

A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

Magazine

In this issue:

FROM LOSS TO LIGHT

Tracy Searight shares her experience of how Reiki helped her navigate the profound grief of losing both her sister and father.

SHARING REIKI WITH CHILDREN

Rickie Meryl Freedman offers valuable advice on sharing energy healing with children, drawing from her experience running ReikiKids workshops.

+ PLUS

EXCLUSIVE INTERVIEW WITH GARRY MALONE, THE CO-FOUNDER OF THE REIKI HEALING ASSOCIATION

EXCLUSIVE

Colour Power

Cover Star Rebecca Abbey explores the central role colour has played in her life as an Artist and Healing Practitioner, with a behind the scenes look at some of her latest creations.

FEATURED

SACRED SPACES: HOW TO BUILD A HEALING SPACE AT HOME

Embracing the REIKI JOURNEY

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Editor's Letter

Hello and welcome to this new issue of Universal Life Magazine, where we delve into the theme of **"Embracing the Reiki Journey."**

We invite you to journey deeper into the very essence of Reiki, exploring how this gentle yet profound energy modality continues to guide us toward balance, healing, and self-discovery in an ever-changing world.

Reiki, with its roots in ancient wisdom, offers a timeless path to inner peace and well-being. As practitioners and energy enthusiasts, we often find ourselves navigating the delicate dance between tradition and innovation, seeking ways to honour the foundational principles of Reiki while also embracing new approaches and understandings. In this issue, we focus on the personal and collective journey of Reiki, celebrating the unique and varied experiences that enrich our practice and our lives.

This journey is as unique as each individual, filled with moments of insight, challenge, and profound transformation. As we embrace this journey, we discover that Reiki is not just a healing modality but a way of life, offering us tools to navigate the complexities of modern existence with grace and compassion.

In the pages ahead, you will find a diverse array of articles and stories that explore the many facets of the Reiki journey.

We are thrilled to feature an exclusive interview with Garry Malone, Co-Founder of the Reiki Healing Association. Plus, our cover star, Rebecca Abbey, provides a behind-the-scenes look at the pivotal role colour plays in her work as both an artist and healing practitioner. Enjoy an exclusive glimpse into her latest creations and discover how colour weaves through her life and practice.

As we journey through these articles, may you find inspiration, wisdom, and a deeper connection to your own Reiki practice. Whether you are a seasoned practitioner or just beginning to explore the world of Reiki, I hope each story serves as a reminder of the limitless potential for healing and growth that Reiki offers. And I hope reading through the magazine provides some healing moments of mindfulness in your day.

As always, we'd like to thank everyone that contributed to Universal Life Magazine. Your wisdom and experiences are invaluable to our community, and we are grateful for your willingness to share them with your fellow RHA Members and the wider healing community.

Love and Light,
Molly & Harriette-Rose
**Harriette-Rose Malone
& Molly Malone
Editors in Chief**



DISCOVERING THE ESSENCE OF REIKI



@REIKIHEALINGASSOCIATION

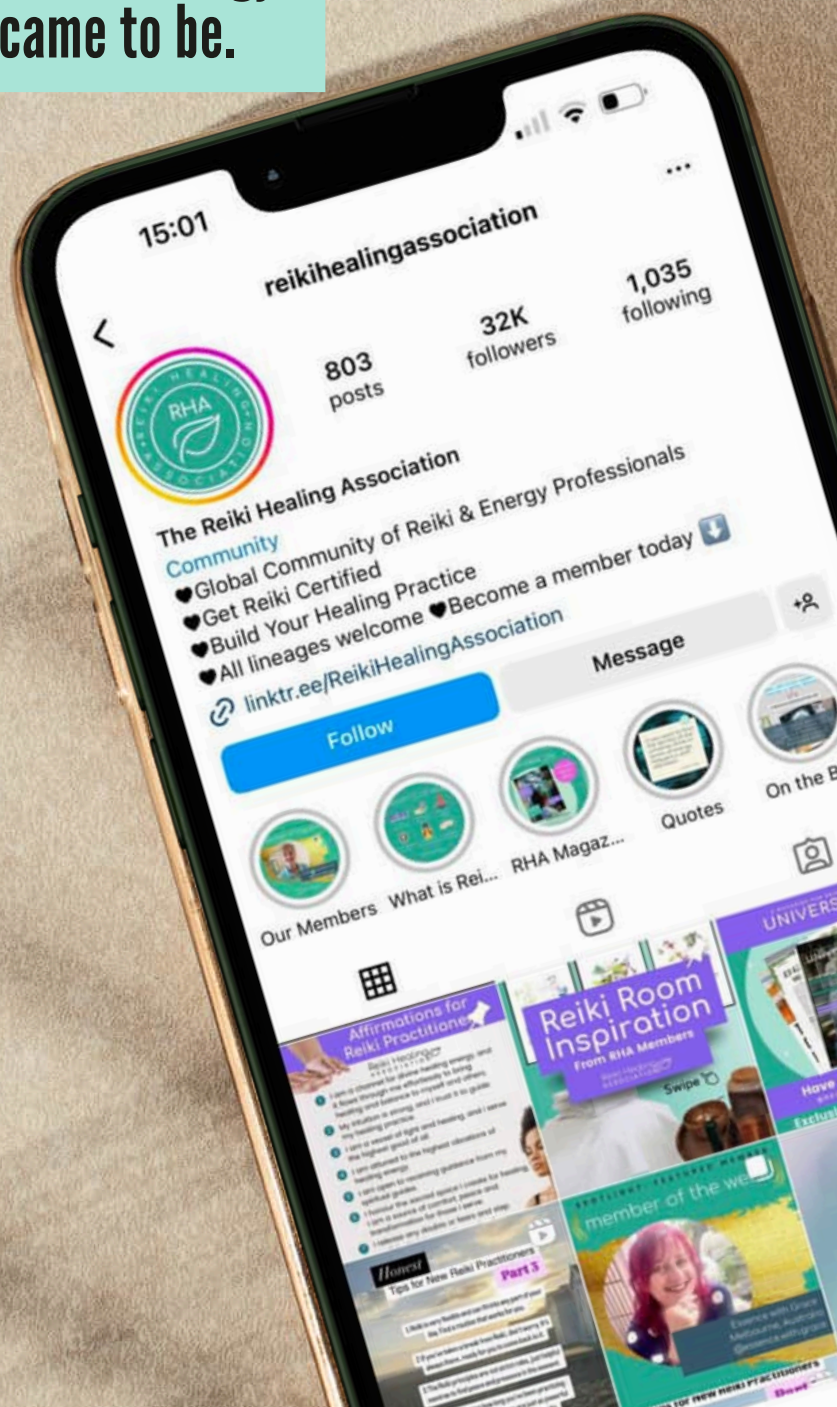
We sat down with the co-founder of the RHA to talk Reiki misconceptions, tips for new energy practitioners & the how the RHA came to be.

BY MOLLY MALONE

With a mission to spread the ancient art of Reiki to a global audience, Garry Malone has dedicated the last three decades to teaching, healing, and inspiring others. Today, we are thrilled to delve into his journey, and uncover the story behind his remarkable contributions to the world of spiritual healing.

How did you find your way to Reiki all those years ago?

If you've been through any of my energy training programmes, you'll know that I was instinctively drawn to Reiki while searching for ways to help my sister Kim at a time when doctors told her there was nothing further they could do to treat her stage 4 breast cancer. I knew that she deserved to find hope, comfort and healing in her darkest hour. This experience sparked a deep desire in me to share Reiki with others so they too could experience the same peace and comfort that I had discovered.



INTERVIEW

I wanted to give people more holistic options to deal with pain, disease and even death. I wanted to make Reiki and energy healing more accessible, so no one ever had to feel hopeless like my sister.

They say Reiki finds you when you need it most, and that was definitely true for me. I took my first Reiki course in 1995 and immediately felt a profound connection. It was like discovering a hidden part of myself that was always meant to be there. The sense of peace and empowerment I felt was incredible. Through Reiki, we learn that healing is not fixing but accepting. It's about recognizing our inherent ability to find balance and well-being from within. I knew I had to share this with as many people as possible.

Many of my first clients and students were also going through cancer treatment like my sister or healing from the impact of treatments. It reinforced my belief in the power of Reiki to provide comfort and healing when it's needed the most, and there's honestly no greater feeling than helping others find light in their darkest moments. I wanted to ensure that anyone who needed Reiki could find it, just as it found my family when we needed hope and healing.

This mission led me to write my first book, *The Essence of Reiki*, because I wanted to create a simple step-by-step guide to achieving deep healing and relaxation through Reiki with a mix of the other modalities and healing techniques I was using and teaching in my own practice. This little purple book changed everything for me



and the positive feedback from so many of my early readers inspired me to go on to create my own Essence of Reiki training programme back in 1997 which was actually one of the world's first ever virtual reiki training courses. I was able to open my practice to a global audience and have the privilege of being able to help and train Reiki students across the world from all walks of life.

Even now, all these years later, I remain deeply passionate about teaching and guiding people through their Reiki journeys. My goal has always been to make Reiki accessible, understandable, and beneficial for as many people as possible. Seeing the positive changes and transformations in my students and clients never stops being incredibly rewarding and fulfilling. It's been a remarkable journey, and I continue to be inspired by the stories of healing and growth that come from those who experience Reiki. It's like a full-circle moment that reminds me why I started on this path in the first place.

INTERVIEW

If you had to describe Reiki in three words, what would you choose?

I think the first word would be 'simple.' I know that might not be a glamorous word, but I think that is a huge part of Reiki's appeal. I always teach my students that we have been using Reiki intuitively since we were young. Think about it: when we hurt ourselves, our first instinct is to place our hands over the wound. When we feel sad, we embrace our loved ones with soothing touch. When we feel overwhelmed, we find most peace when we bring ourselves back to our bodies in the present moment. When we are scared we find comfort in knowing the Universe is always supporting us. When we are sick, we naturally find relief in understanding that our bodies are programmed to heal and repair. Reiki taps into this natural healing energy that we've been instinctively using all our lives.

Reiki isn't about complicated techniques and that's why I think it can help so many people. It is a tool we can draw upon at any moment, a healing ally, a buffer to the stress of modern life.

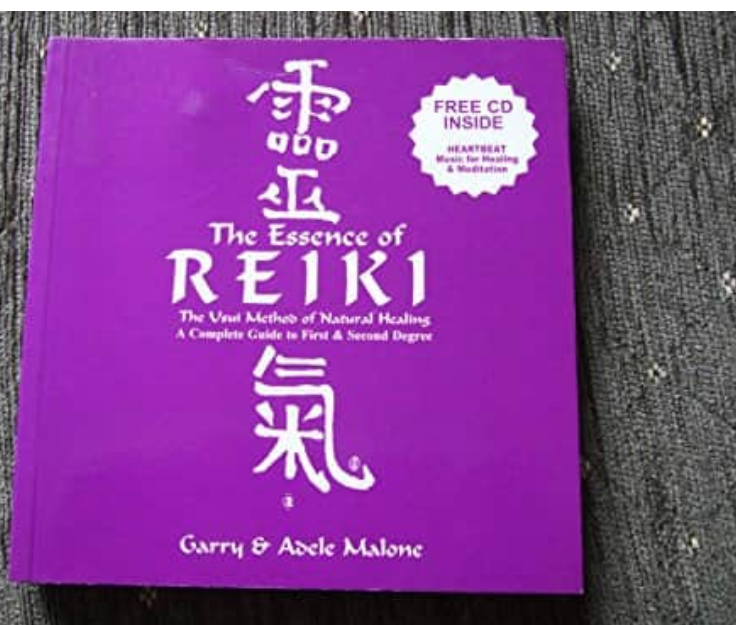
I would probably say 'comforting' would be my second word to describe Reiki.

I think the more I work with Reiki, the more I realize that everyone is going through something in life. With the joyous highs of life come some inevitable lows, and in these moments, it's easy to think, 'Why is this happening to me?' We can all relate to feeling scared, lost and frozen in feelings of uncertainty when life throws us a curveball.

During these challenging times, when the world seems overwhelming and our personal struggles feel insurmountable, we need tools that can offer solace, guidance and support. It's not just about physical healing, it's about creating this bubble of protection to navigate life and look after yourself. When everything outside is overwhelming, you can build this internal world that feels safe and supportive.

Instead of giving up responsibility for our health, we can take proactive steps to nurture and support ourselves. It's about embracing the tools and practices that help us build resilience and strength from within. So I think the last word would be empowering.

“...It's not just about physical healing, it's about creating this bubble of protection to navigate life and look after yourself. When everything outside is overwhelming, you can build this internal world that feels safe and supportive...”



INTERVIEW

Can you tell us what inspired you to start the Reiki Healing Association?

Self-healing is no easy feat; it takes real courage. I found that not everyone around me really understood or supported what I was trying to do, which made me think about the need for a different kind of space. I wanted to create a place where people could come together, share their journeys, and learn about Reiki in a supportive, down-to-earth environment. That's how the Reiki Healing Association (RHA) came to be.

I envisioned it as a community where people on their healing journeys could find not only a sense of belonging but also practical resources and genuine support. My goal was to help people discover Reiki, build their energy skills, and find balance in their lives. And for those looking to take their practice to a professional level, I wanted to provide the tools and guidance they needed.

When I started the RHA, I noticed that many other Reiki associations had lengthy lists of requirements for accessing insurance and member benefits, and they didn't recognize and accept those who had received their training or attunements remotely...(even though one of the core beliefs of Reiki Level 2 is that Reiki can be sent across time and space). This really jarred with me. By that point, I had been personally working with clients and training students online for over a decade. I had seen so many of those students go on to make a real difference in their clients' lives. Sometimes, in-person training just isn't an option, and I didn't think it was fair to exclude dedicated, ethical and heart-centred practitioners just because of

where or how they learned. Blocking Reiki professionals who genuinely felt called to help others just didn't seem right.

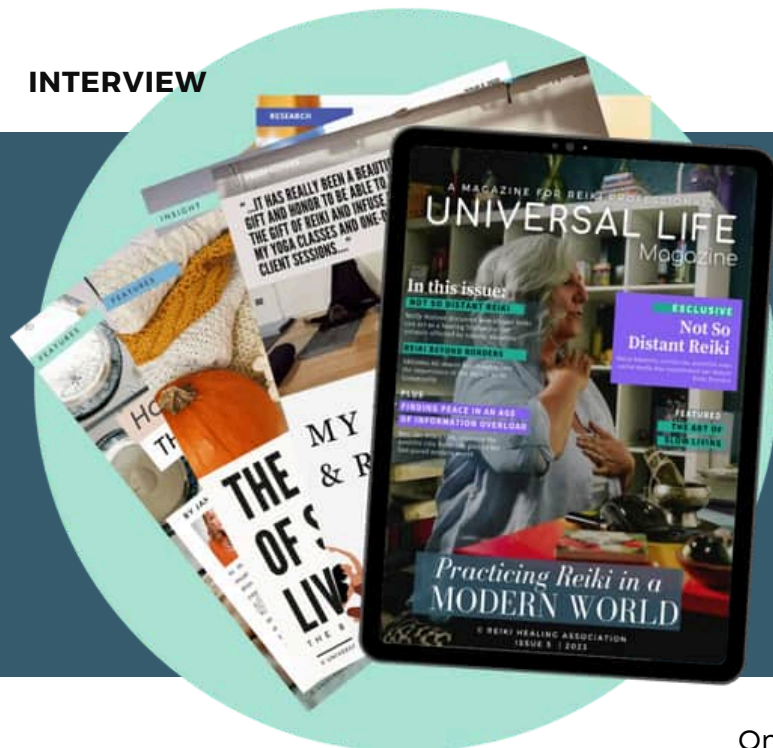
This was when I realized I was being directed onto a new path: to help break down barriers for other practitioners who were eager to turn their passion for helping others into a professional practice. The goal was to create the first inclusive Global Reiki Association to help all Reiki Professionals regardless of background or lineage. I envisioned a space that was ego-free and members genuinely wanted to celebrate and lift each other up because I wholeheartedly believe that there is space for everyone to thrive as a healing professional.

I genuinely think it is vital for more practitioners to share their unique experiences, styles, and insights with the world, because this diversity enriches the healing community. It creates a tapestry of healing techniques tailored to the diverse needs and challenges of modern life.

I never wanted the RHA to be about me; I wanted it to be about the community. My goal was to shine a light on the work of talented healers who care deeply about helping others. When one of us succeeds, we all succeed. This collaborative spirit is what makes the RHA special and what continues to inspire me every day.

Why do you think it's important to foster this sense of community in the Reiki industry?

Having a community to turn to for advice, shared experiences, and moral support can



“...I genuinely think it is vital for more practitioners to share their unique experiences, styles, and insights with the world, because this diversity enriches the healing community. It creates a tapestry of healing techniques tailored to the diverse needs and challenges of modern life...”

make a world of difference. Reiki practitioners come from all walks of life and bring unique experiences and insights to the table. We can learn from each other, inspire each other, and push the boundaries of what's possible in our healing work.

Creating a community also fosters collaboration over competition. This collective success ultimately benefits those we serve. Together, we can advocate for higher standards, greater recognition, and broader acceptance of Reiki as a legitimate and valuable healing modality. We can share resources, spread awareness, and work towards common goals that advance the profession as a whole, which can only be a good thing.

Obviously, some people remain skeptical of Reiki. What do you think the biggest misconceptions around Reiki still are? And how do you deal with them?

Yes, skepticism around Reiki is definitely still present, and I think it largely stems from a few common misconceptions that are still circulating.

One of the biggest misconceptions I see is the idea that Reiki is purely mystical or that it lacks any scientific basis. People sometimes dismiss it as ungrounded because it involves concepts which aren't always easy to measure or quantify with traditional scientific methods.

However new studies are coming out all the time that show the broad range of benefits of Reiki. For instance, just this year, a study was published showing that Reiki reduced the menopausal symptom levels of women experiencing menopause. And more and more doctors, surgeons, nurses, and medical professionals across the world are now advocating for holistic healing and integrating practices like Reiki into patient care.

We know when the body is in a relaxed state, it can more effectively function and heal itself. And I think it's always important to remember Reiki isn't trying to replace medical care, it's a complementary tool. This distinction is crucial and helps clarify that Reiki can support the healing process without being a standalone cure.

