



A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

— Magazine

In this issue:

THE ART OF STILLNESS

Akleema Ali shares the go-to Reiki practices she uses to seek more peace and stillness, even during a busy schedule

THRIVE IN EVERY SEASON

Kris Denning explores how she came to embrace her least favourite season and find beauty in the darkest times

PLUS

+ STRENGTHENING THE SOUL MATE LOVE CONNECTION

WITH REIKI

EXCLUSIVE

Puppy Diaries: How Animal Reiki Helped My Poochon Pup

Molly Malone, Author of the Little Book of Animal Reiki, reveals the powerful ways Reiki helped her love and support her puppy during its first years of life

FEATURED

REIKI AND THE 30 YEAR ITCH

Exploring the theme of
LOVE & LIGHT

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With Molly Malone

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Editor's Letter

Hello and welcome to this issue of Universal Life Magazine, where we will be exploring the theme of **Love and Light**. These three little words hold very powerful vibrations.

Love is universal and connects us all. There are many different types of love, from self-love to unconditional love, our love for Reiki and the world around us. It is at the very heart of the healing work we do as Reiki Practitioners. It is an energy of creation where we create connections and learn to understand ourselves and others from a place of no judgment. When we feel loved we feel alive, joyful and happy. We feel safe and part of something greater.

Love is connected to the Heart Chakra – the energy centre for self-compassion, love and acceptance. This energy centre is all about caring as deeply for ourselves as we would another soul. It drives us to forgive and heal from wounds of the heart so we can let more love in. It awakens an empathy within us so we can see the world from the perspective of others. Love is a powerful healer. It is an emotion of the highest spiritual vibration.

Light is equally powerful. It is healing and illuminating – it helps us to see the truth, to find clarity and discover wisdom to guide us on our way. Light is the element connected with the Third Eye Chakra – it allows us to see past the noise and distractions of the day to day and

perceive what is real and purposeful. It allows us to imagine and envision a better future and manifest the life we want. This energetic eye helps us tap into that inner knowing that we all have – that gut feeling or intuition that helps us stay on the right path. It compels us to become aware of who we really are and how we fit into the bigger picture; to share our purpose with the world and help others find their own way.

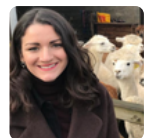
In this issue we dive deep into themes of both love and light in many interesting and thought-provoking ways. From pet love to self-love and strengthening soul-mate connections, to discovering the healing colours in light, and ways to find hope in the darker seasons of life, we have lots of fascinating articles to share with you in this issue.

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

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



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Thrive In Every Season

How to Be Happier in Winter

*RHA MEMBER KRIS DENNING
EXPLORES HOW SHE CAME TO
EMBRACE HER LEAST FAVOURITE
SEASON AND FIND BEAUTY IN
THE DARKEST TIMES*

**"IF WE CAN APPRECIATE AND
FIND VALUE IN THE DARK
TIMES, TRUSTING THAT THERE
WILL AGAIN BE LIGHT AND
WARMTH, WE CAN MAKE
PEACE WITH THE PRESENT.
THERE IS BEAUTY TO BE
FOUND ANYTIME AND
EVERYWHERE IF WE ALLOW
FOR IT."**

Fall used to be my favorite time of year. Watching the leaves changing colors is one of the most beautiful aspects of nature. Spring followed for me as a close second, as the flowers bloom and the newness of life creeps back in.

Most everyone seems happy in the summer of course, what's not to love? But it seems that winter typically has a bad rap unless you are an avid skier, which I am not.

For me, winter promised the possibility of a snowfall, which is nice. But that was the only beauty I used to find in winter. And that promise of snow was always limited, considering this is the Willamette Valley, and there is rarely snow here. I used to live for that chance of a beautiful snowfall to make winter more appealing!

Then a couple of years ago, someone mentioned how interesting the tree branches looked in the winter, and I started to take notice.

The beauty of the bare boned branches against the cold winter sky has completely changed the way I look at this darkest season. Every time I walk outside, I gaze at these strong powerful tree branches and am hypnotized by their strength and stature. With the cold sky as a backdrop, even a dark rainy day can make these formerly unassuming tree branches look like masterpieces. Last summer I surprised myself, as I was imagining the bare trees once again. I wonder, could seasonal affective disorder be exacerbated by how we view this time of year?

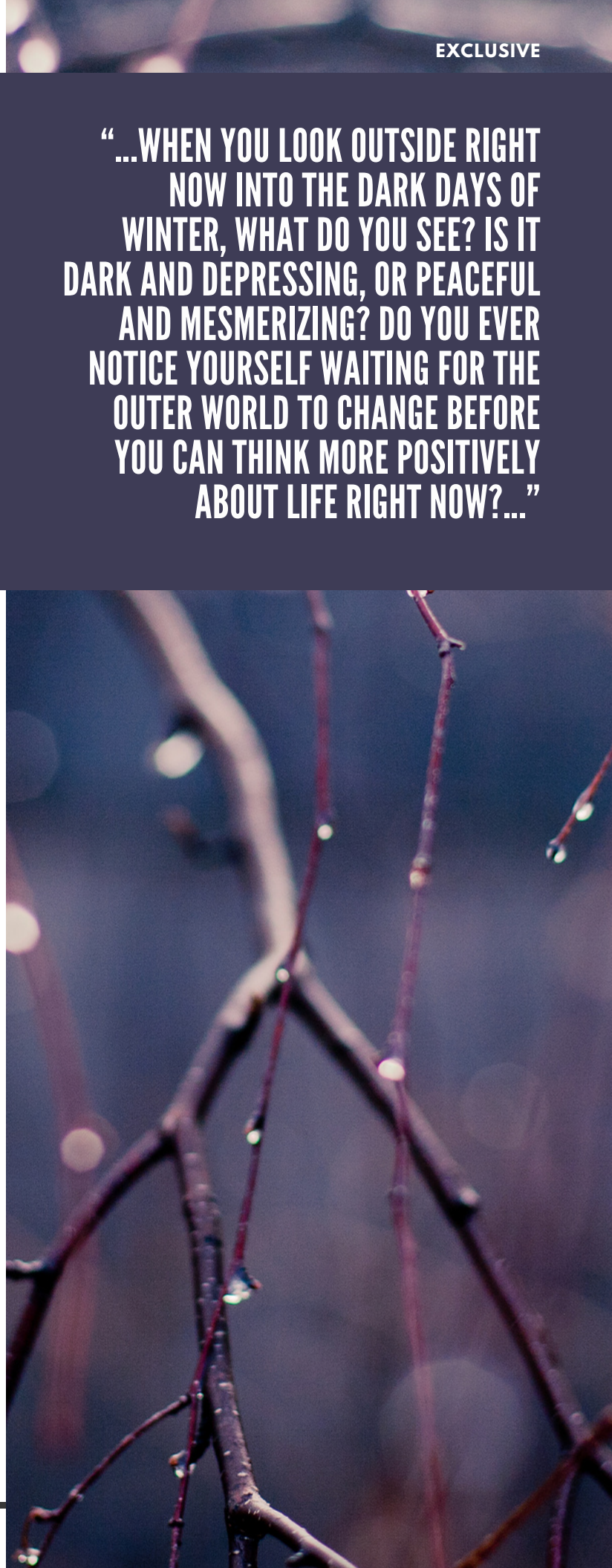
“...WHEN YOU LOOK OUTSIDE RIGHT NOW INTO THE DARK DAYS OF WINTER, WHAT DO YOU SEE? IS IT DARK AND DEPRESSING, OR PEACEFUL AND MESMERIZING? DO YOU EVER NOTICE YOURSELF WAITING FOR THE OUTER WORLD TO CHANGE BEFORE YOU CAN THINK MORE POSITIVELY ABOUT LIFE RIGHT NOW?...”

When you look outside right now into the dark days of winter, what do you see? Is it dark and depressing, or peaceful and mesmerizing? Do you ever notice yourself waiting for the outer world to change before you can think more positively about life right now? Are you aware that positive thinking is associated with less chronic pain, less stress and anxiety, reduced blood pressure and an increased life span? These are among scores of other benefits.

Nature ebbs and flows without resistance. Fortunately for nature, it doesn't have to listen to the judgmental thoughts of the human mind. These thoughts are part of our nature, but they don't have to negatively affect our lives. We too can flow with the changes of life without “thinking” it harder than it needs to be.

If we can appreciate and find value in the dark times, trusting that there will again be light and warmth, we can make peace with the present.

There is beauty to be found anytime and everywhere if we allow for it. As you go to sleep at night, and when you wake up, think





"...NATURE EBBS AND FLOWS WITHOUT RESISTANCE..."

about all that is good in your life. It takes practice, but you can train your thoughts to look for the positive. When you find yourself spiraling out on the negative, distract your mind with good music, a puzzle, or meditation.

Exercise is always a great way to get out of negative mindset.

So next time you catch yourself rolling your eyes at the rain again, crack your window and

listen to the beautiful sound of the falling raindrops against the pavement. Bundle up on a cold day for a walk outside, and find the beauty of the trees against the cold winter sky. You have the power to not only survive, but thrive, the whole year through with a simple shift in your point of view. See you in the Spring...

"...THE BEAUTY OF THE BARE BONED BRANCHES AGAINST THE COLD WINTER SKY HAS COMPLETELY CHANGED THE WAY I LOOK AT THIS DARKEST SEASON..."

AUTHOR BIO



Kris Denning, RMT, is the founder of Healthy To The Soul. She provides Reiki from her home studio and distantly to both animals and humans. Kris is also a Certified Master Chakra Healer, Holistic Nutritionist, Corrective Exercise Specialist and is Certified for Triggerpoint Myofascial Rolling and Massage. She has also been teaching Yoga and Pilates for over 15 years.



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SEEING CLEARLY: FUNCTIONS OF THE THIRD EYE CHAKRA



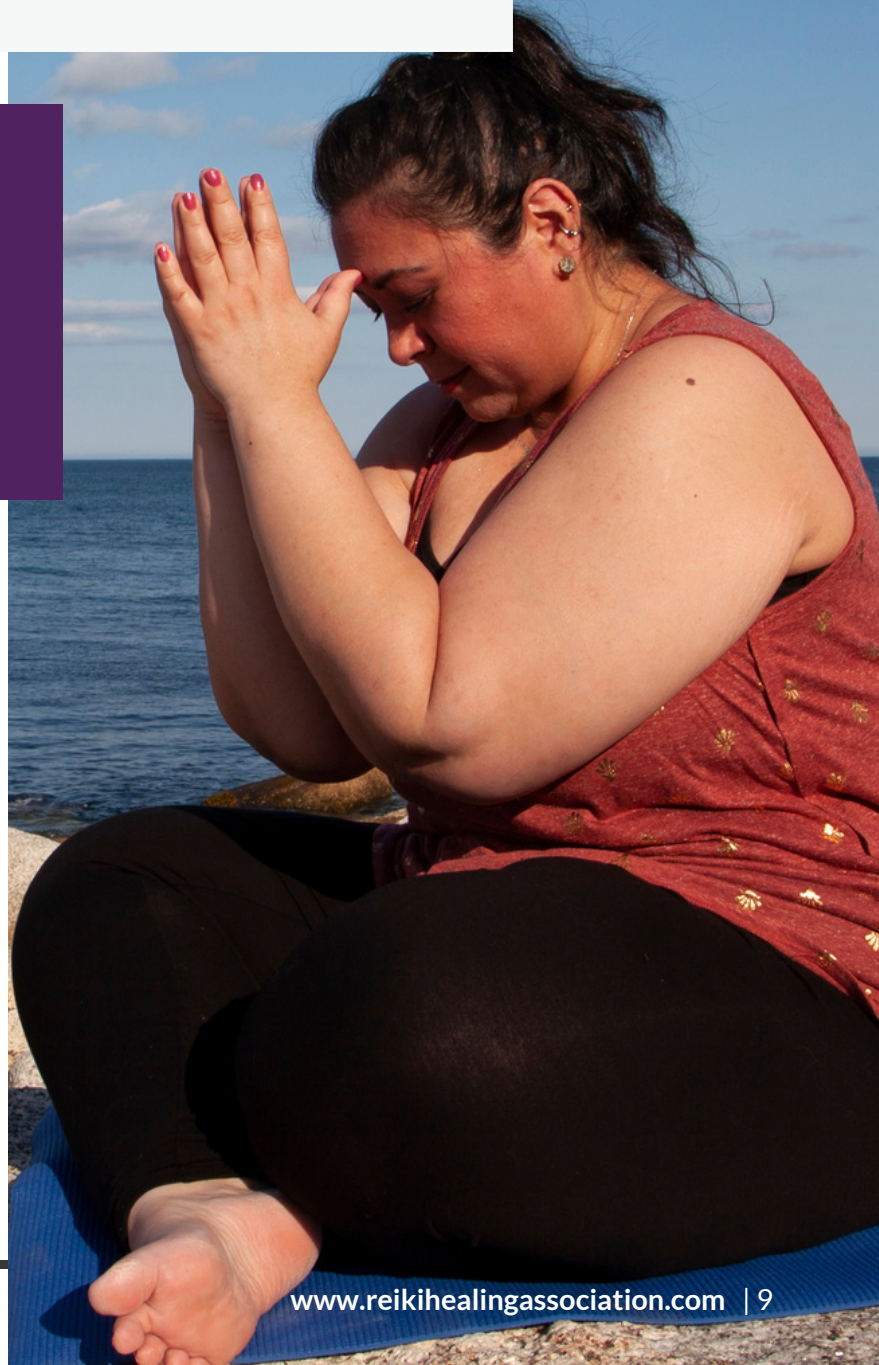
HARRIETTE-ROSE MALONE IS THE AUTHOR OF CHAKRA HEALING MASTER, AND THE COURSE TUTOR FOR THE REIKI HEALING ASSOCIATION'S CHAKRA HEALING COURSE



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"Your vision will become clear only when you look into your own heart. Who looks outside, dreams. Who looks inside, awakes." - Carl Jung

The sixth chakra, the Third Eye Chakra is found in the middle of the forehead, in between the eyebrows. Its Sanskrit name is *Ajna*, meaning to 'perceive', 'command' or 'beyond wisdom.' This energy centre gives us the ability to command our own reality and gain a higher understanding, knowledge and wisdom, which allows us to understand our inner and outer worlds better and guides us intuitively in our actions.



