



*Reiki Rays*

HOW TO KEEP REIKI  
BY YOUR SIDE  
ALL DAY LONG

*Reiki Practice Tips*



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# How To Keep Reiki By Your Side All Day Long

*Reiki Practice Tips*

## Table of Contents

How to Stay at a Higher Vibration .....	4
Strengthening Your Connection with Reiki .....	6
Explaining What a Reiki Practitioner Does .....	8
Explaining Reiki to Others .....	10
Explaining Distant Reiki .....	12
Explaining Reiki to Others .....	14
Motivate Yourself to Practise Reiki Everyday.....	16
10 Ways to Fit Self Reiki into Your Day .....	18
Daily Reiki Practice .....	20
10 Ways to Use Reiki in Everyday Life.....	22
Maintaining the Vibration of a Healer in the Face of Daily Life .....	24
10 Ways to Practice Self-Care for Healing Practitioners .....	26
Blending Reiki with an Intuitive Guidance Session .....	29
Reiki Practice and Growth of Intuitive Abilities.....	33
10 Tips to Find Time for Daily Practice .....	35
<i>About the Authors</i> .....	36

# How to Stay at a Higher Vibration

*By Justine Melton*



Change is something that comes marching in when Reiki enters your life. The more you allow change to occur and are accepting of it the easier it is. Change comes best when you jump into the flow of the changing events and flow with it rather than swimming up the current fighting everything that is a change for your greatest good. One of the most common changes that comes with Reiki is the change in your vibrational level in the Universe. Usually after each Reiki attunement you will move up to a different vibration but it can also happen at any time.

When you manifest one of the most important steps is to allow yourself to feel as if you already have what it is you desire. This is actually you feeling the vibrational level of what it is that you are seeking. You have to send out the vibration to get the vibration.

Being at a higher vibrational level means that you are operating at a more positive level and are radiating that positivity and goodness to the universe as well. Good things flow to you more freely and it is harder to upset you. Some people term moving up a vibration as moving closer to enlightenment. One interesting thing that I have read over and over and have experienced first hand is that right before or after moving up a vibrational level you may feel like you are craving protein. It is believed that this occurs because your body needs the extra energy to make the jump to a new level. You may also notice that you suddenly need more sleep out of nowhere or that you are wanting to shed material possessions or things from different areas of your life that no longer suit you. If you happen to feel any of these know that it is quite

common and that you are not alone. They are normal steps in a pretty incredible process.

Once you are at a new higher vibration you need to continue to live in a healthy manner in order to stay at the new higher state. Of course moderation in all things is important but overall it is important to maintain a healthy lifestyle to aide you in your quest up the vibrational ladder.

### **Ways to move to or stay at a higher vibration:**

- Reiki treatments (from others and/or daily self-reiki)
- Saying no to anything that doesn't work for you
- Letting what doesn't work in all areas of your life naturally fall away
- Surround yourself in positivity
- Eat a healthy diet full of fruits and vegetables and if you are a meat eater take note of how the animals were treated before and after they were killed. This can actually have quite an effect on the vibrational level of the meat you are eating. Also, chicken and fish have a higher vibrational level than red meat. A good rule is that if it has a hoof it is a lower vibration for you to consume.
- Listen to up lifting music
- Dance around your house... let loose
- Do any healthy activities that bring a smile to your face
- Exercise
- Laugh
- Let the sunlight hit your skin
- Meditate
- Keep a journal noting how different things AND people make you feel
- If you need to say something say it. Do not keep feelings bottled in. If you are not comfortable telling someone something write it down on a piece of paper and wait a few days. The sooner you get it out the better.
- Salt baths
- Keep high vibrational stones/crystals around you such as tanzanite and quartz.

This is a general list for everyone but what I recommend most is to keep a journal for a week or 2 and write down any little thing that you notice that makes you feel happy or sad. If it does not make you happy it needs to go! This will have amazing effects on every area of your life and will aide Reiki in bringing the highest good into your life. Wishing you all love and light.

# Strengthening Your Connection with Reiki

*By Angie Webster*

Sometimes practitioners worry that they are not feeling very much energy flowing through their hands or their bodies. This is a question I receive quite a bit. I would like to address this by offering a few suggestions for strengthening the ways with which you can feel your connection with and your understanding of Reiki.

Reiki will flow through your body differently according to how it is needed in each situation and your perceptions will change from time to time as well, so that needs to be taken into account going in. Also know that there is no need to fear that Reiki is not flowing. However, I do believe that, with practice, we can become more aware of how Reiki flows through us and works with our individual systems.

**Practice One:** Place your hands together in prayer position at the heart. Hold them there for several minutes and simply sense how the energy flows in your hands. Notice the palms or any fingers that offer any sensation. Don't look for something specific. Your sensations are your own. Simply notice what is there. Breathe and notice and keep returning your attention to this area for at least 2-3 minutes, extending to five or so minutes a day. You could also try placing your hands at the third eye in prayer position for a portion of the practice and see what sensations you notice in your hands.

**Practice Two:** Briskly rub your hands together for a minute or so. Now hold them in front of your body, palms facing each other, about an inch apart. Gently and slowly push the palms towards each other but don't quite let them touch. Do you feel the gentle pushing sensation between your hands? That is the energy in your body. You may also sense a tingling or a heat in the center of your palms, or not. Either way is fine. Now try gently and slowly pulling the hands away from each other. Do you feel how it seems as if you are pulling taffy? The hands seem to be pulling toward each other. You are sensing the magnetic field of the body. These are ways the energy works in the body. Reiki is a part of that and the more you can tune into this, the more you will understand about how Reiki works in your body.

