

A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

Magazine

In this issue:

EMBRACING GRATITUDE

Akleema Ali recounts her journey to reach 1000 days of Gratitude

REIKI AS A COMPASSIONATE COMPANION

Aparna Vemula shares the kind & compassionate role Reiki played in her challenging fertility journey

PLUS

+ POWERFUL CRYSTALS TO HELP YOU WORRY LESS

EXCLUSIVE

How to Avoid Overwhelm Whilst Building Your Dream Reiki Practice

Garry Malone, the Founder of the RHA, reveals the one mindset hack that will help you overcome burnout and overwhelm for good!

FEATURED

REIKI DURING HOMELESSNESS

celebrating the REIKI PRINCIPLES ...& THE POWER OF JUST FOR TODAY

OUR MEMBERS SHARE
THEIR EXPERIENCES
EMBRACING THE REIKI
PRINCIPLES IN THEIR
LIFE & HEALING
PRACTICE

CONTENTS

THE MAGAZINE FOR REIKI PROFESSIONALS

03 LETTER FROM THE EDITORS

05 EXCLUSIVE! *With Garry Malone* HOW TO AVOID OVERWHELM WHILST BUILDING YOUR DREAM REIKI PRACTICE

11 EMBRACING GRATITUDE

21 REIKI AS A COMPASSIONATE COMPANION

33 THE LIFE OF A NEW REIKI MASTER

39 MANAGING YOUR REIKI PRACTICE USING THE REIKI PRINCIPLES

45 CAN REIKI HELP ME SLEEP BETTER? HOW TO GET A GOOD NIGHT'S SLEEP WITH REIKI

51 THE REIKI PRINCIPLES IN MY LIFE'S JOURNEY

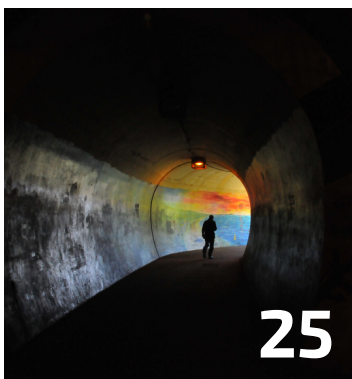
55 CAREER SUCCESS AND SATISFACTION WITH REIKI

59 RHA NEWS & UPDATES



17 MY JOURNEY TO ANIMAL HEALING

With Gabriella Davidovics



25

REIKI DURING HOMELESSNESS

With Patricia Herlevi



30

CALMING CRYSTALS: 5 POWERFUL STONES TO HELP YOU WORRY LESS

With Norman Wilson

Copyright © www.reikihealingassociation.com 2022 | All Rights Reserved. The Reiki Healing Association (RHA) has taken all reasonable steps to ensure the accuracy of the information contained in this magazine, however mistakes or inaccuracies may exist. The reader agrees that under no circumstances will any liability or responsibility or blame be held against the RHA or authors for any reparation, damages or losses due to the information in this or any previous editions of the magazine, either directly or indirectly, nor do they accept any liability or responsibility for any loss, injury, illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical professional. The opinions, beliefs and viewpoints expressed by the various authors and participants of this magazine do not necessarily reflect the opinions, beliefs and viewpoints of the Reiki Healing Association. No part of this magazine may be copied, resold, reproduced or stored in a retrieval system, or transmitted in any form by any means without prior consent of the RHA. Any offers, pricing, coupons, products or services presented are correct at the time of publication but may be amended or withdrawn at any time. The RHA may receive a commission from sales made as a result of links in this magazine.

Editor's Letter

Hello and welcome to this issue of Universal Life Magazine, where we will be exploring and celebrating the powerful five Reiki Principles given to us by Mikao Usui!

Just for today, I will not worry.

Just for today, I will not be angry.

Just for today, I will do my work honestly.

Just for today, I will give thanks for my many blessings.

Just for today, I will be kind to my neighbour and every living thing.

Connecting and learning to understand and appreciate these daily principles, represents a very important part of any Reiki journey.

These spiritual tenets of Reiki guide us not only in our own healing work and practice, but also in every aspect of our lives. They provide a way for us to align ourselves with the energy of Reiki. They set the tone for how we want to show up in the world, and they connect us to every Reiki Master who has gone before.

Importantly, they provide a framework to live each day with intention and meaning, and help us end each day with a grateful heart. When we focus on living in the present moment, and respecting the opportunity each new day brings, our lives improve immeasurably. Of course, making the conscious choice to honour the

Reiki Principles each day takes courage and commitment, but that's why these spiritual precepts are so incredibly transformative and impactful.

It has been an honour to bring together some of the personal stories that our wonderful Members have shared about their own journeys to embody these sacred principles each day.

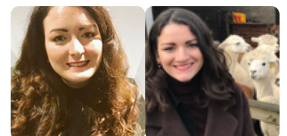
As we focus and expand upon the Reiki principles, we explore the themes of overcoming worry and anger, finding peace and hope in times of difficulty, showing compassion for all living things and how we can work towards our goals with authenticity and integrity.

As always, we'd like to thank everyone that contributed to Universal Life Magazine; we really appreciate the time you took to share your knowledge with the Reiki community and your fellow RHA members. Namaste.

Love and Light,

Molly & Harriette-Rose

**Molly Malone &
Harriette-Rose Malone
Editors in Chief**



JOIN THE RHA



One of the Largest Global Communities of Heart-Centered Reiki Professionals,
Changing the World One Reiki Session at a Time



CONNECT. NETWORK. GROW.

Become a
member today

Enjoy the Benefits of a Lifetime
Membership. Finally a tribe that
gets you!



**CLICK HERE TO FIND
OUT MORE**



How to Avoid Overwhelm Whilst Building Your Dream Reiki Practice

GARRY MALONE, REIKI BUSINESS COACH & FOUNDER OF THE RHA, EXPLORES THE POWER OF MEASURING BACKWARDS

"HAVING THIS MOMENTUM IS A REALLY IMPORTANT PART OF STAYING PRODUCTIVE AND NOT GETTING OVERWHELMED. IT'S JUST SCIENCE: OBJECTS IN MOTION TEND TO STAY IN MOTION. BUT THE HARDEST PART IS GETTING STARTED FROM A STANDSTILL."

EXCLUSIVE

© UNIVERSAL LIFE MAGAZINE

It is no secret that building a thriving Reiki business today, can be hugely intimidating and overwhelming for even the most experienced Reiki Practitioners, especially when you are working on your own. One of the biggest problems for all entrepreneurs is that we set out with these ginormous goals to build this massive business with thousands of customers and clients and endless income, and then expect to see instant success.

So, when we do go out there and get started, and don't see the results we want, and we find ourselves looking at other people's websites and socials and see all their progress and content and courses and customers and successes, we start to think: how am I ever going to catch up. That's when overwhelm strikes.

Now I want to be clear that I am not implying that having big goals is a problem! I encourage you to dream as big as you can! Thinking big and getting clear about what you are trying to achieve and work towards, creates the excitement and motivation necessary to accomplish your goals. You want to have a reason to jump out of bed in the morning and you need to have a clear idea of your long-term plans and dreams for your practice and the contribution you want to make in this world as you nail down your niche and start to figure out who you can help the most. Having these big goals is especially important when life throws intimidating challenges our way (as we all know this is an unavoidable part of running a business) – because it is these beautifully big dreams and inspiring ‘change-the-world’ kind of ambitions that speak to our deepest purpose and therefore inspire us to keep going when difficult times and circumstances arise.

What I’ve found time and time again from my experience as a Reiki Business Coach, is that in most cases it is not actually the goals themselves that overwhelm us, it’s the way we measure our success as we move towards these goals that creates problems for us!

You see, when we think about our goals or visions for our Reiki Practice, we often measure forwards. By that I mean that we see or imagine our future ideal self and all the benefits associated with achieving this state of being, as way, way off in the distance. We say things like, “When my business turns over 5 or maybe 10 thousand a month, I will be happy” or “When I hit 10k followers, I will finally feel



successful.” Problem with this way of thinking is that, when you are standing on the start line with all this eagerness to begin, the ‘feeling successful bit’ and the ‘being happy bit’ is way ahead of us in the distance, creating this huge gap between our starting point and our ideal outcome.

With this type of forward-focused thinking, we are always chasing this big win on the horizon. And we all know you can never reach the horizon - it just keeps moving further away, and we keep on chasing. When we adopt this forward-focused outlook, we start to program ourselves to only feel good about the journey when we finally hit this hypothetical reference point sometime in the distant future, which means we always feel like we are falling short. We get stuck on this treadmill, thinking everything will be better when I just get further ahead, which frames or positions success as always just beyond our current reach.

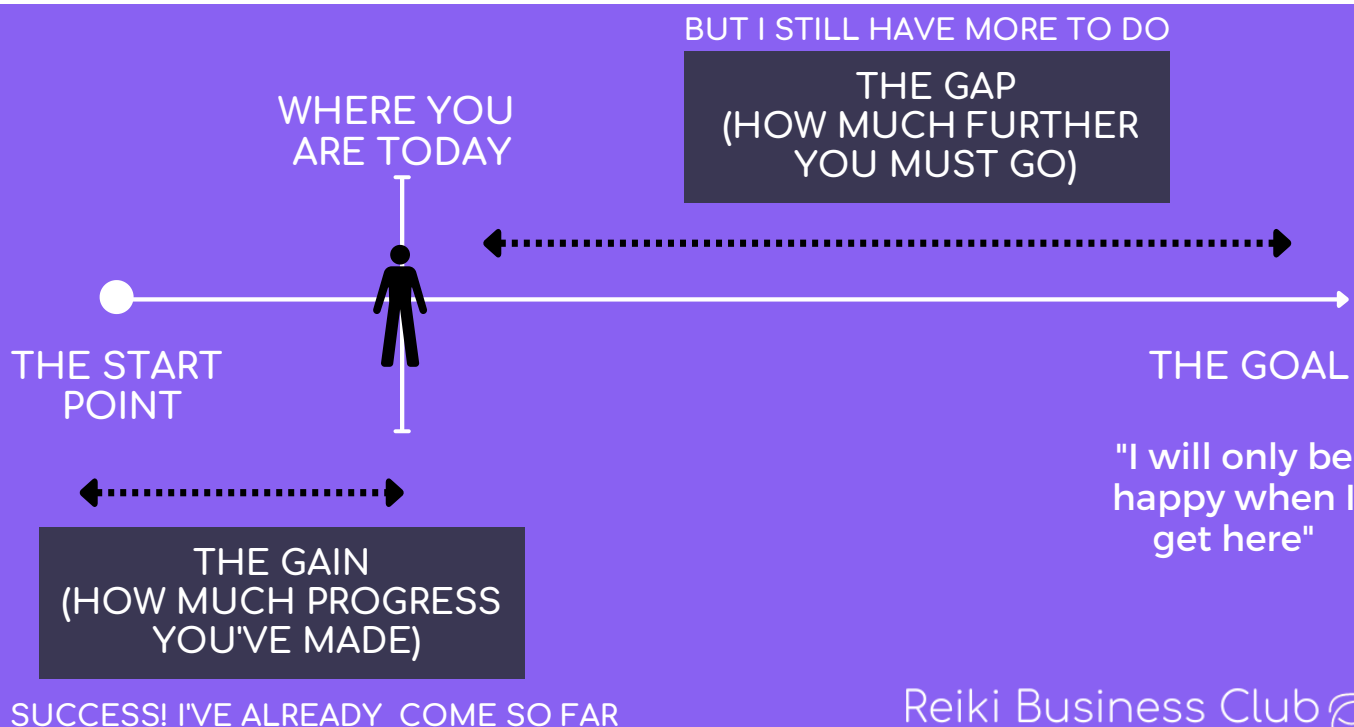
So how do we track our progress towards our goals in a way that doesn't become overwhelming? Well, I want to share with you one simple but hugely effective mindset hack that I learnt from one of my mentors, Dan Sullivan. It's a technique called the Gap and the Gain, and it completely changed the way I think about my goals and run my business. It helped me shake off the feeling of crippling overwhelm and create positive momentum towards the business of my dreams, simply by reframing the way I measured success in my business.

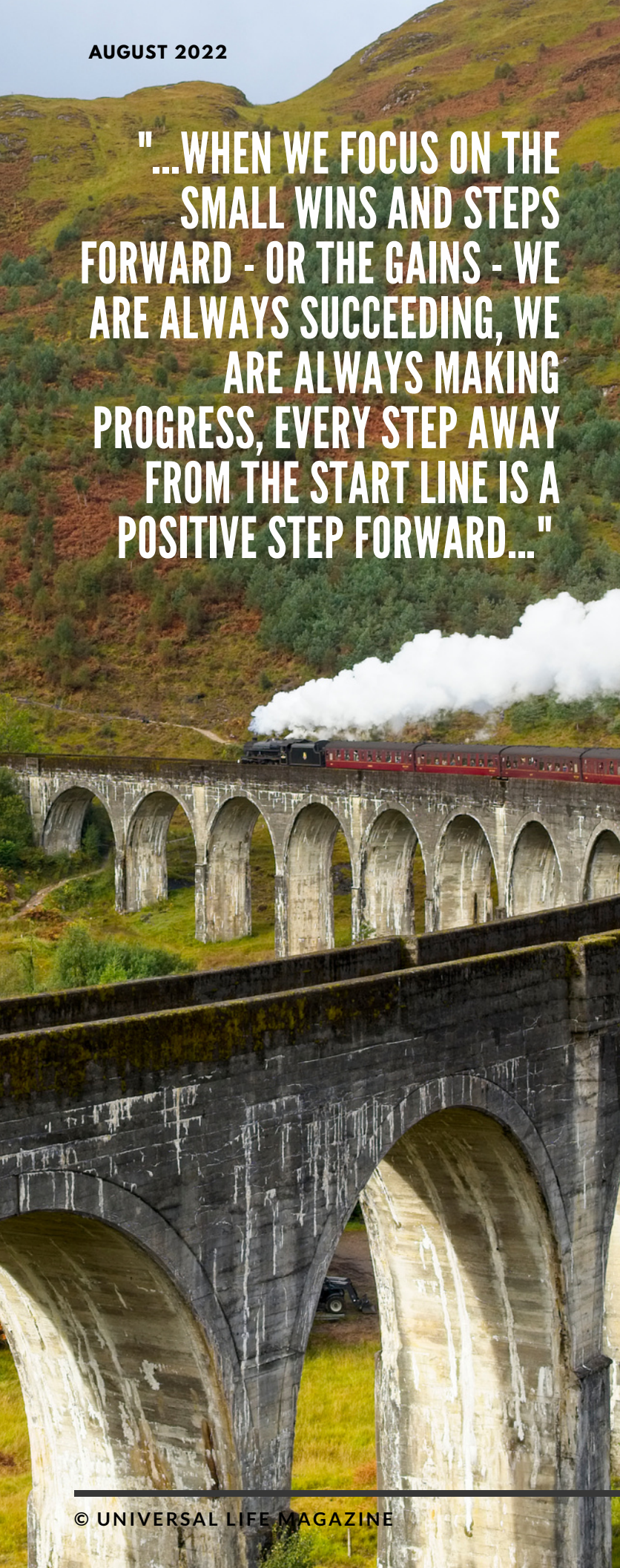
And here is the crux of it: Instead of focusing on where we want to be way off in the future all the time, what about if we measured backwards? What about if we focused on measuring progress against the starting point rather than the ideal outcome or the achievement of the goal. So instead of looking back from the finish line and seeing this huge GAP between where we want to get to and where we are right now, which can be demoralizing, we instead focus our attention

backwards and measure the GAINS that we have achieved since we starting working towards our goals.

