

Sacred Flames Reiki

by
Allison Dahlhaus



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Dharmadevi (Alli Dahlhaus)



Reiki Blessings Press

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About the Author

Dharmadevi (Alli Dahlhaus) is a writer and teacher of holistic healing. She is the founder and president of the Reiki Blessings Academy, which offers professionally accredited and certified home study courses in Reiki, Chakra Balancing, Crystal Healing, Attracting Abundance, Meditation, Raja Yoga and much more. She is also the executive director of the International Natural Healers Association (INHA), an organization of natural healing practitioners: www.internationalhealers.com and co-founder of AnimalHealers.com.

Dharmadevi has studied many different facets of Reiki and feels that each new system has brought something special to her understanding of the Universal Life Force. She hopes that SFR will be a blessing to all who embrace it.

To contact Dharmadevi or to read more about her work, please visit: www.reikiblessings.com or E-mail: dharmadevi@reikiblessings.com

My eternal gratitude to my Mom, Archangel Michael, my Guru and all of my other teachers for their unending support and love on my journey!

What is Reiki?

Reiki (pronounced Ray-key) is Japanese for Universal Life-force, or Spiritually-Guided Energy. There are two parts to the word. Rei means Universal, or all-encompassing and all-knowing. Rei is what you might think of as your "Inner Self" or your "Higher Power". Ki means Life-force energy, and is the same thing as Chi in Chinese, Ti in Hawaiian, and I believe it to be the same thing that people call Super Strings in physics. Whatever you call it, Ki is the energy that runs through everything at all times. It is the energy that binds all living things together. There is an unlimited amount of Ki flowing into and around the Earth that anyone can extract for healing and/or strength. Put this energy together with the wisdom of the "Universal Mind" and you've got the most powerful source of energy healing available... Reiki.

Who Can Do Reiki?

Because Reiki is from God, Goddess, Buddha, Allah, The Creator, Spirit, Source, The Universal Mind, Your Inner-Self, or whatever you call it or them, anyone can "do" it. We are all equal, and we ALL have the ability to heal ourselves and others. It is our birthright. All that is needed to channel Reiki successfully is an open mind and heart and the unselfish desire or intention to heal.

What is Sacred Flames Reiki?

Sacred Flames Reiki (SFR) is a powerful system that I compiled from different resources (in the physical and metaphysical realms) to share with all those drawn to it. SFR is a set of guided visualizations and meditations designed to help the body, mind, and spirit heal themselves, and/or to maintain good balance within the systems of the body, both physically and

energetically. There are no symbols or complicated techniques to learn. The methods used in SFR are very simple, yet extremely effective.

I make no claim that the Sacred Flames Reiki energy is more powerful or of a higher frequency than any other form of Reiki. This is an individual perception and is left up to you to decide. All Reiki energies come from the same Source; it is how we connect to the energy that makes it unique. If you feel drawn to this method, it is most likely because it resonates well with your Spirit. This is reason enough to learn these techniques, which are brought to us from the Highest Source.

In SFR, you will find references to connecting with specific Ascended Masters, as well as Archangels. There is no requirement or suggestion to change any of your current beliefs. These specific aspects of God/Source/All That Is/etc. are here to help humans of all religious backgrounds and spiritual beliefs. We are all individuals and unique and, therefore, I believe our spiritual natures are also unique. You are encouraged to honor the Divine Source that you are familiar with and again, in no way change your belief system. I feel it is necessary to give credit to these aspects of the Divine for their guidance and support of Sacred Flames Reiki, for without them, this system would not exist.

That being said let us now continue with what Sacred Flames Reiki has to offer. SFR works with the gifts that fire bestows on us in the metaphysical sense. These gifts can be related to the physical world as well. Think for a moment about what fire would provide you with in a totally natural setting.

*Protection *Nourishment *Light

Metaphysically speaking, the element of fire is used for protection from negative energy. Fire is the element of the South in shamanism and its attributes are strength, protection, purification, and faith. Fire nourishes our spiritual hunger - the desire to grow and heighten our awareness. This fire burns inside us all. Just as it is necessary to exercise the body to keep it functioning, it is also imperative to exercise the mind and spirit to maintain proper health. Fire is a gift from above and below - it is fueled by the

resources of Mother Nature and the air from above and around us. The element of fire provides us with spiritual light, making our soul's path visible to us.

