

Remember that you are Water,  
Cry. Cleanse. Flow. Let Go.

Remember that you are Fire,  
Burn. Tame. Adapt. Ignite.

Remember that you are Air,  
Observe. Breath. Focus. Decide.

Remember that you are Earth,  
Ground. Build. Produce. Give.

Remember that you are Spirit,  
Connect. Listen. Know. Be Still.

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By Carrie Love ☸



Reiki Level 1

Blended Spirit Academy

Teacher Teresa Collins

## **Reiki level 1**

**Reiki Master: Teresa Collins**

Congratulations on embarking on this amazing journey.

Reiki is a Magical Adventure to heal ourselves and others. I have found that Reiki is a key and often unlocks many other gifts and opportunity.

In this first level we will concentrate on your personal healing, protection, and connection to source. I have created my own style of Reiki, Blended Spirit Reiki.

This encompasses traditional style (martial arts type) Usui, combined with nurturing and compassion (Accessing Quan Yin) and elemental - connecting with Gaia and the frequency of the Earth.

I have developed, channeled, and combined symbols and energy techniques received from various forms of Reiki healing and very gifted Reiki Masters around the world.

I choose to Encompass the Elementals because they go beyond the words, they are as pure vibration. I introduce you to this vibration in this level through attunement. You will learn how to access them on a deeper level and Reiki 2.

A main purpose of level 1 is to teach you how to take greater care of self. As healers we must learn to take care of ourselves before we can take care of others.

Healers need healing! No matter what level this is true. This daily charge and clearing will help you in a whole new way and make your other sessions for effective and powerful. I see many different healers at this level I am at now.

## **Let us begin**

What is Reiki?

This is an interesting question for everyone. You should work on getting comfortable with your own personal explanation. As soon as you take this course many people will ask you what exactly Reiki is.

Simply put Reiki is a gentle, yet profound, energetic therapy they can facilitate stress reduction and relaxation. It may be done in person or at a distance. It will support effective immune systems and activate the body's self-healing. It brings your system into alignment. Replenishes energy and often allows you to bring in more abundance.

Reiki creates a unique healing response to each individual and invoke sense of balance emotionally, mentally, and spiritually.

## **As a Reiki Healer**

Reiki activates your abilities to.

R= Receive

E= Empower

I= Impact

K = Kind to self and others

I= Intuition

Now take a moment please to set your intention for this course.

I believe that pen-to-paper is very magical. Please answer the following

1~Why are you taking Reiki?

2~ What do you wish to learn more of today?

3~ How do you think it will help in your life?

## **Reiki heals you from within**

Reiki is one of the methods of balancing your chakra energy levels and causing a visible change in your life. It has been found in studies that Reiki can help in healing emotional and physical damages caused over time. It is a meditation method that can be used to balance your energy and heal you.

Things with motion can be peaceful too. We forget sometimes how soothing it is to see a flowing river, though, in motion, it is calm and perfectly synchronized with nature. When you are calm within, the life outside your human shell does not matter, how hectic it will have no damaging effect on you

Reiki benefits you by reducing stress and negative attitude towards things. It helps you let go of things stopping you from reaching your potential. Less stress is always good, be it your personal or professional life. You will start learning from your personal experience and this new knowledge unleashes you.

**The best part about Reiki is its combination of spiritual and mental development.** It gives you a purpose for self-improvement. Tell me, what would be more difficult? Knowing a situation and finding a solution to it, or being unknown to a situation and randomly making attempts? Of course, the latter. Reiki helps you deep-dive into your consciousness and reveals a path to knowing yourself. Not only just the good things but the ones we neglect or are arrogant to confront. Seek those qualities, be it good or bad, and you know a sure way to self-improvement.