"...IN MOST CASES IT IS NOT ACTUALLY THE GOALS THEMSELVES THAT OVERWHELM US, IT'S THE WAY WE MEASURE OUR SUCCESS AS WE MOVE TOWARDS THESE GOALS..."

For example, say you have a goal to attract 300 new clients into your business this year. If your focus is always on hitting that 300 target, everyday you wake up and don't hit 300 you are going to feel a little deflated, and as more days pass by without reaching this goalpost, this feeling is going to grow and compound because you are not going to get this result straight-away. When you measure forward, you are always looking at all the work there is left to do and how much further you have to go. This is a recipe for burnout and overwhelm!



A steam train is crossing a large, multi-arched stone viaduct in a mountainous landscape. The train is emitting a large plume of white steam. The viaduct is made of dark stone and has several large arches. The background shows rolling hills and mountains under a clear sky.

"...WHEN WE FOCUS ON THE SMALL WINS AND STEPS FORWARD - OR THE GAINS - WE ARE ALWAYS SUCCEEDING, WE ARE ALWAYS MAKING PROGRESS, EVERY STEP AWAY FROM THE START LINE IS A POSITIVE STEP FORWARD..."

Now, let's measure backwards. So say you start working on attracting new clients, and in a week you have 1 new client on the books, or 10 new subscribers on your mailing list that could turn into new leads, or perhaps someone got back to you about a speaking event where you know you can make connection with new clientele. When you look back to the start point – i.e. 0 new leads and clients, you can start to see some important progress! And two weeks later you'll see more progress and as the weeks go by you will start to make real inroads with your longer-term goals.

Certainly, when we focus on the small wins and steps forward, or the GAINS, we are always succeeding, we are always making progress, every step away from the start line is a positive and encouraging step forward.

When we feel like we are progressing and succeeding, and we appreciate how far we have come, we feel good, and this positivity will fuel even more progress and forward-momentum towards our ultimate goals.

Having this momentum is a really important part of staying productive and not getting overwhelmed. It's just science: objects in motion tend to stay in motion. But the hardest part is getting started from a standstill. Think about pushing a merry-go-round, it takes effort to get it moving, but once it's spinning, it will continue on its own! Similarly, a train just pulling away from the station, whilst slow and steady at it departs, will quickly pick up steam before it's soon coasting through the landscapes.

When we focus on just achieving small goals, like sending out a weekly email, instead of a huge milestones like building a massive list, we break big goals down into manageable pieces (that are less overwhelming). And when we start achieving these manageable chunks, we start to feel accomplished and on track and as a result we are a lot more likely to keep moving towards those bigger long-term dreams.

The only different between a dreamer and a doer is small daily and consistent action after all! It's like the powerful saying: "A journey of a thousand miles begins with one step." One step in the grand scheme of a mountain climb may seem insignificant, but every step adds up. And you certainly won't make it to the top of the mountain without any of those small individual steps forward. And likewise, you can't build your dream Reiki Practice without all the small daily steps in between.

So whilst it is important to have these big goals in the future out there on the horizon, because you need these goals to excite you and keep you motivated and steer your work in the right direction, I recommend you shift your focus to the work you do each day that is driving you

further away from your start point. If you keep looking forward and measuring the distance to your end point, you will quickly find yourself overwhelmed and often unhappy.

So when you next think about the Reiki Principle: 'Just for today, I will do my work honestly,' why not focus on giving all your attention to those small bite-size steps to serve your clients and your own Reiki tribe.

And if you do ever start to feel overwhelmed by the task at hand, I encourage you to try measuring backwards rather than forwards. Take the time to measure your daily wins and turn around and look back to where you started. Always measure backwards and you will begin to train your brain to see the gains not the gaps! Celebrate these gains as if they were as exciting as the big goals. And surround yourself with people who can celebrate these little mini-milestones and victories with you! It helps when you have a like-minded community of people to cheer you on like the wonderfully supportive community at the Reiki Healing Association.

AUTHOR BIO



Garry Malone, RMT, CMH, CHyp, MPNLP, Best-selling Author, Speaker, and the Founder of the Reiki Store, Reiki Healing Association and Reiki Business Club. Garry's mission is to help Reiki professionals build their dream Reiki Practice by turning their passion for Reiki and helping others into a successful, profitable and sustainable business.

 @GARRYMALONECOACH

 REIKIHEALINGASSOCIATION.COM



ENROLLMENT IS OPENING SOON

Reiki Business Club 

*Turn Your
Passion For Reiki
& Helping Others
Into Your Own
Successful,
Profitable &
Sustainable Reiki
Business*



FIND OUT MORE

Reiki Business Club 

THANK YOU

Embracing Gratitude

By Akleema Ali



AUTHOR BIO

Akleema Ali, RMT, finds joy and excitement in her life journey by educating and increasing awareness about Reiki in Trinidad & Tobago.



THE-REIKI-LIGHTHOUSE/



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

Beginning my path with gratitude

The Merriam-Webster dictionary has the definition of gratitude simply as “the state of being grateful - thankfulness.” There is a lot of literature on gratitude and its emotional, social, personal, career and health benefits. With so much to gain, how difficult is it to be thankful and live in a state of gratitude everyday? This is my own personal story and journey towards a more grateful outlook on life.

I first came across gratitude while I was doing some research on Positive Psychology in 2010. Positive Psychology is a branch of psychology founded by Dr. Martin Seligman. What really caught my interest about this field of psychology was the new way that it

looked at human potential and our ability to achieve the things we want in life. It moved away from traditional and classic psychology, that focuses on diagnoses and definitions of mental illness, personalities and disorders, and instead focused on the factors that contribute the most to a well-lived and fulfilling life.

The literature and books I went on to subsequently read, all highlighted gratitude as an important foundation for a happier life, and a powerful tool to enhance wellbeing.

One of the gratitude exercises that I read about suggested that you should list 3 things that you are grateful for each day. I decided to challenge myself to see how hard this exercise could really be.

I should say that this was not the first time I have tried this activity - in the past I have had varying results with gratitude journaling. Sometimes I went for a few days and stopped. Other times I went for a couple weeks but then I stopped. There was one time where I went for 60 days, but alas, just totally stopped one day.

The idea of being grateful everyday and making a list stayed with me like a shadow, but I realized at first I needed some support - a gratitude buddy! Surely this would be easy to find, since everyone I was talking to kept saying they were grateful and they gave thanks everyday. Well in reality, I asked around my family and friends to see if anyone would be willing to do a gratitude

challenge with me - listing 3 things everyday that we were grateful for. Sadly, it failed several times. Even though people wanted to give thanks, they were generally not interested in listing or documenting their gratitude.

My Path of Gratitude with Reiki

When I became a Reiki Master in 2018, I learnt that my daily lifestyle should reflect the Five Principles of Reiki.



“...GRATITUDE WOULD BECOME THE KEY AND THE BEST SURVIVAL SKILL WE COULD EVER HAVE TO STAY AFLOAT AMIDST THE STRUGGLES THAT LIFE THREW AT US...”

While there were five principles in total, the one that caught my attention the most was the one on being grateful. I was instantly reminded of my gratitude practice and I was more determined than ever to resume this daily routine and also find people who would be willing to share this journey with me.

I enquired in the most unlikely place for me - “the workplace.” Work colleagues have bonds and can relate to each other based on sharing the same working environment, the same operating procedures and the same grievances. But would they be open to sharing more personal matters, their personal struggles and inner thoughts? I was unsure. So, I was pleasantly surprised when I got four individuals who said they wanted to try it.

Of course, they were more curious than anything else about what this gratitude practice entailed, what they needed to do

and what they should expect to happen in doing the practice! I filled them in on the basics, and together we started a daily practice of gratitude in 2019.

At first the group was very cautious. People did what was expected, and just listed 3 or more things that they were grateful for that day. Everyday I would post up motivational and inspirational material concerning gratitude. When the pandemic came upon us and our working environment became virtual from March 2020, little did we realize that gratitude would become the key and the best survival skill we could ever have to stay afloat amidst the struggles that life threw at us.

We soon realized and experienced that being grateful was the doorway to many things. I began to live and experience all of the things that I had read about in all those psychology books and articles. After 100 days of gratitude, the women in the group realized that the gratitude group became a sacred space - a space where, in giving thanks, we also tried to see the positives in everything that life threw at us. It built a resiliency we never knew we had. The 100 days met us with excitement, shock and a new energy to see if we could reach 200. (I found out later we were all secretly unsure we would make it to the first 100!)

As the pandemic directed our lives, the group also faced death of family members, financial difficulties, loved ones who were

stuck abroad, family members who were unemployed, new health problems emerging and ongoing obstacles in working from home.

In the blink of an eye, we reached 200 days of gratitude. And whilst daily gratitude was a struggle at times (because sometimes it seemed repetitive and routine); retrospectively we all could see how gratitude had made us all better versions of ourselves. We were able to see that in spite of all the life events that we faced; it was gratitude that kept us going. Gratitude kept us alive; gratitude made our relationships healthier and more amicable. Gratitude made us more spiritual, each finding our renewed connection to the Divine and what the Universe was blessing us with. Gratitude also, at times, seemed to magically open up opportunities for each person - as if it was the Universe saying: "Keep saying thank you and I will reply thank you in ways you cannot imagine."

Gratitude continued to transform us into versions of ourselves that we never thought we could be as we hit 300 days of gratitude. It proceeded to direct us inward and reveal to us our personal inner strengths, mental and emotional weaknesses, daily struggles and daily reminders not to take anything for granted. The layers of self-discovery seemed never-ending.

Over time, gratitude made us view each other differently. Each person in the group was no longer just a colleague - they were an important part of our journey towards our most authentic and grateful selves.

We each experienced our own personal highs and lows, our own moments of clarity and healing and personal inspiration along the way, but we got to share in the experience together which made the journey all the more transformative.

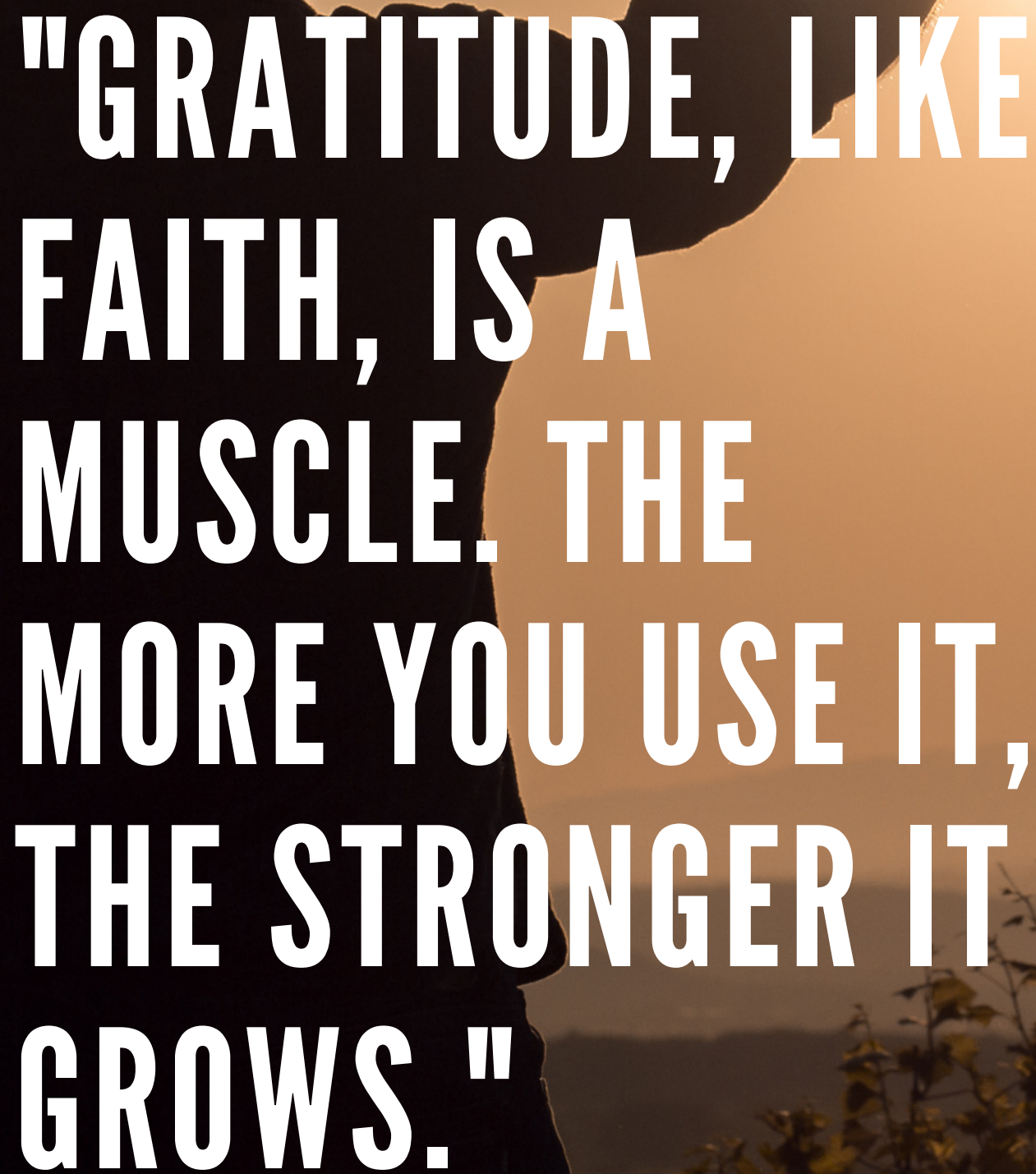
By 800 days, we had all developed the confidence in ourselves to keep this gratitude practice going on our own. 29th August 2022 will mark 1000 days of gratitude.

My Eternal Journey with Gratitude

The path of living each day with gratitude is not easy; but it continues to transform me and that remains my eternal gratitude. And I can definitely say that I have been blessed to experience and know what it is like to practice gratitude every day. It becomes your life, the boat that directs your life, the compass needed for direction, and it also becomes the water on which your boat is on.

It is definitely challenging at times, especially in moments of grief, sorrow and illness, but it encourages us to keep looking through the lens of gratitude for all the blessings that are around us.

