



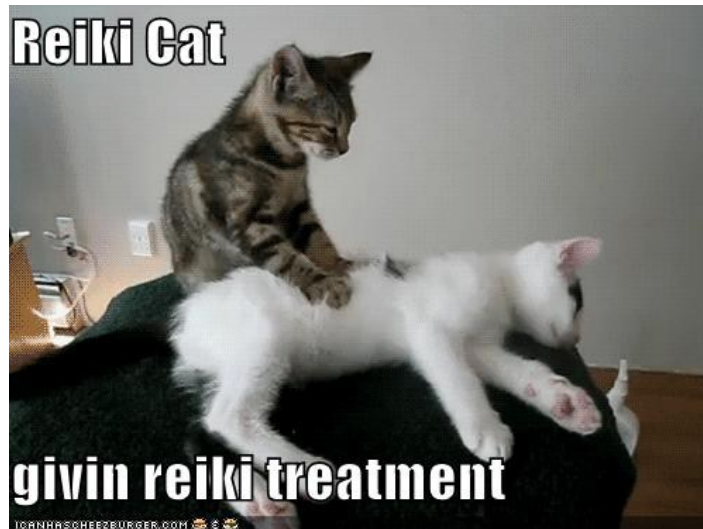
## **Reiki Attunement and Certification with Crystal Lynn Bell, Reiki Master**

**Prerequisites: None**

**Course length: 3-4 hours**

### **Course Preparation Checklist:**

1. Please eat a high vibrational diet for at least three days prior to class. This means, lots of vegetables, fruits and whole grains. Avoid meat and dairy, if possible. 24 hours before the session, consider doing mostly vegetables and fruit. Do your best! :-) If this dietary guideline conflicts with a doctor recommended diet or in some way affects your medication, then please disregard what is written here and follow what is directed by your physician.
2. Drink lots of filtered water for at least three days prior to class.
3. Please wear light colored, comfortable clothing, preferably white.
4. Please bring a yoga mat and meditation pillow, as we will hold the session in our meditation space. There are chairs available if you prefer.
5. Please bring a journal and pen because you will want to take notes on the information that comes through.
6. Please print this hand-out and bring it with you to your session!



### What is Reiki?

Pronounced "Ray-kee"

"Rei" means Spirit or Divine (even miraculous)

"Ki" means Life Force Energy, Breath of Life, Consciousness

There is Western Reiki (more structured in delivery) and Traditional Japanese (more free flowing and intuitive.)

Reiki is the channeling of Life Force energy to promote healing and well-being. It is a combination of presence of mind, focus and surrender.

Reiki is a spiritual path and for many, it is the guide on the road to enlightenment.

Once you are attuned to Reiki energy, it never leaves you. Anyone can become attuned!



Reiki was developed by Master Mikao Usui in 1919. He had grown up in a monastery and in adulthood, he became a business man, but stayed connected to the monastery as a monk in the community. He traveled the world as a diplomatic aide and was exposed to many cultures. He had a great curiosity for the world and all things spiritual. He studied astrology, numerology and in the monastery, he studied Chi Kung (a version of T'ai Chi.) He became passionate about finding the connection to all things through a state of peace and he spent 21 days fasting and meditating on Mount Kurama in Kyoto. It was during this period that he entered a state of enlightenment, called Sartori and it was through this that

he received his great awareness of what he termed 'Reiki.' Master Usui attuned and taught Reiki to many people. He had students, but he also attuned his own patients so that they could expand their healing on themselves.

### **Some Of The Reiki Healing Health Benefits:**

- Creates deep relaxation and aids the body to release stress and tension,
- It accelerates the body's self-healing abilities,
- Aids better sleep,
- Reduces blood pressure
- Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions,
- Helps relieve pain,
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony,
- Assists the body in cleaning itself from toxins,
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy,
- Supports the immune system,
- Increases vitality and postpones the aging process,
- Raises the vibrational frequency of the body,
- Helps spiritual growth and emotional clearing

### **The Reiki Educational Path**

Attunements are given by a Reiki Master and there are three formal levels of initiation.

#### **First degree Reiki (Shoden-- Elementary/Entry Level Teachings)**

- Basic theories and procedures
- Attunements are given
- First symbol is given
- Hand placement positions
- Treat yourself and animals
- Reiki 1 benefits the physical body.
  - *The Reiki I attunement seems to mainly benefit the physical body in opening it up to channel more Reiki energy. Once attuned one will never lose the ability to use Reiki. In Reiki 1 the history of Reiki and the hand positions are taught. There are normally 4 initiations for Reiki 1 (depending on system there might be less initiations). A Reiki attunement takes about 20-30 minutes and is a very relaxing and beneficial experience.*

#### ***To advance to Second degree, student must practice for 21 days straight...***

- Practice Master Usui's Five Principles of Reiki
- Clear and Release Prayer (for Ego:) There is a copy of this prayer included in this packet.

