

Energy Healing Through Reiki

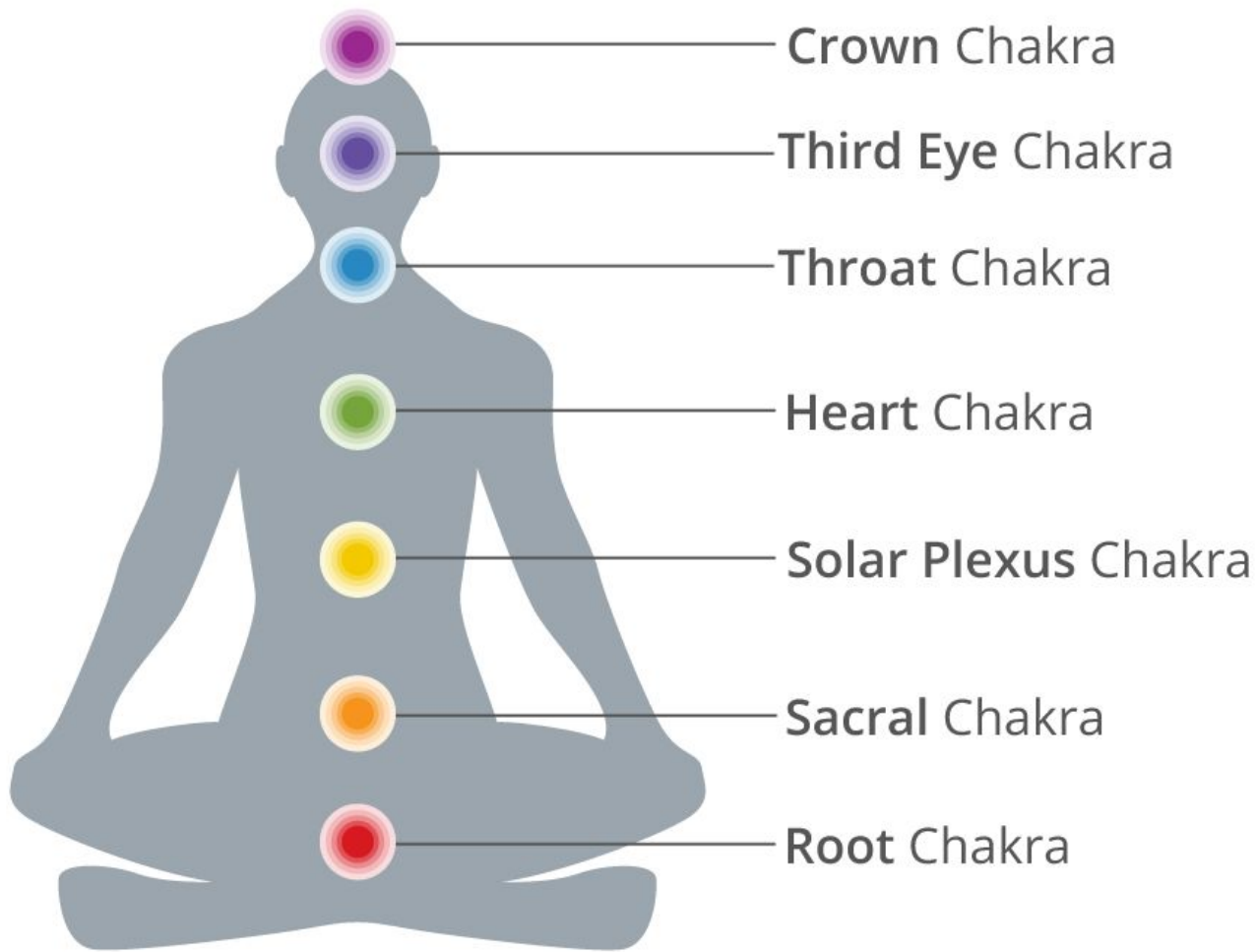
Everything Is Energy

You are energetic beings. You are made up of molecules, and there is more space between them than there is physical matter.

Consciousness is manifesting everything seen and unseen. It is forming the energy in and around us, creating what we consider “reality.”

This includes our physical bodies!

Your energetic body has 7 primary energy centers called, “chakras.” Chakra is a Sanskrit word meaning, “wheel.” These “wheels” turn as the life force energy (prana/chi) moves through us. Each chakra relates to a specific location, function, and color.



