Canadian Reiki Association

Spring Issue 2025

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Canadian Reiki Association Mission Statement

The Canadian Reiki Association is an autonomous and private body and will not involve itself with the workings of other agencies within Canada. The Corporation reserves the right to investigate, at its discretion, other similar bodies and/or agencies and apprise members on such issues if such studies may contain relevant information. The Corporation may employ outside resources such as legal counsel for definition and clarification as required.

Board of Directors:

Bonnie Smith	President
Alice Creighton	Vice- President
Alain Richard	Director
Jennefer Davis	Director

Editorial Committee:
Editor: Bonnie Smith
craboard@reiki.ca
Co-Editor - Alice Creighton
Print/ Design: Roadrunner Printers
roadrunnerprinters@sympatico.ca
www.roadrunnerprinters.com

Mailing Address: 24-2350 New Street - Burlington, ON L7R 4P8
E: reiki@reiki.ca | W: www.reiki.ca

We welcome your comments and feedbacks.
The Editors reserve the right to select and edit submissions suitable for the newsletter.

THE CRA ONLINE COMMUNITY CALENDAR

Reiki Exchanges, Shares and Events

CRA Registered Teachers are welcomed to post their Reiki Classes and Reiki Shares in our online community calendar!

We request that posts are limited to your Reiki practice and not for other modalities (ie Yoga). The CRA reserves the right to remove events without notification or explanation.
You can access our Online Calendar Under the "Practitioners/Teachers" heading on our website under the Calendar and Exchanges link.
https://reiki.ca/practitioners-teachers/exchanges/#cid=1269&wid=6901

FOLLOW THE CRA UPDATES AND NEWS

CRA Website:
www.reiki.ca

ADVERTISING INFORMATION

Advertising your business, sell merchandise or place job ads in the newsletter. On review of the content, non-members can also advertise in our newsletter.
Contact: Bonnie
craboard@reiki.ca

Ad Size		Members	Non Member
Full	4.5"x7.5"	$70	$140
1/2	4.5"x3.75"	$40	$80
1/4	2.25"x3.75"	$20	$40
1/8	2.25"x1.87"	$10	$20

NEWSLETTER DEADLINES

We are always looking for fresh articles that would be of interest to our members. If you wish to publish your article or advertise in our newsletter, below are the deadlines for each issue.

ISSUE	Date of Issue	Deadline for ads & Articles
Spring	March 21	February 1
Summer	June 21	May 1
Fall	September 21	August 1
Winter	December 21	November 1

Message from the President

We celebrate spring 2025 with the next quarterly edition of our newsletter. We hope you will enjoy reading the articles we chose for you.

I am taking this opportunity to update our members on what has happened at head office. In late December, Jodie was asked to leave the Association as the office administrator. Her personal life overtook her responsibilities working for the Association. I recognized the backlog of work that needed immediate attention, and I had no time to search for a replacement or train. I stepped in, and when all the office equipment and supplies were returned to the head office, I began setting up the equipment and working on the backlog of emails and uncompleted work.

Membee is a customized program designed for the CRA; training was necessary in many areas outside my knowledge. I knew we did not have the time or trust to look for someone on short notice. So, I used my understanding of the program and a little experience working with Membee to get to work. Believe me, it was not easy at first. The following six weeks were a challenge. With a lot of frustration and a few tears, it got better each day. There are still a few areas that I am not comfortable with, and I know it will come with time.

Membership renewals and new applications have been handled. The backlog of emails left in the inbox was unmanageable, so I decided to delete anything before November 1st of last year. That left me with around 250 emails to deal with. Areas where I took additional time were incomplete applications that did not include the correct documentation, payments, and email addresses. (Membee will bounce back email addresses with an info@.) Keep your address up to date, as mail is still being returned.

During my time as the president, I faced several serious issues that directly affected the Association. This was another challenge, and it has been handled. It was a rough start, but I understand the importance of keeping our Association viable for many more years to come. Our Zoom's 27th Annual General Meeting will be held on May 24th, 2025. Notices and links will be sent as the date approaches.

Love & Light
Bonnie Smith - President

Notice to all Members

Membee, our member management system, updated its user interface. This upgrade affected the behind-the-scenes operations, such as figuring out the workflow using this new interface. One of the latest changes has allowed us to change how your address is displayed. As we work on different members' profiles, we have started to switch the layout so that there is a Profile Address, a Directory Address, and a Billing Address.

