

A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

Magazine

**10 SIMPLE
WAYS TO STEP
INTO YOUR
MAGIC IN 2022**

EXCLUSIVE

OVERCOMING PERFECTION PARALYSIS

HOW TO MAKE 2022 THE
YEAR OF IMPERFECT ACTION

365 DAYS OF GRATITUDE

How to embrace the
Reiki Principle of
Gratitude this Year

EXPERT INSIGHT:

REIKI FOR MENOPAUSE

CONTENTS

THE MAGAZINE FOR REIKI PROFESSIONALS

03 LETTER FROM THE EDITORS

05 365 DAYS OF GRATITUDE

**10 10 WAYS TO STEP INTO
YOUR MAGIC IN 2022**

40 EXCLUSIVE!

**OVERCOMING PERFECTION
PARALYSIS: 5 WAYS TO CRUSH
YOUR INNER CRITIC AND MAKE
2022 THE YEAR OF IMPERFECT
ACTION**

**24 CREATING A HEALING
SANCTURY**

**26 MY 21-DAY SHODEN DETOX
EXPERIENCE**

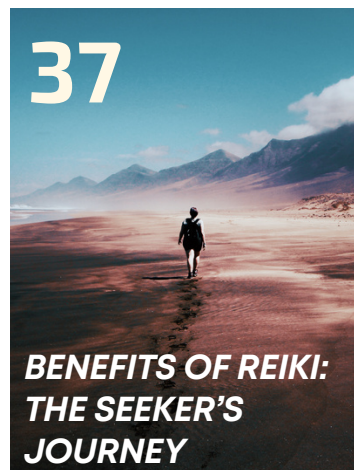
**32 REIKI FOR MENOPAUSE:
SOMETHING TO CRONE
ABOUT**

**42 OPENING THE THIRD EYE
WITH REIKI PRACTICE**

46 RHA NEWS & UPDATES



**OUR MEMBERS SHARE
THEIR TOP SELF-CARE
TIPS FOR REIKI
PRACTITIONERS**



editor's note



Hello and welcome to the very first edition of Universal Life magazine! We're delighted to bring you the latest news, articles and insight in all things Reiki and wellness, to inspire you as you transform lives through your soul-work.

We know the last few years have been hard for many of us, with lots of unexpected changes as we all had to adapt to the realities of Covid. We really hope that 2022 brings you an abundance of health, happiness and success. Here's to an incredible year working in the Reiki and wellness industry!

To help you start the year positively, in this issue we'll be looking at how you can make 2022 a year of personal contentment and business growth, with a very special article from the founder of the Reiki Healing Association, Garry Malone, who will be sharing his top tips for overcoming perfection paralysis in your business.

We also have a tonne of fascinating articles and advice from some of our RHA Members, which we can't wait for you to read, including a look at the ways Reiki can help with menopause! Thank

you to 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 members.

It truly is an honour to be a part of your Reiki journey. At the RHA we have a vision of a world where Reiki is universally accessible so anyone can harness the power of Reiki energy for self-care and healing, and we couldn't work towards this mission without our extraordinary members, who work ambitiously both separately and together to help educate, promote and spread Reiki Healing and Teaching to every corner of our planet. So thank you for the amazing work you do.

Love and Light,

Molly & Harriette Rose

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



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365 DAYS OF GRATITUDE

BY HARRIETTE-ROSE MALONE,
BSC, RMT, CHM, ARMT

**“THE FOOLISH MAN
SEEKS HAPPINESS IN
THE DISTANCE. THE
WISE GROWS IT UNDER
HIS FEET.” - JAMES
OPPENHEIM**

FEATURES

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A lot of people start the year with a long list of resolutions – a list of huge and often intimidating milestones they must achieve to feel like they have made progress that year – only to end up breaking or forgetting about these best-laid plans within a few days, weeks or months. I’ve personally been in this situation a few times, so one December a few years ago, I decided to buck this trend and start a new ritual for entering the New Year. Instead of putting pressure on myself to give up certain things and add more goals to my ever-growing list, I wanted to enter the New Year focusing on just a few attainable daily habits. Tiny little things I could do each day to make the day a little brighter and more positive. Simple little rituals that wouldn’t take up a lot of time, money or energy, but would make an enormous difference to my mind, body and soul. I would focus on setting the right intentions, rather than restrictive resolutions.

As I contemplated these small regular habits I wanted to add into my day, I was reminded of the Reiki principles:

- 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.



These five beautifully simple guidelines were composed by the Founder of Reiki, Mikao Usui, to provide a spiritual framework to help people live a more virtuous, grateful and balanced life. Whilst each principle holds its own meaning and importance, every precept starts with that powerful three-word-phrase: 'Just for today.'

These ideals centre you firmly in the present moment and pinpoint your focus to just the single day ahead. One day at a time, we can work on improving ourselves and inviting more peace and happiness into our lives. One day at a time, we can incorporate positive habits into our daily routines. One day at a time, we can live more intentionally. When working towards healing and transformation, thinking any bigger than one day at a time can pile on the pressure. As humans we are all imperfect, but if we just aim to do our very best with the day ahead, then things become a little easier and the little wins seem more substantial. Even if

we slip up today, we can always begin again tomorrow. Naturally, as more of those good days go by, the more likely we are to transform new habits and healing steps into permanent lifestyle shifts.

So when it came to narrowing down the little intentions I wanted to carry into the New Year, I spent a lot of time meditating on the Reiki Principles. Over and over again, I found that the fourth principle about gratitude really spoke to me. At the time I was travelling across Australia with my sister, volunteering at animal rescue centres and meeting other people with a passion for animals and conservation whilst running workshops on Animal Reiki.

You see, when you're travelling you strip everything back to the basics – and get excited by the smallest things. A good meal, a clean bed to lay your head, the kindness of a stranger in a unknown place, a hot shower, the ability to cook for yourself, shelter on a hot day, a beautiful sunset! It's actually so refreshing to remove all luxuries and focus on the sights you're seeing and the people you're meeting. You have a few sets of clothes and the bag on your back and all you need is a bed to stay in that night and food to keep you going. You appreciate every day as a new opportunity to explore and live life to the fullest. It's an extremely humbling experience.

You start to count your blessings back home too. You appreciate all those home comforts and how lucky you are to feel safe and secure. You realise even more acutely how amazing the people back home are because actually, when you really think about it, home is wherever in the world they are.

This experience really helped me nurture an attitude for gratitude. And as I look back on this year away now, I am so grateful I had the opportunity to visit and live in another country and explore a new place with such freedom. Who would have thought a few years later that travel of any kind would become an even greater luxury as the world froze in the wake of the Covid pandemic?

The last few years have certainly put a lot in perspective in terms of learning to be grateful for what you have. We were given a unique period of time to really pause and reflect on what really matters, and the things we should appreciate. Health quickly became the most valuable resource we had. We learnt that time with our loved ones should never be taken for granted and we were forced to find beauty in the little moments, as usual routines were completely turned upside down.

The 'normal' things that used to seem mundane, like getting outside for a walk, cooking a meal from scratch, or having a chat with a relative or neighbour, suddenly became the richest parts of our day. People were stepping up to help out and support those most in need in beautiful and unexpected ways, and amidst the chaos of Covid we were reminded of the good in the world.

Ultimately gratitude isn't about ignoring all the tough and messy life stuff that inevitably affects us all, it's about not losing sight of the good, the hope, the light in the darkness! And there is *always* light.

There is actually a whole field of scientific

research to back the idea that gratitude is one of the healthiest of all human emotions. Gratitude, in fact, has the capacity to increase a range of important neurochemicals. When we change our thinking from negative to positive, a flood of feel-good chemicals such as dopamine, serotonin and oxytocin are released, which contribute to the feelings of happiness and connection that surge when we experience deep gratitude.

“If we just aim to do our very best with the day ahead, things become a little easier and the little wins seem more substantial.”



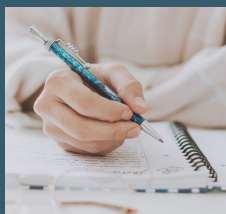
Studies have gone on to link the practice of gratitude to better sleep, better social relationships, improved mental health and protection against stress and even depression.

But to see the real benefits of gratitude, we have to really commit to regularly nurturing this quality of thankfulness. We are, after all, innately programmed to look out for threats in our world - it's part of our survival instinct which helps keep us safe - but it can lead us to focus on the negative things that come our way. We have to actively and repeatedly retrain our brains to look for the good and tune back into the positive. Like any new habit, fostering a daily gratitude habit takes time and commitment. But there are heaps of small ways to get started on your gratitude journey this year, including the tips below!

I have found that the more I look for new things to be grateful for, the more I become aware of the people, events and experiences that are worthy of my appreciation and the more I have begun to see the hidden gifts sprinkled throughout the day that I once may have missed. And as a New Year arrives, I am thankful once again for the principle of gratitude that Usui gave us 'Just for today I will give thanks for my many blessings'. It remains a timeless tool for reprogramming our minds to see the world in a more compassionate and positive light, full of connections, generosity and opportunity. So, if you are still looking for one small but mighty intention to enhance your 2022, why not commit to 365 days of gratitude!