THIRD EYE

The center of divine wisdom, the spiritual eye that seeks to know the truth in all things. Rules our intuition, consciousness, perception and imagination.

IN BALANCE
Highly intuitive, strong psychic ability, focused, wise and insightful

OUT OF BALANCE
Emotional, judgemental, unfocused, nightmares, poor memory, migraines

TO BALANCE
Practice visualization.
Spend time absorbing sunlight.
Connect with yourself in yoga.
Keep an intuition journal.
Go stargazing.

AFFIRMATION
"I KNOW myself. I am intuitive with universal wisdom."

Stones: Amethyst, Moldavite, Purple Fluorite, Black Obsidian
Oils: Patchouli, Rosemary, Sandalwood

HEART

An integration point for all chakras. The heart relates to our ability to love, forgiveness, and compassion.

IN BALANCE
Unconditional love, compassion, joy, gratitude, pride and acceptance

OUT OF BALANCE
Jealousy, abandonment, anger, bitterness, fear, rejection, envy and conditional love

TO BALANCE
Reach out to a friend.
Forgive someone.
Do a prana meditation.
Spend time in nature when the air is fresh.
Eat fresh, green vegetables.

AFFIRMATION
"I LOVE from my heart, unconditionally and effortlessly. Love is the answer to everything in life."
Stones: Jade, Rose Quartz, Green Tourmaline
Oils: Rose, Jasmine

SACRAL

It represents vitality, self-gratification, and passion. The sacral relates to reproduction on a physical level, creativity and joy and relationships on an emotional level and our energy and passions on a spiritual level.

IN BALANCE
Passionate, creative, connected to others, strong sense of sexuality

OUT OF BALANCE
Loneliness, addicted, betrayed, low libido, regretful, anxious, guilty, low back pain, urinary problems, allergies

TO BALANCE
Spend time near water.
Go out of your comfort zone.
Explore creative hobbies.
Hydrate.
Try Kundalini Yoga.
Socialize and connect with people.

AFFIRMATION
"I FEEL creative and beautiful. I enjoy a creative and passionate life."
Stones: Carnelian, Citrine, Coral, Moonstone
Oils: Neroli, Ylang-Ylang

CROWN

The highest chakra represents our ability to be fully connected to the source. Guidance from the divine is received here.

IN BALANCE
Strong sense of connection, enlightenment, and spiritual bliss

OUT OF BALANCE
Hopelessness, disconnected, rigid thoughts, depression and confusion

TO BALANCE
Declare your highest intentions.
Release what no longer serves you.
Spend time in meditation and prayer.
Find stillness and silence.

AFFIRMATION
"I AM complete and one with the divine energy."
Stones: Amethyst, Diamond, Clear Quartz, Selenite
Oils: Lime, Frankincense

THROAT

The throat chakra governs our ability to express and communicate clear thoughts and ideas. It is also related to truth, maturity, independence and the ability to trust others.

IN BALANCE
Speaking my highest truth, communicating freely, can also be silent and intuitive

OUT OF BALANCE
Insecurity, anxiety, fear of judgement, powerless to speak out

TO BALANCE
Chant, sing or write.
Explore your inner child.
Drink soup with warming spices.

AFFIRMATION
"I EXPRESS myself authentically and clearly. My thoughts are positive and I am heard."
Stones: Aquamarine, Lapis Lazuli, Turquoise
Oils: Eucalyptus, Lavender

SOLAR PLEXUS

It governs our ability to be confident and in control of our lives. It relates to motivation, willpower, and vitality.

IN BALANCE
Confidence, warmth, determination, self-discipline, reliability, a positive sense of self

OUT OF BALANCE
Low self-esteem, digestive issues, lack of confidence, fear, loss of control

TO BALANCE
Spend time near fire.
Explore chi gong.
Eat fermented foods, ginger, and turmeric root.

AFFIRMATION
"I CAN manifest my dreams. I am empowered and successful in all of my ventures."
Stones: Citrine, Malachite, Topaz
Oils: Citrus, Orange, Pine

ROOT

This is our foundation and connection to the Earth. It connects to our basic human instinct for survival, security and stability.

IN BALANCE
Grounding, stability, instinct, supported, community, tribe, foundation

OUT OF BALANCE
Fatigue, insecurity, addiction, greed, instability, lacking a sense of identity

TO BALANCE
Do some gardening.
Spend time in nature; sit under a tree and feel the Earth beneath.
Eat root vegetables.

