



REIKI DISTANT HEALING

Reiki



- Reiki (pronounced “Ray-key”) is a combination of two Japanese words "Rei" and "Ki" and has been defined as “Universal Life Force Energy”
- Life force is the energy in all living things (eg: people, animals, trees, plants). Reiki is a form of energy healing that comes from the universe and then flows through a person who has learned and been attuned to the Reiki energy frequency.
- Reiki is a traditional Eastern healing modality, and much like acupuncture and acupressure, it impacts the energetic systems of the body to promote healing. Reiki treats the whole person, body, mind, emotions and spirit, to achieve balance and restore optimum health.

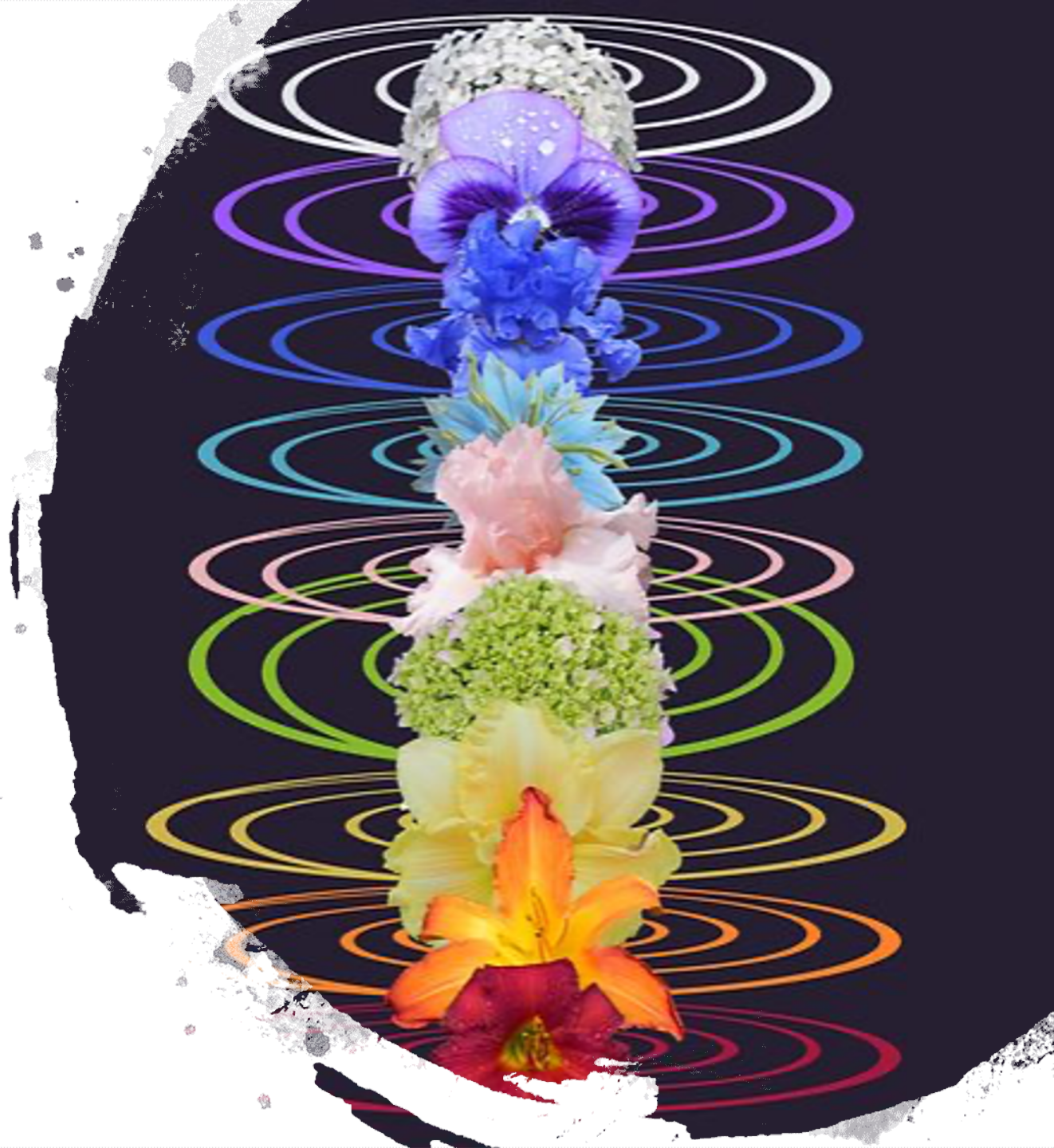
Distant Reiki

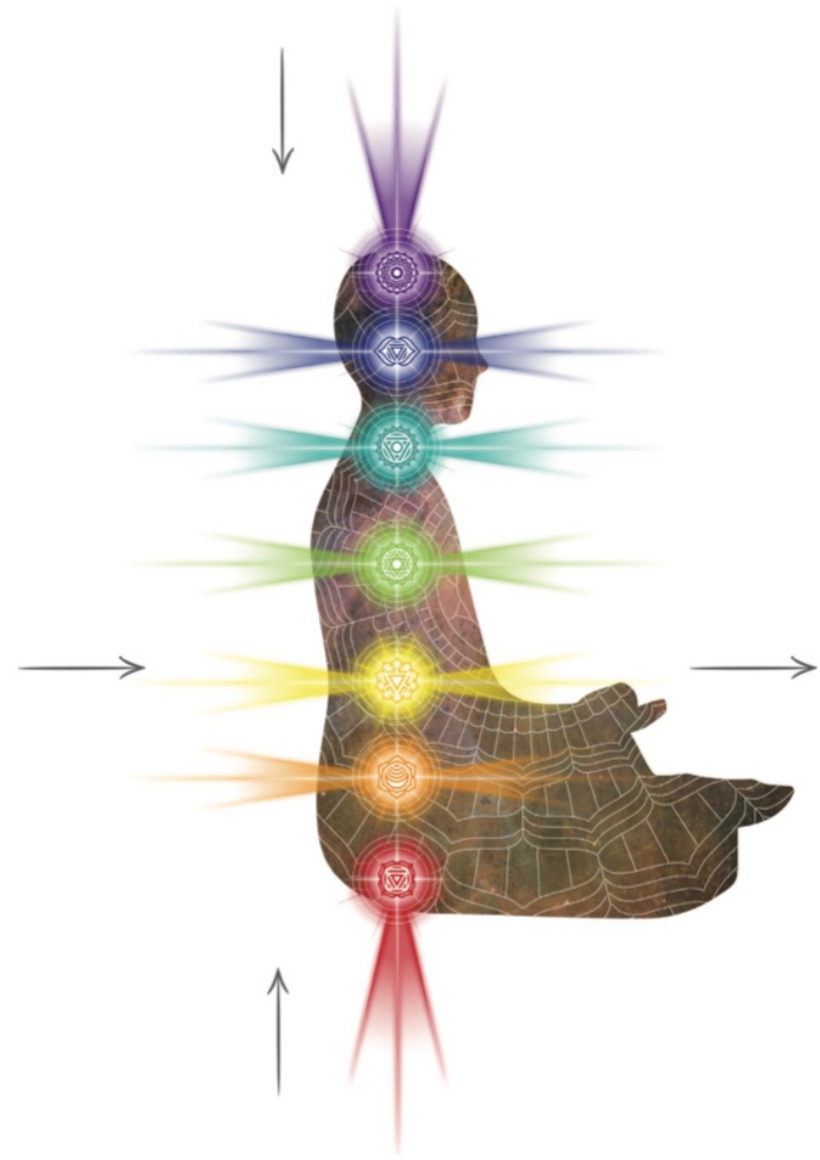
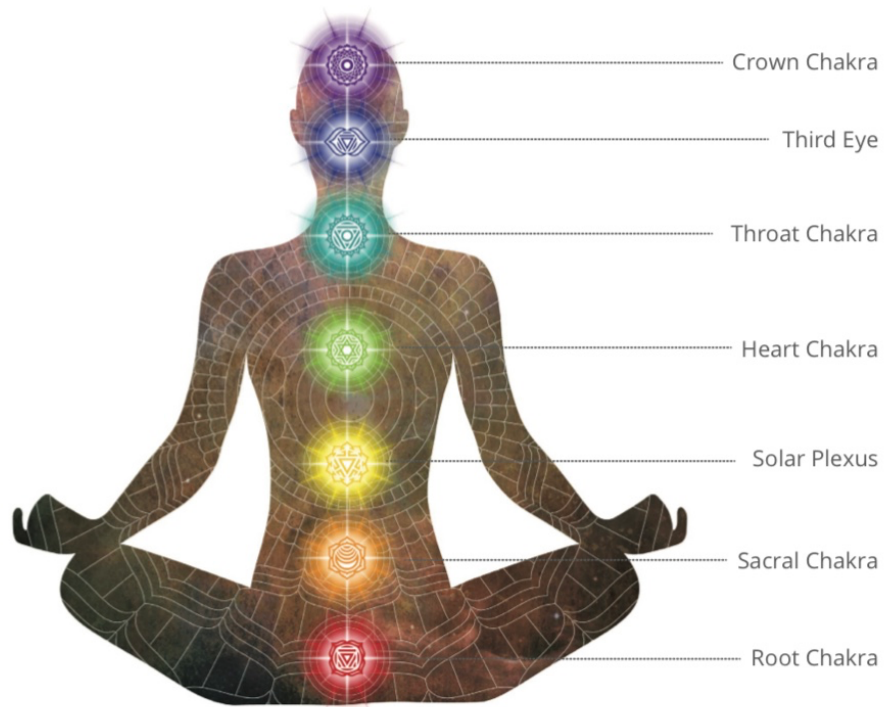