## **History of Usui and Reiki**

Mikao Usui was the founder of the Usui Shiki Ryoho Reiki system. Usui was a Buddhist scholar born in 1865 that seemed to have dedicated his life to helping others. He was a spiritual man and in 1922, when facing some personal and financial difficulties, he decided to go on a 21-day retreat on Mt. Kurama seeking spiritual awakening. While meditating on the retreat he had a miraculous spiritual experience that gave him his ability to heal others and to pass this gift on to others through attunement and led him to create his style of Reiki. He used this knowledge to establish the Usui Reiki Healing Society. Mikao Usui believed an important part of living a good and healthy life was following certain ethical principles. Inspired by Emperor Meiji, Usui established the five principles, which I will discuss more later. Usui is believed to have had thousands of students before his death in 1926, but only 16 of these reached the Master level.

After Usui's death, one of his Master students, Chujiro Hayashi, became Usui's successor and began his own Reiki society. He simplified the Reiki healing process and created many detailed hand positions for treating various ailments. He also simplified the attunement process. In 1940 he committed suicide to keep from being forced to give intelligence and fight in WWII. Before his death he asked Madam Takata, who he had trained and attuned, to be his successor.

Hawayo Takata, a Japanese Hawaiian born in 1900, had become extremely ill and went to Japan for healing. She was preparing to receive surgery when she believed she heard a voice telling her not to have the surgery and to find another way. She asked the doctor about an alternative healthcare option and he sent her to Hayashi's clinic where she was treated and became well. She convinced him to teach her Reiki, though it was never meant to leave Japan. She was eventually attuned to the Master Level. Takata brought Reiki to the West and trained many people, attuning 22 Westerners to the Master Level. From those 22 Masters, Reiki spread throughout the Western world.

The story that has been passed down as Hawayo Takata's teaching by the masters who came after her has been found to be mostly fabrication. As the story was told, it succeeded in gaining acceptance in the Western world and facilitating the growth of the healing system here. Had a more accurate account of the origin of Reiki been spread, it may never have expanded throughout the world the way it has.

The story that was passed down from Takata, and that was widely accepted until recently, was that Usui was a Christian professor challenged by a student to find a way to heal as Jesus did. In his efforts for find a healing system comparable to that of Jesus, Usui went on the 21-day fast on Mt. Kurama. On the 21st day he received a spiritual awakening and had visions of many symbols. Afterward, he stubbed his toe on his way down the mountain. Upon grabbing his toe with his hand, he discovered his healing abilities.

Usui went to the poor and offered them healing, but they kept coming back needing more healing because they didn't change the way of life that was making them sick. He then decided that for Reiki to be lastingly effective there must be some sort of exchange. At that point, he began charging money for healing sessions and attunements and opened his clinic.

### *Detailed explanation of 3 levels of Reiki*

#### **Level 1:**

Reiki Level One mainly benefits the physical body. It opens the body up on all levels, so it can channelize the Universal Life Force Energy used in the healing, balancing, purification, and protection treatments offered by Reiki. In this level, the histories of Reiki and hand positions for therapies are explained well. Depending on the Reiki system, there can be one to four attunements in Level One Reiki. This Level allows the Energy to flow from your hands to a body. It also opens the student's heart to the universal flow of love embodied by Reiki. It is Level One Reiki that is the foundation of all the other Reiki levels and practices. So, it is recommended that the student masters in Level One before moving on to the next level. Level One is about healing one's self for the most part.

#### **Level 2:**

Level 2 Reiki and Attunement benefits the subtle body, which is the spiritual body that mirrors us as in our aura. A student learns the symbols used in Reiki

in this phase. The main symbols taught in this level are the power symbol, the mental or emotional symbol and the distance symbol. These symbols focus on the Universal Energy for those specific purposes. It gives the student a higher level of attunement and energy vibrations. In this level, the student can better heal emotional and mental issues as well as travel across time and distances to heal someone. Level 2 Reiki usually has only one attunement ceremony. This level has the greatest effect on the subtle body also known as the aura.

### **Level 3:**

Level 3 is a Mastery Level. In some systems Level 3 is the Master Level, and in others, one final attunement after this is given to Master. In order to pass level three, the student has to know the hand positions, the symbols,. In this level, practice and understanding of Reiki is at a much deeper level than the other two levels.

