



Traditional Japanese Reiki



Third Degree

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Reiki Master is about making a commitment, for life, to mastering Reiki.

A commitment to a healing practice and spiritual discipline which will inevitably change you, and in all probability, will change your whole life.

This is a lifetime decision. Surrender to the experience. Go with the flow; it will be fun, exhilarating, exciting, and enjoyable.

Become..... a Reiki Master... not try to do it.

Being a Reiki Master is about
YOU BEING YOU on YOUR OWN JOURNEY OF LIFE.
It is YOU living what you love.
Allow it.....Become it....

Being a Reiki Master is a sacred responsibility, where you need not only knowledge and experience, but also wisdom, understanding, compassion and a genuine interest in people.

As a Master, you need to live your life as an example of Reiki

Becoming a Reiki Master



Choosing to become a Reiki Master is about making a commitment to the spiritual evolution of ourselves and others on the planet, for we are all learning together.

Taking the third Degree is a commitment to our intention to live within the Reiki ideals. The Reiki Principles were written to empower us towards our own happiness.

Everyone who decides to take the step towards Reiki Mastership does so having found joy in living with Reiki principles. They are honouring an inward promise to continue evolving along that path because they have found it constantly returns love and happiness to their lives.

The desire to become a Reiki Master signifies trust in the Universe, and the underlying wish to shed the constrictions of ego gently with as little conflict and much love and acceptance of oneself and others as possible.

It is important for the student to meditate with the fourth symbol, so that they can activate and feel the vibration of the symbol inside. This helps the understanding of the deeper sense of Reiki healing, bringing the giver into contact with the higher energies and helping him or her more easily to open up to channel higher energies and to become one with them.

The use of the Master Symbol supports our own spiritual growth. We need to focus on the most important thing in life: our self-realization, to get to the bottom of who we really are.

To truly be a Master, we need to realize our own perfection.

True Masterhood means to be in a state of light, wisdom, and knowing.

We have moved beyond personality and negative belief programmes. Seeking our inner light and truth, each of us is on a spiritual journey, on our own path toward realization to recognize who we are.

Over time you will learn from your experience that the guidance of Reiki is worthy of your trust. Once you have surrendered completely, you will have entered the way of Reiki.

When you do this, you will be at peace with the past and have complete faith in the future. You will know there never was anything to worry about.

Your life will work out with greater harmony and you will feel that you have reached your goal of wholeness even as you continue to move towards it.

There is a perfect plan for your life that has always been waiting for you.

This plan is what is good, right, and healthy for you.
The plan is based on what really makes you happy.
This plan is inside you and comes from your core essence.

Reiki can guide you to this plan and help you follow it

This plan is YOUR TRUE SPIRITUAL PATH



4 Symbol MASTER

Mantra DAI KO MYO

Meaning Great Strength of the Universe, shine from wi
Great Light of the Universe, shine from withi

Japanese Calligraphy

Used ONLY and ALWAYS to EMPOWER YOURSELF

The FOURTH SYMBOL, or MASTER SYMBOL
Strengthens the ability to open to higher energies
and to become a wide channel for them.

The vibration of this symbol is very strong force
and is used by the Reiki Master to channel higher energies
during Attunements.

The Symbol can also be used for personal development
and for meditation

I am a light, I am, the I am, that I am

Each cell in our body is a complete universe,
each cell has total information of each person...
hence cloning.

Power to the mantra NOT the symbol,
(*if give to svmbol. vou give the power away*)

#4 Symbol - MAST



Dai Kō Myō

One of the Japanese Alphabets is called Kanji. The word Kanji means "Chinese characters" as this suggests, China is where Japanese Kanji originated.

Each character can have several meanings depending on the context. The Kanji on this page come from "Essential Kanji" by P.G. O'Neill, courtesy William Rand.

大	大	32; 37/0 DAI TAI, <i>ō(kii)</i> , <i>ō(ki na)</i> big; <i>ō(i ni)</i> greatly [P°] [TA ⁴ • D: a man with arms & legs spread wide; 大目に見る — <i>ōme ni miru</i> — overlook, let pass 大水 — <i>ōmizu</i> — flood
光	光	217; 42/3 KŌ <i>hika(ru)</i> shine; <i>hikari</i> light, ray [KUANG • I: a torch 1-3 (= 15) carried by a man 4-6; P°] 日光 — <i>nikkō</i> — sunshine, sunlight; pn. 発光する — <i>hakkō suru</i> — radiate, emit light
明	明	58; 72/4. MEI MYŌ <i>aka(rui)</i> , <i>aki(raka na)</i> bright; <i>a(keru)</i> to dawn; <i>ō(kasu)</i> pass the night, divulge [MING ² • I: sun & moon together; P°] 明日 — <i>myōnichijasu</i> , <i>ashita</i> — tomorrow 明け方 — <i>akegara</i> — (early) dawn

Being a Master is a sacred responsibility, where you need not only knowledge and experience, but also wisdom, understanding, compassion and a genuine interest in people. As a Master you need to live your life as an example.

**Dai Ko Myo. theMaster symbol,
translated loosely as "great shining light,"
And that is precisely what it invokes.
Not a light that comes from outside,
but the light that you already are
at your most essential level.**

**It carries the highest vibrational frequency of all the symbols
and works at the soul level, addressing root causes
rather than symptoms. It goes directly to the source
It's used to deepen spiritual connection
and in advanced self-healing work.**

What it feels like is often described as coming home.

A recognition rather than a discovery. A profound settling, as if something that had been searching for a long time has finally stopped and simply rested in what it always was. Some people weep without knowing why. Others feel a vast, impersonal love that doesn't seem to belong to anyone in particular.

**It is the feeling of touching something real
beneath all the noise of identity and story.**

When I took my first Reiki class, I felt "I am home." I could not explain it at the time, but it felt comforting, familiar, and safe. It was like an inner knowing that "felt right." It was much later that I realized I was simply reconnecting to myself, my true Authentic Soul Self that I had previously ignored.

What working with it looks like is a deepening of stillness.

There is **less doing** when this symbol is active and **more BEING**.

A master practitioner using Dai Ko Myo isn't performing healing, **they are holding a quality of presence so luminous and steady that it naturally elevates the energy around them and everything it touches.**

Many practitioners describe working with it as a profoundly different experience from the first three. To work with it meaningfully, a reiki student must have done enough inner work to hold that frequency to be, *at least in intention*, a clear enough vessel that the highest light can move through without too much distortion.

I AM

And this is where the meaning of I AM becomes essential.

I AM.....

not "I am tired," not "I am afraid," not "I am a healer"
but simply **I AM, without anything added after it,**
is considered in many wisdom traditions to be
the most sacred statement a being can make.

I AM THAT I AM.

Not a description. Not a role. Not a condition.

Pure existence recognizing itself.

**When you say I AMFULLSTOP,
you are pointing at the part of you that was never born and will never die.**

The awareness behind every thought, every feeling,
every identity you have ever worn and shed.

It is the silent witness, the unchanging presence
that watches the changing show of your life without itself changing.

Dai Ko Myo and I AM point at the same thing.

The great shining light is not something you receive,
it is what you are when you stop adding conditions to your existence.
Healing at the master level is therefore not fixing something broken.
**It is helping a person remember what they are beneath everything they have
been told, and everything they have told themselves.**

This is why the fourth symbol carries the weight it does.

It is not a more powerful tool.

**It is an invitation to stop using tools altogether and simply
be the light that heals by its presence.**

I AM

is not a declaration of ego, it is the dissolving of it.

The recognition that what you are at the core is the same light
that moves through all of Reiki, all of life, all of everything.

That I AM

steady, whole, unbroken, was never in need of healing at all.

I AM

I now quickly release all
That no longer serves me.

I let go of all old baggage that is
not for my highest good.

I fully release all blame, anger and unworthiness
and fully embrace my divinity.

I now live from my heart space and treat
myself and others with love and kindness.

I hear and listen to my inner guidance.

I am deeply connected to Spirit at all times.

I gracefully and easily step into
Who I really AM and
shine my brightest light.

And so it is

by Carmen Braga

4 Mantras



CHOKU REI

I command MY Universe

I am in control of myself

SEI HEKI

Balance and Harmony

Be at Peace with yourself

I totally accept myself

HON SHA ZE SHO NEN

My Spirit sees your Spirit

I can connect with anyone alive,
about to be born, or dead

My thoughts go through time and space

DAI KO MYO

I am a light

I am, the I am, that I am.

**IN CHARGE of
My OWN UNIVERSE,**

I am...

**TOTALLY AT PEACE
with MYSELF,**

**My thoughts...
go through
TIME AND SPACE**

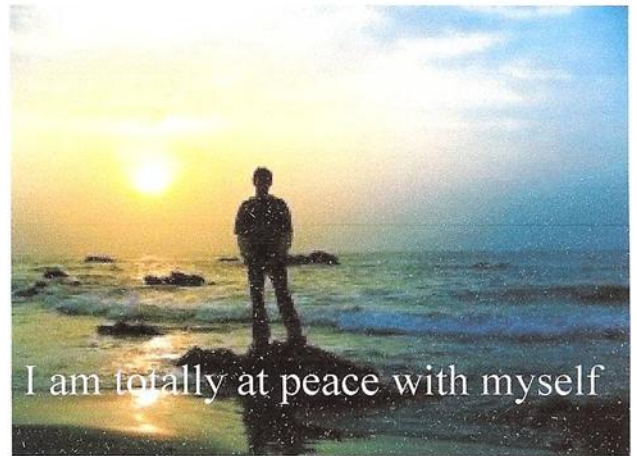
**I am..
A LIGHT**

**I AM,
THE I AM**

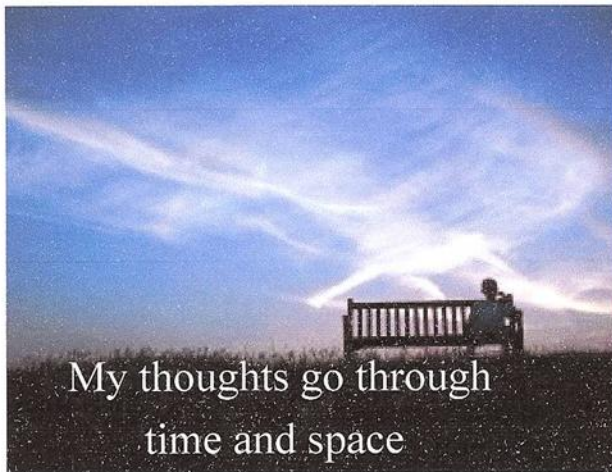




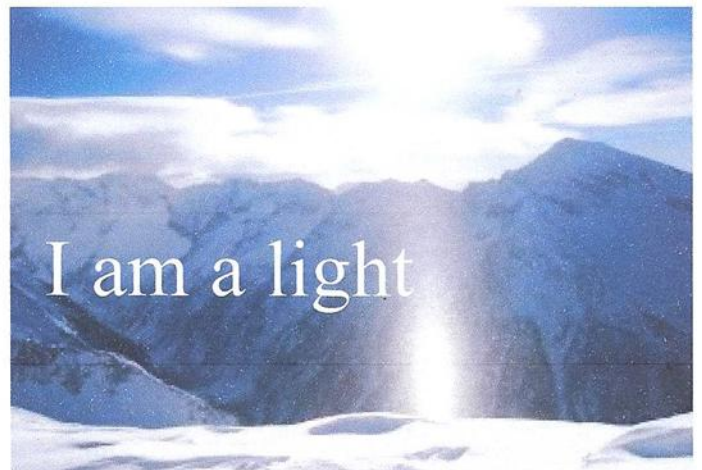
I command MY universe



I am totally at peace with myself



My thoughts go through
time and space



I am a light

Dai Ko Myo — The light

Draw or visualise the symbol above your crown
and let it descend slowly through you
like a column of warm light
from the top of your head
to the base of your spine.

Now simply sit.
No contemplation.
No question.
No task.
Rest in
I AM.

Not I am this kind of person,
not I am feeling this,
not I am trying to become
just the bare fact of your own existence,
aware of itself.

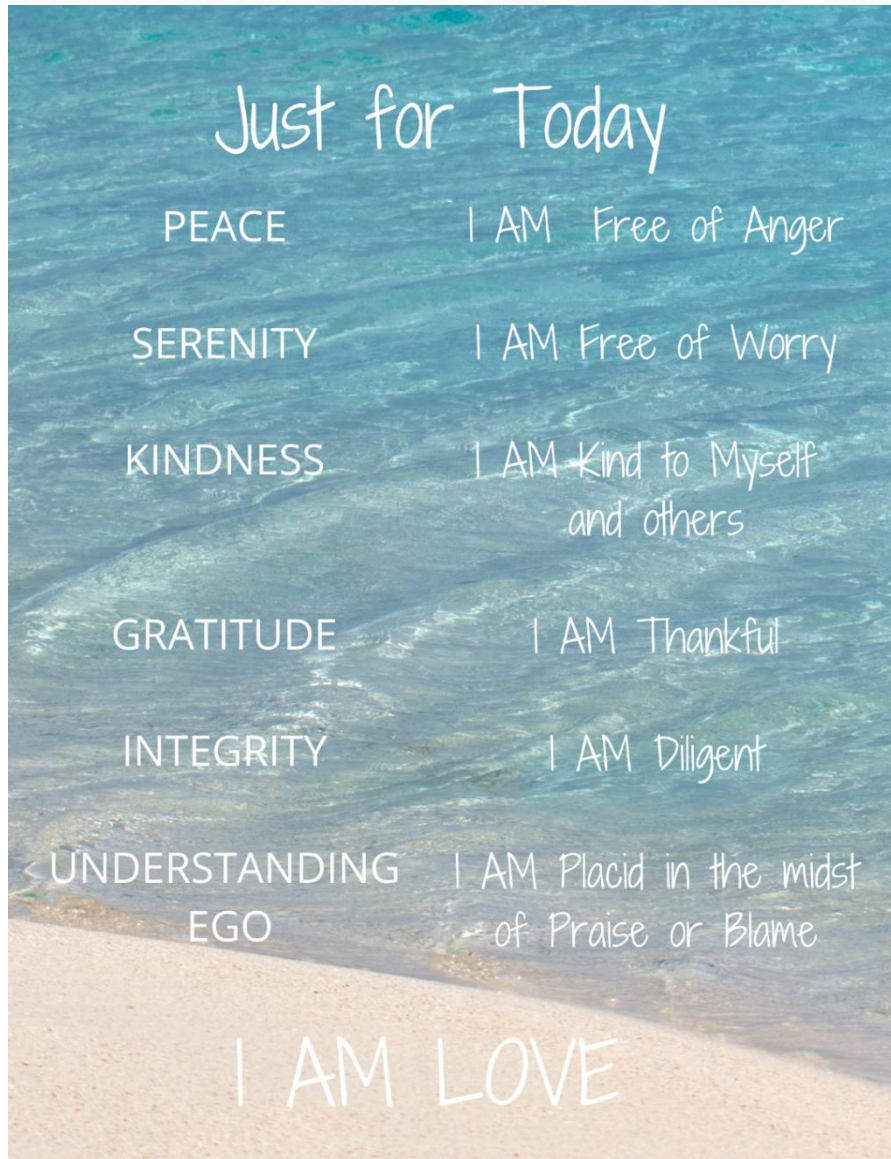
If thoughts come, let them pass like the clouds floating by.
Return again and again to the simple undeniable fact:
I AM.