Gratitude has enabled me to consciously live the principles of Reiki and while there are five principles of Reiki to live by; I will personally say that focusing on giving thanks has allowed the other 4 principles to flow more effortlessly in my life. Today I challenge each person to live the Reiki principle of gratitude. See where it takes you!

A person wearing a straw hat is silhouetted against a bright sunset sky. They are pointing their right hand towards the sun, which is a large, glowing orb in the upper right corner. The background shows a hazy landscape with some foliage in the lower right.

**"GRATITUDE, LIKE
FAITH, IS A
MUSCLE. THE
MORE YOU USE IT,
THE STRONGER IT
GROWS."**

- Alan Cohen



NEW MINI
WORKSHOP

T&CS APPLY SEE REIKIHEALINGASSOCIATION.COM



Reiki Business Club 

How to Create Your own
Authentic Reiki Manuals in
Just 7 Days

SPECIAL OFFER - FIND OUT MORE





MY JOURNEY TO ANIMAL HEALING



BY GABRIELLA DAVIDOVICS

SOLUTION-FOCUSED
PSYCHOTHERAPIST &
HYPNOTHERAPIST, NLP PRACTITIONER,
REIKI MASTER & TEACHER, ANIMAL
HEALER & COMMUNICATOR



WWW.THERAPYFORLONDONERS.COM

*Just for today I will be kind to
all living things....*

I have always loved animals. When I was 5 years old I took a dead pigeon home because I wanted to heal the little bird.

I remember my favourite shows were all about animals. I loved the old Narnia series, because I thought that the lion was real and the animals could really talk. I was fascinated by lions from an early age. I actually had a lion teddy when I was little and would sit on it like it was Aslan in the films.

When I was 18, I moved to Budapest, started college and went to the zoo close by with a friend. It was a cold winter so most of the animals were in small glass cages inside. I remember putting my hand



up to the glass and the male lion gave me a high five. It was such an amazing intimate moment which has stayed with me ever since.

When I became a Reiki Practitioner and then a Reiki Master I learnt about how Reiki can help animals as well as humans. Interestingly, I noticed more animals started to approach me and come closer to me when I was at a park or out and about.

Three years ago, I was approached to take part in an animal healing project using Reiki. At first, I was scared to get involved as I had never practised Reiki on animals before, but the results were mind-blowing. It completely changed the way I looked at and respected animals. This experience became a life-changing milestone for me and I will always be thankful to the project manager for this opportunity.

During the program, we went to various animal shelters, and I gave Reiki to the shelter animals, one by one. At first, it was a lot of barking especially from the traumatised ones, but when I "switched the healing on," that is when things went silent and the animals started to relax. It was

incredible to see how open they were to the energy. Animals have no ego, they don't overthink, they just accept Reiki. When I work with humans the first 10 -15 minutes are usually spent calming the client's mind and opening them up to the healing process, but with animals, they just get it straight away!

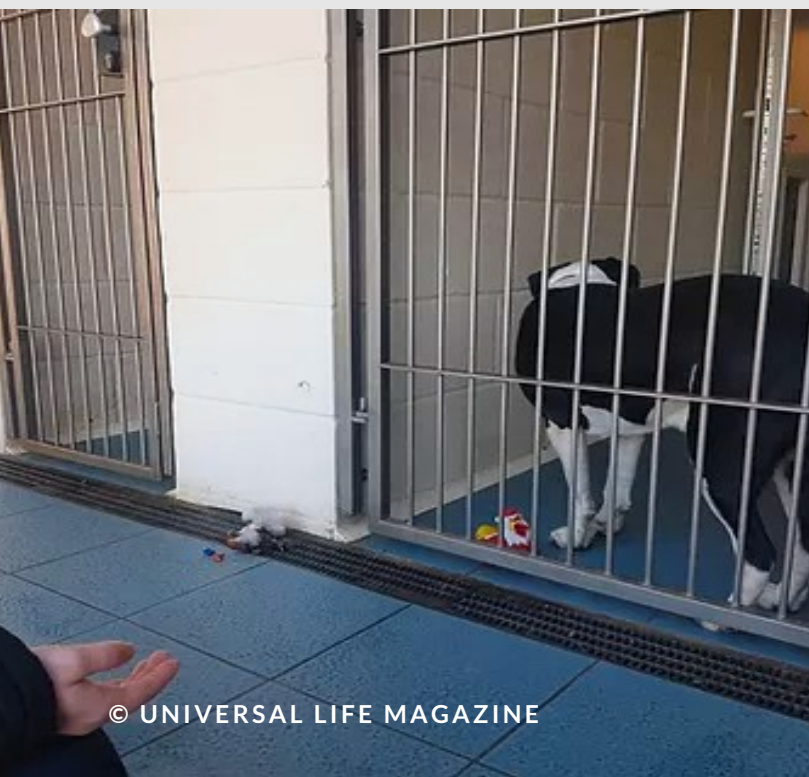
I quickly realised how well they can benefit from energy healing on an emotional level.

When I treat humans with Reiki, most of the time I receive pictures and messages relating to my client's well-being. This can be an answer to a question a client is seeking, a helpful health suggestion, or more information about a destructive pattern that the client is carrying over from the past - which can block them from moving on with their life. I always ask the client before the session if I should "switch on" my clairvoyance and clairsentience skills as not everybody is interested in finding out more and that's fine. I was amazed that the same thing happened when treating animals - I could see pictures and messages to guide my sessions to the animal's needs.

**"IT WAS INCREDIBLE TO
SEE HOW OPEN THEY WERE
TO THE ENERGY.
ANIMALS HAVE NO EGO,
THEY DON'T OVERTHINK,
THEY JUST ACCEPT REIKI."**

One little chap in the first shelter I visited for example, was so aggressive nobody could get close to him, he barked and barked. But when he received the Reiki energy, he started to calm down and then something extraordinary happened. I was able to see what happened to him before he got into the centre. He was slapped and tortured by humans from an early age. He was very traumatised from experiences where his mom had been beaten in front of him. I can't blame him for hating humans. But through Reiki, I was able to help him on an emotional level and comfort him at the shelter.

As I worked with more animals, I realised I was able to connect with them on a deeper level and communicate with them. This communication is a direct two-way exchange of information, where I can connect with the thoughts, feelings and opinions of an animal. They can relay messages through me about what they need and this can help strengthen the relationship between the owner and their pets.



"WHEN HE RECEIVED THE REIKI ENERGY, HE STARTED TO CALM DOWN AND THEN SOMETHING EXTRAORDINARY HAPPENED."

I have worked with beloved family pets who have shown me the pure unconditional love that they hold for their owners. I have worked with end of life animals and helped both the pet and owner work through the emotions of this time. It has been very rewarding. It is so recharging. I truly enjoy it.

It's funny when people ask how a usual day of mine goes... I might reply "I had a communication and healing session with a Labrador today, then an initial consultation with someone suffering from panic attacks." The next day I might have a cat client, followed by a marketing consultation, and a trauma client. I love that I can combine my therapy tools. One day I would love to work with lions - that is a big dream of mine.

AUTHOR BIO

Gabriella Davidovics, MSc, HPD, DSFH, CNHC(Reg), AfSFH(Reg), NBfMP(Reg), NCH(Reg), helps her clients reach the balance & confidence they've always craved by combining the methods of modern psychotherapy, clinical hypnotherapy, solution-focused approach, mindfulness, and energy healing techniques. She has a passion for animals and provides Animal Reiki & Communication.



[FACEBOOK.COM/THERAPYFORLONDONERS](https://www.facebook.com/therapyforlondoners)



[@THERAPYFORLONDONERS](https://www.instagram.com/therapyforlondoners)

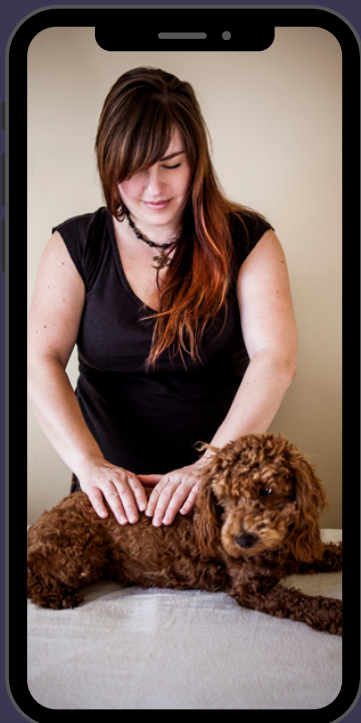
Get Certified **ANIMAL REIKI**



Help Animals & Lead Your Own Animal Reiki Workshops



Practice and Teach Animal Reiki



"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

**GET 30% OFF
WITH COUPON
CODE: RHA30**

FIND OUT MORE

T&CS APPLY. CODE VALID UNTIL 30/9/22.
SEE WWW.REIKIHEALINGASSOCIATION.COM.

Reiki as a compassionate *companion*



BY APARNA VEMULA



Intuitive Coach and Reiki Master



[WHISPERWITHIN.ME](https://www.whisperwithin.me)



[@WHISPERWITHINME](https://www.instagram.com/whisperwithinme)



[RHA DIRECTORY LISTING](#)

My path to motherhood became one of the longest and most transformative journeys I ever undertook. Compelled with a deep longing, a desire to birth a child, it became the force that kept inspiring me to enter into a portal of self-discovery.

Transformative journeys are not meant to be taken alone. A plethora of mentors and loving companions both seen and unseen are essential to keep pace with the ever-changing landscape of change and metamorphosis that ensues.

A decade ago, I couldn't have imagined becoming a healer. But I knew deeply that it was my calling to touch and heal lives. My professional qualifications as a microbiologist and a scientist led me to be part of some amazing research, it was a dream for many to be in my spot. But I could see that these spaces lacked

warmth — cutting edge research also meant competition in a way that wasn't too motivating. Often, I felt my morale drop and my passion watered down by the day.

There was a constant niggling in my heart, which I couldn't just pass. Somehow, I did not feel like I belonged there. Around the same time, my husband and I decided to have a family of our own. I found joy in my heart again and a faint sense of purpose in becoming a mother.

As luck would have had it, we found ourselves in a loop trying to figure out the reason for my inability to conceive a child. The reason did not show up and we were placed in the 'unexplained infertility' category, which simply meant the doctors had no understanding beyond what they knew.

Even though it was heart-breaking at the time, in hindsight I am thankful for that diagnosis — it could mean I was free to choose what I wanted to embrace. Those unexplained places later became the spiritual re-directs I needed for greater expansion of myself.

The medical route was very clinical and often lacked empathy and understanding for an individual's pain. I felt like one of a flock being pushed toward more expensive and intensive procedures to fulfil this coveted dream. Often there was shame for a perceived defect and I found myself at the mercy of a system that wouldn't acknowledge the emotional, mental and energetic stress this path brings up. Infertility became a lonesome, isolating journey and the miscarriages I experienced landed me back to where I had started.

At this juncture, I was traveling to India and met a cousin who had recently certified to be a Reiki Practitioner. I did not know much about Reiki but was curious. She offered me a session and for the first time in many years, I experienced being enveloped by a blanket of kindness. I felt so lovingly held in the embrace of this compassionate energy, there was no judgment of who I was or what my imperfections were. It was as if I met a dear friend in Reiki — loving, considerate and compassionate. The experience touched me deeply and I found myself lighter and a sense of joy returned to my heart. I couldn't thank her enough for connecting me with this beautiful friend.

Once I returned home, I knew in my heart that I wanted to pursue this



“For the first time in many years, I experienced being enveloped by a blanket of kindness. I felt so lovingly held in the embrace of this compassionate energy, there was no judgment of who I was or what my imperfections were. It was as if I met a dear friend in Reiki — loving, considerate and compassionate.”

direction and soon enough I certified as an Intuitive Coach and then a Reiki Master. Being highly sensitive, working with energy felt like the most natural thing for me to do. Energy healing became a natural part of my process.

I aspired to become that gentle, trusting companion for others who were going through stressful journeys. Often, we are more alike than different as humans, in needing kindness and non-judgmental witnesses as we each navigate our paths. Instead of merely following the Reiki Principles I began to embody them.

In the meantime, I recognized my Reiki sessions were becoming a deeper healing experience for my clients. Loving ancestors, spirit babies, guides and other helpers of the spiritual realm would drop into the space to help.

I was also intuitively accessing psychic wisdom relayed by the deep body that often was confirmed by clients and this helped create transformative shifts for clients.

It felt like I was talking to all aspects of their being.

My role as space holder and a conduit for universal love is one that has been deeply fulfilling to me and allows me to touch the lives that I am meant to. In my coaching practice, Reiki has become an essential ingredient in my healing blend of tools that I use for myself and for others, all in favor of their greatest alignment.

“...To me infertility and taking a step back from the medical route offered me a life changing opportunity to do deeper healing...

The presence of inspiring mentors and having supportive communities of like-hearted individuals made all the difference to me as I navigated a challenging journey. I am grateful that I can offer that support and empathy to others without undermining their pain.

I believe that it is important to acknowledge the innate and wholesome Self residing within every individual and offer space for it to be expressed and fully received.

To me infertility and taking a step back from the medical route offered me a life changing opportunity to do deeper healing, to shift old beliefs that no longer served and to really see a purpose in the pain of this journey I was on. Having a caring community to fall back on for support and encouragement were invaluable in re-framing the experience and shifting perspectives a lot quicker than going at it alone.

AUTHOR BIO

Aparna is a gentle guide who blends her unique intuitive gifts and tools like Reiki, Meditation, Mediumship, and Creative Journaling to support women in their own awakening and show up as their joyful, authentic Self.





DISCOVER THE POWER OF THE 7 CHAKRAS

Take your knowledge,
skill and understanding of
Energy Healing to a
completely new level of
Mastery...