This chakra is all about our sense of sight – both physically the act of seeing with our own two eyes, but also on a deeper level, it is associated with our insight, our perceptions, wisdom, intuition, and even psychic awareness. It is where we see things clearly, where we separate reality from fantasy, where we see the bigger picture, visualise and dream, receive inspiration from higher realms, recall memories, use our imagination and see and read the more subtle energies around us.

The Third Eye Chakra takes us one step closer to the energies of the highest chakra in the energy system – the Crown Chakra – and therefore provides an important gateway to higher consciousness and spiritual energy. Here at the sixth energy centre, we build upon the lessons of the Throat Chakra below, where we learn to balance our emotional and rational thinking, seek the truth, and express ourselves honestly and authentically. The energies of the Third Eye Chakra enable us to take things one step further, by giving us the ability to perceive things beyond ordinary sight and beyond the limitations of the mind and senses. We are better able to see the truth about our role in the Universe and the interconnectedness between all things so that we can determine the bigger plan behind our purpose or calling. And as we know, the Throat Chakra gives us the tools to express this higher wisdom, purpose and truth to the world through communication.

The Third Eye Chakra also has important connections to the Solar Plexus Chakra – in

that they both have a role to play in our intuition and our ability to use this inner guidance in our lives. Whilst the Solar Plexus Chakra is guided by human instincts and past experiences which show up more physically as gut feelings, the Third Eye Chakra unlocks guidance and inspiration from higher spiritual realms, which we can access via our ‘mind’s eye’ in the form of visions, imagination and dreams. This higher level of intuition helps to provide an elevated level of clarity and understanding, to help make decisions that are more aligned with our highest self.

The element connected to the Third Eye Chakra is light. Light provides us with the ability to see the world around us as we take in visual images and information from our surroundings. Light is healing, illuminating, and guides us through the dark (just as our intuition helps to shed light on the situations we encounter).

Vision and Clarity

Our eyes provide the means by which we can receive and interpret information from our outer world and bring this information into our inner world of consciousness. We see form, shape, colour, movement and can become aware of where our body is positioned in a space compared to the objects and people around us (our spatial awareness).

There are light sensitive cells in a layer of tissue at the back of our eyes – known as the retina - which take the light focused into our eyes at the lens and convert this light

energy into electrical signals. These signals travel to the brain via the optical nerves which sit behind our eyes. Our brains then interpret these electrical signals into meaningful visual messages that allow for visual recognition and understanding. So really our eyes and brains work together to allow us to see.

It is important to note that we will all interpret, perceive and understand this visual information differently, based on our own experiences and learned behaviours. And of course we don't just use visual information from the physical world to create our reality. We also receive non-visual information from our inner world through our senses and emotions, thoughts and gut feelings to make sense of life as it unfolds. When we marry up all the information from our outer and inner worlds we create our own unique perspective on things. And each of us will have an incredibly unique perspective of the world.

The Third Eye Chakra expands our ability to see and perceive the world around us, going beyond just the physical and material things we see. It awakens an awareness to the more subtle energies, signs and patterns that make up our reality and allows us to access an intuitive knowledge that comes from deep within ourselves. This inner sight or 'insight' is about understanding the real nature of things, reading between the lines, picking up on cues from a person's energy, and having an intuitive feeling of what's really going on in a situation. This heightened sense of perception allows you to cut through illusion and see behind words and beyond what we are taught, to see people and situations for what they really are. This chakra therefore plays a crucial role in our ability to discern what is reality and what is illusion.



Self-realisation and Wisdom

When the Third Eye Chakra is open, we look out to the world with a informed perspective – we see the truth more clearly, can cut through the distractions and fakery and read the subtle energy cues and signs around us. When we look inwards, we also see ourselves through a new lens of clarity and truth. We start to know ourselves better – we realise (see with ‘real-eyes’) who we really are, our strengths, our weaknesses, our life experiences and true calling and purpose - we can tap into this inner wisdom for inspiration and guidance. Most of us have some level of curiosity for figuring out our bigger purpose and plan in the context of this huge Universe and the Third Eye Chakra is the energetic organ that guides us on this spiritual journey towards truth, self-awareness and personal enlightenment.

There is a quote by Sri Aurobindo who was an Indian philosopher, that states: "In order to see, you have to stop being in the middle of the picture" – and this is where the Third Eye comes in. The energies of this chakra encourage us to witness and observe rather than react and judge. We are able to see past ourselves with a greater level of observation, so that we can remain involved in the unfolding of our lives but more flexible to different options, views and opportunities - without letting our emotions or beliefs cloud our judgement. When our eyes are truly open, we start to see the lesson in our experiences. We can see things from from different perspectives and points of view, identifying repeating patterns in our lives that we need to work on. We can find out where we have

become stuck, and make sense of how everything fits together. We move away from a self-orientated world view to a more universe-orientated perspective, seeing and respecting our connection with others and a connection to something greater than ourselves.

“...MOST OF US HAVE SOME LEVEL OF CURIOSITY FOR FIGURING OUT OUR BIGGER PURPOSE AND PLAN IN THE CONTEXT OF THIS HUGE UNIVERSE AND THE THIRD EYE CHAKRA IS THE ENERGETIC ORGAN THAT GUIDES US ON THIS SPIRITUAL JOURNEY TOWARDS TRUTH, SELF-AWARENESS AND PERSONAL ENLIGHTENMENT....”

Intuition, Perception and Psychic Abilities

The energy of the Third Eye Chakra works with the intuitive gut feelings of the Solar Plexus Chakra to allow us to pick up on even more subtle energy cues, symbolic messages and even guiding signs from higher spiritual worlds.

I'm sure you can relate to those intuitive moments of crystal-clear clarity, those 'ah-ha' moments that come to you unexpectedly, often when we quiet the mind. It's that little voice inside your head, that hunch of which road to take, it's feeling like you need to connect with someone only to later find out that they really needed you, it's instantly knowing not to trust someone because something doesn't feel right, or having an urge to do something even if you don't fully know why. Our intuition can speak to us in a range of ways - perhaps we see an image flash into our

mind's eye about something that hasn't happened yet, sense movements that we can't see with our eyes or feel connected to a place we've never visited before. Perhaps you've had vivid dreams or déjà vu moments, or have been able to see auras or have a heightened sense of empathy to the point we can feel someone's emotions when you are around them.

It is extremely easy to dismiss or discount these intuitive messages or subtle visions – as many people are closed off to things that cannot be seen and explained. But every time you have these gut feelings and perceptions, or instantaneous moments of profound inspiration, you are drawing from the energies of the Third Eye Chakra.

In these moments, our higher or spiritual-self, is communicating with us and guiding us on our life's journey and spiritual evolution.

For some people, these energetic sensibilities or this 'sixth sense' is so developed that they open a doorway to a higher level of Extrasensory Perception (ESP) – which enables spiritual guidance, psychic visions or clairvoyance, heightened clairaudience or hearing, telepathy (the ability to transfer thoughts without speaking), and other abilities where we can see into spiritual realms and other dimensions to receive information and insight hidden from normal senses.

Dreams, Memories and Imagination

This chakra has the power to travel forward to future realities, dreams and potential visions,

and back in time to access memories from the past, transcending the normal boundaries of time and space.

In our mind's eye we can unlock pictures from the past as we recollect memories and events. These are like vivid and meaningful holographic movies played in our mind – but these are not physical things we can see! Just like our dreams when we sleep – and again when we visualise or imagine things – we are seeing things in our mind that are not physically before us. The Third Eye gives us the unique ability to see what might be and play out different scenarios and potential outcomes. As a result, it is linked to creativity and creative inspiration and is an important energy source that writers, storytellers, and artists tap into regularly!

The visual and creative nature of the energetic eye also makes it an enormously powerful tool for manifestation – where we aim to create a visualisation so clear in our mind's eye, so detailed and precise, that we endeavour to manifest that reality.

Mental Focus, Concentration and Strength

When we remember that Ajna means 'to command,' we can see how it is connected to the brain which is essentially the command or control centre for the body.

Just like the brain sorts and processes the information and sensory data it receives from the body, the Third Eye Chakra oversees and directs the different instincts, desires, wills,

feelings, emotions and experiences that the chakras below provide and deliver. As the 'seer' or 'observer' in the energy system, it gathers this input and filters through the perceptions and insights to make sense of the reality before us. It combines rational and logical thought with more creative, symbolic and intuitive thinking to see the world in a different way.

By utilising both left-brain thinking (intellect) and right-brain thinking (imagination), we can envision, hypothesize, strategize and create, in order to find solutions to complex problems, comprehend new information and see the lessons and opportunities hidden in the challenges we face. We can quiet and focus our mind to see through any noise, illusions, and everyday distractions and unlock deeper levels of understanding, knowledge and emotional intelligence. This intelligence is not based on IQ tests or pure data, but on being able to see different perspectives objectively

and tap into the power of silent reflection. It's about being able to use the whole mind to quietly observe and receive all forms of information presented to us – both seen and unseen – to make moves that are more deeply aligned with our highest good and purpose.

With so much information entering our mind it is easy to lose focus, which is why the Third Eye Chakra is crucial for mental concentration and strength.

Whilst we have considered some of the roles of the Third Eye Chakra in our energetic system, there is so much more to explore with this fascinating chakra. As energy workers it is an important tool to connect with and use to interpret the more subtle energetic signs and sensations in our healing work.

This article is an extract from "Chakra Healing Master: The Ultimate Guide to Chakra Health and healing for a life of Total Wellness and Balance" by Harriette-Rose and Molly Malone



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CULTIVATING LOVE & LIGHT

The Art of Stillness

BY AKLEEMA ALI, RMT



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

 @THEREIKILIGHTHOUSE11

The ending of any year is normally a time for reflection, introspection, spiritual growth, family traditions and a time to celebrate. We also try to greet the new year with a sense of gratitude and joy for our life journey.

For me, the latter half of 2022 was really six months of blessings and also six months of major upheaval. The theme of this time was definitely about letting go of whatever was no longer serving me to let new energy in.

This year I believe the Universe has been guiding me to slow my life down. In the same spin, it has also blessed me with new creative ideas pulling me in two directions. My intuition tells me that I am not alone in feeling this conflict. I think generally we all have to strive to find a balance between running with



these creative energies and the desire to progress and grow, and the need to retreat and respect that our bodies are calling for more periods of rest than ever before. Whilst I have found it hard to let go of some old expectations and ways of doing things, I have slowly been able to create simpler ways of doing things, retreating inwards and finding time for stillness within a hectic lifestyle. Slowly I was guided back to find within myself a peaceful place of love and light.

Many times as a Reiki practitioner, we hold space for clients, we create spaces of love and light for them. We also as individuals want our worlds and lives to reflect this core of love and light that we know we innately possess. The truth is we can only offer love and light once we have it inside of us. If we are depleted, self sacrificing, have weak boundaries, neglect our own self-love and self-care; no matter how good and noble our intentions are; we will not be able to give from a place of love and light.

I encourage the Reiki community to always be able to retreat and to hibernate in order to cultivate their space and inner sanctuary. It is in this space that love and light needs to grow, so that you will be able to offer love and light to others. This space is in silence, created in the stillness of the different forms of Reiki meditations.