That is enough.
That is everything.

When you are ready,
Take three breaths.
Focus awareness on your physical body.
Bring your awareness back to the present.
Offer quiet gratitude to yourself
and to the light that moved through you.

Pause, recall and reflect
then journal your experience

The Reiki Principles! - "Just for Today"
is the foundation of Usui's entire teaching.



Living in the HERE and NOW
Ask Yourself,
AM I?

Just For Today

Mikao Usui didn't just create a healing technique.
He gave humanity a **simple daily code for the soul.**

ASK YOURSELF - AM I walking my Talk?

The entire spiritual future of Reiki lives inside these Principles:

- Just for today — I AM Free of Anger. Are you?**
Release the fire. What feels urgent today rarely matters tomorrow.
- Just for today — IAM Free of Worry. Are you?**
Worry is a prayer for what you don't want. Trust the flow.
- Just for today — I AM Grateful. Are you?**
Gratitude shifts your energetic frequency instantly and completely.
- Just for today — I AM Diligent and honest. Are you?**
Show up with integrity. Your energy follows your intention.
- Just for today — I AM Kindness. Are you?**
Compassion is the highest frequency a human can hold.

Plus Inamoto's words.

- Just for today – without praise or blame. Are you?**
Living from heart and Soul and letting go of Ego
- A cup of tea -a cup of Enlightenment**
Enjoy the moment, BE in the moment. Are you?

Why "Just For Today" Is Everything

The genius of Usui's phrasing is the **time boundary.**
He didn't say "*forever*" or "*always*" because that's overwhelming.
He said "*Just today. Just this moment.*"

In a world of chaos, noise, and overwhelm,
this is a radical act of **returning to the present, one day at a time.**

**This is where Reiki's future lies, "GASSHO."
In these quiet promises, made fresh every morning.**

**Reiki is HOW we live our lives, and
HOW we treat ourselves and others.**

Dai Ko Myo in Everyday Living - Living in the HERE and NOW.

ASK YOURSELF AM I LIVING REIKI?

The Master Symbol calls us not to perfection,
but to a conscious, loving presence.

To be the light. To shed light on something,
To hold the light. To shine our brightest.

**The path of Dai Ko Myo is not about being a perfect beacon,
it is about being a willing one.**

ASK YOURSELF – AM I Walking my Talk? Honestly, Are you?

Here are some deep reflective questions for weaving Dai Ko Myo into
the fabric of daily life:

Morning Threshold — Setting Sacred Intention

- *As I begin this day, am I choosing to be a vessel of light,
or simply going through motions?*
- *What would it look like today if I truly lived as
the light I know myself to be?*
- *Am I grounding my practice in humility,
or has ego crept into my role as a practitioner/teacher?*

In Relationship & Communication

- *Am I speaking with the same compassion I hold in my healing space,
with my family, colleagues, and strangers?*
- *When conflict arises, do I reach for the light within myself and
within the other person? Do I acknowledge their light?*
- *Am I listening to understand, or listening to respond?*
- *Do the people closest to me experience the Reiki I claim to carry?*

In the Body & Daily Rhythms

- *Am I honouring my own body as sacred,
with sleep, nourishment, movement, rest?*
- *Do I self-treat lovingly and consistently,
or do I give to others what I withhold from myself?*
- *When I feel depleted, do I pause and return to source,
or push through and disconnect to myself?*
- *Is my environment, my home, workspace,
a reflection of the clarity I seek within?*

When Life Becomes Difficult

- *Am I applying the Five Reiki Principles to real moments of anger, worry, and fear, or only in theory?*
- *When I face hardship, do I trust the intelligence of the universe, or do I contract and resist?*
- *Can I hold space for my own shadow with the same non-judgment I offer others?*
- *Am I using difficulty as a doorway to deeper understanding, or an excuse to abandon practice?*

The Integrity Check — Walking the Talk

- *If a student watched my life for one week, what would they learn about Reiki living?*
- *Am I honest about my growth edges, or do I perform wellness while privately struggling?*
- *Do I seek my own supervision, mentorship, or continued learning, or have I stopped being a student?*
- *Are my boundaries rooted in love and clarity, or in fear and control?*
- *Where am I still seeking external validation for what I know within?*

The Dai Ko Myo Inquiry — I Am That I Am

- *In this moment, can I recognise myself as both the healer and the one being healed?*
- *What in me still believes I am separate from Source and how does that show up in my life?*
- *Am I sitting in the fullness of my light, or still dimming myself to make others comfortable?*
- *What does the master symbol want to illuminate in me right now that I may be avoiding?*

Evening Reflection Practice.

Close each day by asking:

"Did I live Reiki today

not as a practice, but as a presence?

Where did I shine?

How brightly did I shine?

Where was I called back or out of alignment?

Reiki is Remembering



Usui's original aim –
Satori - The seat of Awareness
Anshin Ritsumei – The settled Heart

Living TRUE to Self.
Living LOVE and LIGHT
Living in THE ETERNAL NOW MOMENT
Awake, Aware, Alert.

The Sacred Remembering

*Reiki, The Infinite Self
& The Journey Back
to What You Always Were*

Before the Forgetting

Close your eyes for a moment and imagine this:

Before you had a name.

Before you had a story.

Before anyone told you who you were,
what you were worth, what was possible, or what you should fear.

There was something here.

Alert. Alive. Luminous.

Completely at ease with existence itself.

That wasn't the beginning of you.

That *was* you.

Pure, undivided awareness,

not yet wrapped in the layers of personality,
conditioning, trauma, and the belief that the human journey inevitably brings.
Not yet carrying the weight of every disappointment,
every rejection, every moment you were told you were too much or not enough.

Just PRESENCE — open, warm, curious, free.

This is your original nature. Your true self.

And here is the most important thing to understand before anything else:

It never left. It cannot leave. It is what you are made of.

The journey of Reiki, and perhaps the journey of every genuine spiritual path,
is not the journey of *becoming* this.

It is the sacred, tender, often breathtaking journey of *remembering* it.

Layer by layer. Breath by breath. Healing by healing.

Until one day, you stop searching for yourself in the distance and realize

**You were here all along, waiting patiently,
beneath every story you ever told about who you were.**

How the Forgetting Happens

To understand the remembering,
we must first understand, with great compassion,
how the forgetting happened in the first place.

You were not broken by dramatic events alone.

The forgetting happens quietly, gradually, and almost invisibly,
woven into the very fabric of growing up in a world that does not yet know
how to honour the infinite nature of a child.

It happens the first time you express pure joy,
and someone tells you to be quiet.

It happens when you cry and are told you are too sensitive.

When you dream wildly and are told to be realistic.

When you love freely and are met with conditions.

When you trust completely and are let down.

When you show your authentic self
and the world reflects back something that says
Not like that. Not so much. Not so freely.

And so, slowly, beautifully, heartbreakingly, **you adapt.**

You learn to perform rather than be.

To manage rather than feel.

To achieve rather than simply *exist*

in the luminous sufficiency of who you already are.

The ego, that magnificent survival mechanism,
begins to construct a self that is safe, acceptable, and functional in the world.

And we must honour this.

The ego is not the enemy. It did its job.

It kept you safe when safety was uncertain.

But at some point, often in a crisis, often in a breakdown that is secretly a breakthrough.

we begin to sense that the armor has become a prison.

That the performance has exhausted us.

That somewhere beneath the person we have carefully constructed,

something real is asking to be remembered.

This is the moment Reiki finds you.

Or rather, this is the moment *you* find Reiki.

The Body Remembers Everything

Here is something modern science and ancient wisdom have arrived at together:

The body is not merely a vehicle for the mind.

The body *is* the mind, extended into matter.

**Every experience you have ever had lives in you,
not just as memory, but as *physiology*.**

As posture. As tension.

As the way you hold your breath when someone raises their voice.

As the tightening in your chest when you are about to speak your truth.

As the exhaustion that lives in your bones after decades of
being someone you were not quite designed to be.

The body holds the score, as the researchers say.

But it also holds something else.

The body holds the map back to your true self.

Every place of holding, every knot of tension,

Every numb and disconnected part of you is a *message*,
not a malfunction. It is the wisdom of your being saying:

"Something happened here that was never fully met.

Something was stored here because there was no safe place to release it.

Come back here with kindness. I have something to show you."

Reiki speaks this language fluently.

When Reiki energy enters the body,

it is subtle, intelligent, unerring, and precise.

It does not force. It does not demand.

It does not know better than your own inner wisdom what needs to move.

It simply **creates the conditions of safety** in which
the body can finally exhale what it has been holding.

Sometimes for years, or for decades. Sometimes, people feel for lifetimes.

**And in that exhale, in that profound cellular release
something older than the wound surfaces.**

Something that was there before the wound.

**The original self, pressing gently up through the layers,
asking to be felt, asking to be welcomed home.**

Reiki as Sacred Mirror

**One of the most profound gifts of Reiki
one that is rarely spoken about
is that it functions as a sacred mirror.**

Not a mirror that shows you your flaws.
Not a mirror that judges or diagnoses
or tells you what needs to be fixed.
But a mirror of such depth and clarity
that when you look into it.

**You see through the surface of who you thought you were,
all the way down to the luminous truth of who you actually are.**

In the stillness of a Reiki session,
with nowhere to go and nothing to perform,
the false self has nothing to do.
It cannot impress anyone.
It cannot achieve anything.
It cannot defend or deflect or distract.
And so, gradually, it rests.
And in that resting,
in that sacred pause in the performance of identity,
The true self rises.

People describe this as one of the most
quietly extraordinary experiences of their lives.
Not dramatic. Not loud. But undeniable.
A feeling of **"this is me. This is actually me."**

"

A recognition so simple and so fundamental
that it almost makes them laugh and weep simultaneously,
because it was never far away.
Because they realize, with stunning clarity, that
**they have been searching outside for something
that was living inside them all along.**

This is the sacred remembering.
And Reiki creates the mirror in which it becomes possible.

The Layers of Return

The remembering does not happen all at once.
It unfolds like the petals of a flower,
each one revealing the next,
each one more tender and luminous than the last.
In the Reiki tradition, this is understood through the layers of the energetic body,
and each layer holds a different chapter of the forgetting,
and therefore a different gift of the remembering.

The Physical Layer — *I Am Safe to Inhabit Myself*

The first and most fundamental gift of Reiki is simply this:
You come back into your body.

For many people, particularly those who have experienced
trauma, anxiety, or chronic disconnection,
living fully in the body is not a given.

We float above ourselves.

We think rather than feel.

We narrate our lives rather than inhabit them.
We exist from the neck up, managing existence with our minds
while our bodies carry the weight of everything unprocessed.

Reiki begins here.

In the density of flesh and bone and breath.
Its warmth moves into the physical,
easing pain, releasing tension,
softening the chronic bracing against life.
And as the body softens, something remarkable happens.

You arrive.

Perhaps for the first time in a very long time,
you are actually here,
in this body, in this breath, in this moment,
and it is safe. It is okay. You are okay.

This alone is a revolution for many people.

To feel safe in your own skin.

**To experience your body not as a problem to be managed
but as a sacred home, worthy of inhabitation.**

The Emotional Layer — *I Am Safe to Feel*

**As the physical relaxes, the emotional begins to surface.
And here, Reiki does some of its most tender and transformative work.**

Most of us learned very early that not all emotions were safe to feel.

Anger was dangerous. Sadness was weak.

Fear was shameful. Joy was presumptuous.

And so we became masters of emotional suppression,
pressing feelings down into the body
where they calcified into patterns,
into armouring, into the low hum of anxiety
or the dull ache of depression
that many people accept as simply the texture of life.

But emotions are not problems.

Emotions are energy in motion,

and when they are felt fully, with presence and safety, they move.

They complete their cycle. They transform.

They deliver their wisdom and dissolve.

It is only when they are denied, suppressed, and stored
that they become stuck, and
express themselves instead as physical symptoms,
or behavioural patterns, and the vague but persistent sense
that you are not quite free.

In Reiki's safe and sacred container, the emotional body begins to trust.

Feelings that have been waiting,

sometimes for decades,

finally find the safety they need to be felt.

Grief rises and flows.

Old anger softens into the hurt beneath it,

and the hurt softens into the need beneath that,

and the need is finally met with the presence it always deserved.

Fear is breathed through, and beneath it, almost always, love is found.

**And with every wave of feeling that moves through and completes itself,
another layer of the false self dissolves.**

Another veil lifts.

Another piece of the original, unguarded, genuinely felt self is recovered.

The Mental Layer — *I Am Safe to Think My Own Thoughts*

Beneath the emotional layer lives something
even more fundamental to the forgetting:

The stories.

The beliefs we hold about ourselves and the world
are not neutral observations.

They are living energetic structures,
patterns of thought so deeply grooved that they
operate beneath our conscious awareness,
quietly shaping every experience we have.

I am not enough. The world is not safe.

Love must be earned. I will be abandoned.

I do not deserve abundance. My needs are too much.

These are not truths.

They are wounds that learned to speak in the first person.

**Reiki works at the mental-energetic level
to loosen the grip of these structures,
not by replacing one belief with another,
but by dissolving the energetic charge that makes them
feel so absolutely real and unquestionable.**

**When the energy moves through the mental field,
there is often a sudden, surprising shift in perspective.**

A thought that felt immovable simply lightens.