Now, what does fire do for our mental/emotional state? Have you ever sat in front of a fire and just stared at the flames? You have probably heard of meditations that involve candlelight. This is commonly known as Tratak and will be discussed later. If you've tried this type of meditation, you know how effective it is. Our minds connect to fire in a very special way. Perhaps, subconsciously, we recognize how much we relied on fire in ancient times. There is something awesome about a force that is so graceful, yet powerful.

Divine Support

The Seven Sacred Flames of Sacred Flames Reiki are supported by my Divine line of Gurus: Jesus Christ, Babaji-Krishna, Lahiri Mahashaya, Swami Sri Yukteswar and Paramhansa Yogananda.

And of course Sacred Flames Reiki would not exist without the help and guidance of Usui Sensei and Archangel Michael, as well as the other archangels – Gabriel, Raphael, and Uriel.

We all have access to these aspects of the Divine, but in receiving the attunement to Sacred Flames Reiki and practicing the included techniques, you will be clearing the channel to these Masters and Archangels, who lovingly await the chance to raise the vibrational level of humankind.

*"I have come to light a fire on the Earth. How I wish the blaze were ignited!"
-Luke 12:49*

The Original Reiki Precepts

The Secret Method to Invite Happiness
The Miraculous Medicine for All Diseases
Just for today, do not be angry.

Do not worry and be filled with gratitude.

Devote yourself to your work and be kind to people.

Every morning and evening join your hands in prayer,
pray these words to your heart,
and chant these words with your mouth

Usui Reiki Treatment for the improvement of body and mind

The founder . . . Mikao Usui

The Chakras

Chakra is a Sanskrit word meaning "wheel". Chakras are the energy centers of our bodies that turn and 'process' the life force energy inside of us. There are seven main chakras in the body, each one has a specific color and function. In traditional Western Reiki, this is where the hand positions are held. They are all located in the center of the body.

The Root Chakra is located at the base of the spine, the Sacral Chakra is in the lower abdomen, Solar Plexus is in between the navel and the base of the sternum, Heart is below the collar bone, Throat is at the base of the neck, Third Eye is above and between the eye brows, and the Crown is above and on top of the head.

Chakra	Color	Main Issues
Root or Base	Red	Survival, Physical Needs
Sacral	Orange	Reproduction, Sexuality, Creativity
Solar Plexus	Yellow	Self-will, Personal Power
Heart	Green or Pink	Compassion, Love, Relationships
Throat	Blue	Communication, Self-expression
Third Eye	Indigo	Intuition, Wisdom, Enlightenment
Crown	White or Violet	Spirituality, Divine Guidance

Intentions

Before doing Sacred Flames Reiki it's always a good idea to set an intention. This is like turning on a "Reiki switch" that gets the energy flowing and allows you to relax and focus. I like to put my hands together in the prayer or "Gassho" position, which has been shown to expand the aura. Ask your inner self what a good intention for the situation is if you are unsure. Here are some examples: "Let Reiki flow through me for the Greatest Good of (person's name, mankind, the Earth, etc.), "May (person's name) find the source of their problem" or "May we all be freed from pain and suffering" or "Let my Sacred Flames Reiki session go perfectly" or "May I find my path and purpose in life". Or you can just say "Sacred Flames Reiki". Any intention is fine, just say whatever comes to mind, and then drop it. Do not let the intention distract you from being an empty channel to the healing energy.

*Remember that you are not directing the energy. Reiki knows where to go, let it guide you to the source of the problem. Trust your intuition. Lay your hands in the position and just BE.