Please ensure that your contact information is kept up-to-date and that your complete mailing address is noted in the Profile and Billing Addresses.
Do not change which Address is the Primary Address.

The Profile Address is the Primary Address. This address needs to match what the credit card company has on file. Your credit card payments will not go through if they do not match, so they need to remain at the Primary Address.

The Billing Address is used to create mailing labels.

Depending on how your directory listing is set up, the directory address shows up for the online directory listing. New members are automatically set up with the Directory Address used in the listing. Older members may need to switch which address the listing is using. You can use your home address or a different business address if that applies to you, or leave it like the city you live in.

If you are concerned about your address showing up online, please use the DIRECTORY ADDRESS. If your profile has not been updated yet and/or you are having trouble setting things up how you would like, please email Bonnie for assistance.

Your phone number will appear online if displayed in the PHONE 1 section. If you do not want it to appear online, please ensure it is shown in the PHONE 2 or MOBILE sections. If you choose to do this, I strongly recommend you type your email address into the ABOUT ME section so people can contact you. Although there is an email button, some people do not notice it.

Finally, please take a moment to review your contact information and Directory listing to ensure that everything is up to date and shows what you want people to see. I strongly encourage you to set up the Google Flag on your account. I have often had to help people find a Practitioner or Teacher, and I ONLY look at the listings with a Google Flag. People are trying to find someone close to them, and the flags are the only way to weed through the options.

One last thought about the Directory listings. Several people have an excessive number of cities of practice listed, often with different provinces involved. Doing this detracts from potential clients' ability to find someone close to them, and it is frustrating when someone who lives in a different province is listed as a search result. Please refrain from listing cities of practice that are not in your close geographical area.

We also ask that you not list all the other modalities you practice outside of Reiki. We have received complaints from the public looking only for Reiki, which has confused people when they were looking only for a Reiki session. Please update your profile to reflect your Reiki only practice.

Regards

Bonnie Smith
President

4 Things I Wish I'd Known Before Getting into Professional Reiki

After practicing Reiki on myself and my loved ones for two years, I finally decided a year ago that it was time to share my gift with the public. I reached out to a local multidisciplinary clinic, marking my foray into the world of professional Reiki. And what a journey it's been! Below, I share some things I wish someone had told me before embarking on this journey.

1. It can get lonely

Taking on the role of a professional healer – or any new role – along with its accompanying challenges and responsibility, can sometimes feel isolating. I hadn't always aspired to be a Reiki practitioner, so in many ways, the role felt like something I had to grow into, like a new aspect of myself that I had to nurture before it felt natural. And there is a certain sense of vulnerability and aloneness that can come with that process.

Secondly, while being a vessel for this beautiful and wise force we call Reiki and bearing witness to our clients' experiences is such a humbling honour and joy, sometimes putting yourself (your feelings, wishes, expectations, etc.) aside to be a clear conduit for Reiki during a session and holding space emotionally for your client can leave you feeling lonely afterwards. At least, I have felt that way sometimes.

2. It might feel like you're getting more than you signed up for There is a simplicity to practicing Reiki on yourself: You commune in your daily practice with this beautiful energy, whose value and importance you never have to explain because you experience every day – viscerally, directly – how amazing it is. You're in a private, intimate dance with the energy, and it's all that matters.

And you might naively assume – as I did – that working with the public will be just as simple. I assumed that getting established would be a matter of finding a space to practice and letting people know of my services. But, of course, it wasn't.

In addition to doing the sessions, I had to get comfortable with not only "selling" Reiki but also structuring the whole experience before and after treatment in a way that was helpful to both the recipient and me, to say nothing of all the other aspects that come with running a business.

Even though I had freely chosen to pursue Reiki professionally, there were moments when I felt like I was being thrust into a role (or, more accurately, multiple roles) I hadn't asked for. I'd be lying if I said there weren't times when I felt like quitting.

3. Be prepared to confront parts of yourself that are resistant to pursuing professional healing.

For me, these aspects were the part of me that found dealing with money stressful and uncomfortable and preferred the relative simplicity of being broke, the part of me that was more inclined to project my power onto others than to embody it, and the part of me that felt more comfortable and secure shrinking and hiding myself than being visible, to name a few.

I have since learned that on our journey toward establishing ourselves as healers, we will attract precisely the sorts of people and situations that reflect our fears, insecurities, and resistance, and in the process—that is, if we're willing to engage with it—we will heal and integrate those parts of ourselves.

