

# *Fairy Realms Reiki*



**This Manual Written By Keith Zang  
Moonglow Enlightenment Center**

**[www.moonglowonline.com](http://www.moonglowonline.com)  
[relax@moonglowonline.com](mailto:relax@moonglowonline.com)**

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**Nothing can be truer than fairy wisdom. It is as true as sunbeams.  
- Douglas William Jerrold**

## **Introduction**

**Fairy Realms Reiki was gifted to me on July 4<sup>th</sup>, 2005 at my home in mountains of Elma, WA. My wife Enny and I as well as our two children Luna and Mesa had cultivated a relationship with the Fairy realms for many years prior to the information and attunement I received that day. In 1999 Enny and I purchased a 5-acre piece of property that had been mostly logged and created the Moonglow Enlightenment Center. We quickly began to replant and let the natural vegetation grow back on 3 of the 5 acres. Connection to the Fairy Realms began as soon as we arrived on the property.**

**Several fairy mounds were established from the remains left from logging. This occurred one day while I was cutting up a pile of stumps, logs and debris for both indoor and outdoor firewood. As I was standing atop one on a very cold winter day, a large, fast moving object with wings came flying out of the middle of the pile and hit me square in the chest, knocking me back and down the pile. A strong message was relayed to me “Leave these alone, as they are our homes.” From that point onward I was very sensitive to areas that were designated as fairy habitations. Through our communications with them, Enny and I became aware of what they wanted to help them in their flourishing. We soon worked out some boundaries. I took about 2 acres for development of the house and property for gardens, buildings, etc. and they took about 3 acres for themselves that would not be walked upon or developed. I have been able to keep that promise and with that have been given abundance in free firewood, abundant re-growth of the natural areas, and general good luck and abundance manifestation for Moonglow. They show up during classes, Reiki attunements, and other gatherings.**

**The day I was given Fairy Realms Reiki I was watering plants, checking on young trees that had been developing from seed or planted, and other various activities focused on re-growth. I felt a strong presence with me, and several symbols flashed through my mind. I then heard the words “Fairy Reiki” in my psychic centers. A tingling sensation started at the top of my head and traveled to the base of my spine. My hands also began to tingle with energy. I closed my eyes and tuned into the situation. I was soon told that I had just been given Fairy Reiki and I was to take this gift and share it with others. So, here I am, writing this manual and sharing the knowledge I have been given with you. It is my pleasure and honor to pass to you the same gift that has been given to me.**

**Keith Zang, July 8, 2005**

## **Fairy Realms Reiki**

**Fairy Realms Reiki is a form of Reiki that is geared towards healing of the natural environment, healing with help from the natural environment, and to connect with nature spirits and fairies. It is highly recommended that some form of instruction in traditional Reiki be taken or studied to have a better understanding of Reiki and its principles. I know, though, that there are plenty of intuitive people out there that will take this knowledge and make it their own with their own style without ever studying formalized Reiki.**

**The colors associated with Fairy Realms Reiki are Green and Brown. Fairy Realms Reiki is geared towards the natural environment. It is focused on helping growth of plants and animals, cleansing the earth of toxins, grounding, and facilitating contact between the human and fairy realms. It is a perfect form to use in helping gardens, flowers and forests grow, aiding in the healing of animals, and opening the psychic centers to communicate with fairies and other nature spirits. It is encouraged that sessions with people or animals be done outside (weather permitting) in the natural environment where earth energies abound. Don't be surprised if you feel the presence of fairies or nature spirits while you do your work.**

### **Level 1**

**As with other forms of Reiki, Level 1 is focused on the physical aspects of healing. This energy will aid in the growth of plants and the healing of animals. Single plants and animals can be focused on as well as whole ecosystems such as the Amazon Rain Forest. Areas that have been logged or ecologically damaged are also good places to focus on. While using this energy, the color green for growth should be brought forward. If using this energy for grounding purposes, brown should be used.**

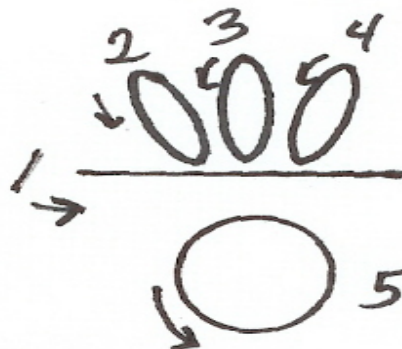
**Using colors with this energy is easy. As you focus on the plant(s) or animal(s) that are in need of healing, envision green energies emanating from your hands. This energy should be localized or spread out according to the area you are working with. If you are working on accelerating the growth of one plant, place your hands around that plant and envision it being surrounded by green energy. If you are standing in front of a logged parcel of land, outstretch your arms, face palms outward, and let green energies flow from your hands to the surrounding area as far as you want to go. You can also intention and envision rapid growth, as well as love and healing to that property. Brown energies can also be focused in the same way to the soil to help energize it and the roots that are growing there. A combination of brown and green may also be used for the soil.**