This year I encourage to go back to practices that encourage you to slow down, sit and even stop to acknowledge your inner core of love and light. I have pulled together some of my favourite "go to" Reiki practices that I use to seek more peace and stillness, even during a busy schedule.

"...IF WE ARE DEPLETED, SELF SACRIFICING, HAVE WEAK BOUNDARIES, NEGLECT OUR OWN SELF LOVE AND SELF CARE; NO MATTER HOW GOOD AND NOBLE OUR INTENTIONS ARE; WE WILL NOT BE ABLE TO GIVE FROM A PLACE OF LOVE AND LIGHT...."



The Gassho Meditation

Gassho literally means "two hands coming together." Dr. Mikao Usui taught his students this meditation and advised that they were to practice this for 20 minutes both in the morning and evening. The truth is sometimes it is difficult for individuals to find time in their hectic routine to sit and practice at home, so I



challenge and encourage individuals to find the time anywhere they can; in the park, in their office, even in their car while it is parked. I found myself doing Gassho meditation at work and in as little as 5 minutes it brought tremendous calm to my heart chakra.

Quick steps for a simple Gassho Meditation:

- 1 Place your two hands together, in the 'prayer' position in front of your chest.
- 2 Focus your attention at the point where the two middle fingers meet or the space between the two hands.
- 3 Give thanks for Reiki and if intuition guides you set an intention or infuse with the Reiki precepts.
- 4 Close your eyes and allow Reiki to flow to where it is most needed.
- 5 Hold this meditation for as long as it allows.
- 6 Close off with gratitude for Reiki and for all healing received.



Aura Shower/Cleanse

I first read about the Aura Shower in Hiroshi Doi's book "A Modern Reiki Method for Healing". Yet again at work, I found myself doing a modified Aura Cleanse. The technique not only clears your Aura but also recharges your field. In fact, the technique over time, allows an individual to be more sensitive to feel their Aura and to feel how the Reiki energy is connected to their physical body. In deep practices, you can even feel the energetic field and its connection to the meridian lines in the physical body. I have tried doing this "cleanse" both seated and lying down; and both ways are effective. An Aura Cleanse is most refreshing after a long day.

Quick steps for a simple Aura Cleanse:

- 1 Get yourself into a comfortable seated or reclining position.
- 2 Place your hands in Gassho to activate the Reiki energy.
- 3 Set your intention.
- 4 Place your hands at the sides of your head about 1-2 feet away from your physical body or wherever it feels comfortable.
- 5 Hold your hands and allow the Reiki energy to flow within your Auric field.
- 6 Hold this position for at least 5-20 minutes depending on your schedule.
- 7 Close off in Gassho with gratitude for Reiki and for all healing received.



“... ENCOURAGE THE REIKI COMMUNITY TO ALWAYS BE ABLE TO RETREAT AND TO HIBERNATE IN ORDER TO CULTIVATE THEIR SPACE AND INNER SANCTUARY. IT IS IN THIS SPACE THAT LOVE AND LIGHT NEEDS TO GROW...”

Seishin Toitsu

While this is a technique that can be used before a Reiki session, I found it extremely helpful as a separate practice in allowing Reiki to flow so that you can feel your Divine connection to the Universal Source of Love and Light. Feeling the flow of the energy, the inhalation and exhalation of your breath is a sure way to get back into a place of silence and stillness. Visualizing the flow of your breath in this technique also helps you stay focused on where the flow of the Reiki energy is going.

Quick steps for Seishin Toitsu:

- 1 Get yourself into a comfortable seated position. Spine straight.
- 2 Place your hands in Gassho to activate the Reiki energy.
- 3 Set your intention.
- 4 Rest your hands on your lap, facing in an upwards direction (receiving mode).
- 5 With the inhale, visualize your breath coming in through your palms, going up to the arms and shoulders and then coming down to your abdomen.
- 6 With the exhale, visualize your breath leaving the abdomen, going up to the shoulders, down the arms and out through the palms.
- 7 Practice this for at least 5-20 minutes.
- 8 Close off in Gassho with gratitude for Reiki and for all healing received.



Akleema performs the Standing
Meditation

“...I THINK WHAT WE ALL ARE REALLY SEARCHING FOR IS THAT PLACE OF STILLNESS; OUR LIMITLESS SOURCE OF LOVE AND LIGHT. WITH REIKI PRACTICES AND MEDITATIONS; WHAT WE COME TO REALIZE IS THAT THERE IS NOTHING TO BE FOUND, WE ARE ALREADY THERE...”

The Standing Meditation

Meditations that I have been taught in Reiki are mostly in seated positions. While Reiki has been guiding me to return to stillness more often; it has also been guiding me to ground myself in more creative ways. I dug deep to get creative on things I had overlooked to stabilize my root chakra: like going back to nature, soaking my feet in Epsom salts and even eating root vegetables.

I was intuitively guided to do a standing meditation in 2022, while I was walking bare foot on Mother Earth trying to ground myself. I realized that it would be a technique to carry with me forward in 2023.

This technique allows the Reiki energy to flow through two ways: from the top of the head and also from the hands, which are directed to the ground, straight through through your physical body and also to your feet. Once Reiki begins to flow, you can feel the energy penetrating your feet and flowing freely to the Earth.

The longer you hold this position for, the Reiki energy is perceived like a column of light connecting your physical body to the Heavens as well as towards Earth.

This also has the added benefit of having the Reiki energy flow through your physical body and balancing any disharmony with the added natural effect of grounding. I have tried this technique both on actual Earth, as well as on concrete; they are both very effective.

Quick steps for the Standing Meditation:

- 1 Get yourself into a standing position with hands at your sides.
- 2 Place your hands in Gassho to activate the Reiki energy.
- 3 Set your intention.
- 4 Place hands back to the sides of your body or alternatively, place palms facing down in line with your feet.
- 5 Visualize the Reiki energy coming in through your Crown Chakra straight through your physical body.
- 6 Also Visualize the Reiki energy flowing from your fingers and palms to your feet.
- 7 Visualize the energy going through your feet into the ground.
- 8 Practice this for at least 5-20 minutes.
- 9 Close off in Gassho with gratitude for Reiki and for all healing received.

Sometimes with the pace of life and all its expectations, we think we need something more, so we keep searching. I think what we all are really searching for is that place of Stillness; our limitless source of Love and Light. With Reiki practices and meditations; what we come to realize is that there is nothing to be found, we are already there and we just need to cultivate it. We need to be able to practice the art of stillness so that we will always be in a place to offer love and light to others. My personal theme for 2023 is “Returning to Stillness.” What’s yours?

The background of the image is a dark teal or forest green color, featuring large, overlapping leaves with prominent, parallel veins. The leaves are arranged in a way that creates a sense of depth and texture, with some leaves in the foreground being more sharply defined than others in the background. The overall mood is calm and natural.

BREATHE!

BECAUSE WE ALL

NEED A MINUTE

TO SLOW DOWN.

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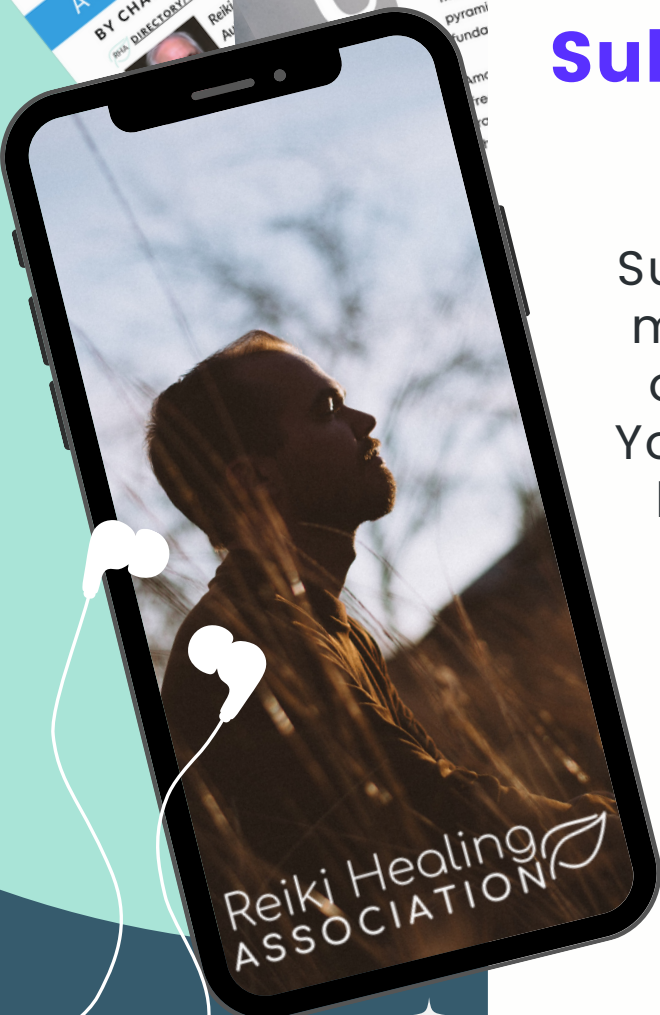


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Strengthening the *Soul Mate* Love Connection with Reiki



Drawing upon her unique experiences as a member of the clergy, RHA Member Rev. Dr. Tracy Cox, explores the positive role Reiki can play in soul mate love, and the powerful benefits of learning Reiki together as a couple.

In my experience as a member of the clergy, a spiritual coach and Reiki Master Teacher, one of the most powerful things that we can do to strengthen our love connection as a couple is to learn Reiki and practice Reiki together. I believe that every couple who devotes themselves to the beautiful healing energy of Reiki will find that their soul mate connection is strengthened.

As we enjoy quality time in the uplifting energy of Reiki, our soul mate connection is allowed to grow to its full potential. This is where the true magic of love is released.

As we grow in our connection to our loved one, we allow ourselves to unlock our own potential as individuals as well. What a beautiful way to live!


Some people misunderstand what a soul mate is. In the research for my Doctor of Divinity degree, I discovered that the best explanation for the soul mate connection is found in the Zohar, which is an ancient mystical interpretation of scripture. In the Zohar it is explained that Divinity gives us our soul mate, and when we are given our soul mate there is no guarantee of a relationship that works out. We need to work on our spiritual connection with our soul mate, always treating them with love and kindness, and apologising quickly if we act unkindly. Soul mate love is always a work in progress!

Being someone's soul mate is an active position, and we need to merit it by the right thoughts and the right actions. This merit needs to be earned every single day in everything that we do. If we cease to treat the person in a spiritual way, we may lose our merit to be their soul mate, and Divinity will give this position to someone else who is willing to do what is needed to fulfil this soul contract.

Many couples are shocked when I explain to them the concept of soul contracts, soul mates and merit. When they begin to understand the spiritual concepts involved, they will usually ask me how to strengthen their soul mate connection with their partner. This is when I will suggest that the couple learns Reiki together.

Learning Reiki as a couple and receiving the Reiki attunements at the same time as a couple will open a whole new world up in the soul mate connection. I have seen many miraculous changes in love relationships where the couple felt that they were heading for a break up until they received their Reiki attunements and began giving each other daily treatments.

Here are a few of the benefits that I commonly see when I perform couple's Reiki attunements. These are very profound changes within the soul mate contract, and will improve situations for the highest good of all concerned. As Reiki practitioners, we must remember to detach from the outcome, especially when it comes to soul mate connections. The Reiki may work in an



**"...SOUL MATE LOVE IS
ALWAYS A WORK IN
PROGRESS!"**

unexpected manner, such as making the couple realize that they are not meant to be together anymore, and they need to release their connection with their current partner for there to be space created for the highest good of all.

1. THE COUPLE WILL HAVE A MUCH CLEARER AND CLEANER PSYCHIC CONNECTION TO ONE ANOTHER.

I find that students who have received their Reiki attunements are more on the same wavelength after receiving their training.

The attunements will often trigger a cleanse of worn-out grudges, old suspicions and jealousy, and any other psychic garbage that is necessary to

discard on the path to a healthier soul connection.

This may be uncomfortable for a period of approximately 21 days, but after that a stronger and more pure psychic connection will be obvious to the couple.

2. THE COUPLE WILL FIND IT EASIER TO FEEL CLOSE AND RELAXED AROUND EACH OTHER.

Daily self-Reiki, which I recommend to all my students, as well as regularly working on each other in Reiki treatments will bring the couple closer together as they share the loving act of caring for their partner. What a blessed way to spend time together!

"...BEING SOMEONE'S SOUL MATE IS AN ACTIVE POSITION...THIS MERIT NEEDS TO BE EARNED EVERY SINGLE DAY IN EVERYTHING THAT WE..."