SIMPLE WAYS TO BRING MORE GRATITUDE INTO 2022

MAKE A LIST OF ALL YOUR BLESSINGS



You will be amazed at how many wonderful things there are to give thanks for. List 3 things a day for 21 days. Pay attention to and focus on the things and experiences that are cost nothing and bring joy and humility to your life. For example, your mind, body, spirit, health, family, trees, sea, sun, love, faith, knowledge, the countryside, animals, birds, etc., the list is endless. Be as specific as you can - instead of saying 'I'm grateful for my friends,' write down 'I'm grateful for Lucy because of the time she spent talking with me today.'

MEDITATE ON THE REIKI PRINCIPLE OF GRATITUDE



Use meditation to unlock the true meaning of the Reiki gratitude precept and uncover ways to incorporate this principle into your life. Place one hand on the Third Eye Chakra and the other hand on the back of the head where the base of the skull meets the spine (the occipital ridge). Use Reiki to re-balance this principle in your life.

WRITE A LETTER TO SOMEONE YOU ARE GRATEFUL FOR



Every month this year, why not try writing a letter of thanks to someone who enhances your life? Share the little moments and memories that have brought you joy and happiness. You don't even have to send the letters, just enjoy the time remembering the good things and people you have in your life. If you want to take it one step further, write one letter each month to yourself too, reflecting on the things you are proud of. At the end of the year, read the letters and see how far you've come!

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



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

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10 SIMPLE WAYS TO STEP INTO YOUR MAGIC IN 2022

by Molly Malone BSc, RMT, ARMT, CHM

Ready to make 2022 your year? Here's 10 ways you can step into your own personal magic.

1 GET JOURNALING

Journaling can help boost your mood, improve memory, reduce stress and is a great way to unlock your deepest goals.

Set aside 15 minutes in a private space where you can write down your thoughts, feelings and honestly address the plans you've been sitting on for a while. Unpack the steps you need to take and how you can overcome any expected barriers so you can finally map out a path to your heart's deepest desires.

Get started with some prompts:

- What made me happy last year? How can I do more of what makes me happy this year?
- What did I learn about myself in 2021? What am I proud of?
- In a year's time, what would I love to have achieved?

2 BE AUTHENTIC

It's time to live life as your true self. Start saying yes to the things that make you happy and worry less about pleasing other people! Strengthen your authentic voice - why not start a blog or a podcast to find and share your unique point of view with the world?

3 PRACTICE AFFIRMATIONS

What we say to ourselves about ourselves matters. Affirmations are a great way to create positive thought patterns, boost self-esteem and focus on what we want. Why not take some time to write out some affirmations to guide your mind in 2022? Here are a few of our favourites:

2022 IS FULL OF
LIMITLESS
OPPORTUNITIES.

I AM READY AND OPEN TO
MORE GROWTH, LOVE AND
HAPPINESS THIS YEAR.

I STEP INTO MY
PERSONAL POWER
THIS YEAR.

MY BUSINESS IS THRIVING THIS YEAR.
I AM SO PROUD OF HOW MANY PEOPLE I
AM HELPING IN MY WORK.

I WELCOME EXCITING
NEW CHANGES INTO MY
LIFE.

4

DECLUTTER

Removing the clutter has been linked to lower levels of the stress hormone cortisol. Are there any areas of your home or work space that could do with a good declutter?

Remember if you find things that you no longer need or want they can be donated and go on to be loved by someone else.

I LET GO OF THE THINGS
HOLDING ME BACK.



5

MAKE TIME FOR READING

Research suggests that reading for around 30 minutes a week can increase health and wellbeing, helping to improve sleep, boost self-esteem and reduce feelings of loneliness. Reading is a very grounding activity - it helps focus the mind and explore our imagination and creativity.

There are so many books to explore, enjoy and learn from.

Try to find a few minutes a day to put down the phone and dive back into a book, who knows what ideas this will spark this year!

6

STOP PLAYING SMALL

Are there things in life that you want to do but you're holding back? It's time to stop playing small. Ask yourself 'What would I do if I knew I couldn't fail?' and then work backwards. Most of the time the biggest blockers are self imposed. If the last couple of years have taught us anything - it's time to take action!

I GO AFTER MY
BIGGEST DREAMS.



7

SPEND TIME IN NATURE

Spending time in nature is thought to help alleviate stress, boost your mood, self-esteem and confidence and help you to feel more relaxed. It also helps you to feel more connected to nature, which I think on an energetic level is really important, after all everything in the Universe is connected. Find your 'soul-space' and go there as often as you can.

8

LOVE YOURSELF UNCONDITIONALLY

You deserve unconditional self love. We all do. I believe self love is an important part of our journey on Earth. The world often doesn't encourage us to foster self love - it's seen as arrogance or an added extra to our lives. It's so important that we accept and love ourselves - just as we are, flaws and all. We are all worthy and we deserve beautiful lives. Self love affirmations can be a good start here.

I AM WORTHY.
I AM STRONG.

9

SHARPEN YOUR INTUITION

Learning to get more in touch with your inner power is connected to embracing your intuitive gifts. Work on sharpening your intuition and tapping into those powerful gut feelings we all have. Allow your inner voice to help guide you on your journey this year!



I CALL UPON THE UNIVERSE
TO HELP ME SHED THE
ASPECTS OF MYSELF THAT
NO LONGER SERVE ME.



10

SURROUND YOURSELF WITH POSITIVE INFLUENCES

If you're trying to grow and step into your power this year, pay attention to who you are spending your time with and who you are seeking advice from. Seek out things, actions and people that have a positive influence on you and try to cut back on those that don't. This includes who you follow on social media and who you watch on tv! You'll know deep down if something is helping or hindering your growth. Keep those vibes high!

I AM OPEN TO RECEIVE ALL
THE NEW BLESSINGS,
LESSONS, GIFTS AND
ABUNDANCE THE NEW YEAR
WILL BRING.

I AM READY AND OPEN TO
MORE GROWTH, LOVE AND
HAPPINESS THIS YEAR.

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OVERCOMING PERFECTION PARALYSIS

*BY GARRY MALONE, RMT,
REIKI BUSINESS COACH &
FOUNDER OF THE RHA*

Perfection paralysis is probably an experience that we can all relate to. Have you ever been so worried about not doing something right, that you put off doing it all together? Or have you reviewed and reiterated an idea so many times in order to find a flawless execution, that you never actually saw the idea through? Do you have a tonne of unfinished social posts, blogs, new programmes or business ideas stuck in drafts because they weren't 100% ready? Perfectionism is this inflexible all-or-nothing kind of attitude that can stifle progress in

our Reiki businesses. For example, you haven't got your logo perfect yet, so can't launch your website, which means you can't launch your programme, which means you can't start showing up and talking to an audience of any kind. We have all these great ideas, but that little critic in our head likes to interrupt our progress and list out all the reasons why we shouldn't hit publish!

As a retired perfectionist, I know what it's like to feel completely immobilised by this desire to get everything just right before it's released into the world. Entangled with this pursuit of perfection is a fear of failure and a fear to put ourselves out there. We get stuck in project limbo. We get tired and

exhausted from all the overwhelm and nagging uncertainty of where to begin or what steps to take first, and as a result we usually end up quashing all the passion and creativity out of our latest bright idea or business plan. Perfectionism is one of an entrepreneur's worst enemies.

Whilst having high standards for ourselves and our work is a good thing, we shouldn't strive to be perfect. It's an unrealistic standard we set for ourselves, and it's a major barrier to productivity and getting things done. We end up wasting too much time and energy trying to meet these expectations, so much so that we often find ourselves working long hours with very little to show for it. Hello burn-out!

So, how can we stop sabotaging ourselves and get out of our own way? Let's look at some practical tips for overcoming perfectionism in your Reiki business.

1. Finding Clarity and Focus

I was recently working with a client who was very unhappy and frustrated with a website development project she was working on for her Reiki business. When I asked about the project and why she was doing it and if it aligned with her long term business goals, she said in hindsight she regretted starting the project in the first place, as it was a waste of time, money and energy and even if she completed the project it would continue to be a drain on her time and energy in the future for very little professional or financial reward. Unless we have crystal clear clarity about what we are trying to achieve in our Reiki



practice we can easily get lost as solo entrepreneurs and become overwhelmed by non-essential projects. If you are not having fun and enjoying the work, then it's okay to re-adjust the goal post and find projects that actually bring you joy. With clarity you can focus on the things that take you closer to your business goals.

If you have a project that you have been avoiding or procrastinating around, I invite you to take some time to pause, and ask yourself how you really feel about this task. Is it important to you? Is it purposeful to your business mission? Are you doing it because you think you have to or because you'll feel guilty if you don't? How would you

feel if you actually finished it? Is it something that inspires you and perhaps you just need to overcome some manageable fears around the task, or does the idea, if you are really honest with yourself, actually just seem boring and unfulfilling? I can't tell you how many times, I've completely trashed an idea and gone back to the drawing board only to find a much better way to approach a project! Getting rid of unnecessary things on your to-do list and focusing in on a few things that you really care about, is one way to start clearing a less cluttered path towards things you actually want to achieve.