**Practice Three:** Do self Reiki every single day. Fit it in every way you can, using one hand while you do something else, if you need to. This is beneficial in the sense that your system is getting Reiki. However, if you are having

difficulty sensing Reiki flow and you want to understand it better, you really need to take at least ten minutes or more a day to devote solely to self Reiki, so that you can notice how the energy moves through you, both in your hands and as it flows through your body. The subtle sensations may be very difficult to notice if you aren't tuned in with your awareness. Use it as a body meditation. If you feel you are too busy, all the more reason to slow down for yourself, your peace of mind and to honor your practice for ten minutes a day. All practices take some commitment and all skills take practice. It may help you to keep a notebook keeping track of what you noticed in your body, heart, head and hands each day. You may also choose to note a few simple things that you were dealing with in your life, physically, mentally or emotionally, so that you can begin to notice the changes that regular Reiki practice brings about.

**Practice Four:** Use Reiki on others often. This gives you a chance to notice the differences in the ways that Reiki flows with each person and each situation. Also, use Reiki in different life situations in everyday life. Use it on your food, in your bath, on your bed, your car before driving, everywhere you can think of! Practice, practice, practice!

# Explaining What a Reiki Practitioner Does

*By Taryn Walker*

It's a common question. ***“So what do you do?”*** Honestly it has always driven me nuts and I have been a little facetious at times and said things like ***“Oh you know, I eat, I sleep, I go swimming and sometimes I enjoy long walks in the mountains”***. Sorry! But I know that usually what people are actually asking is ***“What do you do for a living?” “How do you make money?” “What’s your purpose?”***

When I made the switch from English teacher to Reiki practitioner I noticed quite a difference in the way people responded to what I do. ***“I’m a Reiki practitioner”*** is often met with an awkward silence followed by an ***“Oh”***. I only realised just how misunderstood and misrepresented Reiki is once I started practicing and teaching it professionally. There's a lot of hogwash on the Internet and it's given Reiki a bad name. So it got me thinking. How can I present what I do without using the word Reiki? And wouldn't it be nice if everyone expressed what they did for a living in a way that made people understand what they actually do as opposed to what they're called.

So what do I do?

*“I help people to move towards balance and wholeness by using a simple relaxation technique which activates the body’s natural healing response”.*

That sounds awesome. I'd try that.

*“I guide people to reconnect with their inner magic”.*

I'm intrigued. I'd like to know more!

*“I help people to realise that they are so much more than a physical body. As they begin to understand themselves as multi-layered beings a beautiful journey inwards begins and this depth of experience brings great meaning and purpose to life”.*

Wow! That sounds incredible. How do you do that?

As you can see there are so many ways to present your profession and it can be enjoyable to be creative in your explanations. Conversations about what we do can be really interesting.

So instead of being rigidly identified with the name of your profession -Reiki Master, Finance Manager, Accountant, Housewife - why not try and describe



how you help. What you do is valuable in so many ways if you really think about it.

Be passionate in your sharing. Be proud of how you contribute, no matter how small you think that is. People respond well to passion because it is authentic. As a Reiki practitioner and teacher I have found this to be a wonderful way of letting others know just how much I love Reiki and what people can achieve through regular Reiki practice.

How would you describe what you do without mentioning your job title? Do you practice Reiki for a living? How would you explain what you do without using the word Reiki? Why not share your descriptions below to spread some ideas around our community? Your enthusiasm may even be contagious!

# Explaining Reiki to Others

*By Angie Webster*



One of the most interesting challenges I have met as a Reiki practitioner has been learning how to explain what Reiki is and the ways it works to help us to those who know little or nothing about Reiki. I find that a different explanation is needed depending upon the person to whom you are speaking.

Some people are ready to learn more than others, so it is best to tailor the explanation to the needs of the specific person. Many people will want to learn more as they take in a small amount of information, whereas if you overload them with too much information at once, they may lose interest or misunderstand something. Think of when you are explaining something very new to a child who has never heard of it before. It is best to give a small bit of information and let them lead the way with their questions.

It may be easiest for you to think back to your own level of understanding when you first heard of Reiki. What sort of things did you wonder about? What information did you find confusing? What information did you find helpful? When I first the word Reiki years ago, I was very confused about how to pronounce it (RAY-key) and what it did. I decided it wasn't for me based on a few pieces of unclear information. This can be the case for many people, so go slow and easy. It is not going to be helpful information if you overwhelm the person and they may become confused.

The best way I have found to explain Reiki is to say that it is an energy healing method that is usually done by placing the hands in a series of positions over

or slightly above the body. If the person wants to know more, I will explain that Reiki promotes healing by activating the relaxation response and helping the body to balance itself from a very deep level. Sometimes it is best to offer a demonstration of Reiki, if the person is open to that. The experience of Reiki says more than words ever could.

Something that can frighten people who are new to learning about Reiki is the use of spiritual terminology. This kind of terminology can lead to the fear that Reiki is a religious practice or that it goes against certain religions. It can also lead to thoughts that Reiki is ineffective. Many people are uncomfortable with the word “spiritual” or “spirit”. Use your best judgment in deciding if the person is able to understand that healing occurs on all levels, including the soul or spirit level.

Some people will want you to explain how Reiki works. No one really knows the answer to this. But you can tell them that Reiki allows positive energy to flow into the body through the hands of the practitioner and that this balances and heals the energy in the body. You could also explain some of the things that Reiki has been scientifically shown to do, such as decrease pain levels, speed healing and relax the mind and body. Make sure that the person understands that Reiki can only do good and can never cause harm.

Let your own understanding of the person you are speaking to guide you in what to say. When a person wants to know more and is enthusiastic, you will sense that. Likewise, you will learn to sense when a person is not able to take in too much information. Remember, it is not your role to force information onto someone who is not ready to receive it. Allow time and patience and be at peace. When the person is ready to receive more information about Reiki, they will know it is time. As healers, part of the process is allowing things to go forward at the pace that is comfortable to each individual. And acceptance that each of our paths is different.

