

Sleepeze Reiki

~Free Healing Self-Attunement ~



Channelled by

Raine Hilton -The Good Vibes Girl - 06-07-2010

www.goodvibesgirl.co.uk

Insomnia can effect just about everyone at some point during their life, but for some it is an ongoing disturbance that has repercussions throughout the rest of their day. It can leave them feeling out of sorts, too drained and tired to concentrate with urges to take naps during the day which although these can help in the short term, in the long term may make the problem worse as this knocks the body out of its natural sleep routine. This can lead to work, relationships and even health suffering.

This attunement was channelled through me when our youngest daughter was very ill and unable to sleep, having worked with the Angelic Realms for many years I called upon Archangel Raphael and asked him to intervene, he appeared to me and then through me came the most beautiful healing sleep energy, within moments she was fast asleep. I asked if this energy could be harnessed and used to help others, he gave his consent and that is how this stream of energy was born.

This energy is ideal for anyone suffering with sleep disturbances, problems getting to sleep, waking early, and sleep disruption due to ill health. It can be used on anyone of any age and is wonderful for use on children especially helping babies get into a healthy sleeping routine!

I was guided to also include a symbol for this system to use one of the Kabbalah God names which can be scanned specifically to help ease insomnia, stop nightmares and night terrors and aid a full peaceful night's sleep. You don't need to have studied Hebrew for many years or be of the Jewish faith to be able to use these God names nor do you have to wear a red string like Madonna! Through using these God Names we can shape our lives, improve our health and wellbeing and fulfil our destiny.

Kabbalah - Understanding the 72 Names of God

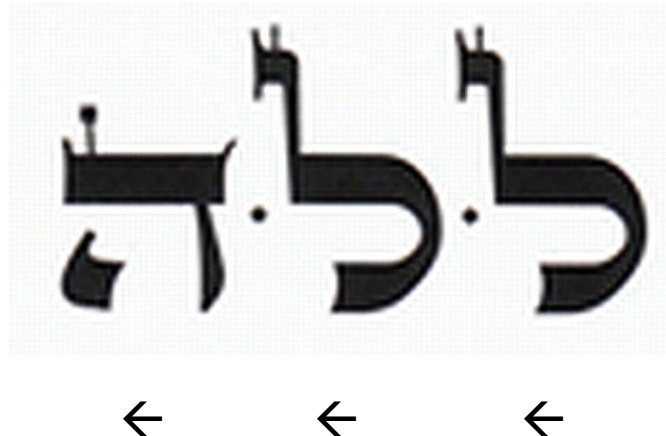
The power and effect the 72 names of God has on you comes from the fact that the Hebrew language is a codex of creation, a communicable key of the forces of creation and each of the 72 names is a key that unlocks a different area in our inner lives which needs working on and balancing. They are the code of creation, the very building blocks of the universe, the very words God used to create the world, and the eternal whisper that we have forgotten to listen to under the prosaic cacophony of modern life.

The 72 names of God can have a powerful effect on you; even if you don't speak Hebrew, can't read it or understand it you can still derive benefit from them.

To benefit from the God Name used for Insomnia/Dreams in your own life, drop yourself into a still and meditative, contemplative and receptive mood and simply scan the letters from right to left (as Hebrew is read).

Focus on why you're carrying out the scan to increase its benefit, see yourself sleeping deeply and peacefully, do not focus on any illnesses, imbalances or problems and worries preventing you from sleeping.

Use positive affirmations such as 'I sleep deeply and peacefully right through the night', 'I am responsible for my own healing', 'I am in control of the events in my life', 'With each breath I take I am filled with peaceful healing light', 'I am healed and I am whole', "I know that while I am sleeping my healing is already in process", "Every cell in my body vibrates with energy and health", "I naturally make choices that are good for me, I take loving care of my body and my body responds with health, an abundance of energy and a wonderful feeling of well-being", "My body heals quickly and easily", 'Thank you for my healing'. Or make up any that is suitable and relevant to you and your situation.



It is important that you scan this symbol from right to left as if you were scanning a bar code.

You can draw this symbol on a piece of paper or onto a crystal or stone and have it at your bedside or beneath your pillow. Kabbalah Stones are also available from www.goodvibesgirl.co.uk

****This is a FREE self attunement, no money may be charged for this attunement!***

Distance attunements are sent by using the "call-in method" (chi ball) Chi Balls are an ideal way of receiving attunements if you are interrupted or unable to be home to receive your attunement at an appointment time. With my distance attunements,

there are no barriers with time and attunements will reach the recipient when they are called in. Using Chi balls is a great method to use when time zones don't allow for us to meet at a mutually suitable time.