2. Done is better than perfect

This is one of my guiding mantras in business. It's about focusing on getting things done and finished, instead of flawless, faultless or perfect. We need to

lose the 'go big or go home' approach, and instead focus on progress, not perfection. I'm talking about breaking up big goals into smaller, doable milestones that you can tick off and celebrate, and working on small, bite-sized imperfect action each day. As you start crossing these bite-sized steps off your list, you will regain momentum and enthusiasm as suddenly the 'doing' part doesn't seem so insurmountable.

The best way to honour and respect your deepest goals and ambitions is to create a series of small steps and only focus on achieving one step at a time. Otherwise, you are setting yourself up to get overwhelmed and off-track. If you had to cross a river with just two boulders you would have to pick one up and place it in front of you, before you could hop off the one you've just put down. Step by step, and with a clear

“The best way to honour and respect your deepest goals and ambitions is to create a series of small steps and only focus on achieving one step at a time.”



goal in sight, you can cross the river.

Likewise, every scary seemingly inapproachable task, can be broken down into easy and comfortable steps. A good tip is to start by mapping out the immediate next steps that you need to take, and then finding the mini milestones you can work to. Then, set yourself realistic deadlines for example 'I can get this done in the next hour if I focus on only that.'

3. Getting Comfortable with failure

If we avoid mistakes and failures at all costs, we put huge mental barriers in front of our goals and tasks. We let the fear of striking out, keep us from playing the game! But what if we reframed the concept of failure? What if failure was a way to capture priceless data and information?

If something doesn't work out, then we have all this rich data to draw upon in the future to do better and get better results. We can cross a few ideas off our list (win), get a new, more informed perspective (win) and sharpen and refine our strategy to get closer towards our goals (win again).

The simple truth is that no great success was ever achieved without these little detours and temporary adjustments or 'pivots' as I like to call them. And when we start to accept that mistakes are a necessary part of the journey towards our greatest achievements in life, we open up this huge opportunity to learn and grow and become more flexible to alternative ways of how to do things.

4. Celebrate when you do cross the finish line

I think we are all too quick to jump on to the next project when we finally come to the end of something we have been working on. There is this pressure to keep working, but what about all the great stuff you just achieved?

We need to stop downplaying getting things done and celebrate the victories - the big, tiny and in-between moments, especially as a solo entrepreneur! This way we re-train our brains to anticipate rewards when we take imperfect action, and we start to look forward to finishing projects rather than dreading starting them. Having a good network of people who can celebrate your wins along the way is one great way to really mark these accomplishments.



“When we start to accept that mistakes are a necessary part of the journey towards our greatest achievements in life, we open up this huge opportunity to learn and grow.

5. Don't compare yourself to others

In a world where everyone shares so much of their lives on social media, it's easy to feel like we need to compare our own trajectory to the people we see as we scroll. Social media isn't real life, it's a highlight reel and it doesn't show all the bits in-between. It shows all the glory and none of the graft, all the highs and none of the messy bits. Comparing ourselves to others is one of the quickest ways to get overwhelmed. Building a successful and sustainable business takes time and effort and anyone that tells you otherwise is not being honest. You are investing in your future and building a legacy - it's not a race to the finish, there are going to be learning curves. It's about creating a business that fits around your lifestyle and your unique definition of success and happiness. Trust the process and focus on your own journey and unique path.

Make 2022 a year of imperfect action

Having high standards for yourself is a good thing, but nobody needs to be perfect, and if you wait until everything is perfect before you start, whatever you're working on will never be finished. So, give yourself the gift of 'done' this year. Good intentions, a clear plan and consistent progress, no matter how small the steps, will always lead to success.

TIPS FOR OVERCOMING PERFECTIONISM

- ✓ Allow yourself to do something imperfectly. Let go of the all-or-nothing mindset.
- ✓ Commit to your goals, but don't let failures define you.
- ✓ Make a mind-map to break big tasks into small chunks that you can put in order and then work through one by one.
- ✓ Each day write a new to-do list, let go of the tasks that didn't get done yesterday and start afresh. Limit your new list to the top three most important things you want to accomplish for the day.
- ✓ Set realistic expectations and deadlines for yourself so you can actually hit your targets.
- ✓ Celebrate your victories and any progress made. Enjoy the process, not the outcome.
- ✓ Get help from a friend or mentor if you are stuck - asking for feedback is a great way to keep momentum. You don't have to do everything on your own.
- ✓ Instead of comparing yourself to others, know your own worth.

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 School. 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.

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Transform Your Mondays

SETTING UP YOUR WEEK FOR POWERFUL REIKI SESSIONS

BY JESSICA SCHUGARDT

Starting my in-home Reiki Practice has been a life changing and transformative experience for myself and my clients. I always look forward to the start of a new week, as each client session I have is always so unique and I am always just in amazement how each client is uniquely supported during their sessions.

It's important for me to set the tone and prepare for the week ahead before working with clients. Some of my client sessions are in person and some of them are remote. I live in Corona, California and have clients all over the US and even out as far as Australia. I feel incredibly grateful that I get to do this work from home. It has been life changing to see the transformations my clients have experienced in their lives such as receiving clarity, support from their guides, tuning into their own intuition and internal guidance, stress reduction and so much more.



Before starting my week there are several ways I like to prepare and set the week up for success.

First of all, preparing a clear energetic space is how I like to start setting the tone for my space. It's not only important to have an energetically prepared space but also a clean space.

It's always important to use good hygiene when having clients in my space. It shows I take pride in what I do but also will help the client feel more at ease with being in my space, especially when having a new client coming in.

Sometimes they feel a bit nervous and having a clean and minimal space for them to come and relax in, does help them feel more at ease. Even when I'm doing remote sessions this also is important as our energy is everything. I know for me that when I have a space that feels clean it really helps to raise the vibration and takes away from any distractions from our sessions. I always like to make sure that I start with clean table sheets, pillow sheets and blanket for my Reiki table. I will take the time to also dust anything that needs to be dusted and remove any unnecessary clutter or trash in the space.

“When creating your space think of the energy you want to bring for your client and for yourself as the practitioner.”

I also believe it's important to be mindful of what personal items we have in our energetic space. If there are some personal items that don't feel supportive or bring a beautiful inspiring energy into your space maybe move them out of that area. It's just something to be mindful of, I know for me I felt a pull to remove some of my personal items that didn't feel aligned for me to have in the space. I have some sacred pieces that have special meaning to me like my goddess Lakshmi



statue and my crystal set that I use for my sessions, as well my oracle cards. And I know for me it really helps bring a beautiful energy into the space.

What really matters most is always our intention when it comes to holding space for our clients. So always tune into what feels good to you. What may work for me, may be different for you. When creating your space think of the energy you want to bring for your client and for yourself as the practitioner.

When it comes to cleansing and clearing my space it's about preparing a sacred container for the client's highest good. I usually will then clear my space with sage and activate Reiki energy. I do this by saying the power symbol and stamping the energy on all four corners of my room. Something I also like to do is seal the room with a beautiful circle of light. Remember

that when it comes to energy work it's all about intention.

I love to also say a prayer to call in my guides and spirit team to guide me and my clients during my sessions. I then light a candle and usually will set an intention for reiki energy to be activated.

Lastly, one of the most important things I do to prepare for the week is to prepare my heart and my energy. When working with clients, it's important that we act with integrity with the work that we are doing. Be sure to check in with yourself and what's coming up for you that week. Asking yourself questions like, "How am I feeling today? What is it I need today? How can I give myself what I need?", and allow yourself to be with what is. We then get to ask for Reiki energy to support us and fill our cups so we can be a loving vessel for Reiki.

Jessica's tips for starting the week right:



Make sure your healing space is clean - clean table sheets, pillow sheets and blanket for your Reiki table.



Chose the items you want in your space - take out personal items that don't feel aligned with your energy work. Add crystals and candles, and other things that raise the vibration.



Keep it minimal and remove clutter - this will get rid of distractions so you can focus your energy.



Cleanse the room - use sage, and stamp the Reiki Power Symbol on all four corners of the room. Seal the room with a beautiful circle of light.



Set the intention for the week! Call upon your spirit guides and team to guide you and your clients that week.



Check in with yourself and your energy - a quick chakra activation and self-Reiki treatment.

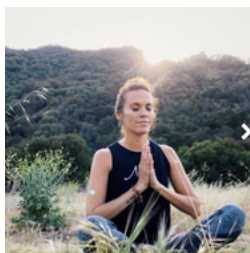
REIKI HEALING ASSOCIATION

Having a daily practice and connecting with Reiki energy has helped me strengthen my connection to Reiki and tap into my intuitive gifts. One way I like to prepare my energy for the week is by doing a Self-Reiki Chakra Activation. I set intentions and release the outcome of the session or how my clients will receive their healings for the week.

I hope you found this article helpful and can take some tips or inspiration to help you have a beautiful and powerful week in your Reiki Sessions.