BECOME A CERTIFIED CHAKRA HEALING MASTER

...in as little as 4 weeks

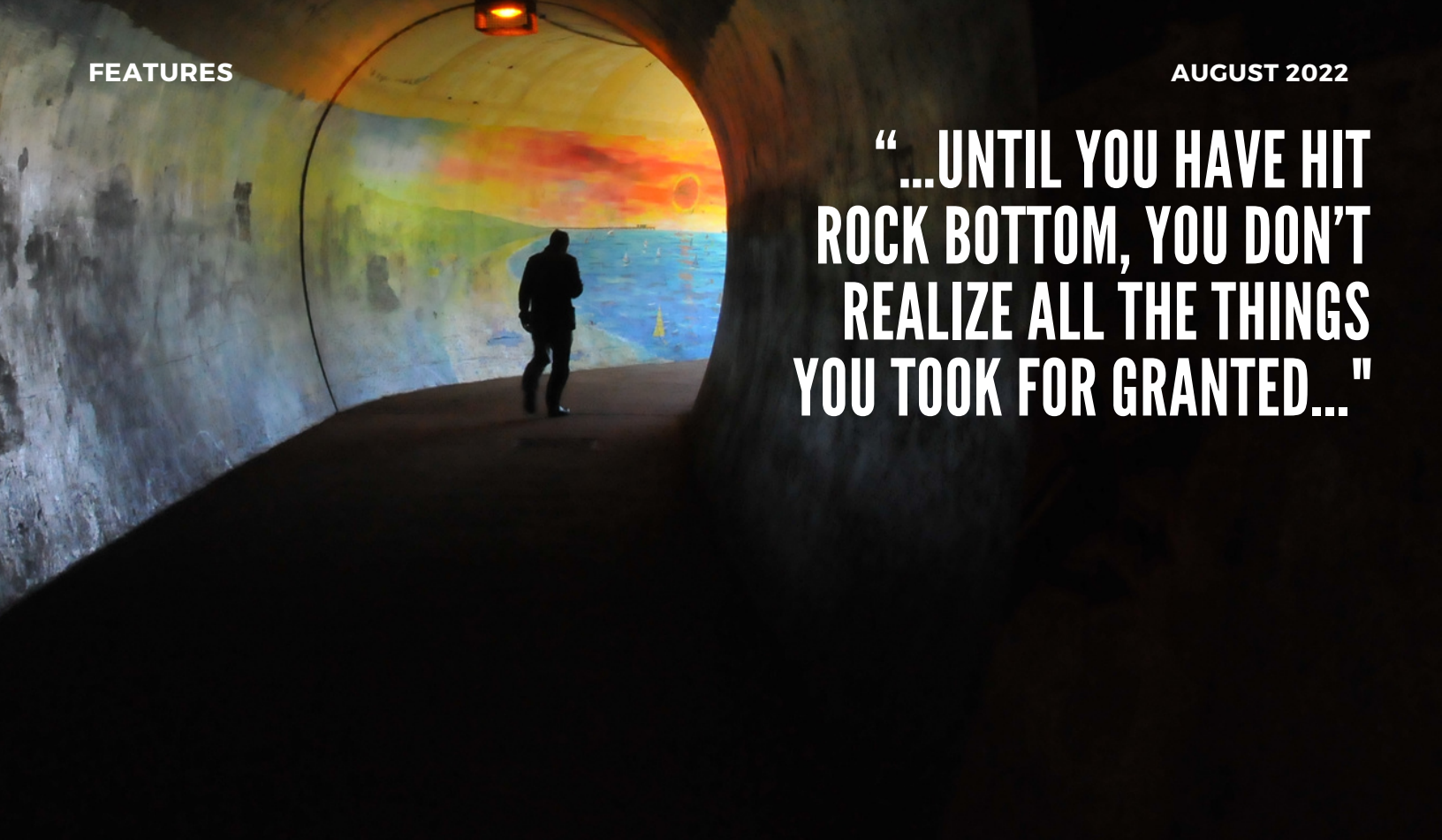
**GET
30% OFF
WITH COUPON
CODE:
RHA30**

**Packed
Full of
Bonuses**



7 Chakra Workbooks + Your Own
Chakra Checker Questionnaire

FIND OUT MORE



**"...UNTIL YOU HAVE HIT
ROCK BOTTOM, YOU DON'T
REALIZE ALL THE THINGS
YOU TOOK FOR GRANTED..."**

REIKI DURING HOMELESSNESS



By Patricia Herlevi, RMT

RHA Member Patricia Herlevi shares her personal story of finding strength during homelessness, as she explores how Reiki and the Five Principles can help Practitioners gain wisdom and courage during some of life's greatest challenges.

My Reiki self-practice is more important than ever. It helps me stay calm during the most challenging days. No one is immune to the tragic and heartless situations happening on the planet at this time. And while we focus on the ascension, there are some darker moments along the way and still to come for each of us. What matters is

how we show up and handle those situations. I'm currently homeless and I'm using Reiki to see me through to a miraculous conclusion.

A modality or spiritual tool is only as good as it stands the test of challenges and time. Reiki celebrates its 100 year anniversary so it's standing the test of

time. Reiki Practitioners will also give credit to Reiki for getting them out of tight spots—which it does well. We must remember to practice Reiki on ourselves and our circumstances every day. We must also pray and meditate every day and not just when life circumstances are in the flow.

I'm going to explore the 5 Principles of Reiki and how those principles apply to anyone going through a catastrophic illness, homelessness, or who are feeling persecuted by others. This is one of the darkest times in the history of humanity but we can gain wisdom and strength as we face our challenges. (By the way, if yoga is your practice then use those precepts instead of the Reiki Principles).

JUST FOR TODAY, I TRUST...

Oh, this one is so hard when life circumstance head south. Trust runs and exits stage left. This is when we must surrender to a higher power, but what if we believe that the higher power doesn't love us? What if we feel outraged at the higher power because we have fallen into the role of a victim or martyr?

Our ego wants to control everything but there comes a point where we have completely lost control. No matter how hard we try; no matter how much determination and willpower we bring to our circumstances, we can't move the mountain that blocks our way. So, we learn how to trust in the higher power. And we learn how to forgive so that we can trust the higher power.

A friend and colleague of mine tells me that once we surrender that's when the miracles show up. She has seen this happen in her clients' and friends' lives. She has seen it happen in her own life.

But for me, trust offers me my greatest challenge. I've been let down, rejected, and abandoned numerous times by the people I trusted. I have felt rejected by God even though I know also that is an illusion because God doesn't reject anyone. It's the monkey mind that has us believe in a petty God. But God is unconditional love. Unconditional love doesn't pick and choose who to love. Unconditional love embraces all that is, including each of us. So, yes. . . Trust.



“...BE THE BEST PERSON YOU CAN BE IN THIS MOMENT AND IN THE NEXT MOMENT, AND SO ON...”

JUST FOR TODAY, I RESOLVE MY ANGER...

Resolving anger doesn't mean we push the anger away and plaster a false smile on our face. It doesn't mean that we pretend to be at peace when rage burns through our veins and sends smoke signals out from our hearts. Resolving anger is feeling it and allowing it to burn through every cell of our bodies. The anger will resolve itself once it is listened to and acknowledged.

For me, I often find childhood roots in the anger. This doesn't mean I berate my parents or people from my past. What good would that do? It suggests that by re-parenting myself during those situations I revisited I liberate myself through understanding and forgiveness.

But don't travel that new age route where anger is seen as toxic and negative. If you go that route, you'll just bottle the anger and everyone will feel it anyway, even when you speak in a soft voice. A soft voice laced with anger sounds like a hissing serpent. No, feel the anger. Allow it to rip through you. Anger won't destroy you because all emotions teach us and eventually heal us. Yes, by feeling the anger and then resolving it, we are two steps closer to mastership. Masters experienced anger and then they transmuted that anger into peace.

JUST FOR TODAY, I'M HONEST...

It's easy to live in integrity and communicate honestly when life is buzzing along and we're full of joy. However, when life circumstances turn for the worst, many people become dishonest. They steal from others. They gaslight others. They lie because they can't face their own vulnerability.

When the going gets tough people lie to others so that they get their needs met. And while I can't blame anyone for their desperate acts, honesty is always the best policy, and not just because of karma.

There will even be professionals who will encourage a homeless or sick person to lie so that they are able to get help from the system. This is because the system is corrupt and based on lies. The system and its many structures won't solve anyone's problems. The System created the problems because the System was created from ego and not guided by God.

However, when we connect to the God Source or Reiki (Universal Life Force), miracles are possible. Don't be part of the system. Defy it. Walk the path of honesty and integrity. That's what's going to bring miracles. Honesty will save you from darker circumstances in the future.

Even if you feel embarrassed or helpless from your situation (God, knows I feel ashamed of my current circumstances) face the bullies which are just your thoughts and not reality. Be the best person

FEATURES

you can be in this moment and in the next moment, and so on. Just for today, practice honesty.

JUST FOR TODAY... I AM GRATEFUL

Yes, I get it, what would we feel grateful for if we spent a night sleeping in a shelter, or on the street, or on someone's couch, or in a car? Why would we feel grateful for disappointing news or rejection? Why would we feel grateful for being cast aside and rendered invisible? Why would we feel grateful when people who could loan us a couch tell us to go stay at a homeless shelter (which is pretty rough and dangerous)?

However, even in the darkest moments when we feel like completely giving up, a kind person appears or maybe he or she is an angel. I've had that happen. None of us will walk this Earth journey without experiencing suffering in one form or another. We can philosophize all we want but our analytical brain is not going to save the day. Tapping into our heart will.

We tap into our hearts when we find even the smallest thing to shower gratitude upon. Did you have a bed to sleep in last night? Did you have a safe place to park your van or car? Were you able to have a hot shower? Were you able to get a ride to your doctor's office or urgent care? Did someone give you a hug? Were you able to find food to nourish you? Even when circumstances are the furthest from ideal, there is still a nugget of good. There is still light flowing in from the crack, as Rumi wrote.

AUGUST 2022

Until you have hit rock bottom, you don't realize all the things you took for granted. And when we take things for granted, we grow complacent and then we grow bored. Sometimes life brings us challenges to create momentum in a new direction. But no matter our circumstances, even a little gratitude goes a long way. It's healing for our hearts.

JUST FOR TODAY... I'M KIND TO MYSELF AND OTHERS.

It's too easy to lash out at others when we feel hurt or frustrated by our life circumstances. It's easy to shout at someone who mirrors or projects a shadow back at us, especially when we're immersed in shadow land.

And we also hunger and thirst from the kindness of others when, given the current world energy, we might not witness kindness. People are often kinder when their lives are clomping along and everything falls into place for them. People are kinder when they are in love with someone or adore their children or beautiful home. But when you take all those outer circumstances away, some people become vicious. They promote the idea that it's a dog-eat-dog world or every person for themselves.

As Reiki Practitioners we often call ourselves energy-healers. This is why practicing the principles is crucial on our good days and our worst weeks. The other trap to avoid is allowing our minds to return to the past and make a list of all the

FEATURES

insufferable times in our lives. That just leads to depression and desperation. We have all evolved or we wouldn't be practicing Reiki. It's better to see all the darkness as revealing our true work. And yes, we aren't immune to disease, loss, death, homelessness, or insufferable circumstances.

The caveat is that Reiki will shine a light on us and act as a bridge from less desirable experiences to living our dream. And I remind myself daily that the darkest hour is right before dawn. This isn't just a saying. If you stay up the whole night you will actually notice the sky darken before the sun rises at dawn.

AUGUST 2022

**"...THE DARKEST HOUR IS
RIGHT BEFORE DAWN...."**



AUTHOR BIO

Patricia Herlevi is a metaphysical practitioner who offers sessions for astrology, card reading, spiritual mediumship and spiritual coaching. She is also a music researcher and author. Patricia also channels Reiki for animals and has an animal communication practice (see Buzz and Bark Animal Reiki).



WWW.METAPHYSICS4EVERYDAYLIVING.COM/



[DIRECTORY LISTING](#)



Beyond Trauma to Healing & Happiness

A Free Video Event
with Arielle Schwartz, PhD



[RESERVE YOUR SPOT NOW](#)

Calming Crystals: 5 Powerful Stones to Help you Worry Less

BY NORMAN W. WILSON, PHD



REIKI MASTER, AND CERTIFIED CRYSTAL PRACTITIONER, NORMAN WILSON, SHARES HIS FAVOURITE CRYSTALS FOR CALMING THE MIND, BODY & SPIRIT.

"Just for today I will not worry" is the second Reiki Principle. Oh, I know you'll say that it's easier said than done. Not worry? Are you kidding? The mere thought of not worrying for a day makes me worry. But there are powerful crystals with calming properties, that offer healing energy to help us keep and maintain this important Reiki Principle.

Some individuals call them stones, others call them rocks. But by whatever name they are called, their vibrational frequencies are here to bring us more peace and zen.

As a certified Crystal Practitioner, I suggest using the following crystals when you are looking to align yourself with the energy of the precept "Just for today I will not worry."

CLEAR QUARTZ



This beautiful stone is a master healer and has many benefits. It generates energy and helps remove negativity. It cleanses the subtle bodies and the soul and helps to balance the mental, emotional, and physical areas of one's being. In addition to helping you concentrate, Quartz cleanses, invigorates, and enhances the body's organs.

AMETHYST



This stone is a good choice for overall protection. It has at least six significant healing potentialities: it enhances one's immune system, improves the endocrine function, improves the appearance of the skin, promotes digestive health, reduces headaches, and helps regulate hormones. It is also an excellent crystal to boost self-confidence.

CARNELIAN

Carnelian works to restore motivation. Its colors remind one of a brilliant sunrise with its promise of a new beginning. Its warmth empowers and stimulates the energy and courage that is often required to quiet the mind sufficiently enough to allow the successful implementation of the Reiki Principle "Just for today, I will not worry."



INSIGHT

RAINBOW FLUORITE

This stone helps focus the mind. The swirl of green, blue and purple generate a calming effect. Its capacity to hold an intention works very well with our chosen Reiki Principle. Setting your intention of not worrying for today is strengthened by this crystal's support of inner harmony.



SUPER SEVEN

This powerful crystal is called Super Seven because it contains the following 7 crystals: Amethyst, Cacoxenite, Goethite, Lepidocrocite, Rutile, Smokey Quartz, and Clear Quartz. The very high vibrational frequency of this crystal helps you attune your energy, to direct it to a higher realm of calm and clarity. Because it helps expand your consciousness you come to realize that worry is a negative drain.



There are a few options for how you can use these crystals to help you reinforce the Reiki Principle of not worrying for a day. The simplest way is to carry one or more of these suggested crystals with you - perhaps in your pocket or bag. If you feel you are beginning to worry hold the crystal in your hand for a few minutes. You will feel calmer.

Alternatively you can place a crystal in a soft small cloth bag and tuck it under your pillow whilst you sleep. Why not place one or more of the suggested crystals on your nightstand, your car or your office workstation? I personally like to place an Amethyst Geode in my office. But I encourage you to find your own ways to bring these calming crystals into your daily life.

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 Practitioner and is the author of over 20 books including Reiki: The Instructor's Manual. Currently, he has two courses available on Udemy.com.



Experience Deep-Clearing EFT

to Transmute Limiting
Emotions & Align With
Your True Presence

A Free Video Event
with Mary Sise, LCSW



DURING THIS FREE EVENT, YOU WILL:



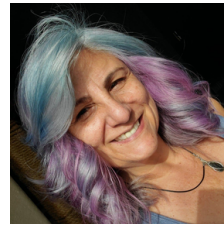
- ✓ Discover tapping as a powerful, proven approach to transforming fear, guilt, anxiety, and anger quickly and effectively
- ✓ Experience a tapping exercise to transmute a difficult emotion
- ✓ You'll also learn how each area of the body on which you are tapping is connected to a specific meridian, organ, and emotion.
- ✓ Explore a customized approach to Emotional Freedom Techniques (EFT) based on the original healing system created by Roger Callahan
- ✓ Raise your vibration and attract what you truly want in life. And much more...

THE SENDER MAY RECEIVE A COMMISSION FROM SALES
MADE AS A RESULT OF LINKS IN THIS MESSAGE

[RSVP HERE](#)

The Life of a New Reiki Master

BY MARIA EMETERIO



Certified Chakra Master Healer and Advanced Reiki Master Teacher, Maria Emeterio shares her personal journey to Reiki.

