



GETTING STARTED WITH

# REIKI

A beginners guide

by

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## YOUR ATTUNEMENT

Congratulations on becoming attuned to Reiki Usui!

An attunement (initiation as it used to be referred to) does many things but one of the most important things it does is attempt to clear you and raise your vibrations. Some have a hard time adjusting after the attunement and request to get de-attuned. There is no such thing. The reason some don't feel right after an attunement is because they are not use to how it feel to be cleared to the point they are. For many it is their first time doing something that clears themselves. If you have been skinny all your life do you think you would be comfortable suddenly being 300 lbs? No you would have to adjust to it. Adjust to a state you have never experienced before. You have to be willing to hang in there and see it through. Even those who are being guided to become attuned to Reiki Usui may feel uncomfortable or what they perceive as “not quite right” for a period of time. Just because you were guided to it does not mean you won't have an adjustment period. You may think to yourself “If this was something I was suppose to do then it would feel right to me?” Says who? Be careful of thinking in that way. If it is a part of your belief system ask yourself if it is time to get rid of that old belief now.

So the first thing to understand is that this is a new experience for you. You are going some where you have never been before in this lifetime. Give yourself the time to adjust to what it feels like to be clearer and what it feels like to be at a slightly higher vibration.

Everyone's attunement experience is different. Some have amazing experiences that change them forever and others have very subtle experiences. If you don't feel much that does not mean the attunement didn't work it just means you will need to do a little work on yourself to gain the level of clarity needed. If you didn't feel any energy or you don't feel energy from your hands then I would ask you "Do you normally have the ability to feel energy?" The ability to feel energy is a psi, or psychic ability, called clairsentience. Some feel energy stronger than others because they have the ability to and also are clear enough for that ability to work for themselves.

It is not unusual for one hand to feel energy stronger than the other hand. Often a person will feel less from their non-dominant hand. So don't worry if you only feel energy very strongly in one hand.

You have started down a path that takes a little commitment on your part. Just a little work but nothing that will take much time out of your day.

## LET'S GET STARTED!

This guide is meant to get you started and on your way to being a strong and effective Reiki Practitioner even if you only plan to use Reiki on your self, family and pets.

- Drink plenty of water! A person with higher vibrations requires more water.
- Channeling energy depletes vitamins and minerals. Consider taking vitamin supplements.
- Meditation is necessary for many reasons. Healing and energy work (all forms of manifesting) require good focus and meditation will help you learn to focus intently.
- Work on yourself! Anything that bothers you and really any experiences you have in life point to something you need to work on within yourself. Constantly be working on yourself. Read a little everyday. I recommend the book “The Law of Spirit” by Dan Millman as well as “The Human Aura” by Elizabeth Clare Prophet.

## FIRST 30 DAYS

The first 30 days you will be working on yourself. Working on continuing the process of clearing yourself, raising your vibrations and learning to use Reiki Usui. The attunement doesn't solve all your issues, it is just a good start that you must continue.

Some truths to ponder daily during the next 30 days...

- You do not heal. You are a conduit for healing energy. You are a channel for healing energy.
- You are always working towards being aware of the guidance intuitively when using Reiki.
- Energy is intelligent. It will go where it needs to.
- You can not heal everyone. Healing can manifest if it is not against God's will...the will of the Universe. Some times things happen that is a person karma or a lesson they planned to learn or an experience they planned to have in this lifetime.