# Explaining Distant Reiki

*By Angie Webster*

I have written about “Explaining Reiki to Others”, but I find that when someone who doesn’t know about Reiki wants to know about distant Reiki, it becomes more difficult. Particularly if they want an explanation for how it works. Many people are somewhat able to understand the basic concepts of Reiki in general, but the thought that this could work for someone on the other side of the world can seem too much to take in.

My experience has been that those who are unfamiliar with energy in healing will ask if distant Reiki works through computers, via the internet or over the phone. They have a hard time understanding how a treatment can be sent without connecting it to something tangible for it to flow through that connects both parties.

I admit I was very skeptical of healing energy being real over long distances until I had had several experiences with it. My first experience was in almost 6 years ago. A woman I was friends with was part of a group that met once a week to send healing energies to those in need. She offered to add my name to the list to help me with numerous health problems I had struggled with for years. I said yes, more to humor her than anything. I felt it couldn’t hurt because I didn’t think it was real.

I was surprised that I could actually feel the energy flow from this group of people each week on the night they met. Even when I forgot about the healing, I would realize I felt peace wash over me and my pain would ease. Within a short time, my health issues began to fade away. I also had more clarity of thought and ability to cope with life.

Yet, even when I learned about Reiki and energy healing, I was still skeptical that it could work. I had seen prayer work from long distances. I believed there also might be special people that could heal from far away. I doubted that anyone could be taught to do it. And I still doubted anyone who said they could do energy work from a distance until they proved it to me.

The telephone, cable TV and Internet all use energy frequencies we can’t see in order to function. The electricity in our homes does the same, as does a radio. All of these have to be tuned to the particular frequency they operate at in order to work. They all have ways to adjust the flow of energy built in so

that we can turn them on, off or use them in a different way. And all of them were thought too unbelievable to be true when people first heard of them.

Distant Reiki works the same way. It is energy that must be “tuned” to the person it is being sent to. Once it is “tuned in” it will flow through the energy currents that exist naturally, just the same way that a phone signal or wifi signal does. Distance is no object for it, just as it is no object for the internet or phone communications. The energy that surrounds us carries all of these energies to the intended receiver. With Reiki, the practitioner is the conduit of the energy.

It can be a difficult concept to understand that our thoughts, intentions and emotions are energy. Yet most people can feel that their emotions create an energy sensation in the body. They may also understand that the nerve endings and spinal cord help to carry these energies throughout the body. If you go one step further, you can see the relationship between our thoughts and our emotions. It’s not much of a leap from there to see that our thoughts and emotions have an effect on our perceptions and the people around us. These things truly change our environment! It is all energy.

We have to be careful to start where the person is when we explain Reiki and distant Reiki to someone. All of this begins to feel like second nature to us. Telephones, internet, radio and TV all seem like ordinary things to us, too. But to someone who has never experienced them, they seem mysterious and unreal at first. Some may even be frightened by them, until they have experienced them. The same is true with Reiki and other energy medicine techniques. Be patient and clear. Share your experiences and offer to share distant Reiki with them, if they are open to it. As always, experiencing Reiki first hand seems to clear up any doubt!

# **Explaining Reiki to Others**

*By Ashwita Vajandar*

One of the most common questions among Reiki practitioners is how to explain Reiki to people who haven't been exposed to this idea before. Here's a simple way of describing the system.

## **Hands on healing**

As long as people feel that what you are doing is 'different' and something they've never experienced before, they are prone to resistance. The key to helping people accept Reiki easily is to help them learn that the idea is not really new to them.

Although few people are aware of the aura, most of us have sensed it already, and this can be a great starting ground to explain Reiki. You can start by talking about how most of the times, if someone comes to stand behind us surreptitiously, we just 'know' that someone is standing behind us and turn to check if what we feel is true. In the same way, most people have sensed that some places 'feel' good or bad. There is often a childish desire to sit closer to someone we like, and at the same time we are very uncomfortable when someone we dislike steps too close to us. These are nothing but subconscious reactions to energy fields.

Once this is clear, the rest is quite easy. Just like we can influence people through our words depending on our intention, we are capable of influencing people with our energy – it is just that most people are not taught how to do so. This also is not too hard to explain – we have all felt the magic of a mother's touch. Even so, we can tell the difference when she is running her hands through our hair out of love, or as a forced habit without any emotion. The touch in both cases is the same – what makes the difference? Intention, energy. So, simply, put, we use our intention to improve the energy fields of others.

## **Distant healing**

Some people have experienced telepathy already – either a strong feeling when a loved one was in danger, or a feeling that someone is about to call. If they haven't had any such experience, you could start by talking about how so many studies have shown twins being deeply mentally connected, often as far as one mirroring the physical symptoms of the other despite being halfway

across the world. There is no doubt that a telepathic connection can exist between people that love each other.

Now, thought is just energy, and telepathy is proof that energy can travel great distances if people are connected. Distant healing is like telepathy, the only difference being that instead of thought, we are sending healing energy.

### **Most Importantly**

There are a few people who are afraid that Reiki is related to black magic. Such people are terrified either of you, or for you. We need to understand that while talking to such people, the above explanations are not so required, because they believe already, probably too much.

Usually it helps to explain to these people that black magic does indeed exist, but it largely uses dark forces its work, and violates the intent of the targets. It is important to explain that the very foundation of Reiki is that we are not allowed to violate free will and that the energy simply does not work if that is the intention.

# Motivate Yourself to Practise Reiki Everyday

*By Haripriya Suraj*



A client of mine who is also a Reiki practitioner expressed her frustration at not being able to keep up with Reiki practice. And she is not the first one facing this issue. It would not be an exaggeration to say that at least 80% (possibly even more) of people who are attuned to Reiki do not practise daily self-healing. Have you ever wondered why this is so? What goes wrong midway? Why do people lose the motivation to practise? The same people who are thrilled about getting a Reiki attunement and becoming Reiki healers lose their enthusiasm. They begin to treat daily self-healing as yet another task to accomplish.