I consider this a sort of spiritual decluttering, which needs to happen for us to see exactly the kinds of clients we need to see and in a way that nourishes and sustains us spiritually and financially.

4. Be ready to let go
Once the spiritual decluttering is complete, once the people, places, and situations meant to illuminate the parts of ourselves that needed to heal have played their role, we must be ready to release them with love and move on.

This is sometimes easier said than done. It was for me. I had assumed that my career would take a particular course and that the clinic I found myself at initially was where I was meant to establish myself. Leaving and striking out alone felt daunting, even though my spirit didn't feel quite at home.

But in the end, I did honour my spirit's nudging to cut ties with the clinic and seek out opportunities to practice that were more aligned with the woman I had evolved into. I acknowledged that I had outgrown the part of me that wanted to stay small and, as such, affirmed that holding on to this place was not serving me. And it's been one of the most liberating things I've ever done.

Overall, I have learned that taking on Reiki professionally is ultimately a process of transformation in and of itself. It will change you. It will force you to grow in ways you might not expect and cannot predict. Embrace the change and trust that the same ineffable force that drew you to this path in the first place will carry you through the bumpier parts of the ride.

By
Thandiwe Msimuko

Balancing Family Dynamics: Reiki Tips for Sibling Harmony

Reiki is a wonderful stress-reducing modality and a puissant healing system. In part due to social media, it is more commonly accepted and, with research, proves to be scientifically beneficial for healing. The possibilities of using Reiki in your life are endless, and you are only limited by your imagination.

One way to incorporate Reiki into your life is within the dynamics of your family. Reiki can assist in bringing harmony to sibling relationships. As a parent, you will observe your children as they interact with each other through many different situations over your lifetime. These feelings between siblings can appear in the early years of the sibling relationship and can be carried on into adulthood, from the oldest to the baby of the family.

Children face many situations nowadays that are very stressful, from pressure from family, friends, school, and constant connection with social media. This can add tension to the family dynamics. Personality conflicts, moving, illness, and divorce can cause frustration, anger, or even jealousy can arise and take its toll on a sibling relationship.

Being a child and especially a teenager with hormones increases anxiety, resulting in behaviours of acting out and defiance. Acting out can affect the sibling relationship. One incident in the family could change a sibling's view and attitude toward the other. These feelings can continue if not addressed or resolved into adulthood. As a parent, you may find yourself in a situation where your one grown child refuses to attend a holiday gathering if the other sibling is in attendance.

I recently had a conversation with a gentleman in his eighties who found himself still angry that his parents, in his words, enabled his younger sibling. This caused tension in various situations as this gentleman was the oldest in the family. His perspective was that he worked very hard for everything he had accomplished with little or no help from his parents. It appeared to him that this younger sibling was handed everything by their parents.

I also spoke to that younger sibling, and she was frustrated with her older sibling, who always made his opinion and frustration known to everyone in the family. Over the years, frustration built to the point each avoided family gatherings, and they would often go for years without speaking, only speaking to let someone know of any family news. One sibling in their 70s and the other in their 80s still very angry with each other. This was a family of four siblings, and over the years, the two other siblings found themselves in a situation of peacemakers between the oldest and the youngest.

Hearing his story made me realize these siblings had held on to this anger for decades. Both their parents have been deceased for more than 25 years; how long do you hold on to this anger?

What could assist in a sibling relationship? Perhaps one resource is Offering Reiki or taking Reiki training together to learn techniques to help with resentment and frustration, bringing harmony into a relationship.

One of the wonderful benefits of being a Reiki Master teacher is being a part of the healing journey with families and offering ways to support each other within the family, especially your own. This can involve offering sessions or providing Reiki training to help them learn the history and techniques to incorporate into their own lives and their healing journey.

Here are some techniques to assist

1. Every morning, Give yourself daily Reiki. Each day, bring in one Reiki principle and use it regarding your sibling or siblings. Just for today, I will not worry. Just for today, I will be kind. You are healing your relationship with yourself first.

2. When you find yourself in those challenging moments with your sibling or siblings and the frustration or anger arising, place your hands on your heart, close your eyes, breathe, and invite the Reiki to flow through you. You can use the distance symbol and emotional/mental symbols to assist you during the situation. Do this for a few minutes, and if you are limited on time, ask the Reiki to flow if you or the situation needs it.