Letting Go of Outcomes

As a Reiki practitioner you must learn to let go of outcomes; to surrender to Divine Will. Reiki is intelligent energy that will go where it is needed. It only works for the Greatest Good in any situation, and at times the greatest good may not be what we or someone else wants. It may be hard at times to accept the way things must be for the Greater Good, for example, letting go of a loved one who is ready to pass on, or not getting a job we want even though it's really not right for us. It's always good to look at the bright side. When we get stuck in traffic, perhaps something bad would have happened to us if we didn't, or if we had lots of money maybe we wouldn't appreciate things as much. Remember that Reiki will *never* do harm, it is pure love and totally unconditional. Never let anyone convince you that Reiki shouldn't be used at a certain time, they are confused about the true

meaning of Reiki or they may be doing a different form of energy healing. There is no time when Reiki is “bad” because it is intelligent beyond our imaginations. It knows exactly when (and in what way) to heal.

“When the people do not fear the majestic, Great majesty will soon visit them.”
-Lao Tzu

What are Attunements?

Attunements are part of what separates Reiki from many other healing modalities. They are also known as empowerments or, in my opinion, wrongly labeled as initiations. An initiation seems to imply that a particular set of beliefs is being imparted, whereas Reiki is Universal and non-dogmatic. It fits with every religion and path because it is just plain Love-energy. Attunements are more of a fine-tuning of something that is already within us. Nothing new is being imparted. There is no scientific explanation (that I know of) as to how and why they work, they just do. Here's a way to think of what an attunement does: We all have the capability of connecting to the Universal Life force Energy, in fact, when we are born we are totally connected to it. Over time the connection can become weaker as we become more connected to the physical and emotional aspects of the Earth. Receiving an attunement is kind of like tuning a radio. It's also making a statement to our subconscious minds that we are ready to take control of our lives, our health, and our spiritual well-being, and we are going to do it with our own two hands!

Your SFR Attunement

Now that you've learned a bit about Sacred Flames Reiki, let's begin the journey with the method of receiving your attunement to this system - Your Sacred Flames Reiki Attunement!

Attunements can be sent and received through time and space, which do not hinder the energy in any way. It's a well-known theory that energy cannot be destroyed. Distance Attunements rely on the power of our minds and the spiritual connection we all share.

You will simply set aside some special time, approximately 15-20 minutes, where you will hopefully not be distracted in any way. Sit or lie down in a comfortable position and set the intention to receive your attunement to Sacred Flames Reiki. You might like to invite your spirit guides, the Archangels, Ascended Masters, etc. It is a good idea to light a candle while

setting your intention, to remind yourself of the gifts that fire brings to us. Please feel free to check out the listing of SFR practitioners at the following website to find a Sacred Flames Reiki Master who resonates well with you. You should contact him/her about receiving the attunement (hands-on or distance) and any fees that may be involved. www.reikiblessings.com/sfrdirectory.html Or contact Dharmadevi for your attunement at: dharmadevi@reikiblessings.com

Cleansing Period

Many people experience a cleansing period after receiving an attunement. This cleansing is all of the negative stuff he or she has been keeping bottled up inside, whether physical, emotional, or spiritual, coming out. A cleansing period may take the form of anything from an immediate emotional release to getting a cold a few days later. During the first 21-30 days after an attunement it is a good idea to try to stay away from red meat, coffee, alcohol, smoking and fried foods, and to get lots of rest, drink plenty of clean water, and practice self-healing everyday. If at any time, the cleansing period seems to be more than you can handle, simply ask for the SFR energy to flow more gently.

Passing the Sacred Flames Reiki Attunement (Hands-on or Distance)

After receiving your attunement to Sacred Flames Reiki, you can then begin passing it on to others through the following attunement method. This method is effective for both hands-on and distant attunements. When passing distant attunements, it is suggested that you set up a date and time for the attunement that is convenient for both you and the receiver. Although the attunement would work without the recipient being aware of what time it was being sent, it is nice to be able to record the experiences

that you and the receiver have at that particular time. Ask the receiver to light a candle before the attunement time and to focus on it for a short while. She should set her intention to receive the attunement, close her eyes and relax for the remaining 15-20 minutes.