In my Level 3 I also teach you more symbols, I attune your voice, how to use crystals in Reiki, Advanced distance healings, how to use aromatherapy in sessions, psychic surgery and greater protections.

### **My Lineage**

I learned from 3 advance Masters. I took over 2 years to become a teacher and have taught hundreds of Reiki students how to change their life.

## **Reiki Really Works: A Groundbreaking Scientific Study**

By Green Lotus

After decades of often disputed validity, the effectiveness of Reiki, a holistic energy treatment is gaining new respect within the medical community. Not only are highly reputable medical facilities throughout the U.S. offering patients alternative healing programs such as Reiki, but those facilities are also analyzing the benefits of their programs and are submitting them for review and compilation. The results of these Reiki research studies are nothing short of remarkable.

### **A Brief Explanation of Reiki**

Reiki is an energy healing treatment that works holistically, on the whole body, mind, and spirit. Not a system of religious beliefs, Reiki is simply a

relaxing treatment whereas natural healing vibrations are transmitted through the hands of a Reiki practitioner (acting as a conduit) to the body of the recipient. The purpose of a Reiki treatment is to relieve stress and pain, induce relaxation, release emotional blockages, accelerate natural healing, balance subtle bodies energies, and support other medical modalities including traditional therapies.

The International Center for Reiki Training has estimated that there are 4,000,000 people throughout the world who have taken at least one level of Reiki training. There are three traditional levels of expertise.

Today, Reiki education is offered free of charge in more than 800 American Hospitals as a means to accelerate the healing process and to alleviate pain.

In both 2006 and 2008 stressed-out lab rats received Reiki treatments and they all showed significantly reduced stress, anxiety, and depression responses. “Sham” or bogus Reiki treatments were given to the placebo group and they showed no reduction in stress, anxiety or depression. Testing in humans performed between 1993 and 2006 showed ratings from Satisfactory to Excellent, all suggesting that the benefit of Reiki treatments were positive in controlling pain levels in humans. There were some “confounding variables”, which is typical in hospital (as opposed to laboratory) studies; however, the placebo Reiki treatments in this experiment were by contrast ineffective in controlling pain. Other examples of Reiki studies performed in hospitals and universities may be found on this related site for Reiki research. Reiki practitioners treat faculty and staff from Columbia University Health Sciences and New York-Presbyterian Hospital at Employee Health and Wellness Day

Vital Signs New York Presbyterian Hospital/Columbia University Campus conducted one of the first studies ever performed to determine the effectiveness of Reiki treatments on the autonomic nervous system. This “blind, random study” included a Reiki treatment group, a “sham” treatment group, and a “control” group. The testing began with all participants at “baseline” autonomic nervous systems levels. The results within the Reiki treatment group showed a lowering of these levels including heart rate, respiration, and blood pressure. These positive results led the team to recommend further, larger studies to look at the biological effects of Reiki treatment.



It is interesting to note that Columbia/Presbyterian was one of the first hospitals to offer Reiki as part of their Integrative Medicine Program (CIMP). The now famous cardiovascular surgeon, Dr. Mehmet Oz brought tremendous attention to Reiki when he invited Reiki practitioners to treat patients during open-heart surgeries and heart transplant operations. Dr. Oz is often quoted as saying, "Reiki has become a sought-after healing art among patients and mainstream medical professionals.

"Words of wisdom from an internationally recognized Reiki Practitioner and author who had been published in peer-reviewed medical journals Reiki Passes Tests with Flying Colors

There have been many other controlled studies submitted to peer-journals and to The Touchstone Process for review. Ailments and disorders that tested favorably to Reiki treatment include

1. Post-operative pain after tooth extraction

2. Cognition in elderly, related to dementia/Alzheimers
3. Pre-operative relaxation and post-op pain
4. Pain in chronically ill patients
5. Depression and stress
6. Well-being in Reiki practitioners

As of 2009, The Touchstone Process has evaluated 25 test studies that appeared in peer-review journals evaluating the merits of Reiki Treatments. Taking into consideration only the most rigorously controlled studies, the team reported that 83% showed moderate to strong evidence in support of Reiki as a viable, therapeutic healing modality.