3. THEIR HEALTHY VITALITY WILL IMPROVE AS THEY WORK WITH THE UNIVERSAL LIFE FORCE TOGETHER.

As this vitality fills, surrounds and protects the couple, they are strengthened as a unit, and able to work in a healthy manner towards any common goal, which is really the point of a soul mate contract, and marriage as well.

With these wonderful blessings unlocked for the couple through Reiki attunements, their life after Reiki is much more bright and hopeful. The Reiki way of life will strengthen their soul mate connection and guide them in the proper way to move forward on their True Path, or Divine Destiny.

Once again, it should be mentioned that with Reiki, as well as with any effective prayer, the energy must be for the highest good of all, and we must detach ourselves from the outcome and let the Reiki do its work.

When we open ourselves daily to this energy of pure Light and Love, we will relax into our relationship with our soul mate, and in all other areas of life. Learn and practice Reiki daily with your soul mate and watch the magic begin!

“...LEARNING REIKI AS A COUPLE AND RECEIVING THE REIKI ATTUNEMENTS AT THE SAME TIME AS A COUPLE WILL OPEN A WHOLE NEW WORLD UP IN THE SOUL MATE CONNECTION...”



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.



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**RHA Member
Francine Thomas
shares how Reiki
helped her find relief
from one unpleasant
side effect of breast
cancer treatment.**

Reiki and The 30 Year Itch

BY FRANCINE THOMAS, RMT, MS



REIKIONESPIRIT.COM

*Reiki Master Teacher, Master
of Science in Complementary
Alternative Medicine*

The effect of Reiki continues to amaze and astonish me. I have been a Reiki practitioner since 1989, about the time of my first cancer diagnosis. I was told about the many side effects of having breast cancer, surgery, radiation, and chemotherapy. I was never told that the side effect could last for decades. But there is one unpleasant side effect of cancer that continues to present itself unexpectedly on

occasion; itchiness around the surgery site. An itchiness that is explosive, deep, fierce, and intense. I am unable to function when the itchiness occurs. I had bilateral mastectomy in 2001 and there is no adipose or connective tissue across the breast area; only skin stretched across ribs. Fortunately, the medical team did a great job of removing all breast cancer tissue, and there is no a noticeably scar tissue present.

However, when the itchiness happens, it can last for five to fifteen minutes, and during that time I would be in agony. No amount of scratching would produce any relief when the itchiness started. I tried a gentle patting of the area hoping to get some relief that did not work. I tried deep tissue massage to abate the itchiness; it never worked. I used a moisturizer on my chest area, which kept my chest very soft and supple. All the obvious discomfort and side effects have dissipated over time except for the occasionally intense itchiness. It has been over thirty years since my first battle with breast cancer and still I must deal with the itchiness. In the past, I accepted the itchiness, as something I must live with. Until, a sudden spark went off in www.reikihealingassociation.com | 29

my head, I could combat the awful itchiness with the help of Reiki, energy ball and Ho'oponopono.

I regularly practice daily Reiki and felt the need to do something different to address the itchiness issues. So, the next time the itchiness occurred I made an energy ball and infused it with Reiki symbols. Then I gently pushed the infused Reiki energy ball into the itchy area and the itchiness slowly dissipated and after three minutes no itchiness was gone. While holding my hands over the affected area, I sensed many angry vessels, muscles, and ligaments weaving, searching and moving in an uncontrolled way for something that no longer existed. The area felt hot, confused, and angry. I understood and instinctively recited the precept of The Hawaiian Practice of Forgiveness and Healing: Ho'oponopono. The precept includes the following: "I am sorry, forgive me, thank you, and I love you."

If there is a body area that needs more attention beyond the routine western medical care, please try a Reiki infused energy ball along with Ho'oponopono.

It's easy to make an energy ball. Rub your palms together to activate the hand chakras. Hand chakras are in the center of each palm. They are activated by




rubbing the hands together and slowing pulling them apart until one feels energy moving in between and through them. After rubbing your hands together for a few seconds, you may sense the energy gathering in your palms, then consciously draw the Cho Ku Rei and Raku symbols into the energy ball. The energy ball is ready to be directed where needed. If the Reiki symbols are unknown to you, no worries, the energy ball will work without them. Additionally, Ho'oponopono will work in any situation where healing and forgiveness is warranted. In conclusion, energy is directed by intention without looking for a particular outcome.

AUTHOR BIO

Francine Thomas, MS, RMT is a Holistic Practitioner offering support for the body's energy field using Reiki, aromatherapy, homeopathy, and herbal remedies. As the Founder of the Energy & Wellness Place, she cares for her client's energy field - focusing on the individual's mind, body, and spirit, with protocols and procedures in support of the biofield of the individual.



DIRECTORY/FRANCINE-THOMAS-RMT-MS

A woman with long brown hair and her eyes closed is meditating inside a teepee. She is wearing a dark blue V-neck shirt and a long necklace of blue and grey beads. The teepee's wooden frame is visible, and the background shows a blue sky and a small rainbow flag. A semi-transparent dark grey box is overlaid on the lower half of the image, containing white text.

**YOU ARE NOT HERE
TO BRING LIGHT
INTO THE WORLD.
YOU'RE HERE TO
BE LIGHT.**

— AHRAHAM HICKS

Instilling True Love and Light

BY LATANYA L. HILL, JD

“Love and Light” is a phrase that the general populace uses to express their well wishes and good intentions. The term embodies positive and uplifting emotions that bring about joy, happiness, and hope. Some people see this term as a way to express a belief in positive actions, thoughts, and feelings.

For those of us who work in the healing world, we believe love and light are powerful energies that can bring about healing and transformation. If used correctly, both can bring about a positive change in the world for all living beings.

We know that there are people and environments that are so toxic, it becomes a challenge to maintain the love and light belief system for people. Yet there is a way for us healers to truly send love and light to all persons in a powerful manner which would also change the environment. To be clear, I am not telling you to go out and take advantage of those persons who are suffering from toxic situations by offering services. Your clients will come to you by Universal decree anyway. You do not have to seek out the suffering. Instead, I am proposing that you become and embody love and light itself.



Leading by example is one of the best ways to help those who come into contact with you. It also helps bring deeper meaning to those persons who simply say the words vicariously with no real thought or emotions.

Love

As we know, love is one of the most powerful emotions in the Universe. It is the embodiment of the Universal plan. To truly love someone is to see all aspects, good and bad, and accept without reservation. True love is unconditional, the feeling is not dependent upon that person loving you in the same manner. True love is desiring happiness, wellness, success, and peace for another person even if that person is living a low vibration lifestyle that is in opposition

to you. Love is integral to the Universal mindset and we are all an extension of the Universe. Sending love to someone is a reminder that the person is part of the Cosmic, the God energy that is Reiki. Therefore, if you are able to vibrate at a love frequency that is both open and accepting to all persons, then you are truly sending healing energy to people while helping them see the love inside themselves.

Light

Light in this phrase is representative of positivity, knowledge, and confidence. Compassion and kindness are also associated with light. As healers, this is the basis of our gift. We are naturally filled with kindness and compassion for humanity.

Most of us are empaths who experience the emotions and physical ailments of others. This ability brings us closer to understanding people and realizing how and why many behave in a certain manner. For healers, sending light to someone

is using this skill to help figure out why something happened the way it did. It is truly “shedding light upon a situation.” Without this knowledge, people are likely to repeat harmful cycles without even realizing that their behavior may be the stimulus. Therefore, we should never stop sending Reiki energy to all living beings in the world and Cosmos. Every part of us should radiate at the least: positivity, knowledge, compassion, kindness, and confidence.

Once we combine our love frequency with our light energy, then and only then will the phrase, “Love and Light” be a powerful term to dispel toxic environments, negative people, and harmful situations. Those persons who know you or of you will understand that when you utter those words, you are sending more than a polite phrase. You are sending every iota of Universal love and compassionate healing that your physical and spiritual body contains. You are sincere in your words and you are offering heartfelt sentiments for the betterment of the person and the environment. There is no better way to instill true love and light in this world.

AUTHOR BIO



LaTanya L. Hill, JD is a Reiki Master Teacher, the creator of KA® Reiki, and the sole proprietor of IMREIKINOW®, an energy healing company based in Los Angeles. She is also certified in Usui Reiki Ryoho, Holy Fire III, and Karuna Reiki®. Her Reiki handbook, “Reiki Vibrations with 33 Meditations and Affirmations,” is available online and offers healers practice advice, meditations, and affirmations that may be used professionally and personally.



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PUPPY DIARIES

How Animal Reiki
Helped My Poochon Pup

BY MOLLY MALONE, BSC, ARMT

MOLLY IS THE AUTHOR OF THE LITTLE BOOK OF ANIMAL REIKI AND THE COURSE TUTOR FOR THE REIKI HEALING ASSOCIATION'S ANIMAL REIKI MASTER TEACHER TRAINING



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Georgie arrived towards the end of the lockdown here in the UK. It seems strange to think back to those times of uncertainty now that life has mostly returned to normal, but I was lucky that he came to me when the restrictions were easing. He was a strong healthy Poochon pup (a perfect mix of white and cuddly Bichon Frise and strong and intelligent Poodle). I fell in love in an instant.

Now, anyone who has taken the Animal Reiki training here at the Reiki Healing Association will know that Georgie is not my first pet companion. Animals have always been a big part of my life. Growing up I was around animals from a young age with chickens, ducks, rabbits, birds, dogs, fish and even a



That experience was a big turning point for me with Animal Reiki. It forever changed my understanding of our deep connection to animals. The pure unconditional love between a human and an animal I believe is one of life's greatest relationships and is something to be cherished and celebrated. Pets are our best friends and family members, our loyal confidantes and supporters. I think our pets love us unconditionally, they see us for who we really are.

Although I have worked with many animals since then, both wild and domestic, it wasn't until little Georgie came into my life that I had the chance to practice again on my own fur family. I knew Reiki would be an integral part of Georgie's care, to complement the support he received from his vet as he went through all his puppy vaccines and early check-ups.

The first time I introduced Georgie to Reiki was on the day he first came home. Understandably he was nervous as he entered a foreign domain, with new faces, new smells, new everything! But I was sure to cleanse his basket, crate and the new

tortoise. I think from the age of 4 I was consciously aware that I wanted to help and work with animals. I told my parents I was going to save the whales and help all the animals in the oceans. Perhaps it was spending my first few years by the sea in Australia, or perhaps it was something deeper within me, but I was passionate about marine life and conservation from as early as I can remember. My dad got me a little plaque saying Molly Malone, Marine Biologist, when I was just a child. I still have it today. And I went on to get my degree in Marine Biology when we moved back to the UK.

I was incredibly fortunate to be attuned to Reiki from a young age, I remember by Dad teaching me the Reiki principles and being excited by the fact Usui cared about all the creatures and wanted us to be kind to them. Reiki has always been a part of my life, but it wasn't until the loss of my last dog, that I was inspired to combine my passion for both Reiki and the animal kingdom. Reiki brought comfort as my childhood dog crossed over - at that devastating moment, Reiki brought some sense of peace. Reiki allowed me to feel like I was helping and supporting, at a time when it is very easy to feel helpless.

**"THE PURE UNCONDITIONAL LOVE
BETWEEN A HUMAN AND AN
ANIMAL I BELIEVE IS ONE OF
LIFE'S GREATEST RELATIONSHIPS
AND IS SOMETHING TO BE
CHERISHED AND CELEBRATED."**

toys and bedding before he arrived, setting the intention to create a comfortable and welcoming energy. I sent Reiki distantly before I left to pick him up, visualising him happy and at ease in his new home, surrounded by a healing bubble of love.

Like most puppies, Georgie had bursts of endless energy and I found that Reiki really helped him to settle down to sleep at night and get into a peaceful evening routine. He used to love having his hair brushed and afterwards he would snuggle his body into my hands for some Reiki. During the day I would invite Georgie to share in a session whilst sitting at the other side of the room, and he would come up to my hands inquisitively, sniff and bark and then settle down to sleep by me and I could continue with hands-on Reiki.



"REIKI REALLY HELPED HIM TO SETTLE DOWN TO SLEEP AT NIGHT AND GET INTO A PEACEFUL EVENING ROUTINE. HE USED TO LOVE HAVING HIS HAIR BRUSHED AND AFTERWARDS HE WOULD SNUGGLE HIS BODY INTO MY HANDS FOR SOME REIKI"

As I work from home, I was lucky that I didn't have to leave Georgie alone very often in his early puppy years. But in the rare cases that I did have to, I used Reiki to send healing from a distance to help him relax and stay calm. A lot of dogs suffer from separation anxiety - they are highly intelligent and social creatures - and being apart from their humans can be very stressful for them. Reiki is a great way to soothe and relax an anxious dog.