 [DIRECTORY/BE-BLISSFULLY-BALANCED/](https://www.reikihealingassociation.com/directory/be-blissfully-balanced/)

I began my Reiki journey as far back as I can remember. At about the age of 5, I remember using my hands to help heal my school-aged friends. When I was a teenager, I distinctly remember using my hands in a prayer-like way to help myself heal in times of doubt. When I became a mother, I would use my hands to help gently heal my son's aches and pains. As an adult, when a friend of mine was having heart issues, I intuitively began to pray and ask for guidance to help heal her heart. Looking back, I always had this instinctual desire to heal and help others, but it wasn't until later that I found my way to Reiki.

I remember when my first grandchild Jax ascended 4 month's and 11 days from this world, things changed for me. The loss was so painful and my heart shattered. At this time in my life, several of my lifelong friends were already Reiki Masters. One day they asked if they could perform Reiki on my heart. I reluctantly agreed, fighting off the

Reiki because I thought it would erase the memory of my Grandson. When I began learning more about Reiki myself, I realised that you must be open to Reiki to experience its most profound benefits and allow the healing to take place.

It wasn't until I became hospitalized with a severe case of pancreatitis and a blockage in my gallbladder that I really started to heal myself. I had to have immediate surgery to remove the gallstone that was blocking my gallbladder and liver valves.

I would be in the hospital for 8 days, with antibiotics and doses of pain medication so high that the medicine blew out all of my veins. That's when I decided I need to go home and rest. The surgeon recommended that I have my gallbladder removed but it would be about 6 to 8 months due to the severity of my pancreatitis.

When I was at home, I immediately and instinctively felt called to place my hands about two inches above my stomach area – throughout the lower abdomen. I felt strong sensations and increasingly started to feel less and less pain. I continued to let this energy flow as I continued my recovery.

One month after being released from the hospital, I followed up with the surgeon and she was in disbelief.

"What have you been doing at home?" she asked me with a look of shock across her face.

"You had the worst case of pancreatitis I

“ I immediately and instinctively felt called to place my hands about two inches above my stomach area – throughout the lower abdomen. I felt strong sensations and increasingly started to feel less pain.

have ever seen in all my years of practice, but now your results show your pancreas is in normal range," she reported as she went through my follow-up test results. My pancreas was completely healed, and it was agreed that we could now schedule the surgery to remove my gallbladder.

The day after my surgery my son was performing with his band for the first in over two years. I remember I was determined to go to his performance, and although I did walk very gingerly, I made it to his gig. My sister had come into town specifically to see his show - but her visit ended up have a dual purpose. You see, my sister is a Reiki Master, and when she saw me on her visit, she quickly offered to give me Reiki. Once again, I was very reluctant to receive Reiki at first, but I thought, if I had to open myself up and let Reiki in, I would want it to be at a session with my sister. It felt like the right time to connect with Reiki.

During the session, I felt the heat from her hands immediately. I was nervous and tried to relax, and then I started to hear drumming, and started having visions of ancestors. "Do you hear that?" I asked her. But she calmly replied no and told me to just relax and trust whatever I was experiencing.


I suddenly felt someone hold my ankles and then I experienced a huge release. I peeked through my eyes curious to see what my sister was doing, but as I looked down to my feet, I saw my sister working near my chest area.

After the session, I immediately went to sleep, and my dreams were filled with so many visions. I saw fairies and they told me that I was lucky that I could see into the future and that they had a special lens for me to use to help me with this gift of sight. I also saw the number 44, (which later I found out was a Master Healer number.)

As I awoke, I knew I needed to find out more about Reiki, so I went to a local Reiki healing store where I met the owner and told her about my dream. She smiled and showed me her Fairy Necklace. "You are in the right place," she assured me and told me about a Reiki Level 1 course that she was teaching the following weekend. I felt such a strong connection that I signed up right then and there.

The first class was nothing what I thought it would be. I didn't feel the energy like all the other students did and I didn't have any 'ah-ha' moments of connection or clarity as I had expected. I doubted myself. I asked the teacher "Maybe this is not for me?"

She told me that she had been exactly the same when she started out - nothing came through right away for her either but she wanted me to trust in the process. She gave us our very first attunement and we were instructed to so self-healing for 30 days before we could take Reiki Level 2. But at this point I was still a non-believer in Reiki.



“...I didn't feel the energy like all the other students did and I didn't have any 'ah-ha' moments of connection or clarity as I had expected. I doubted myself. I asked the teacher "Maybe this is not for me?"



I went home and began my 30 days of self-healing; I followed all the hand positions, and I wrote down what I saw or felt every day. For the first four days there was absolutely nothing to write about, but then things changed on the fifth day. On that day, I actually felt so overwhelmed by the healing session, that I broke down in tears. It was on that day that I felt my aura for the first time ever.

I went back and took Reiki Level 2 from the same teacher. During this course, I began to see visions before the meditations and knew what she was going to say before she said it. I still didn't feel the Reiki like all the other students were describing, but I persevered with my own journey. We were attuned to Reiki II and were again sent home for another 21 days of Self-Healing.

It was during this sacred time of self-healing that I felt it — I felt Reiki!

I was completely in awe. I began to really feel the love of Reiki and felt the healing going through my body. So, I learned everything I could about the Chakra System to deepen my understanding of the energy, and learn the importance of each chakra and the links between the organs. I truly was healing myself; the Reiki was warming my mind, body and soul. That's when I knew I wanted to teach this amazingly beautiful healing to everyone I could!

I studied under several Reiki Masters and completed many Reiki Master Courses, because I felt that having the knowledge from several Reiki Masters would help me in my teaching journey.

Naturally, I was a little anxious as I took on the new role of Reiki Teacher. I felt the beauty of Reiki with my clients, but would I make a good teacher? I was so new to this, what could I

“What is a 'Reiki life'? Well for me it is to truly live the Five Reiki precepts daily - to really let go of anger, to really let go of worry. Though it certainly it has not been an easy path, it is definitely the path that I commit to each day.



offer to my students? Well, the lifelong journey I have walked has taught me to trust in the process, to learn as much as I can, and to truly live a Reiki life. What is a 'Reiki life'? Well for me it is to truly live the Five Reiki Precepts daily - to really let go of anger, to really let go of worry. Though it certainly it has not been an easy path, it is definitely the path that I commit to each day. Sometimes I fail, but I remind myself to stop, thank Reiki and Dr Usui for this amazing healing modality and start again.

For example, when I taught my first class this year, I was so nervous to make sure I got all the hand positions correct so that the students would be able to feel the Reiki. I was so eager to make a good impression that I let worry creep in. So, I stopped and returned to the principles. I put my trust in Spirit and let my heart guide the class. It was amazing! My students were so happy with the course they signed up for my Reiki II straight away.

What I learned from this experience, is that if I truly trust in the Reiki Precepts, teach from my heart and let Spirit guide me, good will always prevail. So, if you're wondering if you'll make a great Reiki Teacher, just let spirit guide you! We need more healers, guides, and teachers in the world, so if Reiki is calling you to teach, there is your answer. The Reiki Healing Association has all the tools to help you begin your Reiki courses.

AUTHOR BIO



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



@BE BLISSFULLY BALANCED



FACEBOOK.COM/BEBLISSFULLYBALANCED

ARE YOU READY TO BECOME A CERTIFIED USUI REIKI MASTER TEACHER NOW?

[FIND OUT MORE](#)



- ✓ IN DEPTH VIDEO TRAINING TO ALL 3 LEVELS OF USUI REIKI + BONUSES
- ✓ 3 STUDENT WORKBOOKS PACKED WITH LEARNING EXERCISES
- ✓ ACCREDITED CERTIFICATION
- ✓ ATTUNEMENT TO ALL 3 LEVELS OF REIKI
- ✓ FULL UNRESTRICTED LIFETIME ACCESS
- ✓ X4 RMT TUTORS WITH 3 DECADES OF EXPERIENCE WORKING WITH REIKI

**GET 30% OFF
WITH COUPON
CODE: RHA30**

[FIND OUT MORE](#)

"I've studied Reiki 1 and took Reiki 2 twice. Your RMT class gave me more knowledge than my 3 previous Reiki classes combined. I really feel enlightened...I really loved this course." - Lori Austen, RMT

T&CS APPLY. CODE VALID UNTIL 30/9/22.
SEE WWW.REIKIHEALINGASSOCIATION.COM.

MANAGING YOUR REIKI PRACTICE

USING THE REIKI PRINCIPLES



BY RICKIE FREEDMAN

Reiki Master/Teacher, P.T.



WWW.REIKIBYRICKIE.COM



FACEBOOK.COM/REIKISPACE



[DIRECTORY](#)

'Reiki by Rickie - ReikiSpace & Learning Place', Harrisburg, Pennsylvania's first Reiki Center, was manifested and created in 2013 by following intuitive guidance, and utilizing Reiki and the Energetic Laws. ReikiSpace is an extension of me, and I make a conscious choice to live and manage the space in integrity with the Reiki Healing Principles every day.

I am convinced that the reason that ReikiSpace is successful is that love and service are always first. As a Reiki Master, I am very conscious of the energy of my words, emotions, attitudes, and thoughts, and how they impact my well-being and inner peace, my clients and co-workers, and on into the world. Our vibration, and the sum and intensity of those energies,

affects our personal wellness and immune system, and based upon the physics of the Law of Attraction determines what we draw to us in our life and work.

The Reiki Healing Principles were created as meditative teaching tools to help us to remember these Truths every day so that we may attract all that is for our Highest Good on our path, and is in service to each other and the whole world.

There are many interpretations of these precepts, but their essence remains consistent. I know during the most challenging times of my personal life "Just for Today" felt way too long to me. For me, this is a moment by moment, breath by breath choice — a walk of integrity in faith and trust that all is well, and in perfect and divine order and timing. I attract more peace as I use Reiki to return to my peaceful place within, which allows me to energetically continue to be a healing presence.

I incorporate and recite these principles daily as I share Reiki with myself and others and have been guided to add the following which I call the "Rickie Healing Principles":

- "In this moment, I choose Faith"
- "In this moment, I choose Peace"

A successful Reiki practice must be in alignment with Reiki and these principles. Every choice is made from a place of love and service (the essence of Reiki). There is no competition when we remember that everyone is energetically and magnetically attracted to the practitioner meant for them. If you have a client or student that wanders away, there is no need to take it personally. It does not reflect on your skills, ability, or personality. It is simply not the right energetic fit for that person at that time.

It is extremely important that we keep ourselves balanced and grounded. Grounding is the manifestation current that will allow us to take our guidance and inspiration and step it forward to create a concrete lasting practice. Staying grounded will allow us to be able explain and share Reiki in a way that is understandable and relatable to others from every walk of life.

Here are some examples of how the Reiki Healing Principles relate to managing a Reiki Practice:

JUST FOR TODAY, I RELEASE ALL WORRY...

Worry is a low frequency vibration. It will lower your ability to magnetize what you truly desire, and, by the Law of Attraction, may also attract more to worry about. My corresponding "Rickie Healing Principle" states "In this moment, I choose Faith." Every aspect of my journey has been about trusting my guidance and being willing to say YES! Stepping forwards and taking inspired action. I believe in perfect timing, and I can flow with the natural ups and downs of class attendance, weather cancellations, missed appointments etc., trusting that "In this moment, all is well." Cycles come and go, and I continue to learn and creatively grow from every challenge.

JUST FOR TODAY, I RELEASE ALL ANGER...

Anger can drain energy in huge bursts. Walking the Reiki path does not mean we do not allow ourselves to experience every emotion, or have significant challenges come our way. Reiki is a path of integrity. Anger can be an impetus for change if expressed in a healthy way in alignment with Reiki. My "Rickie Healing Principle" states "In this moment, I choose Peace." Peace is what I desire to attract more of in my life and my Reiki practice. For example, when a client forgets or is late for their appointment, I can be in a place of compassion, as we have all done this at one time or another. In my experience, no one ever takes advantage of this, as they never want to miss their Reiki!



I HONOR EVERY LIVING THING...

I share my work honestly and with integrity, allowing my inner light to shine, and I am conscious of being my True Self in the world. Reiki honors our connection and oneness with all beings. The more love and compassion I can allow for myself, the more I can share with others. How we treat ourselves affects others and the world. Reiki always begins with us. Keeping ourselves filled-up, connected and grounded allows the energy to flow through us, never draining us, while remaining heart-centered and connected. I can view the behavior of others through the eyes of compassion. For example, I never allow anyone's healing to suffer due to finances. We offer free monthly mini sessions to those with a diagnosis of cancer or on hospice. ReikiSpace is a non-judgmental place of peace, and everyone feels that the moment they walk in the door.

**"I BELIEVE IN PERFECT
TIMING, AND I CAN FLOW
WITH THE NATURAL UPS
AND DOWNS OF CLASS
ATTENDANCE, WEATHER
CANCELLATIONS, MISSED
APPOINTMENTS ETC.,
TRUSTING THAT "IN THIS
MOMENT, ALL IS WELL."**



I EARN MY LIVING WITH INTEGRITY...

We need to be honest in our work, of course. This principle to me is about our "Life's Work" - are we following our passion and purpose, sharing our unique gifts, and living in accordance with our own core values? For example, if you say that one of your core values is time with your family, and then choose to work 60 hours/week, you are not living in alignment. Your gut may speak to you by eventually expressing symptoms to help you learn. It is not enough to "Talk the Talk." People can feel when we are not in alignment and will not feel the safety and trust necessary to allow themselves to be open and vulnerable for their Reiki experience. Always know that you are worthy and deserving of receiving in balance to all you are giving and sharing.

I SHOW GRATITUDE FOR ALL MY BLESSINGS...