HOW TO RECEIVE YOUR DISTANCE ATTUNEMENT

When you are ready to begin settle yourself down in a comfortable position and in a place where you will not be disturbed for 30 – 45 minutes. Switch off phones, pagers etc and ask people not to disturb you. You play some soft music if you desire, but try to avoid any with vocals as they may distract your mind from your true intention. Classical, easy listening, meditation style music is best. You may also wish to light candles and incense or aromatherapy oils to change both the atmosphere as well as the mood, making the event a sacred moment and turning your chosen area into a temple for the duration. You may also like to use crystals to empower the occasion and these can also be used afterwards whenever you are working or connecting with this particular stream of energy.

Candles, crystals and incense can be purchased from www.goodvibesgirl.co.uk and we will always be only too glad to advise you on the most appropriate tools to aid in your chosen attunement ritual.

Have a glass of water to hand and if you are susceptible to feeling lightheaded or woozy after meditation it can help to have a light snack to nibble on afterwards. Also have a note pad and pen, or voice recorder so you can capture everything that happens while it is still fresh in your memory. What can seem so vivid at the time can quickly fade and be forgotten.

I suggest that you prepare yourself for a few moments before you begin, take this time to relax, clear your mind and shut out the mundane world for a little while. You may meditate if you wish, call in your guides, guardian angels or deities, other helpers or totem animals you may work with. You may also say a short prayer or petition asking for protection for this session.

Other ways of protecting yourself is by imagining putting on a cloak of protection and then surrounding yourself in white light, feel it flowing through you and around you, filling the whole room and state out loud that you are protected. You may also like to use the Archangel Protection

‘Before me Raphael, behind me Gabriel, on my right hand Michael and on my left hand Uriel. I AM PROTECTED’.

Next we need to ground ourselves, this is important as it helps you from feeling lightheaded and ‘spacey’ afterwards. You can do this by imagining that roots are

growing out from the soles of your feet deep into the earth. Feel these roots moving through the cool damp earth and wrapping themselves around sturdy rocks deep underground. Feel this grounding energy travelling up your roots, through your feet and then throughout your body until it bursts out of your crown. You may also place a crystal with grounding properties at your feet, such as smoky quartz or hematite.

Now either sit or lie down in your chosen place to receive your attunement, close your eyes and ask either in your mind out loud for the attunement to begin. You could say something like "I (state your name) am ready to receive the attunement for (Sleepze Reiki) from Raine Hilton". Ask Archangel Raphael to be with you, now just relax and allow it to flow through you.

Some people have very vivid experiences, you may feel the energy, see swirling colours, your guides or others associated with this healing system. You may even see, hear or sense me with your also, especially if your system involves drawing of symbols. I hear it can feel a little ticklish! You may also be given a message or taken on a journey. Other people experience nothing what so ever, just a feeling of relaxation. Don't be disappointed if this is the case or feel that it hasn't worked. I know of some incredibly powerful healers who felt nothing when being attuned and some who also feel nothing when channelling the energy even though their clients do. We all accept and facilitate energy differently. Know that at all times you are safe and protected so relax and go with the flow.

One technique which is helpful when receiving an attunement is to start by focusing on your crown chakra and visualizing a brilliant and pure white light entering your crown.

Feel and see this cool white light flowing through your Crown chakra filling it with the purest feelings of love and joy and then visualize this light moving down to your third eye chakra and filling it with the same pure white light.

Progress down through each of the chakras until the light fills your root/base chakra and then visualize the energy flowing down through your legs into your feet and out into the earth.

Then spend a short while visualizing this light flowing from the Universe, through each chakra and out in to the earth and filling you with an amazing feeling of peace, love, protection and healing.

See/feel the symbol imprint themselves onto the palms of your hands.

When you feel that it has ended and you will know this yourself, gently open your eyes, sit up and allow yourself to come round. Have a drink of water and if you need to a light snack. As soon as you are able, write down or record your experiences. Everything that you can think of, all that you saw, felt, heard and experienced. Some things may seem a little odd or unimportant at the time but their relevance may be important later on.