- Begin by setting up your sacred space. For example, light candles (you will need to light at least one candle in front of you), play music, invite your Spiritual Guides to assist you, etc. You might like to specifically ask Archangel Michael for his guidance and protection during the attunement.
- Set the intention for the Sacred Flames Reiki attunement to work perfectly and for the Highest Good of the receiver and everyone involved.
- Imagine violet or golden lines of energy connecting your Higher Self with the Higher Self of the recipient. These lines can connect through your crown, third eye, or heart chakras, whichever you feel is your place of power.
- Staring at the candle in front of you, you are now going to charge your hands with fire energy. You can do this by holding your hands in line with the rays of light that come from the candle's flame. Try experimenting with your focus until you see the rays shooting out of the flame. Hold your hands here for as long as you feel guided to do so.
- You are now ready to invite the Archangels and Masters who have made the Sacred Flames available to us. You can say something like, "I ask that members of the Angelic Realm and the Ascended Masters of the Sacred Flames please join me in sharing the healing energies and attunement into Sacred Flames Reiki with *Receiver's Name*." (You can additionally invite others to join in, especially those with whom you have a special connection.)

Now, it's time to ignite the Sacred Flames in the receiver!

Below is a guided meditation that I recommend using. It is not necessary to memorize this script but you will most likely do so after passing a couple of attunements. Stay focused on each chakra for as long as you are guided to do so. Feel free to alter the words as you see fit for yourself.

- Hold your hands (palms down) slightly above the receiver's base/root chakra (if this is a distance attunement, you can just visualize this), say (either out loud or silently) and visualize the following:
- "May the Red Sacred Flame of Faith & Protection burn brightly in *Receiver's Name*, cleansing and balancing his/her Base Chakra."
- Move your hands up till they are over the receiver's sacral chakra. Say and visualize the following:
- "May the Orange Sacred Flame of Creativity & Passion burn brightly in *Receiver's Name*, cleansing and balancing his/her Sacral Chakra."
- Move up to above the solar plexus. Say and visualize the following:
- "May the Yellow Sacred Flame of Personal Power & Self Confidence burn brightly in *Receiver's Name*, cleansing and balancing his/her Solar Plexus Chakra."
- Move up to above the heart chakra. Say and visualize the following:
- "May the Green Sacred Flame of Love & Compassion burn brightly in *Receiver's Name*, cleansing and balancing his/her Heart Chakra."
- Move up to above the receiver's throat chakra. Say and visualize the following:
- "May the Blue Sacred Flame of Divine Communication & Self-expression burn brightly in *Receiver's Name*, cleansing and balancing his/her Throat Chakra."
- Move up to above the third eye chakra. Say and visualize the following:

- "May the Indigo Sacred Flame of Enlightenment & Divine Inspiration burn brightly in *Receiver's Name*, cleansing and balancing his/her Third Eye Chakra."
- Now hold your hands (palms still down) over the receiver's crown chakra. Say and visualize the following:
 - "May the Violet Sacred Flame of Spirituality & Divine Guidance burn brightly in *Receiver's Name*, cleansing and balancing his/her Crown Chakra."
- Now visualize the Violet Sacred Flame slowly burning from the receiver's crown chakra all the way down to the bottoms of his feet. Imagine the energy flowing down into the ground where it heals all of Mother Earth as well. I like to visualize the Earth surrounded by an aura of violet light.

Give thanks to all those involved in the attunement and visualize the golden or violet lines that connected you and the receiver, slowly dissolving. And that's it!

*“Your vision will become clear only when you look into your heart...Who looks
outside, dreams. Who looks inside, awakens.”*
-Carl Jung

SFR Healing Session

Sacred Flames Reiki can be used with any other energy healing system or all by itself. When doing any Reiki session, you should always let your intuition be your guide.

Before the session begins, I suggest you ask your client what he wants the outcome of the session to be. This is good information to have when setting your intention. Your client may not tell you what he really wants, but that is okay. Let him tell you as much or as little as he wants to - do not press him for more information. If you are performing a distant healing, chances are, you already know the reason that healing is needed. If your client has no health problems or you do not know them, simply set your intention for the Sacred Flames to work for the Highest Good of the recipient.

Your client should set the intention to receive the healing energies of Sacred Flames Reiki, be seated or lying comfortably, and be free from distractions for at least 10-20 minutes.