- Reiki is natural healing energy that works on every level, not just the physical level.
 - Reiki is non-invasive and is used holistically to restore balance in mind, body and spirit while promoting the body's regenerative self-healing ability. Its healing energy connects us on an energetic and spiritual level where the healing work is conducted.
 - Our thoughts, emotions, feelings, ideas, perspectives and moral beliefs all exist within us but they are not part of our physical bodies. They are energies that can affect our physical bodies but they are not physical elements.
- Reiki energy connects on our spiritual and energetic levels. Distant Reiki sessions work because energy is not limited by distance. Distance is a physical limitation only
- We accept other energy frequencies that we cannot see, a couple of examples are electricity and radios. Initially, these frequencies were thought to be too unbelievable to be true, but now they are accepted as normal functioning services. In order for them to work, they have to be tuned in and Distant Reiki works the same way.
 - The Reiki practitioner acts as a conduit and tunes the healing energy to the person it is being sent to and then it flows through the energy currents that exist naturally. Distance is not an obstacle for Reiki in the same way that it isn't for cell phones or the internet.

Chakra

- The word “Chakra” means “Wheel” in Sanskrit
- Chakra’s are spinning vortexes that channel energy to and from the Universe. A vortex of energy will form when two or more streams of energy meet. Like weather patterns, moving bodies of wind energy, and the spiral eddies that form on lakes and streams.
- There are seven major Chakras that run along the midline of the body from the pelvic floor all the way to the crown of the head.
- The Chakras run from the back of the body to the front. The back half governs what is received from the Universe and other Beings. It’s where we receive intuitive and guided information.
- The Chakras that are on the front of the spinal column *give* energy and flow outward.
- With exception of the Crown chakra which flows down through the body and the Root Chakra which flows upward through the body.
- Each Chakra governs particular organs, glands, and areas of the body. They also correspond to emotional, mental, and spiritual parts of a Being. Each Chakra is a part of the whole energetic system. They’re never truly separate from one another.
- Traumas, illness, stress, excitement, all aspects of living, will shift and change the energy system, but for optimal health all need to be in balance.





— 1. Root Chakra

“I Do”