AUTHOR BIO



Jessica is an Energetic Alchemist and Spiritual Mentor, passionate about helping her clients tap into their spiritual gifts to empower them to embody the goddess they are and create a ripple effect in the collective consciousness. As a certified NLP, Life and Success Coach, Usui Reiki Master and Spiritual Leader, she helps her clients tap into their spiritual gifts so they can come home to their authentic truth, self and sovereignty and show up as the leader and visionary they are called to be.



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CREATING A HEALING SANCTURY

COMMENTS

FROM OUR MEMBERS GROUP

Our members share their favourite things in their Reiki Room (other than their lovely Reiki clients of course!)

1



"My large apophyllite crystals." - Jennifer Dudley

2



"My books and my ceramic bowl for burning sage and palo santo." - Danielle Thompson

3



"Reiki Dog that I use as a surrogate for distance sessions." - Rachel Stokes-Lovel

4



"My cabinet filled with books, crystals and treasures." - Christine Crawford

5



"Reiki power symbol along with mild Reiki meditation music!" - Swarnakumari Chella Nagarajan

6



"Reiki Master Dr. Mikao Usui, Master Chujiro Hayashi, Master Hawayo Takata." - Ravi Subramaniam

7



"My Tibetans bowls, crystals, Buddha statues, oils, all together make my room a blessing" - Beatriz Amador

8

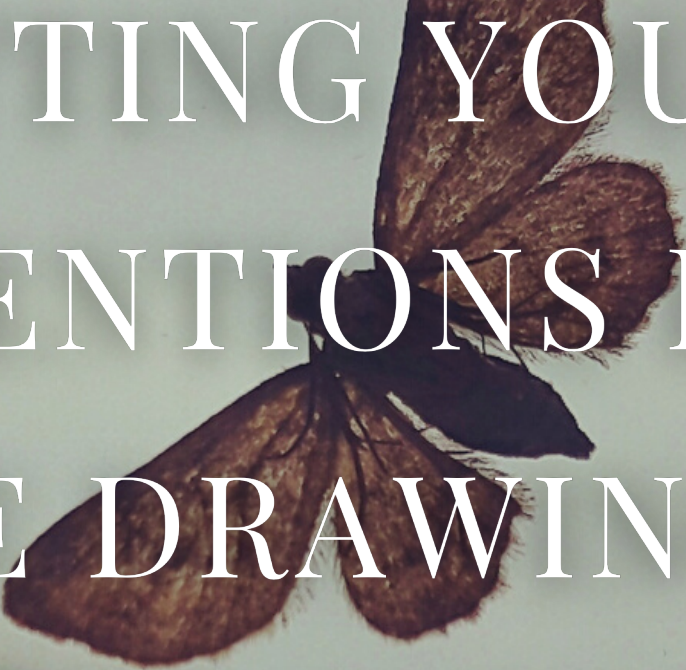


"My Koshi chimes." - Lynda Helmer

9



"Since I have 18 Himalayan salt lamps around the room, there's a beautiful pink glow that reminds me of Rose Quartz." - Leigh Shaheen



“SETTING YOUR
INTENTIONS IS
LIKE DRAWING
AN ARROW FROM
THE QUIVER OF
YOUR HEART.” —

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MY 21-DAY SHODEN DETOX EXPERIENCE

MY PERSONAL JOURNEY THROUGH THE REIKI 'HEALING CRISIS'

BY LILY CLAIR

Anyone working through the three levels of Usui Reiki training, will be aware that each level of training and attunement, is accompanied by a cleansing period known as the 21-day Reiki Detox. During this sacred time for reflection and self-healing, the student enters a cycle of detoxification, as Life Force Energy cleanses and awakens the chakras to enable them to become a powerful channel for Reiki energy. As the whole energy system is readjusted and rebalanced, many experience symptoms of physical cleansing and detoxification.

Because I am not in the thrall of any of those classical habits with which I associate with a 'detox', I didn't anticipate any problems working through this healing period. And when the Shoden Detox process showed up as the next segment in my Reiki Level 1 training, my first 16 days were uneventful.

Then a sudden whammy struck. I had no

doubt about what it was — it didn't knock; it simply blew down my door, entered, and took over. What resulted was a 37-Day 21-Day Shoden Detox experience.

More than a month later, I wrote to my Reiki Master Teacher, Garry Malone, to share my Shoden Detox experiences and he motivated me to turn in my 'homework' to help others in the RHA going through their own Reiki Detox. You are now reading my 'homework'. Although I can't do yours for you, and everyone's experience will be unique, I hope these insights and observations from my detox diary may help others going through the same journey.

For the sake of clarity, my tightly entwined experiences are separated into sections. I overuse the words 'sudden' and 'suddenly', but they describe my perceptions of my experiences better than any other words I can think of. It all occurred — you guessed it: *suddenly*.

FEATURES

“ My first 16 days were uneventful. Then a sudden whammy struck. I have no doubt about what it was — it didn’t knock; it simply blew down my door, entered, and took over. What resulted was a 37-Day 21-Day Shoden Detox experience.

Sudden exhaustion — physical, mental, and emotional

Early in detox process, I had moments of exhaustion, where I realized my memory was slipping and I felt physically weak. I specifically remember one day I picked up a pen to write something, and discovered I could barely hold onto the pen. I felt my hand trembling inside, even though it did not appear to be shaking as I looked at it. I attempted to write my name; the resulting tiny scrawl was unrecognizable. I could not believe I had ‘written’ that.

As my energy plummeted, suddenly I remembered to take my flower essences. It was the key I needed to dispel dark energies, and grab what remained of my mind and depleted energy and start pulling them out of the void.

As my negative energy slowly subsided, my spirit needed an inspiring, enduring purpose — fast. My lifelong desire to



significantly help animals loomed large. I’ve not been able to fulfil that purpose because I could not imagine how to do so. All my life, all I could perceive were obstacles blocking me. Now, several concurrent, entwined epiphanies revealed themselves in a flash, resulting in a complex combination of anger, hate, insight, and inspiration.

I desperately needed rest and sleep. I allowed myself to plan my immediate future around sleep and rest, instead of wakefulness and responsibilities.

The quantity and quality of my sleep suddenly improved. Deep. Long. Lucid dream-filled. Revitalizing.

Dreams so simple and clear, compelling yet comforting, and immediately pertinent, informative, and practical.

I felt burdens gently sliding off my back. No wonder I have back issues. I felt my back might heal if only I could keep shedding the burdens that have lodged there so long. Toward the end of my final three weeks of detox, I experienced a sudden, quick, small self-adjustment in my spine, and a positive shift and lightening of my energy.

Craving for Natural Foods

After experiencing a big reduction in my appetite during my detoxification journey, suddenly ideas and ‘tastes’ began coming to me about what my body wanted! In this semi-dream state, before fully waking, my body — not my mind — began revealing clear, specific ‘taste’ sensations of what it wanted to have, and what it did not want. The stunning clarity that my body boldly expressed was unequivocal and unquestionable. I was still physically weak, but my new ability to somehow ‘taste’ the foods my body wanted, and my slowly returning appetite, were sufficient to get me back to the natural foods store quickly.

My body began feeling better: diminishing dullness, fear, and depression; increasing mental clarity, vitality, and strength. I now have a new, simple, even healthier vegan organic diet, which came together quickly. Something is enabling me to truly listen to and give my physical body what IT wants.

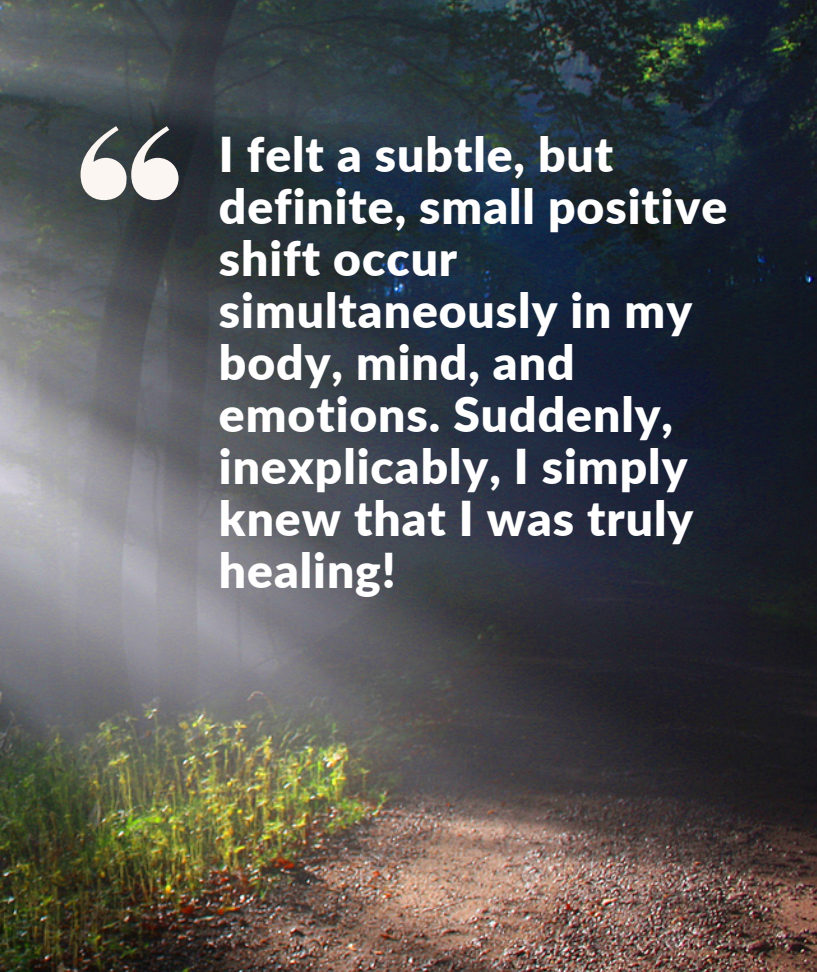
I opted for organic foods and drinks at warm, cool, or room-temperatures, with purified water, herb teas (no caffeine), fruit and vegetable juices and broths.