INTERVIEW

I've had a lot of members get in touch with me recently about addressing misconceptions that Reiki comes from an bad or evil place which is really upsetting because Reiki is such a gentle, non-invasive technique. It never controls or manipulates. It's all about promoting relaxation, reducing stress, and supporting the body's natural healing processes.

When it comes to addressing misconceptions I think creating an open and non-judgmental space for discussion is key.

I always encourage people to try a session and see how they feel, because the best way to understand Reiki is to experience it.

In the end, my goal is never to convince or force someone to want to try Reiki or believe in something they don't want to. After all, you don't need to believe in it for it to work,

I just try to explain Reiki in relatable terms and share testimonials that highlight its benefits. The results always speak for themselves!

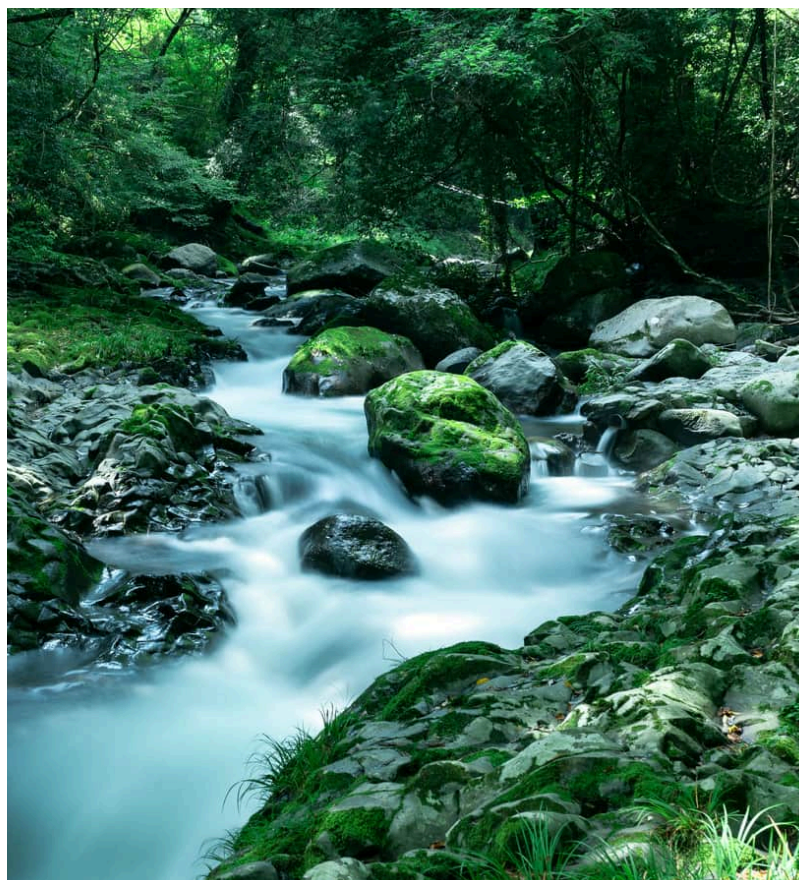
By being transparent and setting realistic expectations about what to expect from a Reiki session, we can help more people see Reiki for what it is—a valuable tool for enhancing well-being and supporting holistic health.

I always remind clients and students that healing is a multifaceted process that extends beyond the confines of a single session, and the benefits of Reiki may reveal themselves gradually over time.

How do you describe Reiki to people who are new to Reiki or may not have experienced or heard about it?

I often tell people that Reiki is like a loving, supportive hug from the Universe. I also like to use the analogy of water. Imagine your body as a flowing river. Over time, debris like sticks, leaves, and other obstructions can block the flow of water. These blockages represent stress, negative emotions, and physical ailments.

Reiki is like a gentle rain that helps to clear away the debris, allowing the river to flow smoothly again. It's a natural, calming force that helps restore balance and harmony. Just as water finds its way around obstacles, Reiki helps to clear the energetic blockages in your body, promoting a state of well-being.





I think we need to continue to challenge and evolve how we define health and wellness, as promoting emotional, mental, and spiritual wellness alongside physical health is crucial. The traditional approach to health often focuses solely on the physical body, treating symptoms without addressing the underlying causes. However, true wellness is holistic and encompasses all aspects of our being.

As chronic illness, disease, and stress-related conditions become more prevalent, the need for holistic wellness solutions is more urgent than ever. Reiki and other complementary therapies can play a crucial role in this journey.

“...Now, more than ever, we need tools like Reiki to help us find our centre, heal from within, and connect with each other in meaningful ways...”

What do you think the biggest healing challenge is in the world right now?

I believe the pervasive sense of disconnection and isolation is a significant healing challenge. Despite being more connected than ever through technology and social media, many of us feel profoundly lonely and disconnected from ourselves, each other, and the natural world. This disconnection can manifest as mental health issues like anxiety, and chronic stress.

Now, more than ever, we need tools like Reiki to help us find our center, heal from within, and connect with each other in meaningful ways.

If you could give just one piece of advice to a new Reiki practitioner, what would it be?

Trust the process and yourself. When you're starting out, it's easy to feel unsure or question your abilities. Remember that Reiki is a natural and intuitive practice. Don't take it too seriously or worry about doing it perfectly.

Trust that the energy will flow where it's needed, and that you are a capable and effective channel for this healing energy. Stay curious, keep learning, and most importantly, trust that you are exactly where you need to be in your Reiki journey. The energy will guide you always.

JOIN THE RHA



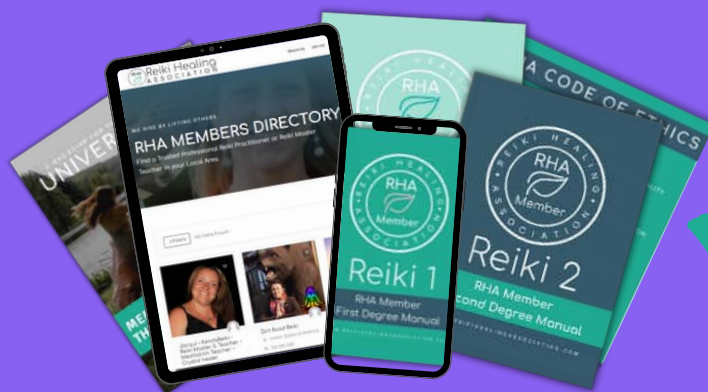
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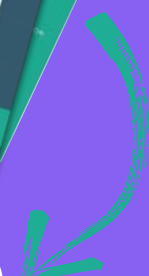
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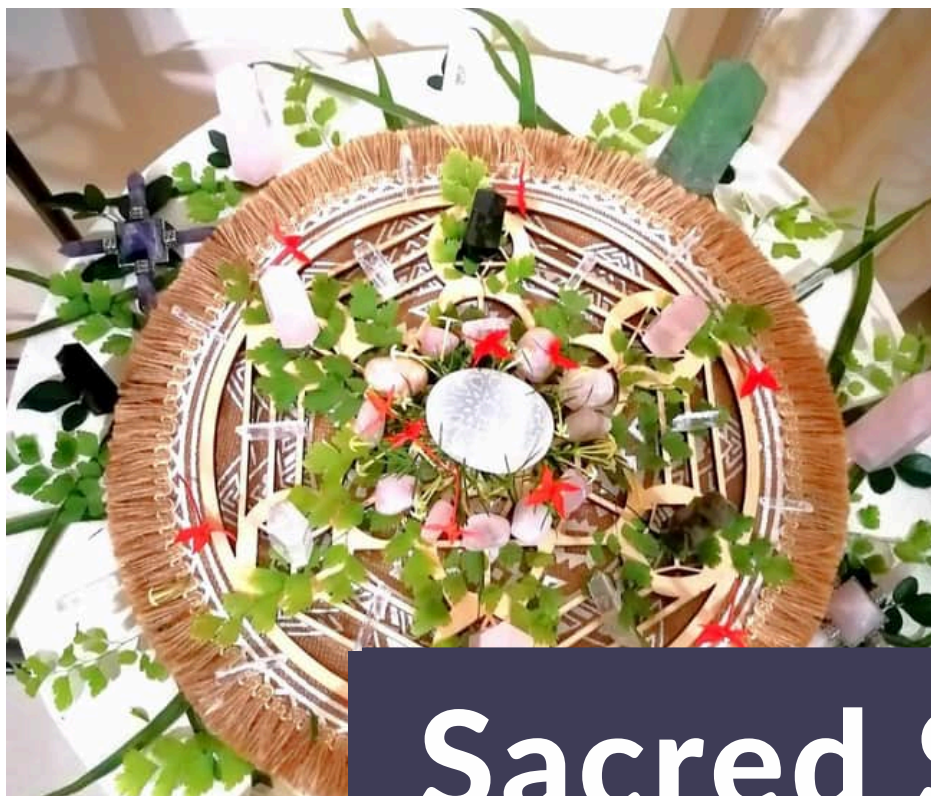
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Sacred Spaces: How to Build a Healing Space at Home

BY PHILENA WILLIAMS

In our fast-paced world, carving out a serene, healing space at home is essential for physical, spiritual, mental, and emotional well-being. A high-vibe environment nurtures self-care, reduces stress, and fosters positivity. Here are some practical tips and techniques to create a sanctuary that resonates with high vibrations, clears negative energies, and promotes healing on all levels.

1. Choosing the Right Location

Select a space that naturally feels calm and inviting. This could be a corner of your living room, a spare bedroom, a veranda, or even a dedicated room. It could also be outdoors, under your favorite tree, or in a quiet corner of your garden. The location should be easily accessible and free from high traffic to maintain its tranquility.

2. Decluttering and Cleanliness

A clutter-free space is fundamental for good energy flow. Remove any unnecessary items that don't serve a purpose or bring joy. Keep the area clean and organized to ensure that stagnant energy doesn't accumulate. Regular cleaning, especially with natural products, keeps the energy fresh and vibrant. You can use sage, incense, or smudge sprays to cleanse the space.

3. Incorporating Natural Elements

Nature has an inherently calming effect. Introduce elements such as plants, crystals, and natural materials like wood and stone. Plants not only purify the air but also raise the vibrational frequency of the space. Crystals like amethyst, clear quartz, and rose quartz can enhance the energy by promoting peace, clarity, and love. If you want to incorporate all the elements, you

“...CREATING A HEALING SELF-CARE SPACE IS AN ONGOING JOURNEY OF TUNING INTO YOUR NEEDS AND THE ENERGY AROUND YOU...”

can also use incense, sage, palo santo, or anything that smokes to represent air.

4. Utilizing Color and Light

Colors and lighting significantly impact the mood of a space. Opt for soft, soothing colors like blues, greens, and neutrals. Natural light is ideal, so keep windows unobstructed and use sheer curtains to diffuse sunlight. In the absence of natural light, use warm, soft lighting with salt lamps or candles to create a cozy ambiance.



5. Scent and Sound

Incorporate essential oils, incense, or scented candles to evoke a sense of calm. Scents like lavender, eucalyptus, and sage are known for their soothing properties. Sound is equally important; consider playing gentle background music, nature sounds, or using a singing bowl to enhance the space's vibrational quality.

6. Sensing and Clearing Energy

Developing your intuition to sense energy involves mindfulness and regular practice. Spend time in your space and pay attention to how it feels. If you sense any heaviness or negativity, there are several techniques to clear it:

- **Sound Cleansing:** Using a singing bowl, chimes, or even clapping can break up stagnant energy.
- **Visualization:** Imagine a bright, white light filling and purifying the space, pushing out any negativity.
- **Salt:** Placing bowls of salt in the corners of the room can absorb negative energy. Replace them regularly to keep the space clear.

7. Setting Intentions and Personal Touches

Infuse the space with personal items that bring joy and peace. This could be photos, art, or meaningful objects. This is the part where you can have the most fun. You can add objects that are meaningful to you, for example I enjoy picking out herbs and spices, a statue of my favorite deity, or even a lit diya (oil lamp).

You can lay it all on a sacred cloth or a grid, which you can get online or make yourself. Set clear intentions for your space by dedicating it to activities that promote self-care, such as meditation, yoga, or journaling. Affirmations and positive quotes can be placed around the room to reinforce a positive mindset.

8. Maintaining High Vibrations

Consistency is key in maintaining a high-vibe space. Regularly engage in activities that uplift you, whether it's meditation, listening to inspiring music, or simply sitting quietly and reflecting. Periodically refresh your space by rearranging furniture, adding new elements, or deep cleaning.

Creating a healing self-care space is an ongoing journey of tuning into your needs and the energy around you. By incorporating natural elements, maintaining cleanliness, and using intention and intuition, you can transform any space into a sanctuary of peace and positivity. Regularly clearing negative energies ensures that your high-vibe environment continues to support your well-being and self-care practices.

AUTHOR BIO



Philena Williams is the owner of Nirvana Holistic Health and Wellness Lounge. She is based in Port of Spain, Trinidad and offers physical and spiritual maintenance

for modern individuals. As an intuitive healer and wellness practitioner, Philena work with clients 1:1 or in group settings using various healing modalities including meditation, Chakra Balancing, Reiki. She offers a variety of classes, all of which can be taken in person or via on-line calls or video chats.

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FROM LOSS TO LIGHT

Finding Strength From Within

BY TRACY SEARIGHT

We live in a very busy world. Each day, the media bombards us with stories of turmoil, making it seem as if our world is falling apart. Open social media or turn on the news, and the onslaught of negative narratives can be overwhelming. Personal pressures, family responsibilities, work demands, and societal expectations: we are pulled in so many directions.

Some may assume that Reiki practitioners are completely immune to life's daily stressors, but we too face challenges that can leave us feeling overwhelmed. The difference is that Reiki practitioners have a powerful tool in their energetic toolbox: Reiki. And this practice can be a valuable resource in times of stress.

That being said, as practitioners of Reiki, we sometimes forget to use this resource for ourselves. I know, after receiving the Reiki attunement or initiation, many of us are eager to share this transformative energy with others, asking, "How can we help? How can we spread this healing?" However, in our enthusiasm to assist others, we can overlook the importance of self-Reiki. We often forget that this endless source of Universal Energy is also available for our own healing and well-being. When we feel overwhelmed and stressed, Reiki can serve as our refuge, providing a limitless reservoir of calm and strength. It allows us to navigate the chaos of everyday life with renewed clarity and resilience.



FEATURES

I experienced this first hand in my own journey with Reiki. When I began my study of Reiki, I had lost my sister Angel. It was the stress, grief, and the feeling of being overwhelmed that led me to Reiki healing. I didn't know how to help my father, my children, or myself. I felt helpless with the challenges and responsibilities that were now placed upon me. Our family faced one challenge after another within a short three-year span, all against the traumatic backdrop of the COVID-19 pandemic.

Over time, as I committed to self-Reiki, I cultivated a deep relationship with this healing energy. I learned to use Reiki as a tool to navigate my emotions as they arose. Through consistent practice, I gained the ability to self-regulate the intensity of my feelings.

Of course, there are moments when it's normal to question if Reiki truly works, as Reiki is a cumulative process. The results may not seem obvious right away. But then, something happens—a shift occurs, and Reiki shows its power. You find yourself responding more calmly or experiencing a profound sense of inner peace, and you will see this inner growth when a stressful experience or challenge arises.

For me, this testing challenge occurred eleven months after my sister died when my father collapsed and was taken to the hospital in December 2020. Due to COVID-19 restrictions, we could not visit him.

Reiki was the go-to thing that helped me through the stress and worry as my father navigated his health challenges. I was not

"...I LEARNED TO USE REIKI AS A TOOL TO NAVIGATE MY EMOTIONS AS THEY AROSE. THROUGH CONSISTENT PRACTICE, I GAINED THE ABILITY TO SELF-REGULATE THE INTENSITY OF MY FEELINGS..."



able to even see my father at the hospital for three months until the COVID-19 restrictions were lifted. The only communication was by phone. Self-Reiki and the 'Just for Today' principles assisted me as my father continued his stay in the hospital. Six months later my father passed.

Reiki was instrumental in coping with the loss of my father. I was able to regulate my emotions with its guidance. As I continue to deal with grief, I ask the Reiki to flow as the emotion comes up, trusting that it goes exactly where I need it. Four years since my sister's death, I still use Reiki to navigate stress and challenges as they come.

Here are some of the calming techniques that I use every day to deal with stress.



Every morning, when I open my eyes, I say thank you. I ask the Reiki to flow even if it is just a few minutes.



In the evening as I close my eyes, I ask the Reiki to flow. Then I think about how I handled my Reiki Principles. If any of those principles were a challenge for me, I say to myself that tomorrow I will try to be 1% better.



- ♥ I imagine the Reiki symbols on my pillow and the blanket.
- ♥ If there is a time when I think I will forget to give myself Reiki I do what I call my "Reiki alarm clock". I ask the Reiki to begin flowing at 8 am and 8 pm every night and to flow for as long as I need it.
- ♥ If the burden of the worry or stress feels too heavy to bear or talk about, that's okay - just close your eyes and ask the Reiki to flow, and imagine the Reiki symbols being gently wrapped around you.
- ♥ Place your hand on your heart and focus on deep calming breaths. Remember, you always have the ability to pause and breathe.
- ♥ Visualise the heavy feelings dissipating. Lean into the feeling of safety and gratitude.
- ♥ I make sure to say thank you for the guidance and healing.

These are tips that have helped me raise my vibration and help reduce the feeling of stress. I also offer these tips to my students and clients as well. Reiki is a wonderful tool and stress-relieving modality that can assist you while you continue to serve and help the world. Remember, the power of Reiki is always within you, ready to be tapped into whenever you need it.



AUTHOR BIO

Tracy Searight is an Educator, E-500 RYT Yoga Teacher, Reiki Master Teacher, and Sound Energy Practitioner and is the creative energy behind the Podcast Ready Set Reiki. She teaches Reiki Training in person in El Paso, Texas, and Online. She is the owner of Feather Sister which offers Yoga and Reiki online and in person and Beep Beep the Yoga Jeep which offers mobile Yoga in El Paso, Texas.



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Colour Power

How Colour Therapy Can Support Transformative Emotional Healing



RHA Member & Cover Star Rebecca Abbey Explores the central role colour has played in her life as an Artist and Healing Practitioner, with a behind the scenes look at some of her recent artwork.

I have loved and felt a connection to colour ever since I can remember. Encouraged by my mum from when I was little, I loved to be creative and found deep joy and self-expression in art and creativity.