- Mindfulness practice: Also included in this packet.
- T'ai Chi Practice (or other movement with Chi such as yoga)
- Pranayama Breathing practice
- Practice Universal Love
- Practice Universal Mind
- Practice Reiki on oneself
- Practice Reiki on animals, plants, the Earth

### **Second degree (Okuden-- Inner Teachings)**

- Practice, Practice, Practice!
- Receive the symbols for use on people
- Receive the symbols for distance healing
- Working beyond Time and Space
- Attunements are given
- Safety guidelines
- Obtaining permission
- Confidentiality
- Internship
- Your Reiki Practice: Business mindset
- Marketing: Business cards, brochures, website, Facebook
- Charging and accepting payment
- Networking
- Conferences
- Client consent forms
- Insurance (The IMA Group, Inc: [www.imagroup.com](http://www.imagroup.com))
- Referral systems
- Building your practice
- **Reiki 2 benefits the subtle body**

*The Reiki 2 attunement gives an even higher possible level of energy vibrations in the student. Here one also learns 3 Reiki symbols: The Power Symbol, The Mental Symbol and The Distance Symbol these can be used to help focus energy for specific purposes. For Reiki 2 there is normally only one initiation. The Reiki 2 attunement seems to have the greatest effect on the subtle body also known in the western world as the Aura.*

### **To advance to the Third Degree**

- Complete Reiki Levels 1 and 2
- Commit to healing yourself through consistent practice and meditation
- Clear and Release Prayer (for Ego)
- Mindfulness practice
- T'ai Chi Practice (or other movement with Chi such as yoga)
- Pranayama Breathing practice
- Practice Universal Love

- Practice Universal Mind
- Practice Reiki on oneself
- Practice Reiki on animals, plants, the Earth
- Consistently Practice Reiki on yourself
- Desire to Practice Reiki on others and deeply consider the healing path (decide if the path of healing is one you want to walk)
- Release your anger and attachment to pain
- Purify your body
- Purify your mind
- See light in all beings
- Explore joy

### Third degree (Shinpiden-- Master Training/Mystery Teachings)

- More attunements are given for teaching
- Using tools with Reiki:
- Master can give other people attunements and teach the other degrees

### Reiki Master

This initiation is given to attune persons who have Reiki II and wish to be able to teach and initiate others into Reiki. In this process the vibration level of energy is once again raised and the Master symbol is taught. But, to become Reiki Master one does not have to dedicate oneself to teaching others, the Reiki Master level can be taken for your own pleasure or benefit.



## **The Five Reiki Principles**

BY DR.MIKAO USUI

I - Just for today, I will not be angry.

Let your emotions flow through your body. Do not allow infractions to lodge in your body and block the flow of your energy. Let harmful energies from the outside be processed quickly through your nervous system and released to the ethers to be transmuted to something useful. Let your own harmful energies be released from the cells and energetic centers in your own body and released through your pores and through your breath to be transmuted by the ethers into something useful. Let your body be free from anger, resentment and hostility so that there is only room for light, love, abundance and joy.

II - Just for today, I will not worry.

Trust in your own Divinity is powerful medicine. When you trust, you know. You know that you are perfect and that the past is perfect and that your future is perfect. When you trust fully, all energy flows without hindrance or blockage.

III - Just for today, I will be grateful.

Be grateful for all. Understand that every little thing, every big thing, every moment, every thought, every form, every gesture, every flap of a butterfly's wing has brought you to this moment. You are in Divine Time. Your unconditional appreciation of all the things around you, of all the things that have brought you to this moment in time and space raises your vibration, heals past wounding and brings calm and joy into the present, thus healing your future.

IV - Just for today, I will do my work honestly.

Be present. Be mindful. Be present in your workplace. Be present at your duties. Be present at your chores. Make mindful choices in every move you make. Be aware of who you are and that you are an expression of God in every thought and every action.

V- Just for today, I will be kind to every living thing.

Recognize God in you. Recognize God in other people. Recognize God in all beasts. Honor your parents, honor your teachers, honor your elders. Being Kind brings Love into the Will.