The root cause of this widespread problem in the Reiki community is a lack of understanding about how Reiki works.

Reiki is not a magic pill. It is a way of life. Why do we brush our teeth and take a shower? We don't need a reason to brush and shower. So is it with Reiki. We do not practise Reiki because we want to witness miracles every day. We practise it because it is meant to be practised every day. ***A Reiki self-healing is like a shower for the energy body.***

The occurrence of miracles is a by product of Reiki practice and not the goal. Soul mates may not appear within a week of practice. Illnesses do not disappear with one healing session. And life does not transform into an unbelievable miracle overnight. A lot of people come into Reiki practice with



such hopes and tend to believe that Reiki will solve all their problems in a jiffy. However, it is not Reiki's job to create miracles for us. It is our job. If this is not understood, people lose the will to practise. Even when someone says they cannot find the time to practise, the underlying reason is that Reiki did not live up to their misconstrued expectations. If Reiki could indeed create miracles everyday while we sat back and did nothing, even the busiest and laziest among us would find the time and energy to practise!

This is not to discount the blessings that Reiki brings us. Reiki does bring us amazing blessings. It can help us find our soul mates, heal our illnesses and transform our difficulties into opportunities. But notice the wording: **Reiki can help US**. We need to do our homework too, which means we take responsibility for our lives. And the moment we take responsibility, Reiki helps us create miraculous and purposeful lives. It does this by helping us shake off toxic energies and stepping up our vibration. When our energies are clean and pure, we experience more power and freedom. We become masters of our destinies. Expecting Reiki to do all the work, while we sit back and relax, just does not help.

The best way to allow Reiki to help us is to practise daily self-healing. A small shift in perspective will help us see that daily self-healing is not such a difficult task after all. We do not have to fast or do penance. We are not required to do complicated rituals or difficult meditation practices. All that is required is that we relax for about forty minutes and bask in a cocoon of warm healing energy (with soothing music and aromatic incense if you please). It is like indulging in a divine spa therapy in the comfort of home every day! How much easier can things get? Think about it.

We owe this time for daily self-healing to ourselves. Life is not about always rushing around to get things accomplished, meeting everyone's needs but our own and not having even a moment to ourselves. In fact, it is quite the opposite. The more quality time we give ourselves, the more everyone around us benefits too. When we are committed to daily Reiki practice, **we are high in energy and spirit**. We have more love to share, more joy to spread and more miracles to create. We may face challenges along the way, but we also acquire the power to turn each of our challenges into opportunities for growth.

My dear friends do hurry up and fasten your seat belts! You don't want to waste a moment more. You signed up for this exciting journey and also got your ticket during the attunement. So, what are you waiting for? **Board the plane to Reiki Land and fly high!**

# 10 Ways to Fit Self Reiki into Your Day

*By Angie Webster*

One of the biggest things I see as a comment from other Reiki practitioners is that they can't find time to do daily self-Reiki. Some say they don't do self Reiki at all because they don't have time. Schedules are demanding, for sure. So I wanted to make a list of 10 ways that might spark the imagination and get folks thinking of creative ways to fit the wonderful gift of self Reiki into their day, if only for a minute or two here and there. It makes such a difference!

1. Do self-Reiki as you fall asleep at night. No need to make it complicated. Simply place your hands wherever you feel led to that night and ask Reiki to flow. Allow yourself to drift off to sleep like this. Not only do many people find this a simple way to fit Reiki into their day, it is an amazing way to fall asleep!
2. Set an alarm to do self-Reiki for a few minutes when you first wake up in the morning. Some people find they are more able to fit this in and it is a refreshing and relaxing way to start the day. You could make it part of a meditation routine, if you have one.
3. Give yourself Reiki as you browse the Internet.
4. Watching TV or a movie is a very good time to do self-Reiki. Take advantage of the fact that you are sitting still and relaxing to increase the relaxation.
5. While you are waiting in line. Waiting in lines challenges our patience. So take the opportunity to strengthen yourself. Any line works. The bank, the take out place, a long line in traffic. Just one hand placed discreetly on yourself keeps you calm and gives you a dose of self-Reiki.
6. One of my personal favorites is while cuddling with someone. I place one hand on the person I am cuddling and one hand on myself and let the Reiki flow. We make a big Reiki healing loop and everyone benefits.
7. Place one hand over each chakra for 3-5 deep breaths as you let Reiki flow. Do this as often as you have time.
8. If you find you have no free hands and you still want to do a bit of self-Reiki, you can simply ask Reiki to flow into you! If you are attuned, Reiki is already flowing through you. Ask for it to flow and notice how you feel in the

top of your head, your heart and your hands and feet. You may not always notice much, but very often you will feel tingling and warmth in these areas.

9. Give yourself Reiki while you read! Whether it's a great story, a magazine, a textbook, or something online (even this article--hint, hint!), while you're reading is a great time to place a hand on yourself for Reiki.

10. While outdoors in nature. This is a favorite time for me to take self Reiki. There are many ways to do it. Ask Reiki to flow as you walk. Sit under a tree and give yourself Reiki or simply ask it to flow. You may feel the energy of the tree, as well. Lay on the ground and do self Reiki, if you have time. I highly recommend doing this at least once. It is an amazing experience. Highly grounding and full of wonderful energy. Very healing.

Remember, the effects of Reiki are cumulative and its effects are often subtle! You have to keep doing it to see the biggest results, but the results are amazing in the long haul!

# Daily Reiki Practice

*By Ananya Sen*

Hello everyone! This is one of those articles that I am guided to write about. Most of the articles I write are inspiration I receive during meditation, but sometimes the universe or the guides tell me what to write about. This is not my personal opinion. It's guidance.