## **Gassho**

Gassho meditation was given by Mikao Usui to his Reiki students to help them develop their Reiki and personal development skills and is most often taught to students at Reiki 1 level. However, it is to be used throughout your life as a means of developing your Reiki and improving your life generally.

Gassho is the name of the hand position – hands together in prayer at the chest. A Gassho is the greeting gesture used in many eastern cultures as an expression of welcome, recognition, humbleness, and respect. It is these qualities we recall when we adopt this position.

Below, is a short, morning Gassho Meditation with the Reiki Precepts included. It is designed to start your day right and help you keep Reiki in mind throughout the day.

## **A Morning Gassho Meditation (10 minutes)**

### **How to Do Gassho Meditation**

- Sit upright in a comfortable position.
- Draw the Reiki symbols for your level on each palm with your finger.
- Place your hands in a prayer position at your chest.
- Take a few deep breaths and center yourself with eyes closed.
- Now move your focus of attention to the space between the palms of your hands.
- As your mind wanders, return your attention to the space between the palms.
- When you are ready, run through the Reiki Precepts given to you by your teacher, or use this version below.

*“Just for today, I will not worry.  
Just for today, I will not get angry.  
I will do my work diligently,  
I will be grateful for my many blessings,  
I will be kind to myself and all living things.”*

The gassho meditation is best done twice a day, morning, and evening. In the meditation above, this 10-minute morning meditation also includes the Reiki Precepts to help you set the day right. There is no limit to the time you can spend, but if your hands or wrists get tired, place them on your thighs.

By placing your attention on the space between the palms, you are activating the small chakras in your hands. You may feel warmth, tingles, or a sense of expansion as you do this meditation.

You can also perform Gassho meditation in the evening. I use this time to express gratitude while holding a Gassho position for about 15 minutes.

### **Why Do This Meditation?**

The Precepts were passed from Usui to his students as a way of keeping them from stress and therefore dis-ease. The commemorative stone erected by Usui’s students shortly after his death contains the Precepts written in Japanese Kanji. On the stone, preceding the Precepts are the following lines:

***“This is the secret art of inviting happiness.  
This is the miraculous medicine of all diseases.”***

The Precepts have been altered slightly through translation and for ease of use, to give us the versions that we know and are taught today.

Regular repetition of the Gassho meditation will increase your hand sensitivity and calm your mind. By dedicating yourself to daily practice you are increasing and strengthening the Reiki flow into your life.

It completely changed my life and it is not uncommon to hear of Reiki practitioners whose lives have been transformed by this daily practice.

You do not need to have been attuned or attended formal Reiki training to benefit from this meditation practice, try it and see for yourself. The hand chakras will activate when you repeatedly place your attention on them, and the Reiki energy will flow easily.

### **Why “Just for today...”?**

When we repeat this prayer every morning, we only need to think about today. To try to keep the precepts as promises for the foreseeable future seems a bit unrealistic, so we say, *‘just for today’*, but we say it every day as if for the first time.

In this way, we need only think about how we react to the world just for today and allow yesterday’s reactions to be at peace and tomorrow’s to be left in the future.

**The best way to really begin to access the precept energy is to write them out, how you could use them in your life**

**Just for today:**

1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **15 Ways to Make Reiki A Part of Everyday Life**

If you are wondering how to integrate Reiki into your daily life, start with these 15 ideas and transform normal daily activities into a spiritual and Reiki development practice that lasts all day long.