3. If you are meeting your sibling in advance or need to talk to your sibling or siblings in advance, you can use the distant symbol to send Reiki to the meeting ahead of time, asking for the highest good and outcome for all involved.

4. Place your Reiki symbols on your tongue/mouth. Ask the Reiki to help you watch your mouth and how you speak to your sibling/siblings. Remember, it's not the intent but how it is being received. Ask the Reiki to help you guide your words toward understanding and harmony.

5. Find a childhood picture and hold it in your hands. Using your symbols, send Reiki back to that moment in time. Ask Reiki to heal your relationship and strengthen your bond with each other.

6. Take a moment to visualize a tree. If you can't visualize a tree, draw or find a photo of the tree. Make this your family Reiki Tree. On the leaves, imagine your sibling or siblings' name. On each leaf, you will write visually or physically any issues or concerns with you and your sibling. You can also write any hopes or dreams for the relationship. Once it is written on the leaf, the intention is to stay there. Every night, send Reiki to your family tree. You can continue to fill your tree up with your intentions. Make sure before you send Reiki to your sibling, ask for consent even if you are not speaking to this sibling, and ask the universe if this sibling is accepting you would like to send my sibling Reiki.

7. Family Reiki Box. Have a box or container that you use specifically for family members. Place a photo of the sibling. Write your intentions, hopes, and dreams for the relationship and your sibling on an index card. You can also add your siblings' family to the box, asking for their entire. Give the Box Reiki daily or as long as needed for the relationship. You can continue to add items to the box.

8. Make sure to thank the Reiki. The universe loves working with humble hearts.

Learning and incorporating Reiki into your life helps with stress and anxiety, especially when emotions such as resentment, jealousy, and anger arise. It will help you just for today so you can arrive at a place where you can communicate and deepen or repair a relationship.

The option of asking Reiki for assistance can be an option for a gentler and kinder approach to healing the deep-down resentment and anger between siblings.

Signing up for Reiki training will give you the tools to help you navigate with emotions and help you release old grudges and feelings of resentment. By healing, you can help open the door to the opportunity to create a more supportive and understanding relationship, even between your siblings. Reiki can help siblings interact and communicate in a more considerate way.

It is with the understanding that we are human, and we will have moments of frustration however, with Reiki, we can acknowledge and be proactive and ask the Reiki to assist in navigating through those emotions in a more kind-hearted approach.

Perhaps you are at a loss for how to navigate or help your sibling's relationship, or you are seeking a resource to assist your children in their sibling relationship: Reiki may be an option. Studying the practice of Reiki together can help deepen the bond and open opportunities for healing to avoid holding on to a lifetime of anger.

Reiki is a beautiful tool for reducing stress and anxiety. It is a way to help you forgive yourself and others. Every family should have at least one Reiki Practitioner to offer and guide ways to help reduce stress and anxiety. Learning Reiki with them is a wonderful way to help your child spiritually. It allows you to work together on something that is widely accepted as scientifically beneficial for healing.

By
Tracy Searight

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ISAGENIX

Hospice Waterloo Region (Located in North Waterloo, Ontario) is looking for daytime minimum Level 2 Reiki volunteers to help support our clients. Hospice Waterloo Region is a charitable organization that provides comfort, care and support to people living with a life-limiting illness, their caregivers and the bereaved living in Waterloo Region.

Our Reiki Client Support Volunteers provide Reiki treatments to individuals living with a life-limiting illness, their caregivers and the bereaved. Our clients benefit from Reiki treatments by providing emotional well-being, relaxation, easing stress, tension, supporting better sleep and relief of symptoms. Most Reiki treatments are given to clients at our offices in Waterloo or Cambridge, or in the clients' home when the client is unable to get to the office because of advance illness.

Volunteer Reiki applicants must hold their current license certification and minimum Reiki Level 2 training from a recognized training program. Day time availability is an asset. The time commitment for this role is 2-3 hours weekly or biweekly and we ask for a year of service.

We are looking for folks who are friendly, compassionate, dependable, trustworthy and great communicators. Supporting people on their end of life or bereavement journey can be such a wonderfully rewarding volunteer experience. Hospice Waterloo Region invests, supports and deeply values our volunteers through social, wellness, educational, and annual volunteer recognition events. We cannot do what we do without our amazing volunteers!

Reiki Client Support Volunteers will be required to take our daytime 35-hour volunteer training course provided by Hospice Waterloo Region. This training is provided free of charge.