Sudden craving for therapeutic baths.

For about ten days, whenever I felt the need, I turned on the water and added bath salts (baking soda, Himalayan salt, and Lavender essential oil), and slid into the silky hot comfort. My physical pain and distressed mind departed.

After three weeks of this drastic healing crisis — I felt a subtle, but definite, small positive shift occur simultaneously in my body, mind, and emotions. Suddenly, inexplicably, I simply knew that I was truly healing! Unquestioningly, I accepted that I was beginning to perceive and live a new reality — about which I had no information, no fear, and no resistance. I felt remarkably better as my healing crisis came to an end.





“ I felt a subtle, but definite, small positive shift occur simultaneously in my body, mind, and emotions. Suddenly, inexplicably, I simply knew that I was truly healing!

Lily's Tips for Embracing the Reiki Detox

1. PAY ATTENTION! To intuitive flashes, your 'little voice', gut feelings, dreams, imagination, mental pictures, sounds, 'coincidences', 'signs', 'messages', repetitious thoughts or feelings, whatever wants your attention. Pause. Consider them and their meaning to you. The Malones advise planning for plenty of rest and sleep when you detox. You may be surprised by your need.

2. TRUST YOURSELF. Your experience will be different from that of others. The experience you already have is different from the experience anyone else has — making you different from everyone else. Embrace self-ownership!

3. EXPRESS APPRECIATION! You have more willing help to draw upon than you think — but you must tune in, ask, be open to unexpected responses coming in surprising ways at any time! Sometimes your request has been answered before you consciously formulate your question. So pay attention to the message that most likely was just sent to you. This in itself expands your consciousness. Remember, we're working with energy!

4. WHEN YOUR 21 DAYS ARE OVER, YOUR SHODEN DETOX CONTINUES. Peeling the onion is a lifetime process. If you're younger than 77, you may not have as intense a detox as I did because you haven't had as much time to accumulate so much trash. Don't recycle it; HEAL it! Start as soon as you're ready!

Shoden Detox is a wonderful opportunity to leave your false and negative beliefs behind, focus on your being for 21+ days, and experience your innate desires, knowing, gifts, and goals — and start finding and feeding your meaningful life purposes! Remember: Shoden is about HEALING YOURSELF — first and foremost!

Lily Clair is an Animal Reiki Master Teacher and is currently working on her Usui Reiki Master Teacher certification. For more than six decades she has been tutored by Nature: Animals, crystals, minerals, gems, flower essences, herbs, the elements, homeopathy — which combine wonderfully well with Reiki. Lily's career background is in communication, with degrees in journalism, information management and librarianship, and theatre. Lily has volunteered for several animal welfare organizations, and is a lifelong kitty mom and sandbox cleaner.

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OVERHEARD IN THE MEMBERS GROUP

WE ASKED OUR MEMBERS TO SHARE THEIR TOP TIPS FOR SELF-CARE WORKING AS A REIKI PRACTITIONER

➔ Daily Self Healing

"I practice self healing positions twice daily. First thing in the morning, preparing my body to successfully deal with negative energies received (nurse) and when I have returned home, cleansing myself of all attachments."

-Catherine W Dunne



➔ Asking for help

"Asking for help or healing with another practitioner or master when needed. Share love and light!"

- Kornel Kisata



➔ Set Boundaries

"I realize that I'm not the healer. I'm only a conductor, a transmitter where the light, energy, life force may transform and ignite the healing power within the one that needs to heal her/himself."

-Pia Cronham

➔ Protect Your Energy

"Remember to shake off the energy residue of anyone else you have worked on, in person or distance."

-Lynda Helmer

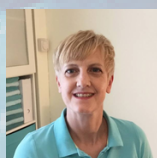
➔ Use Cleansing Tools!

"Eliminate negative energy at the end of each day by using a lavender smudge and rubbing my arms in a downward stroke with a quartz clear crystal."

-Norman Wilson



REIKI FOR MENOPAUSE SOMETHING TO CRONE ABOUT



**DAWN WOODES,
REFLEXOLOGIST AND
REIKI MASTER TEACHER,
EXPLORES THE ENERGETIC**

**CHANGES THAT OCCUR DURING
MENOPAUSE AND HOW CHAKRA
BALANCING AND OTHER HEALING
TECHNIQUES CAN SUPPORT CLIENTS
EXPERIENCING SYMPTOMS FROM THIS
SHIFT TO THE CRONE PHASE OF LIFE**

Cycles and phases are repeated in nature and are a part of what makes and defines womanhood. More than any other earthly creature, our bodies run according to them - from the monthly menstrual cycle to the 'maiden-mother-crone' life cycle, known as the Three Goddesses or Triple Goddess.

As with all cycles occurring within nature, the stages of a woman's life represent an arc of growth, maturation and instinctive winding down as we prepare to pass on our wisdom and return to the earth.

Our bodies and psyche change as we go through considerable hormonal changes, which are characterised by certain features.

As the reproductive aspect of our physical body winds down, the spiritual aspects of our subtle body ramp up. Shifting the focus from the physical to the spiritual, with increasing wisdom and insight, is something to embrace and celebrate.

Changes to our subtle body (our chakras and energetics systems) mirror many of the changes in our physical body. Energetic shifts can manifest in any number of ways.

Menopause represents our birth into the 'wise woman' or crone phase of our life, and with this comes the energetic, psychological, and spiritual shifts that usher us into our wise woman years. Our ability to sense and connect with energies and spirit is magnified.

There is already an imbalance happening during the menopause with both oestrogen and progesterone levels declining but it is the imbalance ratio which can be attributed to its many symptoms.

During peri-menopause and menopause, many women experience sporadic rising kundalini energy bursts as actual sensations of warmth (that'll be the hot flashes) or tingling in a part of their body associated with a chakra. Just as our hormones swing during this time, so does our energetic system.

When it comes to hormonal balance, aligning all the chakras helps to ensure optimal function of the entire endocrine system and when it comes to menopause, emphasis should be on the second and sixth chakras.



• Triple Goddess •

As the healing energy flows to these centres, it brings with it a sense of calm, relaxation and well-being. It balances emotions and lowers stress levels.

The crucial female power base is the second chakra, the sacral chakra, and the source of strength for women. A strong connection to the mental body, bringing the sacral chakra back into balance to restore hormonal balance will help with both physical and emotional symptoms.

The sixth chakra, the third eye chakra is connected to the hypothalamus (the part of your brain that secretes hormones into the pituitary gland), the pituitary gland (which tells the adrenal glands what to do), growth hormones and metabolism. This chakra is related to our autonomic nervous system and our intuitive inner vision. It assists with sleep and brings about more positive thinking.



When it comes to the symptoms of menopause, relief can be as urgent as it is complicated as it affects all physical, mental, emotional and social aspects of life. Because every person going through menopause will have differing levels of symptoms and severity, the same goes for what will help address the issues.

Sensible areas to focus on in supporting women with hormonal imbalances are the endocrine system; to find hormonal balance, the parasympathetic nervous system; to provide relaxation and stress relief, and the emotional points, through touch and by holding space.



Creating a relaxing environment and bathing the senses and nervous system in healing, soothing energy offers a much welcomed remedy.

The relaxation response can be viewed as having a multifaceted impact. When our bodies are inundated with stress, muscles tense and circulation is impaired. Toxins accumulate in the tissues and over time, all bodily systems function with less and less efficiency. Chronic stress also upsets the hormonal balance in a woman's body as excess stress hormones such as adrenaline and cortisol run amok.

“ When it comes to hormonal balance, aligning all the chakras helps to ensure optimal function of the entire endocrine system and when it comes to menopause, emphasis should be on the second and sixth chakras.

Therapeutic touch is proven to reduce stress, reduce pain and produce relaxation. Touch helps the body's ability to heal and encourages a mind-body connection. It emphasises the direct association between psychological and physical health and well-being. Touch is also clinically proven to significantly improve tiredness, anxiety, depression and immune system functioning.

The many stages women experience are indeed a metamorphosis, a distinct passage through profound maturation, representing the powerful resilience and wisdom of our nature. Nature functions with effortless ease and grace. We too can follow its intuitive rhythms, aligning ourselves with its cycles and stages as a powerful way to embrace the natural ebb and flow of our lives and to find deeper serenity within.