As I grew up, I loved turning my bedroom into a vibrant, colourful space. This passion carried over into my first home and every space I've had since, whether personal or professional. Friends and visitors often comment on the uplifting impact of the colours in my home. It's as if I've always had a natural sense of how colour energy works and its therapeutic effects. I guess you could say I've always been an eternal colourist at heart!


REIKI HEALING ASSOCIATION

I think more and more, both in the art and spiritual communities and beyond, we're becoming aware of the healing properties of colour, art, and creativity. I recently visited an exhibition at the Immigration Museum in Melbourne called "Joy." It was a beautiful blend of colour and storytelling, designed to evoke the essential emotion of joy in people's lives. For me, though, colour and art go even deeper than just joy; they have the power to heal. This belief is the foundation of my art practice, where I create vibrant artworks imbued with healing energy.

Colour has always felt healing to me, and exploring this through the practice of colour therapy, combined with the soothing energy of Reiki, has been incredibly rewarding. Sharing these experiences with clients, both in one-on-one sessions and group classes, is deeply nourishing. I'm so grateful to have the opportunity to work in this space and share my passion with others.

My creative process is deeply intertwined with my spiritual practice and healing offerings. In my healing room, rotating artworks fill the space, and I often bring these pieces to my classes, offering clients prints to support their continued healing beyond our sessions.





**"...IN MY HEALING ROOM,
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BEYOND OUR SESSIONS..."**

RHA Member Rebecca's creative process is both spiritual practice and healing interaction, incorporating energy healing, singing bowls, meditation, and more.



It's a beautiful experience to witness others engage with my art in a healing context, providing me with a profound sense of spiritual purpose.

I incorporate meditation, crystal singing bowls, and the infusion of Reiki into every aspect of my art practice. My technique is largely instinctual, fluid, flowing, and abstract. Often, my works feature paint remnants from my family's painting and decorating business, adding a unique, personal touch to each piece. This intuitive process guides the colours, patterns, and healing energy imbued in my creations.

What is Colour Therapy?

Colour Therapy, also known as chromotherapy, is the therapeutic use and exploration of colours and their healing effects on the mind, body, heart, and spirit using a variety of colour applications and tools such as:

- meditation,
- projection,
- colour swatches,
- hands on healing,
- and more.

It is a powerful complement to energy work such as Reiki and can be used for healings, analysis, and readings. Utilising energy and vibration related to light and colour, colour therapy can evoke powerful shifts and positive change.

Colour therapy helps with emotional release by using specific colours to influence how we feel. Colours can trigger certain emotional responses and help us express and process feelings we might not easily access otherwise. For example, if someone feels tense or anxious, a calming colour like blue can help them relax and let go of stress. This process can help clear emotional blockages and promote a sense of well-being.

To select my colour palette, I use several sets of colour oracle cards. Sometimes, the choice is based on a colour corresponding to a chakra or a specific healing intention. Other times, inspiration comes from concepts, words, or messages that emerge from journaling and spirit guidance. It has been magical to see my spirit guides reveal themselves through my art.

I am often drawn to the colour orange, which I now recognize as a connection to my creativity and my sacral center. This instinctive attraction has always been felt in my lower abdomen, where my hands naturally rest when I engage in creative work.

Warm colours like orange, red, and yellow can stir powerful emotions, ranging from warmth and joy to optimism and even anger. In contrast, cooler colours such as green, purple, and blue are commonly associated with calm and balance, though they can also bring about feelings of sadness or indifference also.

Each colour carries universal meanings, which can be helpful in selecting the right colours for a healing session. For example, during a client session, a therapist might apply a colour swatch to the area of the body where healing or emotional release is needed. For anxiety in the chest and abdomen, a blue or indigo swatch might be used to promote calm, or a violet swatch for protection and trust. The effects can be enhanced by channeling Reiki over the swatch. To balance the treatment, a complementary colour, such as yellow or orange, might be applied at the end.

In addition to following colour guides, you can also use colour

"...FOR ANXIETY IN THE CHEST AND ABDOMEN, A BLUE OR INDIGO SWATCH MIGHT BE USED TO PROMOTE CALM, OR A VIOLET SWATCH FOR PROTECTION AND TRUST..."

intuition to select the colours for a session. I often like to involve the client actively in this process.

This can be done through practices like colour meditation. In such sessions, clients are guided to activate their sacral center and auric emotional body to focus on the emotion they wish to heal or release. They then identify where this emotion is felt as tension in the body and perceive the colour associated with it. Using their intuition, they can visualize or sense the opposite colour needed for healing. Working with visualisation and their breath, the client can see this colour expanding and filling the relevant areas of their body - evoking transformative emotional release and healing.

I have witnessed first hand how Colour Therapy can ignite our remarkable self-healing abilities in vibrant and powerful ways. Through my artwork, I aim to capture these profound expressions of renewal, expansion, and transformation.



**"...THE LANGUAGE OF COLOUR
AND ITS ENERGY SPEAKS TO ME
CONSTANTLY..."**

The language of colour and its energy speaks to me constantly. Just as it guides me through client sessions, it also tells me when a piece of artwork is complete. Sometimes, if I am very attuned, I just know; other times, it's a matter of feeling, like reading the energy, to see if the piece feels energetically complete. Occasionally, I use selenite to help tune into the flow. The work often feels finished when the healing message or intention has been fulfilled. A particularly meaningful

part of this process is when the artwork finds its person and home, and is sold—this is a deep spiritual honour. It's like sharing a deep, colourful, joyous truth that is then embraced by another soul.

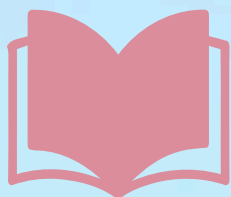
AUTHOR BIO



Rebecca Abbey is a practicing Artist, Colour Therapist, and Reiki Master offering creative and healing services in the way of Colour Therapy, Energy Healing, Guided Meditations, Healing Energy Infused Art, and more in Frankston, Victoria, Australia in her business, Colour and Flow.



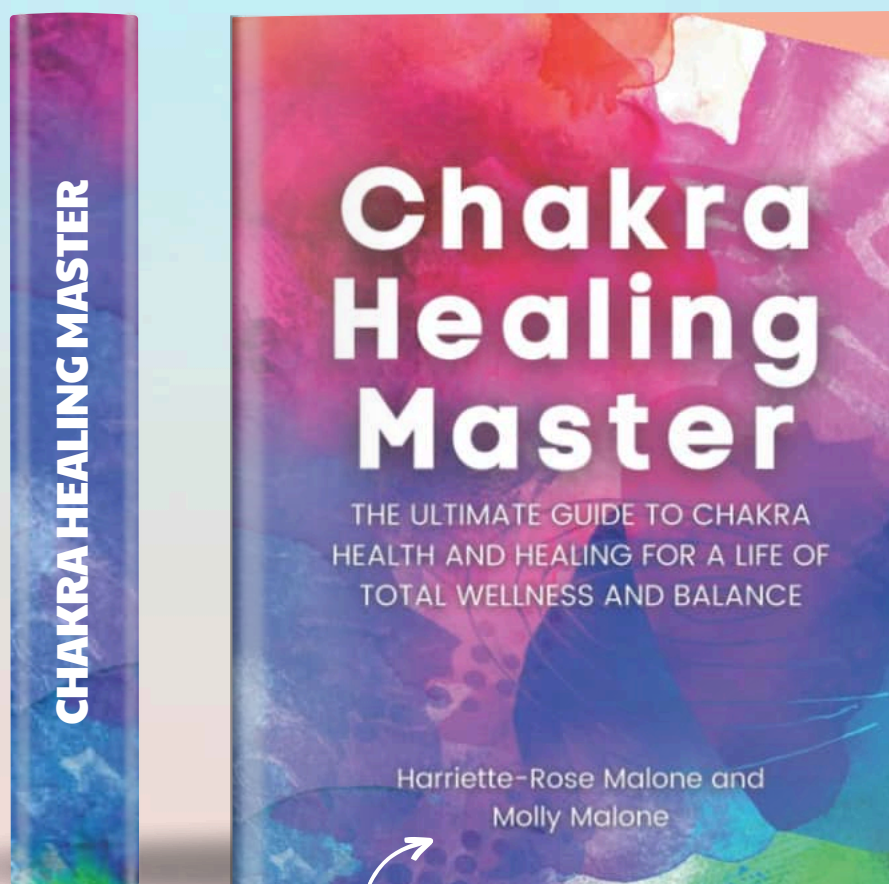
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EMBRACING THE UNEXPECTED

LEARNING TO LET GO OF
SPIRITUAL 'SUPPOSED TO'S'
ON MY REIKI JOURNEY

BY HARRIETTE-ROSE MALONE



HARRIETTE-ROSE IS THE EDITOR OF UNIVERSAL LIFE MAGAZINE AND A COURSE TUTOR FOR THE RHA ACADEMY.

 [@REIKIHEALINGASSOCIATION](https://www.instagram.com/reikihealingassociation)

Embarking on a Reiki journey is an incredibly personal and transformative experience, and you may have heard the phrase “one size doesn’t fit all” used when practitioners speak about Reiki. It’s a common saying among practitioners, emphasizing the individuality of each person’s journey. Yet, despite this widespread acknowledgment that everyone’s healing journey will be unique, I do think we can find ourselves quickly entangled in a web of expectations as we travel along our own Reiki path.



When I started my Reiki journey two decades ago, there wasn't much available to show what Reiki looked like for an average person on an average day. There were only dramatic stock photos of perfectly serene practitioners with glowing hands meditating in picture perfect, far-flung places or on top of a mountain, along with a few brief articles listing what to expect and what this new spiritual path was "supposed" to look like. Stories of dramatic spiritual awakenings and big eureka moments were plentiful.

Unfortunately, these idealized images and stories of instant enlightenment jarred with my experience as an energy newbie.

Like most people starting out with Reiki, my journey didn't involve meditations next to a waterfall or instant life-altering shifts. Certainly, some people have those serendipitous and jaw-dropping stories of how they found Reiki and transformed their lives, but for me, I was just quietly looking for simple tools to feel better.

Luckily for me, both my parents are Reiki trained, and I was able to see a very down-to-earth approach to what Reiki could look like as part of daily life. I saw that different people had different Reiki routines and that there was no universal blueprint for spiritual growth. There was no pressure to manifest results or feel anything other than relaxation. And I took a lot of comfort in talking about how there is a broad spectrum of experiences on any Reiki journey. Yes, there can be big breakthroughs and epiphany moments, but sometimes, healing can be a very subtle and quiet path that

fits around your everyday life—and that experience is just as bold and beautiful. Sometimes, you only notice the changes and shifts much later when you look back and realise that the things that once upset you, no longer disturb your peace.

Releasing the Weight of Expectations

We all start our healing journey from different places in our lives, and it's crucial to acknowledge that self-healing is a non-linear learning curve. For those just beginning their journey, understanding this can release the pressure to see immediate results and allow for a more compassionate and patient approach to personal growth.

Of course, this is often easier said than done. And I do think it is incredibly easy to get hung up on meeting certain expectations when you begin to explore new healing concepts.

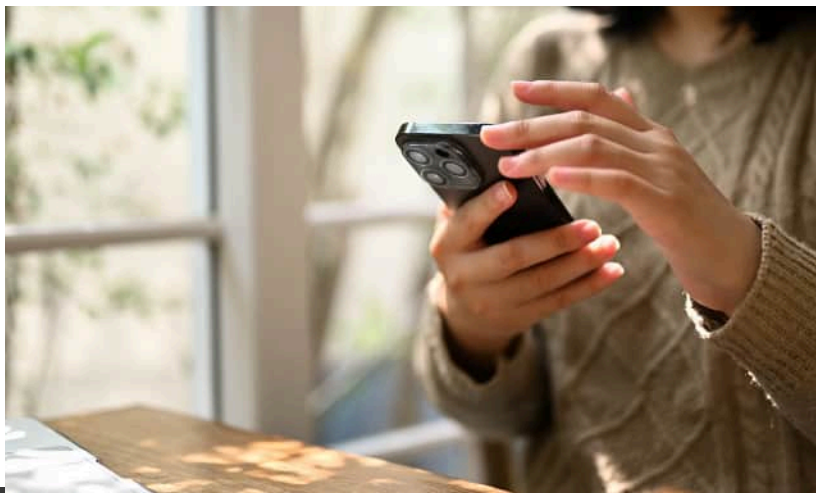
From a young age, we are conditioned to conform to societal norms, meet benchmarks set by others, and compare our progress with that of our peers. This ingrained habit doesn't vanish when we step onto a spiritual path and it's very natural to look for external benchmarks and milestones to validate our experience. Just as I first began googling Reiki experiences all those years ago.

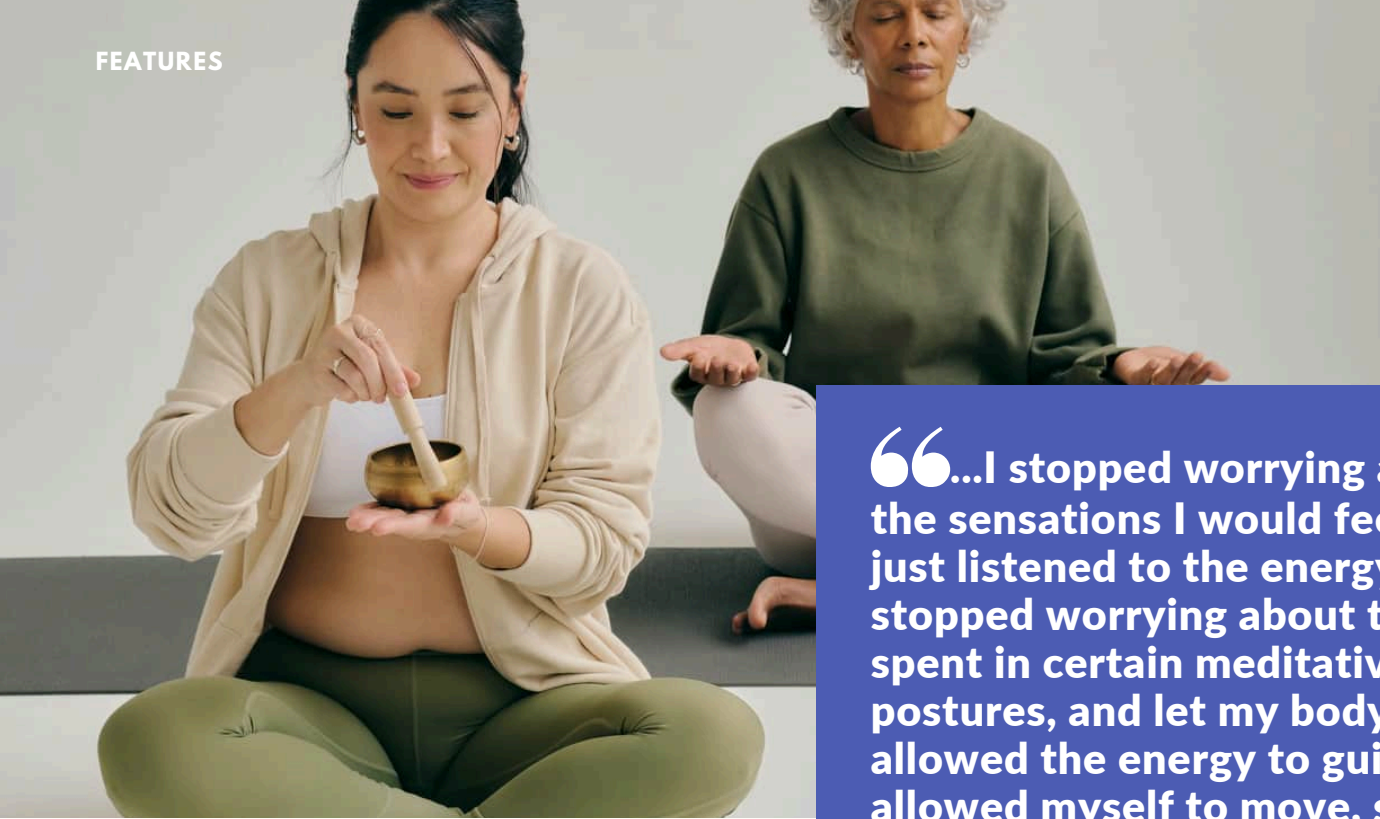
Sadly, today there are even more opportunities to compare our journey to others, as we live in a world of constant comparison. Social media presents curated and filtered snapshots of people's lives,

including their spiritual practices. Scrolling through these feeds can create an unrealistic image of what a healing journey is 'supposed to' look like. When we know behind every perfect photo or video lies a broader, more complex narrative that we don't get to see. One that includes ups, downs, side-steps and messy and challenging parts that often get edited and filtered away.

“...We all start a healing journey from different places in our lives, and acknowledging that self-healing is a non-linear learning curve is important for those just beginning their journey.”

While it's invaluable to seek guidance and information from those a few steps ahead of us on our spiritual journey, we must always remember that there are no hard and fast rules when it comes to experiencing Reiki. Each person's Reiki journey is going to be totally unique, and the truth is your experiences may differ greatly from what others describe, report, and even publicize.





“...I stopped worrying about the sensations I would feel, and just listened to the energy. I stopped worrying about the time I spent in certain meditative postures, and let my body talk. I allowed the energy to guide me...I allowed myself to move, shift, and adapt, understanding that this, too, was an integral part of the Reiki journey.

It's essential to honour your own path and trust that your journey is unfolding exactly as it should. The insights and stories shared by others can be helpful and inspiring, but they are just one perspective. Your journey will have its own rhythm, its own challenges, and its own moments of beauty, and that's what makes it so special.

The real magic of Reiki, lies not in idealized expectations or guaranteed outcomes, but in the genuine, imperfect, unglamorous moments and transformative process of self-healing. It's a journey that unfolds organically, guiding each practitioner toward a unique and profound connection with the universal energy of life. The goal is not to reach a certain destination but to find tools that support you on your own healing path, whatever that looks like for you.

Each Reiki story, whether jaw-dropping or quietly transformative, adds to the rich tapestry of experiences that make up the collective wisdom of this beautiful practice.

The diversity of these stories serves as a reminder that Reiki is flexible and accommodating. It is a spiritual practice that meets individuals where they are. Whether you're in the middle of a bustling day, finding a quiet moment before bed, or navigating the very toughest challenges of your life, Reiki is there to support you.