## WEEK ONE

- Do pranic breathing for 12 breaths in and out before meditation.  
<http://www.sherryspeaks.com/2008/03/pranic-breathing.html>
- Meditation daily at least 10-15 minutes to start with. Meditation on nothingness and attempting to not feel your body and only yourself as a ball of light. See section titled “Meditation”
- Learn how to ground by using the guided grounding video.  
<https://www.youtube.com/watch?v=T2rdMsFWVk0>
- Learn about protection. See the section titled “Protection”
- Research the chakra system and learn the basics. You will need this understanding not only for yourself but also to be prepared to help others. <http://www.sherryspeaks.com/2015/03/the-chakra-system.html>
- Daily practice Reiki and drawing symbols. Remember to GROUND AND PROTECT YOURSELF FIRST. Symbols can be drawn in the air or visualized. Symbols can be drawn over a person, place or thing or visualized being drawn over a person, place or thing. Intent gets it done! Practice flowing energy. This is not hard to do. Stand or sit with good posture as you imagine energy flowing into your head/crown, through you, down your arms and out your hands. As you do this your thoughts should be still as you attempt to feel the flow of energy. Notice any tingling sensations, heat or cold, etc. As you flow the energy out imagine it being bright white and going out and surrounding the Earth with the intention of it helping to heal the planet. Remember, the more you use Reiki the more effect you will be and the stronger a healer you will become. As you practice this energy will also to healing you as well.

## WEEK TWO - FOUR

- Do pranic breathing for 12 breaths in and out before meditation.  
<http://www.sherryspeaks.com/2008/03/pranic-breathing.html>
- Before meditation ground, protect, cut cords, clear and balance your chakras. See the sections on “Cutting Cords” and “Performing Chakra Work”. Spend 30 seconds to one minute per chakra. For the first 30 days always work from the foot chakra up instead of from the crown down.
- Meditation daily at least 10-15 minutes to start with. Meditation on nothingness and attempting to not feel your body and only yourself as a ball of light. See section titled “Meditation”
- Learn how to ground by following along to the guided grounding video.  
<https://www.youtube.com/watch?v=T2rdMsFWVk0>
- Learn about protection. See the section titled “Protection”
- Daily practice Reiki and drawing symbols. Remember to GROUND AND PROTECT YOURSELF FIRST. Symbols can be drawn in the air or visualized. Symbols can be drawn over a person, place or thing or visualized being drawn over a person, place or thing. Intent gets it done! Practice flowing energy. This is not hard to do. Stand or sit with good posture as you imagine energy flowing into your head/crown, through you, down your arms and out your hands. As you do this your thoughts should be still as you attempt to feel the flow of energy. Notice any tingling sensations, heat or cold, etc. As you flow the energy out imagine it being bright white and going out and surrounding the Earth with the intention of it helping to heal the planet. Remember, the more you use Reiki the more effect you will be and the stronger a healer you will become. As you practice this energy will also to healing you as well.



## MEDITATION

Through meditation you are learning to quiet and still your mind. Being able to quiet your mind is very important when it comes to being able to focus well enough to manifest something such as a healing. Another benefit of meditation is training your brain to be able to quickly access certain brainwave states. Certain abilities such as healing and manifesting anything are more effective with intent focus.

For a simple meditation sit with a good posture. Good posture is needed so energy can flow through your body unhindered. Close your eyes and begin purposeful breathing. Concentrate on your breathing clearing all thoughts from your mind. As a thought enters your mind brush it away and refuse to give it any attention. Until your mind gets accustomed to a state of silence thoughts will pop up here and there. Just brush the thoughts away and continue to focus on your breathing. You will notice the more you practice meditation the easier it will become to quiet your mind for longer and longer periods of time.

As you get better at meditation and keeping your mind quiet you will find you are able to go to lower brainwave states. Eventually it will be easier for you to intuitively receive guidance when performing a Reiki healing. It is best to note anything you get in a journal for future reference since sometimes you won't understand right away the things you are getting but they may make sense to you at a later date.

Meditation is also a great way to practice visualization. During meditation create a scene in your mind. Maybe it will be a beautiful place next to a waterfall with the most exotic flowers you have ever seen or possibly you will choose to visualize yourself in a convertible sports car taking a scenic route with the wind blowing through your hair and the warm sun on your face. Not only can you experience this through the visualization but you can practice actually feeling it and hearing the sounds as well. In this way meditation becomes a way to develop your intuitive abilities.