Some of the other times that Reiki helped in Georgie's first year were during his first Firework's night, his first trips in the car, vet trips, and after his castration operation to help him feel safe as the anaesthetic drugs wore off, and to also support wound healing. Georgie really didn't enjoy wearing a cone, so I used Reiki to help ease his discomfort as he healed.

It was very reassuring to know that I could use Reiki whenever Georgie needed a little help or energy boost. Even on all the good days when Georgie was healthy and happy, Reiki provided a beautiful way to build trust and respect with Georgie and connect and bond with him on a deeper level. We are both rewarded by this exchange of energy and love.


 A close-up photograph of a small, white, curly-haired dog named Reiki lying in a car seat. The dog is resting on a patterned blanket with a yellow and green floral design. A person's hand, wearing a white knitted sleeve and a ring, is gently resting on the dog's back. The background shows the interior of a car, including a door handle and a window.

Reiki during a car ride with Georgie

Why is Reiki so beneficial for Animals?

Animal Reiki is becoming an increasingly popular way to support the health, wellbeing and happiness of a pet. When working with Reiki on animals we expect similar benefits to a human session - such as intense relaxation, pain relief and help with the symptoms of an illness or ailment, with the goal to support their individual needs on

a physical, mental and emotional level. Every animal will be different and have unique life experiences, issues and species-specific health complications but the beautiful thing about Reiki is that whatever the problem, Reiki goes where it is needed to act in the highest good of the animal, by balancing their energetic system.

Animals are highly receptive to energy. If you have pets you'll know how quickly they

STORIES

pick up on the emotions of the humans that they live with. They are very sensitive to changes on an energetic level and as they are eager to support and love their humans, they can often sympathetically take on and reflect the problems of the people around them. Subsequently, as well as the physical problems and injuries animals can face, there can be a lot of emotional, behavioural and mental issues that affect animals on a daily basis - especially if those animals have ever experienced conditions of abuse or neglect.

Reiki is a very safe and natural healing therapy that is easy to learn and simple to administer and can work wonderfully in conjunction with other veterinary treatments and procedures to promote health and wellbeing every day.

Whether you want to support your pregnant rabbit, help your nervous rescue dog on their healing journey, or provide end-of-life support for your pet cat, animal Reiki can help in many powerful ways and it can really be a privilege to connect with an animal in this way.

"IT WAS VERY REASSURING TO KNOW THAT I COULD USE REIKI WHENEVER GEORGIE NEEDED A LITTLE HELP OR ENERGY BOOST. EVEN ON ALL THE GOOD DAYS WHEN GEORGIE WAS HEALTHY AND HAPPY, REIKI PROVIDED A BEAUTIFUL WAY TO BUILD TRUST AND RESPECT WITH GEORGIE AND CONNECT AND BOND WITH HIM ON A DEEPER LEVEL."



Considerations when working with Reiki and a Dog

An important part of any animal Reiki session is understanding that it is always a partnership between the animal and the practitioner. You are the channel for Reiki energy, and the animal should have complete control over how the session progresses. Every session should be tailored to their needs and you should be respectful of their comfort and carefully respond to their reactions and behavioural changes, whilst listening to your own intuition to guide you through the session. Often the dog will nudge your hands or move themselves into the right positions to tell you where they want Reiki! You will come to recognise tell-tell signs they are accepting Reiki such as relaxed eyes and ears, yawning or seeing them fall asleep. It is important to let the dog know that they can take as much or as little Reiki as they wish.

STORIES

Here are some other things to consider when working with a dog.

1 When working with dogs it is important to be aware of their social and emotional needs. Dogs are very social and naturally inquisitive creatures, so they like to sniff, bark and may get excited or nervous. If they get excited and try and play with you at first, just try to stay calm and relaxed and let them familiarise themselves with you. They should eventually relax into the session once they acknowledge your intention and trust your energy.

2 It is important to work in an environment that the dog is already comfortable with, so pick a calm, quiet space where the animal will feel safe.

3 Dogs are creatures of habit and instinctively know when its time to eat or go for a walk. At these time they will tend to be focused solely on eating or walking and often become overexcited in anticipation. I recommend working with an animal at time when the dog is most relaxed and settled, for example after a walk or after they have eaten or if they come up for a cuddle.

4 Hands-on Reiki is not always appropriate or safe, especially when working with a dog that is anxious, skittish or has displayed reactive or dangerous behaviour in the past. The goal of a session is always to make the animal feel better (not more stressed!), so use your judgement and work distantly or in another room/behind a baby gate or crate if you feel that would make the dog happier, more relaxed and receptive to the session. Remember that dogs that are in pain may also

not cope well with being touched.

5 Animal sessions are usually a shorter than human sessions. They may only last a few minutes! A dog will move away from you or focus attention elsewhere when he wants to end the session.

If you would like to learn more about working with animals and how to run a professional session, you can check out our Animal Reiki Certification [here](#).



The information provided in this article is not a substitute for professional veterinary help.

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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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Living in Full Colour



 VITERRA.CO.ZA

RHA Member Thea van der Merwe, Ph.D., explores the healing ways we can tap into the power of the light spectrum with colour therapy.

Colour is part of our everyday lives, and we make conscious and subconscious choices on which colours to incorporate through what we wear, what we eat and what we surround ourselves with. Through the use of colour we express and even heal ourselves physically, mentally, emotionally and spiritually.

One of the simplest ways to charge and balance the energy body, for a short while at least, is to simply stand or sit outside in the full sunlight, allowing ourselves to be charged with the full colour spectrum.

Sunlight is naturally soothing, balancing, and rejuvenating... even healing, but it is not always possible to sit or stand out in the sun. We can however tap into the power of the colour spectrum through colour therapy - where we can consciously use colour to change our energy - to lift a mood, to relax ourselves or to energise ourselves. And although colour therapy is a field of study and method of healing in its own right, it can easily be used to complement any Reiki healing session.

Each colour has its own benefits...

WHITE

White is the colour of purity and heals all aspects of our being – body, mind and spirit. Use white to increase and maintain energy levels, especially in times of depression and lack of motivation. White is also effective to alleviate chronic and acute pain. White also reminds us that where there is light, darkness is kept at bay, thus protecting us from negative energy.

RED

Red is associated with the base chakra and all aspects related to this chakra – survival, passion, warmth, strength and vitality. Use red to energise the entire energy body and increase vitality. Red is supportive of increasing enthusiasm and interest in life and also helps to alleviate feelings of insecurity, fear and anxiety. It is a good colour for stimulating the immune system.

ORANGE

Orange is a gentler energising colour than red and is associated with the sacral chakra and emotions of joy and hope. Use orange to

alleviate feelings of depression, shock, stress, bleakness, boredom, resentment and an inability to let go of the past. Orange is a good colour for bringing relief to aching limbs and muscles.

YELLOW

Yellow is the solar plexus colour and associated with intellect, self-esteem, self-worth and personal power. It is the go-to colour for optimism and sociability, balancing emotions and supporting clarity of thought. Use yellow to stimulate the immune system when suffering from minor but frequent illnesses and allergies. Yellow calms and balances the nervous system, and is a good colour for nervous exhaustion, “burn out”, poor memory, anxiety and stress-related ailments.

GREEN

Green is associated with the heart chakra and all aspect that relate to the heart – physically, mentally, emotionally, and spiritually. It is the colour of balance and renewal and supports us in our relationships, pursuing new ideas, and embracing change without being restricted by fear of the unknown. Use green to strengthen the heart, lungs, and respiratory system.



BLUE

Blue is associated with the throat chakra and the ability to communicate with integrity and truth. Use blue to calm feelings of agitation and chaos and create feelings of peace, tranquillity, detachment and rest. Blue naturally soothes and cools the physical body. Use blue to alleviate aches, pains and discomforts related to the head, neck/throat, ears and eyes.

PURPLE

Purple is associated with the crown chakra, spirituality and wisdom and is known as the all-healer of body, mind, and spirit. Use purple to rebalance life, remove obstacles hampering the easy flow of life and to integrate new skills into everyday life. Purple supports healing of the spirit, healing the past and banishing what no longer serves our higher selves. Use purple to support relief from sleep disorders, allergies, asthma and ailments related to the head, eyes, ears, nose and skin. Purple can also be used to ease addictions and phobias.

PINK

Pink is usually associated with the heart chakra and unconditional love. It is a calming colour that can be used in aggressive or threatening situations to bring serenity and balance. It reduces tension and helps to calm the mood. Use pink for relief from ear problems, gland problems, and headaches.

This is just a glimpse and colours such as brown, turquoise, black, grey and silver have their own characteristics and contribution to the health and wellbeing of body, mind, and spirit.

Colour therapy can be a wonderful complementary tool to Reiki healing by providing clients with practical advice on incorporating colour into their every-day lives to support their health and wellbeing and to extend the effects of the Reiki treatment. Here are some examples of how you can support and extend the benefits of a Reiki treatment using colour:

1 Insomnia is a widespread problem. Apart from relaxation techniques and practicing healthy sleep-routines, sleep enhancing colour therapy techniques can be incorporated into daily life. Avoiding “red” foods and focussing on “blue” foods, particularly during an evening meal, is a good starting point. Bedrooms should be calm spaces and using colours such as pale green, pink, blue and lilac can create a sleep-enhancing environment.

2 Healing from low self-esteem and feeling “blue” can be supported with incorporating yellow and orange into an office or home environment. Encourage clients to buy themselves a yellow or orange flowering plant – it is uplifting and a good step towards self-care rolled into one.

3 We often feel ungrounded and grounding can be facilitated by incorporating brown, black and red into everyday life – underwear and socks in these colours have the desired grounding effect and are easy, doable fixes.

4

Life can be stressful and chaotic, throwing us off balance. Sometimes it is difficult to regain and maintain balance. Reiki is supportive of regaining balance. Maintaining this new balance can be reinforced by focusing on green. Being in the middle of the colour spectrum, green is balancing, calming and soothing. On an instinctual level it reminds us of our ability to evolve and survive because where there is green, there is water and food... sustenance. Incorporating green in our diet and décor is a good place to start focusing on balance.

Colour can bring energy into our space and energy body to support healing, balance, and a sense of wellbeing. It can easily and effortlessly be incorporated into our diets, our fashion and our décor. Take note of the colour of the soap you use to wash your hands, the colour of your underwear and the colour of your coffee mug... colour is everywhere and in the simplest things of our everyday lives. To support the health and wellbeing of body, mind, and spirit we need to be aware of colour and the power of these colours.

AUTHOR BIO

Thea van der Merwe, Ph.D. is a nationally and internationally trained holistic energy and spiritual healer, shaman and teacher, qualified in many therapies such as Crystal Healing, Colour Therapy, Holistic Dowsing, to name but a few. One of Thea's greatest passions is Reiki - she is a certified and experienced Reiki Master Teacher, qualified in Usui Reiki, Reijukido, Karuna Ki Reiki, Gendai Reiki and Crystal Reiki. Thea is also certified in Transformation Life Coaching, Shadow Work and Akashic Records.



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Bearing Light

BY DEBORAH LYNN STRAFUSS



Reiki Master Teacher, CSLC, CDP,
Usui Reiki Ryoho



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Light – Something that makes things visible, the opposite of dark. Light Bearer: One who brings light.

Thinking about physical vision and its impairments helps us take another look at our spiritual vision and perception, often referred to as the Light of Spirit, which we correspond with revelation, truth, knowledge, and intuition.

We, as humans, are influenced by our beliefs, teachings, memories, and experiences, and these determine our ability to perceive light and to interpret what we think we see or understand in it.

When our vision is impaired by an implanted belief, an unconscious memory or unenlightened teaching, we often see dimly, or distortedly, grasping the shape of a thing and not its intricacies. No matter how brilliant the light, we do not have the tools to see clearly. Our eyes are dimmed though the Light be bright!

And then perhaps we grow in perception but lack comprehension. What happens when the light reveals a shape or form completely unknown? We may then see and have little or no comprehension of what we are seeing. A new teaching, a dream, an unlearned lesson, an unrecognized gift.

The King James version of John 1:5 reads – the light shineth in the darkness and the darkness comprehended it not. The Light comes, but we are not able sometimes even to perceive it as light, often we do not understand it at all. We are the darkness of incomprehension.

PERSPECTIVES

This is the humility that is essential to working with light: acknowledging our own limitations both known and unknown and realizing we may not even have the quality of light we think we have. Being open to beliefs and understandings shifting and changing.

Moving toward a deeper understanding of Love, which is the work of Light, is the daily detail, the practice, of the spiritual seeker and healer.