Reiki doesn't require a perfect setting or a specific time to work its magic. It flows with your life, seamlessly integrating into your daily routine. It doesn't matter if you're dressed in matching yoga gear or yesterdays pyjamas, if you are able to practice in your favourite spot or your in your car. This adaptability is one of Reiki's greatest strengths. It understands that life is unpredictable, and it doesn't demand perfection. Whether you're a seasoned practitioner or just starting out, the energy is

always available to you, ready to bring peace, healing, and balance whenever you need it.

For me, it wasn't until I consciously decided to release the spiritual 'supposed to's' that the true power of Reiki began to unfold. Instead of adhering to a rigid set of expectations, I allowed myself the freedom to explore and connect with the energy in a way that felt authentic to me. The journey became less about meeting external standards and more about internal exploration.

I focused on finding my own interpretations of the Reiki principles, and my own Reiki routines that helped me recharge and feel connected to the Universal Life Force. I read books on quantum energy theory and the mind-body connection, and I questioned different ideas and perspectives to find what resonated with me. Studying at my own pace, I gave myself the freedom to explore meanings that aligned with my understanding. This questioning mindset became a catalyst for a deeper connection with the spiritual aspects of Reiki.

I stopped worrying about the sensations I would feel, and just listened to the energy. I stopped worrying about the time I spent in certain meditative postures, and let my body talk. I allowed the energy to guide me. The tingling sensations, waves of warmth, or subtle shifts became a language of their own, speaking to me in the silent dialogue between the Universe and my spirit. I allowed myself to move, shift, and adapt, understanding that this, too, was an integral part of the Reiki journey. Some days called

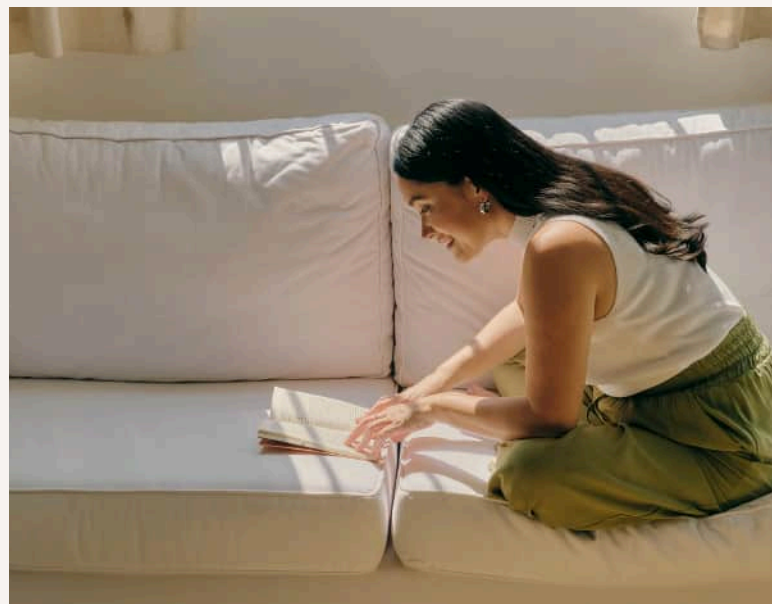
or longer sessions, while others welcomed shorter bursts of connection. And it became less about adhering to a set routine and more about intuitively responding to the ebb and flow of the universal life force.

Embracing the Unpredictable

When you think about it, Reiki, by its very nature, is unpredictable. The energy flows where it's needed, and each session is a unique dance between the practitioner and the recipient, choreographed by the Universe.

We must release the need for control and surrender to the profound wisdom of the Universal Life Force energy.

Letting go of ego is certainly a crucial part of trusting in Reiki. It is not our job to prescribe or diagnose, as we don't always know exactly what is going on, on deep physical, emotional and spiritual levels. Rather than attempting to dissect or diagnose specific issues, we work with the universal life energy to promote a holistic sense of balance and well-being.



This humility allows us to surrender to the unknown and trust that the universal life force energy will navigate through the complexities, addressing what needs attention without our conscious interference.

Rather than positioning the practitioner as an authority figure with all the answers, Reiki empowers the recipient to actively participate in their healing.

This energy has an innate intelligence that goes beyond our conscious understanding, working on various levels to address imbalances and support the body's natural healing mechanisms.

Releasing the ego's need for validation and comparison creates space for Reiki's pure essence to work its wonders freely.

Celebrating All Journeys

Every Reiki journey is as unique as the individuals who undertake it, and I encourage you to see your Reiki journey as an active exploration rather than a passive acceptance of teachings. In a world that often emphasizes speed, I encourage you to embrace the luxury of studying Reiki at your own pace.

Instead of just celebrating the big certification milestones, cherish the subtle shifts and personal growth that unfolds for

“The journey became less about meeting external standards and more about internal exploration.”

you. Journal about it and take time to look back at how far you've come.

Every practitioner's journey is a personal exploration, and the diversity of training routes and lineages allows for a variety of approaches to Reiki. Acknowledging and respecting each individual's chosen path fosters a supportive community where practitioners can share insights, learn from one another, and collectively deepen their connection to Reiki.

No practitioner is inherently superior to another based on the route of their training or the lineage they follow. The power of Reiki is not confined to a specific method; rather, it flourishes in the sincerity and intention of the practitioner.

Each practitioner, irrespective of their training background or lineage, contributes to the vast tapestry of Reiki in a unique and valuable way.

By celebrating the uniqueness of my own journey, I found a deeper appreciation for the diverse paths that others may take in their Reiki practices.

Tips for Embracing Your Unique Reiki Path

Ultimately, letting go of spiritual “suppose to’s” is about granting yourself the freedom to explore Reiki on your terms. By releasing the weight of expectations, you open yourself up to a personal and transformative experience that unfolds in its own time and way. Here are my top tips for

allowing the energy of Reiki to guide you towards the healing and self-discovery that await.

- 1 Be Kind to Yourself:** It's important to grant yourself patience and understanding, especially if your immediate results don't align with any expectations you may have set. Don't be deterred by initial outcomes. Healing, especially on a deep level, often unfolds gradually and in unexpected ways.
- 2 Create Your Own Rituals:** Develop practices that resonate with you. Whether it's a specific time of day, a particular setting, or incorporating other elements like music or aromatherapy, find what makes your practice feel special. Trust that every session, whatever it looks like, contributes to your overall growth.
- 3 Seek Community:** Connect with other Reiki practitioners to share experiences and insights. A supportive community can offer encouragement and new perspectives.
- 4 Find Inspiration in Many Different Sources:** Explore books, podcasts, workshops, and other resources to gain a variety of insights, from a mix of different voices. Each teacher brings their own experiences, insights, and methods to the practice, enriching your understanding and offering new ways to approach your healing journey.
- 5 Celebrate Small Wins:** Acknowledge and celebrate the small victories along your journey. Each step forward, no matter how small, is worth recognizing.



Starting with Reiki often feels like stepping into a new world, learning a language of energy, intention, and self-discovery. But as we navigate the uncharted waters of our Reiki journeys, may we find solace in the beauty of the unexpected and the wisdom that unfolds along the way, accepting that imperfections are not obstacles but integral aspects of the process.

The path may not always be smooth, or picturesque and that's perfectly okay. It's in these unscripted moments that the true power of Reiki often reveals itself.

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Sharing Reiki with CHILDREN



A Practical Guide for Parents, Teachers & Reiki Practitioners

BY RICKIE MERYL FREEDMAN



I have been teaching Reiki to kids five and up for many years. Children are very sensitive - they "tune in" and pick up the energy of their parents, families, and their world. Sharing Reiki with children allows them to learn how to manage their energy so that they can stay heart-centered and connected without taking on anyone else's energy or becoming drained of their own. They learn to LIVE Reiki and BE their True Selves in the world. They learn about living mindfully, sharing peace, compassion,

and gratitude - and most of all about letting their inner lights shine. Reiki is so natural for children - they feel their energy easily, and they haven't developed the filters, blocks and resistances that many adults do through the course of their life experiences and messages they may have received.

When teaching Reiki to children, they still learn everything adults do, but in child-



**“...REIKI IS SO NATURAL FOR CHILDREN
- THEY FEEL THEIR ENERGY EASILY...”**

friendly language. So sharing a Reiki Class with kids does end up looking very different to a class designed for adults. It is rewarding, challenging and surprising. And it certainly does require a lot of energy to coordinate and run! I recommend that at least one parent also be attuned to Reiki so that they can practice together, and the parent can answer questions etc. My class is about five hours long including breaks, snacks, and lunch. We start with a tour of my “ReikiSpace” and several “getting to know you” questions to help them feel comfortable.

Flexibility and patience are essential for wandering discussions. Movement, art, music, and sound (all vibration!) are helpful too. Kids need to stay active to hold their attention. I have a parent helper as I attune each child in another room, just like I do with the adults. The waiting children are practicing self-Reiki and listening to a guided meditation. I personally recommend



one adult for every four children. I have created a kid’s version of the Reiki Healing Principles in the form of a song with movements, so it becomes more meaningful and memorable for them.

At the end of the class, the kids draw/create what their energy looks and feels like to them. These drawings are amazing and sometimes include the energy colours they perceive, as well as angels etc.

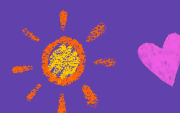
For homework, each child receives a pack of flower or vegetable seeds with the instruction to divide the seeds in two halves. All the seeds receive water and sunshine, and half the seeds also get Reiki so that they can compare the difference in growth. In addition to providing the kids with Reiki Manuals and Coloring Activity Manuals I’ve created, they get to go home with a stone representing one of the 21 stones Mikao Usui used to keep track of his days while meditating on Mount Kurama, and a healing crystal to hold and feel the vibration. They all receive a Certificate at the end which says “CONGRATULATIONS! You are a ReikiKid! Let your Love and Light SHINE!”

AUTHOR BIO

Rickie Meryl Freedman is a P.T. by background, and an international full-time Reiki Master/Teacher, mentor, speaker, Certified Holistic Life Coach, Certified Medical Reiki Master, Certified in ReikiSound, and a ReikiVoice Instructor. She is the author of “Reiki Rickie Shares ReikiKids” and “Radiating Our Reiki Light”, both available on Amazon. She created Harrisburg Pennsylvania’s first Reiki Center - “Reiki by Rickie ~ ReikiSpace and Learning Place” for adults and children alike.



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JA



Great book, just as described.

Reviewed in the United Kingdom on 7 November 2022

Great book, plenty of information to expand on my Reiki Master Teacher journey. Highly recommend.

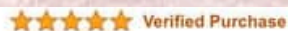
eboni



Worth it !

Reviewed in the United States on 19 July 2023

If your into animals like me then you and your pet well love it



Great, really informative & easy to follow

Reviewed in the United Kingdom on 21 October 2020

I have trained in reiki but on people as my cat has recently got poorly i wanted to help her. This book is fab so easy to follow.



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7 Signs From The Universe

LITTLE WAYS THE UNIVERSE
SPEAKS TO YOU EVERYDAY

BY ADÈLE MALONE

The universe is so vast and mysterious, and it's always been a source of wonder for us. A lot of people believe that it communicates with us in subtle ways, offering little nudges and insights into our lives. Think about those strange coincidences or moments of synchronicity that just seem too perfect to be random. Or those gut feelings that guide us in unexpected ways. It's fascinating to think about how the universe might be trying to send us messages through these experiences. Let's dive into some of these mystical channels and see how the universe might be talking to us in our everyday lives.

1. Synchronicities

Swiss psychologist Carl Jung introduced the concept of synchronicity to help us make sense of those uncanny coincidences that feel like they carry a special meaning. Unlike ordinary coincidences, which we often attribute to random chance, synchronicities suggest a deeper connection between our inner world and the outer universe. Jung saw these moments as more than just random

“...THE UNIVERSE WANTS US TO FIND OUR WAY TO THE MOST VIBRANT AND FULFILLED VERSIONS OF OURSELVES, AND THESE NUDGES ARE JUST A REMINDER THAT WE ARE NOT ALONE ON THIS JOURNEY...”




events; he believed they acted as symbolic signposts, offering us guidance and insight on our journey through life.

For example, have you ever dreamt about an old friend and then received a call from them the next day? This kind of occurrence might seem like a fluke, but Jung would argue it's actually a meaningful coincidence. He believed that such synchronicities could be the universe's way of sending us messages or reaffirming our feelings and decisions.

Another common example is repeatedly seeing a number sequence like 11:11. In numerology, each number is thought to carry its own unique vibration and energy. For instance, 11:11 is often linked to spiritual awakening, intuition, and alignment with one's life purpose.

When you keep encountering this number, it might feel like a sign that you're on the right track or that you're in sync with a larger cosmic flow.

The idea of synchronicity challenges us to look at these strange coincidences as potentially meaningful rather than just random events. It's a way of seeing the world where even the seemingly random moments can be part of a greater, meaningful pattern.



“...LEARNING TO TRUST AND TUNE INTO OUR INTUITION CAN OPEN UP A DIRECT LINE OF COMMUNICATION WITH THE UNIVERSE, HELPING US NAVIGATE LIFE'S UNCERTAINTIES AND MAKE CHOICES ALIGNED WITH OUR HIGHER PURPOSE....”

2. Intuition and Gut Feelings

Our intuition, often referred to as a “gut feeling” or “sixth sense,” is a powerful channel through which the universe communicates. It is that inner knowing, a subtle whisper guiding us toward the right decisions.

Learning to trust and tune into our intuition can open up a direct line of communication with the universe, helping us navigate life's uncertainties and make choices aligned with our higher purpose.

Our brains are always working processing a ton of information behind the scenes. And gut feelings come from this unconscious, behind-the-scenes-thinking. It's like our brains are quickly sifting through a lot of information and giving us a clear, instinctive feeling about what to do. This is really useful when we are in situations where time is of the essence and we need to make quick decisions based on what feels right, without having to overthink it.

Sometimes, gut feelings act like an early warning system, alerting us to potential problems before we even notice them. This intuitive insight can be really valuable, especially in tricky or emotionally charged situations. For example, it might help you make sense of complex emotions or guide you through tricky relationships.

PERSPECTIVES

For Reiki Practitioners, intuitive guidance is an important part of working with Universal energy. We often rely on intuition to guide our practice. Strong sensations may serve as intuitive signals, guiding us to focus on specific areas or to use certain techniques.

Overall, tuning into our intuition can be a powerful way to connect with the universe and get helpful guidance for our lives.

3. Dreams

Dreams are often seen as a window into our soul and a canvas where the universe paints its messages.

The symbols and archetypes that pop up in our dreams can have deep meanings, giving us a peek into our subconscious and the cosmic forces influencing our lives.

To make sense of this dream world, many people find it helpful to keep a dream journal. This personal record acts as a diary of the nightly conversations between us and the universe. As you fill the pages with your dream experiences, you might start to notice recurring themes or spot patterns that might not be obvious at first. For example, a particular animal might show up repeatedly or the same emotion may crop up in different dreams. Here are some common dream symbols and their

potential interpretations:

Flying:

- Potential Meaning: Flying in a dream might symbolize a desire for freedom, escape from a challenging situation, or a sense of empowerment. It could also represent a need to rise above obstacles or gain a broader perspective on life.

Water:

- Potential Meaning: The presence of water in dreams can have various interpretations. Clear, calm water may signify emotional clarity and tranquility, while turbulent or murky water could represent emotional turmoil or uncertainty. It might also symbolize the flow of emotions or the subconscious mind.

Falling:

- Potential Meaning: Falling in a dream is a common symbol associated with feelings of insecurity, loss of control, or fear of failure. It could also represent a need to let go of something in waking life.

Being Chased:

- Potential Meaning: Being chased in a dream may indicate avoiding confronting a problem or fear in waking life. It could represent feelings of anxiety, stress, or the need to confront unresolved issues.

Animals:

- Potential Meaning: Animals appearing in dreams often carry symbolic significance. For example, a snake might represent transformation or hidden fears, while a cat could symbolize a need for more independence or suggest that you're exploring unknown aspects of yourself.

Of course, these interpretations are general guidelines, and the true meaning of dream symbols is highly individualized.



“...LEARNING TO TRUST AND TUNE INTO OUR INTUITION CAN OPEN UP A DIRECT LINE OF COMMUNICATION WITH THE UNIVERSE, HELPING US NAVIGATE LIFE’S UNCERTAINTIES AND MAKE CHOICES ALIGNED WITH OUR HIGHER PURPOSE....”

4. Nature’s Language

The natural world serves as a powerful communicator of universal wisdom. From the dance of the stars to the rustle of leaves in the wind, nature speaks in a language of symbols and metaphors. Spending time in nature, observing its cycles, and paying attention to the subtle messages it conveys can deepen our connection with the cosmic web that binds us all. In Nature’s whisper, the universe is saying, “Look around – there’s magic in the mundane.”

Animals, as part of this natural tapestry, also carry symbolic meanings and messages from the universe. The behavior and appearance of animals in our lives can provide important guidance. For instance, an unexpected encounter with a specific animal or its distinctive behavior might hold personal significance or reflect the energies surrounding us. These animal interactions can

serve as cosmic messages, offering insight and direction in our journey. For example, many people believe if a robin visits you, it might be seen as a sign that a deceased loved one is watching over you or sending you a comforting message. Robins are frequently associated with love and new beginnings.

6. Serendipitous Encounters

The universe often orchestrates serendipitous encounters and chance events that lead us toward personal growth and opportunities. These seemingly random occurrences may hold deeper significance, nudging us in the right direction or introducing us to people who play crucial roles in our lives.

Such encounters can spark new friendships, reveal hidden opportunities, or offer timely insights that alter our perspectives.

Sometimes, meeting someone serendipitously isn't about reconnecting with the past but redirecting your future, showing you how far you've come. These encounters can serve as powerful reminders of your growth and evolution. They might illuminate the progress you've made, the lessons you've learned, and the strength you've gained along your journey.

These encounters can help us in our personal lives, careers, or creative pursuits, often leading us to new paths of growth, happiness, and unexpected joy.

7. Insight through meditation

Meditation serves as a portal to the cosmic realm, allowing us to quiet the noise of the external world and tune into the subtle messages of the universe. In moments of stillness, profound insights may arise, providing clarity and guidance on our journey. Regular meditation practice enhances our receptivity to intuitive messages and deepen our connection with the universal flow. I invite you to embrace this practice as a tool to discover the deeper wisdom that the universe has to offer.