A story that seemed to define you reveals itself as **a story**,
something that happened, something that was believed,
but not the ultimate truth of who you are.

And in the space where the limiting story was, something wider opens.

A perspective that is **kinder, truer, and more spacious**,
not because you talked yourself into positivity,
but because you released the energetic density that was creating the distortion.

**You begin to think your own thoughts. To hear your own inner voice,
not the internalized critic, not the wounded child, not the frightened survivor,
but the clear, grounded, quietly wise voice of your actual self, offering guidance that has
always been available but was simply drowned out by the noise of the conditioning.**

The Soul Layer — *I Remember What I Am*

**And then, in the deepest, most sacred work of Reiki,
we arrive at the soul layer.**

This is where words begin to fail.
Where the language of psychology
and the language of healing reach their edges,
and something that can only be called *mystical* begins.

**At the soul level,
Reiki does not merely clear old patterns or release old wounds.
It reintroduces you to your own eternal nature.**

To the part of you that existed
before this body, before this name,
before this lifetime's particular journey
of forgetting and remembering.
To the vast, luminous, undivided awareness
that is your truest and most fundamental identity.

People at this level of Reiki work
describe experiences of profound expansion,
of feeling themselves extend
beyond the boundaries of the body,
beyond the boundaries of time,
beyond the story of this one small life.

They describe a love so total and so sourceless
that it brings tears not of sadness but of recognition.

They describe a peace so deep
it feels like the ground of all existence.

They describe coming home.

Not to a place. Not to a person. Not to a memory.
But to something that has no opposite, no edge, no beginning, and no end.

To the awareness that was always here, will always be here,

**The eternal self, finally recognized by the small self,
that was always just a temporary expression of it.**

The Infinite Self — Who You Truly Are

Let us rest here for a moment,
in this most essential of truths.

You are not the accumulation of your experiences.

You are not the sum of your wounds.

You are not your personality, your achievements,
your failures, your relationships,
or your beliefs.

You are not even your thoughts,
your feelings, or your physical sensations,
though all of these move through you constantly and richly.

You are the awareness in which all of these arise and dissolve.

Consider this: every thought you have ever had
has appeared in you and dissolved in you.

Every emotion has arisen and passed.

Every experience, no matter how defining,
no matter how shattering, no matter how magnificent,
has come and gone.

But *you*, the one noticing all of this, have remained.

Constant. Present.

Unchanged beneath all the changing.

That unchanging presence is not emptiness.

It is not absence. It is the fullest, richest, most alive thing that exists.

It is **pure being**, the ground of all experience,
the canvas upon which the entire painting of your life is rendered.

It is infinite not because it is large,

but because **it has no boundaries at all.**

It is eternal not because it lasts a very long time,

but because it exists **outside of time entirely**,

in the eternal now, the only moment that has ever actually existed.

This is your true self.

This is what you are beneath the forgetting.

**And this is what Reiki, in its patient and luminous wisdom,
is always guiding you back to.**

Synchronicity — The Universe Confirming Your Return

As the layers clear and the true self begins to re-emerge,
something else begins to happen,
something that cannot be planned or manufactured,
only noticed and received.

Life begins to reorganize itself around your authenticity.

Synchronicities multiply. You think of someone and they call.

You need exactly the right resource and it appears.
A door closes that you were afraid to walk away from,
and behind it was a wall,
while a new door, one you never imagined,
swings open into a landscape
more beautiful than you dared to want.

This is not coincidence. This is resonance.

When your energy is clear,
when your true self is in the driver's seat
rather than the wounded ego,
you naturally emit a different frequency.
And life, which is itself nothing but energy in various forms,
responds to that frequency with matching energy.

The universe is not indifferent.

**It is deeply, precisely, intimately responsive,
to who you are being at the level of your energy,
not merely your actions.**

Reiki practitioners call this living in the flow.
Mystics call it grace. Physicists might call it quantum coherence.

Whatever we name it, the experience is unmistakable,
the feeling that **you are not pushing through life anymore,
but moving with it.**

That you are not forcing outcomes
but aligning with possibilities.

**That the universe is not an obstacle course
but a collaborating partner,
always conspiring, at the deepest level, toward your highest unfolding.**

Inner Peace — The Revolution of Stillness

We said earlier that inner peace is not a destination but a natural state.

The world teaches us that peace is the absence of disturbance.

That we will feel peaceful when the problems are solved,
the relationships are healed, the finances are stable, the body is well.

And so we spend our lives in a perpetual negotiation,
trying to arrange the external world into a configuration that will finally allow us to rest.

But Reiki reveals, through direct, cellular, undeniable experience,
that **peace is not downstream of circumstances.**

Peace is upstream of everything.

It is not the result of a well-ordered life.

It is the **source from which a well-ordered life naturally emerges**
when we are no longer spending all our energy in resistance to what is.

The peace that Reiki uncovers is sometimes called

the peace that passes understanding

because it makes no logical sense.

It can be felt in the middle of grief. In the midst of uncertainty.

In the very eye of the storm of an unresolved life.

It is not the peace of things being okay.

It is the peace of knowing, at the deepest level, that you are okay,

that the part of you that is most truly you cannot be diminished,
damaged, or destroyed by anything that happens in the outer world.

This is radical. This is revolutionary.

Because a person who has found this peace

is no longer available to be manipulated by fear.

No longer dependent on external validation for their sense of worth.

No longer imprisoned by the need for circumstances
to be different, in order to feel free.

They are free now. Here. As things are.

And paradoxically, it is from this freedom, from this deep okayness with what is,

that the most powerful and graceful action in the world becomes possible.

Because you are no longer acting from desperation or fear or the need to fill an inner void.

**You are acting from fullness. From love. From the natural expression of a being
who knows what they are and is no longer afraid to show it.**

The Eternal Nature — You Were Never Born, You Will Never Die

Here we arrive at perhaps the most profound and quietly life-altering truth
that the sacred remembering ultimately leads to:

You are eternal.

Not in the sentimental sense of "you will live on in people's memories.

" Not in the religious sense of 'Your soul will go to heaven.'

But in the most fundamental, most direct, most experientially verifiable sense:

**The awareness that you are
has no beginning and no end.**

Think about it this way.

You can observe your thoughts,
which means you are not your thoughts.

You can feel your emotions,
which means you are not your emotions.

You can be aware of your body,
which means you are not your body.

So what are you?

You are the awareness itself.

**The pure, clear, undivided knowing
in which thoughts, emotions, and body sensations
appear and dissolve like weather in a boundless sky.**

And this awareness, where did it begin?

Can you find the moment when awareness first switched on?

Can you locate the edge of your awareness,
the place where *you* end, and *not-you* begins?

When you sit in genuine stillness and look,
not with the thinking mind, but with direct, open attention.

You find that awareness has no edge. No beginning. No birth certificate.

It simply *is*. Always and already. Here and now, and timelessly.

**This is what Reiki, especially in its deepest work with the Dai Ko Myo,
with the soul level, with the master frequencies,
is always pointing toward.**

Not as a concept to believe in.

But as a living reality to be recognized.

To be *felt*. To be *known*, not by the mind,
but by the awareness that you are,
recognizing its own nature in the profound stillness that opens
when the layers of forgetting grow thin enough.

You were never born.

And therefore you will never die.

The body was born.

The personality was born.

The story of this particular life began at a particular moment.

But *you*, the awareness behind all of this,
simply stepped into this particular expression of itself,
the way the ocean steps into a wave.

The wave rises, crashes, dissolves.

And the ocean remains.

Undiminished. Unchanged.

Ready to wave again, differently,
in another form, in another time.

This recognition does not make life less meaningful.

It makes it infinitely more so.

Because when you know yourself as eternal,
each moment of this finite,
fleeting, irreplaceable human experience
becomes almost unbearably precious.

Each conversation.

Each morning light.

Each moment of genuine connection.

Each breath.

All of it, sacred. All of it, unrepeatable.

All of it,

The infinite playing at being finite

and loving itself

through the experience.

The Remembering Is Now

There is nothing you need to do
to begin this sacred remembering.
There is nowhere you need to go.
No qualification you need to earn.
No level of spiritual development you need to reach first.

The remembering is available right now.

In this breath.

In this moment of stillness
between one thought and the next.

In the simple, radical act
of turning your attention inward,
not to analyze or fix or improve,
but simply to *be present with what is here.*

**Reiki is one of the most beautiful and accessible pathways
into this remembering
that humanity has developed.**

Its genius lies in its simplicity,
in the humility of hands,
of presence,
of a quiet room and the willingness to receive.
It does not require you to believe anything.
It does not require you to understand anything.

**It only requires you to be
willing to be still long enough
for your own truth to find you.**

And it will find you.

It always does.

**Because it was never lost,
only waiting.**

**Patient as the sun behind clouds.
As certain as the tide returning to the shore.**

You Are the Sacred Remembering

We end where we began,
and where all true journeys end:

With you.

Not the you that was constructed.
Not the you that adapted and performed and survived.
But the you that was here before all of that.
The you that will be here after the story is complete.
The luminous, boundless, peaceful, loving,
endlessly creative,
eternally free awareness
that looked out through your eyes this morning
and simply was,
before the first thought arrived to tell it who it was supposed to be.

That is the true self.

That is what Reiki remembers in you.
That is what the sacred remembering is for.

Not to make you a better version of a false self.
Not to heal you into someone more impressive.
Not to elevate you above the ordinary.

But to return you,
completely, tenderly, irrevocably,
to the extraordinary truth of the ordinary miracle
that you already are.

You are awareness itself, wearing a human face.

You are the infinite, experiencing the intimate.

You are the eternal, breathing in time.

You are love, learning itself through the magnificent curriculum of a human life.

You are the sacred remembering.

And you were never, not even for one moment, anything less.

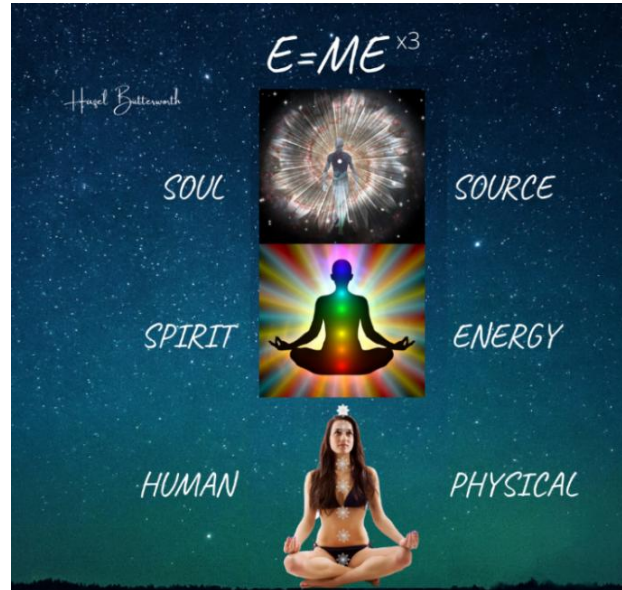
Rest here. You are home. You always were.



***I AM in the Universe
The universe is IN ME
Together AS ONE***

***I AM INFINITE
I AM LIMITLESS
I AM***

SOUL SPIRIT HUMAN



SOUL = SOURCE

(PURE ...CONSCIOUSNESS, THOUGHT, LOVE, & TRUTH)

SOUL ESSENCE -

Who you are, at your Core Self.

WITHIN you, who you perceive yourself to be.

Soul Essence consists first of WHITE LIGHT (creation)

The seat of the Soul is a ball of white light that resides within the body.

The Super Conscious Mind- Intuition, inspiration, ideas, creativity.

Character – the traits you were born with

SPIRIT –

Who you are becoming, as a result of your choices and experiences.

The INVISIBLE you, the energy fields that contain you. thoughts, emotions, and awareness

The Subconscious Mind -the automatic pilot that does not think or have to make decisions.

It does what it does, based on programming, habits, and experiences.

Personality – how you show up in the world, built on your choices and preferences.

HUMAN BEING –

Who you are being, in this NOW moment

The VISIBLE, that is, experiencing life through its five senses

The Conscious Mind- the awareness, the observer, the you that notices.

the you that makes decisions, asks questions, learns, and experiences.

Expression of YOU – your physical appearance, behaviours, actions.

Current State of Being



WHAT is YOUR State of Being?

This is your **honest, unfiltered snapshot** of right now body, mind, and energy exactly as they are, without judgment or the urge to fix anything.

It looks like:

Observation: stillness, closed eyes, a hand on the heart or belly, simply **noticing**, tension in the shoulders, a restless mind, fatigue, joy, numbness, **whatever emotion or feeling is actually present.**

It feels like:

Observation: dropping the performance of "being okay" and just **landing in the truth of this moment.**

Neither pushing away what's uncomfortable nor chasing what feels good.

In Reiki practice,

Action: you meet your current state before the energy can move, because you can't shift what you haven't acknowledged.

WHO are you being?

Every moment is a choice. Every moment is an opportunity.

Every thought, belief, emotion, action, reaction, or response, is creating your current state of being.

In Reiki, we honour and embrace who we are being in this moment.

We move through each experience with love and compassion.

We no longer store, avoid, ignore, or suppress our TRUTH.

Consciously Creating Reality



I Am Consciously Creating Reality

This is the shift from *reacting* to *authoring*.

Recognizing that your thoughts, intentions, and energetic frequency are actively shaping what you attract and experience.

It looks like:

Action: setting clear, inspired intentions,
choosing where you place your focus,
taking deliberate action aligned with what you want to call in.

It feels like:

Action: moving from passenger to driver.

A quiet inner authority.

Less "why is this happening to me" and more "what am I *bringing* to this."

In Reiki,

This principle connects to the idea that **energy follows intention.**

You aren't a passive recipient of life; you are a participant in its unfolding.

Neuroscience confirms this in a precise way.

Your brain does not passively receive the world; it actively *generates* your experience of it.

What you call "reality" is a controlled hallucination: a prediction model built from sensory data, memory, belief, and most critically, the biochemical state of your nervous system.

**Change the state of the nervous system, and you don't just feel different,
you literally perceive a different world.**

The Nervous System



YIN /YANG

The nervous system and Reiki have a fascinating relationship

Your nervous system has two major branches:

**The sympathetic nervous system (SNS)
the "fight or flight" system.**

It raises heart rate, elevates cortisol, tightens muscles, and redirects blood to the limbs. Chronic activation leads to stress-related illness, inflammation, pain, and poor sleep.

