

# **Fearless Reiki**

Practitioner's Manual

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### **About Fearless Reiki**

We all deal with fear. Fear is a natural part of the human condition. It is a warning signal to beware – or be aware – that there might be danger ahead. Fear is the primal, biological impetus that protects us from harm and keeps us alive and safe.

While many say that fear is the opposite of love, fear is in actuality a form of love – a love of oneself and of life. Without reasonable fear, one is likely to stumble into a lion's den and get eaten alive.

Thus, we need fear. It is a very important survival mechanism that helps us live and thrive on the planet.

#### **Healthy Fear vs. Unhealthy Fear**

Thus, fear can be healthy. If you are afraid of walking alone in a dangerous part of the city late at night, and your fear causes you to take a different, safer route, that's a good kind of fear.

There is, however, a type of fear that is not good for us. This is emotional fear – fear that is the result of past hurts and wounds, fear that stops us from opening our hearts and truly loving.

#### **Fearless Reiki**

Fearless Reiki is about working with and healing inappropriate emotional fear. It is not about removing healthy fear. It is about healing and letting go of negative fears and worries that only serve to paralyze us and stop us from living a fuller, happier life.

For example, if you have been hurt in the past by a former love, you may have closed your heart down. You may be stopping yourself from entering into new relationships because you are afraid of getting hurt again. You may unconsciously sabotage your relationships with reactionary behavior because you fear the worst. (Meanwhile, you are creating exactly that which you fear through your negative behaviors.)

### **Fear of Rejection and Attachment**

Fear of rejection is one of our worst enemies. This fear can paralyze us, keeping us from applying for a promotion, from pursuing a hobby such as singing, or approaching a potential mate.

Why do we fear rejection so much? Because we don't like the hurt and pain we have felt in the past when it has happened. The thing is, it is not a given that one must feel hurt and pain upon a rejection. It is quite possible to learn how to feel neutral or even joyful at a rejection.

A lot of fear of rejection comes from attachment to outcome. We fear being rejected by a potential partner, because we are attached to having them as the solution to our feelings of loneliness. We fear losing a job, because we blindly think that this is the only decent job we'll ever have.

When we get past the attachment to outcome, we are able to live our lives much more wholly and freely. We can trust knowing that if one potential mate turns us down, perhaps a better one is waiting in the wings. Or, perhaps there isn't a mate for now, but a deep, rich journey of personal spiritual growth to follow instead.

### **Being Fearless and Free**

Using Fearless Reiki will help to expand the horizons and open up new options. The world will seem less constricted. You will realize that you have many avenues for happiness, not just one or two. You will feel less trapped, more free. You will learn to trust life more and let go of needing things a certain way in order to feel good.

You will also be more accepting of the moment, more open to communicating authentically and truthfully, and better able to bounce back after a setback.

### Using Fearless Reiki

Fearless Reiki is simple to use and requires no symbol. You can activate it by intention alone (i.e., thinking to yourself, *I would like to activate Fearless Reiki.*) You can also send it by visualizing a dark turquoise blue (like the color used in this manual). You can visualize the color coming out from the palms of your hands as you send Reiki to the client. You can also send it via distance by visualizing the greenish-blue healing energy surrounding the recipient.

Fear is often held in the third chakra, in the solar plexus. This is the top of the stomach area. Often, when we are afraid, we feel a tight or sinking feeling in our stomachs. When using Fearless Reiki, spend a lot of time sending Reiki energy to the stomach area for maximum effectiveness.

Breathing is very helpful when using Fearless Reiki. A simple breathing visualization to use is as follows:

*Breathe in light; breathe out the fear.*

You can have your clients do this while giving them the Reiki treatment.

### Fearless Reiki Meditation

Sit in a comfortable position, or whatever position you use for meditating. Close your eyes. Start by breathing comfortably and deeply. Then imagine turquoise Fearless Reiki healing light surrounding you.

Use the breath to guide the meditation. Take full, slow, deep but comfortable breaths.

As you breathe in, imagine you are breathing in the Fearless Reiki energy. As you breath out, imagine that any fears you have are leaving your body to be transmuted by the Reiki energy into neutral or positive energy.

You can also include affirmations such as the following:

*I am free of fear.*

*I am OK.*

*I am always safe and protected.*

*My true nature is love, therefore I am in need of nothing.*

Or create your own affirmations.

### **Attunements**

To follow is the Fearless Reiki attunement process. You are also welcome to use any existing attunement method you are already familiar with.

#### **In-Person Attunement**

Most people you attune to Fearless Reiki should already be Reiki Masters or at least Level II. If not, you should make sure the person has had a Reiki session in the past week (at minimum).

For the attunement: Have the client sit in front of you with eyes closed to receive the attunement.

Call upon your higher self to help with the attunement. Then ask to connect with the higher self of the recipient.

To pass the attunement, place both hands on the client's head and send the green-blue Fearless Reiki energy into the crown chakra, seeing it expand to fill the entire body.

#### **Distance Attunement**

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.



## **Fearless Reiki**

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You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

**I am now receiving the Fearless Reiki attunement sent by <your name>. Thank you.**

To send the attunement:

Call upon your higher self to help with the attunement. Then ask to connect with the higher self of the recipient.

Then, send the attunement to the client. Visualize the green-blue Fearless Reiki energy entering into the crown chakra, seeing it expand to fill the entire body.