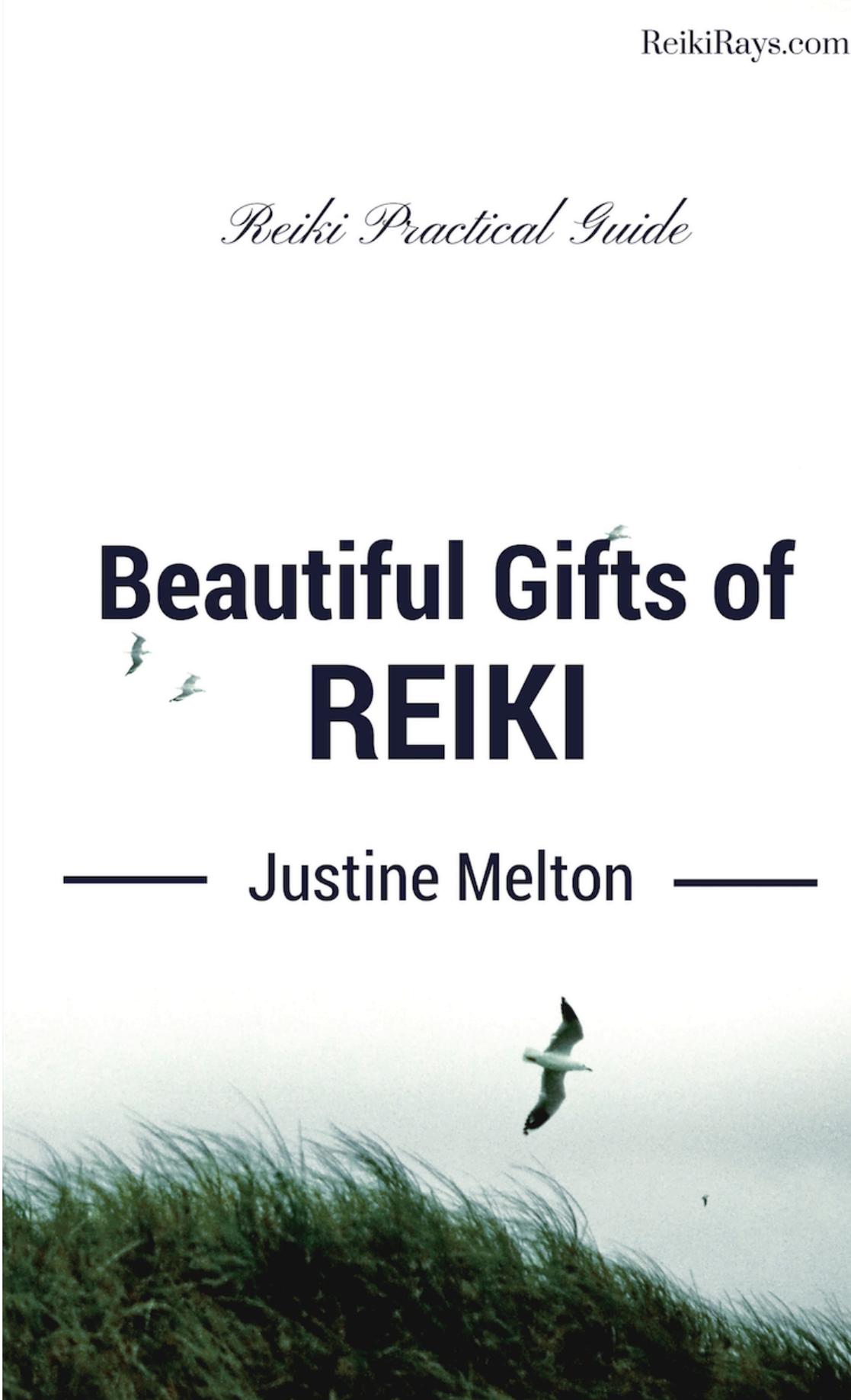


ReikiRays.com

*Reiki Practical Guide*

The background of the cover features a soft-focus photograph of a seagull in flight, positioned centrally in the lower half. The bird is white with dark wings, flying against a pale, hazy sky. In the foreground, the tops of green grasses are visible, slightly out of focus. The overall mood is serene and natural.

# Beautiful Gifts of REIKI

— Justine Melton —

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## Beautiful Gifts of Being A Reiki Practitioner

Like anyone else as a Reiki Practitioner you have good and bad days. As someone who helps others to heal a lot of times your days are spent hearing or feeling a lot of issues from others. While we help balance and heal these lower energies to that of health and positivity for clients sometimes it can still take a toll on us. After a long, busy chaotic day where I myself felt like I needed to be a client instead of the practitioner I sat down and thought what am I doing? How am I giving amazing, healing, beneficial advice to others and not following it myself? I decided to do a guided meditation to center myself, destress and then wrote the following list as a pick me up. I hope that some of you will be able to relate and that you may feel a burst of positivity from it as well. It is so easy to forget how lucky and special we are as Reiki Practitioners.

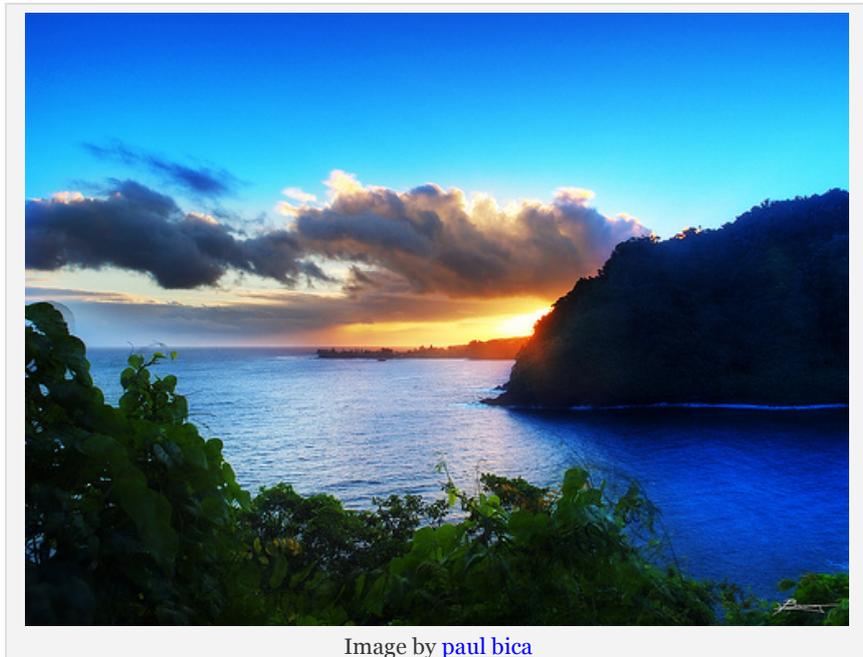


Image by [paul bica](#)

### As a Reiki Practitioner I am...

- A vessel of love
- A source of strength
- A light at the end of a tunnel
- An educator
- A friend
- A messenger of peace
- A counselor
- A key to heightened awareness
- A welcoming source helping lead others towards enlightenment

- A caring refuge
- A promoter of centering and relaxation
- A teacher of Energy
- A spiritual warrior
- A peaceful warrior
- A hand to hold
- A challenger of limiting beliefs
- A welcoming friend to all
- A teacher of healthy boundaries
- A teacher of the mind, body, soul connection
- A holistic healer
- A promoter of alternative healing
- A source of comfort in dark circumstances
- An earth angel
- A carrier of healing colors
- A builder of communities
- A bearer of hope
- A source of non-judgment and understanding
- A shining light

What a beautiful healing art to be a part of! Wishing you all love and light.