Of course, it's important to remember that the universe communicates with us in many diverse ways. Whether through synchronicities, intuition, dreams, nature, or serendipitous encounters, the messages are unique and personal and individuals may resonate with different explanations or feel a unique connection to these cosmic whispers. You might find yourself experiencing all these signs, none, or perhaps only one or two regularly. There's no standardized path or checklist for feeling connected to the universe; it's a deeply personal journey.

Embracing these signs doesn't mean we need to decipher every part of this subtle Universal Morse code. It's not about interpreting every symbol or message with precision, but rather about tuning into the rhythm of our own unique story. The universe communicates in ways that are often gentle and nuanced, inviting us to listen and feel rather than analyze exhaustively. Ultimately, the Universe wants us to find our way to the most vibrant and fulfilled versions of ourselves, and these nudges are just a reminder that we are not alone on this journey.



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HOW MINDFULNESS & REIKI CAN HELP YOU BE A BETTER *Pet Parent*



**RHA MEMBER CAT
HAMILTON, EXPLORES
HOW ENERGY PRACTICES
CAN BE USED TO HELP
PET PARENTS CONNECT
DEEPLY WITH THEIR PETS**



CATHAMILTON.CO.UK

As an animal naturopath, I've witnessed a significant shift towards people becoming more attuned to the needs and holistic well-being of their animal companions. Thankfully, pets are no longer seen as "just a dog" or "just a cat," but as sentient beings with their own lives and purposes.

People are increasingly recognizing that animals have thoughts, feelings, needs, emotions, and distinct personalities. This growing awareness helps pet parents connect with their animals on a deeper level and understand how their own energy affects their pets.

Dogs, in particular, can mirror their owners' behaviors. Observing any new or unusual behaviours in your pet can often reveal insights about yourself. This understanding makes it crucial for us, as responsible pet parents, to be mindful of the energy we project into our shared space. Practices like mindfulness and Reiki can support our pets

in being calmer, more relaxed, and better able to handle various situations. By doing so, we help our animal companions feel safe and more confident in their lives.

Being aware of the way you interact with your pet is crucial for fostering a positive and healthy relationship.

As a Reiki Master Teacher since the 1990s and more recently an Animal Reiki Master, I rely on mindfulness and Reiki to address emotional and physical challenges in both animals and people alike.

Drawing on my meditation training, I feel highly attuned to the energetics of life, so to speak. Reiki enhances my ability to read the energy of humans and animals, allowing me to tune into their auras. By being fully present and peaceful, I sometimes sense that animals are drawing energy through me without my conscious intent to 'send it.'

Animals are extremely sensitive to our energy. They can become confused by our distracted behavior. For example, have you ever taken your dog for a walk but spent the entire time on your phone? Walking your dog should be about them—giving them time to sniff, explore, and bond with you and others. When we rush them or are not fully present, we deny them the attention they need.

Using Reiki, mindfulness, or other energetic practices helps us slow down and become more aware of our pets needs. We start to notice their emotions and any changes in their behaviour, both on and off the leash. Our full presence makes them feel safe and understood.

A beautiful way to connect and bond with your pet is to send them Reiki. You don't need to be a Reiki Master to do this. Simply tuning into your pet, playing calming music, and creating a relaxing environment can be very beneficial. Sitting with them mindfully and fully present while intending Reiki for them is such a lovely way to bond and show your pet how much you love them.

You can't do anything wrong—your pet will let you know if they've had enough or if they're not in the mood for Reiki by moving away.

Certainly, by bringing Reiki more into your life and your animal's life, and being mindful of your energy and interactions with your pet, you can create a harmonious and loving relationship built on trust, respect, and understanding. You will find that you start to become more aware of the nuances of your animal companion, the signals they are sending you every day. As you become more aware of your animal's subtle signals and needs, you will build a deeper level of communication that will strengthen your bond.



AUTHOR BIO

Cat Hamilton is an Animal Naturopath using EFT, Bach Flowers, Nutrition, Reiki, and interspecies communication. She is IAAT registered and devotes her life to the service and wellbeing of animals. Cat uses Reiki and other energy techniques to make adjustments to people and animals bodies remotely, and tunes into them as a felt experience of being present with them.



@THE_ANIMAL_NATUROPATH

6 Simple Ways to Be More Present with Your Pet

BY MOLLY MALONE, ARMT

My dog George means the world to me and if you have ever had a pet you know how much they value connection with us. In this busy, modern world our lives are often full of commitments (work, family, health, hobbies etc.) and I often find myself considering how I can be more present with George and ensure he gets quality time with me. Like all relationships, the more we put in, the more we get out. Let's consider a number of ways we can be present with our pets and aim to truly connect with them, both emotionally and spiritually.

1 Set aside dedicated time

Set aside some quality time each day to spend with your pet without any distractions. This can be a nice walk, playtime, or simply sitting together for some quality cuddle time! What activity does your pet really love? If they could talk, what would they ask for? Whether it's playing with their favourite toy, or going for a long after-dinner walk - is there an activity you can both enjoy and bond over?

2



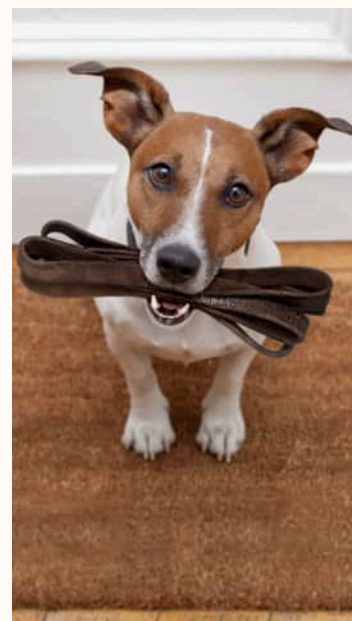
Understand their body language

Developing an understanding of your pet's body language is such an essential part of pet guardianship. Not only does it help you to meet their needs, it is a direct line of communication with your pet. This is especially helpful when we consider that experiences like a friend coming over, might actually stress or unsettle your pet.

Every species, whether it's a dog, cat, horse, or even a llama, has its own unique set of body language and behavioral signals. Since our pets don't come with a manual, it's up to us to learn and interpret these cues to better support them. For instance, when a cat lies on its side with its belly exposed, it's a sign of trust and relaxation, signaling that it feels safe and relaxed

around you, but excessive grooming can be associated with stress in cats.

As well as the more established body language cues, you also have to consider your own pet and their unique cues. For example, like a lot of dogs, George really enjoys a good belly rub, but sometimes he just wants to be left alone too (particularly if he is really tired). If he is sitting next to me on the sofa and I go to stroke his belly, most of time he will lift his back leg up, signalling that he wants me to continue rubbing his belly. Sometimes, however, he will flick his head back to look at me and give me a little stare to say "no thank you!" Respecting your pet's body language is such an important aspect of making your pet feel safe and loved and truly connecting with them in that present moment, to understand and meet them where they are at.



3

Develop a Reiki practice with your pet

A little Self-Reiki each day goes a long way, and that can be true for our pets too. Just like with humans, you don't need to wait for a health concern to arise to share Reiki energy with your pet, they can all benefit from the relaxation Reiki provides as well as the opportunity to connect both energetically and spiritually with you.

If you are new to sharing Reiki with animals, it's important to understand that they are very energetically sensitive. This means that a Reiki session with your pet can be much shorter than with a human, so don't be surprised if you feel the energy taper off more quickly than you expect it to!

I do sometimes find that when I am practicing Self-Reiki George will come over wanting his own Reiki session too. It is incredible how innately in tune animals are with energy!

5

Training sessions

Training sessions can be a really fun and greatly beneficial way to connect and bond with your pet. Training can help build trust, provide mental stimulation, ensure their safety, reduce anxiety around triggers, boost their confidence, help with essential tasks such as grooming and more. In training sessions, use treats, praise, and affection to encourage positive behaviours. This positive reinforcement helps your pet learn and it also strengthens your connection through shared focus and engagement.

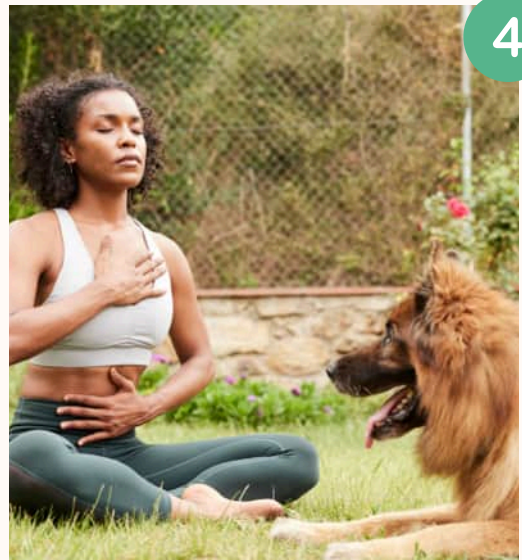
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Create a routine

It is thought that when you establish a routine for your pet they can relax in the knowledge that you are going to meet their basic needs (e.g. food, toilet breaks, sleep). These familiar patterns provide security and deepen your pet's sense of connection with you. This in turn is believed to have knock-on benefits such as less anxiety and behavioural problems, greater bonding with you and better digestive health.



4

**Mindfully engage your senses when spending time with your pet**

I really believe that animals can help us to live in the moment and that when we spend time mindfully with our pets it boosts our connection with them.

For example, if you have a pet cat, the next time you give them some gentle pets try to really focus in on that moment with them. Take note of the softness and warmth of their fur, the colour of their eyes, the sound of their purring, the rise and fall of their chest, and be attentive to how they respond to your touch.

This mindful approach not only enhances their comfort but also strengthens your bond. You might also like to recite affirmations of love and health. Phrases like "you are loved" or "may you feel calm and happy" can reinforce a positive and nurturing atmosphere for you both, further enhancing your pet's sense of well-being and your mutual bond.

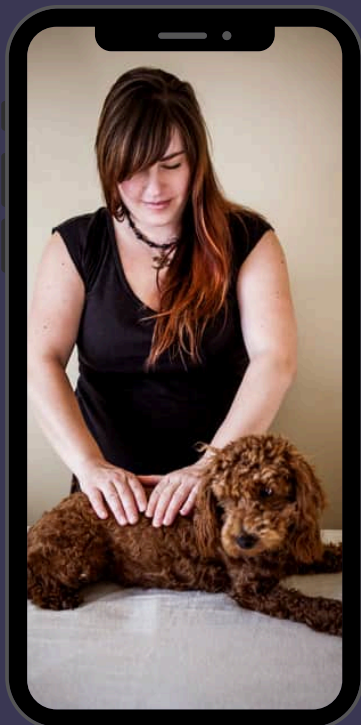
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"This course answered all of the questions I've had since I first heard of Reiki. Other courses pale in comparison. I highly recommend this course to others. You have answered my prayers & changed my life! Namaste."
- Belina Ricco, ARMT



"Just after finishing the Animal Reiki course and wanted to let you know it was the most enjoyable course I've ever done. Thank you so much, I have learned so much."
- Jane Doyle, ARMT

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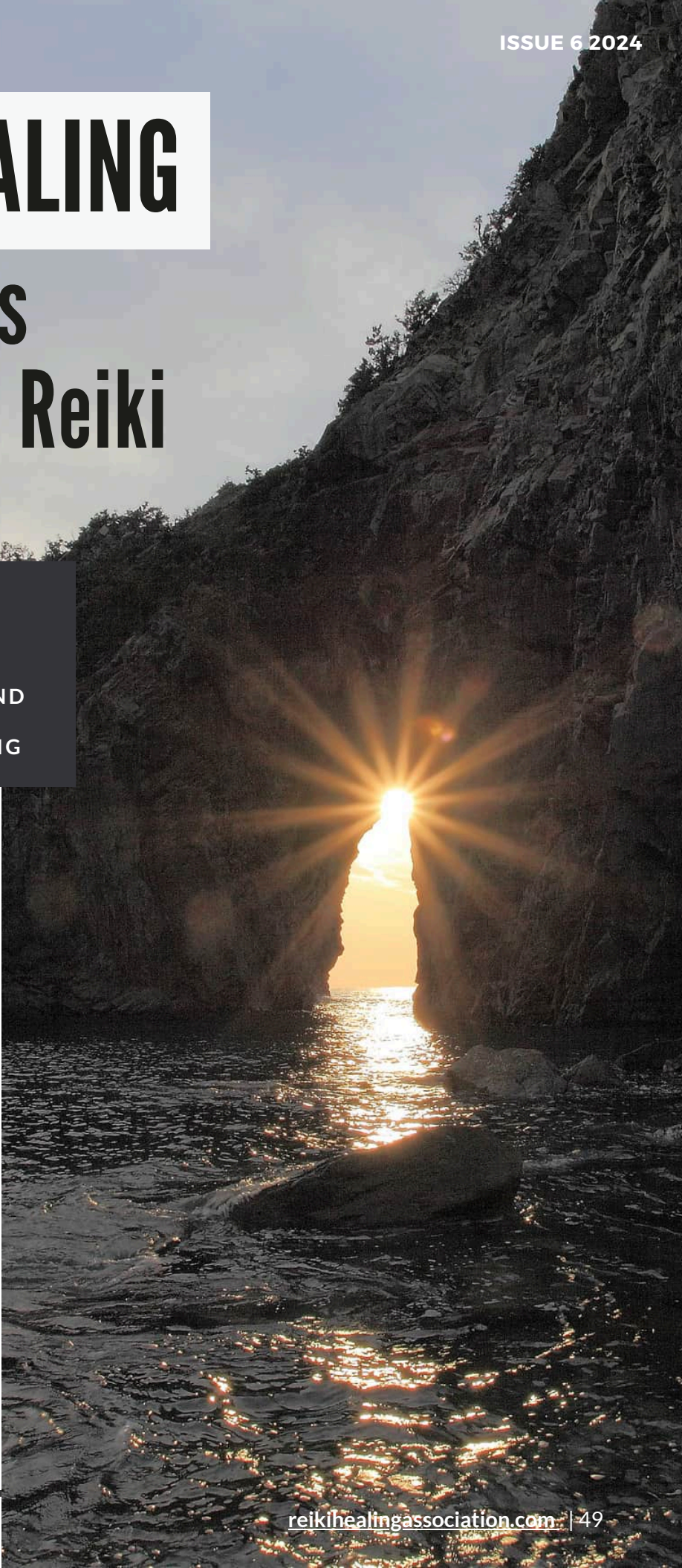
Navigating Life's Challenges with Reiki



RHA MEMBER REV. DR. TRACY COX, EXPLORES HOW REIKI CAN BE USED AS A POWERFUL TOOL AND PROVIDE HOPE WHEN THINGS GET CHALLENGING

One of the most puzzling things that I encounter as a Reiki Master Teacher and spiritual coach is the common misconception that someone who learns Reiki will have a suddenly perfect and pain free life.

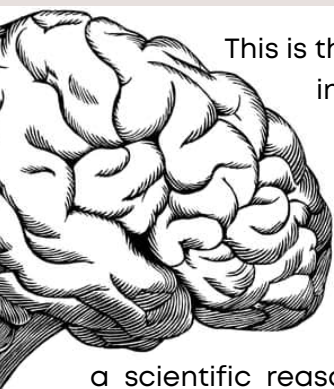
I am here to tell you that in the material world, life and health will always have challenges. It is all a part of our Earth journey as a spirit inhabiting a physical body. As a Reiki practitioner we should never forget that with the help of a regular Reiki practice, we have a miraculous tool to help us rise above the challenges of life and heal on multiple levels. There is always hope; Reiki regularly manifests miracles when you release your concerns to the Universal Life Force.



"...THERE IS ALWAYS HOPE; REIKI REGULARLY MANIFESTS MIRACLES WHEN YOU RELEASE YOUR CONCERNS TO THE UNIVERSAL LIFE FORCE..."

Let's dive into some tips that I have seen work very well for myself, as well as my Reiki clients and students, as we all navigate this exciting and challenging journey called life.

THE POWER OF THREE DEEP BREATHS



This is the foundation of my approach in overcoming ANYTHING! When you are confronted by a challenge of any kind that causes you stress, take a moment to practice taking three deep breaths. There is

a scientific reason for this advice. When we begin to panic, we start thinking from the amygdala, which is the reptilian part of our brain that responds with the fight or flight response (and is responsible for emotions like fear and anxiety).

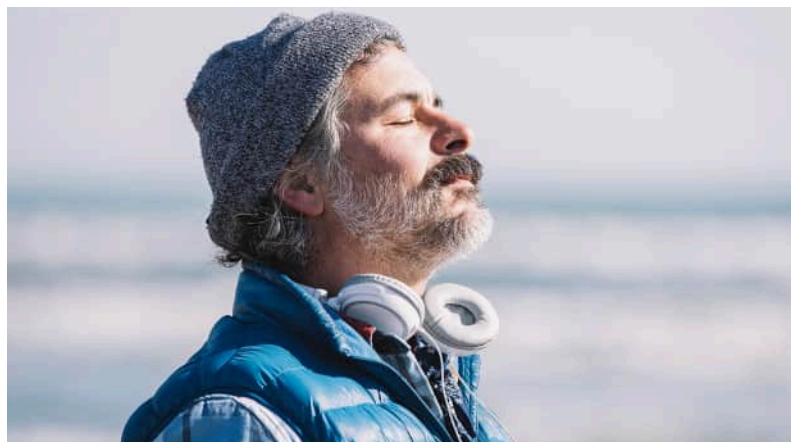
When we take three deep breaths, oxygen uptake shifts our awareness away from the reactive amygdala into the frontal lobes of the brain where executive functions such as decision-making, problem-solving, and critical thinking reside. The frontal lobes are crucial for higher-order thinking processes, allowing us to see the "big picture" and approach

challenges with greater clarity and insight. This shift enables us to analyze situations more comprehensively and come up with effective solutions, much like seeing the world through the "eyes of an eagle."

This 3-deep-breaths technique is very easy. The minute you notice that you are becoming stressed or panicking, find a place to stop and take three deep breaths.

1. As you take your first deep breath in, imagine breathing in the sparkling white light of healing and Reiki. Let this white light fill your entire body.
2. As you exhale through your mouth, imagine your problem or concern leaving your body like a shadow or puff of smoke.
3. Repeat this three times, inhaling the white healing light of Reiki and exhaling any stress or negativity.