Gratitude is a high frequency vibration. When we remember to show and express our gratitude, by the Law of Attraction we will continue to magnetize more abundance to be grateful for. This can be financial - money is an energy which must continue to flow and be shared - but it can also be an abundance of peace, joy, and bliss. It is physiologically impossible to be stressed and grateful in the same moment. Writing 3-5 things we are grateful for every morning and evening is a simple powerful practice that takes little time. It will start and end your day in a positive vibration, and you will catch yourself throughout your day looking for things you are grateful for to put in your Gratitude Journal! ReikiSpace donates time and services to many local community events and fundraisers as a way of showing our gratitude and giving back to the

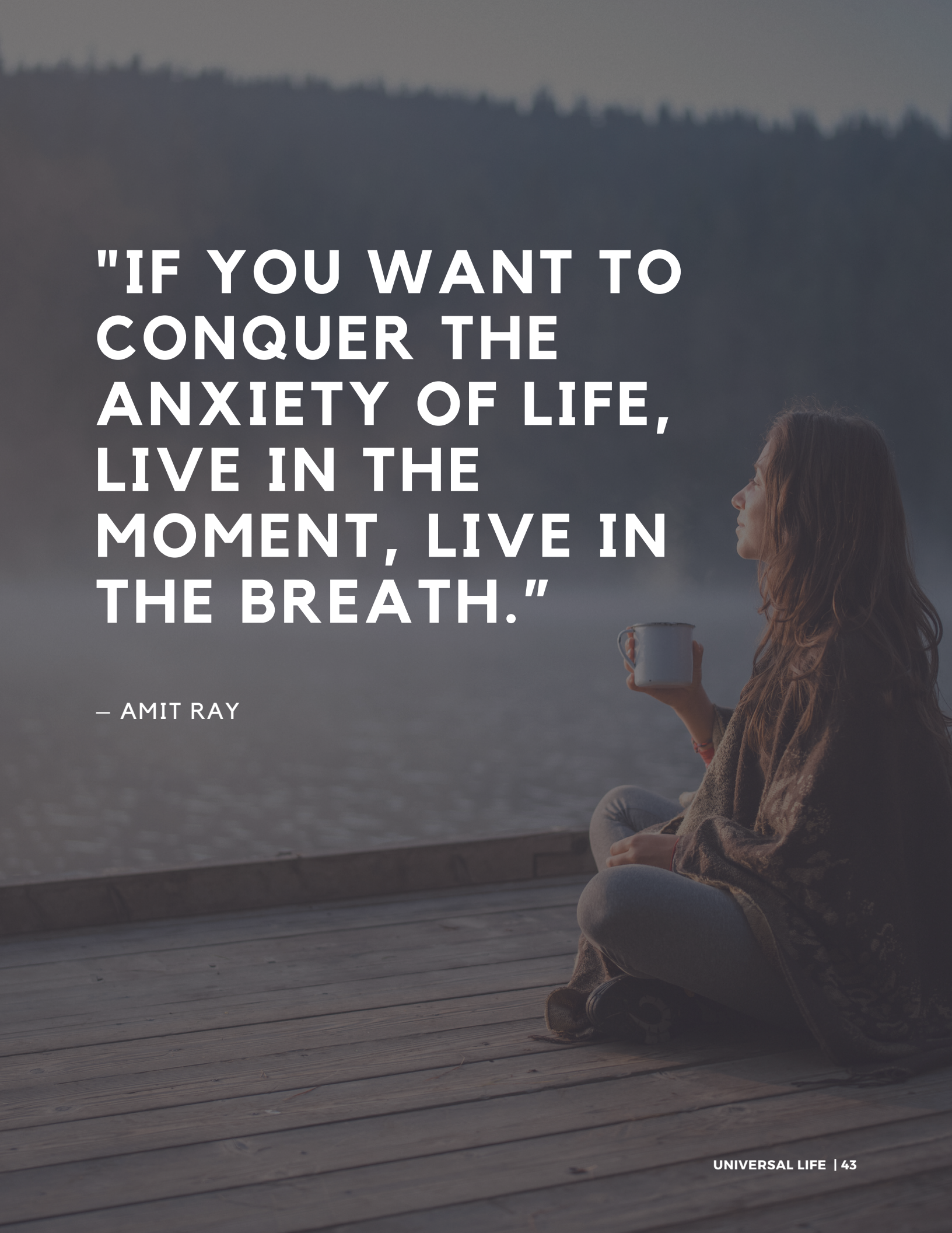
"ALWAYS KNOW THAT YOU ARE WORTHY AND DESERVING OF RECEIVING IN BALANCE TO ALL YOU ARE GIVING AND SHARING."

community. We do this consciously from a heart-centered place of abundance with no expectations of "getting clients". We have an excellent community reputation, and businesses and healthcare facilities seek us out for Reiki for their wellness events and workshops. The intention is to continue to educate and dispel misconceptions about Reiki.

"Just for Today..." we can all make the moment-by-moment conscious choice to provide the peaceful, balancing, connected, unconditionally loving, non-judgmental perspective of Reiki to every aspect of our lives and work. *Be Reiki*. Allow people to feel your energy radiate and they will be attracted to it and want what you've got!

AUTHOR BIO

For over 25 years, Rickie has focused on bringing an integrative approach to holistic health and wellness. Rickie's expertise spans across many aspects of healthcare, particularly pain and stress management, as well as the reduction of addictive behaviors, anxiety and sleep issues. Her specialty "Reiki by Rickie ~ Gentle Touch, Deep Healing" is one of many tools. Rickie's Mission in the world is to bring the Inner Peace of the Reiki Experience in a grounded way to as many people as possible in every walk of life.

A woman with long brown hair is sitting cross-legged on a wooden deck. She is holding a white mug with a blue handle in her right hand and looking out over a calm body of water. The background shows a hazy shoreline with trees under a soft, overcast sky. The overall mood is peaceful and contemplative.

**"IF YOU WANT TO
CONQUER THE
ANXIETY OF LIFE,
LIVE IN THE
MOMENT, LIVE IN
THE BREATH."**

— AMIT RAY

NEW!

The Ultimate Done-For-You Reiki Certificate Templates Bundle



Elevate Your Reiki
Workshops with these
Professionally Designed
Reiki Certificates

[SHOP NOW](#)

Can Reiki Help Me Sleep Better?

HOW TO GET A GOOD NIGHT'S SLEEP WITH REIKI

BY LINDA DIEFFENBACH, BSW, RMT

With all its benefits, perhaps you have been wondering – can Reiki help me sleep better, too? Insomnia and sleep problems are a pervasive challenge. According to the Cleveland Clinic between 33-50% of adults struggle with occasional sleep problems, whereas nearly 15% struggle with chronic insomnia.

Impact of Sleep Disruption

If you have ever dealt with a bad night's sleep, you'll know how much it can impact how you feel and your ability to function effectively. Studies show that even occasional sleepless nights can have adverse short and long-term effects on our health even in otherwise healthy people.

www.reikihealingassociation.com

Impacts of Sleep Disruption

- GI disorders
- Increased inflammation and pain
- Poor cognitive functioning including lack of mental focus, poor memory, and poor coordination creating an increased risk for accidents and injury
- Decreased metabolism and weight issues
- Heightened stress response, increased anxiety, and emotional distress
- Depression
- Heart problems including hypertension, high cholesterol, and cardiovascular disease
- Type 2 Diabetes
- Certain cancers



Causes of Sleep Disruption

Sleep disturbances have a number of potential causes, some we are able to manage while others may present a greater challenge. Potential causes of insomnia and sleep disturbances include:

- Stress - life transitions, challenges, worry, traumatic events (past or current)
- Inconsistent or disrupted schedule causing disruption in the circadian rhythms - e.g. work schedule, travel
- Poor sleep hygiene - inconsistent sleep schedule, TV or screen time prior to bedtime or while falling asleep, eating too much late in the evening, too much activity close to bedtime
- Stimulants such as alcohol, caffeine, nicotine
- Low levels of physical activity
- Anxiety and depression
- Medication side effects
- Certain medical conditions - e.g. cancer, chronic pain, asthma, GERD, COPD
- Sleep disorders - e.g. restless leg syndrome, sleep apnoea, delayed sleep phase disorder
- The menstrual cycle, perimenopause, and menopause
- Aging - changes in internal clock, decreased activity levels, health changes, and side effects from increased medications
- Environmental causes - noise, light, uncomfortable bedroom or bed, heat, humidity, interruptions from housemates or pets

“...I OFTEN JOKE THAT I AM A “PROFESSIONAL NAP FACILITATOR” GIVEN THE NUMBER OF PEOPLE THAT FALL ASLEEP ON MY TABLE...”



How Reiki Can Help with Insomnia and Disrupted Sleep

As you can see, there are many things that influence our ability to get a good night's sleep. While there are external factors and medical conditions that can affect our sleep, there are a lot of factors that are within our control that we can work on to help us sleep better. For example, we can practice good sleep hygiene, such as turning off screens an hour or so before bedtime, or avoiding caffeine later in the day, investing in a good mattress and supportive bedding, keeping our bedroom at a comfortable temperature, maintaining a consistent sleep schedule, and decreasing noise and interruptions in the night - these steps will all contribute to a better night's rest.

Reiki is a wonderful tool to help with sleep too! Essentially, Reiki activates our parasympathetic nervous system, putting our body into 'Rest and Restore' mode, which is why it is so beneficial to the body on so many levels, as it manages the general balance and function of our vital organs when



“...IN MY PRACTICE, I HAVE WORKED WITH HUNDREDS OF PEOPLE DEALING WITH ALL LEVELS OF LIFE AND PHYSICAL CHALLENGES INCLUDING INSOMNIA AND SLEEP CHALLENGES. AFTER A REIKI SESSION, ALMOST UNIVERSALLY, THEY REPORT FEELING DEEPLY RELAXED AND MUCH CALMER...”



we are not in a state of stress. Reiki brings deep relaxation to the body, mind, and energy system.

I often joke that I am a “professional nap facilitator” given the number of people that fall asleep on my table. Over the years in my practice, I have worked with hundreds of people dealing with all levels of life and physical challenges including insomnia and sleep challenges. After a Reiki session, almost universally, they report feeling deeply relaxed and much calmer. For those with sleep challenges, clients report better sleep following the session and for several days to a week after. With regular Reiki sessions and active changes in their nightly sleep routines, many have experienced significant improvement in their overall sleep patterns.

Using Reiki to Improve Your Sleep



When I first learned Reiki, I was a full-time college student and working full-time as a waitress and bartender. Naturally, my stress levels were high, and my sleep patterns were all over the place. I did not make a lot of time for self-care, however, every night, I would give myself a Reiki treatment while falling asleep. Most nights, I fell asleep early into or about mid-way through a full body treatment and would sleep through the night. I would wake up feeling more rested and energized than before I began this practice.

If you are attuned to Reiki, I recommend maintaining a routine of daily self-treatments and to use Reiki to help any time you struggle to sleep.

PERSPECTIVES

Here are some methods to try (lie on your back in a comfortable position for each):

- 1 Begin working your way through the self-treatment hand positions, holding them for 3-5 minutes each, until you fall asleep.
- 2 Place your hands over your Heart Chakra, sending Reiki to calm your nervous system. Hold for as long as you wish.
- 3 Place hands in first position - over the eyes - sending Reiki to quiet the mind and lower stress levels for 5 minutes, then place one hand over the Thymus Chakra and the other hand over the heart to regulate heart rate and soothe the nervous system.
- 4 Another soothing position to try: place one hand on the Solar Plexus and other on Sacral Chakra to restore depleted energy from the day. Then place your hands along each side of the pelvis (v-shape) to help ground your energy field.
- 5 Follow your intuitive guidance and body wisdom to send Reiki where it is most needed for you.

Whether attuned to Reiki or not, receiving Reiki regularly from a skilled practitioner will help bring your body into a state of greater balance and well-being which naturally helps support better sleep.



AUTHOR BIO

Linda Dieffenbach is a Holistic Practitioner, Coach and teacher with a background in Social Work. She has over 15 years of experience in mental and behavioral health combined with over 15 years experience in Holistic Health & Wellness. She has been practicing Reiki for nearly 20 years, and has trained hundreds of practitioners. She specializes in helping her clients overcome the physical, emotional, energetic, and mental effects of traumatic wounding.



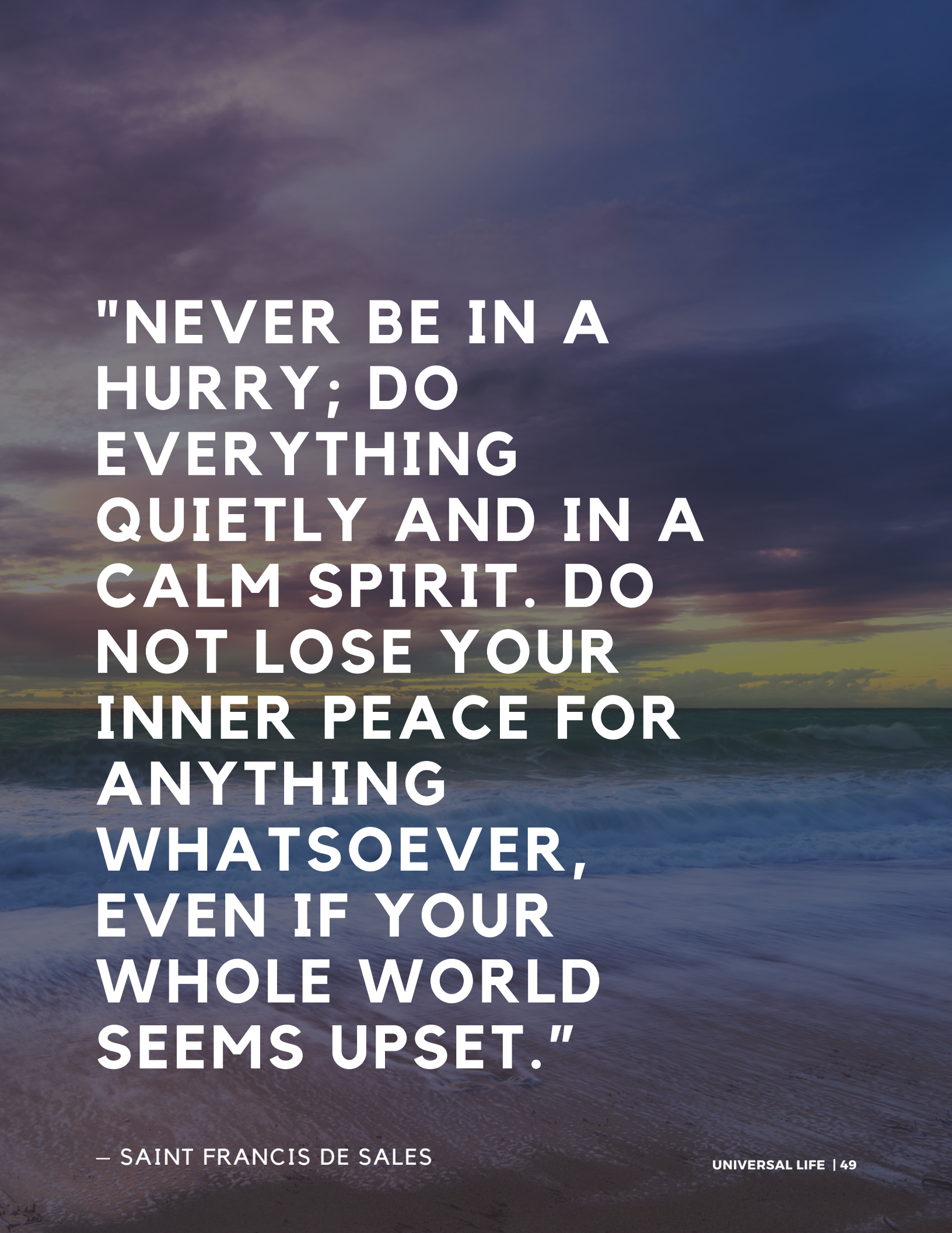
WWW.WELLNESSINHARMONY.COM



[/WELLNESSINHARMONY](https://www.facebook.com/WellnessInHarmony)



[@WELLNESSINHAROMY](https://www.instagram.com/WellnessInHarmony)



**"NEVER BE IN A
HURRY; DO
EVERYTHING
QUIETLY AND IN A
CALM SPIRIT. DO
NOT LOSE YOUR
INNER PEACE FOR
ANYTHING
WHATSOEVER,
EVEN IF YOUR
WHOLE WORLD
SEEMS UPSET."**

— SAINT FRANCIS DE SALES

Discover Yi Quan Qigong

FOR HEALTH, MENTAL CLARITY & LONGEVITY

Explore an Ancient Movement & Meditation Practice to Increase Immunity, Relieve Stress & Replenish Energy Reserves

A Free Video Event
With Ken Cohen



DURING THIS FREE EVENT, YOU WILL:

- ✓ Join Ken for this hour-long immersion in exploring and experiencing the stillpoint-tapping power of a Yi Quan Qigong standing meditation.
- ✓ Discover the many unique benefits of this ancient Qigong style that underpins Kung Fu and Tai Chi.
- ✓ Learn how Yi Quan combines meditation and Qigong in a series of simple motions based on animals, water, and ancient martial arts
- ✓ Connect with the archetypal energy of the bear through mythos and posture as a symbol of nature's vitality
- ✓ Discover how you can apply this easy-to-learn Qigong practice into your daily life for health and wellness. And much more...