## How to Stay at a Higher Vibration

Change is something that comes marching in when Reiki enters your life. The more you allow change to occur and are accepting of it the easier it is. Change comes best when you jump into the flow of the changing events and flow with it rather than swimming up the current fighting everything that is a change for your greatest good. One of the most common changes that comes with Reiki is the change in your vibrational level in the Universe. Usually after each Reiki attunement you will move up to a different vibration but it can also happen at any time.

When you manifest one of the most important steps is to allow yourself to feel as if you already have what it is you desire. This is actually you feeling the vibrational level of what it is that you are seeking. You have to send out the vibration to get the vibration.

Being at a higher vibrational level means that you are operating at a more positive level and are radiating that positivity and goodness to the universe as well. Good things flow to you more freely and it is harder to upset you. Some people term moving up a vibration as moving closer to enlightenment.

One interesting thing that I have read over and over and have experienced first hand is that right before or after moving up a vibrational level you may feel like you are craving protein. It is believed that this occurs because your body needs the extra energy to make the jump to a new level. You may also notice that you suddenly need more sleep out of nowhere or that you are wanting to shed material possessions or things from different areas of your life that no longer suit you. If you happen to feel any of these know that it is quite common and that you are not alone. They are normal steps in a pretty incredible process.

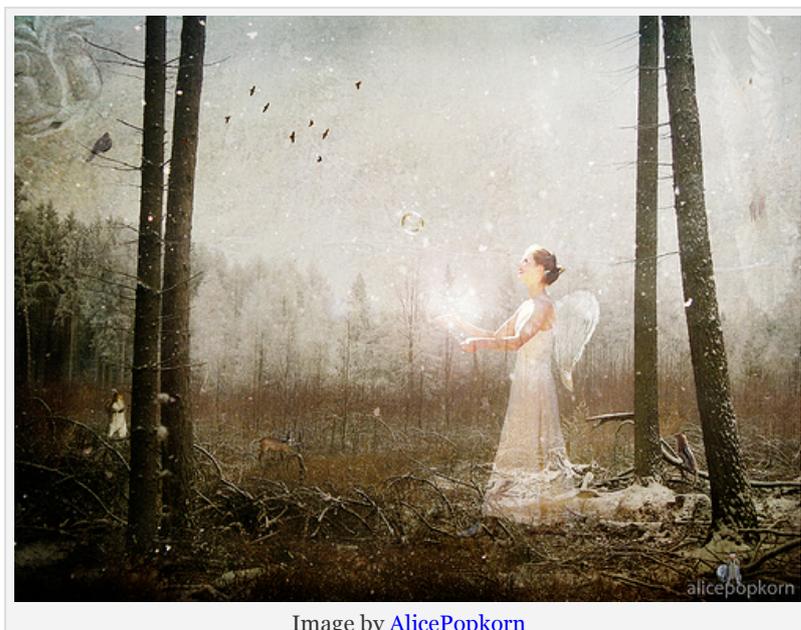


Image by [AlicePopkorn](#)

Once you are at a new higher vibration you need to continue to live in a healthy manner in order to stay at the new higher state. Of course moderation in all things is important but overall it is important to maintain a healthy lifestyle to aide you in your quest up the vibrational ladder.

### **Ways to move to or stay at a higher vibration:**

- Reiki treatments (from others and/or daily self-reiki)
- Saying no to anything that doesn't work for you
- Letting what doesn't work in all areas of your life naturally fall away
- Surround yourself in positivity
- Eat a healthy diet full of fruits and vegetables and if you are a meat eater take note of how the animals were treated before and after they were killed. This can actually have quite an effect on the vibrational level of the meat you are eating. Also, chicken and fish have a higher vibrational level than red meat. A good rule is that if it has a hoof it is a lower vibration for you to consume.
- Listen to up lifting music
- Dance around your house... let loose
- Do any healthy activities that bring a smile to your face
- Exercise
- Laugh
- Let the sunlight hit your skin
- Meditate
- Keep a journal noting how different things AND people make you feel

- If you need to say something say it. Do not keep feelings bottled in. If you are not comfortable telling someone something write it down on a piece of paper and wait a few days. The sooner you get it out the better.
- Salt baths
- Keep high vibrational stones/crystals around you such as tanzanite and quartz.

This is a general list for everyone but what I recommend most is to keep a journal for a week or 2 and write down any little thing that you notice that makes you feel happy or sad. If it does not make you happy it needs to go! This will have amazing effects on every area of your life and will aide Reiki in bringing the highest good into your life.

Wishing you all love and light.

## How to Incorporate Reiki into Children's Lives

One of the things that I love most about Reiki is how easily it can be used to teach children about spirituality and how to be mindful in today's busy world. I am the mother of two children and have 15+yrs working with children. Being able to use Reiki with children is something that is very special and enjoyable to me. I could write a separate article on each method that I use here but I'd just like to briefly touch on a variety of different ways to show you how easy it is to add Reiki in!

How exactly do you incorporate Reiki with kids? It is so easy! I use it daily. I make white light protection bubbles around my own children everyday. After I (or they) make the white light bubble around themselves I simply draw a master symbol on top of it. A short description of exactly how you do this can be found at the end of this article. One way to make it fun for kids is to crouch down on the ground like you are in a little ball. Then stand up lift your arms in the air and say, "***I surround myself in a white bubble of love and protection.***" As you say this expand your arms as wide and as far as you can and pretend to be making a large ball around yourself from your head to your feet. This works great for kids of all ages but is especially good with pre-school aged kids.



A good way to teach children how to be mindful is just the basic exercise of pulling back the peeling of an orange. Many lessons can be taught here of how things can look different on the outside than on the inside. Planting seeds and watching them grow is another way to peacefully teach about mindfulness and the stages of life. Using art and the color wheel to express emotions is another way to tap into mindfulness and the spiritual world.

One of my very favorite ways to incorporate Reiki with kids is through the use of guided meditations. I do so many meditations with children. A lot of them I come up with as I am going but some I like so much that I take the time to write down. A few of them I have shared here on Reiki Rays including one of my favorite ones, "[Put Yourself and Your Children to Sleep With Reiki & The Help of The Angels.](#)" There are so many endless possibilities with meditation. It teaches children grounding, relaxation, mindfulness, creativity and to celebrate having an open mind all in one! Use the Reiki symbols during the meditation to add an extra special surge of positive energy to the meditation.