**The parasympathetic nervous system (PNS)
the "rest and digest" system,
largely governed by the vagus nerve.**

When active, it lowers heart rate, improves digestion, reduces inflammation, and promotes healing and cellular repair.

**The balance between these two
is called autonomic tone,
and it's central to wellbeing.**

Small studies (often in oncology and palliative care settings) have found Reiki to be associated with reduced anxiety, improved sleep, lower pain scores, and a greater sense of well-being.

These are real outcomes.

**Your nervous system is the lens
through which you experience everything.**

When it's stuck in stress mode, always braced, always on alert,
life feels heavy, threatening, and exhausting.

That is what people have always called HELL:
not a place, but a state of suffering you carry inside you.

When your nervous system is calm and balanced,
the exact same life feels different.

There is space, warmth, connection, and peace.
That is what people have always called HEAVEN:
a state of being, available to you right now, inside your own body.

**Reiki works by gently guiding your nervous system
from one state to the other.**

The safe touch, the quiet, the focused, caring presence,
all of it sends one message to your body: ***you are not in danger.***

Your body hears that and begins to let go. Tension releases.

Breathing slows. The mental chatter softens.

And in that opening,
something that can only be described as peace enters,
not from outside, but from within you,
exactly where it has always been waiting.

**Reiki is not about healing you; it is about
creating the conditions for you to heal yourself.**

**Heaven on Earth is simply what life feels like
when your nervous system finally remembers it is safe.**

Stressed nervous system
anxious · tense · on guard

Calm nervous system
safe · open · at ease

Life feels hard · like hell."

Reiki

Life feels good · like "heaven."

shifts you here

Body relaxes.

Mind quiets.

Spirit lifts.

muscles · breath · heart

worry fades · clarity returns

connected · whole · present

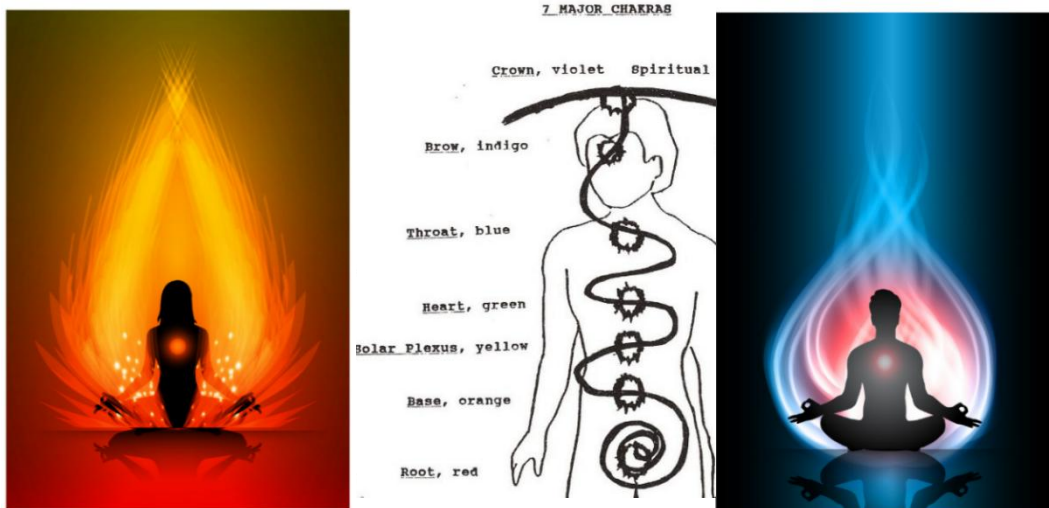
Heaven and Hell, in the nervous system.

It is a state of consciousness that is formed and regulated in the nervous system

Kundalini

Kundalini (Sanskrit for "coiled one") refers to a dormant reservoir of primal life-force energy believed to rest at the base of the spine, in the first chakra. It is visualized as a coiled serpent waiting to rise. **In Reiki, this energy is the same universal life-force energy, that awakens and amplifies the "ENERGY BODY."**

The NERVOUS SYSTEM is the physical vessel through which KUNDALINI moves.



Kundalini sits at the base of the spine and travels upward through the central energy channel through each of the seven main chakras on its way to the crown.

Kundalini exists in everyone's body, usually in a dormant state.

It can awaken when you start meditating, or with Self Reiki

When it awakens naturally, it can be a beautiful experience.

When forced, it can be very disruptive.

It is like unleashing a lion in a kitten's body.

The body cannot handle such a powerful energy being released so suddenly.

It should never be forced.

It should be allowed, invited, and surrendered to gently.

How kundalini is awakened naturally

Natural awakening tends to be gradual and safe,
and happens through a combination of:

Consistent Meditation and Breathwork

Being in Stillness, with PRESENCE

Devotion and selfless service

Acts of service (giving) can spontaneously awaken this energy

Reiki practice itself

Regular giving and receiving of Reiki gradually raises the body's overall
which can naturally and gently facilitate kundalini movement over time

Living a purified life

Reducing mental clutter, resolving emotional wounds,
and grounding the nervous system all create
the internal spaciousness kundalini needs to rise safely.

Extreme stress, trauma, or Near-Death Experiences

These can be triggers that cause a sudden reaction in the body,
and a sudden awakening.

How kundalini awareness helps a Reiki practitioner

When kundalini is at least partially active, several things shift:

The energy body has opened significantly.

An awakened energy body means less resistance and is stronger,
with more directed healing energy flowing in the body.

Intuition sharpens dramatically.

An open third eye chakra means a person begins to perceive
where stagnant energy is held in the body.
They feel it, see it in their mind's eye, or know it.

Presence itself becomes healing.

When the heart chakra is fully open, and kundalini has risen through it,
a person radiates a quality of unconditional compassion
that the nervous system responds to.

This is why some people can shift a room just by walking into it.

How kundalini awareness helps release low-frequency energy stored in the body

This is perhaps the most practically important aspect.

Low-frequency energies: fear, grief, shame,
unprocessed trauma, chronic stress
do not just exist in the mind.

They are stored as patterns in the physical and subtle body:
tight fascia, shallow breathing, collapsed posture, blocked chakras,
and stagnant areas in the aura.

These I refer to as ENERGETIC IMPRINTS.

Kundalini activation can go through periods of intense emotional release
crying, shaking, heat, or surfacing memories,
as stored emotions are released rather than being suppressed.

Healing Crisis

Sudden unexpected releases are sometimes referred to as a Healing Crisis.

The body's innate healing intelligence is doing what it needs to do.

**It is dissolving what needs to be resolved
and can have a profound effect on the body.**

If you were to put water through a small hose at very high pressure,
the end of the hose would undulate or surge like a snake.

Similarly, the intense energy of Kundalini
undulates in the body as it rises through the chakras.
This can feel uncomfortable when it happens this way.

An opening of the heart may wait until a particular grief has been fully felt.

The third eye may not open until the lower chakras have enough stability.

All in perfect timing. **Surrendering is the deepest form of TRUST.**

Reiki is the gentlest way of awakening Kundalini

It works intelligently and lovingly, it meets a person where they are at,

Meditation, Breathing, Stillness, Awareness.

Tuning in and communicating with your higher Self and your energy body

Allowing emotions to FLOW with EASE.

The nervous system can be calm even in chaos.

Your SOUL knows your truth and will guide you

Akashic Records



What are the Akashic Records & where do they come from
An ancient concept rooted in Sanskrit, *Akasha*, meaning ether.
The Records are a non-physical, vibrational "library."
They contain the complete energetic history of every soul.
They are particularly powerful for understanding WHY?
They are a State of Awareness that you EXPAND into.

Energy Imprints

*Imprints of every Soul: every thought, feeling, action, and experience
across all lifetimes, past, present, future, and potential future.*
Described variously as the Book of Life, the cosmic memory of the universe,
and a field accessible through expanded consciousness.

What information is stored

Everything: all past lives and probable futures,
soul contracts and pre-incarnation agreements,
karmic threads (active and resolved), ancestral patterns,
core beliefs, unconscious vows, soul purpose and blueprint,
and the collective records of humanity and the planet.
All held without judgment, in complete compassion.

How they help you heal

By revealing the *root* of patterns rather than just their symptoms,
past-life wounds, unconscious vows, karmic contracts,
ancestral inheritance, and soul-level agreements.
It is like a microscope revealing the minutest of details.

Key healing areas include

breaking repeating patterns, releasing karmic trauma,
understanding relationships at soul level,
clarifying life purpose, and making aligned decisions.

The cumulative effect is

expanded intuition, reduced fear, deeper self-compassion,
and gradual alignment of your life with your soul's blueprint.

The through-line across all four

The Records are not external.
They are held within your own Higher Self,
They exist within the 5D unified field beyond time and separation,
and are accessible to anyone willing to quiet the analytical mind and listen.

Their deepest gift is not information

**it is the experience of being completely seen,
completely understood, and completely loved.**

**Reiki clears and balances the energetic body
in the present, while
The Akashic Records illuminate the source code
of the patterns you are clearing.**

**They both operate on the understanding that
healing happens first in the ENERGETIC BODY
and then filters into the physical body.**

How to access them

Through Distance Reiki, heart-centred breathing,
Opening the records, an invocation (using your full name)

Asking open soul-directed questions,
and receiving through sight, sound, feeling, or knowing.
Always close the Records afterward and ground physically.
Can also be accessed via automatic writing or deep meditation.

What the Akashic Records contain

The Records are understood to be total,
nothing is omitted, nothing is judged, nothing is forgotten.

Every layer of your soul's existence is held there.

Here's a breakdown of the main categories:

1. The Soul's Complete Timeline

The Records hold every single lifetime your soul has ever lived, not just on Earth, but potentially across other dimensions and star systems (in more expansive 5D frameworks).

This includes:

Who you were — gender, culture, role, relationships, gifts

How you lived and died — the emotions, choices, and unresolved moments

What you learned — the wisdom distilled from each experience

What you carried forward —

fears, talents, patterns, and loves that echoed into future lives

From a 5D perspective, these lifetimes aren't linear.

They exist simultaneously in the ETERNAL NOW.

What we call "past lives" are really parallel expressions of the soul
occurring in different time-space coordinates.

2. Soul Contracts and Agreements

Before incarnating, souls are understood to make agreements with other souls, with their Higher Self, and Source, about the lessons and experiences they wish to have.

The Records contain:

Primary soul contracts — your core agreements about why you came here, what you came to learn, and what you came to contribute

Relationship contracts — why specific people are in your life, what the soul-level agreement is between you, and what the lesson or gift is

Exit points — moments in life where the soul has the option to complete its journey, which may or may not be taken

Karmic agreements — debts, gifts, and unfinished business carried across multiple lifetimes with specific souls

This is why some relationships feel instantly familiar,
or why certain people trigger disproportionately strong reactions.

The Records show the deep history beneath the surface.

3. Karma — The Living Record of Cause and Effect

Karma in the Akashic framework is not punishment.

It is simply unresolved energy seeking completion.

The Records hold:

Active karmic threads — patterns from previous experiences (this life and others) that are still playing out

Karmic gifts — positive karma, talents, and blessings earned through past generosity, mastery, or service

Karmic wounds — traumas, betrayals, vows, and oaths that left imprints still influencing present behaviour (such as vows of poverty, silence, or suffering taken in religious lifetimes)

Ancestral karma — patterns passed down through bloodlines, held collectively in the family field

4. Soul Blueprint and Purpose

Each soul enters with an original design, a blueprint of its highest potential and purpose.

The Records hold:

Your soul's unique gifts and qualities — what you carry as innate strengths across lifetimes

Your soul's core lessons — the recurring themes you came to master (trust, worthiness, power, love, expression, etc.)

Your life purpose — not necessarily a job title, but a vibrational quality that you are here to embody and offer

Blocks to purpose — the specific fears, beliefs, and patterns standing between you and living your blueprint

5. Every Thought, Word, and Action — Everything

This is the most expansive layer.

The Records hold a vibrational imprint of:

Every choice made across all lifetimes — not to judge, but because every choice had consequences that rippled forward

Deeply held core beliefs formed through experience (often in early life or past lives) that became the lens through which reality is filtered

Emotional imprints — particularly strong emotional experiences that left energetic residue

Unconscious vows and decisions — moments where the soul said, "*I will never trust again*" or "*I am not worthy of love,*" which became invisible rules.

6. Probable and Possible Futures

This is where it becomes multidimensional. The Records don't contain a single fixed future.

They contain the full spectrum of probable timelines available to you,

based on your current vibrational state, beliefs, and trajectory.

They can show:

The most likely path if you continue as you are

Alternative timelines that open if specific patterns are healed or choices are shifted

The highest timeline — the version of your life that is

most aligned with your soul's blueprint.

This is why Akashic readers don't give fixed predictions.

They read probability fields that are constantly shifting as you evolve.

7. The Collective and Cosmic Records

Beyond the individual, the Records also hold:

Planetary records — the complete history and purpose of Earth as a consciousness.

Collective human records — the shared agreements, wounds,

and the evolutionary trajectory of humanity.

Galactic records — in expanded frameworks, information about soul origins

in star systems (Pleiades, Sirius, Lyra, etc.) and cosmic lineages.

The records of all living beings — every animal, plant, and form of life

that has ever existed carries its own energetic imprint.

What the Records do NOT contain

In most traditions, **the Records hold no judgment, shame, or condemnation.**

There is no moral ledger where you are found wanting.

What you encounter there is pure information, held in complete compassion.

The gatekeepers (however you understand them) are described as beings of immense love who want only your liberation and expansion.

The Records also don't contain rigid fate.

Free will is always active.

What is held there is potential, pattern, and possibility, not a fixed script.

At its heart, the Akashic Records are the universe's way of saying:

nothing is lost, nothing is waste.,

And everything you have ever been is held in love.

How the Akashic Records heal and transform

The Records don't heal you the way medicine does, by acting *on* you.

**They heal by revealing what is *already within you*,
waiting to be seen, understood, and released.**

The deepest healing comes not from fixing something broken,
but from understanding why a pattern exists in the first place.