## The High Vibrational Lifestyle

- Meditate twice daily for 5-30 minutes.
- Listen to your body.
- Give prayers of gratitude for your past, present and future.
- Breathe deeply into your chakras and help your energy to flow freely, without blockages.
- Eat healthy meals and drink lots of water.
- Play. Be creative and do things you enjoy.
- Get plenty of sleep.
- Be generous and kind with yourself and others.
- Get plenty of exercise every day. Alternate the intensity regularly, but always allow plenty of time for slow movements where you connect your Spirit to your body with your breath.
- Interact lovingly with animals and insects.
- Spend time in nature.
- Practice mindfulness.
- Cleanse your energy field daily. It's the quiet dark energies that can sneak in and build up without our awareness. Daily cleansing helps to bring your awareness to them to recognize them upon arrival and helps you move them out before they take root and foster dis-ease.
- Use a brush in the shower or bath to exfoliate the dead cells on your body. Follow your shower or bath with an oil that gives nourishment like coconut, baobab, or rosehip; or use a butter like cocoa, mango nut or shea.
- Forgive yourself and others.
- Love yourself unconditionally.
- Think positively. Accept your own shadow, but be observant and release it gently and with love. Trace the source of your own judgments and expectations and release them to Spirit to help you transmute them. Be your own alchemist!
- Become less attached to those beliefs that no longer serve you.
- Envision a beautiful life for yourself. Your imagination, thoughts and emotions have an impact on you physiologically.
- Pray. Ask for Divine Guidance.
- Trust. Trust that you are supported and guided. Trust your own intuition.
- Expect miracles.
- Use Reiki regularly on yourself and share it with others.
- Avoid drugs and stimulants.
- Eat what your body needs. Do not use food as a drug (or a weapon against yourself.)

## CHAKRAS

Chakras are a key factor in all aspects of Reiki and you should have a basic understanding of what they are.

There are 7 major Chakras. They are energy portals where energy flows. When a Chakra becomes blocked an imbalance occurs. If it is not cleared then illness and disease can manifest itself.

1. **The First Chakra** – Root Chakra (RED) located at the base of the spine. It is linked to survival and our ability to ground ourselves in the physical world. Manifestation, how we are in the world.
2. **The Second Chakra** – Sacral Chakra (ORANGE) located just beneath the navel. It is related to our sexual and reproductive capacity. Our creativity, relationships, emotions are housed here.
3. **The Third Chakra** – Solar Plexus (YELLOW) located behind the solar plexus which gives us our personal power in the world. Our will and our battery are housed here.
4. **The Fourth Chakra** – Heart Chakra (GREEN) located at the Heart and gives us the ability to express love. Pink represents Self Love; Green represents Universal Unconditional Love.
5. **The Fifth Chakra** – Throat Chakra is (LIGHT BLUE) linked to creativity and communication. This is where we speak our Truth.
6. **The Sixth Chakra** – Third Eye Chakra (DARK BLUE) located between the eyebrows. This is the centre of intuition and awareness. Communication and receiving messages. Having visions.
7. **The Seventh Chakra** – Crown Chakra (VIOLET) located at the top of the head. This is relates to one's personal and spiritual connection to the universe. Your Higher Self and connection to All.