When you have finished this I want you to consciously close yourself back down again, some people do this by removing their invisible cloak, stating out loud that this attunement/ritual is concluded and give thanks for it. You could imagine flicking a switch to the off position, whatever works for you. Now the important thing is to break state, you could do this by going out for walk in the fresh air, doing something that is physical and grounding, household chores are good for that!

By doing this when you receive each attunement you should be well grounded afterwards and feel refreshed and revitalized.

HOW TO ATTUNE OTHERS

To attune someone else to this system, prepare yourself as above, protect and ground yourself and your student, if doing this by distance attunement please ensure your student knows how to do these things.

Place your hands on your students crown chakra (or visualise this) and state your intention out loud. You may say something such as;

“I (*STATE YOUR NAME*) CALL UPON ARCHANGEL RAPHAEL AND DO HEARBY ATTUNE (*STATE STUDENTS NAME*) TO SLEEPEZE REIKI. I ASK THAT THIS ENERGY IS TO BE USED FOR HIS/HER HIGHEST GOOD”

Allow this energy to flow through you and into your student's crown chakra and work its way through each chakra in turn until it floods the whole body. Now move around to the front of your student and using the index finger of your dominant hand write the symbol onto the palm of each hand, this must be written right to left.

Return to the rear of your student place your palms back on their crown chakra and gently close each chakra down and seal their aura. The attunement is now over.

If you are doing this by distance then you can visualise all these steps in your mind and send the energy in a Chi Ball

WHAT ARE CHI BALLS?

The Chi Ball is one of the most simple and effective ways of sending healing energy and attunements. This is because you can channel which ever kind of energy you wish to form the Chi Ball. Your Light fills the Chi Ball. You control the energy that goes directly into the Chi Ball. Your intent creates the color, the size; and everything that goes into it. You send it on your breath and energy.

The Chi Ball is created by you, and the energy you channel; yet it safely helps you to send energy, since once the energy is in the Chi Ball, you disconnect from the Chi Ball and it stands on its own—completely energized and ready to be sent.

To make the Chi Ball, we need to prepare ourselves—by learning what centering is. Centering is a simple way to generate energy without draining yourself. It is creating a power point in your own being that you can always rely on to energize yourself and help you eventually form the Chi Ball without stress or strain.

Centering is the central power of martial arts. It develops Chi—the life force itself.

First and foremost, shield yourself with a Ball of White Light to protect you and the energy you are about to 'build' for yourself.

Sit in a chair with feet on the floor. Look at your hands—palms up. See them, the lines that create the skin, the fingers, and the palms. Now take your hands and place them at just chest level, comfortable for you to work easily with during this exercise.

Take your hands and face them palms at each other. Hold them close to each other and feel the energy, the heat as it builds. Now slowly bring your hands apart to about 4 inches from one another and allow the energy to travel with the motion.

The energy is warm, and you can feel it build between your two palms. Feel it flowing through your crown chakra down your arms into your hands. You can use any kind of energy or healing system you are attuned to such as this one.

Mold that energy with your hands to form a ball—round and complete. With your hands in this position, take a breath through your nose and breathe with your diaphragm—deep and strong. Carry the breath to your solar plexus and draw it deep.

Now exhale through your mouth, quietly; and evenly. Take two more breaths. On the fourth breath, you will now direct the exhale to the palms and blow your breath into the space between your hands. You are giving the space/ball between your hands your Light Energy. Feel the energy go to the space between your hands. Feel a 'heartbeat' in the space between your hands, and take a moment and feel that energy build with gentle power.

Allow your hands to form a ball around the energy you have created. Direct your hands down to your Solar Plexus. Gently push this ball of energy into your Solar Plexus. Feel the ball move within you and feel the ball beat gently within you. Take a deep breath and direct the ball's energy to flow all through your body from head to foot. Feel the energy flow through you.

This energy will be the energy for creation of the Chi Ball. This energy is the basis for your ability to center. Centering is twofold. One is for energy sending and the other is to provide you with power. You may ask, 'why power?' In this day and age, stress and anxiety is everywhere. If you remain centered, you remain calm. All you need to do to activate this centering energy is to touch your Solar Plexus! Try it! You will feel

a gentle surge of energy move through you that will go from that place of anxiety and move into one which is gentle and calm. It is a place of power that you can move anywhere through your body to heal and calm anxiety or pain. This energy is permanent. It will never leave you, and will serve you anytime you need it.