Please help us make a difference for people living with life-limiting illness in your Waterloo Region community.

For More information contact Diana today!
Email: volunteercoordinator@hospicewaterloo.ca
Phone: 519.743.4114 x113
Website: www.hospicewaterloo.ca
Application: https://www.hospicewaterloo.ca/support-hospice/volunteer/

Love as Medicine: 2 Reiki Ways to Regenerate Faster

How we perceive healing dictates the degree to which we benefit from it. We live in a time when we are caught in a fierce materialistic race for well-being. In this age marked by isruptive technologies and an overwhelming flow of information, everyone cknowledges the need for more healing. We seek the best methods of self-regeneration and the greatest healing abilities, powers, or superpowers. Yet, nothing seems to offer us what we need to feel safer in our bodies, minds, or emotions. We are waiting to receive healing from an external source, forgetting that we alone can restore ourselves if we consciously allow it—with discipline, personal commitment, surrender, and trust in our inner grace.

Masters, Gurus, Therapists, Coaches, and Shamans are all transitory guides meant to show us possible paths, able to cleanse and trigger a change in ourselves. They are spiritual mirrors to remind us of our potential, but they will never force us to change if we do not desire it; they will never do our work in our place.

True and definitive healing is a blessing and a self-conscious process of recognition and forgiveness, a declaration of peace and reconciliation with one's being. Ultimately, Healing is Self-Love. To function harmoniously, we need to fall at peace with ourselves. Even if there is someone who hurt or harmed us, we tend to develop in ourselves self-hatred and opposition, censoring the generosity of our being and building walls that manifest as trauma. And for the world to become healthier, we must genuinely work on ourselves and change the patterns of suffering and resistance to goodness, love, and peace.

Human beings are born wounded and accumulate pain over time. When unhealed, these wounds are passed down through our genes to our children, who must then deal with them. Humankind is searching for extravagant methods, far from the truth, to alleviate degenerative physical, mental, emotional, and spiritual conditions. But things are simpler than we think. We were born attuned to Nature, powerful and harmonious beings, spontaneous and genuine like animals, endowed with wisdom and intellect.

Yet we constantly distance ourselves from Nature by choosing false ways of living that go against Life itself, against the Universal Life Force, eading to degradation and self-destruction.The forgotten mission of human eings was to remain and evolve according to the image and likeness of our Source — truthful, loving, kind, compassionate, and radiating the pure light of the soul, the same light found in all corners of Nature and the Universe. We can remember our potential and plant the seeds of goodness within ourselves, expanding our divinity and growing in Life. The more loving and forgiving we are about our situations, the more our being softens, allowing the Universal Light to fill the inner voids of arkness with Love. The more we recognize the divinity in others, the more we find peace with life, benefiting our well-being and health. Surrender to the wisdom of Love and Heal.

Here are a healing algorithm and a short meditation to help you regenerate faster.

1. The Healing Algorithm

In front of your body, draw a large Holy Fire Reiki symbol of white light, which is known for embodying peace and love. Think of the situation you want to heal or think of the illness or the organ you want to heal and then say:
"Holy Fire, Holy Fire, Holy Fire, with love and gratitude, I ask you to go deep into my being, into my astral plane, into my body, mind, and soul, to bring healing to the suffering caused by my organs, where there is not any more love and forgiveness. Please cleanse and regenerate my ill organs (heart, liver, lungs, blood, spine, brain, etc.) so I can be of better service to my being and the world. Thank you from my heart!"

Stay silent in a receptive state and observe how the Holy Fire energy goes through your being and works where needed. It can take ten, fifteen, or more minutes. Be patient and repeat the process for more days until you acknowledge an alleviation of the problem and even its remission. Following the above algorithm example, you can also use symbols like SHK, DKM, HSZSN, HALU, and SHANTI, one by one, depending on your condition.

2. The Meditation

Close your eyes and rest in meditation for about fifteen minutes. Focus on your health problem. Then, try to feel the emotion of Love. As you breathe slowly, in and out, let the light of this emotion grow in your body and surround the affected organ (whether it's your heart, liver, blood, bones, kidneys, brain, etc.). Radiate the light of this love from the organ, spreading it throughout your entire body. Be generous with love and share this light with the whole world.

Now, say the following words to your affected organ:
"Thank you from the bottom of my heart for your resilience in supporting my body's functions. Please forgive my lack of love and care and forgive my ignorance. I love you immensely and honour your service to my being. You are better now; you are divine and loved. You are now safe within my body. Thank you, thank you, thank you!"