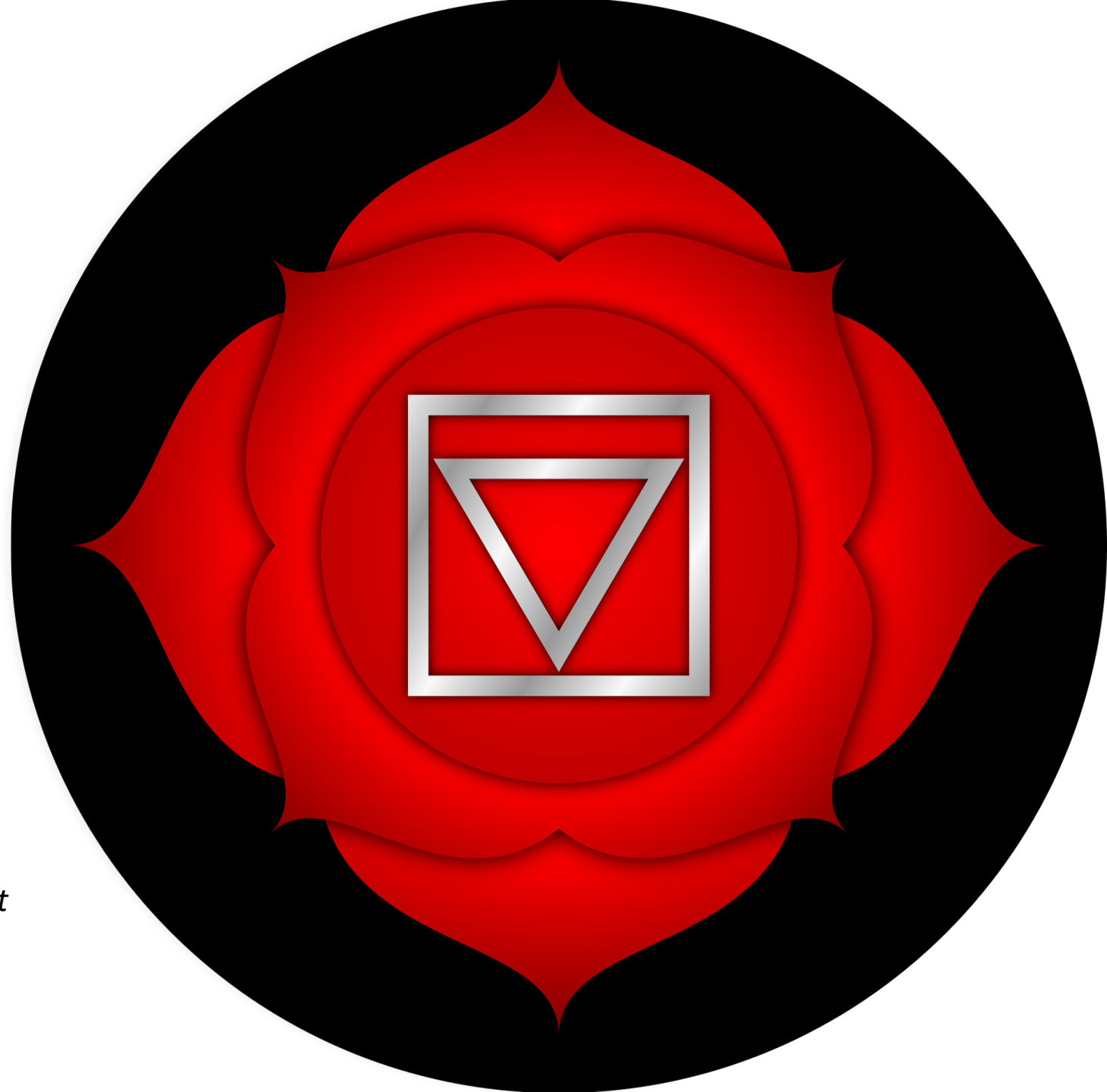
*Grounding *Stability

*Safety *Survival

- This chakra represents the most earth-centered energy, located at the base of the spine.
- Imbalances in this chakra may lead to greed, addictions, money issues, low self esteem and excessive feeling of insecurity.
- To stimulate your root chakra, spend time in nature, exercise regularly, sleep well. Surrounding yourself with the color Red also helps: wear red, use red gemstones, eat red fruit and veggies.

Affirmation:

“I DO all acts knowing that I am peaceful, protected and secure. *My body supports me. The earth beneath my feet supports me, keeping me grounded, safe and secure.*”