Let's look at healing and attunement energy with the Chi Ball

Why use a Chi Ball? It is sending pure energy. Once it is in the Chi Ball, it is cleansed and purified and made perfect. Chi energy is perfect energy. It also protects you and the recipient of the energy from any negative forces in the sending and receiving of it.

To make the Chi Ball, first surround yourself with a ball of White Light. Call in your guides, healing guides and angels to be there with you. Now is the time to gently touch your Solar Plexus to give it the signal that you are activating the centering energy. Then simply place your hands palms facing and form a ball of energy. Mould it with your hands to any size you wish. First, give it color. For instance, if you wish to have a gold Chi Ball with a white stripe around the middle; speak to the Chi Ball and intent the Ball to be gold and have a white stripe around the middle. Then take that deep breath through your nose and blow the breath out the mouth into the ball you have just formed with your hands.

Now it is time to fill it with energy. 'Open the ball' with your dominate hand, and then intent exactly what you wish to go into the ball—the person's name, the amount of time it is to be used; and any other pertinent information needed. Take a deep breath and blow that energy into the ball. Now 'close the ball' with your dominant hand, and take a deep breath, and intent the ball on your breath to go to the recipient of the Chi Ball. Take another breath and allow it to blow the Chi Ball off to the person you are sending it to, and bless it and send it on its way.

After you have sent the Chi Ball, take a cleansing breath and thank your guides and angels for their assistance and support. This is the key to the power of healing and sending energy: giving and receiving. Sharing with intent.

HOW TO USE

You can either program stones or crystals such as Rose Quartz or Aventurine with this energy simply hold them in your non dominant hand and with your dominant hand cover the crystal, state your intention to charge this crystal with Sleepze Reiki.

This crystal or stone can then be placed under your pillow or beside your bed while you are sleeping.

You can paint or draw this symbol onto stones or onto a piece of paper and have it by you also.

To activate this flow of energy simply say 'Sleepeze Reiki On' and as soon as you are asleep it will naturally stop flowing or you can say 'Sleepeze Reiki Off' if you are using it on someone else.

You can use this energy to 'charge' your bed with Sleepeze Reiki and also your night time drink whether this is warm milk, or even a glass of water, just hold it between your hands and allow the energy to flow into your drink for 5 minutes and then drink it straight away.

**To promote lasting change in our sleeping habits and patterns it is also helpful to look at other areas of our life we can change and improve on. I have written this following article with many tried and tested methods.*

The Natural Approach to Beating Insomnia

There are two main paths to take when dealing with this debilitating condition, the first is the medical approach, which for some can help in the short term and the second which I will be focusing on today is the holistic approach. To my mind drugging someone up only masks the problem and doesn't solve the underlying issues. As time goes by the subconscious mind, and the body itself begin to fight back, and as the tolerance to the drugs builds up it is then dampened down again by a higher dose in a bid to reach oblivion.

Every person is an individual with their own set of thoughts, emotions, worries and habits; there isn't a quick fix that will cure everyone. Also be aware that not everyone needs the magical 8 hours sleep a night especially the elderly. Sometimes pushing your body into more can be the opposite of what it needs. When attempting to get to the bottom of a sleep problem we have to be willing to dig deep. To begin with, we will run through the obvious preliminaries.

Daily Routine

If you have a sedentary job that deprives you of fresh air or exercise then make an effort to either walk or cycle to work, at least part of the way if possible, use the stairs

instead of the lift and get out for a walk in the fresh air during your lunch break. Try to fit in at least 20 minutes physical exercise each day but not directly before going to bed as this will raise your heart rate and metabolism leaving you too hyper for sleep.

Caffeine is the next one to look at, it is easy and tempting to use this popular stimulant as a way of keeping you awake through the day, but this will only aggravate the problem. Caffeine stays in your body for many hours after it is consumed and we are not only talking about coffee here either, caffeine is also present in black teas, hot chocolate, as well as soft drinks such as coca cola. Cut down or cut out if possible and certainly nothing after noon.

Sugar is another hidden one that many people overlook, sugar is difficult for the body to process and it is hidden in so many foods and drinks now that you need to be a detective to spot it! Sugar causes huge energy rushes which are quickly followed by even bigger energy slumps. Each time this happens it weakens the whole body, from your digestion to your metabolism and immune system. Not only will it prevent you from sleeping properly it will also damage your health in the long term. Now most people have a sweet tooth and life would be miserable without the odd sweet treat, but do make it an occasional one and not 3 or 4 bars of chocolate followed by a bottle of cola, followed by cakes, sweets and hot chocolate later on in the day.

