember thinking how beautiful she was and how ridiculous that anyone could think those were ugly. She was a goddess, a mother – a creator of life!

All our blemishes and scars are beautiful. I have scars on my tummy and my back from my surgery. Sometimes I joke that I'm a human Frankenstein, but the truth is I am whole and healed. My scars are a reminder of my past, yes, but they also represent the incredible journey of healing I've experienced. I am grateful for them. They are battle wounds, proof I overcame suffering, while my stretchmarks represent the beautiful life I was gifted to bring into this world. And no one will ever be able to take that away from me, because I chose to reclaim my power and change my perspective of what beautiful really means.

And you can do exactly the same. The next time you catch yourself judging another, pause to consider if you are perhaps projecting your own insecurities or past traumas on them – and stop the cycle; choose instead to find something about them that you can admire or send them some love yourself with a smile or

words of encouragement. It's important to remember that others may be going through the same hardships around self-love and self-worth.

## Tools and Rituals for Self-Love

Be kind to yourself, no matter your shape, color, scars, features or inner feelings of value, and know you are a beautiful and magical part of life. When you came into this world, everyone who looked at you saw this, so it's time to see yourself with the same love and potential. An interesting side effect to energy healing is that when you begin to focus on your inner being and that of others, you begin to “feel” the beauty within.

Here are some beautiful yet simple ways to bring more self-love into your life.

### Flowers and herbs

Self-love should be a natural part of all our lives, so here are two wonderful plants to encourage it to grow:

**Roses:** Roses are a symbol of love all on their own, and incorporating them into your self-care with their beauty and fragrance is one of the quickest ways to infuse yourself with love. They lift your vibe and overwhelm the senses with love with their own beautiful energy.

**Basil:** This herb has been used as a symbol of love and protection for centuries. In some parts of the world it is customary to give to newlyweds to keep love strong in the

marriage. Many believe keeping a fresh basil plant by your home's entrance will bring love to the home.

### Smudging sticks and incense

Cleanse your mind and your body of all those negative thoughts and feelings with your choice of smudge stick. (See pages 107–10 for suggestions.) Follow with a quick smudge of roses or basil to bring love into your vibration. Once you've cleansed that negative energy, repeat with a rose-scented incense stick. You can also make a smudge stick of your own with rose petals wrapped around your chosen smudge.

Rose essential oil is fairly easy to find, so add some to your diffuser to spread that loving energy into your home and raise your vibration to one of love.

### Reiki

Channeling gentle and loving Reiki energy to your heart chakra will raise your vibration to one of love and clear away blockages or negativity held from trauma or heartache. Once you have experienced your Reiki Blessing Attunement Ceremony (see pages 38–43), you can perform a self-treatment, focusing on the heart chakra for three to five minutes.

### Love crystals

Choose one or more of these love-vibing crystals to keep next to you as you sleep, during meditation, or place them directly on your heart chakra. This last practice is especially powerful with an infusion of Reiki energy.

**Desert rose:** Especially helpful for self-worth and self-love.

**Rose quartz:** Gentle, all-encompassing love energy. Very helpful for relationships with partners and children.

**Malachite:** Heals the heart from old traumas and assists in understanding the lessons the heart must go through both in this lifetime and those of the past.

**Rhodochrosite:** Especially helpful for healing the child within and beautiful vibrations of self-love.

**Rhodonite:** Very helpful for self-worth and for finding your life purpose through expression of love.

## SELF-LOVE BATHING RITUAL

Taking a spiritual bath with an emphasis on self-love means taking a moment to pamper and indulge yourself in some love. You can easily make some adjustments for the shower as well. The salt and smudging stages will help remove blockages and negativity, allowing space for love to replace them.

### You will need:

**1 rose incense stick**

**1 cup of salt** (Epsom, Himalayan or sea salt)

**water-safe crystals** (see above for options)

**1 handful of rose petals**

**2–3 basil leaves**

**a few drops of rose essential oil**

**smudging stick** (sage or whatever resonates for you)

**½ cup rose water**

### Step 1:

Create your sacred space with the intention that you are healing your heart chakra and raising your vibration to one of love. Light your rose incense stick. You are welcome to play music that resonates with you as well. This is a time for bringing in love, so it's best to avoid music that triggers memories of pain or heartache, even if it's a love song.

### Step 2:

Run your bath or shower.

### Step 3:

Add your salt, crystals, petals, herbs and essential oils to the bath. (If showering, place the crystals where you will see them, being mindful to keep them away from the drain, and add dried herbs, salt and oils to your loofah or sponge, before laying the petals in a circle just outside the flow of water.)

### Step 4:

Smudge your entire body, head to toe and back up. Smudge a few inches above the water or inside the shower stall to cleanse the water as well. (See the chapter "Smudging", pages 105–12, for further guidance on this practice.)

### Step 5:

Step into your bath or shower of loving energy. Allow every cell in your body, your mind and spirit to be open to the vibration of love as the water envelops you. Keep your mind focused on love, releasing thoughts of pain or heartache for this time you've created for yourself to heal. Enjoy this loving energy for as long as you feel you need it.

### Step 6:

After you dry off, use the rose water to lightly wash down your body and face to seal in that vibration of love. You can also add some rose water to your lotion to moisturize if this is something you do after bathing.

## SELF-LOVE MEDITATION

This is a powerful ritual for infusing your whole being with the vibration of love. Set aside 20 minutes to enjoy its healing benefits.

#### You will need:

**timer**

**a couple of drops rose essential oil**  
(diluted in 1 tsp water)

**music with a frequency of 432 Hz**  
(search on YouTube for options)

**rose petal or basil leaf**

**crystals** (see pages 186–7 for heart chakra suggestions)

### Step 1:

Choose a quiet space you will be uninterrupted. Set your timer for just over 20 minutes, allowing time to get yourself comfortable and centered.

### Step 2:

Rub a couple drops of diluted rose essential oil on to your wrists and behind your ears to incorporate the power of smell to your meditation, infusing you with the scents of love.