— 2. Sacral Chakra

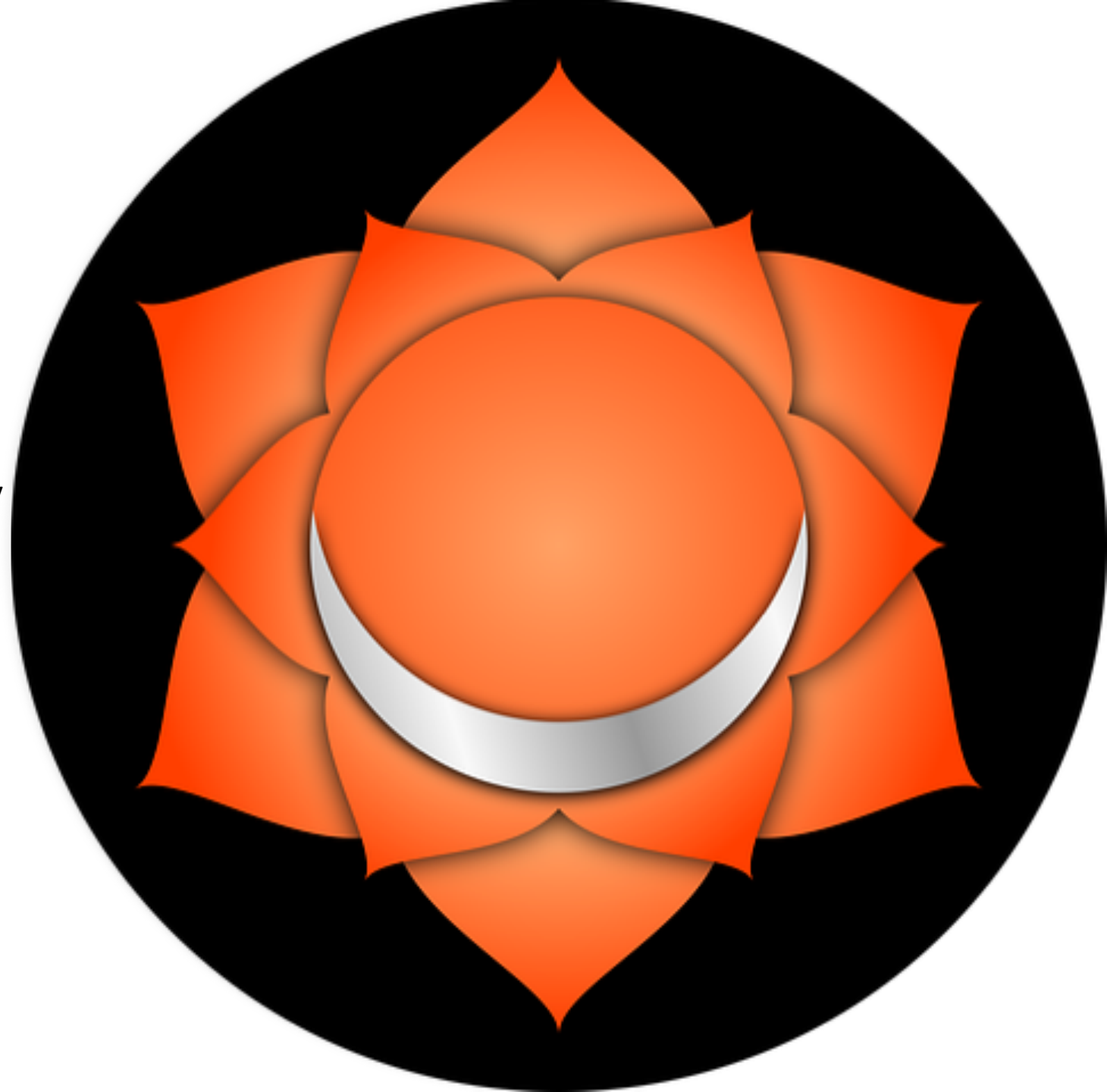
“I Feel”

*Passion *Self worth
*Sexuality *Spontaneity

- Located just below the navel, associated with the emotional body, sensuality and creativity.
- It supports personal expansion and formation of identity through relating to others and the world.
- Imbalances in this chakra may lead to alcohol and drug abuse, low back pain, sexual issues, urinary problems, and allergies.
- Take care of your sacral chakra by being creative, going out of your comfort zone, being around water and surrounding yourself with the color orange.

Affirmation:

“I FEEL creative and beautiful. I enjoy a creative and passionate life. I *create the life that I want and desire.*
My pleasure is a priority. I take care of my needs.”



— 3. Solar Plexus Chakra

“I Can”

*Personal power *Energy

*Metabolism *Confidence

- This chakra is located just above the navel. This chakra connects us with the energy to take action and is the seat of self-esteem and expressing our personal power.
- Blocks in this chakra cause fear of rejection, over sensitivity to criticism, low energy, metabolism issues, hot temper, and anger.
- To avoid that, get sunshine, go on a detox, laugh, do mind puzzles, surround yourself with yellow, include ginger, turmeric, and sunflower seeds into your diet.

Affirmation:

“I CAN manifest my dreams. I am empowered and successful in all of my ventures. *I stand within my power with strength, grace, and serenity. I’m centered within my own energy.*”



— 4. Heart Chakra

“I Love”