AFFIRMATION
"I DO all acts knowing that I am protected, protected and secure."
Stones: Fire Agate, Black Tourmaline, Bloodstone, Tiger's Eye
Oils: Frankincense, Patchouli

You Also Have An Aura

Your aura is the energetic “atmosphere” surrounding your body. As the life force energy moves up from the root and through your chakras, it exits your crown chakra, entering your aura. If your chakras aren’t turning the energy efficiently, it can cause disturbances and stagnation in your body. This can lead to dis-ease and cause your aura to become weaker.

With weakened chakras and aura, your energy becomes more quickly depleted which can expose you to negative energy that would otherwise bounce off of your field.



7 CHAKRAS

and Auric Bodies



Kirlian photography is used to capture the aura present around a person or object.



You can think of it like an electromagnetic field. If you've ever played with magnets and felt the energy of two like poles pushing the energy away, or the two opposite poles pulling themselves together, your body functions similarly.

The law of attraction comes into play... A strong, functioning magnetic field will draw the energy it needs and repel what it doesn't. If you've ever heard someone use the phrase, "raise your vibration/frequency," they're referring to this. Higher vibrational frequencies will draw like energy unto itself and repel lower frequencies, and vice versa.

This doesn't imply that lower energies are "bad." Disturbances in a chakra will affect how your body(ies) respond. This includes how you respond emotionally. Consider how you feel when your vibration/frequency is "low." You are prone to feeling tired, irrational, short-tempered, maybe not thinking clearly, sick, depressed, etc.

Conversely, when your chakras are turning life energy efficiently, you're more able to move into your higher vibrational bodies, allowing you to feel a stronger connection with your "higher self," thinking clearly, sleeping well, communicating well, feeling more emotionally stable, etc.

So What Is Reiki?

Reiki is the process of attuning (tuning back in) to what is intrinsically part of who you are...

Universal Life Force Energy

It is an energy healing modality that is used to “grease the wheels (chakras),” eliminating the disturbances keeping them from moving energy properly.

Think about radio waves. If you're in your car and wanting to listen to the AM/FM radio, you can move through the radio waves and "tune into" a specific radio station emitting a broadcast.

Say you want to listen to the FM station broadcasting on the frequency "98.7." The station is always broadcasting, but if you're not on the correct wave, you'll hear static. Sometimes, you can be on 98.5 and hear music coupled with static, but it's not until you hit 98.7 that it sounds clear.

Reiki (and really any energetic healing modality) uses attunement to ensure you are tuned into the frequency of the Universal Life Force Energy.

Where Did Reiki Come From?

Reiki, like Universal Life Force Energy (or consciousness), has always existed. But a Japanese man, named Doctor Mikao Usui, is who went in search of the healing modality.

The story goes that in the late 1800s, he was learning about the miracles of Jesus. He knew that if one man was capable of such things, it is available to everyone. So, he began his quest to discover the source of such “powers.” Dr. Usui went on a journey of self discovery that led him to Mt. Kurama where he was instructed to fast for 21 days. He sat on the mountain top meditating every day. On his final day, he went into a deep state of consciousness while meditating, and while in this state, the energy of Reiki came to him, showing itself as symbols for him to remember.

It's said that as he was coming down the mountain, he was emanating light and healing those he came in contact with.

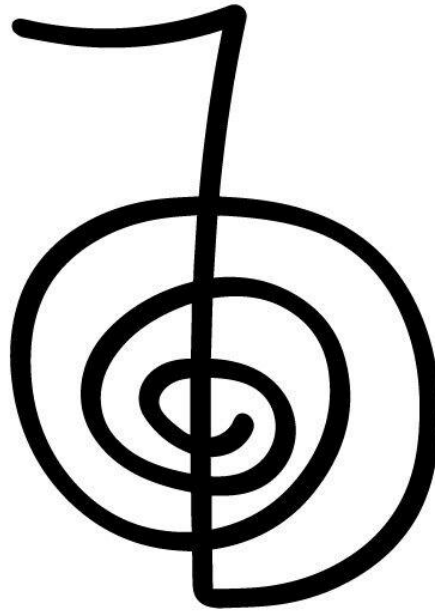
He eventually taught at least two others the Reiki modality, ensuring the practice would continue on after his passing.

The Reiki Symbols

There are several symbols that were imparted to Dr. Usui while on the mountain top, with 5 being primary.