And I have noticed they often ask me to write about topics that are generally questioned by practitioners. So here goes, what do you Reiki practitioners do on a daily basis. What can you do for daily practice in the various levels of Reiki that you're attuned to? Why aren't you MEDITATING?

**1. First Degree Practitioners** – yes you must do self healing and chakra clearing or chakra balancing. You can also try a little bit of meditation, making a Reiki ball between your hands and sending it to people and situations.

You need to activate Reiki everyday because you have just been promoted from the normal vibration to a higher vibration. The energy needs to align with your chakras and body systems.

**2. Second Degree Practitioners** – self-healing – yes either directly on yourself or via distance, but you have to heal yourselves at this degree. The jump from the first to the second degree is high, so your vibrations are suddenly raised and you need to keep up.

Now, I always insist on meditation. There is no better option to raise your vibration, increase your healing ability and connection with the divine. You can start with five minutes per day, do open eyed meditation with one or more of the Reiki symbols. If you want to align with your higher self I suggest you do meditation with HSZSN. The guides tell me that there's no point in coming to Reiki, if you're going to be a lazy practitioner!

**3. Third Degree / Masters & Teachers** – I hope you meditate on a daily basis, because for you guys it is soul level healing. You are on your way to enlightenment, which is what the ultimate purpose is of the soul. If you're not meditating, start now! At this level, you will begin to experience ascension or enlightenment symptoms and it is going to be uncomfortable. Neuralgia, body ache, sleeplessness, dry mouth, depression, pressure on the crown chakra etc are some of the common symptoms of the ascension process.

To be able to deal with this and to be constantly connected with the source, please meditate on the Master symbol. It will basically do everything for you. If you feel your third degree energies are low, then build your rapport with the master symbol. It will align you completely to the high vibrations of the third degree.

Note for Everyone - Meditation is the key to become more spiritual, increase your healing power and even increase your income / business or whatever it is that you do. Meditation opens the third eye, which is the seat of intuition and intention. Reiki is about intention. If your third eye is weak, your intention becomes weak and your energy flow will be weak as well. Thank you for listening.

# 10 Ways to Use Reiki in Everyday Life

*By Angie Webster*



Reiki is not just something I practice on myself to stay well or on others to assist them in their well-being. Reiki is an integral part of my life. It is something I acknowledge throughout my day, from the moment I wake up until I fall asleep at night. I see it as a vast and living energy that connects me, in a very real way that I can feel, to my Higher Power. I ask the Reiki energy to assist me, for the greatest and highest good, in most everything I do throughout my day. I understand it as a critical part of my spiritual path.

**Here are some ways you can incorporate Reiki into your day. Use your creativity to see what other ways you can think of to invite this beautiful energy into your life.**

- 1.** Infuse your intentions and prayers for the day with Reiki when you first wake up. Also consider doing self Reiki for a few minutes first thing in the morning.
- 2.** Send Reiki to your food as you make breakfast (or any meal) and also bless it as you sit down to eat the meal. You can send Reiki to your groceries when you harvest them from the garden or buy them at the store as well.
- 3.** Meditation is a wonderful time to tune in to the Reiki energy, allowing yourself to become more familiar with it or to allow the energy to flow to yourself for self healing.

**4.** When you leave for the day, take a moment to send Reiki to your car and to the trip ahead. You can also send Reiki to the destination you are headed to and to any situation you will be arriving into.

**5.** Incorporate Reiki into any spiritual practices you have throughout the day, contemplating ways that this life force energy surrounds and interconnects us all. Think of how this understanding might affect your spiritual practices of compassion, kindness, forgiveness and gratitude.

**6.** Most animals very much enjoy Reiki! It is often preferred from a distance, though your own pets may love it hands on. You can also treat their food, water, bedding and toys with Reiki.

**7.** If you have houseplants, cut flowers or a garden, honor and nourish them as they honor you. Give them an energy exchange by offering them Reiki! It is also useful to treat their soil and water with Reiki.

**8.** Use Reiki to cleanse and protect the energy of your home or work environment. Reiki chi balls are very useful for this. You can also use Reiki to quickly clear and charge your crystals.

**9.** If you are having a difficult time or a conflict in a relationship, you can send Reiki to the situation and to yourself to help ease the difficult emotions and bring about a resolution to the issue.

**10.** At the end of the day, you can send Reiki to your final prayers and to your sleep, asking that you be shown the resolution to any issues you are struggling with as you sleep.

Remember the Reiki precepts each day and practice using Reiki in as many ways as you can think of and you will soon find that it becomes a part of you. Your spiritual practice and Reiki will be intertwined and your life will be a spiritual practice. That doesn't mean you will be perfect, but you will see how to honor life and yourself in more ways all the time.

# Maintaining the Vibration of a Healer in the Face of Daily Life

*By Tracy Morrow*

As we train to become Reiki practitioners, we learn how to begin living the Principles, become attuned to the utterly beautiful and subtle energies that we had been previously blocked from, and learn to share the energy with others. This is done as a journey which at first calls us to leave our normal life behind while we study and practice. Along this new path our identity expands to include our newfound skills and way of life. Yet, merging this new identity into the rest of our life can seem quite challenging. In fact, it is common for most practitioners to wonder how to better maintain the vibration of a Healer in the face of daily life.

While even the most dedicated practitioner will spend time in reflection of the Reiki Principles every morning, clear their energy and invite Reiki into their day, the day seems to quickly take over. An accumulation of events call out for our attention and at some point we realize we have resorted to operating from lower energy realms. We may find ourselves acting out in anger, succumbing to stress symptoms or otherwise acting and feeling very “un-healer like”. We may even begin to doubt if we even have an ability to truly be a healer or not. Fortunately, most of what we struggle with is our own minds. Let’s look at how to overcome that.