AUTHOR BIO

Dawn Woodes MAR, is a Reflexologist and Reiki Master Teacher, on a mission to support clients health, wellbeing and energetic connections to live in wholeness and wellness. Her practice has evolved over the last ten years to incorporate Facial Reflexology, Zone Face Lift, Spiritual Facial, Facial Cupping and Indian Head Massage, amongst others, to offer both therapeutic and aesthetic benefits to strengthen the mind-body-spirit connection.



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Dawn's tips for supporting clients with menopause:



Chakra balancing helps to ensure optimal function of the entire endocrine system - emphasis should be on the second and sixth chakras.

Regulated breathing patterns can move the body and mind towards a calm and relaxed state or feeling. Use guided, deep, box or rhythmic breathing techniques with the client.

breathe



Create a relaxing environment to bathe the senses and nervous system in healing - use light, candles, and aromatherapy.



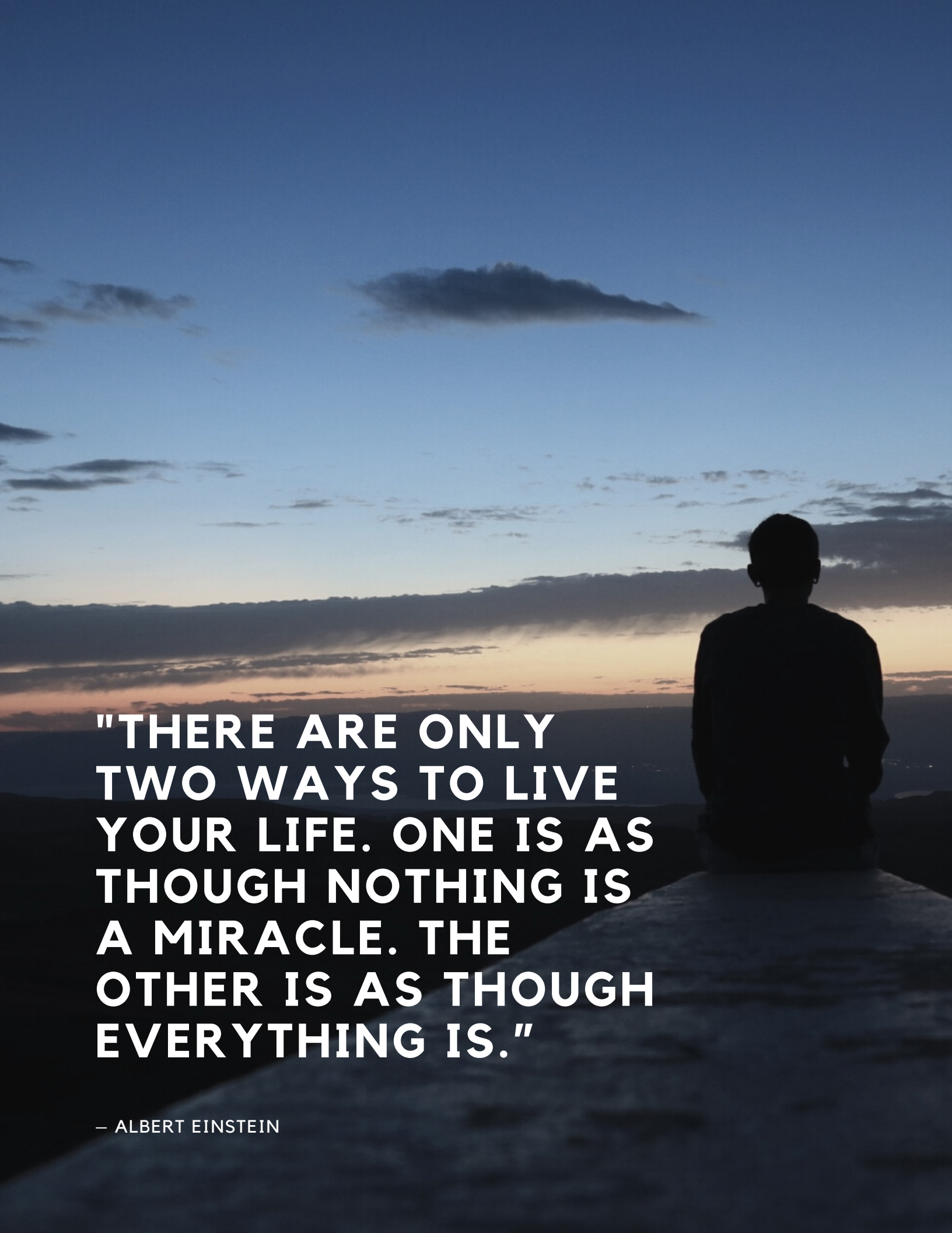
Sound and vibrational therapy works with the chakra system. Deeply penetrating the mind, body and spirit through the psyche, it induces relaxation and supports self healing.



Earthing connects one to nature's energy, nurturing and balancing the body at the deepest levels. Earth or ground the client well. Advise they walk barefoot on grass, soil, sand or stone.



Top tip: When a hot flash strikes... put your wrists under cold running water. Feet and ankles too if it's a bad one! (this cools the blood vessels nearest the surface of the skin, reducing temperature).

A silhouette of a person sitting on a ledge, looking out at a sunset sky with scattered clouds. The person is positioned on the right side of the frame, facing away from the viewer towards the horizon. The sky transitions from a deep blue at the top to a warm orange and yellow near the horizon. The person is sitting on a dark, textured surface, possibly a stone or concrete ledge.

**"THERE ARE ONLY
TWO WAYS TO LIVE
YOUR LIFE. ONE IS AS
THOUGH NOTHING IS
A MIRACLE. THE
OTHER IS AS THOUGH
EVERYTHING IS."**

— ALBERT EINSTEIN



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Benefits of Reiki: The Seeker's Journey

BY CHRISTINE SUTTON

"The journey of a thousand miles begins with a single step." - Lao Tzu

It seems to be a fact that people are drawn to Reiki as and when the time and circumstances are right for them. As a Reiki student I saw this fact written in many texts and articles about Reiki and I took it at face value. It was certainly true in my own life but I did not fully understand it until I began to teach students myself and went searching for more information.

One of the first questions that I ask every new group of students is "Why are you here?" On the surface the answers that they give may be different but the underlying theme is always the same: "I am looking for

something. There has to be more to life than I am experiencing."

As I have learned more about Reiki from my own experiences and those of the students that I have been privileged to meet it has become very apparent that this underlying quest for "more" is universal - everyone feels the pull of it at some time in their life. We all become Seekers of some sort of destination. How far that quest may be fulfilled in a lifetime is variable but it is the same quest. More and more people are being drawn to it.

Of course this is nothing new - humans have been aware of the quest for many centuries and it has been written into the scriptures of every religion we have ever embraced and into the archetypal stories

PERSPECTIVES

and folklore of every civilisation we have ever formed. For example, Tarot cards which date from at least the 15th century embody the quest as the “Seeker's Journey” through the pictures and symbolism of the Major Arcana. The “Quest” to navigate and complete the journey is also found in simple board games (e.g. Snakes and Ladders and Ludo).

In more complex game structures the object of the game may appear to be anything from defeating a dark lord to rescuing the princess to simple survival. It is also at the heart of all the great stories ever told. Whenever we play one of these games, become enthralled in a great story or are beginning to embark on the Quest for real we become Seekers of something.

That something beckons us on. We may not have a clear idea of the destination we are seeking, but there is often an eerie but exciting knowledge that it is there, hidden just out of view. We may pause for a while many times on the journey but rarely, if ever, does anyone want to go back to the start point and completely abandon the Quest.

It is an interesting fact that there are more people currently alive who are aware of this pull and who are actively doing something about it than at any point in human history before. This is why there has been such a huge



worldwide interest in spiritual development literature and practices such as Mindfulness, Yoga, Meditation and Reiki over the last few decades. The Reiki journey is just one way of fulfilling the quest. It is a very accessible and easy route into personal and spiritual development.

“We all become Seekers of some sort of destination. How far that quest may be fulfilled in a lifetime is variable but it is the same quest. More and more people are being drawn to it.”

PERSPECTIVES

On an individual scale being somewhere on the Seeker's pathway really does seem to make a difference. People who are already moving along this pathway using Reiki or other disciplines can often answer "yes" to at least some of these questions:

- Are you happier than you were?
- Are you more fulfilled?
- Is your mind quieter, at least some of the time?
- Are you less inclined to judge others quickly and harshly?
- Has your work changed for the better?
- Have your relationships changed for the better?
- Have you let go of old, stuck situations, thoughts and behaviour patterns?
- Are you more forgiving of yourself and others?
- Are you experiencing more abundance in your life?
- Has your physical health improved?
- Are you seeing beauty everywhere you go?
- Are people responding more positively to you?
- Is there "magic" happening in your life? (i.e. things that cannot be explained by any normal, rational or scientific route).

If the answer to one or more of these questions is "Yes" then you have definitely moved along your personal and spiritual pathway and are now experiencing life at a higher level of vibration.