If you suffer from a kidney condition, you will notice sudden relief and healing using this meditation. Plus, the meditation will make you aware that you are responsible for your well-being in many ways.

By
Helene Popescu

My Reiki Niche: 5 Secrets to Success

As we know, not only can anyone reap the benefits of Reiki, but Reiki can also address various issues. As such, the importance of focusing on a specific group of people as a practitioner – as opposed to catering to the public – is not explored often, in my humble opinion. However, it is essential to consider being an aspiring or budding practitioner. Below are some of the ways that picking a niche has helped me:

1. I feel less like an impostor

Like many people, when I first started, I doubted myself a lot, not least because the professional healing field was new to me. In addition to the newness of it all, I grappled with the internal resistance and insecurities of adopting the role and title of healer. I often wondered what I was doing and who I thought I was.

I didn't doubt the power of Reiki to help those I worked with. However, I did feel daunted by the myriad issues that the clients who came to the clinic I was affiliated with at the time were struggling with.

However, I noticed that ever since recommitting to my mission to work with child sexual abuse survivors (which was what inspired me to want to share Reiki with others in the first place), I feel less out of my depth. Because I understand from personal experience what it can be like to struggle with such trauma and how exactly Reiki can help, it feels like I have a solid foundation from which to approach, communicate, and help clients.

2. I feel more inspired and focused

It didn't happen immediately, but months into my professional journey, I began to feel less enthusiastic about my work with clients (even though my personal Reiki practice was still a source of comfort and joy). I didn't feel as grounded or energized from performing Reiki sessions as I initially did. Instead, I felt more and more drained, lost, and resentful.

Intuitively, I knew I was feeling drained and disconnected from my clients because I wasn't focusing on my target market. But I initially resisted this knowledge. I wondered how it was possible that working with a clientele that wasn't a good fit for me could adversely impact my sessions. After all, the same Reiki was still flowing through me. What mattered if I offered it to everyone rather than those, I felt drawn to work with?

But then it all made sense when I considered that there is much more to doing Reiki professionally than simply offering a session. To retain clients, you need to be interested in their story and history and able to walk them through how Reiki can help them going forward. All these things are more accessible when you're passionate about the specific issue you're helping your clients with and when the problems they face have personal resonance or meaning for you.

Or at least this has been the case for me. Since deciding to help clients through what I went through, I've experienced a greater sense of connection, direction, clarity, and purpose.

3. I have found it easier to create a structure and systems around my sessions.

As established, there is more to doing Reiki in exchange for money than simply offering treatments. You'll need various documents, resources, and tools to serve your clients effectively, from intake and consent forms to assessment and progress charts. Depending on what you're helping your clients with, these will vary. When you know exactly who you're serving and your goal, tailoring these documents and forms to reflect your client's needs is more effortless.

4. I have found it easier to "sell" Reiki

For some time, I believed that the reason I was having trouble attracting and retaining clients was that Reiki was too new and too weird for most people, hence their reluctance to book me or come back after having a session with me. I told myself that I just needed to give it time and let people catch on to the idea of Reiki.

It doesn't help that Reiki is a subtle force that sometimes works in ways we don't expect or aren't readily perceivable. As such, it can be a challenge to explain to people, especially those who've never heard of it, how exactly it can help them.

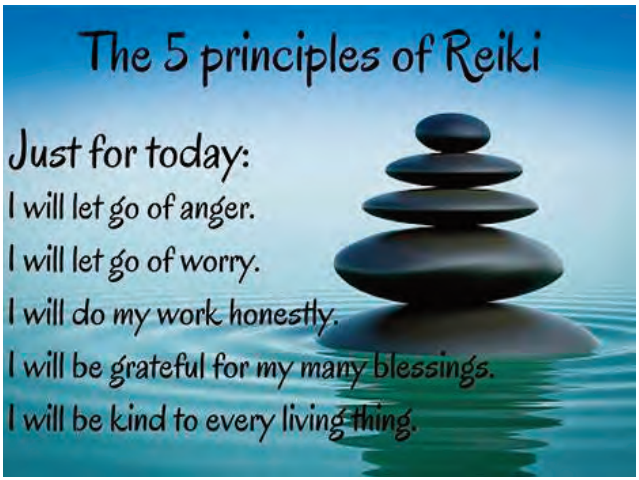
But more and more, I'm convinced that if you know who your target audience is and you're speaking directly to their needs (that is, you can explain clearly how Reiki can help them with their particular issue), you won't have to struggle as much to draw them in or keep them as your client. Things are made even more straightforward, as established in the first and second points, if you can tie it all back to your own experience, to the things Reiki has helped you with exactly.