- Light a candle and focus on the flame for a few moments while you set your intention and invite the Masters and Archangels of the Sacred Flames to assist and protect you during the healing session.
- Staring at the candle in front of you, you are now going to charge your hands with fire energy. You can do this by holding your hands in line with the rays of light that come from the candle's flame. Try experimenting with your focus until you see the rays shooting out of the flame. Hold your hands here for as long as you feel guided to do so.
- Rub your palms briskly together for a second or two at about waist level. Now open them up and focus on your palms. Visualize the Violet Sacred Flame igniting on each of your palms.
- Move your hands (palms down) to the area directly over your client's head and visualize the Violet Sacred Flame flowing from your palms and

into the client's body. Imagine the color violet filling up her entire physical body and auric field. Let this energy flow for as long as you like.

- Take a step back, rub your palms together again. Open your hands, look at your palms, and visualize the Indigo Sacred Flame igniting on each of your palms.
- Move your hands (palms down) to the area directly over your client's third eye chakra. Visualize the Indigo Sacred Flame flowing from your palms into the receiver's third eye. Imagine the color indigo filling up her entire physical body and auric field. Stay with this energy for as long as you feel guided to do so.
- Step back again, rubbing your palms together, and opening them. This time, visualizing the Blue Sacred Flame igniting in your palms.
- Hold your palms over the receiver's throat chakra and again, see the Sacred Flame flowing into her, filling her entire body and aura.
- Continue this method for the remaining Sacred Flames (Green over Heart Chakra, Yellow over Solar Plexus, Orange over Sacral, and Red over Base Chakra) in the same way you did the others.
- Once you have finished with each chakra, imagine the White Sacred Flame (which contains all the Sacred Flames) engulfing your client's body and aura. This White Sacred Flame regulates and balances all of the chakras, burning away any negative energy in its path and replacing it with the love and healing of the individual flames.
- Conclude the session by giving thanks to all those that made the healing session possible, including your client.

Picking up Negative Energy

If you find that after you do a session on someone you have acquired the person's symptoms or you feel worn out, you have either tried to direct the energy yourself, been connected to or overly concerned about the outcome, or you used your own energy to do the healing. Don't worry, it's a very common mistake and can be easily corrected. Just imagine that White Light surrounds you. The Light penetrates your entire body through every pore. As you breathe in, imagine sucking in the White Light and filling your body up with it, feel it traveling all the way down to your fingers and toes, and as you breathe out imagine that everything that is not White Light is being blown away.

*Remember that Reiki knows what is best for all. You have no part in the actual healing of another person other than being the channel for the unconditional love that will help her to heal herself. The people receiving the Reiki and the Universal Life force itself are the healing powers in Reiki. Giving a Reiki session should make you feel really good, almost as good (or possibly even better) as when you are the receiver, because the energy is flowing through you and into her. The more Reiki you give, the more you receive.

My Sacred Flames Vision

I have had a recurring vision and I will try to recreate it for you here. This vision is to be used for healing and can be used by anyone, at any time.

I'm watching everything from high in the sky. There is a huge white flame, similar to a bonfire. The flame reflects all the colors of the rainbow on the ground around it, like a prism. There is a person sitting "Indian style" in the center of the white flame. He is being cleansed and purified by the flame. All negativity flows out of him and through the flame, where it is transformed into pure white light. The negative energy exits through the top of the flame as misty white smoke.

Making a large circle surrounding the white flame are seven smaller

flames, which correspond to the chakras - Red, Orange, Yellow, Green, Blue, Indigo, and Violet. They appear to be watching the person inside the white flame in approval while sending rays of their energy to help with the healing.

This vision is to be used by anyone, with the intention to cleanse and purify themselves or anyone or anything else that is in need of healing energy.

If you do not know what the person/animal/etc. looks like, you can just imagine her name in the flame and the effect will be just as powerful.

“People are like stained glass windows: they sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light within.”

-Elizabeth Kubler-Ross

Tratak

Tratak is the Yogic practice of focusing the eyes and mind on a candle flame or other special object. Tratak helps to balance both hemispheres of the brain and produces large amounts of melatonin (a hormone which has been shown to greatly reduce the risk of cancer). Tratak is also an effective way to improve your powers of concentration.