1. Start each day with a Gassho Meditation including the Reiki Precepts
2. Give yourself a quick self-treatment
3. Place Reiki into your bath water before bathing or practice self-healing under the shower
4. If you take medication, give the medicine some Reiki before you take it
5. Treat your pets to a healing treatment
6. Give Reiki to your houseplants
7. Give Reiki to your laptop and mobile phone

8. Bless your food and drink with Reiki
9. Channel Reiki as you go about your cleaning chores
10. Give Reiki to your car before a journey or bless your mode of transport
11. Practice distance Reiki on nature and wildlife around you
12. Draw the Reiki symbols on your work desk and bless the space you occupy and all who enter it
13. Print out the Reiki precepts and place them around your home where you can easily see them
14. Spend a few moments in Gassho and give thanks in the evening
15. Lie in bed before sleep and give yourself some self-treatment

### **Attunements**

This attunement is especially necessary and important in the Level 1 course because the Reiki Master/Teacher facilitates the opening of a “channel” through which life force energy enters and exits at the crown chakra of the practitioner. The channel acts as something akin to a straw where the life force energy can easily flow in and out of while a practitioner conducts healing on themselves or others. Yes! You can begin healing yourself with just a Level 1 attunement! After the attunement process is complete during the Reiki Level 1 course

It is a necessary requirement that a newly attuned practitioner practice Reiki on themselves for a minimum of 21 days after their first attunement. After this 21-day period, a new practitioner can take Reiki Level 2 where you learn, symbols, increase your energy and how to begin practicing the healing techniques they have learned on others.

Currently, you are probably noticing a lot of changes occurring in your life... Some may be positive, while others not so much. Level 1 Reiki attunement energy brings many changes to our lives because practicing Reiki regularly helps to bring you clarity of mind and peace to your soul.

Within the new clarity and peace that is gained, you begin to recognize the areas of your life that need adjustment or total reorganization. Changes like these occur because, with Reiki, you are removing the dense energy that was once weighing you down and blocking your ability to make better choices. You begin to see all aspects of your life with more clarity. Not only do you begin to see things in a different light, but you are also encouraged to begin to make changes to your life that are more in alignment with Who You Are.

## **Reiki Level 2**

This is where Reiki gets really interesting. By now you have been practicing a good amount of Reiki on yourself, and you have made the decision to progress to the next level. You are probably feeling like you don't just want to progress, you need to! Congratulations! That is Reiki's way of letting you know that it is time to continue on your path of evolution and growth.

## **The Attunement Experience**

*by Penny Quest*

At each level of attunement (Reiki 1, 2 or 3) you become able to tap into a higher, wider channel of that Universal Energy, and the vibration rate of your energy body is increased. After an attunement is over, students often describe the beautiful spiritual or mystical experiences they have received, such as "seeing" wonderful colors, visions, or past life experiences. Others report receiving personal messages or profound healing, sensing the presence of guides or angelic beings, or simply having a feeling of complete peace. Some people go through a real shift in their awareness immediately afterwards, describing the sensation as almost like being reborn, so that they experience everything around them more intensely — colors are brighter, their sense of smell is enhanced, and sounds are sharper. Others feel a buzzing or heightened sensitivity in the crown center for a short while or describe a sense of floating or light-headedness. All these reactions are absolutely normal — but so is experiencing very little, which whilst a little disappointing for some students, does not mean the attunement hasn't worked!

An attunement always works. The success rate is 100% all the time. It is not possible to fail a Reiki course, provided a qualified Reiki Master carries out the attunement process with you. You will be able to channel Reiki. But you may or may not necessarily feel anything, at least at first.

### **What Happens After Initiation?**

Your psychic, intuitive and creative abilities will be raised by between 50 to 80 percent. By raising your vibratory level, you will begin a transformational process on all levels and aspects of your life.

We all live in an extremely stressful and hectic world, which can influence our total being. Reiki helps control how our mind body and spirit responds both internally and externally to the often negative and destructive external stimuli from our world. If applied regularly, Reiki will reduce the extreme highs and lows of life, gradually leading to a new balanced existence.

When you receive your first Attunement during the initiation ceremony, energy will start to flow through your hands at the thought of healing. You will also start a 21-day cleansing and detoxification cycle through the chakras. Make sure to rest and drink plenty of water.