In Shamanism, we are urged to become the “hollow bone”, in my Reiki practice I was encouraged to be the empty straw – that which presents no interference to spirit, offering a clear conveyance to others with no distortion or dimming, of Love and Light. Much spiritual practice in many modalities focuses on this feature of spiritual light bearing. To bear spiritual light we must be able to receive, hold and carry spiritual light – think of the intense, delicate, and rigorous process needed to transport an organ to a recipient so that it can be received without contamination or rejection; this is spiritual practice. To be the Light of spiritual knowledge and truth in any situation, we must be able to perceive, receive, and transmit it clearly.

The beliefs we house and live in, the memories and teachings that



help determine those beliefs, the health and openness of the mind living with them, along with the unhealed places in our hearts, the fears, and the threads of emotional warp and woof that distort our perception, get in the way, dim the light, and compromise the path of Love.

The continuing work of spiritual practice is to heal the place of light bearing so the minds and hearts of the bearers become the hollow bone, the clear straw, in and through which light flows unhindered.


Being Intentional

As we fumble our way through our shadowy places, what is the one thing we can put our weight down on? Our intention – a summoning of our internal spiritual energy to seek the light even if we do not recognize it, agree with it, like it, feel fuzzy warm all over because of it, or have everything work out neatly. In the light is where we see the dust, dirt and shadows as well as perceive the shine of clarity.

PERSPECTIVES

One of my Reiki teachers wisely taught us not worry about whether we were doing it (Reiki) right or not, just to practice. Be constant, committed, to that which we could not as yet see or perceive. Do not fret about short comings. Do not spend time and energy in regret or anxiety (the past or the future): be present with your intentions clear. These are the directives of the Reiki precepts, and when summoned as life guides each day in practice, spirit covers what my mother used to call a multitude of sins – gently helping us along the way as we seek to help one another.

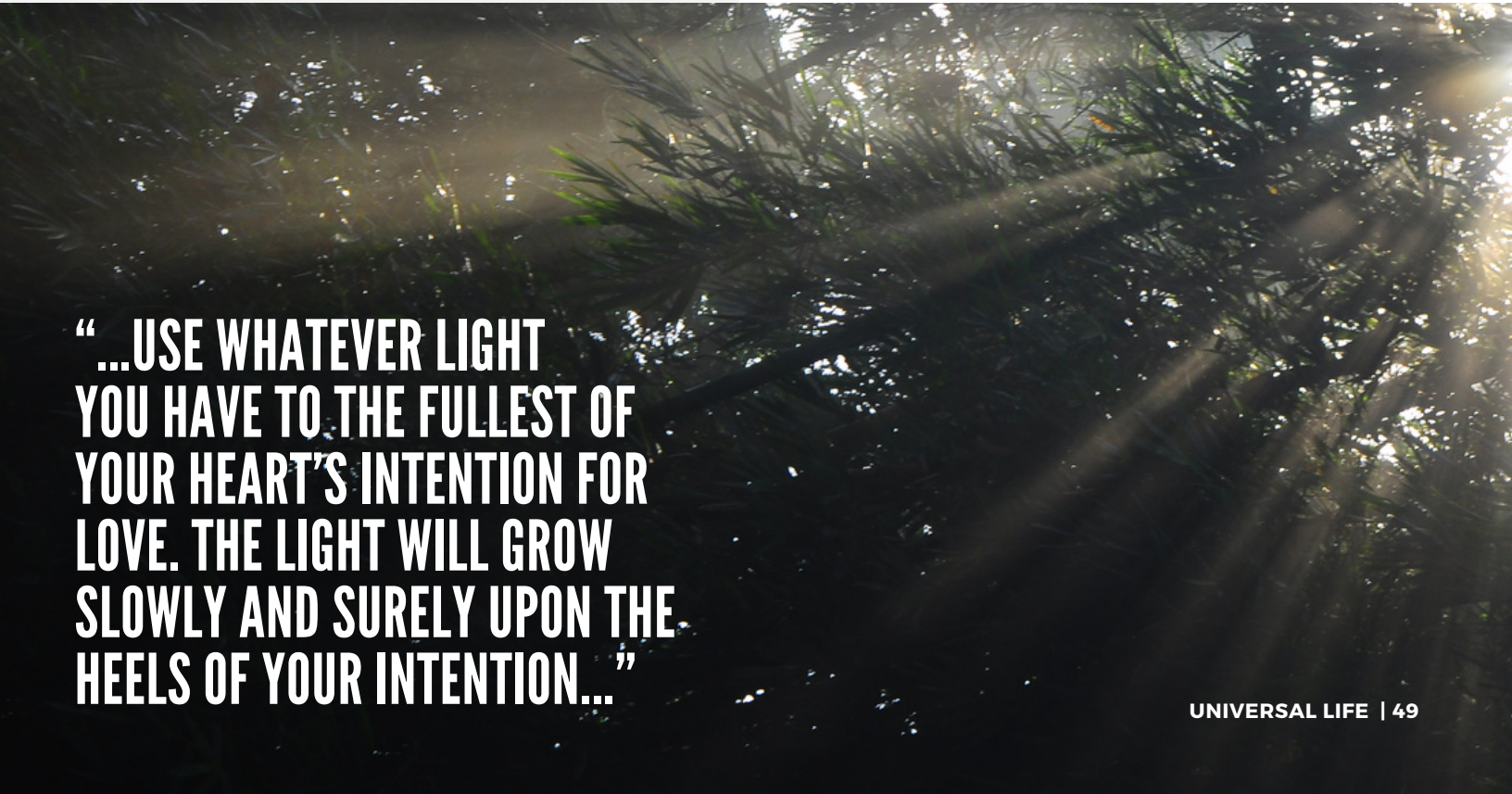
Use whatever light you have to the fullest of your heart's intention for Love. The Light will grow slowly and surely upon the heels of your intention, expanding, opening, and clearing the hollow bone, the willing straw. It may not be an easy journey. Keep going. It may not be all light and love, keep going. Let your intention be your strength and guide. Let your faults and shortcomings illuminate your path.



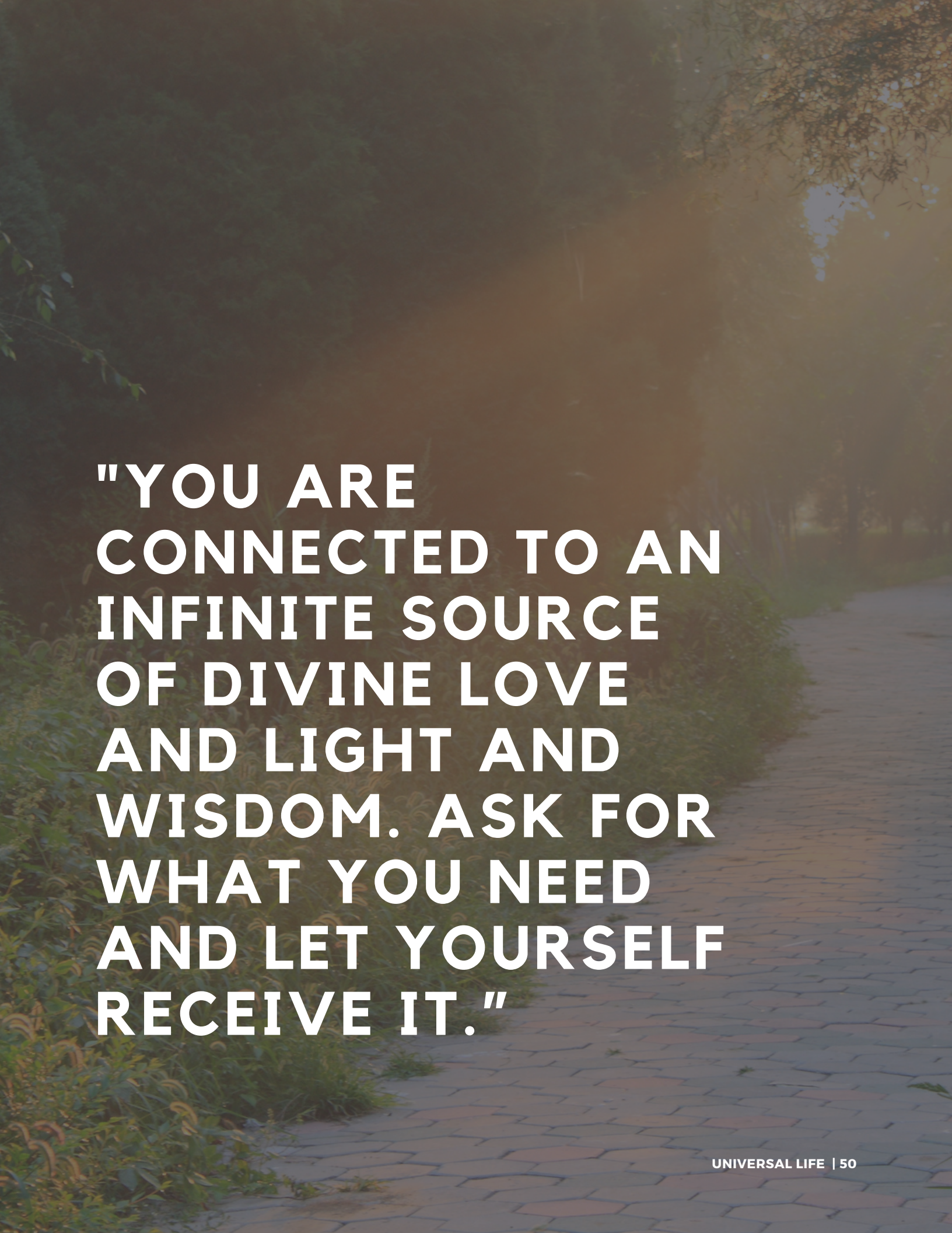
*Just for Today
Do not anger
Do not worry
Be humble
Do your work sincerely
Be kind*

The Reiki Precepts

This is the continuing humility of spiritual practice. The humility Mikao Usui spoke of in one rendition of the precepts that simply urges us to set the intention to “be humble.” The only reliable spiritual practice I have found is that of constantly tending to my intention and engaging spirit with humility and patience. Then the light shines whether we perceive it or not. Often, we are as illuminated as the one who sees in our light. Both of us come into greater depth, each on our own path, as we get out of the way and know we are the darkness the light shines within, as well as the Light shining in the Darkness.



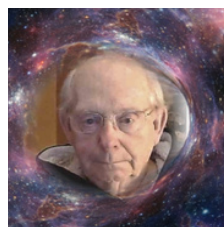
**“...USE WHATEVER LIGHT
YOU HAVE TO THE FULLEST OF
YOUR HEART’S INTENTION FOR
LOVE. THE LIGHT WILL GROW
SLOWLY AND SURELY UPON THE
HEELS OF YOUR INTENTION...”**

A photograph of a stone path leading through a forest. The path is made of irregular stones and is flanked by green foliage on the left. Sunlight filters through the trees on the right, creating a warm, golden glow. The text is overlaid on the left side of the image.

**"YOU ARE
CONNECTED TO AN
INFINITE SOURCE
OF DIVINE LOVE
AND LIGHT AND
WISDOM. ASK FOR
WHAT YOU NEED
AND LET YOURSELF
RECEIVE IT."**

High Vibrations: Crystals for Spiritual Awareness, Growth, and Enlightenment

BY NORMAN W. WILSON, PHD



Reiki Master, and Certified Crystal Practitioner, Norman Wilson, shares his favourite crystals for spiritual healing.

Crystal healing seeks to harmonise a person's physical, mental, and emotional aspects. However, another aspect of healing should be included: and this is the use of crystals for spiritual awareness, growth, and enlightenment.

At the outset, it is necessary to come up with a workable definition of spirituality. Second, it is important to distinguish the difference between religion and spirituality. Whilst, religion is generally accepted to be a set of organized beliefs associated with divinity; spirituality is a personalized internal expression of peace, tranquillity, and well-being.

In today's world, it is often a challenge for individuals to attain inner peace and tranquillity. However, we can turn to crystals and Reiki as extraordinary tools to soothe spiritual distress. A simple aura sweep will provide the Reiki Practitioner with valuable information about a client's vibrational fluctuations and thus help determine which crystals should be used in the session.

Because crystals have highly stable energy frequencies, they can help to calm the ups and downs of one's fluctuating energy vibrations, which can help you to feel more connected to your higher spiritual self.

Generally, a Reiki Practitioner begins a Reiki treatment at the head. However, when looking to work on spiritual issues I am often called to begin with the heart. In terms of choosing which crystals to use in a session when working on spiritual growth and healing, here are the seven I most recommend:

TANZANITE

Tanzanite has a very high vibrational energy which makes it an excellent crystal for assisting in the personal transformation to spirituality. It helps to remove emotional issues thus allowing one's spirituality to grow. It encourages reflection and stillness, so is a great tool for meditation.