Alcohol is another trigger, often fooling the desperate sleeper that a couple of glasses will help them to get a good night's sleep. In fact the opposite is true, alcohol will often send you to sleep quickly but as your body breaks down the alcohol it makes your blood pressure and blood sugar levels plummet which will wake you up in the night feeling disorientated and usually hungry too.

Cigarettes are another trigger also; nicotine is a stimulant and although cutting down and stopping in the short term may make symptoms worse as the body adjusts, in the long term not only will it help you to sleep right through it will also improve your health.

Drugs, recreational or prescribed can cause insomnia; if they are prescribed ones then it may be worth consulting your G.P. to see if there is an alternative. If you are taking recreational drugs then you don't need me to tell you what you should do!

Snoring is another bugbear too, there are many reasons for this, some come from drinking alcohol, smoking, asthma, weight problems, poor diet to name but a few. Sleep apnea is a condition that occurs when a sleeping person's breathing is interrupted. Snoring can also be symptom for underlying health problems so a check up wouldn't go amiss.

Depression can lead to disruption in the function of the hypothalamic-pituitary-adrenal axis; this can cause excessive release of cortisol which can impair sleep quality.

Restless legs are also a big problem for some people too. All these problems need to be treated on an individual basis. There are many experts that you can consult for help, such as your local pharmacist, G.P. or alternative health care provider.

PMT, menstruation, pregnancy, menopause as well as any other hormonal fluctuations in a woman's life can also disrupt sleep. These also need to be looked at on an individual basis and treated accordingly.

Avoid eating a large meal late at night especially anything greasy or heavy as it is difficult to digest and may keep you awake. Some people are sensitive to spices which can act as stimulants, so if you fancy a curry or a chilli make sure it is early on in the evening.

Preparing Your Room

Now let's step into the boudoir! Take a long look around your room, does it look and feel cosy and inviting, is it well ventilated and of an ambient temperature, not too warm and not too cold? Is your room clean, dust and clutter free? If not then the dust can easily keep you awake and the clutter may distract you from settling properly. If you also use your room for working in, try to screen off your work area to encourage your mind to shut off from work.

Unplug as many electrical appliances as you can as the electric current still running through them can interfere with sleep patterns, this is also increased by sleeping in metal frame beds, wood is much healthier.

Try changing your bed around into a different direction, some people are very sensitive to the energy flow of the direction they sleep in. Try sleeping with your head facing north and your feet facing south. Doing this will align and harmonise your body with the magnetic field of the earth.

Bed time; now let's look at your mattress, is it older than 5 years? If so it could be time for a new one as old mattresses contain all manner of bed mites as well as their droppings. Not good bedfellows for asthmatics or for a good night's sleep. The same goes for your pillows, hold each one on the palm of your hand, if it flops down either side it is definitely time for a new one. The weight in the pillow is also made up of those nasty mites and their droppings again!

When choosing new mattresses and pillows make sure they are firm enough to support you but don't feel like sleeping on a bed of rocks! Try to buy the best quality you can afford, you spend much of your life in bed so you deserve the best. Now protection, this is the important part as it will prevent anything untoward from creeping through! Both mattress and pillow protectors can be purchased very easily and are essential for anyone with allergies or breathing difficulties.

Next bedding, this is very much a personal choice, but do think about the climate you are living in, shivering and sliding around in silk sheets isn't going to induce a good

night's sleep, or anything else for that matter if it is in the middle of February and your bedroom is like an icebox. So whether you prefer crisp cotton, cosy flannelette or anything inbetween make sure it suits you, and the temperature of the room.

Airing your bed is important too, I pull back the bedding and open the window each morning to allow the bed to air thoroughly. I try, weather willing, to leave the window open for most of the day, and so that by the time I go to bed the room is thoroughly aired. It is then easy to warm the room a little before retiring if needed.

Waking in the night or problems 'dropping off'

If you are waking in the night or having problems falling asleep examine your thoughts carefully. Often we just allow random thoughts to run through our minds, one on top of the other until they escalate. Make sure that the thoughts running through your mind are positive ones, negative self talk leads to disturbing dreams as well as attracting all manner of unwanted experiences into your life. If problems in your life are keeping you awake then sit up and write them all down on piece of paper, the same with any dreams you may have on awakening. Dreams often show us things which are hidden deep in our subconscious mind; these may be shown literally or symbolically.