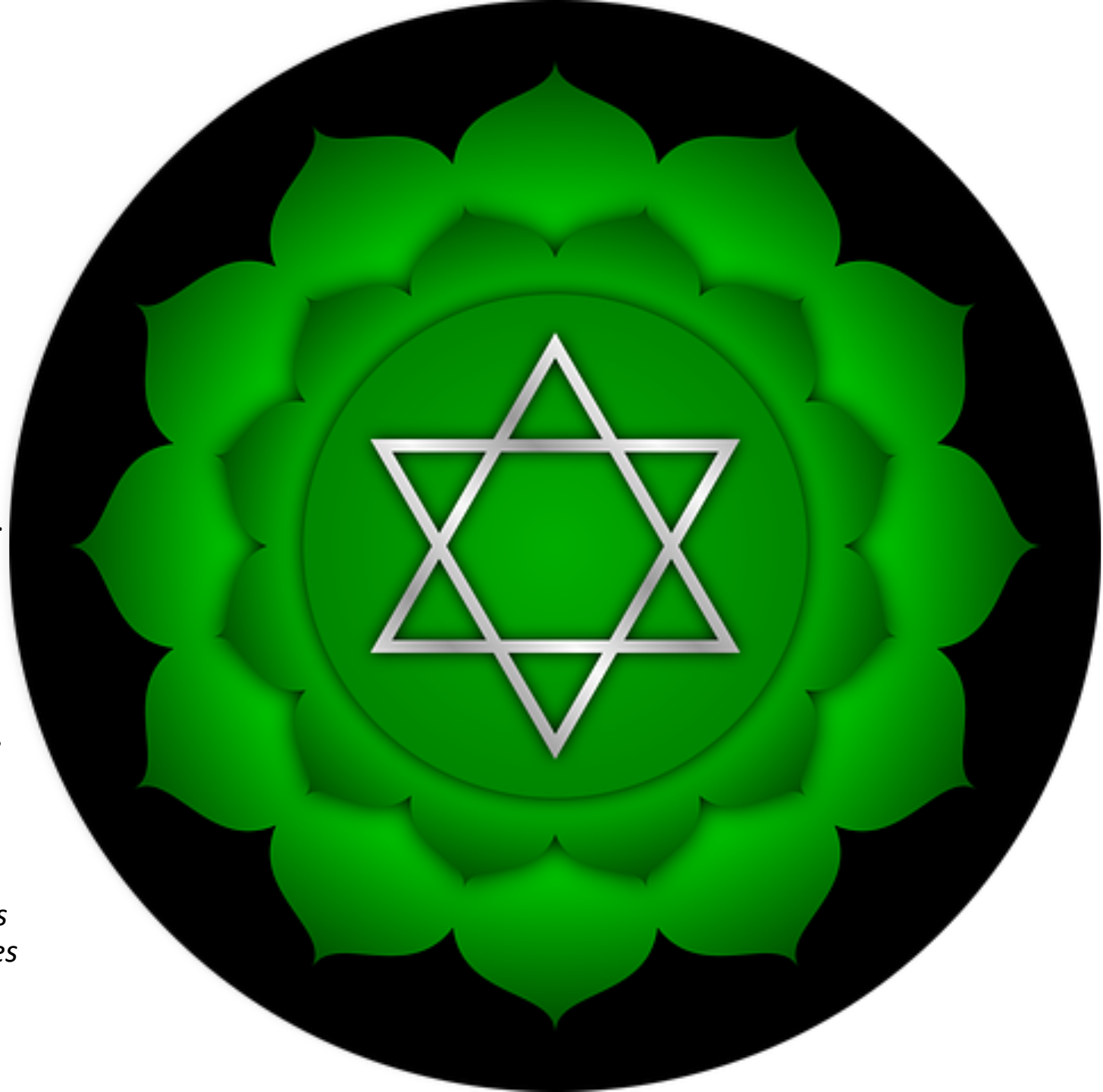
*Trust *Understanding

*Hope *Forgiveness *Love

- When the heart chakra is open, we are able to forgive, our lungs are clear and our immune systems are healthy.
- The Heart chakra is located right in the center of the chest, being an integration point for the seven chakras of the body.
- Blockages in this chakra lead to high blood pressure, circulation problems, chest pains, coldness towards others and despair to have a healthy heart.
- We must allow these suppressed emotions to surface, heal, and fall in love with ourselves, volunteer in your community, reach out to a stranger, forgive, spend time with your loved ones. Lift the sternum, practice pranayama.

Affirmation:

“I LOVE from my heart, unconditionally and effortlessly. Love is the answer to everything in life. I listen to what my heart desires and operate from my intuition. I trust and love myself unconditionally. I give and receive love in equal measure.”



— 5. Throat Chakra

“I Express”

*Listening *Speaking

*Honesty *Creativity

- The throat chakra, located in the center of the throat, is all about choice, willpower, and the right to speak and be heard.
- A healthy throat chakra makes your voice clear and it resonates with truth.
- When imbalanced you can experience communication difficulties, lack of creativity, sore throat, thyroid imbalances, hormonal disorders and fear of speaking.
- To balance this chakra, sing, chanting, write poetry, have meaningful conversations, express yourself through doing what you love, be honest to yourself and others. Surround yourself with blue.

Affirmation:

“I EXPRESS myself authentically and clearly. My thoughts are positive and I am heard. I speak my truth and honor how I feel. I’m confident and excited to share my creative work and express myself in all the ways that bring me joy.”