Place a lit candle in front of you (about three feet away) at eye level. Close your eyes and focus on your breathing for a few minutes. Take slow and steady breaths and feel yourself relaxing deeper and deeper. Now open your eyes and stare at the flame for a couple of minutes. Try not to let your focus fall away from the flame. Remain focused and stare intently at the flame, allowing its image to become imprinted in your mind. Blink as often as necessary and close your eyes if they start to get sore or too watery. Dismiss all thoughts and after about two minutes, close your eyes and try to retain the image of the flame in as much detail as possible. If the image starts to fade, open your eyes briefly. Do this for as long as you feel is appropriate. As your concentration improves, lengthen the time that you practice Tratak.

Some Experiences from SFR Attunements

Before offering Sacred Flames Reiki, I practiced the attunement technique quite a few times on my wonderful and willing friends and family so that I might pass this information on to you. It can be helpful to hear what others experience during attunements. Always remember that there is no right or wrong way to feel during an attunement. We are each different and every experience is perfect at that time for that person. Some people will experience nothing physically during the attunement and this does not mean that it was not a success.

You may also find that the receiver experiences the attunement effects for quite some time after you have completed the process. The energy knows how much work is needed and will not stop just because you have finished

your meditation. For this reason, you should wait at least 20-30 minutes to expect a response from the energy; sometimes it might take days.

Sacred Flames Reiki Attunement Testimonial #1 from Adrien in Canada:

"Hi! Wow, this was GREAT!!!!!! ...

Here is what happened.....initially my hands got hot and it was definitely concentrated at ALL of my fingertips. It felt like flames shooting from my fingertips - it was wild!!!!!! Then the energy began to spread and make ripples from my fingertips over my palms and back. This continued for a bit and then the ripple turned into a sweeping wave. Hands were still hot!

Then it felt as though (and I saw this as a vision too) there was a veil/covering that was being pulled from the front of my neck area up and over my face to my crown chakra. This seemed to happen 3 times. Then there was LOTS of purple everywhere!!!!!! Then I felt a tingling in my third eye and this feeling seemed to travel and be connected up to and including my crown chakra. VERY cool!!!

All the while the feeling in the hands (after the energy seemed to slow down) was that they didn't exist. Very numb/heavy feel. No control over them.

Then I kind of lost consciousness briefly as I floated and at the end I heard someone say "don't delay!"

From start to finish it took 15 - 20 minutes. By the way, my cat Tango was with me for most of it. This is normal for her. She is attuned to everything I am

attuned to. She snuggles up next to my hands and stays until its over. Often she watches the energy and colours. At time she has even touched the parts of my body the person was putting the symbols into. VERY neat!!!!

THANK YOU!!!!!!!!!!!!!! I can't wait to hear more....."

(Author's note: You can read more about Adrien and PRISMology at: www.healingspiral.com)

Sacred Flames Reiki Attunement Testimonial #2 from Kim in New York:

"...for starters....I smudged the entire house and blessed it before the attunement.

Then I sat with the room candle light and some soft Reiki music on in the back ground. This always helps me to clear my mind and stay focused. At the beginning...I could feel the energy swirling in a type of funnel form...all around my body and extending up over my head..up high. The swirling energy changed in form and color.... a light purple to dark purple...and even an indigo bluish color....it did this for a few min.'s... then, I got this sense that you were here with me. I uncrossed my legs to just drop down below me and extended my arms up and out... as if we were touching our palms together.... hand to hand... facing eachother. And then I could just feel this sense... it is very hard to explain... it was emotional (for some reason) no particular rhyme or reason... I just had tears flowing from my eyes... and a complete sense of peace or freedom. Shortly after that it was all over... for me it lasted about 20 min or so...I sat for a few more min."

Sacred Flames Reiki Attunement Testimonial #3 from Steve in the United Kingdom:

"Hi Alli.

It began with activity within straight away, a sort of lock-on and much energy moving about. I watched as it seemed to automatically do exactly what it was supposed to do.