When you do this you will immediately feel invigorated and will notice that your stress level has dropped. From this place of calm you can make good decisions and move forward in a positive manner. As a bonus, studies involving this technique have seen caregivers with very stressful jobs finding that their blood pressure normalizes in a very short time. Try the Power of Three Deep Breaths yourself! You will be amazed at the beneficial results.



DAILY SELF REIKI

Are you performing daily self Reiki?

This is of such foundational importance. No Reiki practitioner should skip doing their daily self Reiki. We live in such a challenging world and we all need to heal and replenish our energy systems. Skipping daily self Reiki will eventually leave us drained, and you know the old saying: 'You can't pour from an empty jug!' Challenge yourself to dedicate some time every day for your self Reiki. You will be so glad you did!

Here are some tips to get you started.

1. Before you even get out of bed, right after you wake up, do your self Reiki. All you need to do is your hand positions on the front of the body; the Reiki will penetrate. As you do this, make sure to send all of the symbols that you are attuned to as well, and seal the energy at the end of your session. In this way you will go into the world with the full spiritual armour of Reiki. With this strong protection, you will have the hopeful energy of a person who knows that they are a force of positive energy in the world. It's a powerful feeling!

2. If your morning is too busy, do your self Reiki the same way as in Step 1, but do this in bed, right before you go to sleep. This nighttime practice not only provides the same benefits as the morning routine, such as reducing stress, promoting relaxation, and balancing your energy, but it also enhances the quality of your sleep.

If you can dedicate yourself to daily self Reiki, you will reap the benefits in a life that is more blessed and hopeful than you have ever imagined. Don't short change yourself. Start today!



SEND REIKI TO YOUR CHALLENGES

For those Reiki practitioners who have Level 2, don't forget that we have the ability to send Reiki to the situations and challenges that we are facing. We can send this energy to the situation in the present and future, and then release it to the Universal Life Force to bring us healing for the highest good of all.

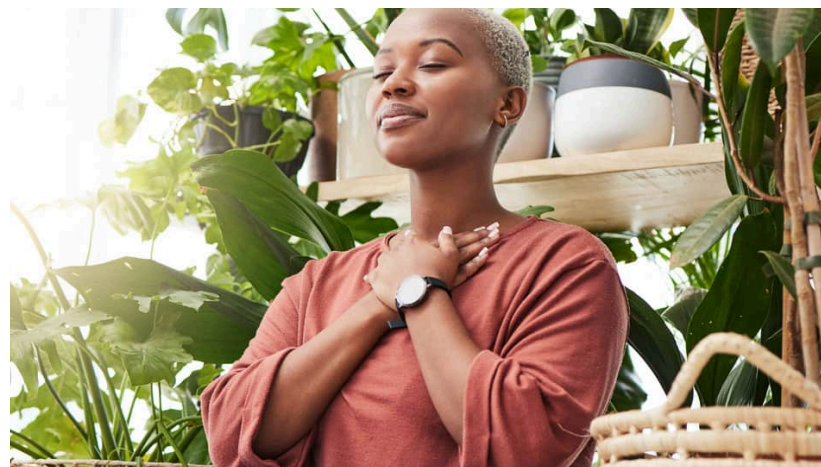
Here's an easy way to do this.

- 1 Make yourself comfortable in a quiet place where you won't be disturbed. Use the three deep breaths technique above to relax your energy field.
- 2 Bring the challenge or situation to your mind's eye. When you are ready, beam all of the symbols that you are attuned to. Let the Reiki energy flow easily and effortlessly to the situation. Do this for as long as you feel guided.
- 3 Next, move your attention to the situation in the future, where it is dissolved and causes you no more stress. Don't worry about how this looks. The Universal Life Force will figure out the details for the highest good. You just need to send all of the symbols that you are attuned to.

When you feel guided to end the flow of Reiki, give thanks to the Universal Life Force for the healing that is taking place for the highest good of all concerned.

When you do this simple exercise each time you are confronted with a challenge, you will find that you are in a perfect partnership with Reiki, and things will flow as they should. Many unexpected things may happen and bring different people to you that may help you on your journey. It may not look like anything you hoped for, but often times is so much better than you have dreamed.

Life is an adventure, and full of joy and challenges as well. When we make sure that we are utilizing our spiritual gifts as a Reiki practitioner, miraculous things will unfold for us when we include the Universal Life Force in our day-to-day lives. Try these healing tips daily. You will see an amazing change for the better if you do!



AUTHOR BIO

Rev. Dr. Tracy Cox, DD is a Reiki Master Teacher, Doctor of Divinity and Spiritual Coach. She has just released a revolutionary new home study course, "Learning Practical Prayer: 10 Lessons that Unlock the Miracle Power of God", which helps Reiki and energy practitioners develop their spiritual gifts of angelic contact, intuition and gut instinct. Come join her on a spiritual journey!



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The Heart of Reiki

GASSHO AND PRECEPTS IN PRACTICE

BY AKLEEMA ALI, RMT



Akleema Ali's mission is encouraging others to build their own sanctuary and her vision is that everyone can access peace within.

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At its core, Reiki emphasizes the importance of inner peace and balance, both for the practitioner and the recipient. Central to this practice are the concepts of Gassho and the Reiki precepts, which serve as foundational elements that guide and ground practitioners. The heart of a practitioner's journey with Reiki resides with these two concepts. This article explores the significance of Gassho and the Reiki precepts as the guiding lights on your Reiki journey.

The Importance of Gassho in Reiki Practice

Gassho, meaning "two hands coming together," is a traditional Japanese gesture of respect, gratitude, and reverence. In the context of Reiki, Gassho involves placing the hands in a prayer position at the heart center, symbolizing unity and balance. This simple yet profound gesture is used to begin and end Reiki sessions, helping practitioners transition into a meditative state.

Gassho serves as a physical and mental centering technique, enabling practitioners to create an inner sanctuary of calm and focus. By grounding themselves in the present moment, practitioners can better connect with their own energy and the universal life force, enhancing the

INSIGHT

effectiveness of their Reiki practice. Additionally, Gassho fosters a sense of gratitude and humility, reinforcing the practitioner's intention to serve others with compassion and integrity.

The Reiki Precepts: Guiding Principles for Daily Life

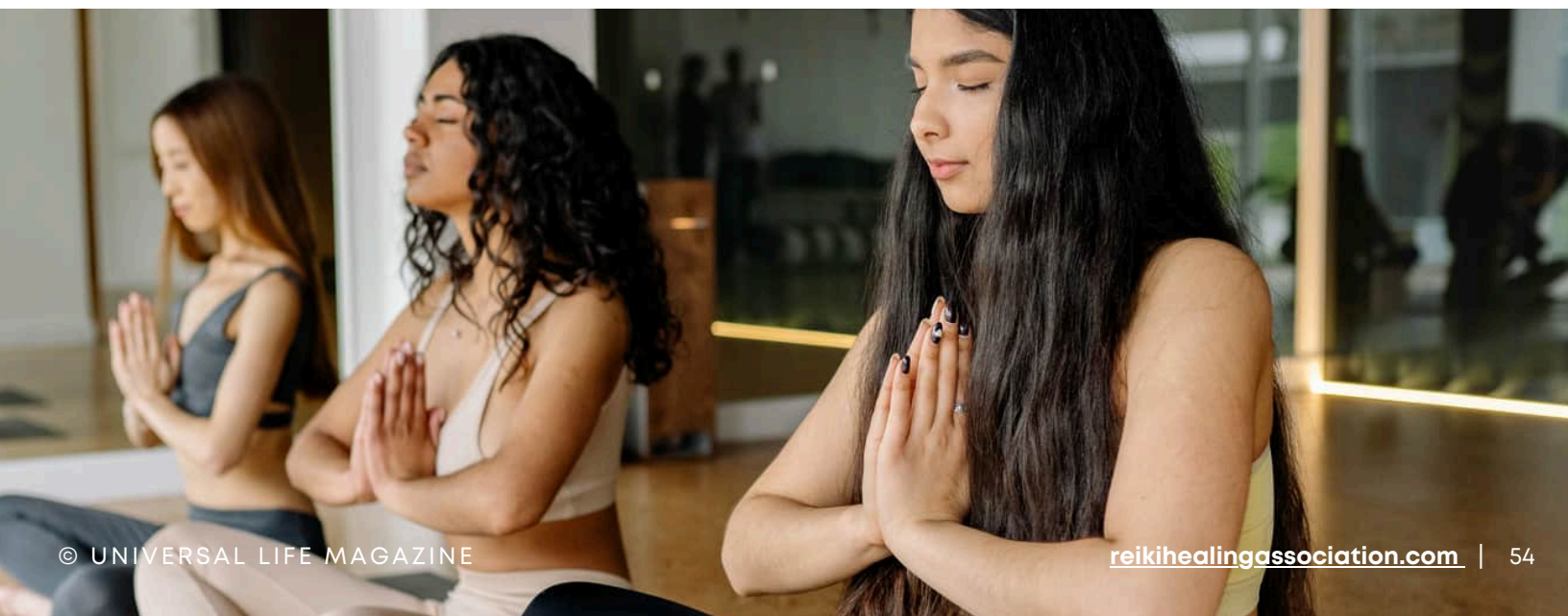
The Reiki precepts, or principles, are a set of ethical guidelines that underpin the practice of Reiki, promoting a balanced and harmonious lifestyle. These precepts include: Just for today, do not anger; Just for today, do not worry; Just for today, be grateful; Just for today, work diligently; and Just for today, be kind to others. Each precept encourages practitioners to cultivate positive behaviors and attitudes, fostering emotional resilience and inner peace. By adhering to these principles, practitioners can navigate daily challenges with greater ease and maintain a positive mindset. The precepts also serve as a reminder of the importance of living in the present moment, addressing issues as they arise without carrying the burdens of the past or future. This mindful approach to life not only enhances personal well-being but also positively impacts the practitioner's interactions with others.

“...GASSHO SERVES AS A PHYSICAL AND MENTAL CENTERING TECHNIQUE, ENABLING PRACTITIONERS TO CREATE AN INNER SANCTUARY OF CALM AND FOCUS....”



Gassho Meditation with the Reiki Precepts

Combining Gassho with the recitation of the Reiki precepts creates a powerful meditative practice that deepens the practitioner's connection to the principles of Reiki. During Gassho meditation, practitioners place their hands in the Gassho position and silently or verbally repeat the precepts. This practice enhances focus and intention, allowing the practitioner to internalize the principles more deeply. Gassho meditation serves as a daily ritual that reinforces the practitioner's commitment to the precepts, fostering a profound sense of peace and alignment with the universal life force. By regularly engaging in this practice, practitioners can cultivate a stable inner sanctuary that supports their overall spiritual growth and well-being.



INSIGHT

8-Step Guide to Gassho Meditation Practice

1 Preparation Find a Quiet Space

- Choose a quiet, comfortable place where you will not be disturbed.
- Set the Atmosphere: Dim the lights, light a candle or incense, or play soft, calming music if you find it helpful.
- Comfortable Position: Sit comfortably with your back straight, either on a chair with your feet flat on the ground or on a cushion in a cross-legged position.

2 Grounding

- Close Your Eyes: Gently close your eyes to reduce distractions.
- Take Deep Breaths: Inhale deeply through your nose, allowing your abdomen to expand, and exhale slowly through your mouth. Repeat this a few times to center yourself.
- Visualize Roots: Imagine roots growing from the base of your spine or your feet, extending deep into the earth. This visualization helps you feel grounded and connected to the earth.

3 Gassho Position

- Hands Together: Bring your hands together in a prayer position (palms touching) at the center of your chest, just in front of your heart.
- Fingers Pointing Upward: Ensure your fingers are pointing upward and your thumbs are gently touching your sternum.

4 Focus Your Mind

- Choose a Point of Focus: Direct your attention to the point where your fingertips meet or to your breath.
- Silent or Spoken Precepts: Silently or softly recite the Reiki precepts.



Practical Tips for Practitioners

5 Meditation

- **Deepen Your Breathing:** Continue breathing deeply and slowly, maintaining the rhythm you established earlier.
- **Mindfulness of Breath:** Focus on the sensation of your breath entering and leaving your body, or the feeling of your hands pressed together.
- **Repeat the Precepts:** Mentally repeat each precept, allowing its meaning to sink deeply into your consciousness. Spend a few moments on each one, reflecting on its significance in your life.



To fully benefit from the practice of Gassho and the Reiki precepts, practitioners should set aside 10-20 minutes each day for Gassho meditation, focusing on one or more precepts.

Reflecting on the chosen precepts throughout the day helps maintain a mindful and balanced approach to life's challenges. Keeping a journal to track progress and insights related to the practice of Gassho and the Reiki precepts can also be beneficial. In fact, I recommend all practitioners should challenge themselves to try Gassho meditation for one month and journal their inner transformation.

7 Closing the Practice

- **Express Gratitude:** Silently express gratitude for the practice, for yourself, and for the universal life force energy.
- **Return to Awareness:** Slowly bring your awareness back to the room, feeling the ground beneath you and the space around you.
- **Open Your Eyes:** Gently open your eyes, taking a moment to adjust to your surroundings.

8 Integration

- **Reflect on the Experience:** Take a few moments to reflect on how you feel and any insights or sensations you experienced during the practice.

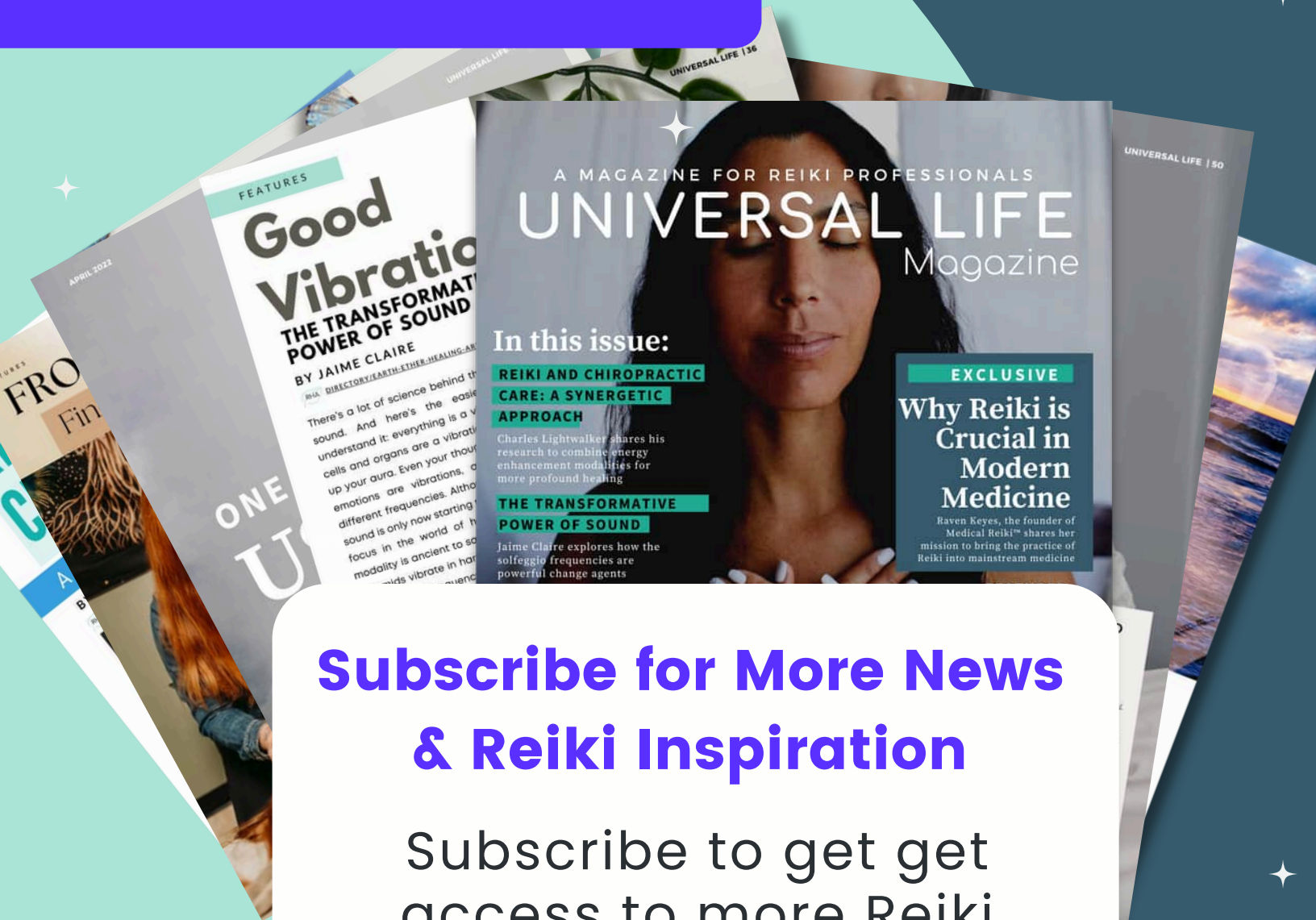


By following these steps, practitioners can create a structured and meaningful Gassho practice that helps center and ground them, reinforcing the principles of Reiki and enhancing their overall well-being.

AUTHOR BIO

Akleema Ali is the owner of The Reiki Lighthouse in Trinidad and Tobago. She is a RMT who creates sanctuary for those wanting to get more grounded in life, take charge of their emotional healing and welcome more peace and calm in their lives. Akleema has several publications on the theme of mental health and wellness. Her publications range from clinical research on depression to her inspirational contributions to the Reiki community on the practice of Reiki and meditation as a lifestyle.

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Rock On: A Guide to Choosing Your Perfect Crystals



BY NORMAN W. WILSON, PHD

Reiki Master, and Certified Crystal Practitioner, Norman Wilson, offers practical advice for selecting the right crystals for your personal crystal collection.

Crystals have been treasured for their beauty and believed metaphysical properties for millennia. The history of crystal use dates back to ancient civilizations. The Ancient Sumerians, around the 4th century BC, are often credited with the first historical mention of crystals. In Chinese culture, crystals have been utilized for healing for thousands of years, while the Ancient Egyptians used them for various purposes, including adornment and protection. The word "crystal" itself comes from the Ancient Greek term "krystallos," which they used to describe quartz.