You can also meet and talk to your spirit guides in meditation. Before meditating have the intention that you will meditate with the purpose of meeting one of your guides. During meditation, when you are ready, visualize that you are walking down a path in the woods. After a short walk you come to a small clearing and there are benches to sit on. Visualize that a path leads into the clearing from the other side of the clearing. This is the path your guide will walk in from. Patiently wait in meditation in this clearing for your guide to come, sit and talk with you. Once your guide comes through the path into the clearing notice what they look like and what they are wearing. Greet your guide and thank them for coming before you start asking questions. After the meditation be sure to write down the details of your experience in your journal.

# PROTECTION

## **Basic Protection**

Simply affirm "I surround myself in Christ White Light of love and protection" as you visualize yourself being surrounded by a bubble of bright white light. Do this every morning and anytime you feel anxious or fearful. Also before going to bed. It is all in the intention so feel free to state what can't through your bubble of protection. In the beginning you may feel the protection is not working or not having much affect. The more you practice protection the stronger it become as you build up your energy and visualization skills.

## **More about Protection**

One of the most important things I must mention is that if this is new to you, it takes time to build and strengthen your protection. In the beginning it will not be strong and you may even feel as though the protection/shield you are putting up is not working at all. Well it is part a state of mind. If you believe in it then it is real and it works. But in the beginning it is hard for some to imagine that just visualizing a shield actually works. Some have a hard time believing in that which they cannot see. In that regard you can understand why it takes time. Also it takes time to build up your energy. Although I am not recommending this but for me it was a little bit easier because before I began practicing protection I had been attuned to Reiki. This of course increase my energy and vibration. Also I had gotten into the habit of praying several times a day so I would use prayer in conjunction with my protection. I simply

believed that nothing could conquer a prayer and so that was true for me because I sincerely believed that. Also i often practiced visualization (something you would also want to practice when for developing clairvoyance) and this helped me to visualize my protection better. With that said I want to go over some methods of protection.

### The Simple Bubble Protection

This one is a great one to start with. Simply visualize (eyes open or closed whichever is easier for you) an opaque and solid bright white bubble surrounding you. It does not matter its shape. Just go with what comes to you as far as the shape. It should extend about a foot around you and don't forget to focus just as much attention to the part of the bubble above and below you. Visualize that anything that touches your shield will go over and around it and not penetrate it. Also visualize that when your shield comes in contact with another person that it will bend but not break. Hold the visualization of your shield for at least a minute or two and then you are ready to go about your day like normal. Rest assured your shield is there and moves with you.

### The Mummy Wrap

I love this one because for me it is an easier one for me to visualize for some reason. You know how a mummy is wrapped. We are going to do the same thing but our material will be bright white light that we are wrapping ourselves with. Start by visualizing a bright white ball of light above your head. Visualize it as long as you need to for you to attain the most brightness possible. Next imagine that a bright white light ribbon begins coming out of

the ball and begin visualizing it wrapping around your head. Leave an appropriate space between yourself and the ribbon. Continue wrapping yourself and as you do imagine that it is like glued in place with no spaces. When you get to your feet visualize it wrapping underneath your feet and completely surrounding you. Hold this visualization for a minute or two.

### Burning Flame Protection

A protection such as this would be used for emergency situations and for short amounts of time since it takes more of your energy. If you suddenly find yourself in a highly negative environment or situation or you are under psychic attack would be example of times when this type of protection will come in handy. It does require more focus and concentration, so if you have been meditation 10-15 minutes a day you should be able to accomplish the focus you need easily enough.

Stand with feet together and arms at your side. Breathe and go inside yourself deep into your center where there is your intense powerful source of energy. Let me not that I usually visualize bringing energy in and down through my crown and into my stomach from the sun. The sun is hot right? So I find this helpful for this type of protection. I buildup the energy in my stomach and then visualize that in my center a flame is burning that grows larger and larger until it bursts and is burning from your center all the way outside yourself bursting into a bright blue flame with the curved base of the flame under your feet and the tip of the flame above your head. This flame will not burn you but will stop anything from being able to come close to touching you. Try to keep part of your focus on this flame as you are in the negative situation. As

you breath and exhale imagine your exhaling fueling the fire. Of course you really need to practice this protection method before you actually need to use it.

