



Energy Work

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Reiki

What is reiki?

Reiki is God energy flowing through us.

Reiki is not a religion. It has no doctrines or creeds. It resonates directly with the Universal Laws of Consciousness and Love. Reiki meets you where you are; it embraces your philosophical center-point and your understanding of God.

Once you are attuned, you can access this energy at any time. Once you are attuned, you can perform reiki on yourself and others without any special meditations or visualization.

Reiki comes from God and is extremely powerful God- force energy. Reiki is our birthright.

How can I do reiki on myself or others?

Simply placing your hands on yourself or another person, while allowing this energy to flow through, is all you need to do. The reiki energy fills the practitioner first, then it flows through the hands into the individual who is receiving healing.

What must I remember?

We must remember that this is God- force energy. It is neutral and awaits the positive, productive empowerment of the healee. The reiki practitioner plays an instrumental part in healing and transformation, yet ultimately it is the responsibility of the healee to manifest harmony and balance in their life.

When can I use reiki?

Reiki is a tool for any moment, whether it is on-the-spot stress relief, pain relief, or quick energy. No special equipment or environment is required. It is a holistic self- help technique for directing natural life energy. Anyone can direct this energy to meet individual needs.



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What does reiki mean?

- It is pronounced “ray key”
- Rei means “universal” and refers to the spiritual dimension and also to the soul.
- Ki means the “vital life- force energy which flows to all that is alive.
- Reiki is not positive or negative. It is a combination of these qualities.

What is First Degree Reiki?

The first degree is what you will receive in this course. It is an attunement to the reiki ray. Once initiated, it allows the person to channel reiki energy for themselves or others.

By simply placing hands on the intended recipient or area, without any special invocation or thinking process, and opening the heart to love, one automatically brings in the energy.

The first degree is the foundation for all three degrees. The other two degree increase power for distance and emotional/mental healing.

What are the two Precepts of Reiki

1. *We must ask to be healed.* We must open up at the throat level and vocalize. We hear ourselves say, “I want to change where I am; I want to alter my state of existence.” In asking, this becomes a conscious decision at a soul level. As a reiki practitioner, you are rendering service at the request of a soul.
2. *There must be an exchange of energy for services.* This can be a creative exchange such as money or services. Exchanging energy has a value and reflects feelings of worthiness and self-love of the person seeking to change their state of health.



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Where does reiki come from?

- Origination can be traced to ancient Tibet. It was rediscovered by Dr. Mikao Usui in the 1800s. The symbols shown are credited to him.
- It has an oral tradition passed from master to master and student.
- It occurred to Dr. Mikao Usai that Jesus had used the same powers as Buddha in their miracles.
- After great spiritual study, he was given the Five Spiritual Principles of Reiki by his Teachers in Spirit
- There is an extensive history I encourage you to read about further.

What are the Five Principles of Reiki?

Just for today-

I will not worry.

I will not be angry.

I will do my work honestly.

I will give thanks for my many blessings.

I will be kind to my neighbors and all living things.

(You are encouraged to say this affirmation daily.)

How powerful will the reiki I give be?

Attunements affect everyone differently. It depends on the vibratory level you are at when you receive them. If you have been working on expanding your consciousness, reiki attunement will seem like a quantum leap for you. No matter your level, you still receive the same level of ability. The energy that flows through you will continue to expand with your consciousness and spiritual practice.

Reiki can also help you balance the energy centers in your body. An awareness of the chakras can also help with energetic body scans. On the following page, you will find a list of them.



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Chakras

Chakras are the seven different energy centers that compose the human energy system.

Here are some ideas about these subtle energy bodies:

- Most people cannot see them with their physical eyes.
- They can be seen by the third eye with spiritual practice.
- We all have chakras that vibrate at varying levels depending on which segment of our bodies that they are in.
- Here are the chakras from the base of our spine, upward.

1. Root Chakra

Reacts to the color: red

Location: base of the spine

Reacts to the music note: C

Assists: Grounding and balancing; this is our foundation

Connected Emotional Aspects: basic survival needs such as food, money, and shelter

Notes:



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2. Sacral Chakra

Reacts to the color: Orange

Location: lower abdomen

Reacts to the music note: D

Assists: experiences and connection with ourselves and others; relationships

Connected Emotional Aspects: sexuality, well-being, pleasure

Notes:



3. Solar Plexus Chakra

Reacts to the color: yellow

Location: mid-abdomen area

Reacts to the music note: E

Assists: Confidence and self-control

Connected Emotional Aspects: self-esteem, self-confidence, and self-worth

Notes:



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4. Heart Chakra

Reacts to the color: green

Location: heart center

Reacts to the music note: F

Assists: Love

Connected Emotional Aspects: inner- peace, happiness, joy, and love

Notes:



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5. Throat Chakra

Reacts to the color: blue

Location: throat area

Reacts to the music note: G

Assists: Communication

Connected Emotional Aspects: speaking your truth and self-expression

Notes:



6. Third Eye Chakra

Reacts to the color: indigo

Location: forehead, between the eyes

Reacts to the music note: A

Assists: Intuition and decision-making

Connected Emotional Aspects: visions, dreams, imagination

Notes:



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7. Crown Chakra

Reacts to the color: violet

Location: top of the head

Reacts to the music note: B

Assists: Spiritual Connection and bliss

Connected Emotional Aspects: spiritual connection, bliss, and inner & outer beauty

Notes:

Notes for using reiki in coaching sessions:

In week 4, we will explore this further and prepare you to receive.

What questions do you have?

[\(Please add them to the Google document here. Today is simply an introduction; you will gain much more clarity next week and in future classes.\)](#)