If you practice Animal Reiki this is a big way kids can get into Reiki and be mindful. A lot of time kids just know what message the animals are trying to get to you. They are more open and more freely able to communicate with the animals. It is a beautiful thing to watch and be a part of. Lost animals offer a great way to have children practice sending Reiki. I teach children to send Reiki to animals that they see that are lost on the side of the road.

Being outside in nature, having children close their eyes and just listen to everything around them is a great way to calm down, center and practice grounding with Reiki.

Using the Reiki symbols on food, drinks, bath water, etc can be taught to children as sending positive energy to all around you!

### **How to create a white light protection bubble around yourself or other's:**

1. Make the Reiki Master symbol (or Cho Ku Rei) in front of yourself.
2. Visualize a bubble of white light going around yourself or whoever you are wanting to protect.
3. Say, "*I surround myself in the white light of God's love and divine protection.*"
4. Make another Master or Cho Ku Rei Symbol on the bubble of white light.

That's it! You are done.

Wishing you all love and light.

## Reiki Yourself and Your Children to Sleep with the Help of the Angels

I am a Reiki Master and have used Reiki for all sorts of things from healings, to room cleansings to protection, to charging things. I have my own Reiki business and feel it is my calling in life. But even with all of this it was in a moment of desperation, and burnout at the end of my day from being a single parent of two little girls that did not like bedtime that I came up with a way to easily put my children to sleep.

While laying in bed one night completely and utterly exhausted from 2 hours of bargaining, tears and deal making about bedtime with my children I thought to myself that there has got to be a better way to do bedtime. Then it hit me like lightning. Why had I not been using Reiki and all of the other work that I do? I use it in every other area of my life. Why not bedtime with my children? At that moment I formed a new plan. The method that I used uses a symbol that you must be attuned to a Reiki Master level to use.

However, I believe that use of the other symbols would have wonderful effects as well and get you to the same peaceful place. I do call in the help of Angels here. If you are a Reiki Practitioner but do not believe in angels you could just use the Reiki and color work alone.

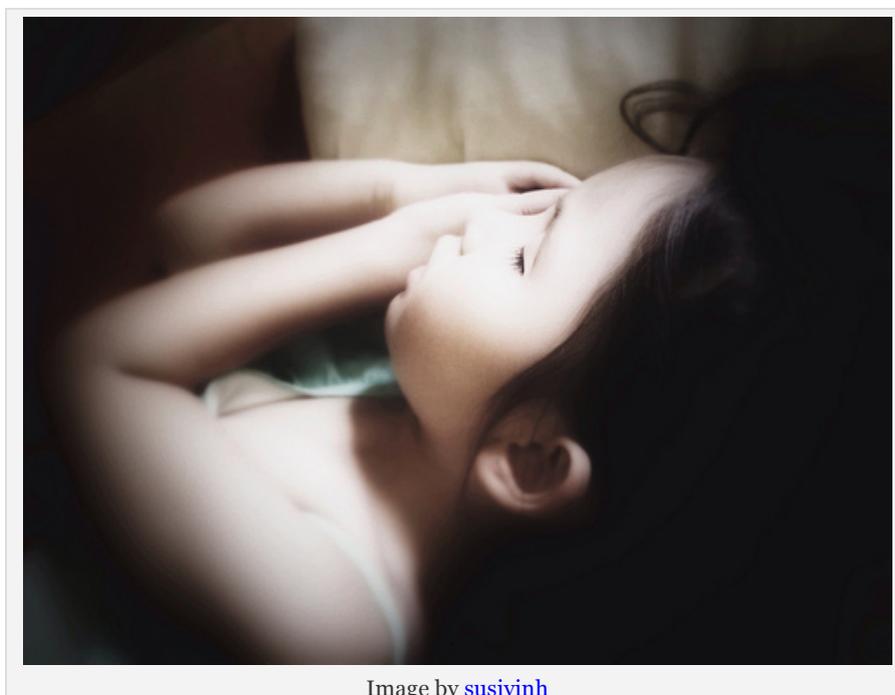


Image by [susivinh](#)

### **My new routine is as follows:**

1. I put my daughters in their bed and Reiki their room.
2. I put the Master Symbol on every wall, window, bed, ceiling, floor and door.
3. I create a ball of white light in my hand that I then visualize going up and expanding throughout the room removing all that is negative out.
4. I then begin a guided meditation where I call in the Angels. I have a special connection with Archangel Raphael so that is the angel I start with but any will work for you. I go through my mediation with each Angel standing around my children's bed throwing a color up into the room that clears the room, goes down through their body (starting at their head then working slowly down to their toes). Then finally the light goes down into the ground taking all of their troubles away and then heals the Earth. I go through the chakra colors here, one color after another.
5. I then end it with the Angles giving thanks for allowing them to bring these loving colors to the children and do one big master-healing symbol in the center of the room.

The beauty of this routine is that you can make it as short or long as you like. When I do it the session averages ten min and my kids are fast asleep by the end of the guided meditation. These are children that normally fight bedtime. They look forward to this routine and bedtime is no longer a struggle. I use this routine on myself as well and it puts me in a deeply relaxed state. Allowing Reiki and Angels to assist with bedtime with their divine light has been one of my favorite experiences with using Reiki so far.

## How to Shield Yourself from Negative People

Hi Friends. Today I am sharing a very easy way to shield yourself from negative people with Reiki.

Have you ever walked into a room and felt bad energy left behind from others? Have you ever been at a party and felt really bad energy coming from certain people being directed your way or known that there was someone negative there that you did not want to see? Do you have certain people around you at work or home that bring you down on a daily basis? Or maybe you have to go into a building where you always feel uncomfortable and get creped out in?

Allow Reiki to help with this. One of the great things about learning Reiki is that it can truly help in all areas of your life.

Here is the simple method that I use on myself and on others.

### How to shield yourself from negative people:

1. Before you enter a room full of people encircle yourself in a white light. You can do this simply by saying *“I encircle myself in the white light of God’s love and Divine protection.”* You can adjust this sentence to match your own belief patterns just be sure to make it positive, white protecting energy that you are surrounding yourself with.
2. Visualize this light completely encircling you like a bubble.
3. State that you wish this protective bubble to stay with you for the rest of the day and that anything negative will be instantly repelled by you. Make the Cho Ku Rei symbol over yourself and then a Master symbol.