The Reiki attunement has a powerful healing influence on the mind body and spirit, activating the seven major chakras, beginning with the root, and ending at the crown chakra — each one taking approximately twenty-four hours.

This happens three times.

You may not be aware of this depending on how fit and healthy you are and your level of mindfulness. Your body is preparing you for healing. When the toxins are out of your system your body can work at its ultimate level for healing. Your whole system will be readjusted and re-balanced. You may experience symptoms of physical cleansing and detoxification such as a running nose, headaches, or diarrhea. The more toxic you are the more symptoms you may notice.


There is no need to be alarmed. The body is simply flushing out the toxins. Place your hands on any aches or pains you may experience and allow Reiki to ease your discomfort and speed up the healing process. Epsom salt baths help.

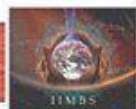
The healing energy works on all levels of the mind body and spirit. This process can be quite emotional and exhausting at times as the Reiki energy works on the emotional and physical blocks, scars, and baggage that your body has collected and stored throughout your lifetime. It's a good idea to spend more time resting over the twenty-one-day period. Use the time for self-healing and reflection.

Reiki is like a rebirth. Reiki's wisdom will do whatever is needed to release you from the fears and barriers that prevent you from leading a happy fulfilling life. If you find yourself getting emotional and wanting to cry, scream or shout, let it happen. The old saying better out than in is so true and therapeutically beneficial to your being. Release the ties that bind you to your old habits and lifestyle. You can cleanse your mind body and spirit and start again. Trust in the healing power of Reiki.



# REIKI HAND POSITIONS

<p><b>Attitude of Gratitude</b> I thank Myself I thank Reiki I thank Gurus</p> <p><b>आभार विधि</b> छुं पीतानी आभार मानुं छुं छुं रेकीनी आभार मानुं छुं छुं मारा गुरुओनी आभार मानुं छुं</p>	<p>आँखी आँखी</p>  <p><b>1 EYES</b></p>	<p>काना को काना को पैरें पैरें</p>  <p><b>2 TEMPLES</b></p>	<p>कान कान</p>  <p><b>3 EARS</b></p>	<p>अगल मने मारा-नी पारसनी भास अगल के अने न ठेठे</p>  <p><b>4 FOREHEADS &amp; BACK OF THE HEAD</b></p>
<p>मने कान मारानी पारस दोहे हाथ मारा के पीठे</p>  <p><b>5 BOTH HANDS AT BACK OF THE HEAD</b></p>	<p>मनु (कान माराके मने पारसके) हाथ (एक हाथ ओर गुला हाथ पीठे)</p>  <p><b>6 THROAT</b></p>	<p>मने कान मारा नरे दोहे हाथ मने पार</p>  <p><b>7 THYROID &amp; THYMUS GLANDS</b></p>	<p>कान नरे अगल मने</p>  <p><b>8 HEART CHAKRA</b></p>	<p>मनीयुल मने मनीयुल मने</p>  <p><b>9 SOLAR PLEXUS</b></p>
<p>मोले (मिनी कनडी भासुं) मोले (मिनी के काँ मोले)</p>  <p><b>10 LIVER</b></p>	<p>केसानी केसानी भासो केसानी के अगल के केसो</p>  <p><b>11 TIPS OF LUNGS</b></p>	<p>मोले (मिनीभासुं) (मिनी कनडी भासुं) मोले के काँ मोले</p>  <p><b>12 PANCREAS &amp; SPLEEN</b></p>	<p>मनीयुल मने (मिनी) मनीयुल मने (मोले)</p>  <p><b>13 HARA CHAKRA</b></p>	<p>मनीयुल मने (मिनीभासुं) मनीयुल मने</p>  <p><b>14 ROOT CHAKRA</b></p>
<p>मोले (गुला) गुला</p>  <p><b>15 KNEES</b></p>	<p>मनीयुल मने मोले को गुला</p>  <p><b>16 ANKLES</b></p>	<p>मनीयुल मने (मिनीभासुं) मोले के मोले</p>  <p><b>17 FEET SOLES</b></p>	<p>मने मने</p>  <p><b>18 SHOULDERS</b></p>	<p>मने कान मारा-नी पारस (मनीयुल मने मोलेभासुं) दोहे हाथ मने के पीठे</p>  <p><b>19 THYROID &amp; THYMUS GLANDS</b></p>
<p>मनीयुल मने (मिनीभासुं) मनीयुल मने</p>  <p><b>20 HEART CHAKRA</b></p>	<p>मनीयुल मने मनीयुल मने</p>  <p><b>21 SOLAR PLEXUS</b></p>	<p>मोलेभासुं (मनीयुल मने) मोलेभासुं (मनीयुल मने)</p>  <p><b>22 KIDNEYS</b></p>	<p>मनीयुल मने (मनीयुल मने) मनीयुल मने (मोलेभासुं)</p>  <p><b>23 BACK OF HARA CHAKRA</b></p>	<p>मनीयुल मने (मनीयुल मने) मनीयुल मने (मोलेभासुं)</p>  <p><b>24 ROOT CHAKRA (BASE OF THE SPINE)</b></p>