5. It's helped me to get more comfortable with the idea of charging for my services.

Various factors contributed to my discomfort with receiving money for my Reiki services but feeling like an imposter was a big one. Now, because I'm digging deeper and know from experience how Reiki can help those I seek to help, I don't struggle as much in this department.

It's easy to assume you're narrowing your focus by having a target audience and excluding everyone else. Indeed, the fear of missing out on prospective income by leaving out everyone else is why some struggle with picking a niche (it was undoubtedly partly about that for me). In a sense, you are indeed limiting your focus. But in another, more important sense, you are stepping more fully into your calling, engaging more deeply with Reiki and the degree to which it can use you to serve others.

By
Thandiwe Msimuko



Reiki & The Importance of Closing Energy Connections

Handwashing is considered the most important measure to prevent the spread of infection. But did you know that it also serves another purpose that 99.9% of the world is unaware of? Each day, we make hundreds of connections with others in the world. As the world gets smaller with the use of social media, Facebook, Twitter, etc., these connections start to grow in number. Where there used to be connections with one or two friends each day, now we can see instant connections with hundreds or thousands of our "friends/followers."

Each connection we make involves energy transfer from one person to another. Our brains cannot differentiate the difference between "Us" and "Them". And as a result, our energy is drained from us in a "death by a thousand knives" comparison. It's no wonder most of us can barely move through a day, let alone a week, without consciously closing off these connections.

Our hands and eyes are the two biggest senses that trigger us to create connections. When we consciously understand how we create inadvertent connections, we can use the solutions outlined below to restore our states of optimum energy without connected energetic cords.

Conscious, deliberate hand washing in cold or cool water helps to release and discharge any energy connection made that day. Doing this in the morning is excellent for discharging any energetic influences made while sleeping.

Handwashing plays a HUGE part in Reiki Treatments.

After completing a Reiki session, it is recommended that you wash your hands in cold or cool water for 30 seconds, intending that all connections are released and removed from your auric body. If not completed, your client could drain you over the course of a day or night!

As a Reiki master teacher, it is imperative that you wash your hands after each attunement to create a break in the energy between you and the student. It is also recommended that the students wash their hands after attunements.

For apparent reasons, washing your eyes out with soap is not recommended. However, gentle, regular cleansing in the morning or night with warm water and a washcloth is recommended. Hold the washcloth you've infused with Reiki over your closed eyes without forcing water into the eyes. Intend for your eyes to become "Cleansed and Cleared of all inharmonious vibrations."

In addition, you can also use an eye mask that you've infused with Reiki or even cucumber slices that you've infused with Reiki. Again, hold these objects in your cleansed hands and send gentle Reiki healing to them over 30 seconds to a minute, with the intention of "Clearing and Cleansing." Then, place the object over your eyes and relax for anywhere between a minute and 20 minutes while you do Reiki on your head and throat.

Also, suppose you wear contacts or glasses in your daily life. In that case, it is recommended that you hold them in your hands (in the case of contacts, put them in the case – then have them!) and send gentle Reiki healing to them over the course of 30 seconds to a minute, with the intention of "Clearing and Cleansing." This will help harmonically break any connection these objects have made on your behalf each day.

By
Krista Ellis-Smith

Reiki Healing for Different Timelines

There is no doubt that Reiki is a powerful medium to heal oneself and others. However, it is a lesser-known fact that Reiki can help you recover in different timelines. Yes, you have heard it correctly – different Timelines! I'm sure most of us have experienced healing our clients with past, present, and future issues and problems. Have you ever healed yourself or your clients across timelines that existed before this lifetime? This is a method I discovered while practicing healing my inner child. In one of the delightful sessions, as I was healing my inner child, I felt that there were some unexplained blockages that I was carrying from my previous births. I wasn't sure which birth, so to be precise, I started healing my previous births in different sessions.