[RSVP HERE](#)

THE SENDER MAY RECEIVE A COMMISSION FROM SALES MADE AS A RESULT OF LINKS IN THIS MESSAGE

THE REIKI PRINCIPLES IN MY LIFE'S JOURNEY

BY BRIDGID M. RUDEN, ARNP

“...THERE WOULD BE NO RAINBOWS WITHOUT SUNSHINE AND RAIN....”



RHA Member Bridgid Ruden, RMT, documents how her understanding and appreciation of the Reiki principles has evolved over time in light of life's ups, downs and unexpected challenges.

 WWW.BRIDGIDRUDEN.COM

I will let go of my anger today.

Recently this Reiki Principle has tested me a little, as I have faced several challenges in my mission to spread Reiki education in Linn County, Iowa. Disappointingly, the religious community overseeing a local Retreat Centre told me that I wasn't able to practice and run workshops there, as they felt that Reiki lacked valid research and didn't support their beliefs.

Although I tried to send more information to the leaders of the church, to show the many healing benefits of Reiki, I was met with more blocks and barriers.

While this experience has made me more resolute to continue to honor, provide and educate on the value of Reiki, I did have a lot of anger that I needed to let go of following these frustrating challenges. I stomped my feet and screamed into a pillow to let the fury leave me. For I know I cannot be a vibrant channel of healing for others if I let this anger stay within me. Stepping back from the anger, I can find the silver linings and be grateful for the new motivation this experience has stirred within me, to share the truth about the value of alternative therapy with the world.

I will let go of my worry today.

There has been worry in our world for centuries, but even more so since the eruption of Covid. I have learned over time, to release worry and fear, especially since I maintained a severe traumatic brain injury. A lot of people worry about death - but I no longer fear the end of life after experiencing several near-death episodes. Sure, it takes practice letting go of the fear of things we can't control in our life, but it allows us to focus on the things we can positively impact.

For me, self-acceptance has been a huge part of learning to let go of worry. I continue to work on the acceptance of my disabilities, which include epilepsy, cognitive impairment, aphasia, memory loss, fatigue, and balance issues. The mental impact of continual fear can swirl, enter, and thus invade our mind, body and spirit's natural flow. I provide Self-Reiki daily to enrich and nurture my soul with love and gratitude - which is a priority before I can truly give healing to others. Self-care initially was a huge endeavor for me to understand and apply. But Reiki has empowered me to love and accept myself as it has deepened my connection to the Divine.

I will do my work honestly today.

Honestly is defined as being fair, honorable, and sincere. When I provide Reiki, I receive Divine messages about the client. In the beginning, I often feared being fully honest with them. I worried about their expectations. What if I'm wrong and could potentially hurt the client emotionally? I was so hard on myself. Once again, I had to learn to let go of worry

"...THE MENTAL IMPACT OF CONTINUAL FEAR CAN SWIRL, ENTER, AND THUS INVADE OUR MIND, BODY AND SPIRIT'S NATURAL FLOW. I PROVIDE SELF-REIKI DAILY TO ENRICH AND NURTURE MY SOUL WITH LOVE AND GRATITUDE..."

and self-doubt. I had to trust my intuition, trust my voice and believe that the Divine was truly communicating with me. Over time, as more of my clients confirmed the precision and truth of my messages, I learnt to trust in myself and speak more openly. When I stopped self-censoring and started working from this authentic heart space, I could release the fear around using my gifts and in turn serve my clients better.



I will be grateful for my many blessings.

When I survived the brain injury that made my brain regress from forty-four to just four years of age, I unsurprisingly questioned "Why God am I still here?"

I was a mother of three wonderful children, in a fabulous marriage and loved being a Pediatric Nurse Practitioner. What on earth is my purpose now?

It took years for me to re-learn reading, writing, speaking, and walking. I still struggle with cognitive issues, severe fatigue, and epilepsy. It wasn't until I began publicly sharing my miraculous story nationally and internationally, wrote a book, and provided Reiki to so many, that I finally realized that I still have an important life's purpose. I can continue to help others heal! And I remain fiercely grateful that I am alive to pursue this calling.

Certainly, life can get busy and it's easy to forget about the many blessings that come our way. So before I fall asleep each night, I like to

check in with myself and reflect on the miracles the day has brought forth. I begin by taking at least three very deep, long breaths in and out slowly. When I breathe in, I feel such peace transcend in my heart and when I breathe out the challenges of that day burst outward. I often find myself stopping after one or two breaths as my mind begins to wander. I eventually come back to the simple breath and resume from the beginning all over again. Once I reach those three breaths, I pause and reflect on the events of the day. From there, I smile and begin to praise the Divine with a heart full of gratitude.

I will be kind to every little thing.

Generally, I've been kind to everyone since I was born. I am the oldest of eight children and helped my mother immensely, which I am so grateful for. She is by far the most amazing earth angel that I know. Tenderness to others is a deep piece of my soul. Horrendous people and places are very challenging to accept and support but without forgiveness and love nothing changes. Today, based on all that I've learned in my life's journey which includes the education of Reiki and Shamanic healing, I am kind to everything — including spiders, weeds, scary animals, and evil people. Sending you all so much love and blessings in your journey.

AUTHOR BIO

Bridgid Ruden is Reiki Master Teacher based in Iowa, USA. She offers both in person and distant Reiki sessions, Angel Readings and is an Author, Inspirational Speaker, Nurse Practitioner and Traumatic Brain Injury Survivor. After suffering a severe traumatic brain injury in 2008 Bridgid felt guided to continue to pursue her passion for helping others and was called to learn Reiki.



[FACEBOOK.COM/SOUTHSLOPE.NET](https://www.facebook.com/southslope.net)



[DIRECTORY](#)



subscribe

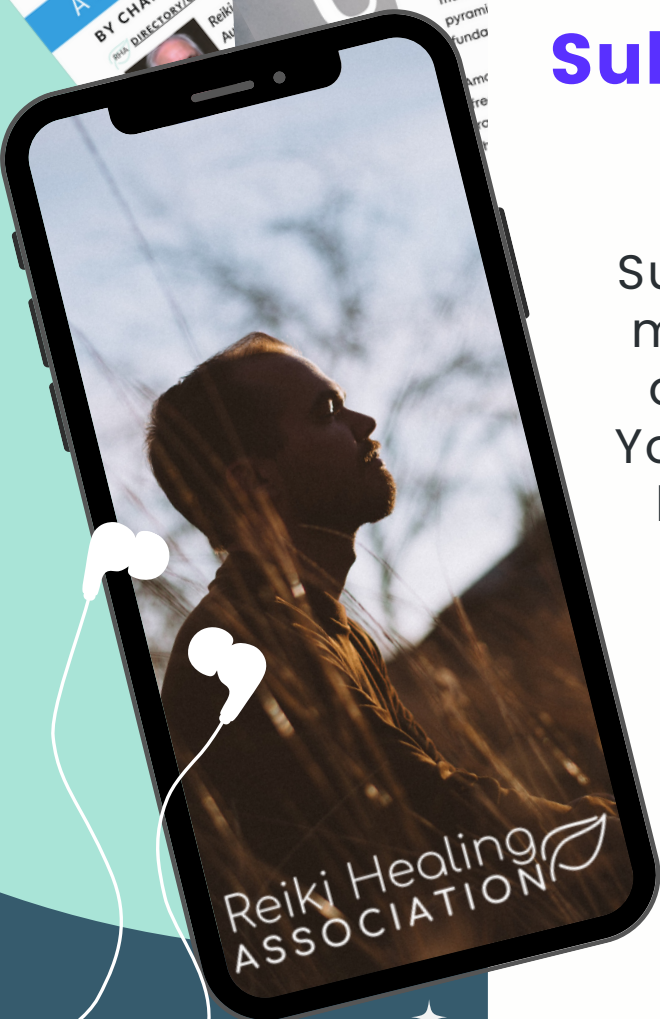


Subscribe for More News & Reiki Inspiration

Subscribe to get access to more Reiki news, insights and offers straight to your inbox. You'll be the first to access the latest issue of Universal Life Magazine.

[SUBSCRIBE NOW](#)

PLUS: AS A LITTLE BONUS FOR JOINING OUR COMMUNITY, YOU'LL GET INSTANT ACCESS TO FREE REIKI HEALING MEDITATIONS – INCLUDING A SPECIAL GUIDED REIKI SELF-TREATMENT MEDITATION.



CAREER SUCCESS AND SATISFACTION WITH REIKI

INSPIRATION



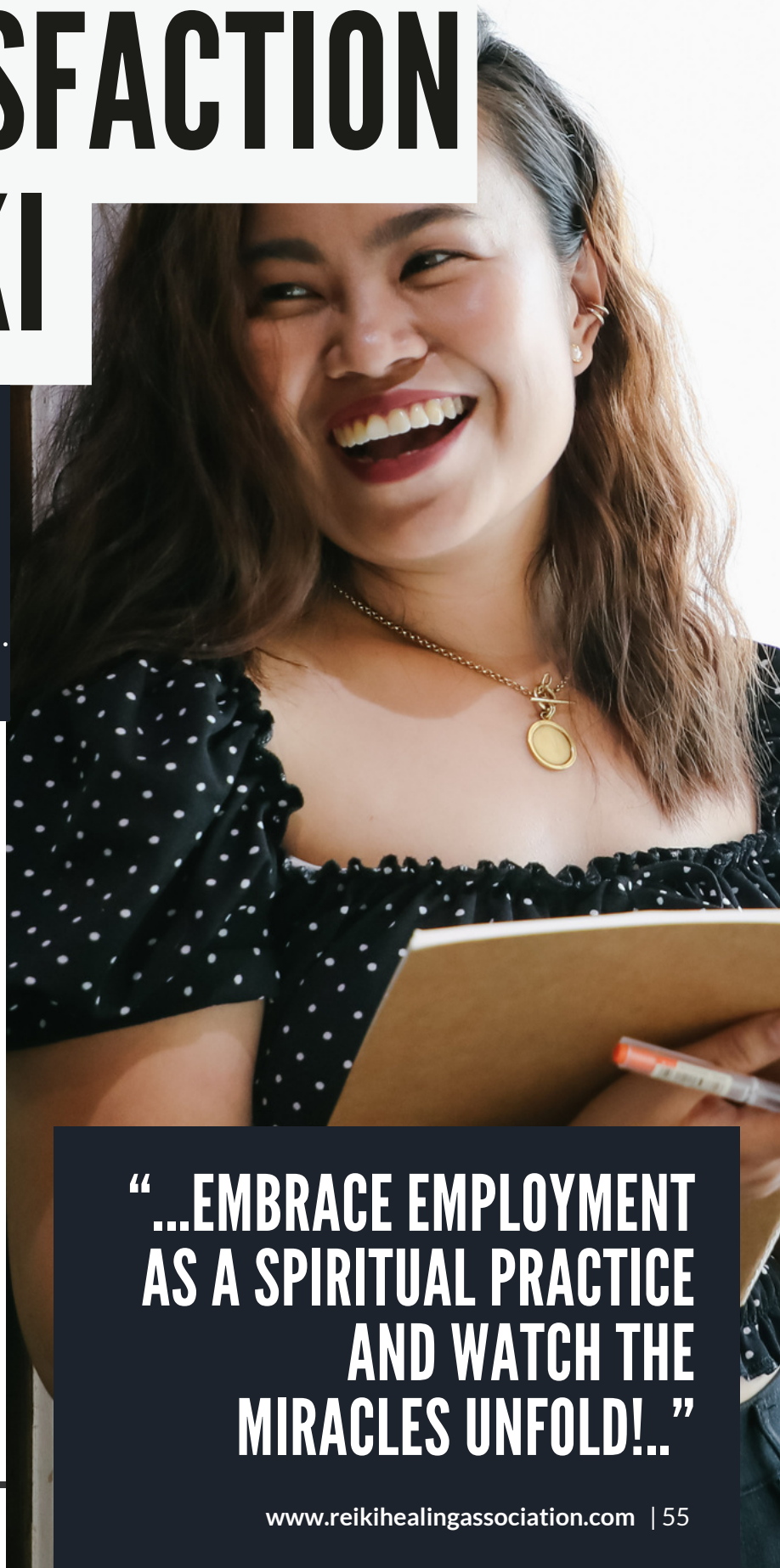
REV. DR. TRACY COX,
EXPLORES THE
POSITIVE ROLE REIKI
CAN PLAY IN OUR
WORK LIFE -
ESPECIALLY IF WE ARE
LOOKING FOR A NEW
CAREER OPPORTUNITY.



WWW.REVDRTRACYCOX.COM

In my work as a spiritual coach, a very common issue that I encounter with my clients is their desire to find a better job that speaks to their heart and makes them feel fulfilled. The current world situation has made many of us look deeply within and reflect upon our lives and how we would like to spend our remaining time here on Earth. As we collectively begin to search spiritually for what we can do to improve our lives in these troubled times, the benefits of learning Reiki and using it to help us on our career path can not be overstated. Reiki is a wonderful lifeline!

Are you looking for a new job or a better career opportunity? If you are a Reiki Practitioner, you have an incredible tool



**“...EMBRACE EMPLOYMENT
AS A SPIRITUAL PRACTICE
AND WATCH THE
MIRACLES UNFOLD!”**

INSPIRATION

to help you in your employment journey! Many Reiki Practitioners forget to activate Reiki in the day to day part of their lives, and often just use Reiki to focus on health and spirituality. As a Reiki Master Teacher, I am here to remind you that Reiki can help in all areas of life, and the benefits can be felt immediately.