Awareness and acceptance are two of the most integral qualities to develop as a Reiki practitioner. Awareness that you are an emotional creature and will continue to experience darker emotions such as anger, resentment, stress and so forth allows the space to accept those feelings with equanimity. This acceptance is paramount as all emotions are deserving of our compassion. Where we may stumble is in reflecting on the Reiki principles. These principles admonish you to not anger or worry. This does not mean to refuse to allow the emotions of anger and concern. Instead, it means to refrain from becoming or acting out in those emotions.

When you embrace darker emotions, you are able to hear the messages they offer. Anger for instance, is a great message that says that a boundary needs to be set. That boundary can be set in love and using the highest energy of a healer.

You can refrain from becoming the emotion of anger, while still accepting it is a part of you. This goes the same for any other emotion that you might think is “un-healer” like. Find the message in the emotion, treat it with Reiki and



choose the healthiest response, even if that response is to accept that there is nothing to do other than cradle the emotion with compassion until it subsides.

As you develop awareness and acceptance of what inhibits you from maintaining a higher vibration in the face of daily life, surrendering becomes an integral activity. Specifically, surrendering the resistance of what is. When you capitulate to the present moment, exactly how it presents itself, and aside from expectations or how you might like to control it, you will find great peace. Surrendering in this way grants the power to respond to the moment from a higher vibration, instead of reacting out of old, and perhaps dysfunctional, habits.

Awareness, acceptance, and surrender will allow you to excel in maintaining the vibration of a Healer in the face of daily life. Therefore, practicing these qualities takes on a profound importance. Pursuing activities such as remaining diligent with the Reiki principles, taking time for meditation, yoga and other mindfulness exercises will help you strengthen these qualities. As you gently guide yourself daily within these practices, they will begin to naturally spill over into the rest of your life. Before you realize it, you will be maintaining high vibrations no matter what the moments of your day present to you.

# 10 Ways to Practice Self-Care for Healing Practitioners

*By Luzia Light*



Make Self-Care a priority in your life. Many people feel guilty about making time for themselves, but when you're stressed and exhausted, you have less energy to give to others. When you begin to make self-care practices a priority in your day-to-day life, you will find that you have much more energy and patience to care for your clients. Self-care is something that you need to decide to do, because no one else will do it for you. That is true for every person, but especially for those who assist in healing and helping others.

Also, tell your clients about the importance of self-care in their own lives. In addition to helping your clients and their bodies to heal themselves, it's also important to teach them about the self-care practices they should schedule into their day. Self-care is a preventative method of healing as well as a healing method in itself. The more someone takes care of themselves with love and compassion, the easier it is for them to release the pain, struggle and resistance that made them sick in the first place.

Write yourself a list of activities that spell self-care for you! It's very personal and different for everybody. But here are some suggestions you might want to incorporate in your list:

**1. Reiki yourself daily.** At least 10-20 minutes.

**2. Meditate every morning.** 10-20 minutes. The nice thing is that you can combine the meditation with your own Reiki treatment. That can be very time efficient. :-)

**3. Exercise regularly.** That can be as simple as going for a walk in the park or taking the stairs instead of the elevator. But it's important to move your own physical energy to release the stress and tension you may have picked up from your Reiki sessions.

**4. Cut your cords.** After every treatment you give, make sure to wash your hands with cold water or cut your energy cords to the client, to make sure the energy stops flowing from you. Cutting cords can be as simple as pretending that your right arm is a sword and moving it from top to bottom in front of your body. It's your intention that cuts the energy. You could do this in your mind as well.

**5. Put your worries into a little box.** Before you give a Reiki session, make sure that you are in a positive state of mind. You could visualize in your mind a little treasure box in which you put all of your own worries, stresses, irritations or arguments you may have had. Tell yourself that you can take them out of the box when you have completed the session.

**6. Keep your sense of humour.** Laughter can instantly shift your vibration as well as your client's. If you make little jokes, you can lighten the atmosphere and make the client feel more at ease. I find first time clients are often quite tense and anxious when they lie down on the table. I say things like: You are allowed to breathe! It's okay! :-) That at least puts a smile on their face. Remind your clients that their body can heal itself and they are the ones who own the power. You are not healing them, but you assist their bodies in healing themselves. You are just there to help.

**7. Pamper yourself throughout the week.** Here are some suggestions:

- Make yourself a big cup of herbal tea and sit down in a quiet place and read a book or a magazine. If your home is not quiet, go to neighbourhood cafe.
- Journal and write out all of your worries. Do a brain dump and let everything flow out. Or write your list of grievances on a piece of paper, tear it up afterwards and throw it in the garbage can where it belongs.
- Go to a museum or art gallery for the afternoon.

- Visit a bookstore or a library and ask your spirit guides to lead you to the book you most need to read right now.
- Take your journal and write on top of the page: Dear God (Higher Self, Spirit Guide, Universe, etc.), what do I need to know right now? Then start writing without thinking and see what comes up. This can be extremely insightful. I do this almost every morning. It comforts and centers me right away.
- As you go about your day, always check in with your intuition or Higher Self. Help your Higher Consciousness to make every-day decisions. Like, which way is the best route to drive home right now? What's good to make for dinner? What's the best way to spend my morning today? Who could help me with this particular challenge I have? etc.

**8. Forgive yourself.** Give yourself a break. Be gentle and compassionate with yourself. Forgive yourself for all the mistakes you have made in the past, and know that you are human, and humans make mistakes, it's part of the "job description". How else would we know what not to do? :-)

**9. Say no to everything that doesn't nourish your soul.** Never say yes just out of obligation even though inside you are squirming and screaming. Listen to your inner wisdom when you make commitments regarding your time and energy. It's perfectly okay to say: 'No, I'm not interested.' 'No, I have other priorities right now.' 'No, but I know someone you could contact who would love to help you.' etc.

**10. Surround yourself with kind people.** Respect yourself enough to walk away from friends who don't treat you with the love and respect you deserve. Friendships should be mutually nurturing and supportive. Hang out with people who re-energize you and love you just as you are.