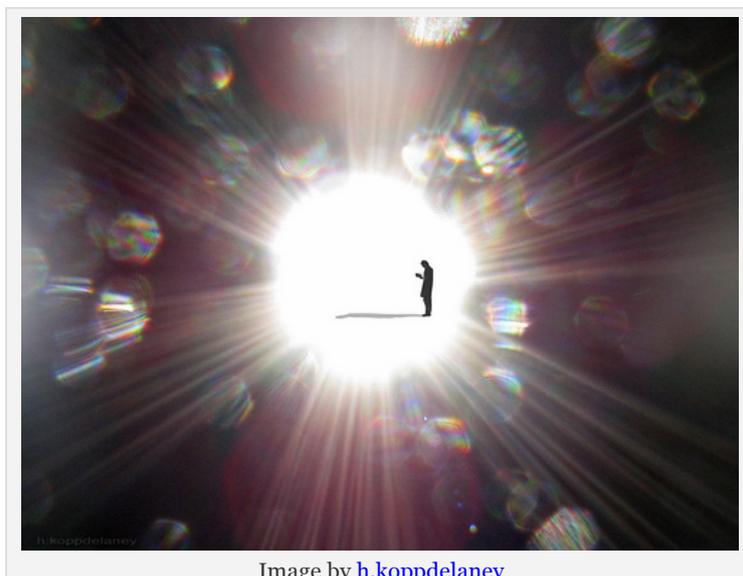


Image by [h.koppdelaney](https://www.h.koppdelaney.com)

4. Next, if there is a specific person that you want to keep away from you encircle them in a white bubble of protection as well! This sounds strange but it actually floods them with positive energy and they will want to stay as far away from you as possible for unknown reasons.

5. Give thanks for the white light protection you are receiving with the help of Reiki.

Now get out there, experiment and see how this process works for you! It has never let me down and always protects you for the greatest good of all. This process can be done in any situation and I have even used it when coming across aggressive unleashed pets.

Wishing you all love and light!

## The Power of Rose Quartz

In my Reiki Practice I have a great love of bringing in other tools and combining them with Reiki to bring my clients the best possible healings. I call in the Angels for help, use color work, guided meditations, soothing music, candles, the power of environment (I especially love to be out in nature), and sometimes stones/crystals. I believe that love is the greatest healing energy and base my whole holistic and alternative healing practice off of this concept. Along with Reiki it creates miracles and changes lives.

It is no wonder then that my very favorite thing to recommend to my clients is to bring Rose Quartz into their lives. It is known as The Love Stone and can help you heal and turn your world around while bringing comfort at the same time. Rose Quartz is used in everything from hospice to wanting to find your one true love. I cannot emphasize enough how powerful this stone is and the remarkable source of extra healing power it can bring to your practice. I first used it on myself years ago and then after experimenting and witnessing its healing abilities first hand I excitedly brought it into my own practice for use with clients. It is my hope that this article will encourage you to experiment with the use of Rose Quartz in your own practice and see how powerful adding in strong loving energy can be.



Image by [StacyZ aka Adore\\_One](#)

### **Basic way to start using this stone in your Reiki sessions:**

Purchase a handful of Rose Quartz at the same time. Be sure to feel/hold each stone first and pick the ones that you can feel a vibration from. These are the stones that are best matched to you and will be of greatest use in your healings. I like to cleanse and charge my stones. This is very simple. Simply do a Master or Cho Ku Rei symbol in the palm of your hand and then hold the stone in that same hand for a few minutes while sending Reiki to it. You are then ready to start using them in your sessions. Simply keep the stone with you while you do self reiki or have your client hold the stone while you perform a Reiki session on them. I like to send Rose Quartz home with clients and instruct them to leave it in their purse or wallet and always keep it close. If feeling like you need extra comfort or healing just place it in your hand and hold it. That's it! ☺

### **Amazing facts about Rose Quartz:**

- It is the stone of unconditional love and opens the heart chakra
- Perfect for every type of love not just romantic
- One of the greatest help in learning to love yourself
- Helps strengthen any type of relationship if the relationship is for your greatest good
- Helps balance emotions
- Brings comfort
- Remarkable abilities in aiding in the transition of dying
- Helps release emotional wounds and traumas no matter how deep or horrendous they may be
- Can draw ideal relationships to you
- Can draw your ideal partner to you
- Can shift your way of thinking to that of love and positivity
- Relieves anxiety
- Helps remove emotional blocks
- Great source of protection
- Can be worn as beautiful pieces of jewellery
- Can give your clients a physical reminder of their healing session which aides in keeping them on a new healing path!

My favorite piece of jewellery is a simple Rose Quartz necklace. It helps keep me in the healing zone and reminds me to emit love everywhere I go. Rose Quartz is not expensive! Here in the United States the small stones that you can send home with clients can be purchased for under \$1 each.

## Amethyst - The All Purpose Stone

Hi Friends. I have been getting a lot of questions about what type of stones/crystals go well with Reiki Healing. I have written an article here on Reiki Rays before that is a basic guide on what to use to get started.

Today I would like to focus on Amethyst and share with you all of the many amazing things this little stone can help you with.

Amethyst is actually a member of the quartz family, which is no surprise with how powerful its healing powers are. It can help with so many different things and is known as the all purpose stone. It is one of the top three stones that I recommend to use in combination with Reiki healing.

### Amazing Abilities of Amethyst:

- It is a meditating and calming stone
- Helps bring calmness, balance, patience and peace to your life
- Helps relieve anxiety and helps calm anxiety attacks
- Helps with telepathy
- Helps with past life regression



Image by [docoverachiever](#)

- Helps with clairaudience
- Helps with clairvoyance

- Helps with communication with angels
- Helps with money issues
- Helps with legal problems
- Provides psychic protection
- Helps with bereavement
- Helps with any kind of personal loss/grief
- Helps bring emotional stability and inner strength to your life
- Helps with overcoming addiction of all kinds
- Helps with withdrawal symptoms

Amethyst is also the birthstone for the month of February. Those born in February may feel an unexplained strong pull to this particular stone.

Angels like to send purple light to people. Purple has amazing healing abilities and amethyst happens to be purple as well. Having a small amethyst stone (even as small as a dime) can enhance any healing energy sent to you from angels or through Reiki.

#### **How to work with Amethyst:**

- Make a power symbol on the palm of your hand and then simply hold the amethyst stone in your hand for 5-30 minutes. You can even do this while you are watching television.
- Have your client hold it in their hand during a Reiki session. You can also set it on yourself while you do self-reiki or set it in front of you.
- Keep it in your purse, pocket, bra, nightstand, or anywhere else close to you.
- Be sure to leave it in the moon light during a full moon to cleanse and charge it.

Wishing you all love and light.

## Manifest Love with Reiki

Manifesting is something that is gaining in great popularity these days. It is a great way to ask the Universe for what you want and follows the, “Ask, Believe, Receive” theory. Reiki is something that can dramatically accelerate the manifesting process! There are so many different ways to use Reiki to do this. Here is an easy way to manifest love into your life that I have used on myself and routinely use with my clients. It is so simple, beautiful, and it works!

### **Step by step guide to manifest love with Reiki:**

1. Begin by thinking of something that you really want. If this is a soul mate, picture that person in your mind.
2. Ask the universe for this in the present tense. For example, you could say: “I am happy that I am presently in a happy, healthy, loving, committed, harmonious relationship with my true companion.”
3. Allow yourself to then feel the feeling as if this is ALREADY in your life. If you need help feeling positive here think of something else that makes you happy (favorite song, good memory, etc.) that will get you in that positive mindset. You must match the vibrational level of what you want to attract into your life! Allow yourself to feel this feeling of already having what you are asking for. Let it radiate through your whole being.
4. As soon as you are allowing yourself to feel this feeling make all of the Reiki symbols in front of yourself that you are attuned to. After this do two Hon Sha Ze Sho Nen’s side by side.
5. Sit in this space of feeling that you already have this great love in your life for 10-20 minutes. Imagine and visualize this new reality. Allow yourself to feel how amazing it is. This is very important. The manifesting will not work if you do not do this step!
6. Tell the Universe that you are asking for this or the equivalent or better for the greatest good of all.
7. Give thanks.