**As with other forms of Reiki, Distance work is not only possible, but encouraged. Animals, plants, people, and whole areas may be focused on. Envision the person, animal or area in your mind. Concentrating on your symbol or drawing it with your hand will focus the energies more readily. You may also state, "I ask those beings of highest good, from the realm of Fairy, join with me in this healing."**

**If this energy is used on a person, green can be brought in to help with healing physical ailments, the heart chakra, as well as help in manifesting abundance. Brown can be used during the session to aid in grounding both the practitioner and the recipient. This type of energy should not be used on persons that have cancer or tumors. Fairy Reiki is energy of growth and proliferation. With cancer and tumors this is the least desirable outcome.**

**Fairy Realms Reiki can also be used during meditation. Bring the energy in, and surround yourself with it. Brown can be used for grounding. I will suggest two ways of grounding with this energy, but many others can be used. If standing, place the feet shoulder width apart. Bring the energy in, concentrating on the color brown. Start at the top of your head and let the energy flow down your body. Envision a line starting at the top of the head, going down the spine, and entering the ground. Feel this energy connecting with the earth and bringing a calm, centered feeling throughout your body. You can also have the energy travel down the legs to the feet, and envision roots sprouting from your feet and into the soil. As the roots expand, let all stress, fear, and any other negative emotions or feelings travel to the roots and into the ground. Breathe deeply as you do this, ensuring diaphragmatic breathing as opposed to chest breathing. Let the healing energy of the earth enter your body, bringing with it a calming, soothing, timeless energy. Feel the love and healing power of Mother Earth as it engulfs you and makes you feel warm, alive, and safe.**

**If you are sitting, once again bring the energies in from the top of the head and down the spine. Connect this to the ground. Your spine will already be close to or touching the earth. Envision roots growing out and once again connecting you to Mother Earth.**



## Level 1 Symbol

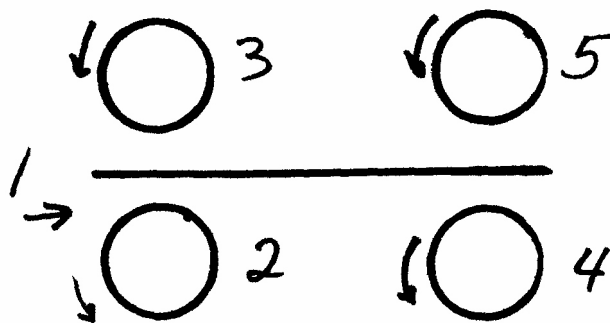
The symbol is drawn with a line going left to right as stroke 1. Then three circles going from left to right connect to that line creating strokes 2,3 and 4. Stroke 5 is a counter clockwise circle underneath the line.

This symbol was explained to me as the line representing the earth. The three circles are representative of plants (thus the shape of leaves) and animals (paw print). The circle underlying the line represents the circle of life.

## Level 2

Level 2 represents the emotional healing aspects of our being and the planet. Right now the earth is being uprooted and abused on an unprecedented level. The earth is feeling traumatized as are many of the plants, animals (including humans) and nature spirits. The symbol for this level aids in healing the emotional trauma associated with ecosystem destruction and manipulation. This energy can also be used to aid in the healing of traumatized animals and people. Using this energy for emotional healing is similar to that in level 1. Use the same techniques except intention healing of traumas and other emotional issues in lieu of/or in addition to the physical healing.

The color green with this energy can be used to aid in emotional healing of the heart. Draw the level 2 symbol, and bring green energies to the heart center. Release emotional blocks and issues and allow green healing energies to take their place. If spontaneous emotional releases happen, let the energies flow, and let the emotional release continue until it subsides.



## Level 2 Symbol

The level 2 symbol is drawn beginning with a straight line starting left to right. Going back to the left, under the line draw one counter clockwise circle. Above the line draw one counter clockwise circle. Move to the right. Under the line draw one counter clockwise circle and above the line draw one counter clockwise circle.

The level 2 symbol represents the earth both above and below the ground. The line is the separation point. The circles represent the circle of life in those two realms. Below the ground are the insects, animals, roots and nature spirits that reside there. Above the ground are the rest of the plants, animals, nature spirits and people. The water is considered below ground and the islands and other landmasses are considered above ground.