**When you truly understand the root,
transformation becomes almost effortless.
The pattern no longer has anything to hide behind.**

Here is how that works across the different dimensions of life:

1. Breaking free from repeating patterns

This is perhaps the most common reason people turn to the Records.

You've tried therapy, journaling, and affirmations,
yet the same patterns return.

The same relationship dynamic.

The same financial ceiling.

The same self-sabotage at the moment of breakthrough.

The Records work at the level where these patterns *originate*
often in a past life, an ancestral line, or a formative moment in this life,
where a deep unconscious decision was made.

**When you can see:
where the pattern began
what belief or wound created it
*what the soul was trying to protect at the time***

The pattern loses its grip.
You are no longer fighting a shadow,
you can see it clearly, understand it with compassion,
and consciously choose differently.

**Many people describe a single Records session shifting a pattern
that years of conventional work hadn't touched.**

2. Healing karmic wounds and past-life trauma

Karmic wounds are experiences from previous lifetimes that left such a strong, energetic imprint they carried forward, influencing present fears, phobias, relationship patterns, and physical symptoms in ways that have no obvious cause in this lifetime.

Common examples include:

Inexplicable fears — a terror of water with no memory of drowning, a deep fear of authority with no obvious source in this life

Chronic physical symptoms — throat issues in someone who was silenced or executed for speaking truth in a past life; heart pain in someone who has suffered a profound loss

Relationship patterns — a pattern of abandonment tracing back to a lifetime where a significant soul left or betrayed you

Blocks to abundance — vows of poverty taken in monastic lifetimes that were never consciously released

The Records can locate the originating experience, allow you to witness it with compassionate understanding, and, critically, **release the energetic charge** it still holds.

You are not re-traumatized by this process.

You are shown it from the safe, elevated perspective of your Higher Self, which holds it all in love.

3. Releasing unconscious vows and soul contracts

Many people carry vows made in other lifetimes that are still active.

A monk who vowed "*I renounce worldly wealth*" may be unconsciously honouring that vow in their current life without realizing it.

A woman burned for her gifts may carry a vow, "*I will never show my power again.*"

These are not metaphors in the energetic framework of the Records, They function as active instructions that the soul is still following.

The Records allow you to:

Identify vows and contracts that are no longer serving your highest good

Understand why they were made and what they protected at the time

Formally release and revoke them, replacing them with new soul-level intentions aligned with who you are now

This is some of the most potent work available in the Records, particularly for people who feel inexplicably blocked despite doing all the right things.

4. Understanding your soul purpose

One of the most profound gifts of the Records is
clarity on *why you are here*.

Not in a generic sense, but specifically, what your soul came to
experience, embody, and contribute in this particular lifetime.

This includes:

Your soul's core gifts — the qualities and capacities you have developed
across many lifetimes and brought into this one as innate strengths

Your primary soul lesson — the central theme your soul chose to master in this life
(worthiness, trust, sovereignty, love, truth, etc.)

Your soul's contribution — the specific quality of presence or service
your soul came to offer the collective

What is blocking your purpose — the specific fears or wounds standing between
where you are and the life your soul intended

Many people describe this work as profoundly orienting.

When you understand your purpose at a soul level,
the confusion about what you *should* be doing tends to dissolve.

Choices become clearer. Energy that was scattered becomes focused.

5. Healing relationships

The Records are extraordinary for understanding the deeper dynamics beneath difficult or
confusing relationships, whether with partners, parents, children, friends, or colleagues.

In a Records session, you can ask:

"What is the soul contract between me and this person?"

"What am I here to learn through this relationship?"

"What am I here to offer this person?"

"Is this relationship aligned with my highest path?"

What often emerges is a much larger picture than the 3D story suggests.

A controlling parent may be a soul who agreed to play that role
so you would develop your own sovereignty.

A painful romantic ending may be the completion of a karmic cycle
that has been playing out across several lifetimes, finally resolving.

This doesn't mean you accept harmful behaviour, it means you understand it at a soul
level, which releases the bitterness, resentment, and confusion that keep you
energetically tethered to someone long after the relationship has ended.

6. Healing ancestral and collective patterns

Your soul incarnated through a specific family line,
and that line carries its own energetic inheritance.

Patterns of scarcity, addiction, violence, shame, silence, or sacrifice
can run through families for generations
not only psychologically but energetically.

The Records can reveal:

The origin point of a family pattern
and what wound or circumstance created it

Which ancestors you carry an energetic connection to
and what they need for resolution

What you agreed to heal on behalf of your lineage in this lifetime,
many souls choose to incarnate specifically to break a generational cycle

How to complete the ancestral karma
so it doesn't pass to future generations

This work ripples both backward and forward through time
one person doing deep ancestral healing in the Records
can shift the field for their entire family line.

7. Navigating major life decisions

When facing a significant crossroads,
a career change, a move,

ending or beginning a relationship, a health decision,

The Records offer something no human advisor can:
perspective from the level of your soul's highest knowing.

Rather than predicting a fixed outcome,

The records can show you:

Which path is most aligned

with your soul's blueprint and highest timeline.

What each path is likely to activate in you,

what you would learn, what challenges might arise.

Whether a particular choice is driven by fear or by genuine soul calling

What you might be avoiding in the decision you are leaning toward

This doesn't remove your free will, it informs it.

You still choose.

But you choose from a much deeper level of knowing.

8. Accelerating spiritual evolution

**Beyond healing specific wounds,
regular Akashic Records work tends to produce a broader,
cumulative effect on consciousness:**

Expanded intuition — as you practice receiving information from the Records,
your intuitive faculties strengthen across all areas of life

Reduced fear — when you understand that your soul is eternal,
has chosen its experiences, and is held in unconditional love,
existential fear naturally diminishes

Deeper self-compassion — seeing yourself from the soul's perspective,
as a being of tremendous courage who has lived many lives,
faced immense challenges, and is still choosing to grow,
makes self-criticism feel less tenable

Greater presence — paradoxically, connecting with the timeless perspective
of the Records often makes you more grounded and present
in everyday life, not less

Alignment — life gradually reorganises around your soul's truth.
Relationships, work, and circumstances that are out of alignment tend to fall away,
while what is truly meant for you becomes clearer and more accessible

What healing in the Records actually feels like

People describe the experience in many ways, but certain themes recur consistently:

A feeling of being completely seen and completely loved at the same time.

The Records hold nothing against you.

There is no shame there, no judgment, no cosmic report card.

Just a vast, intelligent compassion that holds every version of you
across every lifetime with equal tenderness.

A sense of relief — particularly when a long-standing pattern is finally understood.

The relief of "*so that's why*" is profound.

What felt like a flaw or a failure
suddenly reveals itself as a soul-level curriculum,
perfectly designed for your growth.

A quality of remembering rather than learning — as if the information was always there,
and you are simply being reminded of what you already knew at a deeper level of yourself.

And often, a quiet but unmistakable sense of coming home.

Reiki Grids



What Is a Reiki Grid?

A Reiki grid is an intentionally arranged geometric pattern of crystals, charged with Reiki energy and programmed with specific healing intentions.

Once activated,
it acts as a **continuous,**
self-sustaining energy transmission system
broadcasting Reiki to a person,
place, situation, or goal, **around the clock,**
even when the practitioner is not actively sending.

Think of it as a **Reiki session that never stops.**

The grid holds your intention in physical form,
anchored by crystal energy,
activated by Reiki, and sustained by the geometric field
created between the stones.

If you choose to, you can set up multiple grids.

Setting up a Grid



The Stones

Centre Stone — The Master This is your anchor and amplifier. Choose one that resonates with your intention.

Clear Quartz — universal, amplifies all intentions, ideal for most grids.

Selenite — divine light, spiritual connection, Reiki transmission

Amethyst — spiritual healing, protection, transformation.

Rose Quartz — love, emotional healing, self-compassion.

Surrounding Stones — The Network.

These hold and circulate the energy. Common choices:

Clear Quartz points (pointing outward to send, inward to receive)

Black Tourmaline or Obsidian for protection grids

Citrine for abundance and manifestation

Lapis Lazuli for truth and communication

Green Aventurine for heart healing and growth

You don't need expensive or rare stones. Tumbled stones work

Intention and Reiki energy matter more than the crystals themselves.

Other Materials

A grid cloth, a printed geometric template, a drawn pattern, a wooden platter, or a Reiki Box that can be set up and covered with a lid.

A focus object if sending to a person (*photo, name on paper, personal item*)

A Reiki-charged wand or single clear quartz point for activation

Candles, flowers, or sacred objects to honour the space (*optional*)

Preparing



Step One — Cleanse Everything

Before building,
cleanse all crystals and your space:
Hold each stone and run Reiki through it

Set the intention:

*"I release all previous programming
from these stones.*

They are clear, pure, and ready to serve."

Step Two — Set Your Intention

Write your intention on paper clearly and specifically.

This sits beneath the centre stone or at the heart of the grid.

Be specific. Not just *"healing"* but:

*"I call in complete healing, ease, and restoration for [name] on all levels,
physical, emotional, mental, and spiritual, for my/their highest good."*



Step Three — Build the Grid

Work from the **outside inward**,
placing the surrounding stones first,
then the centre stone last:

Place stones mindfully, one by one
Speak or silently hold the intention
as each stone is placed

Trust intuition: If a stone wants to move, let it.

Ensure the geometric pattern feels balanced and complete

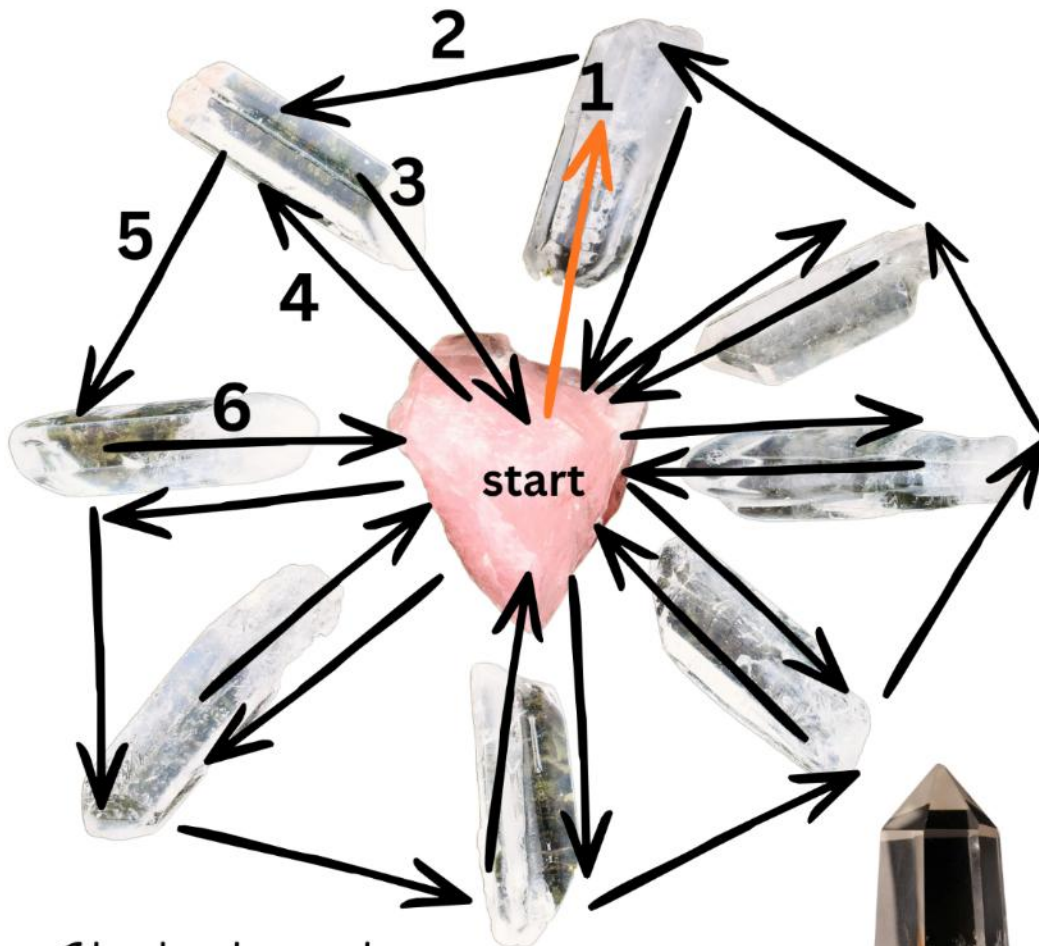
Place your focus object, photo, or intention paper at the centre

Place the centre stone on top. Draw Dai Ko Myo symbol over the Grid

To keep stones in place, you can use sticky tac.

A special box with a lid can be set up, with a Reiki grid inside.

Activating your Grid



Start at centre

Follow the sequence
out - across - in
out - across - in
complete the circle
multiple times
as guided 5-8



Step Four — Activate the Grid

This is where Reiki brings the grid to life.

Hold your activation wand above the grid.

Draw **Cho Ku Rei** over the entire grid to seal and power it.

Then, using your wand,

Trace energetic lines connecting each stone to the next and back to the centre, as if you are connecting the dots of a constellation, weaving a web of light between all points.

As you do this, say or intone:

"I activate this grid with Reiki energy. May it radiate [intention] continuously, in all directions, for the highest good of all. So it is."

Draw **Dai Ko Myo** above the centre stone.



Mantras

As you move the crystal wand around the grid

Speak continuous mantras

Here are some samples

"I charge this grid with light, with light, with light,
to heal, to heal, to heal."

"I charge this grid with Reiki, with Reiki, with Reiki,
to heal, to heal, to heal."

you can also add

"I connect this grid to my highest self and guides,
to heal, to heal, to heal."

Step Five — Infuse It with Reiki

Place your hands over the grid and give it a full Reiki treatment, 5-15 mins.

Feel the energy build and hum beneath your palms.

You are filling the grid's battery.

Maintaining Your Grid

Daily: Simply place your hands over it for a few minutes and send fresh Reiki. Re-draw symbols if guided.

Weekly: Give it a longer charge session.

Check if any stones have moved or if the energy feels like it needs refreshing.

Cleansing: If the grid feels heavy or dull, cleanse the stones with sound or moonlight and rebuild the energy with fresh intention.

Distance: If you go away and still want to keep your grid charged, take a photo of your grid. Take the photo with you on your travels. Then, using the distance symbol to connect to your grid using your Master crystal. Or, keep it simple, Set the intention that it runs 24/7, for as long as you program it to.