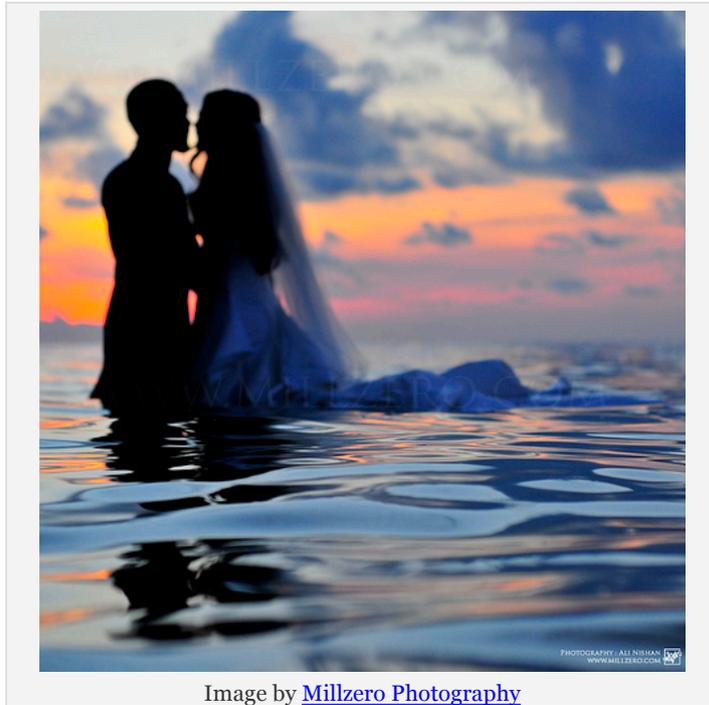


Image by [Millzero Photography](http://www.millzero.com)

Do this Reiki Manifesting method for a good 1-2 months. A great time to do it is before bedtime when your mind and body are relaxed. During this time be sure to write down any positive evidence you see that this reality is beginning to manifest into your life. Make sure to trust the process. Focus on what you are creating and not on what you are currently unhappy with in your life. Remember that manifesting brings change into your life. Allow change to happen. Sometimes a shakeup is needed to create the new reality you are seeking. Know that through this process whatever change you experience is leading you to what you are seeking!

Wishing you all love and light.

## How to Draw your Soulmate to You

Reiki has amazing abilities with drawing love into your life. It aids in every type of love there is. It can bring you self-love, help bring you your soul mate/perfect partner, bring you compatible friendships or deepen friendships that you already have. It can also make your relationship with spirit and/or your family as loving and deep as possible. In my opinion Reiki is love as well as energy and compassion.

### **One of many beautiful ways to draw your soul mate to you with Reiki:**

**1. Put a power or master symbol over every side of the room** you are in. Think of the room as a cube and make sure every side has been covered. Next, make one power or master symbol over yourself.

**2. Sit in your newly cleared, protected space.** Close your eyes and imagine that you can feel **a beautiful pink light start to enter the room.** It slowly comes in and circles the room until every inch of it is covered in its loving presence. Allow yourself to feel the energy of this pink light. It is pure, radiant, soft, compassionate, and loving. It is straight from Source.

**3. Imagine that you are *ALREADY* experiencing the feeling of being deeply in love** and in your version of the perfect romantic relationship. Allow yourself to feel these feelings. Notice how your body relaxes and changes once it goes from being in a state of want to a state of already being in this joyous state of abundance and prosperity. Stay with that feeling.

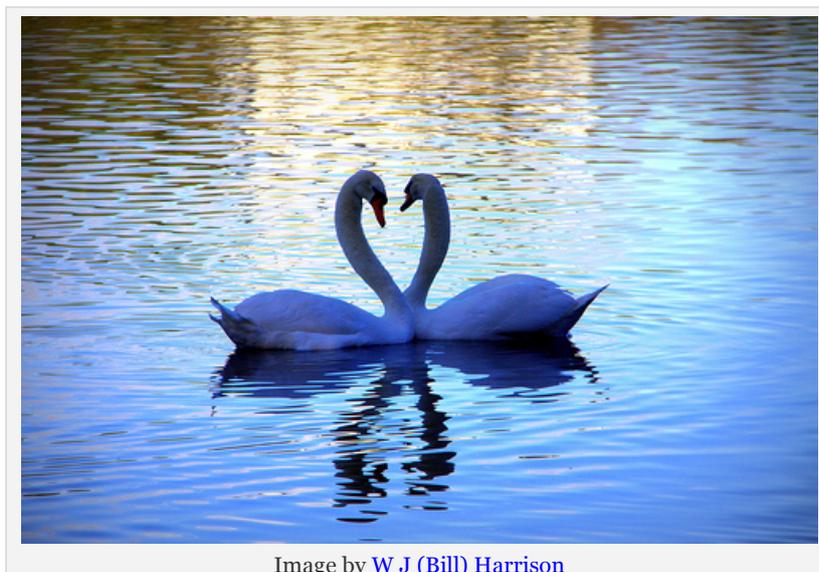


Image by [W J \(Bill\) Harrison](#)

**4. Visualize the person of your dreams in front of you.** Start with an outline and then just allow yourself to feel their energy. Do not concentrate on how you think they physically look. This is more about just feeling their vibration so that you will energetically recognize them. Allow yourself to feel this energy. Announce that you are ready for them in your life and are welcoming them with open arms. Say three things out loud that you can offer them with love and say what three things you would most like to receive from them.

**5. Visualize that a pink bubble of light encircles you and this person.** Draw one large power, emotional and master symbol (if attuned) over the front of the bubble of love. Beam Reiki to this bubble for 10 minutes while still allowing yourself to feel the feeling of already having this soul mate in your life.

**6. Tell your soul mate** that you are ending the session now but **that you are ready for them to enter your life** and will be eagerly anticipating their arrival in your life.

**7. Make a power symbol over the bubble and one large one over the front of yourself.**

**8. Give thanks to Reiki and Source** for letting you experience the vibration of what you want in your life. Believe that love is already in your life and is on its way.

This process can be done with any type of love you are seeking not just for finding your soul mate. For example if you are trying to deepen a friendship that you already have picture yourself and your friend inside the bubble of love and feel the vibration of the friendship you would like to have. Then, beam Reiki to it. This is a beautiful process that is very popular with my clients. I have used it on myself as well and love it.

Wishing you all love and light.

## Healing the Past with Reiki and the Energy of Love

Do you have things that bother you from your past? A bad breakup, a traumatic event, or something that makes you feel bad whenever you are reminded of it? This negative energy could be holding you back in your present life. Reiki is an amazing healing force for healing past emotions and situations. When combined with the healing energy of love dramatic results can occur. You are not going to change what happened in the past but your perspective on it may change and instead of negative emotions and energy surrounding that event peace and love will surround it. The negativity will fade away and blocks from the past will no longer hinder your future.