CHALCEDONY

Chalcedony is a calming and nurturing stone that helps bring into alignment the three aspects of the human being: Mind, Body, and Spirit. It promotes stability and harmony in your life, promoting feelings of benevolence, generosity and joy. This crystal enhances communication with the spirit world.



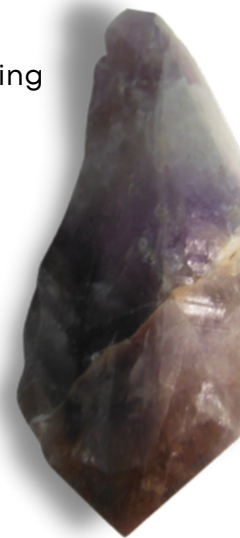
SHUNGITE

Shungite is a protective stone that helps to bring your spiritual body into the physical realm. It is known for its purifying properties, as it detoxifies the mind, body and spirit and cleanses the aura of negative emotions. Referred to as the 'Miracle Stone,' Shungite enhances the spirit connection and stimulates spiritual growth and transformation.



SUPER SEVEN

This powerful crystal is called Super Seven because it contains the following 7 crystals: Amethyst, Caxenite, Goethite, Lepidocrocite, Rutilated Quartz, Smokey Quartz, and Clear Quartz. This is a crystal of high protection thus opening one up to spiritual growth. The very high vibrational frequency of this crystal helps you attune your energy to the Spirit World and helps expand your consciousness.



KYANITE

Kyanite promotes inner peace, liberating stress, anger and frustrations. It helps to open communication with higher dimensions and offers protection during psychic work. This stone functions as a cleanser of negativity and is a very powerful stone for meditation and attunement because of its calming and balancing qualities.



INSIGHT



CHRYSOPRASE

Chrysoprase helps one recognize inner beauty which is essential for the development of spirituality. It helps to promote personal spiritual hope and joy and encourages self-expression and self-compassion. It is the stone of spiritual ascension.



How do you use these suggested crystals to help you foster spiritual growth, inner peace, and harmony? After the initial assessment, place a cocktail of the suggested crystals on the heart of your client. I place them in a circle. Leave the stones in place for ten minutes. Then make a straight line of the 7 crystals from the heart toward the head. Leave these in place for ten minutes.

CELESTITE

Celestite is a uplifting, enlightening and energising stone. It elevates your spiritual consciousness and awareness into the higher realms. This high vibrational crystal activates the Third Eye and Crown Chakras stimulating intuitive and psychic abilities. It is an ideal stone for anyone looking for their next step in their own personal spiritual journey.



Finally, fan the crystal energy over the entire body of the client. Add background music if you desire during the session. If you choose to not use all of these suggested crystals together use those that fit your client's needs.

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.

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DIVINE LOVE: CONNECTING TO THE HEART

A MEDITATION BY SHAILJA KAPUR

When we channel healing or meditate, we tap into the Universal Life Force energy, the source of all life and all creation. During these healing moments, we enter into a deeper state of connection with this Universal energy. It is the energy of unconditional love filled with Divine light.

The easiest way to connect with this Divine love and light is through the 'Breath' and 'Heart'. Breath is a blessing from the Source, the Creator, the Divine intelligence that keeps us alive, it is filled with unconditional love. The heart, a seat of deep love and compassion, acts as a bridge between the earth and the spirit, and a bridge to higher Divine vibrations.

When we place our hands on our heart, we connect to the Heart Chakra. The element of the Heart Chakra is air. I believe this is why we say, "love is in the air." It has supreme power to spread the unconditional love and light to the Universe for the Greatest Good of All. We feel lighter in a state of higher vibrations when we are filled with positive energy and unconditional love. We radiate divine



love to our surroundings. It brings balance and transformation in our energy field and elevates our Universal consciousness.

Here is a simple meditation to connect us to the unconditional source of Divine love and fill our heart with peace:

- 1 Sit in a comfortable position, with your shoulders relaxed and spine erect. Feel yourself safe and supported with Mother Earth. Close your eyes if you are comfortable in doing so. Take a few deep breaths, allowing yourself to fully relax and let go of any tension or stress.
- 2 Say an opening prayer and call upon your guides, spirit guides, ascended spiritual masters, Gurus, spiritual Gurus, angels or anyone you feel guided to support you in this session.
- 3 Place your hands in the Hridaya Mudra which means heart gesture or seal. To form this mudra gently press the thumb, the middle finger and the ring finger together at the tips. Curl the index finger inwards touching the

root of the thumb and stretch out the little finger.

4 Now bring your awareness to the breath that connects you to the Source, the Creator and opens your heart to the Divinity. Now, visualise you are inhaling this Divine healing energy of love and light from the source and directing it to the Heart Chakra, the seat of love and compassion. As you are inhaling, keep on visualising that you are continuously inhaling the Divine love and light in your breath and filling your heart with it. This healing energy of love and light is so powerful that it is illuminating your heart as it clears out all that no longer serves you. This Divine light is cleansing and purifying you. Feel the divine flow.

5 The energetic vibrations of Divine love and light are pouring out from your Heart Chakra, expanding out from your energy field and emanating and flowing in all directions. Enjoy the bliss.

6 As you are now empowered and overflowing with the Divine love and light, transmit these high energetic vibrations to anyone you feel guided to and to the Universe for the Greatest Good of All. Take your time to enjoy this divine moment.

7 Thank all the guides for this divine experience. When you are ready to end the session, slowly open your eyes and take a moment to ground yourself in the present moment. Enjoy your high vibes – You are Love! You are Light! You are Divine!

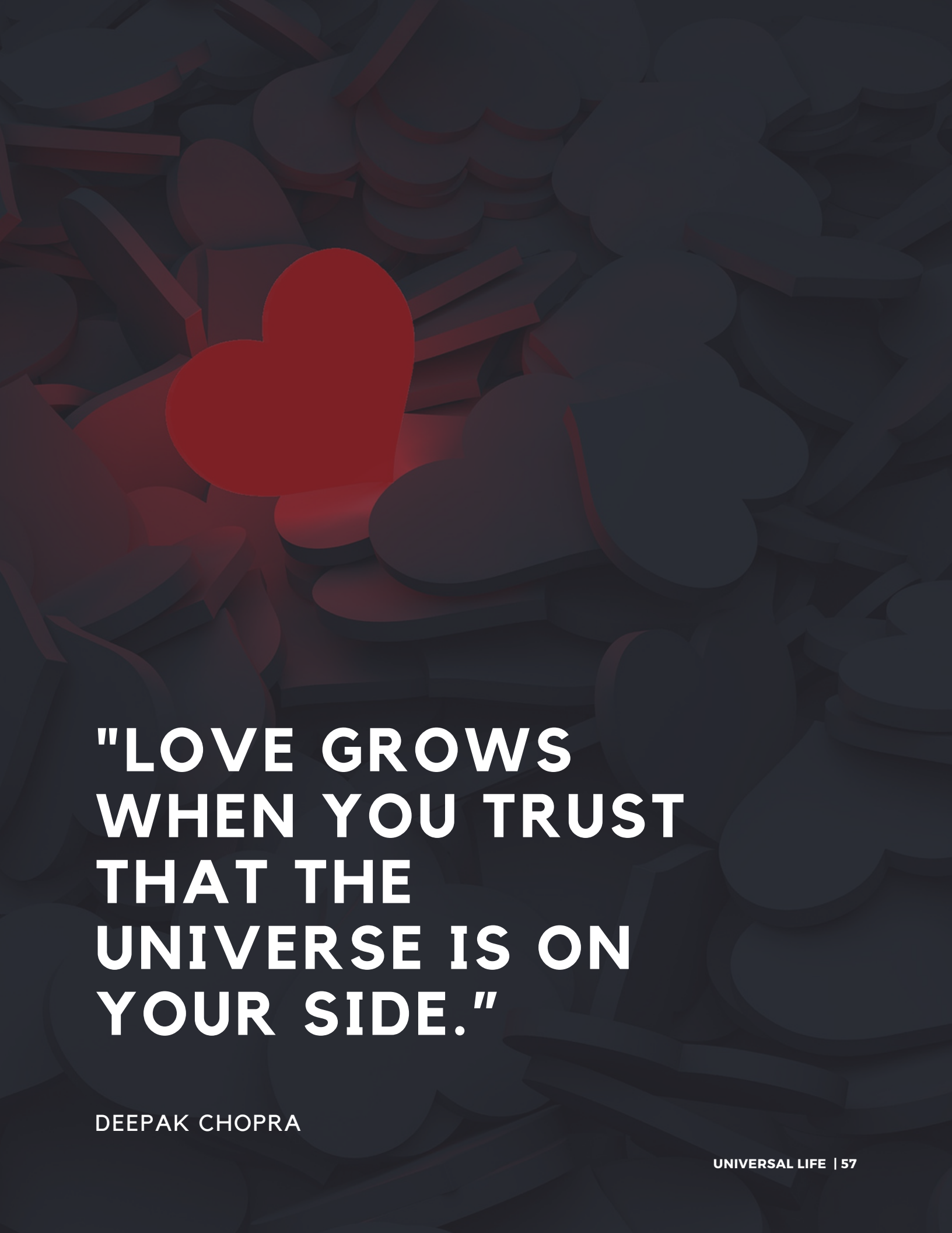


AUTHOR BIO

Shailja Kapur is a Usui Shiki Ryoho Reiki Master-Teacher. She is a certified Meditation practitioner and a teacher. She practices Reiki with other healing modalities. She conducts both in-person and online sessions. She also practices and conducts Distant Healing, Chakra Healing, Crystal Healing, Dowsing, Candle Healing, Magnified Healing, Breathing Exercises and Guided Meditation. As possibilities are endless with Reiki, she is enthusiastic to experiment with Reiki and share her experiences with the world.



[YOUTUBE](#)



**"LOVE GROWS
WHEN YOU TRUST
THAT THE
UNIVERSE IS ON
YOUR SIDE."**

DEEPAK CHOPRA



Radical Love

CREATING SPACE FOR YOURSELF AND OTHERS WITH REIKI



Yolanda Riley explores how inviting Reiki everyday can help bring radical self-acceptance and create the space to accept and support others.



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Energetic sleepwalking exists. It's hard to maintain service to others when you're running on empty. Sometimes, people are so used to hearing the same old self-defeating message repeatedly that they can't recognize their authentic voice. We need to remember to be good stewards of our energy. Forgetting, unfortunately, makes us vulnerable to energetic vampires. As the saying goes, 'Energy flows where intention goes.' Why not set your day by creating space with Reiki?

Think of it as energetic hygiene. Energetically, we could be moving through the day unconsciously. For example, you may be too busy replaying the 'shoulda, woulda, coulda' situations, and focusing on how the person or ourselves should behave.



Without inviting Reiki, a possible result is remaining unconsciously closed-minded, allowing the perceived stories to grow and fester in your mind. They take root in your body and energetic field, setting the scene for dis-ease, and manifesting in ominous ways. Other possible results are misunderstandings, callousness, the 'othering' of people, and not acknowledging your role in these situations. Using Reiki to create spaciousness wakes you up, helping you to ground and connect with the world around you. It also helps you set energetic boundaries.

Being intentional is a revolutionary act of love. When you intentionally create a compassionate energetic space, you shape your day – you are directing your energy toward a purpose. You slow down, reflect, and skilfully respond rather than react. Instead of being immersed in your emotions or critical thoughts, Reiki provides the space needed for clarity, wisdom, and intuition. Operating from your highest self means calling in wisdom to discern what is good for all concerned. It's the frequency of spiritual expansion.