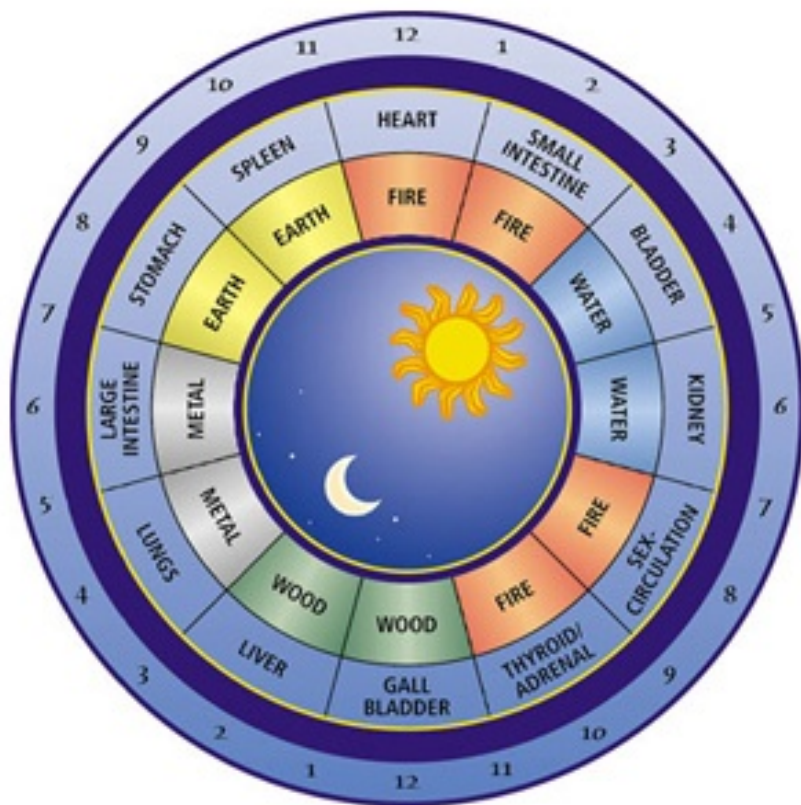


## Meridians

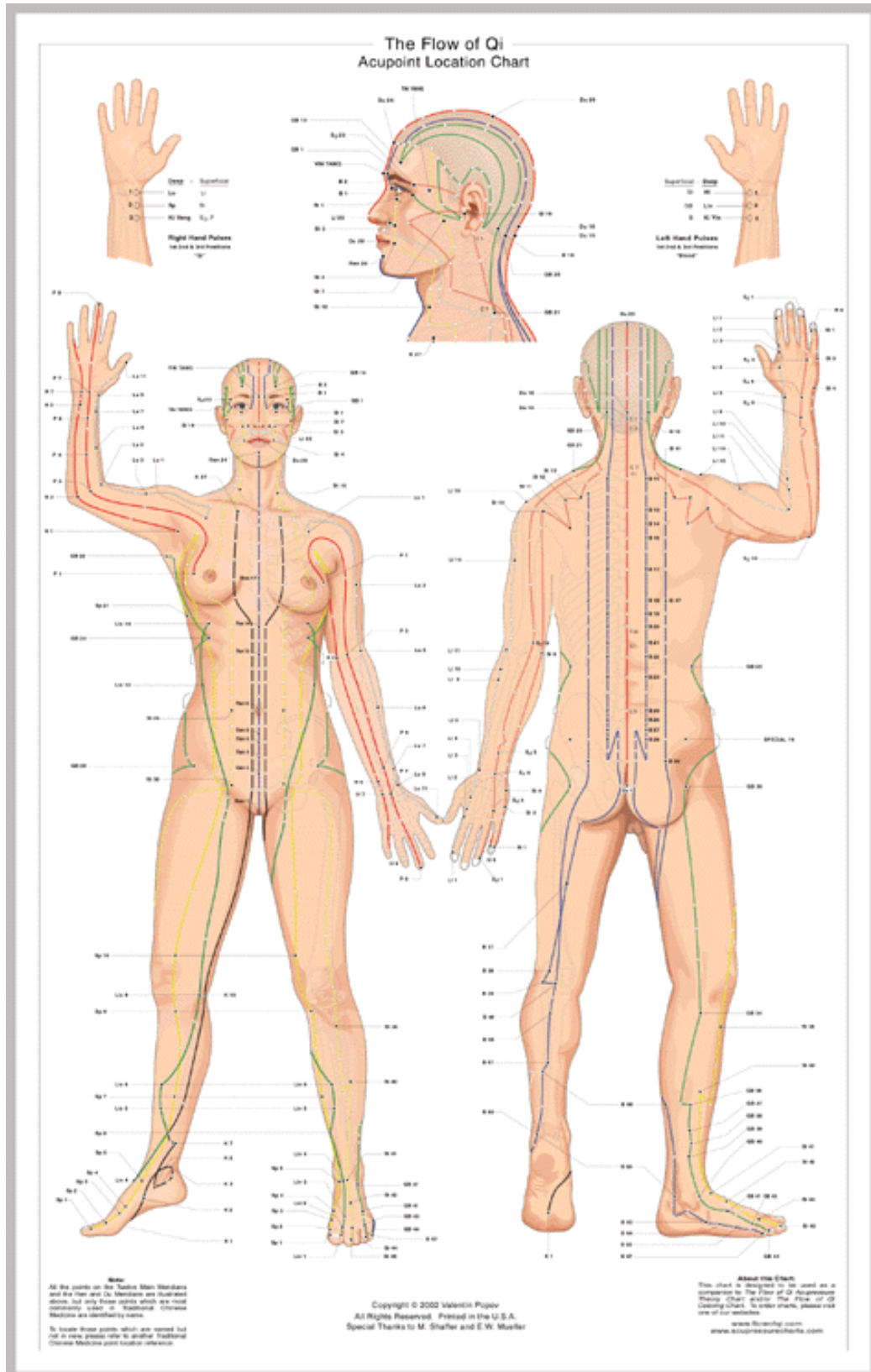
In traditional Chinese medicine (TCM), meridians are invisible pathways or channels on the body. Our vital energy, or "chi," is thought to flow along these meridians, and anything that disrupts the smooth flow of chi is said to cause illness.

There are 12 regular meridians and 20 meridians in total in TCM. Each regular meridian is believed to correspond to an organ and run along the body to either the hand or the foot. Most acupuncture and acupressure points lie on a meridian.