All my chakras were and seem to still be lighter with a kind of light blue 'in the air'. One of the most noticeable effects was a buoyancy which I still feel. The overall impression is as having had an energetic surgical precision chakric spring clean. Stronger effects occurred even after I knew it was completed. When I'd had Reiki 1, there was the effect of 'visions of times past' which lasted a couple of seconds on and off on different following days. The same thing occurred for the first time again approximately 45 minutes after the Clearing. This shows that, for certain, pure Reiki is involved here.

Love and Light.

Steve."

Candle Flame Recharging Method

This is a very simple technique used to restore and revitalize your vital energy.

- You will need one candle (preferably white) for this meditation.
- The candle should be resting about two feet in front of you, being at heart or eye level.
- You should set up your sacred space and make this a special time for yourself, in other words, no distractions.
- Close your eyes and invite the Masters of the Sacred Flames and any others you wish to join you during this meditation time.
- Set the intention for the candle flame to be infused with Healing, Purifying & Restoring energy for your Highest Good and the Highest Good of the entire Universe.
- Open your eyes and focus on the flame. Let your focus fall slightly above or below the flame until you see the rays of light coming from the candle flame.
- Cup your hands and visualize the rays flowing into them and filling them with the energy of the Sacred Flames. Hold this vision for as long as you'd like.
- Now visualize the rays flowing into your Third Eye Chakra. You might like to position yourself where you can actually see the rays flowing to this area but be sure you are not anywhere near the flame! Hold this vision for as long as you'd like.
- Now visualize the rays flowing into your Heart Chakra and again, you

can position yourself where you can actually see the rays connecting to this area.

- Repeat this procedure whenever you feel drained or stressed-out.

*“All we are is the result of what we have thought.”
-Guatama Buddha*

SFR Self-Healing Method

Keeping in mind that fire is fueled by oxygen, this method is designed to ignite the Sacred Flames inside of you by using your breath.

- Begin, as always, by setting your intention and inviting the Masters of the Sacred Flames and any other aspects of the Divine Spirit to join you and make the session effective and for the Highest Good of All.
- Place your hands on or above your base chakra.
- Breathe in deeply and visualize this breath flowing down to your base chakra, where it ignites the Red Sacred Flame of Protection & Faith.
- Exhale slowly and gently and move your hands up to your sacral chakra.
- Breathe in deeply and visualize your breath traveling all the way down to your sacral chakra, where it ignites the Orange Sacred Flame of Creativity & Passion.
- Exhale slowly and gently and move your hands up to your solar plexus chakra.
- Breathe deeply and visualize the air going down to your solar plexus chakra, where it ignites the Yellow Sacred Flame of Personal Power & Self-confidence.
- Exhale slowly, moving your hands up to your heart chakra.
- Breathe deeply and feel the air expanding in your chest and heart chakra. Imagine the Green Sacred Flame of Love & Compassion igniting.
- Exhale slowly and move your hands to your throat chakra.

- Breathe deeply and imagine the breath igniting the Blue Sacred Flame of Communication & Self-Expression.
- Exhale slowly and move your hands to rest on or above your third eye chakra.
- Breathe deeply and imagine the air igniting the Indigo Sacred Flame of Enlightenment & Divine Inspiration.
- Exhale gently and move your hands to rest lightly upon your head.
- Breathe deeply and imagine a ball of air floating up to your crown chakra, igniting the Violet Sacred Flame of Spirituality & Divine Guidance.
- Give thanks and relax with your new heightened vibrational level!

Breathing the Sacred Flames

This technique is an expansion of the Japanese Reiki technique called Koki Ho and can be used during a healing session of any kind.

Visualize the White Sacred Flame surrounding you. Draw in a deep breath through your nose and imagine the flame being sucked into the back of your throat. Hold the flame here momentarily and feel the energy focusing and condensing. Now, blow out the flame through your mouth into wherever healing is needed. Visualize the flame changing to whatever color is best for your particular situation. It fills and surrounds the entire area. Do this as many times as you feel necessary.

Eyes of Fire

Eyes of Fire stems from the Japanese Reiki technique called Gyoshi Ho, which is healing through gentle staring or giving Reiki with the eyes. Set the intention for Sacred Flames Reiki to flow through your eyes into whatever you are staring at. Imagine that your pupils have tiny fires in them and the energy flows out as a beam of light, like a laser beam, into the subject needing healing.