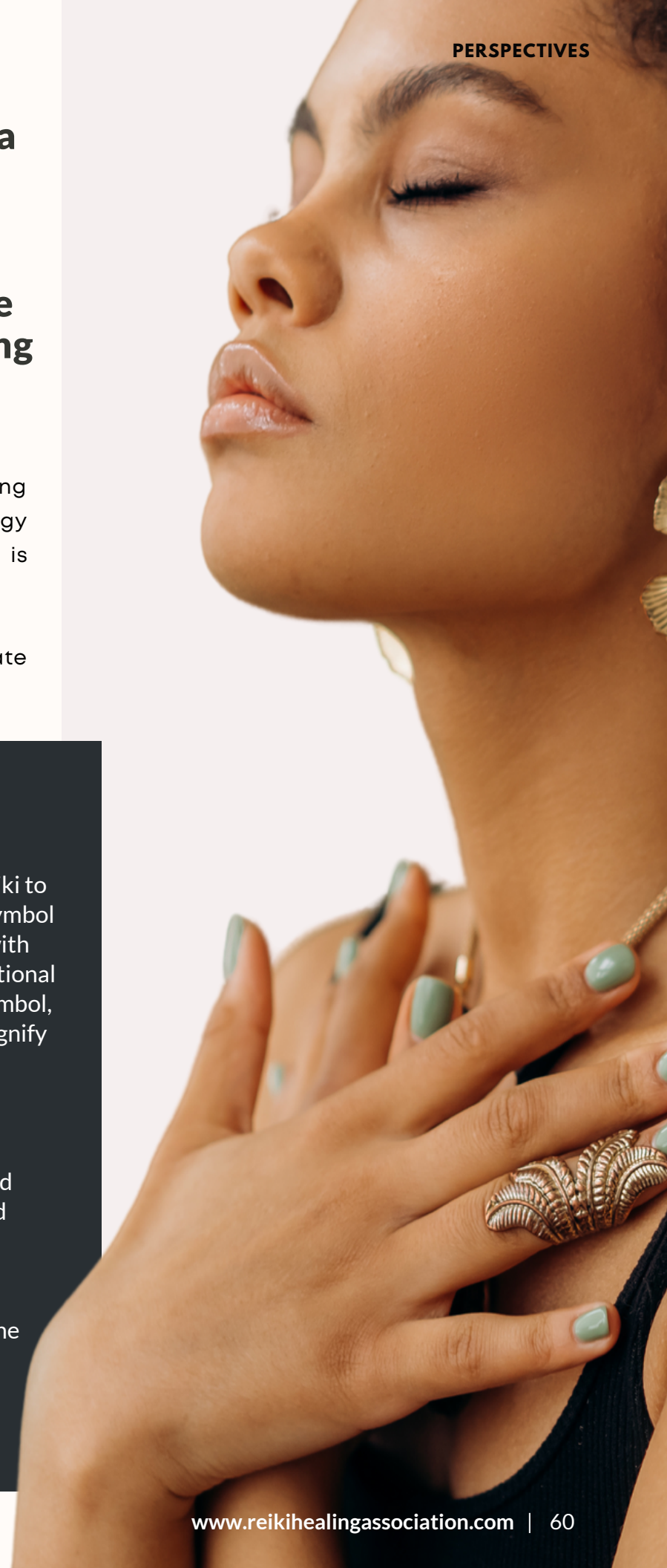
Reiki can also help to create space that brings you back to center. This nourishing practice is a form of self-care. We are more mindful of the kind of energy we're putting out into the world. It also increases empathy. It removes the barriers and dissolves the 'us vs them' mentality. Increased empathy creates more equanimity and a non-judgemental stance. It also helps to replenish energy. Let's say you've been around people who had negative energy. It can be energetically draining and impact how you operate

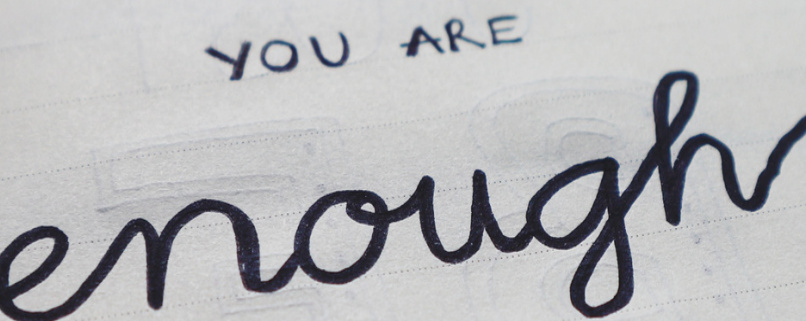
“...Being intentional is a revolutionary act of love. When you intentionally create a compassionate energetic space, you shape your day – you are directing your energy toward a purpose.

throughout the rest of your day. By creating space, Reiki can protect you against energy vampires or restore your energy when it is depleted.

Here is a simple Reiki practice to create and hold space:

- 1 Set an intention for the day.
- 2 Give yourself Kenyoku (Dry Bath).
- 3 If you are attuned to Level 1, just allow Reiki to flow. If you are a Level 2, use the distant symbol to send Reiki throughout your day along with SHK to help balance your mental and emotional states. If you are attuned to the Master symbol, empower both symbols beforehand to magnify the intention and energy.
- 4 Send Reiki to your heart chakra. Feel the energy travel through your body, from the head to the feet. Breathe deeply. Pause and feel, allowing yourself to fully embrace and receive the energy.
- 5 Visualize or sense a golden Reiki ball surrounding you. Feel it grow until it fills the room. Continue for at least 5-10 minutes.
- 6 Seal and Gassho to finish.





YOU ARE
enough

Do something radical: be kind to yourself today.

Examine your energetic patterns and consider if they still serve you and those around you. And remember--it's okay. You don't have to save the world on your own. You're allowed to have faults. You don't have to be perfect. You don't have to fit someone's idea of who you need to be. YOU ARE ENOUGH. Accepting yourself creates the space to accept others, and hold space for them.

We are all part of two great equalizers: birth and death. Most of us struggle with the middle. How do you want to spend your energy today? The choice is yours.

AUTHOR BIO

Yolanda is a Tarot, Astrology, and Life Purpose coach who helps people break free of limiting stories & energetic blocks so they can break through and create a life of their choosing. She is also a Meditation & Reiki Master Teacher who has studied mindfulness, meditation, and various metaphysical & energywork modalities for over a decade.

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RHA News & Updates



We wanted to say thank you to everyone that got involved in the Reiki Shares for those affected by the devastating earthquakes in Turkey and Syria. The outpouring and love and support from our community was really touching and reminded us of how powerful we are when we come together and how honoured we are to support the healing work that you do worldwide.

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.

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK




► Mark Ogren from A Moment Of Reiki

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

"I have been a licensed nurse for 20 + years. While working as a nurse I witnessed the pain of many patients and wondered what else there was beyond standard western medicine to help...As a professional Reiki Master Practitioner/Spiritual Coach, I'm passionate about an alternative approach of healing."


► Thérèse Marie Quinn of Mother Touch Healing

 www.wildheartsnyc.com

"Reiki...is a precious gift beyond measure...At Wild Hearts Healing Arts Center, we are on a mission to grow physically, emotionally, and spiritually. Each of our classes plays a part in doing just that. "




► Janice Buerkli of Janice B. Reiki

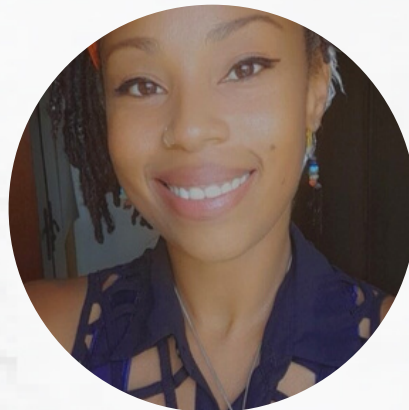
 [@janicebreiki](https://www.instagram.com/janicebreiki)

"My passion is to empower others on their healing journeys. I'm honored to lead Reiki, Crystal Healing, and Intuitive classes and workshops in the Maryland area."

► Akeisha Jones

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

"Reiki found me...I have not looked back. I embrace this path. It was always my path."



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

MEET OUR MEMBERS

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK



► Colleen Fletcher of Wholistic Beauty



[@colleen.d.fletcher](https://www.instagram.com/colleen.d.fletcher)

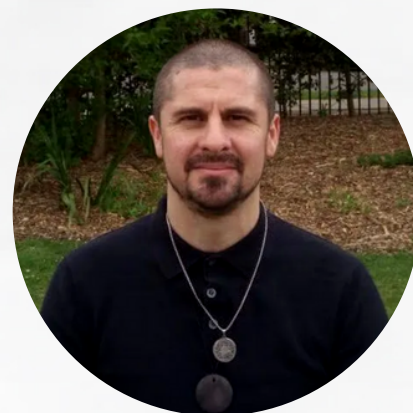
"I believe we hold the keys to the long-term healing of themselves, our families, and the world."

► Martin Danderfer



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

"As Professional Chef and Reiki Master Teacher I believe that health can be attained and maintained through basic awareness of self-conscious eating and energy healing practices."



► Dr. Cat Robinette



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

"Spread love and positive energy, and the world will reflect that. Show hate and the world will be that to. What you focus on is what you will bring into existence. That choice is yours."

► Galanda B



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

"My mission; To help people live their life to the fullest by providing tools to better manage everyday life. Our mindset influences how we perceive, process and react. Often times people make decisions from a place of fear and negativity. I am here to facilitate through training and coaching that a mindset trained with mindfulness will render them happier and more successful in their lives."



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MEET OUR MEMBERS

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK



► Samantha Vidal of Empowered Intention



@samantha.vidal88

"My mission is to empower women to awaken their spirit! To assist you to tap into your intuition through intention so that you can access your inner peace and have trust in yourself. Why? Because when you use empowered intention setting, you create and attract things you love and release things you don't love."

► Lorna Kruger of Suffolk Reiki @suffolk_reiki

"Having suffered with fibromyalgia since 2007, I was fortunate to be introduced to Reiki as an alternative therapy to help with my condition. It wasn't long before my symptoms started to ease and there began my love of Reiki. The healing made such a huge impact on my life that I decided to train as a Usui Reiki Practitioner, and I have since attained Master/Teacher level and Crystal Reiki Master/Teacher Level."



► LaTanya Hill of IMREIKINOW



@IMREIKINOW

"...through Reiki, a person is able to accomplish what is needed to open up energetic channels so that a higher vibration may be achieved and the true self is fully revealed. Reiki is the beginning of true happiness and peace."

► Cindy Hallett of Stand In The Light



@comestandinthelight

"Regularly enjoying Reiki energy, either in person or remotely, will rebalance you physically, mentally, emotionally and spiritually to give you peace in all ways."



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

MEET OUR MEMBERS

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK



► Bobbie Jackson of Inner Dimensions Wellness



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

"At Inner Dimensions Wellness, together we look at balancing these four distinct parts by offering sessions for meditation (mind), fitness (body), and Reiki (spirit). This in turn assists in balancing and improving our overall mental health."

► Melanie from Tailepathy



<https://tailepathy.ca>

"Your pet likely has a lot to say! An animal communicator can assist with negotiating behavioural challenges, helping you understand your pet's physical and emotional needs, providing your pet's perspective on a situation, helping you understand your pet's purpose in life (or your purpose in their life), and assisting you to find peace after a pet passes over the rainbow bridge."



► Journee of Journee N2U



[@journeen2u](https://www.instagram.com/journeen2u)

"Part of the journey is finding clarity. Sometimes just a nudge in the right direction can change your whole entire life. It is my intention that my gifts as an Intuitive guide and healer will help lead you on the right path so that you can reclaim your journey with pride!"

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](#)

WHAT DO YOU VISUALISE WHEN YOU SEND REIKI HEALING?

We asked our Members and Community what they visualise when they send Reiki healing and we received so many beautiful answers....

"I envision white light entering the crown of my head going through each blood vessel of my body out through my fingertips and into the client."

AMY GOLDSCHLAG SPERBER

"Pastel rainbows flowing to the client."

@REIKI_BY_SARAH_

"Beautiful white healing light, flowing through me and into my client."

@MELANIEWOOLLEYPTR

"Bright, warm, white light."

**@JILLREEVES
HOLISTICS**

"I see a light capsule of Reiki energy that embraces the whole of the person I send healing to and moves exactly where it's needed to. I become a witness too."

APARNA VEMULA

"I envision white light or the light in shapes of hearts coming from my hands into the clients and moving to where it's needed."

@OCEAN.ROSE.HEALING

"I usually see a pyramid.. Always a pyramid.. Each person or situation are within this pyramid and it gets filled with beautiful warm light."

@INDIGO GEMS

"I imagine that a bright white energy from the universe enters my head and passes from my hands to the aching area and erases the pain there."

@MINAERTEKK

"I see a 3D translucent hologram of their body with the aberrated systems in a red throbbing light... Sometimes I see their being as a landscape; where sometimes the trees are on fire or the lakes are dried up and I just work to restore balance to this landscape."

@NIGHTWINGHEALINGARTS

"I don't visualize anything, since you can feel the energy. I do repeat in my mind that I'm receiving in love and light from the source and giving in love and light."

@REIKI_4_ALL

**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

Kris Denning, Akleema Ali, Rev. Dr. Tracy Cox, Gabriella Davidovics,
Francine Thomas, Norman W Wilson, LaTanya L. Hill, Thea van der Merwe
Deborah Lynn Strafuss, Shailja Kapur, Yolanda Riley

COMMENTS PROVIDED BY

@nightwinghealingarts, @reiki_4_all, @melaniewoolleyptr,
@jillreevesholistics, @minaertekk, @reiki_by_sarah_, Amy Goldschlag
Sperber, @Indigo Gems, Aparna Vemula, @ocean.rose.healing

A MAGAZINE BY THE REIKI HEALING ASSOCIATION

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A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

Magazine



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