## **How to Activate Reiki**

### **Step 1- Ground your energy**

This can be done by doing meditation or simply with breath

### **Step 2- Place hands in Gassho**

The prayer positions.

### **Step 3 – Activate your circle of Protection / Magic Circle**

See below Invite all beings of the highest vibration, with the greatest intention and Divine Love to assist in this healing today.

### **Step 4- Say the 5 precepts**

1. Just for today, I will not worry.
2. Just for today, I will not be angry.
3. Just for today, I will be grateful.
4. Just for today, I will do my work honestly.
5. Just for today, I will be kind to myself and every living thing.

### **Step 5- Turn Reiki on**

At this point simply envision the healing energy coming in from Source through your crown, down your arms into your hands and say Reiki on. Rub your hands together and feel the energy.

### **Step 6- Self Treatment**

Reiki yourself head to toe. Paying attention to the joints and any specific ailments.\

### **Step 7- Gratitude**

Thank all that assisted in this healing. Say in your mind or out loud. May this healing be perfect in every way. I seal this healing with light and love. Take a big breath in to ground yourself and journal any discoveries.

## **Circle of protection/ or Magic Circle**

A Circle of protection /magical circle is a protective energetic construct that you build or envision around yourself before energy work, magic, to start your day or sometimes even meditating.

Sometimes, the circle is defined by something in the physical world, such as a ring of candles or scarves, or perhaps just symbolic items at the four cardinal points to represent the elements. Other times, it is defined simply on the energetic plane.

Circle of protection /magic circle serves two main purposes.

**First it provides protection.** When you cast a circle, you cast it with the intention that only positive and beneficent energies may enter or dwell within. This way, when you open yourself up to the energetic realm, you need not worry about picking up any energies or currents that are not for your highest good or the highest good of your or your work.

**Second, the circle serves as a container for your personal energy as well as the energy you conjure.** Your power as a healer or magical practitioner is clarified and magnified by the circle, sort of like a megaphone. Or, more accurately, have you ever put a cell phone in a cereal bowl to amplify its sound? It is a lot like that.

Here is another metaphor for you: imagine the energy you raise during your healing is like making homemade soup. You add a little of this and a little of that in order to create the intentional flavor you desire. The circle would be your pot. If you tried putting the soup ingredients together *without* a pot, they couldn't gather, mix, or...you know...be soup.

Many magical practitioners cast circles in many ways. I'm going to share my go-to method, which is very much on the simple side. You can start here. Once you're familiar with the practice and the energetics of it, you can add your own flourishes or techniques and generally make it your own.

### **First find out your directions.**

If you don't already know them, find the four cardinal directions using a compass (there is probably one on your smart phone).

Stand in Gassho facing east, in the center of the circle. Relax and breathe until you feel calm, centered, and present. Envision the wind whipping around you and get really in tune with the element of air. Simply say, "Spirits of Air, I call on you."