# **Blending Reiki with an Intuitive Guidance Session**

*By Lisa Rose Lodeski*

Blending Reiki with an Intuitive Guidance Session is a natural for me as I was a practicing Intuitive before I was a Reiki Master. So, from the start, offering intuitive guidance as part of a Reiki session was a win-win for me. What I'm talking about here is different than Dr. Usui's method of using intuition to guide delivery of Reiki to clients. Reiki history describes Dr. Usui's use of intuition as a guiding force in his own Reiki practice, and he trained students to intuitively deliver Reiki to clients, however it's not clear if he also relayed intuitive guidance to clients as part of his treatment sessions.

When I began offering Reiki sessions in my own practice, both in-person and by distance, I quickly noticed I was receiving not only information about blocks and imbalances in my client's energy system and how to select and direct Reiki energy and symbols for use in the session, but also specific guidance in the form of messages to share with my client. The type of guidance I receive to share, includes, for example, causes of energetic blockages and imbalances with suggestions on how my client may dodge them in the future; recommendations on how to change perspective to create balance in my client's lives that would be reflected in the energy body; external situations contributing to the state of their energy; and also straight-up, direct messages from spirit guides, mine and theirs, including episodes of mediumship.

When I realized what was happening, that I was conducting a guidance session within a Reiki session, I just went with it. My finely-tuned intuitive language of personal signs and symbols created for clarity with my guides blends beautifully with all things Reiki. So, I began to create blended Reiki and Intuitive Guidance Sessions where Reiki energy did it's work, and intuitive guidance received was passed on to my clients by me, the delivery girl. Today, my clients are delighted with this option of service. I continue to offer traditional Reiki sessions, in-person and distant, but this blend is the service my clients request again and again. Over time, I've incorporated the use of crystals, oracles, and meditation as part of individually designed sessions and no two sessions are alike.

It's common knowledge that a side benefit of a Reiki practice is an increase in the strength and clarity of natural intuition. Tapping into intuition is easy with training and practice. In the next paragraphs, I discuss why I offer this blending of healing modalities and the benefits to my clients. I also share how I do it; what it feels like on the my end; and examples from actual sessions on

the types of information I receive and share with my clients that add value to their experience with Reiki.

### **Why do I blend Reiki with Intuitive Guidance Sessions, and what are the benefits to clients?**

I offer a blend of Reiki and Intuitive Guidance in a session because it greatly benefits my client by providing information and guidance they may use immediately to make new choices to support themselves in creating their lives while enjoying the benefits of a Reiki session. Often, the guidance creates new understanding for my clients of their participation in the creation of their energetic imbalances that may be contribution to dis-ease. Reiki stimulates deep, deep relaxation in a safe environment, and in that state, I'm more easily able to read the subtle energies present in and around my client, and my client is more open to receiving what is coming for their benefit.



Image by [©Barbara Higgins Photography](#)

### **How do I do it?**

First, I prepare myself and my studio for both Reiki and Intuitive Guidance work. I open the Reiki session for my client and go through a full Reiki session while receiving intuitive guidance from the guides. I close the Reiki session and ask the Spirit guides to remain and continue the Intuitive Guidance Session. I relay the information received to my client with an opportunity to ask questions while I am still “connected” to the guides, and I relay the answers provided. When I sense the energy of the guides dissipating, or when the messages seem to have come to a natural end, I thank our guides, close the

session, and ground both of us with intention, energy clearing, and something physical, usually a drink of water. Afterward, my client and I have a conversation about the experience from my client's perspective. We finish with a discussion on how my client may best use the information gained during the session to move forward.

More specifically, my preparations include my own Reiki cleansing, an energetic clearing of my studio space using a dowsing rod and pendulum followed by a smudging with sage, palo santo wood, or incense, before I seal the space with Reiki to create a strong energetic boundary. I light natural beeswax candles to call in the Light (meaning my connection to Source, The Universe, All). I ask my spirit guides and those of my client to come forward to support the boundaries. (I want only high vibrational participants that have my client's highest and best interest to be present in a session). I ask the guides to offer guidance while I do the Reiki session. I can sense the spirit guides in the room, and it's a separate entourage from the Reiki guides.

Without exception, when my clients walk into my studio, they mention how the energy in this room feels different, inviting, safe. I place my clients on my Reiki table, give them a few minutes to settle-in, and ask if they would like to know of the intuitive guidance I may receive for them during the Reiki session. Although my clients are aware of the type of session they've scheduled, I always give them an out if they don't want to hear the guidance for whatever reason. I haven't had that happen yet. I begin their Reiki session and as I work, I pay attention not only the quality of energy in their system, but also to my own body and my third-eye where I receive guidance in the form of pictures, words, images that appear like movies, language, sounds, signs, clues, symbols, and scents. The hard part is organizing the information that is delivered like a big bowl of vegetable soup wherein I have to figure out which pieces go together in order to communicate a clear message. Practice makes perfect. Some of the messages or guidance is straightforward: "Stop giving until it hurts", for example. Others, not so much. "There's a male figure here wearing a suit from the 1930's and an English bowler-style hat who was ushered into our space by an excitable dog with light, long, poofy hair". To which my client responded, "That's my grandfather who served in the military in England and the dog is Frisky, our family pet. My grandfather died when I was an infant." After several more clues were delivered to me, it was clear that this was a message of love. Usually, I hold the messages and guidance in my mind until the Reiki part of the session is complete. I begin sharing the messages, guidance, and information received toward the end of the session when I am still connected intuitively and can have a conversation with my client and the guides at the same time. It just seems to flow better that way for

me. I don't like to break up the meditative, relaxing quality of the Reiki delivery to my client.