The process for this is straightforward, and here's how you do it:

1: Create a clean space. You can light incense to clear out the space.
2: In front of you, put a picture of your child self that you want to heal.
3: You can decorate the space as you like. For example, you can have incense and meditating music, or you can put up flowers, etc.
4: Once seated, calm yourself by taking deep breaths for 5-7 minutes or more if your intuition guides you.
5: Create a protective layer around you for protection.
6: Use your invocations to start Reiki.
7: Use symbols up to whichever level you have learned to create a connection with your child self by looking at the picture.
8: Once the connection is set, visualize your child self on your third eye. While visualizing, sit with your inner child and give them Reiki energy.
9: After some time, while sending energy to your inner child, keep your hands on your gut and heart and ask Reiki to go to dimensions beyond this birth. "I now lovingly send Reiki to my previous births and higher dimensions to heal all the blocks that may be stopping my growth."

Continue this process for as long as your intuition guides you.
11: Once you feel that energy is sent, start coming back. First, come back to your third eye and then your body.
12: Express your gratitude to your inner child for showing up and to all your versions.
13. Clap your hand thrice to cut cords from other dimensions.
14: Open your eyes and drink water to balance your energy.
This process is extremely effective, and you can see changes by doing it twice a week. However, always ensure that you are protecting yourself before starting this process to avoid any unwanted energy attack.

By
Nikita Dudani

Reiki Sponge Technique

Greetings to all the healers and lightworker community. Healing is the gentle touch of the higher power that realigns our energy system, and we are blessed to be a channel that can experience and pass on this gentle touch in the form of Reiki. I want to share something I have used in my healing sessions in this article. It was a simple yet effective method to treat some of the most common ailments, such as pain, fever, stress, etc.

The Reiki Sponge Technique, as the name suggests, involves the visualization of an object (a sponge) that can be used in Reiki healing sessions to clear negative energy. I am sure that all your imaginations must be running wild at this point, and whatever visualization everyone has works very nicely.

Here, I am sharing the process that I have applied and got good results with healing.

• As we start the traditional way, invoke Reiki with gratitude and thank the universe, teachers, Reiki, and the patient. Thereby, cover yourself and the patient with a bright white light and draw all the symbols you are attuned to on your third eye and then the patient's third eye.

• Ask Reiki and the universe to bless you and your patient and allow you to become a perfect channel. Now, feel the energy flowing through your palms. Draw the power symbol on both palms to enhance the energy flow.

• Start beaming Reiki to the patient and observe as the energy flows throughout the body. Visualize the patient soaking up the divine energy as Reiki flows through all the chakras and aura of the patient.

• As the energy flow progresses, you can feel the areas with blocked energy and unbalanced chakras that need healing. If you already know which area of the body needs healing, focus on those regions.

In my case, the patient had severe, almost debilitating pain on both shoulder blades and neck. These areas appeared dark, and the energy wasn't flowing normally; many blockages could be felt.

• Now, turn the right palm towards the universe and ask for a 'sponge' to help the patient relieve pain. Pray to the universe to grant this tool for the patient's highest good. Feel a light, clear, medium-sized sponge in your right palm.

• Also, imagine a half-full bucket of sparking water by your side. You can even keep a bowl or bucket filled with water near you.

•Now, squeeze the sponge and slowly place it on the patient's affected area. Visualize it sucking all the pain and discomfort from the patient's body. Then, shift that sponge to the bucket of sparkling water and cleanse it. See all the negativities being washed out from the sponge to the bucket.

• Again, place the sponge on the affected area and suck out the pain and remaining negativity. Cleanse the sponge and apply again. Keep repeating the process until you feel that the affected area has been cleared of negativity.

• Then, clean the sponge, hold it in your palm, and return it to the universe with sincere thanks. Send Reiki to the affected area and see it heal completely as the white light fills in and renders it completely healthy and recharged.

• Feel the Reiki energy flowing through the body and aura for a few minutes, and then end the session with gratitude toward the divine. Lastly, discard the imaginary bucket filled with negative energy in the sink. If you have placed an actual bucket, throw away the water in the sink and avoid touching it. Wash your hands after the session. This process can be repeated every day until the problem is entirely resolved. It is a gentle yet effective method of healing conditions like pains that spread throughout the body, fevers, infections, etc. In cases of insomnia, anxiety, depression, etc., the sponge can be placed on the third eye to suck out the discomforting energy and help the mind relax.

Reiki has beautiful ways of surprising us. We must have faith in and trust the universe, as our efforts never go unnoticed. I hope you like the article. I wish you all love and light.

By Astha Shrivastava