When to dismantle: When the intention has been fulfilled, when it no longer feels needed, or after 28–40 days.

Thank the grid, cleanse the stones, and release the intention with gratitude.

The Reiki Symbols Within the Grid

If you choose to, you can use the symbols as you are guided to.

Symbol	Role in the Grid
Cho Ku Rei:	Powers and seals the grid, anchors energy into the physical
Sei He Ki:	Emotional & Mental balancing layers, subconscious programming
Hon Sha Ze Sho Nen:	Distance transmission, send energy across time and space.
Dai Ko Myo:	Master Light, elevates the entire grid to soul-level healing

A Reflection for the Reiki Practitioner

"When I build a grid, I am not doing the healing —

*I am creating the conditions for healing to occur. I am saying to the Universe:
Here is my intention, here is my offering of light, I trust what happens next."*

A Reiki grid is an act of devotion, trust, and co-creation.

It teaches the practitioner one of the deepest Reiki lessons.

Healing does not require your constant presence. **The light knows where to go**

The Science & Sacred Geometry Behind It

Grids work on several interconnected principles:

Crystal Amplification

Crystals have a stable, coherent molecular structure. When programmed with intention and Reiki energy, they hold and *continuously emit* that frequency, much like a radio transmitter broadcasting on a chosen channel.

Sacred Geometry

The geometric patterns used, Flower of Life, Metatron's Cube, Star of David, or simple circles, are not decorative.

Geometry organizes energy into coherent, flowing patterns.

The shape itself becomes a living, energetic circuit.

The Centre Stone

The central crystal acts as the **master transmitter** receiving Reiki from the practitioner, amplifying it, and distributing it outward through the pattern to all surrounding stones and beyond.

Unified Field

Once activated, the stones are not working individually, they are working as **one unified field**, each amplifying the others in an interconnected web of light.

What Can a Reiki Grid Be Used For?

Personal	Relational	Situational	Collective
Ongoing healing for self or client	Healing a relationship	Supporting a job interview or decision	Sending Reiki to world events
Chakra balancing over time	Distance healing for a loved one	Clearing a home or space	Holding a community in light
Inspired intention setting	Supporting someone through illness	Business or creative project	Planetary healing grids
Spiritual growth	Ancestral healing work	Legal matters or transitions	Collective grief or trauma

Reiki Drumming



Reiki Drumming Sacred Sound Meets Sacred Energy

What Is Reiki Drumming?

Reiki Drumming combines **the vibrational power of drumming with the intentional channelling of Reiki energy.**

It was developed in the early 2000s by **Michael Tipping**, who integrated traditional shamanic drumming techniques with Usui Reiki practice.

The practitioner plays a frame drum (or similar instrument) over and around themselves or the client's body, while simultaneously **holding Reiki intentions and drawing or projecting symbols** particularly Cho Ku Rei and Dai Ko Myo into the sound itself.

Mantras can be infused into the sound waves.

Is It "Real" Reiki?

Purists might say:

Reiki is a specific system of hands-on energy transmission rooted in Mikao Usui's teachings.

Drumming is a separate modality, shamanic in origin, and combining them creates something *new*, not strictly traditional Reiki.

Integrative practitioners would say:

Reiki is Universal Life Force Energy.

Sound *is* vibration. Vibration *is* energy.

When a Reiki-attuned practitioner channels *intention and Reiki* through the drum, the instrument becomes an extension of the healer's energetic field much like a crystal, a pendulum, or a distant healing technique.

The honest answer:

Reiki Drumming is best understood as a **Reiki-informed modality** it is not traditional Usui Reiki,

but it is absolutely energetic healing *carried by* a Reiki framework.

The Reiki attunement is what distinguishes it from shamanic drumming alone.

How Do They Connect?

Drumming	Reiki	Where They Meet
Works through sound vibration	Works through life force energy	Both move stagnant energy
Alters brainwave states	Induces deep relaxation	Both access theta/delta states
Shamanic roots — journeying	Japanese lineage — presence	Both honour non-ordinary consciousness
Rhythm creates pattern	Reiki restores flow	Both seek energetic coherence
Clears energetic density	Fills with light & love	Clearing then filling

What Happens in a Session?

A Reiki Drumming session typically unfolds in layers:

Before Drumming: Prepare yourself with Dai Ko Myo. Infuse Reiki into the drum.

1. Grounding & Opening: The practitioner calls in Reiki, sets sacred space, and may place symbols into the drum itself before beginning.

2. The Pulse: A steady, rhythmic beat, often 4-7 beats per second, **shifts the brainwaves from beta** (thinking mind) **into theta**, the deeply receptive, healing state where shamanic journeying and deep Reiki work both naturally occur.

3. Energetic Scanning & Symbol Work: While drumming, for self or client, the practitioner moves intuitively around the body, working the aura and chakra field. Symbols like **Cho Ku Rei** (power), **Sei He Ki** (emotional/mental healing) and **Dai Ko Myo** (master light) are projected through sound intention.

4. The Silence: Perhaps the most powerful moment when the drum stops, clients report the silence as *alive*, buzzing, deeply integrated. The body processes in the stillness.

5. Integration & Grounding: The client is gently returned to waking consciousness, grounded, and space is closed with gratitude.

6. Self Drumming: Intuitively play a rhythm or beat that resonates for you. Everyone has their own unique beat. Explore different rhythms and mantras.

What Can It Help With?

Deep-seated emotional or trauma held in the body

Energetic stagnation that is deeply rooted.

Ancestral or karmic patterning (*the drum reaches where hands may not*)

Disconnection from purpose or spirit

Chronic pain, stress, and nervous system dysregulation

Spiritual awakening and expansion work

The Drum as a Healing Tool

In many indigenous traditions worldwide,
The drum is called the "**heartbeat of the earth.**"

Its resonance:

Entrains the body's own rhythms, heart rate, breath, and brainwaves

Breaks up dense or calcified energy in the field

Carries intention deep into cellular and soul-level memory

Creates a sonic container, a sacred held space, that amplifies Reiki's work

When a Reiki Master plays the drum *as Reiki*,
they are not just making sound
they are playing light into form.

A Question for Level III Students

*If Dai Ko Myo is the light of the awakened heart,
and the drum is the voice of the earth's heartbeat,
What might happen when these two meet within you?*

Reiki Drumming does not replace traditional Reiki.

It extends its reach

into the body's deepest layers, into the ancestral field,
into places that need sound before they can receive touch.

**For the Reiki Master willing to explore it,
it can become one of the most profound tools in a healing practice.**



My Freedom 55 was
Free to BE ME
Others no longer defined me
or limited me

Me Freedom 65 was
Free OF ME
I no longer limited myself.



Summary

The True Essence of Self & Reiki

Remembering That You Are Love and Light

The Single Most Important Truth

Before anything else, before technique, before symbol, before system,
there is one truth that sits at the heart of everything Reiki is and everything it does:

You are not a human being trying to become spiritual.

**You are a spiritual being,
remembering that you are human.**

And that remembering, that sacred, tender, life-altering turning
toward your own deepest nature,
is the true essence of Reiki.

What You Actually Are

Beneath every role you play.

Beneath every wound you carry.

Beneath every belief you hold about who you are and what is possible for you,
there is something that has never been touched by any of it.

Pure awareness. Pure presence. Pure love.

Not love as an emotion that comes and goes.
Not light as something you see with your eyes.
But love as the very substance of your being,
the fundamental fabric of what you are made of.
And light as the consciousness itself,
the luminous knowing that animates every cell,
every thought, every breath.

You did not come into this world to find love.

**You came as love, to remember love, and to express love,
through the magnificent, messy, breathtaking experience of being human.**

This is not poetry.

This is the deepest truth that every awakened teacher in every tradition
across all of human history has pointed toward.

**It is what Reiki, in its quiet and humble wisdom,
makes experientially real.**

How We Forgot

The forgetting happened gradually and gently
through the inevitable wounds of growing up,
of being human,
of living in a world that had itself forgotten.

Every time you were told
you were too much or not enough.
Every time love felt conditional.
Every time you hid a part of yourself
to be safe or accepted.

Every time the world reflected back
a smaller version of you than the truth,
a layer formed.

A veil between the conscious self
and the luminous truth beneath it.

These layers were not failures.
They were not weaknesses.
They were the wisdom of a being
doing whatever was necessary
to survive and belong.
We must honor them with deep compassion.

But at some point,
in a quiet moment, in a crisis,
in the aching feeling that the life you are living
does not quite match
the life your soul knows is possible.

The call comes.
The call to remember.
To return.
To shed what was never truly you
and reclaim what always was.

Reiki answers that call.

What Reiki Does

**Reiki does not heal you,
because you were never truly broken.**

Reiki does not give you something you lack,
because you lack nothing at your core.

Reiki does not transform you into something new,
because what is most true in you
needs no transformation.

**What Reiki does is far more profound
and far simpler than any of these things.**

Reiki gently, intelligently, and lovingly
dissolves the layers of forgetting,
clearing the energetic blockages,
releasing the stored wounds.

**Reiki quietens the noise
of the conditioned mind,**
until what was always present beneath them
can finally be felt, recognized, and lived from.

Reiki is the hand that wipes the dust from the mirror.
The mirror was always perfect.
The light was always there.

Reiki simply restores the conditions
in which you can see your own reflection clearly,
and recognize, perhaps for the first time,
the love and light
that was looking back at you all along.

**Reiki is Self Awareness
Love and Light
Pure and simple.**

The Sacred Remembering

In the stillness that Reiki creates,
in that profound, cellular quietness
where the nervous system softens
and the mind releases its grip,
something ancient stirs.

A recognition. A knowing.
A feeling of "*this is who I actually am.*"

Not the tired self.
Not the wounded self.
Not the performing self.

But the original self
the one that arrived in this world
open, radiant, and free.
The one that loved without condition,
wondered without limit,
and existed without apology.

This self never left.
It was simply waiting,
patient as the sun behind clouds,
for the moment that
you were ready to turn toward it.

That turning is the sacred remembering.
And it changes everything.

When you remember who you are,
truly, deeply, in your bones and your breath
and the quiet center of your being,
the world does not necessarily change immediately.

You change the way you move through it.
With more grace. More presence. More love.
More courage to be exactly who you are, exactly as you are,
without needing the world's permission.

You Are Love

**This is the truth that Reiki returns you to,
again and again, layer by layer,
session by session:**

You are love.

Not someone who is trying to be more loving.
Not someone who has love to give when conditions are right.
But love itself, expressing itself
through the form of a human being.
The same love that moves through all living things.
The same love that holds the stars in their courses
and turns the seed into the flower.
The same love that the mystics of every tradition have described
as the ultimate nature of reality.

When this is not merely believed but *felt*,
when it moves from concept into direct, lived, embodied experience,
everything shifts.

The way you see yourself. The way you see others.
The way you meet each ordinary moment of an ordinary day.

Fear loses its absolute authority.

Because love, truly felt, is larger than fear.
Not stronger in a fighting sense, but vaster.
More fundamental. More real.

Judgment softens into understanding.

Because when you feel your own love nature, you begin to see it,
in everyone else, however buried or obscured it has been.
And judgment cannot survive that recognition.

Separation dissolves.

Because the love that you are is the same love that everything else is made of.
And in that recognition, the loneliness that so many carry as a constant companion,
the bone-deep sense of being fundamentally alone in the universe lifts.
Not because you now have more relationships,
but because **you realize**
you were never separate to begin with.

You Are Light

And you are light.

Not metaphorically.

Not as a spiritual concept to be adopted as a comforting belief.

But as a direct, experiential, verifiable truth.

Consciousness, pure awareness, is luminous.

It is self-illuminating.

It is the light by which everything else is known.

Without it, there is no experience,

no world, no reality as we know it.

It is the most fundamental thing that exists.

And it is what you are.

The great Reiki master symbol, Dai Ko Myo,

the Great Shining Light,

does not point to a light that comes from somewhere else.

It points to the light that you already are

and always have been.

It is an invocation of your own deepest nature.

A reminder, in sacred geometric form,

that the illumination you seek

is the illumination that is doing the seeking.

When you sit in meditation,

when you receive a Reiki session,

when you attune yourself to the universal life force,

and something in you grows quiet enough to simply *be*,

you may notice a quality of inner luminosity.

A brightness that is not physical.

A clarity that is not mental.

A radiance that seems to have no source

because it is itself the source.

This is your light.

This is what you are.

This is what Reiki is always reminding you of.

Dai Ko Myo

The Symbol of Your True Nature

The highest symbol in the Usui Reiki system.

**Dai Ko Myo, the Great Shining Light,
is ultimately a mirror.**

When a Reiki Master draws this symbol,
it invokes this frequency,
transmits this energy,
they are not importing
something foreign into the healing space.

**They are amplifying and reflecting the truth
of what people already are.**

The healer and the healed,
joined in the recognition of their shared nature,
both expressions of the one great light,
temporarily wearing different human costumes,
meeting in the sacred space
where the costumes grow transparent.

**Dai Ko Myo
is the universe pointing at itself
through the form of a symbol.**

It is consciousness
using the technology of sacred geometry
to whisper to itself:

***"Remember.
You are this.
You have always been this.
Come home."***

The Essence, Distilled

If all the wisdom of Reiki,
all its symbols, its lineages, its techniques, its traditions
were distilled into their absolute essence,
it would be this:

**There is a universal life force
that flows through all things.
That life force is intelligent.
It is loving.**

It seeks wholeness always, and without exception.
And it is not separate from what you are,
It is WHAT you are, expressing itself
through the particular, irreplaceable miracle of your being.

When you open to this,
when you stop resisting your own goodness,
your own light,
your own infinite nature,
healing is not something that happens to you.
It is something that you are, finally allowed to be.

The blocks dissolve.
The wounds are met with presence and released.
The stories that kept you small
are seen through and gently set down.
The performance exhausts itself and falls away.

And what remains,
what has always been remaining,
beneath all of it,
is the simplest, ,
most profound,
most quietly revolutionary thing:

You.
As you actually are.
Love and light,
breathing.

Living the Remembering

The sacred remembering

is not a destination you arrive at
and then remain in forever.

It is a living, breathing, daily practice of return.

There will be days when the clouds gather again,

when old patterns resurface,
when the world feels heavy,
when you forget, briefly and humanly,
the truth of who you are.