### **What sensations do I experience while during a session?**

Before I begin preparing my studio space for this type of session, I often sense the guides coming forward. To me, it feels as if several people have walked into the room I'm in, but they are invisible. If you close your eyes, or were blindfolded, and had headphones on, I believe you would sense, with your sixth sense, that of vibration, if and when someone is in the room with you. You would sense their vibration. Much may be determined from the qualities of vibration. When guides are in the room, I sense it the same way, but it's more subtle. I also sense the presence of my Reiki guides, however they tend to arrive and leave with the timing of the actual Reiki part of the session. Sometimes I start receiving intuitive "hits" of information for my client before they arrive. I'll make a mental note of it and put those pieces all together with the additional information I receive during the session. After the client has arrived, and I begin the session, I feel the Reiki flow and I go to work. I scan the body to see where the issues lie, and ask the guides to start downloading the guidance in addition to the information I need to do a great job. Chakra by chakra, messages are delivered. I may receive, for example, information about their soul history, present issues that are causing imbalances, personal habits and perspectives that are contributing factors to the reasons that brought my client to me for a session in the first place. I can also sense the fading of the energy, the signal to close the connection.

### **What role does Reiki play during an Intuitive Guidance Session?**

In my experience, Reiki energy supports what I call "sacred space". It's the type of space I create in preparation for an Intuitive Guidance Session. The Reiki energy shores-up the energetic boundaries of the space, raises the vibration in the space to facilitate a quick and clear connection to the guides, and holds that vibration through to the finish. As a Reiki Master and Intuitive, I serve as the conductor of the different sources of energy and guidance that enter the energetic field within the blended Reiki and Intuitive Guidance Session.

In summary, Reiki energy blends well with many different forms of energy work and healing modalities. I hope my experience will inspire you to create services of your own that expand the possibilities of your Reiki sessions to benefit your clients, and bring new clients to your practice. Thank you for your interest (you're still here at the end with me!) and I wish for you peace, love, and Light.



# Reiki Practice and Growth of Intuitive Abilities

*By Deborah Lloyd*

One memory I have of my Reiki training was my Master's beautiful warning: "Get ready. If you use Reiki frequently, your life will change very quickly. It can be an awesome ride." One common area where many of us Reiki practitioners have grown is the opening of the third eye – and that is an awesome ride.

During a session within several months of completing my Master training, and the opening of our healing center, I saw, in my mind's eye, a healing angel walk into the room and do Reiki with me. She worked on the client's legs and feet, when my hands were around the client's head. When I moved to the lower portion of the body, the angel worked on the upper. I wondered if it was real, or simply my imagination.

My question was answered when the client shared her experience. She said the session was wonderful, and she thought a second practitioner had joined us. She reported she opened her eyes several times as she felt two pairs of hands on her body; she described exactly the various positions of both the angel and me. I asked if she believed in angels, and she did; so, I shared my vision with her. She was astounded!

And, so was I. At that time, I had not considered the possibility that I would be able to "see" any spiritual being, or ever be able to develop that capacity. I thought people who had that talent were few, specifically chosen by the Universe to bring healing messages to others in this unique way. What I did not realize is that every person has intuitive abilities, and each of us can grow in that capacity. The more you learn and practice – and believe in the possibility – the greater your intuition can grow.

Reiki can put you on the fast track of intuitive development. Set your intention and place your hands on the third eye chakra, daily. Invite Spirit Guides to work with you, while you are giving Reiki to others, or to yourself. Read the stories of the famous psychics and mediums. You'll soon learn that each one doubted their abilities, in their early days. They did not think they were special enough, or good enough, or a multitude of other "not enough's." These intuitives are simply normal people, who are open to accepting this gift. Use Reiki to help yourself reach your full potential in intuitive abilities.

Increasing the energy flow of any chakra affects the chakras on either side of it, bringing more energetic balance to the body. It is no coincidence that the third eye chakra borders the crown chakra. As the third eye opens, the

spiritual connection is strengthened. As the connection to Spirit grows, the third eye chakra opens even more – and a lovely cycle has begun, and can continue for a lifetime, if intention and positive energy continues. Practice this frequently – and enjoy the awesome ride.

## 10 Tips to Find Time for Daily Practice

Finding the time for daily self-Reiki can be challenging, especially for new practitioners, or busy people who have a lot going on in their lives.

Here are some tips to help you get past that initial stage when new tasks and new things to do seem to just come up out of nowhere, leaving you no time for yourself. After you keep practicing for several days, you'll find that it gets easier to find the time, and after a few weeks, it even becomes easier to keep Reiki-ing :) than not to.

**Tip 1.** Practice before going to bed. If you're very tired, just go to bed, place a hand on your third eye chakra, and one on your heart, and send Reiki. It's OK to fall asleep.

**Tip 2.** Wake up earlier. Yes, it's challenging, but definitely worth it. Waking up 10-15 minutes earlier and doing 1 minute of Reiki in each hand positions will have a great impact in the long term.

**Tip 3.** Use the "idle" time, e.g. on the train, waiting in line at the bank...

**Tip 4.** Send Reiki to yourself or your situation with the intent that you manage to find more time for practicing.

**Tip 5.** Ask your guides, or your subconscious mind, to help you solve the time problem. Just stay open to any solution - and you'll be surprised to see how quickly it works :).

**Tip 6.** Set an appointment with yourself, every day, and make it highest priority. Treat it like a flight you absolutely have to be on.

**Tip 7.** Send Reiki to your Solar Plexus Chakra - this is the chakra of personal power, which governs the power of your will among others. A strong will will help you find solutions and prioritize things that are important for you, personally.




**Tip 8.** Find a "Reiki buddy" that you practice together with - it will increase the accountability and you'll both have a better chance sticking to the schedule.

**Tip 9.** Place a time-related affirmation in your Reiki box, such as *I always have enough time to do everything I desire, for my highest good.*

**Tip 10.** Reduce time spent on other activities, such as TV, internet browsing, facebook, email.

## About the Authors

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