— 6. Third Eye Chakra

“I Know”

*Connection to higher self

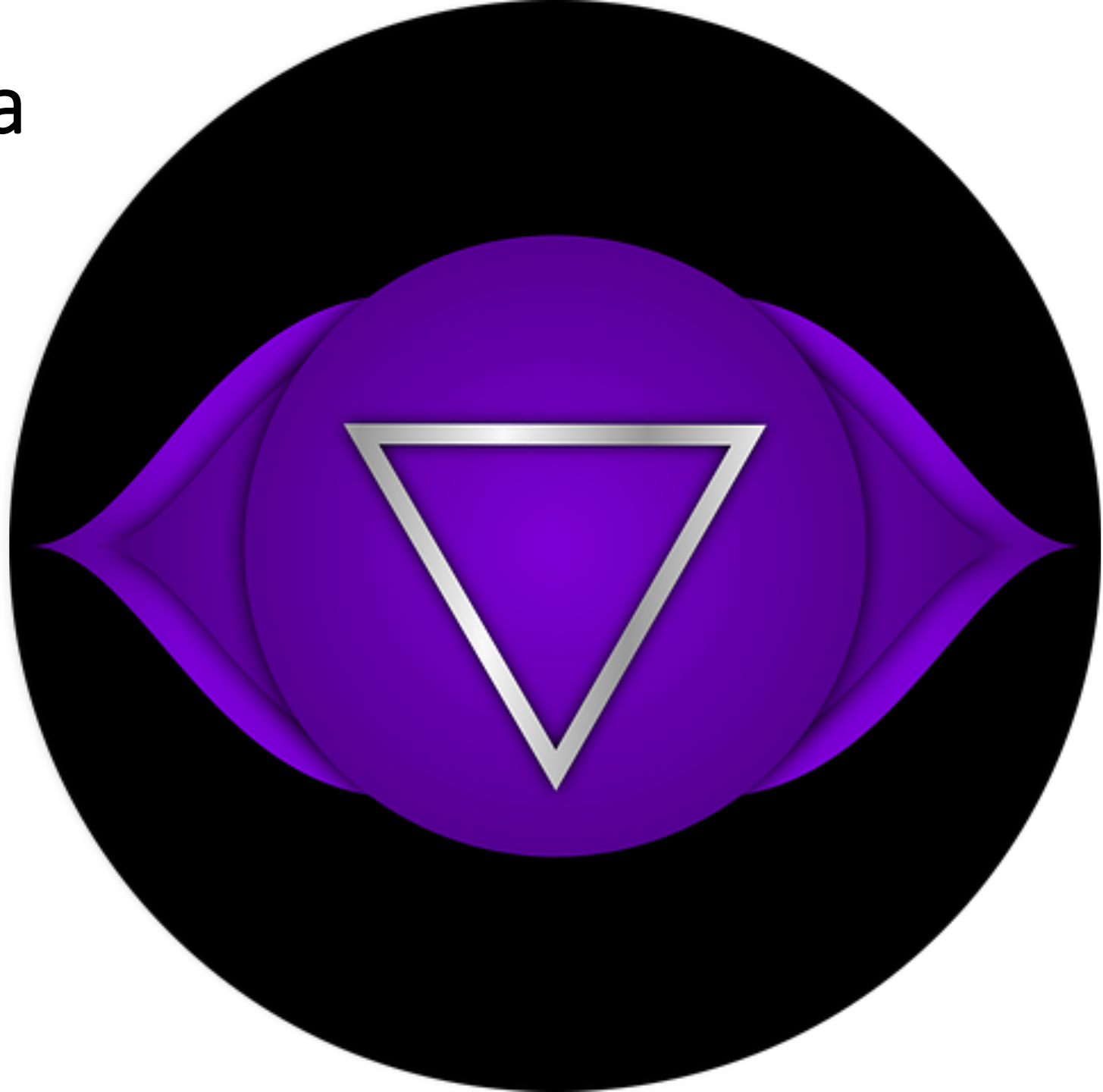
*Power of mind

*Intuition

- Located in the center of the forehead, this chakra is the center of Divine Wisdom, the spiritual eye that seeks to see and know the truth in all things.
- It is associated with psychic abilities, astral projection, inner perception and insight.
- Blocks in this chakra may lead to nightmares, migraines, poor memory, lack of clarity.
- To stimulate the third eye chakra, go star gazing, daydream, visualize, meditate, carry indigo gemstones, use patchouli and frankincense essential oils.

Affirmation:

“I KNOW myself. I am intuitive with universal wisdom. I’m connected to my intuition and my spiritual guidance. I’m balanced within myself and I create my own reality.”