Gassho with SFR

Gassho is Japanese for "two hands coming together". It is what many of us think of as "in prayer". Sit or stand with your hands together at chest level. Focus your attention on the point where the tips of your middle fingers touch. Visualize the White Sacred Flame swirling around your hands like an upside down tornado. Imagine that the tip of the "tornado flame" connects with your Higher Power and fills your hands with the will of the Highest Good of All. Stay in this meditation for as long as you like and try to do it as often as possible.

SFR Rose Distance Healing Technique

This distance healing technique is similar to what I learned from my Reiki Master, Mona Khalaf:

- Close your eyes and imagine the person to whom you are sending healing (it doesn't have to be a clear image, even a name is enough).
- Dissolve her image and visualize a beautiful white rose.
- Send the sacred flames to the rose and imagine the pure, loving energy

flowing into the rose through its stem and up to the flower where it fully blooms and glows with SFR energy.

- Now bring back your image of the person to whom you're sending healing and send her the rose. Imagine that she accepts the rose and places it into her heart Chakra.
- Visualize the rose sinking into her and her entire being is filled with Sacred Flames Reiki. She radiates with light and love.
- If you want to send healing to more than one person, just imagine them all together and do the procedure one time.

Golden Sacred Flame of Illumination

We have already talked about the Green Sacred Flame that is used to cleanse and balance the Heart Chakra. Visualize that in the spot where our actual, physical heart lies, there is another flame – the Golden Sacred Flame of Illumination. This flame burns most brightly in those who pass on knowledge and wisdom to others. The more illumination we give out to the world, the more we receive as individuals. Next time you come across someone, who seems hungry for spiritual growth, visualize the Golden Sacred Flame that lies in your heart multiplying. Imagine taking this flame and placing it in his heart for him to carry on to another.

“If you have knowledge, let others light their candles at it.”
-Margaret Fuller

Finding a Sacred Flames Reiki Practitioner

For a complete and updated list of Sacred Flames Reiki Practitioners, please visit the Sacred Flames Reiki web site:

<http://www.reikiblessings.com/sacredflames.html>

Registering in the Sacred Flames Reiki Directory

After receiving your attunement to Sacred Flames Reiki, reviewing this book, and practicing the techniques, I would like to invite you to join my directory of SFR practitioners.

The Sacred Flames Reiki Master Directory is listed on the SFR web site.

Please send in the following information:

Name as it should appear in the directory, date of SFR attunement, name of the SFR practitioner who sent your attunement, your mailing address (optional), phone number (optional), e-mail address (optional), and web site address (optional).

Resources & Suggested Reading List

Books

Reiki for Beginners - David F. Vennells

Autobiography of a Yogi – Paramhansa Yogananda

In The Shadow of the Shaman - Amber Wolfe

Revelations of Christ – Swami Kriyananda

Yoga for Beginners - Mark Ansari & Liz Lark

Heal Your Body - Louise L. Hay

Hypnosis for Beginners - William W. Hewitt

Love Is Letting Go of Fear - Gerald G. Jampolsky, M.D.

Creative Visualization - Shakti Gawain

Courses

Usui Reiki Master

Meditation

Raja Yoga

Life Therapy

Chakra Balancing

Opening to Love

Attracting Abundance

Spiritual Aromatherapy

Deepening Intuition

Karma & Reincarnation

Holistic Business

Crystal Healing

(All available at Reiki Blessings Academy: <http://www.reikiblessings.com>)

“I will light the match of smiles. My gloom-veil will disappear. I shall behold my soul in the light of my smiles, hidden behind the accumulated darkness of ages.

When I find myself, I shall race through all hearts with the torch of my soul-smiles. My heart will smile first, then my eyes and my face. Every body-part will shine in the light of smiles.

I will run amid the thickets of melancholy hearts and make a bonfire of all sorrows. I am the irresistible fire of smiles. I will fan myself with the breeze of God-joy and blaze my way through the darkness of all minds. My smiles will convey His smiles and whoever meets me will catch a whiff of my divine joy. I will carry fragrant purifying torches of smiles for all hearts.”

-Paramhansa Yogananda