**Here is the method that I use on myself as well as with clients. I have found it to be especially effective with past relationship wounds.**

- First, spend 10 minutes relaxing and using your favorite way (relaxing music, breath work, Reiki, etc.) to get into a meditative state. If you are a Reiki Practitioner I have found extra benefits if you do this method during your regular self-reiki session.
- After you are in a deeply relaxed state think of a situation, emotion, or person that has hurt you in the past. Send the Distance and Emotional healing symbol 2x each. If you are a Reiki Master send the Master symbol as well.
- Acknowledge what is coming and just let it sit in front of you for about 30 seconds and just let it be.
- Thank this presence for the growth it brought to your life no matter how painful it may be.
- Then, immediately visualize a large, radiant, pink bubble of love surrounding it. To be able to better connect with the healing power of love think of something that makes you feel as if you're at a higher vibrational level. This could be a favorite holiday, sexual encounter, favorite song, etc. Allow this loving energy from this good memory to wrap around the bubble of the unpleasant event from your past. Visualize the loving healing energy radiating right through the bubble and soaking the past situation in pure love.
- Make 3 emotional healing symbol's on the unpleasant event here.
- Then, send Reiki and loving energy to it for 5 minutes.

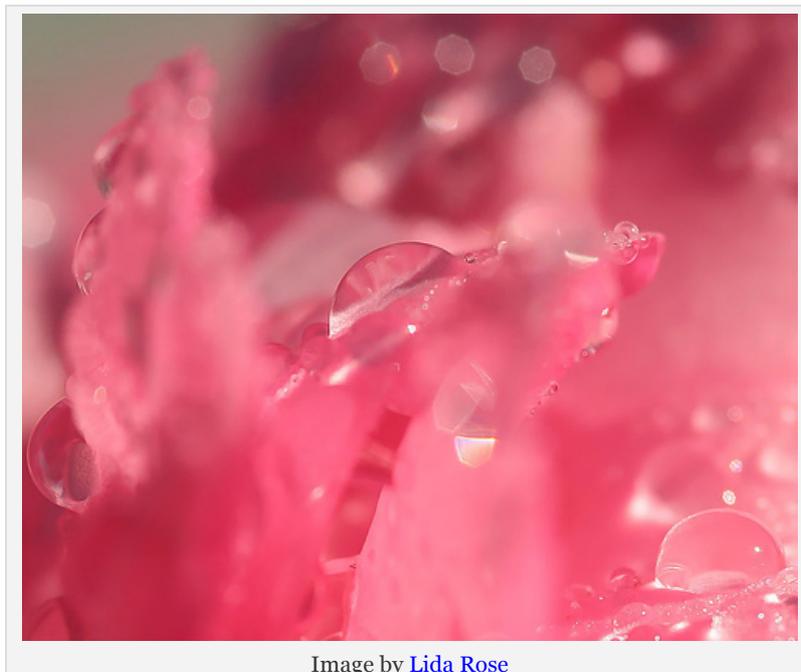


Image by [Lida Rose](#)

- At the end of the 5 minutes visualize the bubble with the unpleasant event from the past start rising into the sky. It slowly and gently floats up higher and higher.
- Once it is so high up that you can barely see it visualize that it is so full of love from all of the Reiki and love energy that was sent to it that it bursts into a million pieces of bright pink light.

The unpleasant event is no more. It has left you. Notice how much lighter your heart and entire being feels.

Wishing you love and light.

## Guided Meditation for After a Reiki Attunement

Anyone who has gone through a Reiki Attunement knows that it brings on a 21 day cleanse. During this time you may feel a great release and feel light and joyous. It is also possible that you may feel all sorts of things, experience flu like symptoms and in more serious cases may even go through a healing crisis. Some people may experience a mix of both high and low feelings and go back and forth between the two. My experience consisted of an assortment of different symptoms and a deep purging of toxins with each attunement I received. Basically, I got to experience the stomach flu with all 3 of my attunements! 😊

After an attunement it is very important to take good care of yourself. Make sure to get out and exercise, drink a lot of water, take a salt bath, practice daily self-reiki, meditate and most of all listen to your body. During this time notice if any colors speak out to you. Colors have amazing healing properties and can add a special extra touch to your Reiki sessions.

Once I became a Reiki Master I was guided to start recommending the use of the color blue after a Reiki attunement. The color blue is a wonderful healing color, eases stress, helps with grounding and cools down inflammation.



Image by [Minhimalism](#)

**Here is a simple guided meditation with the color blue that is perfect for the 21 days after a Reiki attunement...**

1. Begin by Reiki-ing the space that you will be doing your meditation session in. I like to use the Master symbol but use whatever calls out to you!

2. Turn on some relaxing, soft music that will help you more easily get into the zone.
3. Light a candle that helps you relax. Blue or white are recommended here but if something else speaks out to you go with your gut. This is about healing YOU after all and not what may be best for someone else.
4. Lay down in your space and close your eyes. Spend two min allowing yourself to just slowly breathe. Concentrate on your breathing and notice how your chest slowly fills up and then slowly empties with each breath.
5. Picture a big ball of crystal blue light hovering right above your body. Let this blue ball of light slowly fill the entire room with its healing energy. Visualize the blue light expanding out into every corner of your space.
6. Allow yourself over a period of five min to then slowly breathe this light in and out. With each inhale imagine the blue light coming into your body full of healing energy. With each exhale imagine the blue light carrying away anything that is bothering you.
7. After this step picture a glass pitcher filled with overflowing blue light above you. Imagine your spirit guide or angel holding this pitcher and gently pouring this blue light over you, starting at your head and slowly going down to your feet. The blue light gently and slowly washes over you just like water. Allow yourself to feel this blue light that is like refreshing water to wash over you for a good five min. Imagine that all that is troubling you washes away as the light passes over you.
8. Pay attention to any messages you may feel you are getting from your angel/spirit guide or source during this time. You may be surprised at what transforming thoughts come to you.
9. At this point picture that a loving ball of blue healing light moves over to you and then surrounds you like a soft bubble. Imagine that it is there to stay for the rest of your day. It is protecting you, healing you, and surrounding you with loving healing energy. At this time open your eyes and be grateful for the healing you just received with the help of the color blue.
10. Lastly, ground yourself with the version of the Reiki grounding symbol you were taught.

This meditation can be done at any time you feel that you need to heal or relax.

Wishing you all love and light.