The next day examine all that you have jotted down and now take each problem and do something concrete to solve it, if you feel that you are in a helpless position, that you are powerless then this will send signals to your subconscious mind leading to more disturbed sleep. Even when things seem hopeless there is always something small that can be done, speaking to someone who can advise you in whichever area of expertise necessary or even taking a few small steps yourself.

Don't keep putting things off! If you really need to do something no matter how uncomfortable, painful or downright embarrassing it is just grit your teeth and get on with it. Whatever it is it won't go away and will continue to plague you both through the day and especially at night. Any steps you can take no matter how small will send a signal to your subconscious mind that you are back in control.

If negative self talk is keeping you awake then before going to bed write down some positive affirmations that are opposite to the ones you are thinking and continue repeating them until you fall asleep, this will go deep into your subconscious mind and will continue to work while you are sleeping as well as when you are going about your day. Choose things that are worded positively with nothing negative in them

For example do NOT say 'I am not fat or unfit anymore' as your subconscious mind will only hear the words 'fat' and 'unfit'

Instead say something like 'I am fit, strong, healthy and love my size (insert whichever figure is your ideal clothes size) body.'

Don't go to sleep on a row, if you can, kiss and make up. If this isn't possible then you need to distance yourself from the issue. Sometimes it can be helpful to see the

problem through the other person's eyes. It can be the hardest thing to do, especially if something painful has happened but do try to forgive, Forgive not only the other person, but also yourself too. Forgiveness isn't a sign of weakness, backing down or declaring that the other person is right, there is no right or wrong, only what is important to you and what is important to the other person. Most things are just not worth the aggravation and negative energy they attach to you. If you are having problems letting go then you may like to try performing a cord cutting ritual. This will release both parties and allow them to go their separate ways in an energetic sense which will then filter through to the physical.

If you are suffering from stress then listening to a relaxation CD may help, either just music or a guided meditation. There are also hypnotherapy styles one available which are designed especially for insomnia. You could also try progressive relaxation techniques also.

Bedtime routine

Tempting as it is to have a sleep in, do try to keep to a regular bed time at the weekend and during holidays. This will help your body's natural body clock remain in sync.

Try taking a nice warm bath, this will relax you and prepare your mind for sleep. If you can avoid an overhead light on, candle light is so much more soothing. Try adding a few drops of an essential oil such as Lavender or Chamomile to your bath water. Mix well before getting in. You could also burn a few drops in an oil burner in your bedroom too.

It helps some people to have a warm milky drink before settling, although do avoid if you snore or have a cold as this can make it worse!

Some people find it helpful to read before going to sleep, just make sure that it isn't something that is too exciting or you may continue to think about it after you turn the lights out!

Try to avoid TV directly before going to sleep as this may also stimulate your mind, especially anything that is violent, action packed, or of a negative nature. Light hearted comedies, and feel good movies are best!

Don't force yourself to go to bed if you just don't feel sleepy, find something to do until you are tired.

Make sure that your room is dark enough too, street lighting and thin curtains don't mix, and if you are scared of the dark than invest in a very low light night light, nothing that is too bright. You can get some tiny plugs that just emit a gentle glow.

Now let's talk about sex; sex either tends to leave you feeling wide awake afterwards or sends you straight to sleep. If you are the wide awake variety then try to plan your

little seduction session a little earlier on in the evening or get your partner to give you a relaxing massage afterwards ;-)

Alternative Remedies

There are many different approaches to treating insomnia including;

- Herbal sleep tablets available from many health stores
- Valerian or Chamomile tea
- Lavender or Chamomile oil, either a few drops in your bath, on your pillow or in an oil burner
- Aventurine crystals always send me straight to sleep. I put one inside my pillow case.
- There are homeopathic remedies available, but do consult a qualified practitioner before taking.
- Reflexology, acupuncture and hypnotherapy can also be used to alleviate symptoms.

I hope these tips have given you a few new ideas to try, Happy Sleeping :-)

Love & Blessings Raine x

Please visit www.goodvibesgirl.co.uk for many more attunements and to view our extensive range of FREE ones too!



Disclaimer

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