This is not failure. This is being human.

And being human, with all its forgetting and remembering,
its falling and rising, its darkness and its light ,
is itself the sacred journey.

The gift of Reiki is not that it lifts you
permanently above the human experience.

The gift is that it gives you a way home.

A reliable, gentle, loving pathway
back to your own center whenever you have drifted.

A practice that says, again and again,
in the language of energy and presence and healing hands:

"You are love. You are light.

Come back to yourself.

You are safe here."

And with every return,

with every session, every meditation,
every moment of genuine stillness,

the remembering deepens.

The roots grow stronger. The center holds more easily.
The gap between who you perform yourself to be and who you actually are
grows smaller and smaller, until one day it is almost gone,

**and the life you are living
is the life your soul always knew was possible.**

True Essence of Reiki

Reiki, at its truest and deepest, is not a healing system.

It is a REMEMBERING system.

It does not fix what is broken.

It reveals what was never broken.

It does not add light to the darkness.

It dissolves the darkness to reveal the light that was always there.

It does not teach you to love.

It removes everything that was blocking you from knowing that you are love.

You came into this world as love and light.

You have moved through experiences that made you forget.

And now, through the grace of this ancient, luminous practice,

You are remembering.

Not becoming. Not achieving.

Not transforming into something better.

SIMPLY REMEMBERING.

The love that you are.

The light that you are.

The awareness that you are.

**The infinite, eternal, boundless self
that you always were and always will be.**

This is the true essence of Reiki.

This is the true essence of you.

Love and light.

Coming home.

Always and forever,

home.

Reiki is Remembering



Reiki is Resonance

SELF REIKI

it matters ...
that you take time
each and every day

to connect
your Innermost Self
and to Source

Hazel Butterworth



TUNE IN – TUNE UP

YOU are YOU

Your true self isn't something you have to build or become;
it already exists beneath every fear,
every limiting belief, every role you play for the world.

**Reiki quiets the mental noise
long enough for you to *feel* that deeper layer.**



5 - A meditation to calm the mind and focus inwards.

Close your eyes, breathe into your heart centre.

Feel the calm, feel the connection to your heart.

Choose five colours, intuitively with eyes closed,
or consciously with eyes open.

Begin colouring in the centre and work your way outwards.

Observe, notice, witness how you feel, as you are colouring,
and at the end, when it is finished.

Recall, reflect and journal your experience.

(Image is from an unknown source)

Self Reiki - everyday

**Reiki, at its heart,
is the art of coming home to yourself.**

You didn't lose your true self;
you just forgot it was there.

Reiki is Remembering.

What Reiki Actually Does

Reiki doesn't force anything.
It simply creates the conditions
where your own inner intelligence
can remember, release, and realign.

Reiki is Remembering.

How It Connects You to Your True Self

"This is who I actually am, calm, whole, and unafraid."

Reiki is Remembering.

How It Attunes You to Limitless Potential

When the energy flows freely again, something opens.
Creativity returns. Clarity sharpens. Synchronicities appear.
You stop shrinking to fit your past and begin expanding into
what you were always capable of becoming.

It's not magic, it's simply you, unblocked.

Reiki is Remembering.

The Limitless Possibility

When you are truly aligned, body, mind, and spirit flow as one.

You stop fighting life and begin *moving with it*.

Opportunities that once felt out of reach start feeling natural.

Relationships deepen. Purpose becomes clear.

You realize that the limits you lived by
were never real, they were just energy,
frozen in time, waiting to be loved back into motion.

Reiki doesn't give you anything you don't already have.

**It simply returns you to the fullness of who you are,
and from that place, everything becomes possible.**

Dai Ko Myo — AM I?

Journal Questions

Sit with a question without rushing toward an answer. (reflection, introspection)

The Dai Ko Myo does not demand perfection; it illuminates. (sheds light, insights)

The Living Light — Who Am I Being?

1. In this moment, am I living as the light I claim to carry — or performing it?
2. Where in my daily life does my inner knowing and my outer behavior fall out of alignment? How am I restoring Balance and Harmony?
3. When I say *I AM*, what truth am I actually standing in — and what am I avoiding?
4. How do I show up differently when no one is watching?
5. What mask am I still wearing that I haven't fully acknowledged?

Understanding — What Do I Truly Know?

6. What do I *think* I understand about Reiki, that I have not yet *embodied*?
7. Where am I teaching, sharing, or speaking from knowledge (theory) rather than lived experience?
8. What belief about myself am I holding as truth that may actually be a story?
9. When did I last have a breakthrough in understanding — and what cracked open to allow it? What AHA moments have I experienced? What triggered it?
10. What is the difference, honestly, between what I *know* and what I *feel*?

Comprehension — How Am I Receiving Life?

11. How am I receiving the lessons that keep returning to me?
12. When life is uncomfortable, am I resisting — or am I listening?
13. What pattern in my relationships is asking me to look more honestly at myself?
14. Where am I still seeking external validation instead of trusting my inner authority?
15. How has my comprehension of love — for myself and others — evolved?

Walking the Talk — Am I Living It?

16. If someone who loved me observed my inner dialogue this week, what would they see?
17. Where do I offer compassion to others that I withhold from myself?
18. Am I honoring my own energy — my boundaries, my rest, my joy — as sacred?
19. In what area of my life am I the *least* Reiki? Why?
20. What commitment have I made to my path that I have quietly let slip — and why?

The Shadow — What Is Still Unlit?

21. What part of myself am I most reluctant to bring into the light?
22. Where does ego disguise itself as spirituality in me?
23. What am I afraid would happen if I were fully, unapologetically myself?
24. Which emotion do I judge most in others — and where does it live in me?
25. What am I still asking others to heal that only I can heal?

Integration — How Am I Becoming Whole?

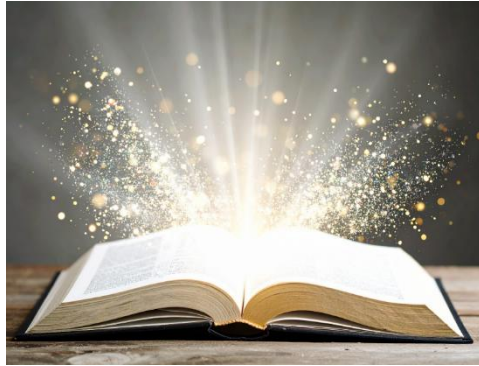
26. What does wholeness actually *feel* like in my body — and how often do I live there?
27. How has my relationship with stillness and silence changed on this path?
28. What would I do, say, or release if I truly trusted that I am enough?
29. Looking at my life as a whole — what is the most honest thing I can say about who I am becoming?
30. *Right now, in this breath* — AM I?

Let the light in gently.

**May your journaling
bring you clarity, and your reflection
bring you home to yourself.**

Shine on.

Akashic Records



Accessing your Akashic Records

Before anything else

The most important thing to understand is this:

YOU ALREADY HAVE ACCESS.

**The Records are not external to you,
they are held within your own Higher Self.**

What the practice involves is not gaining permission,
but learning to quiet the 3D mind enough
to receive what is already available to you.

Preparation — before you begin

Create the right conditions. The Records are accessed in a receptive, expanded state of consciousness, not while distracted or rushed.

Choose a time when you won't be interrupted, 30 to 60 minutes is ideal

Find a quiet, comfortable space where you feel safe

Have a journal and pen nearby — writing immediately after (or during) is essential

Set a clear, heartfelt intention:

"I open my Records for my highest good and the highest good of all"

Come with questions.

Vague browsing rarely works well. The Records respond to specific, open-hearted questions.

Good questions are open-ended and soul-directed:

"What is the root cause of this pattern in my life?"

"What is my soul here to learn through this relationship?"

"What is blocking me from stepping into my purpose?"

"What do I need to know about this decision?"

Avoid yes/no questions, and avoid questions driven by fear or obsession.

The Records respond to genuine soul inquiry, not anxious grasping.

Step 1 — Ground and centre yourself

Before opening to any expanded state, grounding anchors you safely in your body.

Then bring your awareness to your heart centre. Breathe into it.

This is your point of access. The Records are not accessed through the analytical mind but through the heart and the higher consciousness connected to it.

Step 2 — Raise your vibration

The Akashic Records exist at a high vibrational frequency.

To access them, you raise your own frequency to meet them.

Draw Dai Ko Myo, embody Love and Light.

Step 3 — Open the Records with Reiki, a sacred prayer or invocation

Reiki: Use the Hon Sha Ze Sho Nen symbol as the access key.

Linda Howe's Pathway Prayer Process is a specific prayer repeated three times that acts as a key to open access through the Higher Self.

If you choose to, you can create your own opening invocation.

The elements that matter are:

Addressing your Higher Self, Soul, or the Lords/Guardians of your Records

Stating your name (your full legal name carries a specific vibrational signature)

Asking for access for your highest good

Requesting that only information from the highest light enter.

A simple example of using an invocation

"I call upon my Higher Self and the guardians of my Akashic Records. I, [your full name], request to open my Records now, for my highest good and the highest good of all.

I ask that only information from the highest vibration of love and light come through.

I am open to receive."

Repeat this slowly and sincerely, three times is traditional.

Feel the energy shift as you do. Many people describe a subtle change in the quality of the space around them, a deepening, a warmth, or a sense of gentle presence.

Step 4 — Enter a receptive state

After opening, sit quietly and allow yourself to drop into a softer, more receptive awareness.

Like the edge of dreaming while still conscious.

Let your eyes close softly. Breathe slowly and without effort

Release any agenda or expectation about what you'll receive

Simply be present and open

If your mind wanders into analysis or doubt, gently return to the breath and the heart.

The analytical mind will try to take over, this is normal.

Each time, simply notice it and come back to openness.

Step 5 — Ask your question and receive

Gently, internally, ask your first question. Then listen, but listen with your whole being, not just your ears. Information from the Records can come through in several ways:

Clairvoyance (seeing) — images, colours, scenes, symbols,
or flashes of memory that arise spontaneously in your mind's eye

Clairaudience (hearing) — words, phrases, or a quiet inner voice that feels different in quality from your own mental chatter — often calmer, kinder, and wiser

Claircognizance (knowing) — a sudden, clear knowing that arrives without explanation. You simply know something you didn't know before.

This is extremely common in Records work.

Clairsentience (feeling) — emotions, physical sensations,
or a felt sense in the body that carries information

Visions or scenes — sometimes full scenes or past-life glimpses arise, almost like watching a film

Step 6 — Write everything down

Write as you receive, or immediately after.

Even fragments, even things that seem irrelevant or symbolic.

The meaning often reveals itself later.

Note down:

Images, symbols, words, or phrases that arose

Any emotions or physical sensations you noticed

What felt significant, even if you don't yet understand why

Any questions that arose from what you received

Do not filter or judge what comes, the Records speak in layers,

and something that seems odd in the moment may be exactly what you needed.

Step 7 — Close the Records

This is essential and often overlooked. Leaving the Records open can leave you feeling spacey, ungrounded, or energetically depleted.

A simple closing: Gratitude.

"I thank my Higher Self and the guardians of my Records for their love and guidance.

I now lovingly and gratefully close my Akashic Records. The Records are now closed."

Again, repeat three times. Feel the energy gently returning to ordinary awareness.

Then: Take several grounding breaths, bring your awareness back to the present.

Reflect on what you discovered about yourself. What was shown to you?

Alternative access methods

Automatic writing —

Open your Records through HSZSN, then put pen to paper and write continuously without thinking or editing. Let your hand move. This bypasses the analytical mind beautifully.

Ask *“Who shall I integrate Today?”* *“Who can best assist me in this moment?”*

This is an effective way to connect to Aspects of yourself, or previous versions of you.

Meditation and dreamwork —

Regular deep meditation gradually thins the veil between your conscious mind and your Records.

Lucid dreaming and dream journaling can also yield symbolic information.

Reiki and bodywork —

Energy work can open the Records spontaneously, which is one reason Self Reiki sessions sometimes produce past-life impressions or sudden emotional releases that carry information.

Simply connect using HSZSN with the intention of accessing your records.

Common challenges and what to do

"I receive nothing" —

This almost always means the analytical mind is too active, or there is an unconscious fear of what might be revealed.

Practice lowering the bar: even a feeling of warmth, a single word, or a colour counts.

Trust the first thing that arises before doubt overwrites it.

"I don't know if it's real or my imagination" —

This is the most universal question in intuitive work.

The honest answer is: begin by treating it all as real.

The Records often speak through imagination and metaphor.