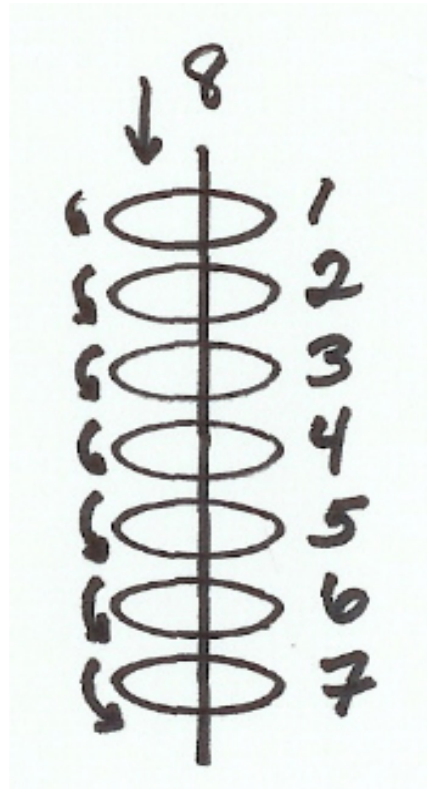
## Level 3

The Master Level for this energy is mostly concerned with chakra activation and attunement.

My preferred method for giving attunements is to bring the energy in through the Crown Chakra, down the spine to the base (the Hu Yin Point) and coil the energy there. I do this through deep diaphragmatic breathing. Squeezing the perineum coils the energy. This is located between the anus and the vagina in women, the testicles in men. Keeping this taught while breathing the energy in, will store it until it is released. After several deep breathes, this energy is to be released through one last deep exhale starting at the recipients Crown Chakra. Through this breath the energy will travel down the spine to the base, activating all chakras with this energy.

For distance attunement, my preferred method is use of a Chi Ball. This is an energized and encoded ball that holds all the information and actions of the attunement that can be sent to a specific individual. The Chi Ball is created by you, with your energy. The person can then access the information in the Chi Ball when they are ready. This makes it unnecessary to have to synchronize times with the recipient for the attunement to take place.

To create a Chi Ball, envision a white ball of energy before you. State “I encode this Chi Ball with a Fairy Realms Reiki attunement for \_\_\_\_\_. This Chi Ball is active for (put time limit here, usually 48 hours).” Then take the symbols you wish to attune the person to, and with your hands, draw them and place them in the Chi ball. When you are finished state “May this Chi Ball now go to \_\_\_\_\_.” Using the Hu Yin breath as stated above, blow the Chi Ball resting in your open hands to the recipient.



### **Master Level Symbol**

**Seven counter clockwise circles ending in a line drawn through them from the top to the bottom draw the Master Level Symbol. Each circle represents one of the seven main physical chakras on the body. The line connects them all and activates the energy.**

**The symbol should be drawn before the attunement, with a focus on each chakra opening upon completion of each circle. This will help facilitate the moving of the energy down the spine.**

**Before undertaking any attunements the practitioner should be well grounded and surrounded by white protective light. Use the techniques that work best for you to do this. Before the attunement, you should also call in the fairies and nature spirits to aid you in your endeavors.**

## **Conclusion**

**Fairy Realms Reiki is a wonderful energy to use in the natural world. Fairies are**



**beautiful, loving beings that are here to help the earth in her growth and development. Fairies are also here to help the earth be healthy and grow so that we as people can live and be a part of the beautiful abundance we have all been given. Now the fairy realms are asking us to help in the healing of the planet. We as light workers are here to answer this call. Fairy Reiki is one tool to help facilitate the healing on all levels of this planet and those that reside on her.**

**Fairy Realms Reiki is free. It has been asked by the fairies to be shared freely. This manual can be shared with whomever resonates to this energy and this Reiki system. Please respect the wishes in the intention whereby it was given.**



**Questions? Contact me!**

**Keith Zang**  
**Moonglow Enlightenment Center**  
**193 W. Lillie Rd**  
**Elma, WA 98541**  
[www.moonglowonline.com](http://www.moonglowonline.com)  
[relax@moonglowonline.com](mailto:relax@moonglowonline.com)

**Author Bio**

*Keith Zang is the author of "Touching The Light" and numerous articles published around the web. He owns and operates the Moonglow Enlightenment Center in Elma, WA. as a Reiki Master/Instructor, spiritual medium, and metaphysical practitioner. Keith is also the Community Health Director for the Quinault Indian Nation, Faculty member and Masters student at the College Of Metaphysical Studies and Vice President of the Puget Sound Wellness Association.*

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