Despite the lack of scientific evidence supporting the efficacy of crystals, they continue to be used for healing. Here are some believed benefits of crystals:

- **Energy Amplification:** Due to their vibrations, crystals are thought to enhance the natural flow of physical energy within the body.
- **Negativity Absorption:** Crystals are believed to absorb negative energy, acting as cleansers.
- **Chakra Balancing:** Many practitioners use crystals to help align and balance chakras, the body's energy centers.
- **Emotional Stabilization:** Crystals can ground and stabilize emotional energies, helping to release emotional baggage.
- **Spiritual Growth:** They are often used as tools to aid in spiritual development and meditation.

The Beginning of my own Crystal Journey

When I was eight years old, my teacher tasked me with finding smooth, round rocks to create a medicine wheel. As a somewhat arrogant child, I skeptically asked how I was supposed to know which rocks to choose. Her answer was profound: "Everything is energy. Energy generates heat. Hold the rock in the palm of your hand. If you feel heat, keep it."

This simple yet powerful guidance opened my eyes to the subtle ways energy can communicate with us. It taught me to trust my intuition and physical sensations when interacting with natural elements, a lesson that applies perfectly to selecting crystals.

Choosing the Right Crystals for your own Collection

The process of choosing the right crystals is deeply personal. Whether you're drawn to them for their metaphysical properties, historical significance, or simply their natural beauty, your connection to the stones can be a meaningful and enriching experience.

Sometimes a crystal will simply "feel right" or catch your eye in a special way. Trust these instincts; they are often guiding you to the stones that resonate most with your current needs. Just as I learned with the rocks, hold each crystal in your hand and pay attention to the sensations you experience. Warmth, tingling, or a sense of peace can indicate a positive connection.

While intuition is key, educating yourself about the properties of different crystals

can also guide your choices. Understanding what each stone is traditionally used for can help align your selections with your goals. Each stone carries unique properties and benefits that can aid in various aspects of life.

Here are five crystals I love having in my collection, along with their uses:

CLEAR QUARTZ

Clear Quartz can clear mental clutter and enhance mental clarity. It helps balance the physical, mental, emotional, and spiritual aspects of both humans and animals. Clear Quartz has the interesting property of amplifying the energy of other crystals and intentions too! It is also thought to draw off negative energy, and protect or cleanse you from the negative influences of modern technology and pollution.



AMETHYST

Known for its soothing energy, Amethyst is thought to evoke feelings of serenity and calmness in those who wear it. Amethyst is often used during meditation to soothe the mind and emotions. It is considered a protective stone that can create a barrier against negative energies. It's also believed to purify and cleanse the aura, promote emotional stability and inner harmony.





AZURITE

This deep blue stone is associated with awakening the Third Eye and enhancing intuition. Azurite is ideal for meditation, helping users recognize and trust spiritual guidance and intuitive insights when offered.



ARAGONITE



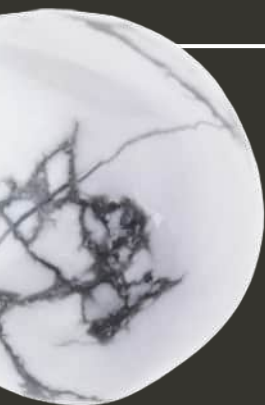
Aragonite is an excellent grounding stone, particularly effective in stabilizing spiritual growth in the lower chakras. It enhances energy and a sense of self-worth, making it a valuable tool for personal development.

BLUE SERPENTINE

Blue Serpentine aids in meditation and spiritual exploration. It is believed to open pathways for Kundalini energy and assist in retrieving wisdom from past lives. This stone also stimulates the Crown Chakra, supporting spiritual awareness and growth.



HOWLITE

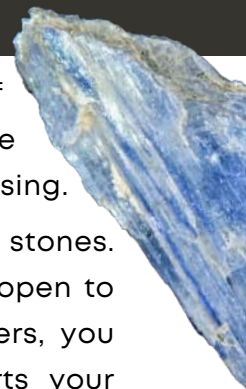


Howlite is one of my favorite crystals to use when I teach my Reiki classes. It is called the attunement stone and opens and prepares the student to receive the energies and wisdom of attunement. It links one to a higher spiritual consciousness.

KYANITE

Kyanite is another favourite crystal of mine. Kyanite does not retain negative energy, meaning it never needs cleansing.

These are just some of my favourite stones. By trusting your instincts and being open to the unique energies each stone offers, you can build a collection that supports your personal physical, emotional, and spiritual well-being.



FLUORITE



Fluorite is a highly protective and stabilizing stone, useful for grounding, focus and meditation. It works well with the Crown, Third Eye, and Heart Chakras. It is often used when solving complex problems.

AUTHOR BIO

Norman W Wilson holds two doctorates. He is a Cognitive Behavioral Therapist and a retired college professor. He is a trained Shaman, Reiki Master, and Certified Crystal Healer and is the author of over 20 books including Reiki: The Instructor's Manual and Shamanic Healing Book II Crystals.



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Consistency *and Reiki Practice*

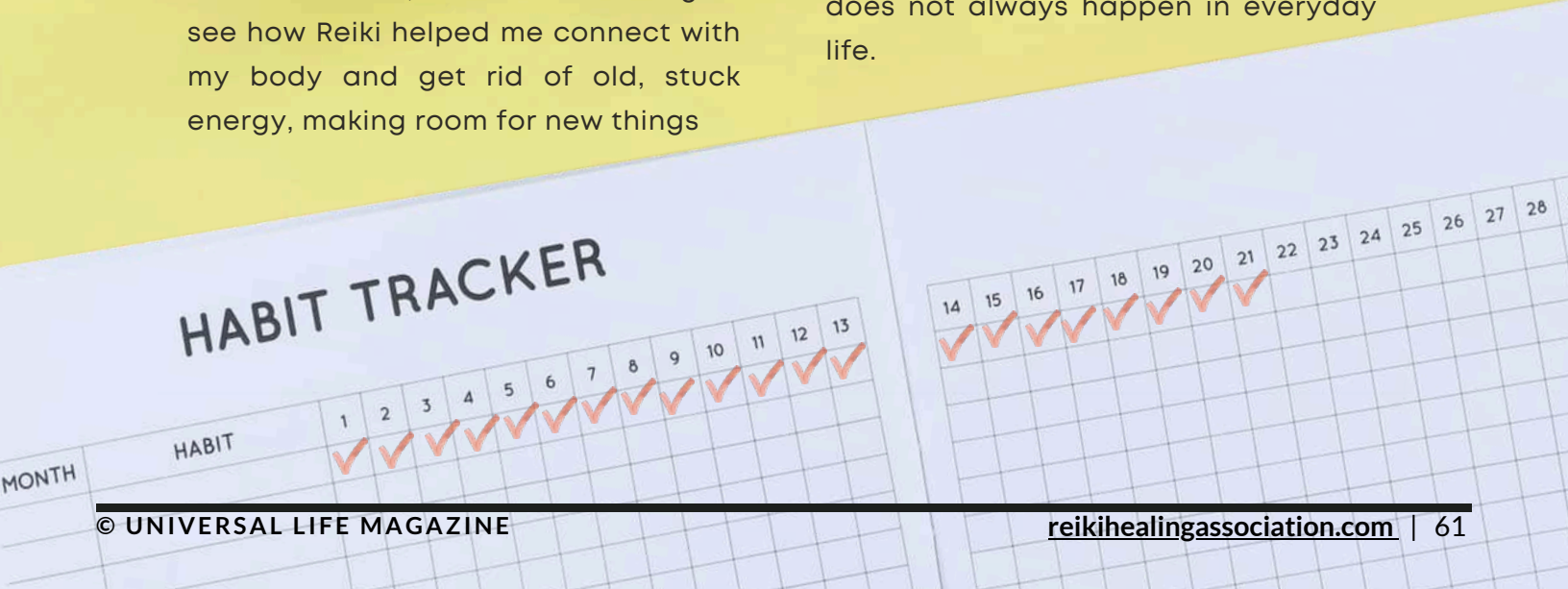
How to fall in love with Reiki all over again.

When it comes to the things you care about, consistency is really important, and that includes Reiki. According to Webster's Dictionary, consistency means being "marked by harmony, regularity, or steady continuity." In Reiki, sticking with your practice can turn it into a powerful part of your life. Here's my story about how staying consistent helped me grow in Reiki.

After I received my Reiki Level I Attunement, my teacher suggested I try a 21-day Reiki Fast. This meant practicing self-healing hand positions every day to build a regular Reiki routine. At first, I found it amazing to see how Reiki helped me connect with my body and get rid of old, stuck energy, making room for new things

to come into my life. My Reiki Master Teacher then advised me to stick to a 30-day practice, and even though it was hard to focus sometimes, I was determined to learn more about self-healing with Reiki.

As I moved up to Reiki Level II and Master Teacher Level, there was more self-healing and studying, and practising involved. Through the years I tried to stay consistent, but that does not always happen in everyday life.



Staying consistent can be tough, but when I started teaching Reiki, my own practice became more regular. Each time I taught a new class, I would go through a 30-day self-healing journey with my students, checking in with them every week or sometimes even every day. These check-ins reminded me to keep up with my own practice, too. One big lesson I learned is that doing even a little bit of Reiki is better than none at all.

To help incorporate Reiki into every day, I follow a simple routine as soon as I wake up. I put my feet on the floor, imagine grounding into Mother Earth, then I place the Reiki symbols on my hands, go into Gassho, then Reiji Ho, and finally ask for the Reiki energy to flow. This is a technique I now teach my Reiki students.

Although it only takes a few moments, I know sometimes mornings can be busy, and it's easy to forget this morning ritual. But if that happens, you can simply adjust your practice. For example, while taking a shower, you can place the Reiki symbols on the showerhead, go into Gassho, then Reiji Ho and ask for the Reiki to flow.

“...I THINK OF REIKI AS A LIFESTYLE. MY GOAL IS TO LIVE BY THE REIKI PRECEPTS EVERY DAY...”



Let the water cleanse your energy field and feel the Reiki energy washing over you. If you're in a rush and can't do the shower technique, you can even put Reiki energy on your steering wheel when you're in the car. Just sit there for a moment, and ask for the Reiki to flow, sending positive energy to you and all the drivers around you.

These are just a few ways to include Reiki in your daily life. Reiki is very flexible and can fit into any part of your day. I think of Reiki as a lifestyle. My goal is to live by the Reiki Precepts every day. Some days I do great, and other days are a bit harder. But that's okay! Each day is a new chance to start fresh, with love in my heart and Reiki by my side, and all around me.

I always say: if you've taken a break from your Reiki practice, don't worry. It's always there, ready for you to come back to it. Be kind and gracious to yourself as you reconnect. Try to remember exactly why you started Reiki in the first place, if you want to find the love for Reiki again. Rekindle your love for the practice with small consistent sessions, and your mind, body, and spirit will thank you!

AUTHOR BIO

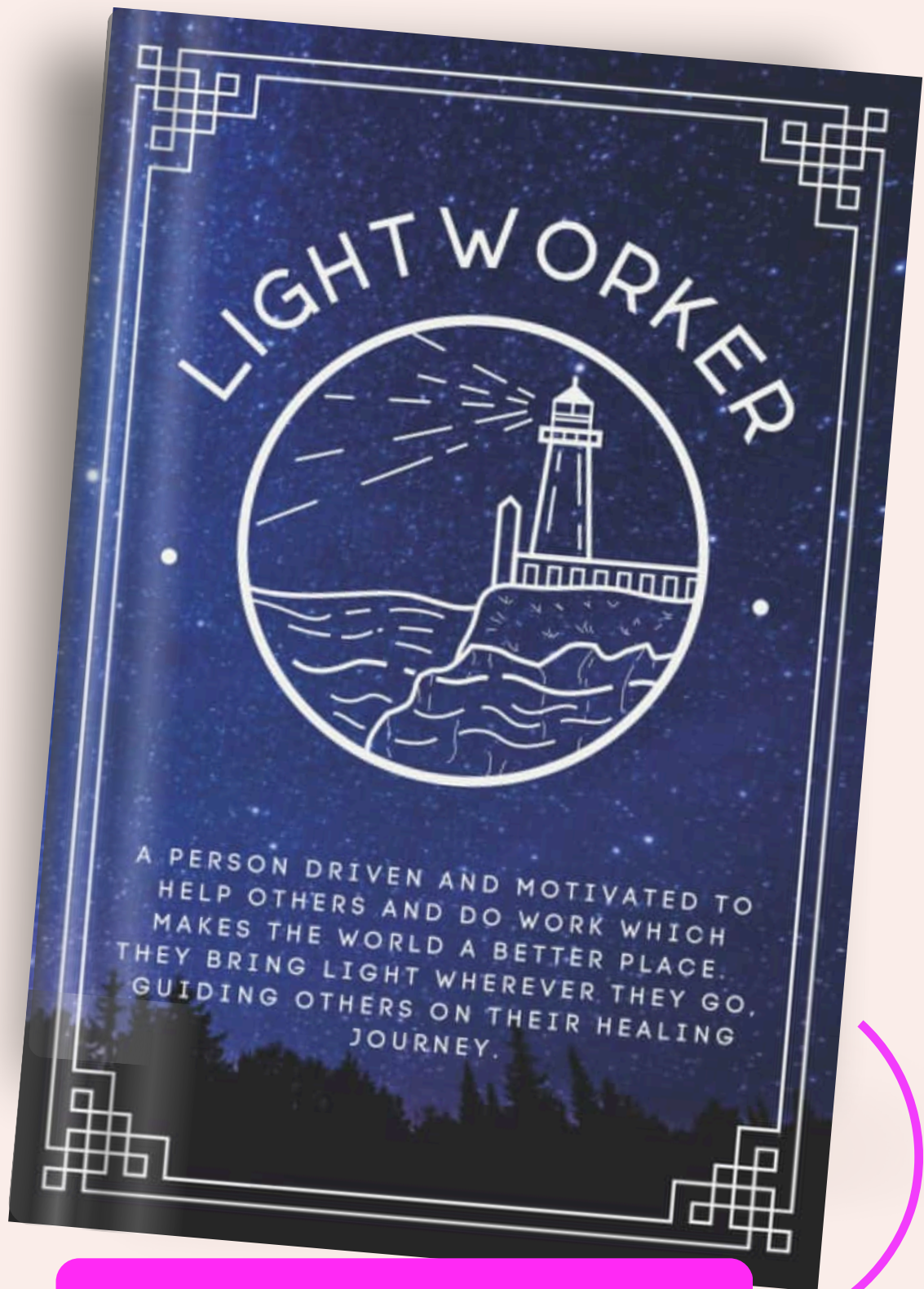


Maria Emeterio is an Advanced Reiki Master teacher, who specializes in Chakra Healings, she ALWAYS offers FREE Reiki to any parents who have suffered the loss of a child, to give back to her community and honour her GRANDSON JAX who passed from S.I.D.S.



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EMBRACING THE SPIRAL OF INITIATION, HEALING AND EMERGING

BY APARNA VEMULA

In an ideal world, every journey has a beginning and an end, but what if we are talking about life?

Just as a spiral keeps going without a clear beginning or end, life paths are not linear but rather a continuous evolution of self-discovery and understanding.

Life teaches us many lessons, and almost all of these offer an opportunity for higher clarity and eventually a deeper awakening within. Each lesson helps us grow spiritually in our own unique way. Each lesson is part of our personal progression.

For me, Reiki has been a trusted companion on my personal path, guiding me as I consciously worked on shedding old ways to become more aligned with my authentic self.

I can break down my Reiki journey into three main parts that all connect and flow together, like a never-ending spiral.



1. Spiral of Initiation

Every life journey can be viewed as various points of initiation into deeper and greater evolving.

My journey with Reiki began at a point on my fertility journey that was greatly challenging and disempowering. My longing for a child wasn't coming to fruition despite my best efforts.

Little did I know that this longing was in fact initiating

me into a lifelong journey of self-discovery and was not exactly about birthing a child! Like a spiral moving inward, this initiation was compelling me to delve deeper, confront my fears and become aware of any self-imposed limitations.

But initiations are hard. As much as they invite us into a greater understanding of ourselves, they also demand a commitment far bigger than what we can comprehend. The journey is nearly impossible without

EXPERIENCE

allies. Reiki to me was that powerful ally, alongside many mentors who held my hand.

My first experience with Reiki occurred as a means to navigate the grief and disappointment of a miscarriage. I experienced Reiki as a warm blanket that held me with so much kindness that the peace I had felt during the healing lingered on for nearly a week after the session.

Instead of figuring out and mentally moving on to the next effort, I shifted into a space of allowing myself to be held by this kind energy.

This feeling was new to someone who was used to the 'doing' hustle that modern life demands.

Being held in the compassionate hug from Reiki was the catalyst I needed, to re-connect with my inner wise Self.

What did I need from this journey? Who would I need to become in order to bring in a healthy child to life?

“...REIKI’S GENTLE YET POWERFUL ENERGY HELPED ME CLEAR ENERGETIC BLOCKAGES AND LONG-STANDING BELIEFS THAT WERE NO LONGER SERVING ME ON THIS PATH. I BEGAN TO HEAL FROM THE INSIDE – OUT...”

What were the old stories that I needed to shift in order for me to step into conscious conception and co-creation?

This became the starting place where the healer within me took form. I felt drawn to learning and practicing Reiki for my own self first. I relaxed better and found more balance between my heart and mind.

Reiki’s gentle yet powerful energy helped me clear energetic blockages and long-standing beliefs that were no longer serving me on this path. I began to heal from the inside – out.

2. Spiral of Healing and Transforming

Each challenge, be it a failed fertility cycle or a health crisis, brought with it valuable lessons that offered opportunities for revealing and unmasking constructs that no longer felt true.

Like a spiral, old patterns re-surfaced offering me the opportunity to revisit and learn from past experiences.





"...LIKE A SPIRAL, OLD PATTERNS RE-SURFACED OFFERING ME THE OPPORTUNITY TO REVISIT AND LEARN FROM PAST EXPERIENCES..."

Healing often occurs in layers. Each layer that is revealed brings disruption and invites us to release resistance and surrender.

Surrendering to the flow of change means allowing ourselves to be carried by the process rather than resisting it. Trusting in this journey requires faith in the transformative power of change, even when the path forward is uncertain.

This process also involves making space for grief. As we grow, we must confront and mourn the loss of our old selves—those aspects of our identity that no longer serve us.



This grief is a natural part of letting go and making room for new growth. Being present in this transitional phase means existing in the liminal space—a threshold where we are neither fully in the old state nor yet established in the new. It is a time of stillness and reflection, where we find ourselves in the midst of significant internal change.