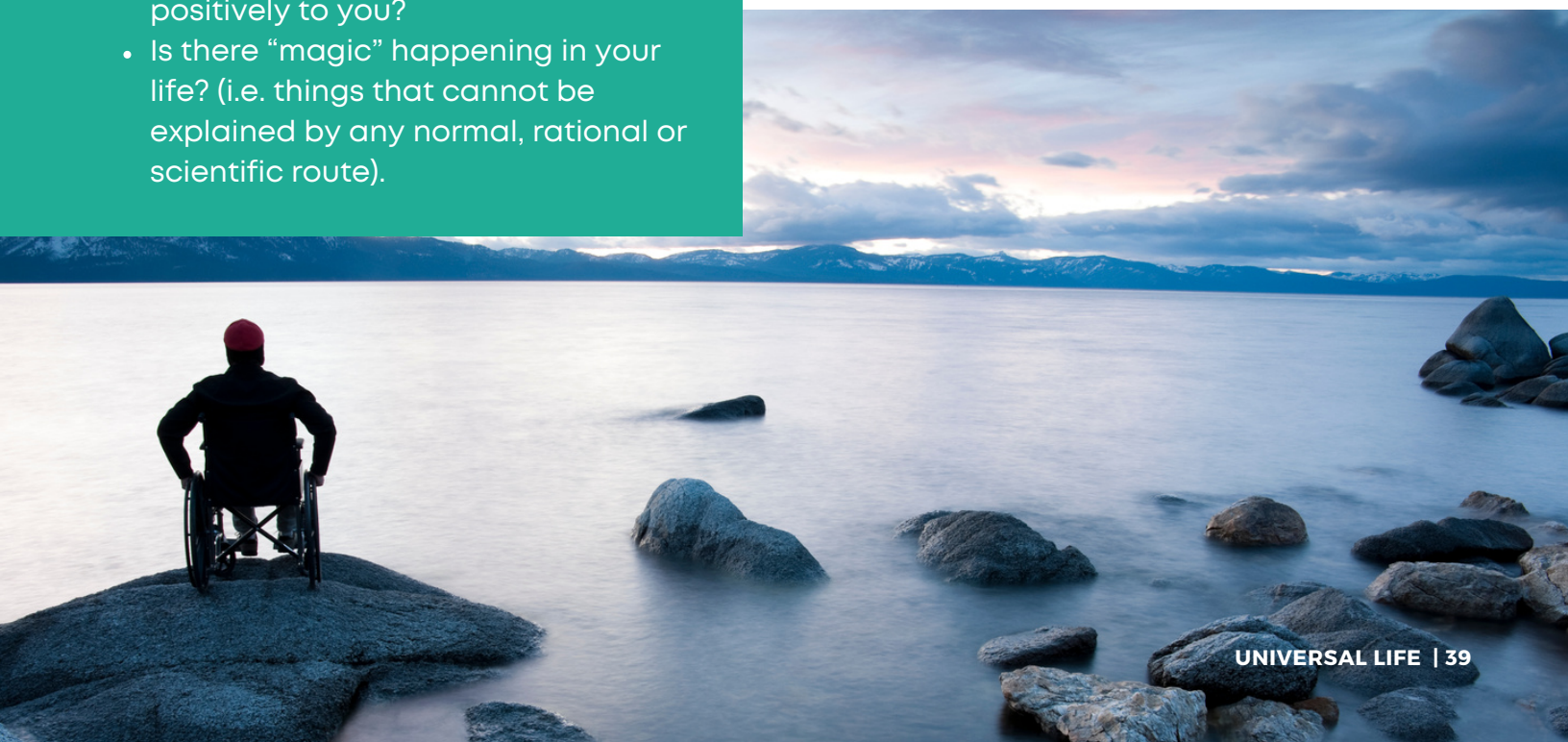
On a grander scale the journey of each individual contributes to the greater journey of human society. As more people become awake and aware of our unfulfilled potential the level of conscious awareness is (hopefully) rising steadily in the worldwide population. Old, long accepted patterns of thought and behaviour, old institutions and power bases are being challenged in many areas. The result may seem like chaos while the shifts are happening. How it all works out (the final destination) we don't yet know – we are still only partway through the journey and cannot yet see the end. We are indeed living in "interesting times!"

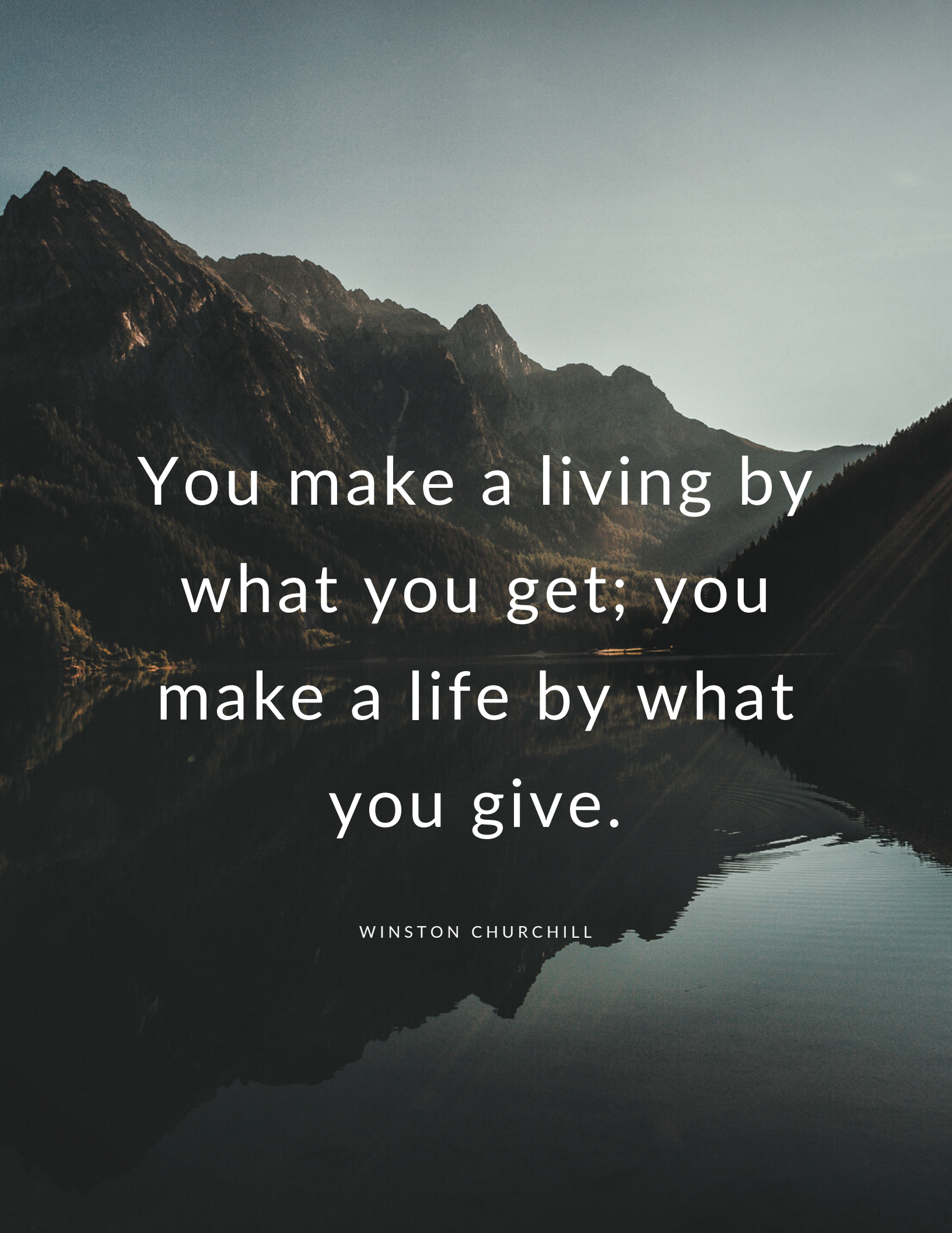
AUTHOR BIO

Christine Sutton, Reiki Master Teacher at Phoenix EFT Therapies and Training



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Opening the Third Eye with Reiki Practice

BY DEBORAH LYNN STRAFUSS



*Reiki Master Teacher, CSLC, CDP,
Usui Reiki Ryoho*



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I have had some clients concerned about recurrent frontal headaches and/or a feeling of pressure in the forehead, which is sometimes more prevalent during a Reiki session and then calms afterward. This can be a recurring concern they bring to the table.

This is caused by the third eye trying to open. I was meditating this morning and got a clear impression of the eye behind the forehead trying to open as the thought of a client experience wafted through my head. The third eye is our wisdom and inner vision. It is the site of the Heaven Ki in Reiki and is one of the three major energetic centres of the body in the Usui Japanese Reiki energy system.

Many times, we have closed this inner eye and knowing, often because of painful experiences or self-doubt or because of fearfulness. As we begin to grow and become spiritually self-aware, this eye is begging and pleading to open for us.

The Three Diamonds

The three diamonds of Earth Ki, Heaven Ki and Heart Ki are at the foundation of the system of Reiki. The Third Eye is the site of the Heaven Ki.