Turn to the south. Envision crackling flames and the noonday sun. Get in tune with fire and say, "Spirits of Fire, I call on you."

Turn to the west. Envision flowing water in waves and waterfalls and streams, possibly moving around your body. When you feel attuned with water, say, "Spirits of Water, I call on you."

Turn to the north. Conjure up the scent of the earth after it rains. Imagine the silence and darkness of a cave and the rooted feeling of being barefoot on the earth. When you feel attuned, say, "Spirits of Earth, I call on you."

Still facing north, become aware of your feet and send a column or roots of light deep into the core of the Earth. Bring golden white light up from the center of the earth and into your body. Say, "Mother Earth, I call on you."

Next, send branches or a column of light up from the crown of your head, out of the earth's atmosphere and into the Infinite Cosmos. Bring golden white light down from the Cosmos and down into your body. Say, "Father Sky, I call on you."

### **Invite in Guides**

Invite all beings of the highest vibration, with the greatest intention and Divine Love to assist in this healing today.

Within your magic circle, feel protected and contained on all sides, as well as from above and below. Feel gratitude for this Divine support and say, "Thank you, thank you, thank you."

## **Insightful Guidelines to Welcome the Joys of Reiki**

on August 7, 2020

*Article by Andrea Kennedy*

New practitioners often have strong motivations to help others and save the world. While this is commendable, there are some points to remember.

First, ***you were drawn to Reiki for yourself as well. Do not overlook your needs for healing, balance, and insight that Reiki offers.*** It will always make you a better healer to continue to heal yourself. In the past, many falsely believed that when one spent time bettering themselves it was a sign of self-centeredness. Today, self-care is regarded as a positive part of wellness practices. Reiki is a powerful gift we have to heal ourselves and proceed down a path of well-being, peace, love and understanding. As we heal, our energy changes in ways that positively affect others without us even trying. So, in fact, we are helping others indirectly and automatically through our own healing.

***Please consider ways to incorporate Reiki into everyday life.*** I recommend beginning each day with self-Reiki even before your feet touch the floor. By spending as little as 10 minutes placing your Reiki hands on yourself, you have the ability to set the tone for the day. You may use this few minute to meditate on an affirmation or goal you have been focusing on, review one or more Reiki precepts or perhaps simply enjoy the energy. There are no rules to follow but the regularity of daily self-practice is an important key to seeing deeper results.

***Secondly, trust Reiki!*** As healers, we possess a strong desire to do our best in creating specific results for those we help. Remember that the very nature of Reiki is that IT knows how to help someone for their highest good and, therefore, does not rely on our direction. However, we may feel pressure to seek knowledge about chakras, meridians, emotional causation of disease and other information in an effort to help boost the results of our sessions.

While educating ourselves surely has value, so does remembering that Reiki does not require anything of you as a practitioner. Sometimes knowing more (or thinking we know more) can make it harder for us to energetically step aside for Reiki to flow freely.

***In fact, we do not even need to know what is ailing our client for Reiki to help them in profound ways.*** I understand this personally from my own practice and can attest to clients reporting astounding and unexpected positive results when we had not previously met, and I was told nothing of their conditions prior to the session. Instead of relying on prior knowledge, it is always best to quiet the mind and allow Reiki to guide each session. Utilize hand positions and techniques you have learned but listen to the guidance in each moment of the session. By doing this, you are an instrument of the Reiki energy in service to the highest good of whomever you are blessed to work with in the Reiki space. Perhaps this is best described as ***being Reiki in contrast to doing Reiki.***

***Finally, practice, practice, practice!*** There is nothing like the experience of giving and receiving Reiki. Practice often and notice what you notice. Perhaps keep a journal to record your experiences and insights as you deepen your relationship with Reiki.

Welcome to the possibilities, mysteries, and joys of Reiki!

**It was an honor to assist you on your journey today. Excellent Job!!!**

**Please feel free to contact me at any time. See Reiki Level 2 and many more courses at [www.blendedspiritacademy.com](http://www.blendedspiritacademy.com)**

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