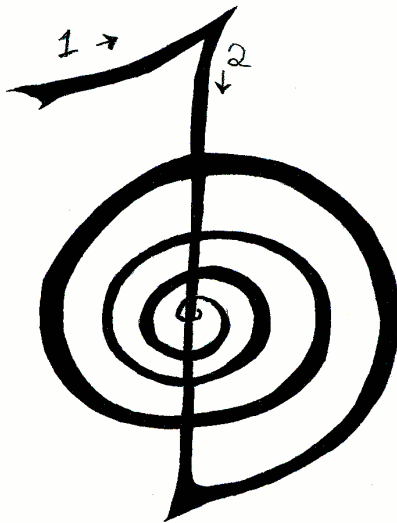
## Meridian Body Clock



# Meridian Lines and Channels



## Reiki Level I Symbol



### Cho Ku Rei

#### Cho Ku Rei (“cho-koo-ray”)--The beginning or entrance

An invitation for Spirit to enter and correct

The Power Symbol

The Door

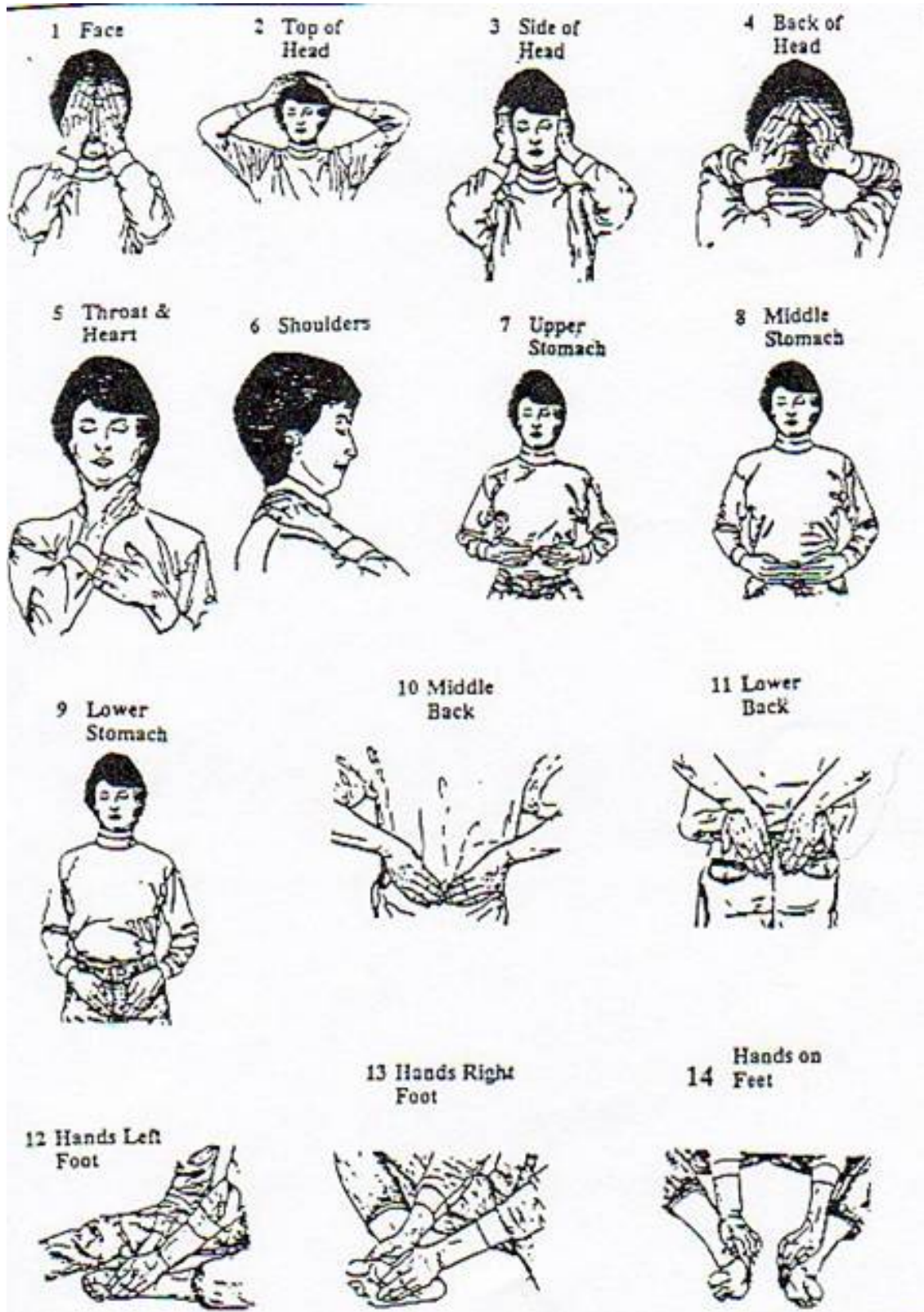
The Light Switch

A harnesser of Ki

Releases attachment to the Earth and the ego’s systems

- On-the-spot healing
- Clearing negative energies
- Spiritual protection
- Blessing and correcting food, water, medicine, herbs
- Road kill
- In sick rooms and hospitals
- For aiding manifestation
- Aids other Reiki Symbols
- Sealing energies after treatment (closing the door)

## Reiki Hand Positions for Treating Yourself



## **Release and Clear Ego**

Channeled by Faith Spina and Crystal Lynn Bell

Instructions: Read aloud each day or night, preferably before meditation. Light a white candle, focus, and read aloud. After the 21 days, just saying the words "Release and Clear", will activate the entire program in your subconscious.