— 7. Crown Chakra

“I Am”

*Universal Consciousness

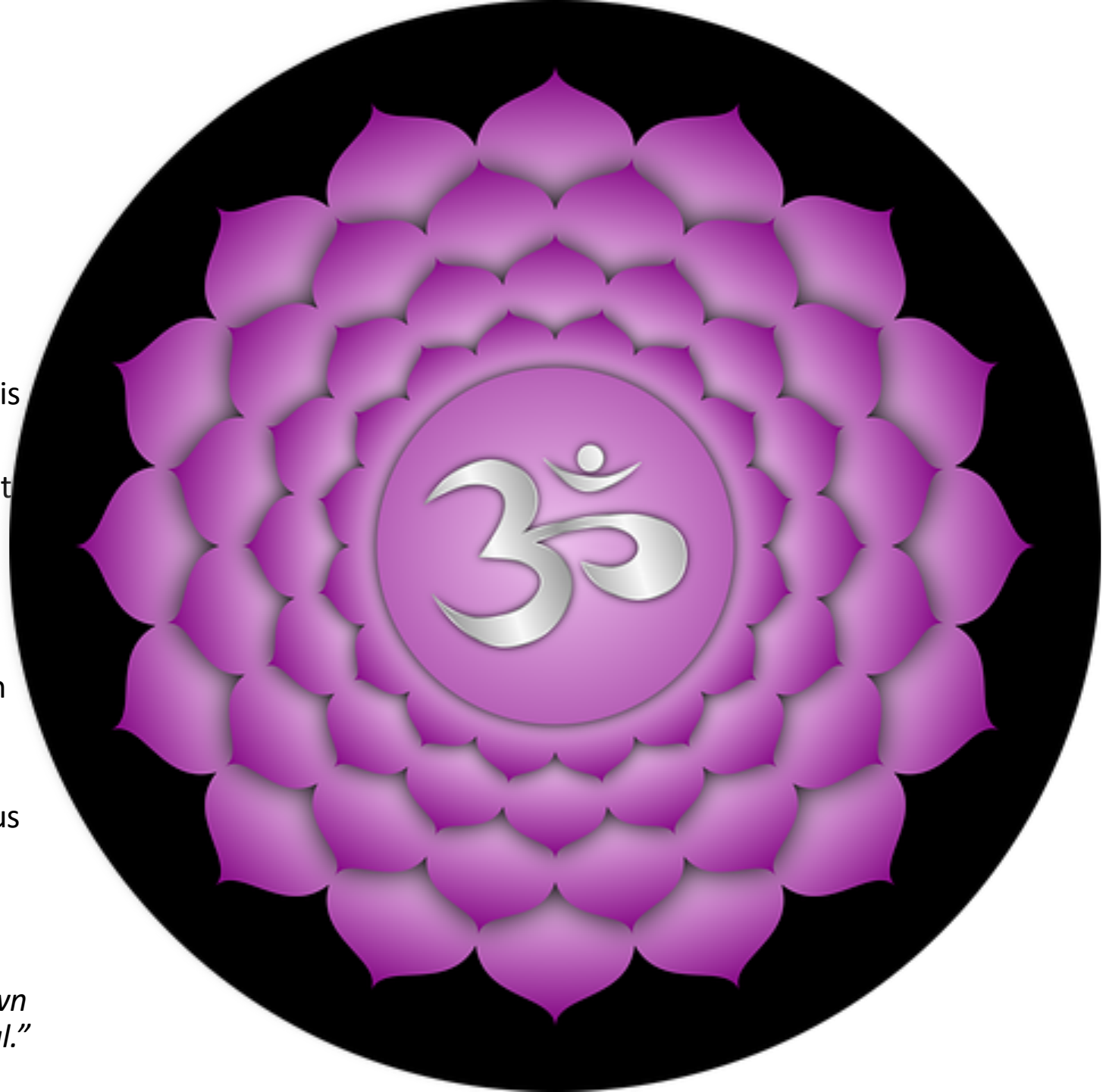
*Cosmic connection

*Enlightenment

- This chakra is located just above your head. Crown chakra is our direct connection to the source (universe).
- Guidance from the divine is received through this chakra. It gives us access to higher states of consciousness. As we open to what is beyond our personal preoccupations and visions.
- Imbalance in this chakra leads to depression, alienation, feelings of disconnection, brain disorders and coordination problems.
- To stimulate this chakra, focus on your dreams, visualize, write down your intentions, use lavender, jasmine and lotus essential oils, meditate/pray, connect with nature.

Affirmation:

“I AM complete and one with the divine energy. I Am surrounded by source energy and always have it flowing down through me. I feel my connection to the Universe and my Soul.”



Questions

Guided Meditation

20-minute-chakra-balancing