Often there will be a sense of conflict in the third eye area leading to different types of physical sensations, all of which are our body's signal to us that the eye of our true inner vision wants to open, to clear, to come to our conscious awareness and into use in our daily lives.

Receiving Reiki can assist the third eye in opening.

However there are many possible responses as this happens, one of which is what we call a healing response. This occurs when a specific area may get a sharp pain, hurt or become numb very briefly before releasing into healing. In the case of the third eye this can be headache and pressure. These sensations are energetic toxins rising to the surface to be released from the body as its healing process takes place during a Reiki treatment. What I have noticed with the third eye is that it can take some time – i.e. more than one session – and some personal work by the client, to open.

The third eye is not only a way of seeing and knowing our inner truth, it is an opening and vulnerability of the soul. It is a passageway – not just into our true self, but a portal for the world to be able to look in on us. When our inner eye is open, we can see truths “too hard to tell.” The realities of the pain and suffering of the world come into our

consciousness through this eye, true pain of those we love and those we fear and this vision can strike our being with true pain. It is easier to doubt ourselves, to cover up our vision and turn a blind eye to that which we are not sure we can handle. It takes courage to open this eye, and as it opens, the wisdom of the third eye will become a developer of compassion in those who choose to see. This can be a gentle slow process of self-development or a sudden opening – but most often I see the former. The third eye opens slowly.

When that Heaven Ki hurts or throbs or makes itself known during a Reiki session, here are three things you can do:

1. **Make sure the client is grounded – Reiki the Earth Ki or Root Chakra well and give them some tips for self-grounding to help balance their energy on an ongoing basis (i.e. hara breathing, mindfulness techniques).**
1. **Reiki the Heart Ki (Heart Chakra) and help the client to open their heart by having them breathe up into and expanding the chest area from the hara, physically opening and bringing air, breath, prana into this important space – an open heart is the only way to accept true vision and knowledge.**
1. **Finally have the client breathe through the Heaven Ki, (Brow Chakra) bringing in air and light, expelling or breathing out resistance, pain or fear, while giving Reiki to the face or crown chakra area. Encourage them to welcome the process. “I am willing and open to see and know, be seen and known. I am willing to be vulnerable. I trust in the goodness, light and love of [the universe, god, spirit, etc.]”**



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New Added
Members benefits



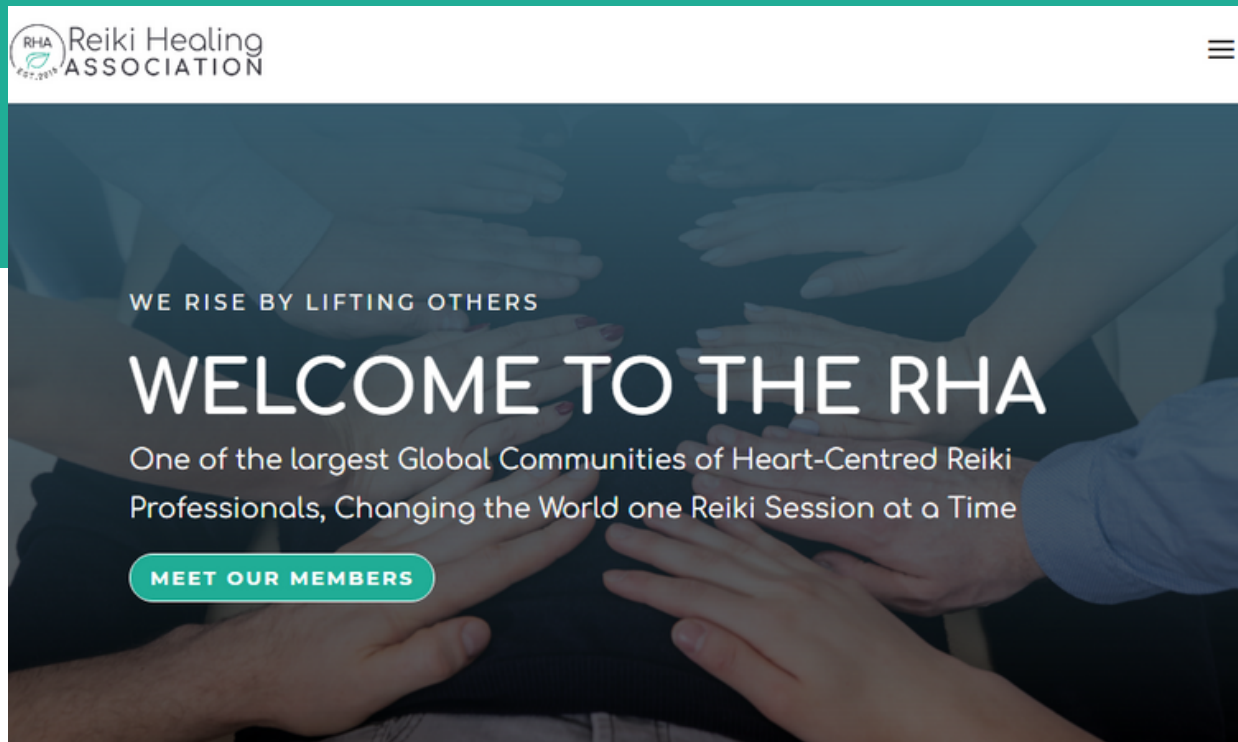
03

Member's Spotlight

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CHECK OUT OUR NEW & IMPROVED WEBSITE

01



We've Been Sharing the Gift of Reiki Since 2015

We've got a brand new look

We've been working hard behind the scenes to make the Reiki Healing Association better than ever! We've got a fresh new look, with updated Member Benefits and some brand new ones too! We wanted to hero our members in a big way to help showcase your incredible businesses.

If you haven't yet looked around, come on over and see what's new.

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NEW MEMBER BADGES

We've got brand new Membership badges for you in your Members Area that you can place on your website, social profiles or marketing materials.

You can find these under the Members area within 'RHA Member Benefits.' We've added 12 different colourway options for you to choose from.

[LOG IN NOW](#)

Tips For A Great Reiki Business Listing

1

The RHA Directory also has a new look. Why not update your listing? Or add a new one? Here's our top tips for creating a great Business Listing.

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.

NEW RHA MANUALS & MORE MEMBER BENEFITS



Updated Business Tools

Member Business Tools such as the RHA Manuals, Client Forms, Leaflets and Certificate Templates have been updated with a fresh new look and our new branding.

You will find these under 'RHA Member Benefits' in your Members area - enjoy!

MEMBER SPOTLIGHT

03

MEET SOME OF OUR RECENT
MEMBERS OF THE WEEK



► Jaime from Earth and Ether Healing

 @earthandetherhealingarts

"Running parallel to my spiritual quest is a deep love and innate wisdom for the fine and creative arts. My formal training has spanned over 30 years of progressive development in fine and creative art, mixed media, digital art & graphic design. These two separate passions now converge as one in perfect harmony through healing that includes vibrantly descriptive sensorial meditation and chromatic visualization."

► Jenine from Grace and Ivy

 @graceandivydoula

"I'm Jenine...a Womb Centered Reiki Practitioner in Warragul, Victoria. I am also a birthkeeper and womb wellness practitioner, so pregnancy, postpartum and womb healing are my main focus. I also do Crystal Reiki and Chakra Balancing and Yoni Steaming. I can also do a Distant Reiki session, if that is your jam."



► Cody from Reiki for Wellness

 @Reikiforseniorwellness

"Reiki is a powerful Energy healing modality available to all of us. This wonderful gift can be life-changing in so many ways. My focus is the 50+ community and their pets; however this practice is open to any seeker who is drawn to it."

► Jan from Peaceful Spirit Reiki

 PeacefulSpiritReikiForAnimals

"I love learning from the animals, receiving their guidance, and unconditional love. Through them...helping people heal and connect to their beloved animal buddy...the animals also heal. I am blessed to work with, talk to, and be with these beautiful souls...the animals."




MEET OUR MEMBERS

MEMBER SPOTLIGHT



► Aparna from Whisper Within

 @whisperwithinme

"My journey to motherhood has by far been the most transformative one I ever undertook. Longer than I imagined, it has become a path to Self-discovery....It is in shining light on the darker aspects that I was able to fully embrace and integrate this journey as an invitation to my own expansion. I am passionate about inspiring others to do the same – to transform difficult times into their own healing and cultivate a sense of power within."

► Jennifer from Healing Hands Reiki

 @1111healinghandsreiki1111

"What is unique about the Reiki service I provide is that I tend to see the chakra colors that are unbalanced in my client's body. If you are not familiar with chakras, I can go over them with you in-person but essentially, they are our energy centers that go from the bottom of our spine to the top of our head – there are 7 in total. I will clear out blockages in all of your chakra centers as well as through the meridians in your body and in your aura."



► Adrienne from CollinSpirit Coaching

 @collinspirit_coaching

"As a Reiki Master, I have over 7 years of training. Healing and Reiki is my passion. We provide spiritual coaching, consulting, & development to individuals who are looking to exhale peace & become the best versions of themselves."

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](#)

“



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

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