I call upon Mother Gaia, Elementals, Devas, Spirit Guides, Ancestors, Angels, Archangels and Ascended Masters to come forth on my behalf to help me Release and clear my ego and its wounding.

So relaxed...so relaxed. Slowly drifting into a most satisfying state of relaxation. Relaxation is good for me. I release every last ounce of useless tension as I rest contentedly; to rise when I must, refreshed and invigorated.

I will allow my Soul to expand right now and journey to my greatest depths to gather whatever insights my conscious mind needs to free my psyche from the limitations of the matrix and the dogma of the ego. This information will be used to enlighten my conscious self and help awaken me to a greater love and understanding of this world and myself. I am alive with the feeling of freedom, of promise, of exhilarating positive intention. My mind is clear, my body recharged and my past deactivated and left behind me.

As I expand, I am taken into the ultimate state of perfection, Source Energy itself. I expand into silence and am instantly filled with God's Light and I experience Peace, Joy, and Love. Here I pause and take five deep breaths and enjoy Truth.

I remember that God is stillness and silence, so this is the ultimate outcome of this meditation and prayer-- to experience stillness in all situations. To know silence as my greatest resource and to fill myself with it, both in body and mind. So again, I take five deep breaths and I allow myself to expand into the silence of Reality and I am still.

As I relax, I release every unhappy experience of the past and everything connected with each of those experiences. I surrender my investment in the outcome and in the emotions that fuel ego's story. I release my fear, anger, regret, shame and confusion over these situations. I take this moment now to bless all aspects of these experiences. I bless myself and love myself. I bless and love the other souls who co-created this experience with me. I bless and love the experience and I release it fully from my mental body, from my emotional body, from my physical body and from my etheric body. I release this to the Mahatma energy for purifying and transmuting to useful energy. I find it easy to let all of this go as these experiences and the negative emotions attached to them are a part of the ego system of unreality and have no bearing on the Truth of me-- the reality of me.

I take this opportunity to call in The Ascended Master Jesus who embodies the Christ Consciousness and the Beloved Holy Spirit who is the channel of my I AM Presence. I ask

You dear teachers, who want me only to know the Truth of who I AM, to come forth and evaluate each and every thought that comes to my mind. I ask You to purify my ideas and remove the illusion, judgment, projection and ego from them, so that they do not contradict the will of God. I give each and every thought to Jesus and the Holy Spirit so that they can turn them into miracles of redemption-- every day I get to be redeemed and returned to myself. Let all my thoughts be purified. Help me, Beloved Guides, to do this hourly. Every day let me turn over every thought to the Holy Spirit so that I may see through his eyes, hear only the Voice of God, and take actions that come from the inspiration of my Beloved Father. There is only one voice in me and it is to this voice that I listen. I consciously choose to let this One Voice appoint my function, relay my function to me, give me the strength to understand it, do what it entails and succeed in everything related to it. This One Voice sees my strengths exactly as they are and knows where they can best be applied. I remember in every moment, that the Truth of who I AM is the guiltless Son of God and as such, I harbor no resentment, no anger, no revenge. I am totally invulnerable to all harm, because I am safe in the arms of my Father.

And now, I take this moment to turn my attention to the outward manifestations of my physical body. I know that sickness is guilt and that I AM guiltless and perfect. In every moment let me remember this and accept this Truth in my life so that I may experience the wholeness of my I AM Blueprint in this dimension here on Earth in time. I allow the Voice of God to guide me away from sickness and guilt to Truth and wholeness. I set aside all my pills, medical advice, vitamins and other forms of magic, and I accept fully, who I AM: the LOVE and PEACE of God. I AM that I AM.

I am a part of life-- as are we all... And we all move, live and think as we have the right to. We have the freedom of will to choose from the limitations of the ego's system of untruths or the Light unified system of joy, peace and Love. Let me remember ALWAYS that I AM Peace, Love and Joy, for God has made me consistent and anything that contradicts these things is False Evidence Appearing Real (FEAR) and to be turned over to The Holy Spirit for purifying. Let me remember to do this in every moment of every day.

Life goes on and so do I-- growing rich in experience and in capacity to achieve. My positive experiences supply me with a directness to meet the opportunities of my life. And I stand tall in the eye of the storm of change, in the storm of love. All I must do is correct my conscious and subconscious mind by surrendering my thoughts to God. I am allowing Light to flow through my mind and my experiences right now and I feel it disengaging me from every negative, destructive and harmful impression ever made upon me. That low vibration energy fades...fades...fades...out of my life forever. I am grateful and thankful for every experience of the past. I now forgive myself for every mistake I have ever made; and I forgive everyone else who, in my egoic mind has in any way harmed me. Again, I bless my co-creators, the situation and myself. I know that out of each experience good must surely come to me. I forgive myself for every 'mistake' because I know that each mistake is an expression of God and as such, is a stepping stone to greater understanding; to greater opportunity and to greater achievement. I grow stronger with each experience and I am stronger than anything life can offer. I am preparing myself to meet life's opportunities

directly-- free of negative conditioning, I am more than any challenge, for I possess the power and the ability to channel any experience into a rich and rewarding way of life.