Let's face facts. Sometimes you need a job to put food on the table and a roof over your head. Perhaps you are a Reiki Practitioner trying to establish a business, and you need money to make your dreams come true. Getting a job is sometimes a necessity, so first of all, make sure that you are not judging yourself for needing one. I see this with a lot of spiritual people. Just because you cannot pay the bills (yet) with

AUGUST 2022

your Reiki practice, make sure to embrace whatever work you need to do to make enough money to support yourself in this time of building your business.

A job is a blessing, no matter how humble. If you start off with this mindset, you will find that things will go much more smoothly in your job search. The Universal Life Force loves to work with an open, humble heart. If you are negative or begrudging in your job search it will make things that much harder to manifest. Embrace employment as a spiritual practice and watch the miracles unfold!

Here are a few tips to use Reiki in your employment journey. I have seen wonderful things happen when my clients follow these steps, and I know that they will help you too!

1. Daily Self-Reiki

This is something that every practitioner needs to do every single day. The modern world can be incredibly negative and draining. We need to use the beautiful Universal Life Force to heal and correct our body, mind, and spirit, as well as put on our Spiritual Armour to surround and protect us as we go about our daily tasks. Daily Self-Reiki will accomplish so many things if we just give it a try. I like to do mine in bed, before my feet hit the floor in the morning. This way you begin the day with a clean slate, and full of positive Reiki energy to work on your goals. Give it a try for at least 21 days, and I guarantee that you will never go a day without Self-Reiki again! The benefits are endless.



2. Trust your hunches

When you are doing your Self-Reiki, ask that the Reiki energy brings you the employment that is for the highest good of all concerned. Quite often when you need a job, it can be a desperate feeling because you need money. Maybe you have people depending on you, and you need to provide for them. Ask the Reiki energy to bring you employment so that you can provide for yourself and others, in a way that fits in perfectly with your lifestyle goals. When you do this, you will find that you will get intuition and hunches about where to search for a job. This is how Reiki works. It will send you gut feelings to guide you to your goal, in a beautiful way. When you go with the flow, you will find your pot of gold at the end of the rainbow with Reiki as your guide.

3. Use the Reiki Symbols

When going in for a job interview, make sure to send the Reiki symbols forward in time to yourself. This is very easily done. All you need to do is sit quietly in meditation, envisioning the interview location and yourself doing a wonderful job presenting yourself to the employer. Begin sending the Reiki symbols to this point in the future. When you feel that you have sent enough Reiki to yourself at this interview, thank the Reiki energy for guiding you to satisfying employment for the highest good of all concerned. The beautiful Reiki energy will be there for you, so you can relax and go forward confidently.

These tips have helped my clients and students find employment when they have needed it most. I hope that you can use some of these suggestions in your own career search and discover how to set your own miracles in motion with the use of the beautiful Reiki energy. You will be glad you did!

INSPIRATION



AUTHOR BIO

Rev. Dr. Tracy Cox, DD is a Reiki Master Teacher, Spiritual Mentor and Coach. She works with clients and students worldwide by phone or webcam. She has an active spiritual ministry and is an Ordained Minister who has been awarded her Doctor of Divinity degree. Her doctoral dissertation was focused on scientific research proving the power of prayer. She uses the information from her research to help her clients heal and overcome their challenges in all areas.



[/REVDRTRACYCOX](https://www.facebook.com/REVDRTRACYCOX)



[DREV-DR-TRACY-COX-DD/](https://www.reikihealingassociation.com/rev-dr-tracy-cox-dd/)

Get Featured!

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

LOGIN IN TO YOUR
MEMBER'S AREA TO
SUBMIT YOUR IDEAS!


[LOG IN NOW](#)

[Not a Members? Join Now](#)





RHA News & Updates

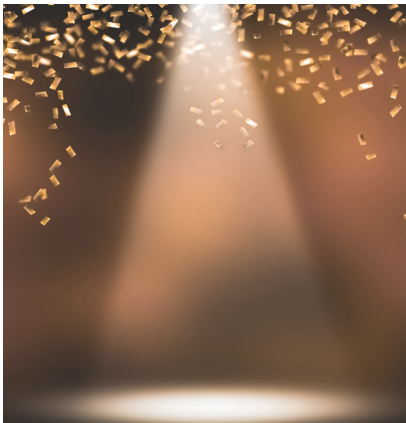


COMING

SOON

We have been very busy working behind the scenes to bring you lots of new membership benefits, tools and advice for you and your Reiki Business. Stay tuned to the newsletter in the coming weeks for some very exciting announcements!

Our Facebook Group is growing and we love the positive and supportive vibes in the community there! There have been lots of interesting conversations happening recently, so if you haven't yet joined the Member's group, make sure you do so you can connect with your fellow members.



We've been continuing to share your RHA profiles on our socials in our Member of the Week feature driving awareness about your amazing businesses! Make sure your RHA Directory profile is up-to-date with your latest information for the chance to be featured! Find out more in your Member's area.

[LOG IN NOW](#)

Tips For A Great Reiki Business Listing

Thanks to everyone who has added their own RHA Directory Listings to our site - we love finding out more about you and your businesses! If you haven't yet added yourself to our Searchable Reiki Directory, make sure you do! To help you get started, we've summarised our top tips for creating a great Business Listing.

1

Add Good Profile Images

Adding a great photo can help prospective clients connect with you. So, what do we mean by good profile images? Choose photos that are high-resolution - not blurry! Consider how you can showcase the benefits of booking a session with you and your personality and services - can you show a photo of your Reiki room? Can you appear friendly and welcoming?



2

It's All In The Details

Simply stating that you are a Reiki Master isn't really enough information to help someone understand what you are all about. Imagine you met a potential client for the first time - what would they ask you? What would they want to know about your business? For example - why did you get into Reiki? What healing modalities do you offer?

3

Listing Your Services

Now that people know a bit more about you, let them know what services you offer and any relevant details like your business hours and prices.

For example - '45 Minute Animal Reiki Session - \$50'.

4

Adding A Review

Authentic feedback from previous clients can really help add credibility to a listing and help to foster trust with prospective clients. Have you had any great feedback from a client that represents you and your business?



5

Let Them Know How To Get In Touch

Add your business contact details so that prospective clients can get in touch to enquire more or book in with you. Do you have a website, email or business phone number that you would like to add? Make sure these are kept up to date.

REIKI IS...

We asked our members share their favourite words to describe Reiki, and you didn't disappoint!

COMMENTS

pure profound uplifting highest good
connection healing blessings wisdom
infinite relaxation universal recharge
heart gentle unbounded amazing
unjudgemental enlightenment loving hope
community unlimited life-changing
source abundance intention oneness
openness restorative

***Join the conversation over on the
Reiki Healing Association
Member's Group***

GET INVOLVED




MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK




► Michel Barta from Peace Bridge Reiki

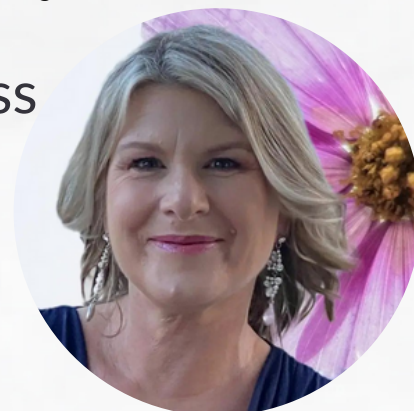
 [peacebridgereiki](https://www.instagram.com/peacebridgereiki)

"Some key characteristics of my style in working with clients and practitioners, is encouraging them to listen to their inner wisdom and to build their deepening relationship with Reiki through exploration and curiosity. I encourage dialogue about Reiki and energy healing in a safe, non-pressuring space. I see myself as a companion and witness to empowered healing and living, through Reiki."


► Karen Mudie from Soul Reiki Wellness

 [/soulreikiwellness](https://www.facebook.com/soulreikiwellness)

"A qualified health education coach, massage therapist, and practicing Reiki Practitioner since 1994, and Reiki Master Teacher since 2010, Karen inspires conscious awakenings that empower you to have freedom and fulfillment in your life. "




► Tracy Schnabel from Touch of Serenity Therapy

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

"My name is Tracy and I'm an occupational therapist with certifications in bioenergetic healing including Reiki I, Reiki II, and Reiki III. My passion is helping those who haven't been successful with managing pain using traditional therapy, medication, and/or surgery."



► Sneha Lakshmanan from Lightworker Sneha

 [@lightworker.sneha](https://www.instagram.com/lightworker.sneha)

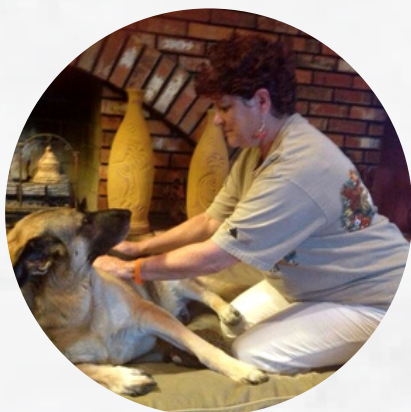
"I am a Lightworker based in New South Wales, Australia committed to help women raise their vibrations by diving deep into the process of embracing their light and shadow side. I will be your guide during this transformational journey of shadow work, self discovery, spiritual growth, and emotional healing. "




MEET OUR MEMBERS

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK



► Sarah Berkett from Beamers Light

 [@beamerslight444](https://www.instagram.com/beamerslight444)

"Sarah has been a natural animal lover since childhood & is extremely successful with the transition of using her expertise as a Reiki Master & Animal Intuitive to heal & soothe pets of all ages and conditions."


► Christine Sutton from Phoenix EFT

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

"Whether you want to treat yourself to some blissful time-out for relaxation after a busy day or need support with deeper issues Reiki can really help."



► Nisreen Mama Foda from Holistic Life Solutions

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

"My passion is to help more and more people learn and teach this amazing healing technique and reap the benefits that I did. I feel it is important to bring awareness to these holistic wellness techniques which give back our bodies the ability to heal itself."

► Erin Krajewski from A Hypnocenter For Healing

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

"My guiding virtue is that anyone who desires to heal deserves to heal. Good health and happiness are everyone's right, as are lives filled with love and joy."



MEET OUR MEMBERS

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK



► Salvatore Di Liello from Naturale Solutions

"As a Naturopathic Doctor my focus is the preventive care and wellness of the individual. My goal is to educate and empower clients so they can make better and healthier decisions to ultimately achieve their optimized state of health."

► Rosemary Dugan



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

"Whether you want to treat yourself to some blissful time-out for relaxation after a busy day or need support with deeper issues Reiki can really help."



► Toni Hennessy from Beautiful Connection Therapies



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

"Toni is passionate about her treatments and the benefits they may bring to your life, whether you have a specific health problem or simply to help you enjoy the best possible levels of energy and well-being. She has a strong belief in a complimentary approach to the healing of the body, mind and spirit. "

► Diana Turner-Forte

"We hope to leave a positive mark in the lives of others through reiki, Silver Swans (adult ballet), and other movement modalities...Our mission is to help people understand their own ability to heal. "



Like. Connect. Follow. Please support your fellow members!


MEET OUR MEMBERS

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK



► Kris Denning from Healthy to the Soul

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

"Reiki has changed my life physically and emotionally for the better. I feel more alive and at peace than I have in my life thanks to Reiki, and I love being able to help others feel their very best too. I am honored to be a conduit for this beautiful healing energy."

► Rob Haroth from Three Treasures Holistic Health

"After initially studying herbology so that he could find balance in his own life, Rob decided to devote his time to the study of natural health and healing so that he could help others discover what he already has...that we are all meant to live happy and healthy lives...naturally!"



► Francine Thomas from Energy and Wellness Place

"If you want to live a holistic life, help is available to manifest your targets and goals. We will facilitate you reaching your wellness target and goals, which may involve you making choices concerning your physical, emotional, mental and spiritual aspects of self. "

We love promoting your Reiki Businesses! Keep up the great work everyone. Visit your member's area to find all the ways you can get your business featured on our global platforms.

[LOG IN NOW](#)

OUR MEMBERS SHARE THEIR OWN INTERPRETATIONS OF THE REIKI PRINCIPLES

We asked you what the Reiki Principles mean to you, and how they have influenced your life and practice....

"The Reiki Principles are like my emotional check-in spaces anytime of the day. Simple yet a profound practice to embody the very essence and create a lived experience."

APARNA VEMULA



"The Reiki Precepts/Principles have changed my life. They are what I wake up to and use throughout my day. I have learned to stop and think how a situation is effecting me and go to my Reiki Principles and see if it aligns to my higher self."

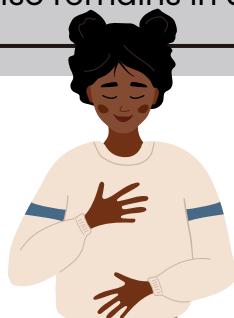
MARIO EMETERIO

"To me the principles are like guidelines of how to live life. Since becoming a reiki practitioner, There have been numerous times in which decisions I would have made, once I think about it, I say to myself, "that is not in accordance with reiki principles". And I end up making a better decision for the good of all."

TAMMY DONNELL BRUGGER

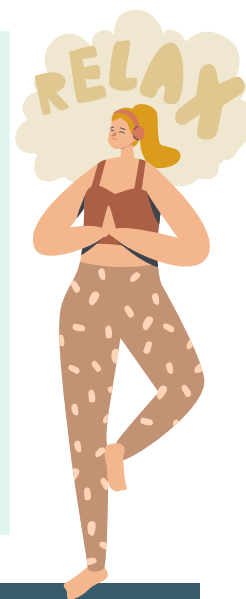
"These are essentially reminders to live daily life by reciting them everyday to maintain the Energy body in a balanced state. Once the Energy body is in a balanced state, the Physical body also remains in the balanced state, since they both are interdependent on each other.... Once the Energy body is in a smooth shape, the Physical body will also remains in a healthy state and vice versa."

SUSHILA SHAH



"I have made it mandatory to chant these five Reiki principles on the bed, the moment I open my eyes. It helps me correct myself throughout the day if I deviate. It is amazing."

RAVI SUBRAMANIAM



Join the conversation over on the
Reiki Healing Association
Member's Group >

[GET INVOLVED](#)



“



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

Garry Malone, Akleema Ali, Aparna Vemula, Patricia Herlevi, Rev. Dr. Tracy Cox, Gabriella Davidovics, Rickie Meryl Freedman, Maria Emeterio, Norman W Wilson, Linda Dieffenbach, Bridgid M. Ruden

COMMENTS PROVIDED BY

Tammy Donnell Brugger, Ravi Subramaniam, Maria Emeterio, Aparna Vemula, Sushila Shah

A MAGAZINE BY THE REIKI HEALING ASSOCIATION

Stay Connected with the RHA



WWW.REIKIHEALINGASSOCIATION.COM



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



[FACEBOOK.COM/REIKIHEALINGASSOCIATION](https://www.facebook.com/REIKIHEALINGASSOCIATION)

A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

Magazine



© UNIVERSAL LIFE MAGAZINE 2022