## Angel Reiki: Who to Call on in a Rut

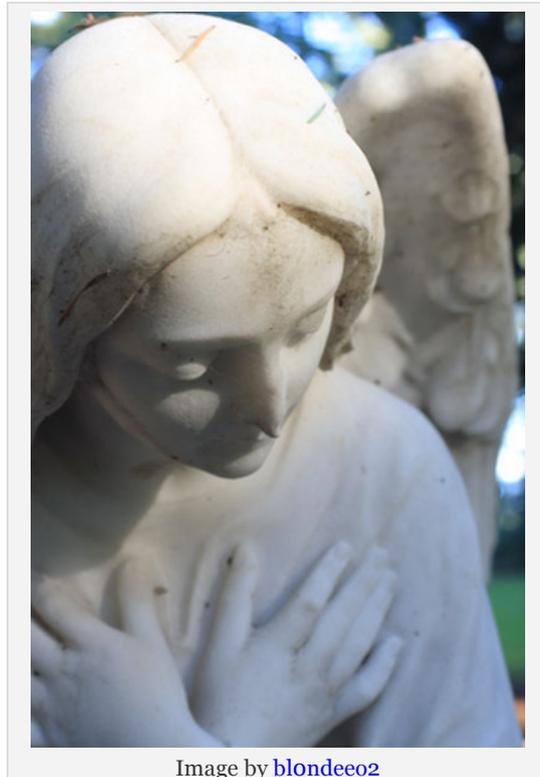
If you are a believer in Angels then Angel Reiki can be a fun and rewarding venture to bring into your Reiki practice. While Archangel Raphael is known as the supreme healer, Archangel Gabriel is an angel that has a special purpose in helping people to heal. He is known as the supreme messenger and likes to go out of his way to help anyone who does anything involving delivering spiritual messages. As Reiki Practitioners a lot of what we do is to help a client heal through energy, but also many times it is through messages, and spirituality as well.

Archangel Gabriel can be called on to help you overcome fear and procrastination. If you feel like you are in a rut anywhere in your life Gabriel is the one to call on. He can help give you a clear vision or message of how to move forward. He likes to state his presence through the ***color blue, small flowers, unity, love and white stars.***

**Here is a short-guided meditation routine to help you connect with Archangel Gabriel:**

1. Light a white candle and put on some relaxing music. You do not have to spend a lot of money trying to find the perfect relaxing mix for you. You can simply go online to youtube and type in “relaxing meditation music” in the search section.
2. Reiki the room by putting the Master symbol or whatever other symbol you feel called to use on every wall, window, closet, door, as well as the ceiling and the floor.
3. Sit in your meditative space. Make the master symbol in front of you or whatever other symbol you feel called to use.
4. Close your eyes and let your mind relax for a few min. Concentrate on your breathing and allow all of the muscles in your body to relax.
5. Next, imagine a ball of blue light in front of you. This ball of light has a very bright crystal blue color in the middle while the outside layer of it is a tranquil soft blue. The ball slowly becomes bigger over a 2 min period until it bursts and fills the room with a beautiful blue light.
6. Once this ball of light bursts imagine that hundreds of small, soft white flowers fill the room and are gently falling from the sky. They bring unity and love to the room. Next, notice that bright white stars start appearing throughout the room. They are magical, peaceful and loving, and are adding a tranquil feeling to your space.

7. At this point imagine that Archangel Gabriel walks into this space and stands before you. You are able to easily converse with him and ask any questions that you may have. Listen to what is said in that moment. Stay in this space for 5-10min.
8. Surround yourself with a white bubble of white light, open your eyes, and ground yourself with the Reiki grounding symbol. Give thanks for your time with Gabriel and any messages that you may have received.



Archangel Gabriel loves to visit people in dreams so be extra sure to take notes on any dreams that you have in the days following this meditation. Be open to whatever you receive. If the messages you are getting do not make sense to you just sit on them for a few days. Often times a few days or even a week later a puzzling message will suddenly no longer be a puzzle.

Wishing you love and light.

## Guided Meditation to Connect with Archangel Raphael

Archangel Raphael is known as the supreme angel of healing. He reaches across numerous religions and belief systems just as the healing art of Reiki does. He loves to be called upon and welcomes any opportunity to show you a sign of his presence. Raphael's greatest joy is to bring healing to your life. He has a special affinity for those who feel the calling to work as healers. He will watch over you and use you as a vessel to help others. He emits a beautiful green emerald healing light.

I first came in contact with Archangel Raphael during a meditation session. I knew that I loved the world of Reiki and that my calling was to help others heal. I wasn't sure however if Reiki was something I should pursue as a business or if it was just a hobby. Raphael appeared to me in my meditation and said that I was to move forward and be a healer. He promised to look over me and help me be a vessel to bring healing to many around me. He instantly alleviated any worries I had and helped give me confidence in the direction I was to go. Before each Reiki session I have with a client I ask him to please help heal the client for their greatest good. He has brought so much peace to my life and inspired my business name of Divine Light Therapies.



Image by [daryl\\_mitchell](#)

One of the things that I love the most about Archangel Raphael is that he is so easy to make contact with. He loves to show you his presence and receives a great deal of joy from making a connection with you. Raphael can help bring so much love and healing to your life as well as being able to show you how to bring it to others.

**Here is a very simple guided meditation routine of how to easily connect with Archangel Raphael.**

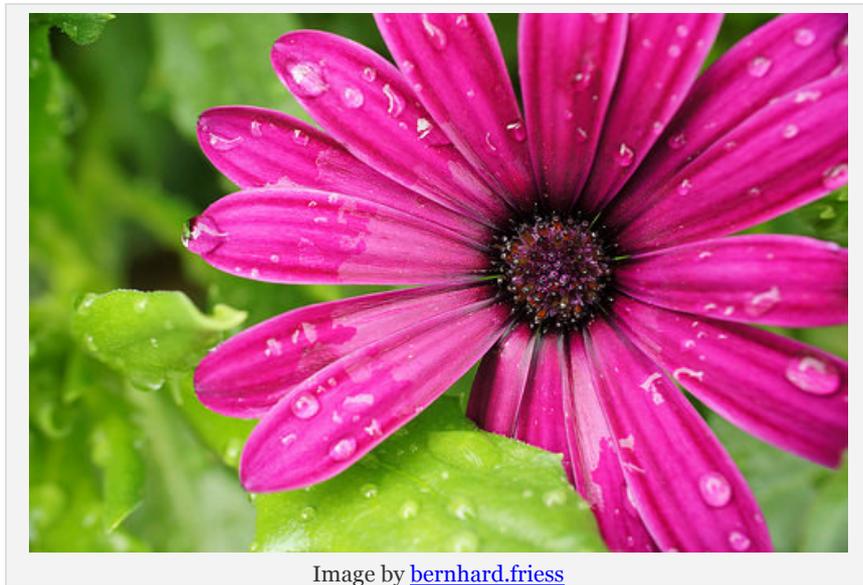
1. Pick a **place** where it is quiet and you are most at peace. This can be an outdoor space or indoor space.
2. Reiki the room or space with whatever **symbols** you feel called to use. I like to use the Master symbol but any symbols you feel called to use will be correct for you.
3. Next, if you prefer to mediate with **music** put music on. Music can really help some people to clear their mind and have a better connection.
4. Next, light a **candle**. I like to use white or pink but many people find it easier to connect by using a green candle since that is the color that radiates from Raphael.
5. Sit in your prepared meditative space and close your eyes. Spend a minute slowly breathing in and out, in and out, in and out. At this point picture Raphael coming to you and standing before you. Open up to whatever **messages** you feel he is trying to tell you.
6. If you have any **questions** for him now is the time to ask! Pay attention to whatever thoughts you suddenly have. These thoughts could be your answer! Do not dismiss any information you are receiving. If it doesn't make sense right away it may make sense to you a few days or weeks later.
7. After ten minutes of being in this meditative state (or however long you feel called to stay) picture a **majestic green light** filling your space. This light is clearing your space of anything that is bothering you and is bringing healing energy to you.
8. **Thank** Raphael for his loving presence and then open your eyes feeling relaxed and at peace.
9. At this point you may like to write down any **messages or symbols** you feel you were given so you can refer back to them later.