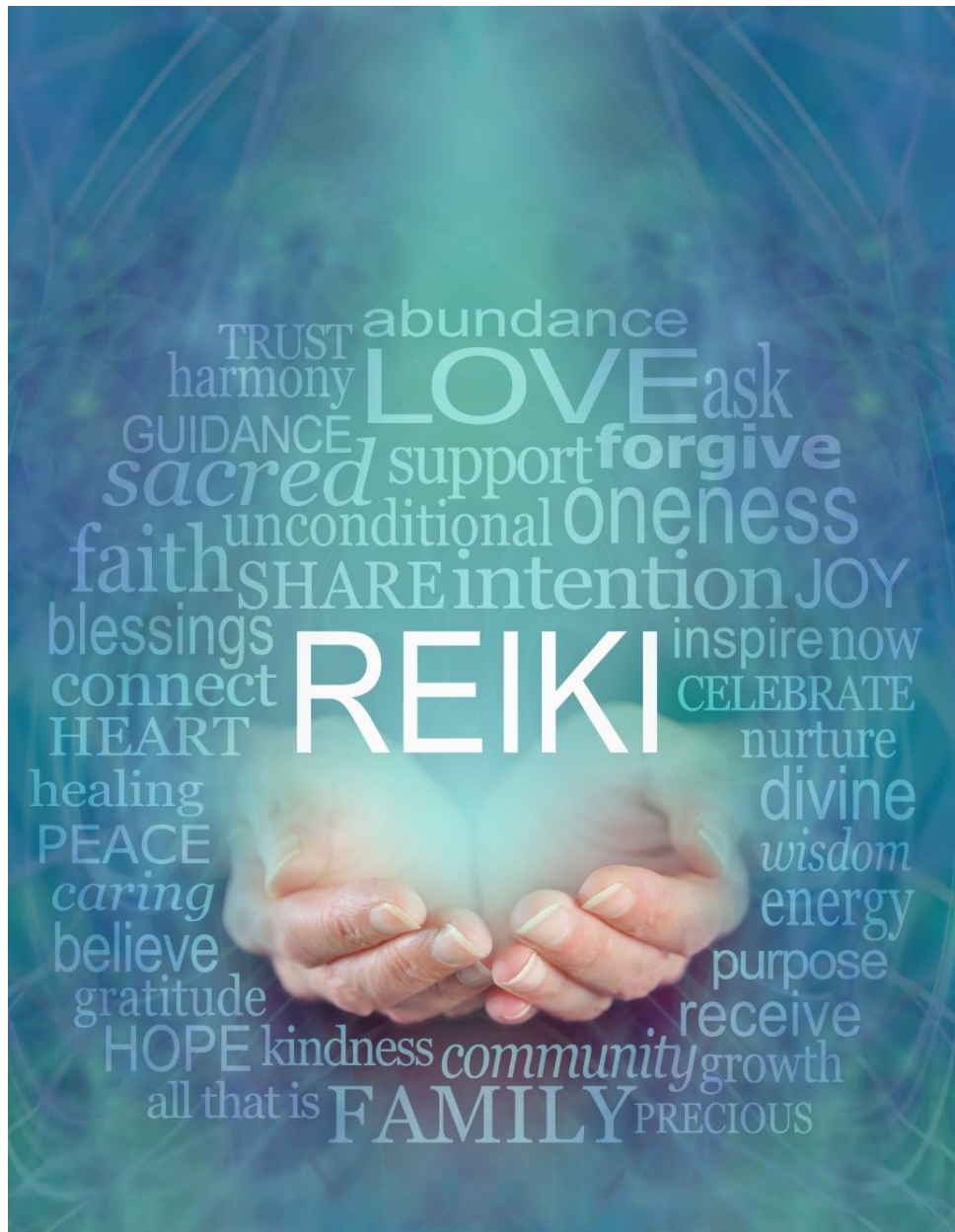
Over time, you will develop a felt sense for the difference between ego-generated thought and genuine reception.

"I receive things that disturb me" —

If difficult information arises, remember that the Records hold everything in compassion. Difficult information is offered for healing, not harm.

Some things must arise so that you can consciously navigate them from a place of love.

Trust your soul, it will only present what you are ready to see.



Reiki

for Family and Friends



A chair session is ideal
(typically 20–45 minutes).

Reiki for Friends and Family

Benefits people commonly notice

After even one short session, benefits include a sense of calm, release of tension in the body (especially the neck and shoulders), feeling emotionally lighter, and often sleeping more deeply that night. Over repeated sessions, some people report reduced chronic pain, better mood, and an easier time managing anxiety.

Chair session

A person sits comfortably on a chair, eyes closed.
Dining chairs or stools work well
Legs uncrossed, hands resting on thighs.
You may need to do some slow breathing with them
before you start the session.

What you're actually doing

is resting your hands lightly on or just above key areas
the head, heart, shoulders, abdomen, and feet are the most common,
while holding a calm, open intention.
You're not diagnosing or treating anything;
you're simply offering a quality of presence.
Short sessions of 15–30 minutes are plenty,
especially for people new to it.

How it helps

It comes down to the relaxation response.
When someone feels safe, still, and cared for.

The nervous system shifts from "fight or flight" toward rest and repair.

Breath deepens, muscles soften, the mind quiets.
Reiki seems to reliably create those conditions.

A few practical tips for informal sessions:

Always ask permission before touching, and check in about comfort.
Dim lighting, soft music, and warmth in the room help a lot.
You don't need to talk during the session.
Explain where you will be placing your hands,
a simple "I'm going to place my hands here; demonstrate."
Afterward, offer a glass of water
and a few quiet minutes before jumping back into conversation.

You don't need to be a certified practitioner to offer this to people you love ,
Intention and presence are what matter most.

6. Throat. Cup both hands around the throat.

Reason; Energy gets stuck in the throat. People do not always speak out, or speak their truth. They may be afraid to speak up or speak out.

7. Heart: Hold both hands in front of the heart.

Reason: People who have been hurt close their hearts for fear of being hurt again. This is a much-needed area to infuse Reiki. Invokes feelings of safety and LOVE.

8. Shoulders / Neck Base (Trapezius) Hands resting on top of the shoulders.

Reason: One of the most therapeutic positions, this is where people hold enormous amounts of stress and burden. Supports the throat chakra and lymphatic flow.

9. Upper Back / Between Shoulder Blades Standing behind the client, hands placed between and around the shoulder blades.

Reason: Heart chakra (back aspect). Addresses grief, heartache, respiratory issues, and emotional suppression. Deeply comforting

10. Mid Back Hands on the mid-back, either side of the spine.

Reason: Supports the solar plexus chakra (back aspect) — self-esteem, personal power, digestive organs, adrenals, and stress response.

11. Lower Back / Sacral Area Hands on the lower back.

Reason: Sacral and root chakra support — addresses lower back pain, reproductive organs, creativity, fear, and grounding.

12. Knees Hands resting on both knees, or above the knees.

Reason: The knees hold fear and inflexibility. Energetically supports moving forward in life; physically supports joint pain and circulation.

Optional.- Feet Hands wrapped around or resting on the tops/soles of the feet.

Reason: Grounds the entire session, pulls excess energy down and out, connects to the earth star chakra below the feet. Brings the client fully back into their body.

Closing

BOW

BRUSH, SMOOTH, and SEAL the aura,
Switch OFF.

Give the client a moment to return before speaking.

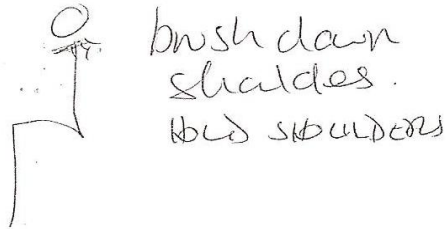
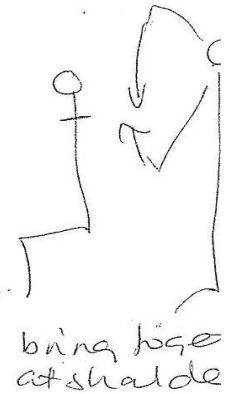
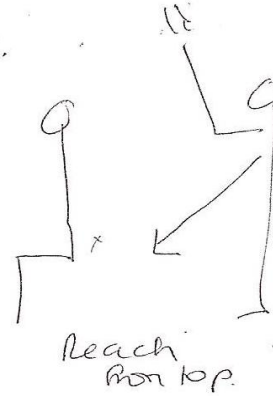
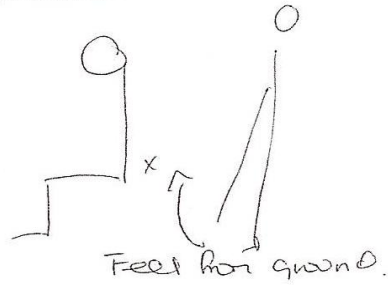
Ask them How they feel?

Ask them WHAT they sensed?

Give them a glass of water.

GROUNDING

ENERGY if needed.



Gravity/Electro-Magnetic Balancing

Based on the work of Ronald Beesley and Renee Brodie

As one begins to open spiritually, dizziness may occur. Or, our lymphatics may be acting up, blood sugar is too low, low blood pressure, over-extended mentally or there are digestive difficulties.

This exercise assists in balancing the body energies.

Stand behind the person who is sitting in a chair, feet flat. (Or as best as can be) Comb down their energy field lightly by using the tips of your fingers from the top of the head to the base of the spine. This can be done once or twice. It enables the person to relax.

With your hands held at either side of the body, feel for the gravity field in-between the elbow and hips. It may feel sticky, heavy, hot or tingling etc. Slowly bring the energy field up with your hands, (it may feel weighty) until they are just above the head.

With one hand hold the field there and with the other hand: reach up above and feel for the electro-magnetic field. This field has usually moved upwards away from the body. And it may feel like a shelf.

Bring the field down and gently "tie" one hand over the other once. Comb down the spine once more.

A chakra balancing after this exercise is very beneficial

ENERGY WORKS

FLOSSING THE CHAKRAS

CROWN



THIRD EYE



THROAT



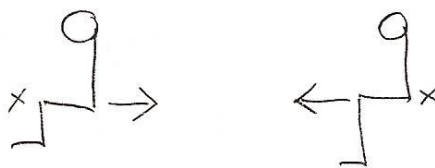
HEART



BASE



ROOT



Can use colour

*imagine shaft
of light
one colour for
each chakra*



MEN
STRADDLE
CHAIR

FLUFFING THE AURA



— DRAW UPWARDS

— WALK AROUND
IN A CIRCLE

FINISH
BY "FLUFFING"
THE AURA
ABOVE THE
CROWN
(like fluffing your hair)



Spirals:-

Beaming Reiki



What is Beaming Reiki?

Beaming is a specific technique where a person holds their palms open, facing outward, and *projects* or *beams* energy intentionally toward the recipient, sometimes across the room, sometimes across the world (distance healing).
Children are naturals at beaming.

How it works

Beaming is the intention of sending this energy to a specific person, body area, or situation.

The belief is that:

Intention directs the energy -

The practitioner focuses clearly on the recipient and what they need

No physical proximity is required -

Energy is thought to transcend space, which is why it can work remotely

The recipient's energy field (aura) -

Receives and integrates whatever it needs, at whatever level, physical, emotional, mental, or spiritual

Symbols may be used -

To strengthen or direct the beam,

How it's believed to help

Physical level —

Proponents say beaming can reduce pain, support recovery from illness or surgery, ease tension, and promote deeper rest.

It's often used as a complement to conventional medical treatment.

Emotional and mental level —

Recipients frequently report a profound sense of calm, release of grief or anxiety, and feeling emotionally "lighter."

Practitioners describe it as helping to dissolve stagnant emotional energy or blockages in the energy field.

Spiritual level —

Some describe a reconnection with their deeper self, a sense of being held or supported, or experiences of warmth, tingling, or colour during a session.

Distance and remote sessions —

Many Reiki practitioners offer beaming sessions remotely.

The recipient simply relaxes at a scheduled time, and the practitioner sends energy from wherever they are. Anecdotally, many people report strong sensations and benefits even without knowing the practitioner's exact techniques.

What science says

Reiki, including beaming, is classified as a **complementary therapy** rather than a medically validated treatment.

Some small studies suggest it may reduce anxiety, pain perception, and stress markers, but large-scale, rigorous clinical trials are limited.

Most mainstream medical institutions view it as a relaxation practice that may support wellbeing alongside conventional care.

That said, many hospitals and palliative care settings now offer Reiki as a supportive therapy, finding that patients value the calm and comfort it provides regardless of the mechanism behind it.

In short, beaming Reiki is gentle, non-invasive, and risk-free. making it accessible to people who cannot be touched (e.g. those with injuries, trauma, or in the hospital) and to anyone seeking calm, energetic support from afar



REIKI FIRST AID



In emergency situations the body automatically goes into “fight or flight” The adrenal cortex increases production of the hormone adrenalin, which supports our reaction to stress.

The adrenalin is transported in the blood to the body's cells, making the person wide awake and ready to react.

However the adrenal glands are soon exhausted and are then under tension and stress. You can help those in emergency situations by calming them down with Reiki

During the treatment you can also lay one hand, in front on the solar plexus (third) Chakra) and the other at the same height on the back. This reduces the risk of shock.

For a calming effect, you can also lay one hand on the back of the head, and the other hand on the Third Eye Chakra.

If the nature of the situation or the position of the body accident victim makes it impossible to touch the parts of the body affected, you can also hold one or both of the persons hands.

In the case of an accident always phone for a Doctor first of all and then use Reiki to calm the injured person while you are waiting.

If the person is unconscious, do not attempt to move them because of possible spine or neck injury.

As the injured person is likely to be in shock, lay your hands on the front of the body on the Solar Plexus or on the back in the region of the kidneys and adrenal glands

FEAR

Lay your hands on the Solar Plexus Chakra, adrenal glands, and the back of the head

HEART ATTACK

Call a Doctor immediately. In the meantime give Reiki to the upper and lower belly, but NOT DIRECTLY to the heart.

INSECT BITES

Give Reiki directly on the bite for 20 or 30 mins. If you can give Reiki immediately you may be able to keep the swelling down.

WOUNDS

Give Reiki just above the wound. Later after the dressing has been applied, give Reiki through the bandage.

BROKEN BONES

Before you give Reiki directly to the fracture point, this should first be set by a Doctor. Then you can lay your hands on the plaster.

BRUISING

Give Reiki immediately directly on the bruise, for 20 or 30 mins

BURNS

Give Reiki just above , not touching the actual injury, for 20 or 30 mins, possibly at intervals. The pain may initially worsen before beginning to subside. If you can give Reiki straight away, blisters are less likely.

SHOCK / ACCIDENT

Call a Doctor immediately. In the meantime give Reiki to the Solar Plexus Chakra and the adrenal glands simultaneously, later to the shoulders.

SPRAINS

Give Reiki to the injured area for 30 or 60 mins, repeating several times according to the severity of the sprain



REIKI



I AM LIGHT

Thankful for your guidance

Reiki was my first experience of Energy Healing. After much research I came across Hazel and quickly registered. My level 3 class became a journey into self and was life changing.

Hazel has the amazing ability to help her students develop their own awareness and ability to master their own lives, she has a way of empowering her students to navigate difficult moments as well as being able to identify blocks and move through them, which resulted in inner peace.

Throughout this journey I have developed confidence in who I am, the life path I have travelled and will travel in the future. Hazel has guided me through an amazing journey.

I now feel empowered with heightened awareness, peace and harmony. I am able to stand in my power and live life for me instead of others and do so with love, compassion and understanding for myself and others.

My time with Hazel has given me a new perspective on life and it has been liberating.



Samantha

Testimonials are precious.

Please send YOURS to

1800askhazel@gmail.com

Thank you, I appreciate you.

What's Next?



Reiki Bliss

As you Evolve Energetically
“Easy Flow Living “
creates a life that is
Synchronicity in Motion.

Whatever shows up
You have the PRESENCE and AWARENESS
to navigate everything lovingly, with ease.

If you need a “gentle nudge,”
“reboot attunement,”
or “Mentoring”

visit www.albertareiki.com

Book a “Hazel Time” Session or Phone Call.