### **About Colors and Patterns**

There are other things you can do to strengthen the basic protection and the mummy protection. Visualize blue light or other colors that you feel moved to used. Try various colors to see their effect and see if you find a color of protection that works better for you or better in certain situations.

Visualizing protection that has constant changing color patterns is very hard to penetrate because it is every changing. You can also experiment with the shape of your protection.

## CUTTING CORDS

Cutting cords is actually very easy. The actual “how to” is simple.

It is a matter of visualization and those of you who are great visualizers or day dreamers will find it easier. Not to worry though, the more you visualize the better and easier it will get.

To cut cords (attachements from you to others that form throughout the day everyday) from someone visualize seeing cords attached to you.

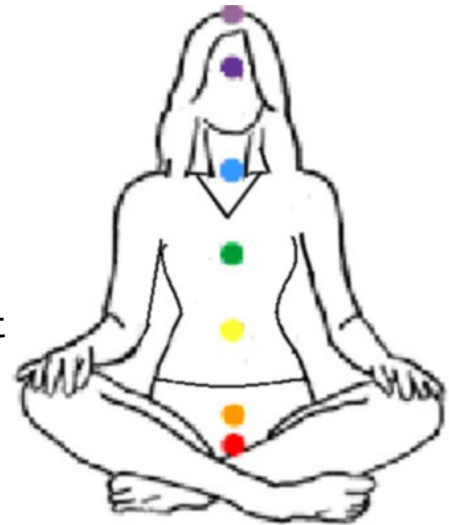
Imagine/visualize yourself grabbing all the cords that are attached to your chakras both from the front and back. See yourself hold the cords in one hand and cutting them with a knife that is in your other hand. As you cut the cords imagine/visualize seeing people that are at the other end of the cords floating up and away from you and out far into space. Do this at least three times in a row.

Pay attention to what you feel. When you have finally severed all connections you should feel a lightness or a lifting of the affects of the connections.

# PERFORMING CHAKRA WORK

## Opening and Clearing the Charkas

To work the chakras you need to focus on one chakra at a time starting from the bottom up, foot chakra up to crown chakra. You can either stand or sit with feet flat on the floor as long as your spine is straight.



1. Begin with purposeful breathing. Exhale slowly expelling all air from your lungs. Hold your breath for a count of four or five and then inhale slowly. Hold your breath for a count of four or five. Continue this purposeful controlled breathing as you are opening and clearing your chakras.
2. Ground down through to the core of the earth before you begin to open and clear your chakras. See roots similar to a tree trucks growing out of your root chakra and growing down your legs. Once the roots reach your feet see root also growing out of your feet as well and all roots growing down through the earth. See the roots growing deeper and deeper through the earth until finally reaching the core of the earth. Take your time. See the roots merge into the core of the earth. You can also see your roots merge into a crystal that is at the core of the earth such as a citrine, clear quartz, rose quartz, or hematite crystal. Visualize that energy is now coming up your roots from the core of the earth or from



- the crystal at the core if you chose to visualize grounding into a crystal. See the energy as a bright white ball of energy that is cleansing. See the energy from the core of the earth traveling up until it reaches your feet.
3. Visualize the bright white ball of light surrounding your foot chakra at a point between your feet at the level of the soles of your feet. See your hands prying it open like the petals of a flower. Imagine the bright white light is cleansing it and it becoming a clearer brighter golden brown. Spend 10 to 15 minutes visualizing your foot chakra as a disc shape spinning very fast clockwise. It is important to see all your chakras spinning clockwise because if they are spinning counter-clockwise that means they are blocked. Try to feel the energy that is at your foot chakra as it clears.
  4. Visualize the energy that is from the core of the earth continuing its travel upwards from your foot chakra. See it traveling up your legs as a ball of bright white light until it reaches your root chakra located at the base of your spine. See it as a closed red flower or a red ball. See your hands prying the root chakra open. Imagine the bright white light is cleansing it and it becoming a clearer brighter red. Spend 10 to 15 minutes visualizing your root chakra as a disc shape spinning very fast clockwise. As you move up from chakra to chakra visualize that you see all the chakras below spinning fast, clockwise, and at the same speed.
  5. Visualize the energy that is from the core of the earth continuing its travel upwards from your root chakra to your sacral chakra which is a couple of finger widths below your belly button. See it as a closed orange flower or an orange ball. See your hands prying the sacral chakra open. Imagine the bright white light is cleansing it and it becoming a clearer brighter orange. Spend 10 to 15 minutes visualizing your sacral