I now fully release the past and all its effects upon me. I now see the world through totally new eyes. Every moment is new and full of the Light of Love. I am free-- free of the past; free to be Me entirely. I accept myself completely. I am a valuable and talented human being. I am always aware of my innate worth. There are things to be done by me; that are done better by me than by any other human being. Every word, every movement, every gesture of mine preserves my unique stamp on life. For as long as time has been or ever shall be, there is no one who can exactly duplicate me.

I am full of Light. I accept myself. I love myself. I am grateful for my new level of understanding. My acceptance releases me from self loathing and so I am now free to change that which must be changed; to improve that which can be improved; to let go of that which is inhibiting or destructive. My self-acceptance now enables me to accept everyone else. I accept myself. I accept others as they are. I embrace even those who are 'unacceptable' in the egoic mind as the highest expressions of God and therefore totally acceptable and go on my way! I bestow upon others my affection, true and unencumbered. In my imagination, I see them, having all the good I desire for myself. I am abundant and generous and I give freely of my time, my money, my love. I know that I am eternal and that my cup runneth over and so I share with all beings without judgment or inhibition. I have fulfilled my nature, I have supplied myself with those priceless qualities and feelings: acceptance, love and forgiveness... and I have them to give. I give them freely. I feel the warmth and excitement of building a new and rewarding life. A firm quiet sense of self-love and self-determination dominates my every waking and sleeping hour. I am ready to release and do so this day. Clear...clear...clear...

## Spiritcentric Mindfulness Practice

The Spiritcentric approach to meditation is simple: Stop, be quiet, listen. Repeat.

Meditation doesn't need to be a rigorous, boot campy, aggressive action that you have to take in order to feel powerful. Meditation is your friend, your angel, your security blanket. Let it become as pleasurable as your glass of wine, your morning run, your conversation with your best friend. Let it become-- don't force it to be anything. Explore it as it evolves.

You can start meditating for just 30 seconds a day. This active practice will get your mind ready for taking time out to connect to your Higher Self. As you start to love yourself for 30 seconds a day, you will start loving yourself more and more-- so you'll naturally start checking in with yourself throughout the day for just 30 seconds. Gradually, in your own natural time, you'll start choosing to be quiet because you enjoy the peaceful calm that surrounds you. Your regular meditation will grow from here. Begin by becoming mindful.

Mindfulness is the practice of being fully present in an environment with your body and your mind. It is breathing in the environment and breathing out tension and erratic thought. It is a quiet, peaceful mind that is observing, rather than judging. Mindfulness means that you have stopped the talking in your head. It is concentration and being present. Mindfulness is listening with your heart and with your ears. Mindfulness gives way to joy and happiness by allowing your ego (the one who casts judgment) to rest so that all that remains is your connection to your Higher Self, which is joyful, blissful and peaceful.

To be Spiritcentric, it is important to keep your body, mind and spirit functioning at a high vibrational level. The Mindfulness Practice I present is very simple. Please read through and take on the following concepts as best you can:

1. Start each day with a few deep breaths into your heart center. Be conscious of your body and just allow yourself to be fully present for the few moments it takes to draw these breaths. Breathe in Love and Light. Breathe out tension, resistance, fear and anxiety. Allow yourself to just be.
2. Do a formal meditation each day. It doesn't matter the length of time. Your meditation can last from 2 minutes to two hours, if it suits you. It is important that you consciously make a decision to create space in your life to connect to your Higher Self. I teach meditation classes privately and to groups so that you can learn how to meditate or learn how to improve the meditation practice you have. Here are a few ideas for a simple, but powerful meditation practice:
  8. You can meditate on your breathing and simply count the number of seconds it takes to inhale and then count the number of seconds it takes to exhale.
  9. You can meditate on releasing tension from your body by sitting quietly and just telling each of your body parts to relax and giving them time to do so.



10. Your meditation can be in the form of sitting quietly and contemplating a subject or idea.
11. Your meditation can be chanting, reciting affirmations or prayer. Consider doing a long chanting practice such as Daimoku from the Nichiren Buddhism tradition; So Purkh from the Sikh tradition; the Gayatri mantra from the Hindu tradition; or the Lord's Prayer from the Christian tradition.
12. Meditation can be guided by using an mp3, cd, or one you find on Youtube.
13. Meditation can be in the form of movement such as yoga, dance or walking.
14. Meditation can just a few moments being aware of your body. Listening to the sound of your heart or feeling the beat of your pulse.