The symbols are simply representations of specific energies. These are applied to the chakras.

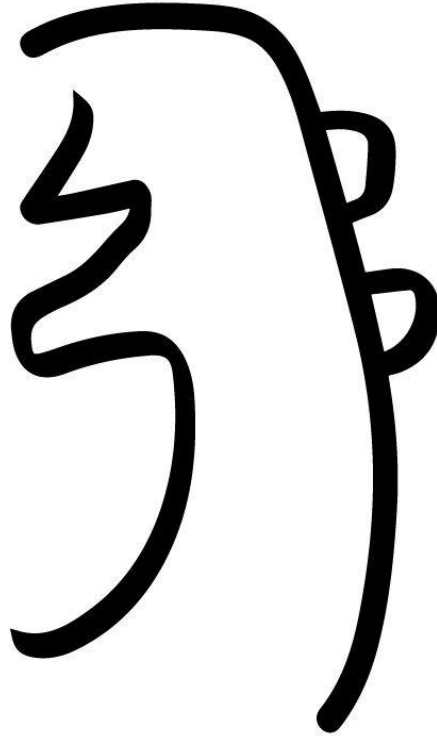
Cho Ku Ray



Cho Ku Rei is known as the “power symbol.” It essentially means “bring the power of the Universe here.”

It’s a pretty universal symbol that can be used for many things, but its main purpose is to increase the power of Universal Energy coming to and through you.

Sei Hei Ki



Sei Hei Ki is known as the “emotional symbol.”

It's more specific in its intent, being used for emotional healing and calming.

Definitions vary, but it means “God and man becoming one.”

You can think of it as the energy that connects you to and reminds you that you are not separate from

Source/consciousness. You are a beautiful, unique raindrop, but you are also the ocean.

Hon Sha Ze Sho Nen

木
卓
念

Hon Sha Ze Sho Nen is a complex symbol known as the “distance symbol.”

It can be interpreted as “the Higher Self in me connects to the Higher Self in you to promote enlightenment and peace.”

Its complexity involves the quantum realm. I won't go too deep into this, but I'll touch on it to explain more.

When we think of distance and time, especially when considering the Universe, it seems incredibly vast, incomprehensible to our human minds. But when considering it on the quantum level, there's no such thing as distance or time.

Science has proven that, through quantum entanglement, a particle can be split into two parts, and regardless of their placement (even if they're on opposite ends of the Universe), a change in one will instantaneously change the other.

Basically, distance and time are illusory within quantum physics.

This means that, with the consent of the participant, Reiki can be done by a Master Reiki Healer from anywhere; it can also affect your past, present, and future by bringing resolution to trauma, and alignment/balance to your current and future circumstances.

This requires the participant to do the work. It's not a magic fix-all, and it's why Lindsey's "wake up and regulate" work is necessary.

Dai Ku Mayo

大
光
明

Dai Ku Mayo is the Reiki Master symbol. It can help reach deep within one's soul.

It calls on the power of the Universe for healing and connecting your mind and body, and it can stimulate and assist in spiritual growth, too.

It's been interpreted to mean, "Great Shining Light." It is cleansing and healing to the body and soul.

Raku



Raku is called the “grounding” or “completion symbol.”

The interpretation of this symbol is essentially “setting in stone” or “sealing” the energy that was called upon during the Reiki session.

It’s used to “ground” the participant into those energies.

Next steps...

1. Do you consent to this Reiki session?
2. Get comfy. Lie down on the floor, couch, bed. Grab a pillow if you want one.
3. I'll play some music while I do Reiki.
4. Notice if anything comes up... It could be a thought, a color, a sensation, etc. If something comes up, remember that. If nothing comes up or if you fall asleep, that's okay, too.
5. I'll let you know when the session is over.

What to Expect Afterwards

Reiki is not dissimilar to other energetic healing modalities... Think chiropractic.

If you had a back injury and went to the chiropractor to get it aligned, you might have to go a few times for the alignment to “stick.” Also, after visiting, you might notice that you feel worse or have symptoms that weren’t there before.

THIS IS NORMAL!

Reiki aligns/balances your energy centers (chakras) and gets energy flowing properly again. You might notice that you begin feeling sick or have a cold, etc. That’s good! It means that your body is moving those stagnant energies out. You may not notice anything at all. That’s also completely normal.

Try to eat nourishing foods, drink lots of water, and get plenty of sleep for a few days.