chakra as a disc shape spinning very fast clockwise. As you move up from chakra to chakra visualize that you see all the chakras below spinning fast, clockwise, and at the same speed.

6. Visualize the energy that is from the core of the earth continuing its travel upwards from your sacral chakra to your solar plexus chakra which is about three finger widths above your belly button. See it as a closed yellow flower or a yellow ball. See your hands prying the solar plexus chakra open. Imagine the bright white light is cleansing it and it becoming a clearer brighter yellow. Spend 10 to 15 minutes visualizing your solar plexus chakra as a disc shape spinning very fast clockwise. As you move up from chakra to chakra visualize that you see all the chakras below spinning fast, clockwise, and at the same speed.
7. Visualize the energy that is from the core of the earth continuing its travel upwards from your solar plexus chakra to your heart chakra which is located in the middle of your chest. See it as a closed green flower or a green ball. See your hands prying the heart chakra open. Imagine the bright white light is cleansing it and it becoming a clearer brighter green. Spend 10 to 15 minutes visualizing your heart chakra as a disc shape spinning very fast clockwise. As you move up from chakra to chakra visualize that you see all the chakras below spinning fast, clockwise, and at the same speed.
8. Visualize the energy that is from the core of the earth continuing its travel upwards from your heart chakra to your throat chakra which is located at the base of your neck. See it as a closed sky blue flower or a sky blue ball. See your hands prying the throat chakra open. Imagine the bright white light is cleansing it and it becoming a clearer brighter sky blue. Spend 10 to 15 minutes visualizing your throat chakra as a disc

shape spinning very fast clockwise. As you move up from chakra to chakra visualize that you see all the chakras below spinning fast, clockwise, and at the same speed.

9. Visualize the energy that is from the core of the earth continuing its travel upwards from your throat chakra to your brow chakra/third eye which is located between and about a fingers width above your eyebrows. See it as a closed indigo flower or an indigo ball. See your hands prying the brow chakra open. Imagine the bright white light is cleansing it and it becoming a clearer brighter indigo. Spend 10 to 15 minutes visualizing your brow chakra as a disc shape spinning very fast clockwise. As you move up from chakra to chakra visualize that you see all the chakras below spinning fast, clockwise, and at the same speed.
10. Visualize the energy that is from the core of the earth continuing its travel upwards from your brow chakra to your crown chakra which is located just above the top of your head. See it as a closed white/gold flower or a white/gold ball. See your hands prying the crown chakra open. Imagine the bright white light is cleansing it and it becoming a clearer brighter white/gold. Spend 10 to 15 minutes visualizing your solar plexus chakra as a disc shape spinning very fast clockwise. As you move up from chakra to chakra visualize that you see all the chakras below spinning fast, clockwise, and at the same speed.

As you work the chakras daily you will realize that you can feel the flow of energy through them. One of your goals is to make all the chakras spin fast but also to get them to all spin the same speed and all clockwise. Sometimes what happens is that before a person starts working on opening and clearing their chakras they are spinning the wrong direction. Of course if one of them is

spinning the wrong way you can consider that chakra to be blocked and out of balance. By working them everyday, visualizing them spinning clockwise, being bright and clear, and as a last goal see them as being large and extended out from the body you will open them further and balance them more. It is not something that happens over night. On a scale of 1-100% as you continue working on your chakras they are open a greater and greater percentage. They do not immediately become 100% open after clearing and balancing them one time.