3. Do at least one thing mindfully every day. To do something mindfully means to do something with your mind fully on the thing you are doing. For example, you could choose to wash the dishes mindfully. This means that you would focus on the task of washing the dishes. You would be aware of the experience of washing the dishes by, for example, feeling the temperature of the water and feeling the texture of the dishes themselves. Listening to sound of the water and even being aware of the fragrance of the dish soap supports your mindfulness. Breathe. Be truly washing the dishes with your mind and your body without judging anything about the experience. Just allow yourself to be present with the dishes. If your mind starts to wander, then gently bring it back to the task and the present moment.

4. Practice energetic healing on yourself daily for a few minutes. Be fully present in the moment of channeling powerful healing energy through your body and mind. Feel the sensations in your body and explore your healing. You have the power to heal! Enjoy it and let it propel you higher and higher. I am happy to teach you a few healing modalities that can help you really tune into yourself.

5. Make a gratitude list every day on paper, spoken out loud or in your mind. Expressing your gratitude elevates the frequency of your thoughts and helps you savor the present moment. Taking an inventory of your gifts, whether they be big or small, opens your heart and mind to the abundance around you. The more gratitude for your environment the more beauty and light are reflected back to you. After you've made your gratitude list, raise your vibration even higher and look around to appreciate where you are.

6. Embrace and practice the 5 Reiki Principles as outlined by Dr. Mikao Usui. This is a practice that Reiki Masters and Practitioners use to help them become present when they are working with the healing power of Reiki.

- **I - Just for today, I will not be angry.** Let your emotions flow through your body. Do not allow infractions to lodge in your body and block the flow of your energy. Let harmful energies from the outside be processed quickly through your nervous system and released to the ethers to be transmuted to something useful. Let your own harmful energies be released from the cells and energetic centers in your own body and released through your pores and through your breath to be transmuted by the ethers into something useful. Let your body be free from anger, resentment

and hostility so that there is only room for light, love, abundance and joy.

- II - **Just for today, I will not worry.** Trust in your own Divinity is powerful medicine. When you trust, you know. You know that you are perfect and that the past is perfect and that your future is perfect. When you trust fully, all energy flows without hindrance or blockage.
- III - **Just for today, I will be grateful.** Be grateful for all. Understand that every little thing, every big thing, every moment, every thought, every form, every gesture, every flap of a butterfly's wing has brought you to this moment. You are in Divine Time. Your unconditional appreciation of all the things around you, of all the things that have brought you to this moment in time and space raises your vibration, heals past wounding and brings calm and joy into the present, thus healing your future.
- IV - **Just for today, I will do my work honestly.** Be present. Be mindful. Be present in your workplace. Be present at your duties. Be present at your chores. Make mindful choices in every move you make. Be aware of who you are and that you are an expression of God in every thought and every action.
- V- **Just for today, I will be kind to every living thing.** Recognize God in you. Recognize God in other people. Recognize God in all beasts. Honor your parents, honor your teachers, honor your elders. Being Kind brings Love into the Will.

7. Consider adopting the tenets of a High Vibrational Lifestyle. For example, consider doing more of the following:

- Listen to your body.
- Cleanse your energy field daily. It's the quiet dark energies that can sneak in and build up without our awareness. Daily cleansing helps to bring your awareness to them to recognize them upon arrival and helps you move them out before they take root and foster dis-ease. Breathe deeply into your chakras and help your energy to flow freely without blockages.
- Eat healthy meals and drink lots of water. Eat what your body needs. Do not use food as a drug (or a weapon against yourself.)
- Play. Be creative and do the things you enjoy.
- Get plenty of sleep.
- Be generous and kind to others and yourself.
- Get plenty of exercise every day. Alternate the intensity regularly, but always allow plenty of time for slow movements where you connect your Spirit to your body with your breath.
- Interact lovingly with animals and insects.
- Spend time in nature.
- Use a brush in the shower or bath to exfoliate the dead cells on your body. Follow your shower or bath with an oil that gives nourishment like coconut, baobab, or rosehip; or use a butter like cocoa, mango nut or shea.
- Forgive yourself and others.
- Love yourself unconditionally.
- Think positively. Accept your own shadow, but be observant and release it gently and with love. Trace the source of your own judgments and expectations and release them to Spirit to help you transmute them. Be your own alchemist!

- Become less attached to those beliefs that no longer serve you.
- Envision a beautiful life for yourself. Your imagination, thoughts and emotions have an impact on you physiologically.
- Pray. Ask for Divine Guidance.
- Trust. Trust that you are supported and guided. Trust your own intuition.
- Expect miracles.
- Avoid drugs and stimulants.

8. Do the *Release and Clear Prayer* every evening. The *Release and Clear Prayer* helps you raise your vibration and clear away unruly ego energy.

Doing these things will help you open your heart and mind to receiving the positive, helpful energies that surround you and help you experience inner peace.