Although the growth is often depicted as straightforward, the profound internal shift necessary to reach the next level of evolution is rarely acknowledged. This shift involves recalibrating our sense of self and adjusting to new ways of being.

EXPERIENCE

3. Spiral of Emerging and Offering

Transformative journeys are seldom singular. Every time an individual creates a shift in their mind, heart and life, it cannot help but transform their own lives as well as ripple out to those that surround them.

By receiving Reiki treatments or practicing self-Reiki, I gained clarity and emotional resilience, enabling me to navigate challenges with grace and presence.

The healing that Reiki brought into my life also unlocked my intuitive gifts and helped me access higher states of consciousness and spiritual awareness, enhancing my capacity to align with my true nature.

In taking a step back from the clutter and deeply listening to my soul whispers, I began to explore my life differently than before. This also resulted in the initiation of my calling to supporting others finding their way back to joy and authenticity in their own hearts.

The healer in me was now ready to offer my services to others.

As an intuitive coach, Reiki became one of my main tools to help my clients with anxiety issues, physical discomfort and to promote greater balance in their lives.

"...IN TAKING A STEP BACK FROM THE CLUTTER AND DEEPLY LISTENING TO MY SOUL WHISPERS, I BEGAN TO EXPLORE MY LIFE DIFFERENTLY THAN BEFORE..."

Not just that, my healing sessions became intuitive, and I would often receive feedback from the subtle body of my client. Relaying the psychic information back to the client would often bring perspective to their physical issues. Blending the energetic and the intuitive created a beautiful healing experience for them.

As a spirit baby intuitive I often connect with women who have experienced previous losses and challenges on their fertility journeys. Reiki sessions became a landing space for spirit babies, loving ancestors and spirit animals to offer presence to the women I support.

As I navigate through life's challenges and transitions, Reiki continues to support me in various ways, helping me tap into my inner wisdom, release blocked energy, and facilitate healing on physical, emotional, mental, and spiritual levels.

Reiki has been that compassionate companion, helping me recognize that each phase of the spiral contributes to my ongoing evolution and Self-realization.

AUTHOR BIO




Aparna Vemula is a certified Intuitive Coach, Spirit Baby Whisperer, Usui Reiki Master, and a Soul Realignment™ Practitioner. A former Microbiologist, she found herself on a long conception journey that became one of self-discovery and deep transformation. She explores the energies of spirit babies in her work to supporting other women experiencing challenging fertility journeys.



WHISPERWITHIN.ME

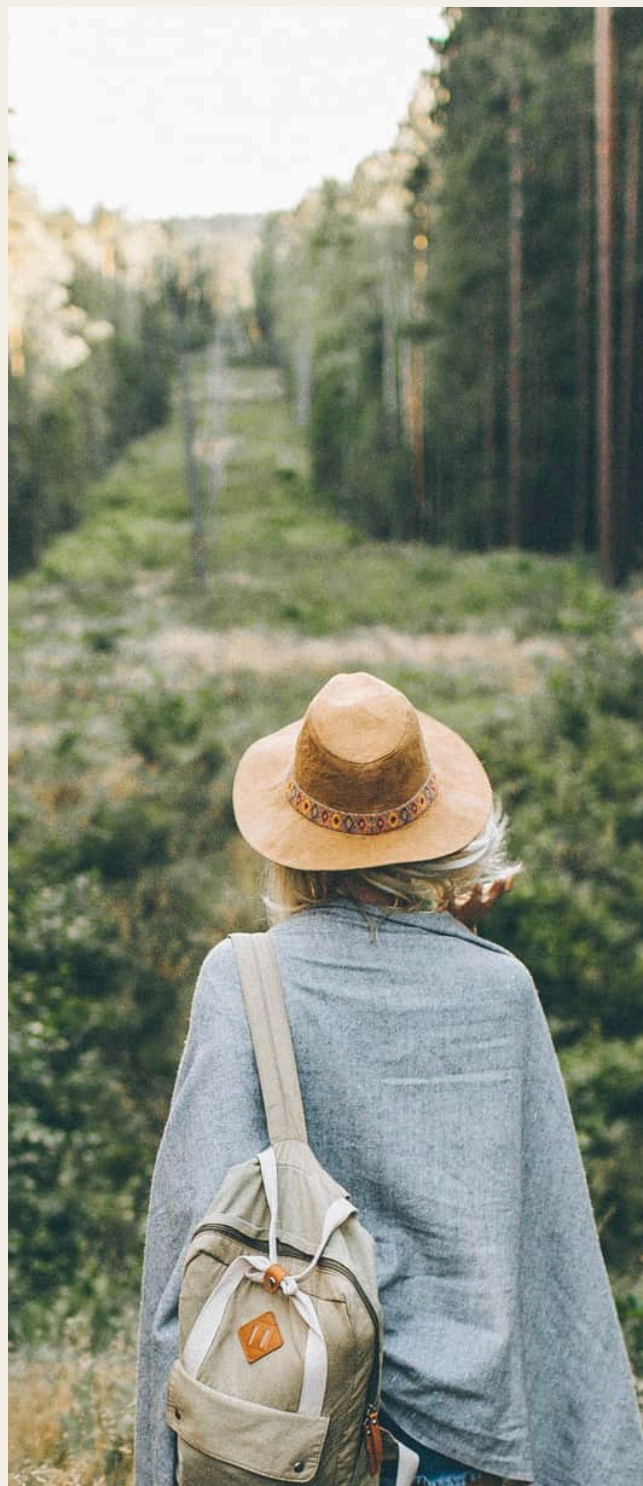


WHISPERWITHINME

A person's hand is reaching out towards a sunset over water. The hand is positioned in the center-right of the frame, with fingers slightly spread. The background shows a calm body of water reflecting the warm, orange and yellow light of the setting sun. The sky is a soft gradient of blue and orange. The overall mood is peaceful and contemplative.

**"REIKI IS THE
MOST PROFOUND
VIBRATION OF
LIFE."** – GARRY MALONE

Finding My Path: How Reiki Transformed My Life



BY SHARON KENNEWELL

Have you ever encountered something so profound that it completely altered your life's direction? That's exactly what happened to me with Reiki.

The Japanese healing art of Reiki was something I had never heard of until it found me when I was I really struggling. I had lost my way in life, and was feeling anxious and disconnected, which was affecting my health and well-being. I was at a low point, disillusioned with the world, and on the brink of giving up. Luckily, the Universe had different plans for me. This is when things start to get interesting...

Despite my initial lack of awareness about Reiki, it began to appear in my life with increasing frequency. I had always had a strong connection with animals, so I searched the internet for ways I could work with them and make a difference and Reiki kept appearing. Wherever I went I would see something about Reiki, from an advert in the community centre, to a brochure in the cattery and even on a supermarket notice board. It was all becoming a little bit weird and so eventually I started to pay attention.

The next time I was on the internet I searched for Reiki and found a Reiki Course for Animals, which I decided to try. From that moment on, I noticed a shift. Engaging with Reiki felt right and resonated deeply with me. After completing the Animal Reiki course

EXPERIENCE

“...I UNDERWENT A HEALING RESPONSE, A COMMON EXPERIENCE FOR MANY REIKI PRACTITIONERS, WHICH FELT LIKE A SYSTEM UPGRADE...”

and practicing on everything from mice to horses, I gradually progressed through all levels of Reiki and eventually became a Reiki Master/Teacher. This journey sparked significant positive changes in my life. My inner healer had been ignited!

My life was starting to feel more like mine and things were getting back on track. But the real transformation began during my first Reiki attunement. During this 20-minute process, while quietly waiting and not really expecting anything to happen, I experienced a profound need to release anything no longer serving me such as past negative experiences, toxic relationships, resentments and bad habits. Everything fell away as I welcomed Reiki into my life as well as a deeper connection to the Universe. I intuitively knew when the attunement was complete and I instantly felt different - a veil had been lifted.

In the weeks following the attunement, I underwent a healing response, a common experience for many Reiki practitioners, which felt like a system upgrade. I experienced renewed vitality and purpose. My quest for holistic wellness led me to explore meditation, mindfulness, qi-gong, yoga, essential oils, and crystals. I also started offering Reiki sessions at a local community center, sharing this powerful healing practice with others.



When the Covid-19 pandemic hit, I faced new challenges. However, I remained committed to my passion for healing and continued to offer Distance Healing for both people and animals with positive outcomes.

Reiki has truly transformed my life. This experience reinforces the importance of paying attention to persistent signs from the Universe and persevering through tough times. Often, our struggles can lead us to our true calling and purpose.

AUTHOR BIO

Sharon Kennewell is a Reiki Master/Teacher and a Holistic Health and Wellness Coach with a passion for helping women improve their health and wellbeing in a holistic way and restore balance and calm to life. Along with Holistic Health Coaching she also offers courses for beginners on Mindfulness, Meditation, Aromatherapy, Crystal Healing, Chakra Balancing and Reiki Healing.



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REIKI TIPS FOR BEGINNERS



COMMENTS

We asked our Members and Community to share their top tips for anyone just starting their Reiki journey...

"Drop the expectations."

"Trust and be kind to yourself. Make time for self practice and don't compare yourself to others."

"Have an open mind."

"Push through the resistance"

"Self-healing always comes first."

"Don't overthink it - Reiki is simple and easy to use."

"Thank yourself for gifting yourself the gift of healing."

"Don't focus on where you need Reiki to go - Reiki knows where to go."



"It's not a competitive sport - relax!"

"Trust the process"

"Just start and believe"

"Use Reiki everywhere, for protection when driving, for assistance when you're looking for a parking space, for cleansing and clearing after a client."

"Be receptive to the Divine healing of the Universe. Whether through Reiki or other miraculous events, sometime is it beyond human understanding."

"Don't try to control it. Step aside and let it do its magic and let it flow."

"Go at your own pace."



"Disconnect from ego, give yourself over. Believe you are one with Source."

"Trust your intuition, don't second guess yourself."



Be a part of the conversation and become a Member of the Reiki Healing Association

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THE RHA AND HAVE A
TIP OR A STORY YOU'D
LIKE TO SHARE?

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MEMBER SPOTLIGHT

Meet Eliza Z-Bruja

In every issue of Universal Life, we like to shine a light on one of our Reiki Healing Association Members. This issue, we get to know a little bit about Eliza Z-Bruja, a Reiki Master Teacher from Phoenix, Arizona, USA.

How did you find your way to Reiki? Tell us about your Reiki Story and how Reiki has helped you...

I was attending school for Herbalism, when I kept feeling drawn to learn more about Reiki. I went and had a session first and was not sure what to expect; when it ended I was aglow with what my true purpose was. I decided I had to take the courses, as I knew it was my calling to merge Reiki with Herbalism.

I live Reiki daily. Reiki opened my senses to not just helping myself, but being able to look into, and feel, what is needed for others on their own healing journey.

What was your most amazing or memorable Reiki experience to date?

While working with a client to balance their root chakra, I focused my third eye on their crown chakra to assess the progress and determine any additional needs. I noticed a funnel of pain and darkness being released and a stream of light replacing it. Realizing this was too intense for the client to experience all at once, I adjusted my position to ease the process.

After the session, the client mentioned feeling a pulsing pain at the top of their



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head, which corresponded to the time I was at their root chakra. I advised them to stay hydrated, eat healthily, and journal any experiences or dreams throughout the week. I chose not to share my third-eye observation, as I prefer not to influence clients with my insights. I was pleased to see the client again weeks later, smiling and with a positive outlook.

What are some of the ways in which you enjoy bringing the Reiki Principles into your daily life?

Every morning I ground myself, and repeat the principles in English 3 times and Japanese 3 times. This helps me to start the day fresh and to reflect on a principle if I encounter a stressful situation.



What do you find most rewarding about being a professional Reiki Practitioner?

The look of relief and the smile I see in my clients eyes when the session ends.

Can you tell us a little bit about your Reiki Business?

I provide mobile services and also work out of a clinic for those who cannot find a quiet place. I volunteer Reiki for parents whose children are going through cancer



treatment. I mix my Herbalism and Crystal Therapy with Reiki for added balance and calming. I work with many who have deep rooted trauma that needs to be released. I provide my services to all ages, ranging from before birth to end of life.

What has been your greatest achievement in your Reiki Business to date?

Being able to spread Reiki to those who have never experienced it.

What is your greatest challenge as a Reiki Practitioner?

I believe we all at one time or another hear the voice that says "who do you think you are!?" I hear that voice at times during a session and have now learned to push it away.

How do you describe Reiki to people who are new to Reiki or may not have experienced or heard about it?

Reiki is not tied to any specific religion or belief system. Energy is channelled through me, and I serve as a conduit to help direct this energy into you, initiating the balancing and healing process for your body.

How would you define Total Wellness?

It is not a quick fix, but a lifestyle. It encompasses everything we take into our bodies, from food and drink to what we apply to our skin and the environment we create in our homes.

We should focus on healing ourselves first before trying to help others. This involves changing how we speak to others and ourselves, as well as how we perceive others' lives, beliefs, and incomes. We are all human and connected to the same universal life force, regardless of our financial status.



What is your biggest goal for your Reiki business at the moment?

To eventually open up a healing center with an attached permaculture garden, collaborating with other volunteer practitioners in a variety of modalities. The goal would be to provide services to assist the homeless and those suffering from addiction. They would have the opportunity to also learn trades in farming and self-sustainment.

I would like to do this in areas that are under developed and under supported, so together we can help to revitalize the communities for those who live there and demonstrate that being healthy is not just for those with larger incomes.

How do you make sure you ground yourself/protect your energy when working with Reiki and the public?

I cleanse and put a protection in the area with the CKR symbol and surround myself in a bubble of energy. Before a session I will also use the gong for the space before the client enters.

If you could give just one piece of advice to a new Reiki practitioner, what would it be?

Practice daily and do not over complicate or over think the process. Reiki is in all of us.

Do you have a message for your fellow RHA Members who are changing the world alongside you, one Reiki session and workshop at a time?

Start small.

1st - yourself


2nd - your home

3rd - your neighbours

4th - your town

5th - watch it blossom.

“



EACH OF US
HAS A UNIQUE
PART TO PLAY
IN THE
HEALING OF
THE WORLD.

MARIANNE
WILLIAMSON

”

A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

Magazine

EDITOR IN CHIEF Harriette-Rose Malone

CO-EDITOR IN CHIEF Molly Malone

CONTRIBUTORS

Philena Williams, Tracy Searight, Adele Malone, Garry Malone,
Rebecca Abbey, Rickie Meryl Freedman, Cat Hamilton, Maria
Emeterio, Akleema Ali, Rev. Dr. Tracy Cox, Norman W Wilson,
Aparna Vemula, Sharon Kennewell, Eliza Z-Bruja

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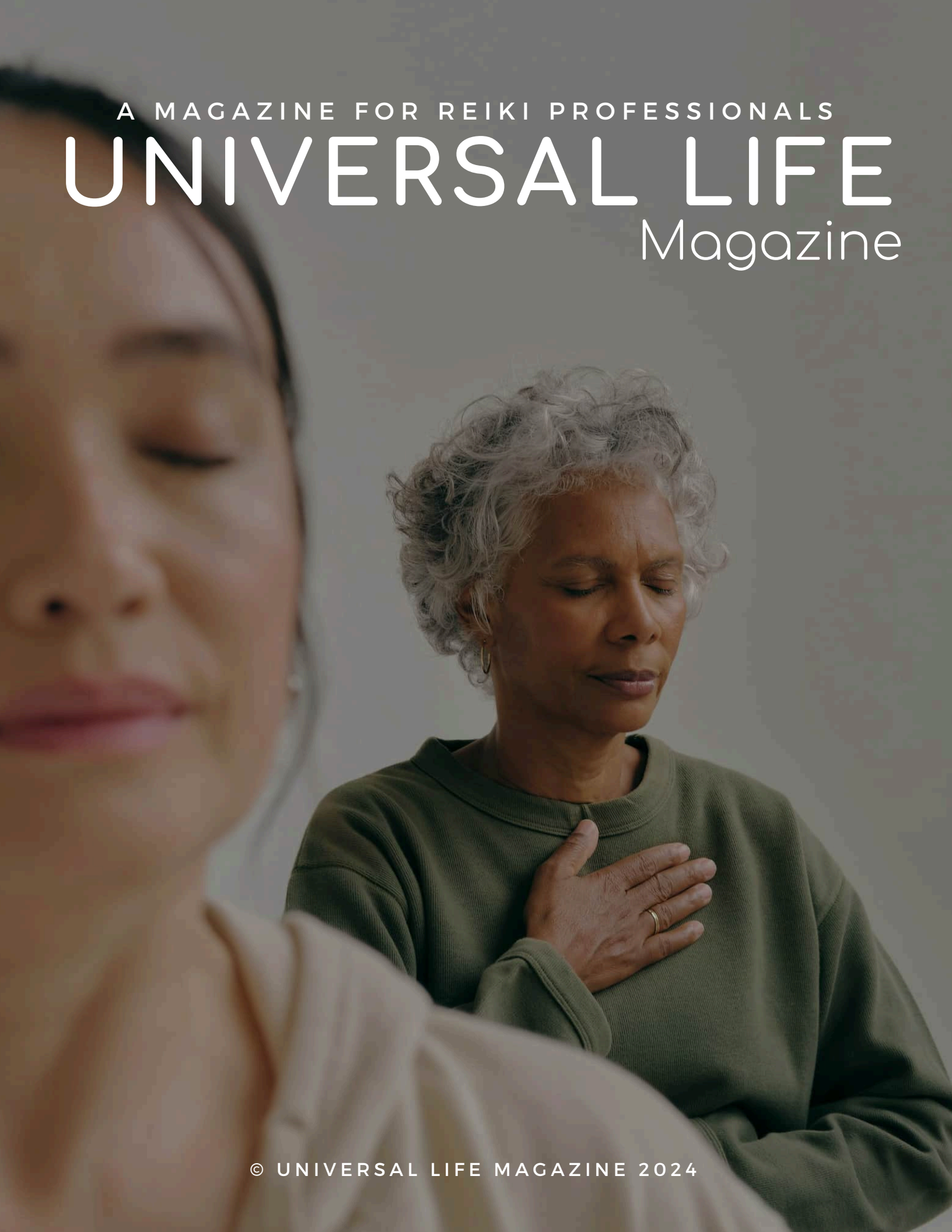
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