Wishing you all love and light!

## Guided Purple Rain Meditation

One of my favorite things to incorporate these days into my Reiki practice is color work. Each chakra has a different color associated with it that can be tapped into during a healing session. Colors can provide a huge relief for a client in a guided meditation and help them to open up more to healing in an alternative way. It can be hard sometimes for people to visualize things and to get into a meditative mode. Colors are so basic and simple and yet have so much complexity with what they are able to offer your client during a healing session. Almost everyone can visualize a basic color. It is a great way to get a client started seeing past what is right in front of them and guiding them into the Reiki world of healing.

One of my favorite colors to use is the color purple. It is the color of the crown chakra and is the color of the Divine and of Spirit. It is known for having incredible abilities with soothing pain. It is able to help heal, cleanse and soothe the soul all at the same time. Allow yourself to be introduced to the healing properties of this color and pass the benefits onto friends and clients. The possibilities of what you can do with this color and your own practice are endless.



### **Here is a Guided Purple Rain Meditation done with Reiki:**

1. Clear your meditative space with your favorite Reiki symbols.
2. Light a purple or white candle.
3. Turn on some soft music or a recording with peaceful nature sounds. If possible use one with a gentle rainstorm in the background. I have

found that listening to a recording of rain during this meditation can really bring on some extra amazing results.

4. Make whatever Reiki symbols you feel guided to use in front of you or on yourself. I like to make one big Master symbol and one big Sei He Ki on myself.
5. Picture a big ball of white light radiating positivity and goodness in front of you. The ball grows bigger and bigger until it bursts and immediately clears the entire room of anything dark that may be lingering.
6. Imagine that room is now filled with purple light. It is loving. It is healing. It is here to cleanse and soothe your soul.
7. Imagine that purple raindrops start falling from the ceiling of your room or from the top of the space that you are in. You feel the raindrops hitting your skin and running down your body. Imagine that these drops of purple are washing away anything that is troubling you and are soothing you at the same time. Sit in this space for 10-20 minutes.
8. Notice any situations, thoughts or symbols that come to mind. They could be signs for you. If they are troubling acknowledge them, thank them for the lesson they brought you and then let them be washed away.
9. Give thanks for the healing you just received and ground yourself by drawing the grounding symbol you were taught over your stomach and both feet.

Wishing you all love and light.

## Owl Energy & Reiki

After learning Reiki I noticed that the Universe was starting to communicate with me in new and amazing ways. One of these ways was by sending owls to me at certain times. Owls can mean many things to different people but to me The Universe was always sending them as a warning that someone or a group of people in my life were being deceitful and trying to camouflage their true intentions.

The owl energy aides in giving you the ability to see through the truth in any situation and is a great protector to those it chooses to partner with. I absolutely love the owl's energy and have incorporated it into Reiki in many different ways. Reiki and Owl energy together can have dramatically increase your ability to immediately know the truth of any situation no matter what you are being told.

### **The Owl Represents:**

- Truth
- Protection
- Eyes that see through the darkness
- Being able to cut through any shadow
- Wisdom
- Divine intervention
- Heightened Intuitive Abilities
- Shattered Illusions
- Ability to see what is hidden to most
- Ability to see the true state of someone's mind
- Breaking of Masks
- Death/Change/Life Transition

To many ancient people Owls symbolized Death. While it is possible that an owl is giving you a sign of someone about to pass away, almost always the Death the Owl represents is just a big change/positive transition in your life. The energy is representing the death of an old state and the transition to a new more positive state. Owls are never to be feared and can be a great partner with Reiki.

## Ways to incorporate Owls into Reiki:

- If you notice that you routinely see owls in a certain area try a self-reiki session at that location. Be open to any messages you feel that you receive.
- If doing self-reiki at home put on some soft, relaxing music that incorporates nature sounds with owls. You do not need to spend any money to do this. Simply do an online search for owl sounds or look it up on youtube. This will help you to connect with the owl energy during your Reiki session.
- Set an intention at the beginning of your Reiki session that owl energy comes into your life and aides you with whatever issue you are having. You can ask for it to help you with a specific situation or ask for help in the general sense. Stay open to any messages you receive.
- Meditate with Reiki and the owl energy. If this is the easiest way for you to connect stay tuned because I will be sharing a Reiki Owl Meditation soon.



Image by [Sponchia](#)

- Wear jewelry that pictures an owl. Even better infuse the piece with Reiki by making a power or master symbol over it. When Owls first came into my life I was drawn to owl jewelry or anything with owls on it. I had one owl necklace that I loved. It helped me feel safe and protected. One day I got the message that I had transitioned to a different level and no longer needed the owl energy the way I had before. I still wanted to wear my owl necklace often even though I was being guided to put it away or give it to another. I was not yet ready to

part with it and one day without any explanation it simply fell off my neck and vanished. I remember putting it on in the morning but never felt it fall off during the day. The necklace had moved on to help another. ☺

Owls can offer so much in helping to breakthrough dark situations. Combined with Reiki they offer a very powerful energy. Welcome them in with open arms and see how they may help you. Sending love and light your way!

## Reiki Owl Meditation

When you notice an owl fly into your life pay attention. They come as a warning of someone around you being deceitful and offer you extra strength in seeing the truth of any situation. If you are confused about something or feel like you are trying to see something through a fog or haze then call on the owl energy. Together with Reiki it can give you many abilities to see through any form of darkness.

One of the ways I think it is easiest to connect with the owl energy is through a guided meditation with Reiki. Use the Meditation below as a guideline and add your own twist to it. The Owl is waiting to be called on to help you see the truth in any situation.

### Reiki Meditation With The Owl Energy:

1. Get into a safe place and cleanse the room you are in. Make power symbols on every wall, window, door, etc of the room you are in. If you are in an outdoor space for cleansing purposes just pretend you are sitting in a cube and make a power symbol on each side of the cube to create a protective space. Another great way is to just envision a bubble of white light forming around you that will stay with you for your whole Reiki Meditation session. Place one large symbol over the bubble. You now have your sealed, safe space for your meditation.
2. If you like candles then light a candle. If music calls to you put on some nature sounds or soft relaxing music. For this meditation I recommend that you put on some owl sounds. However, do whatever you feel guided to do.



Image by [Bonnybbx](#)

3. Make one large power and emotional symbol over yourself. State what it is you would like the owl to help you with. For example, you could simply say, ***“Hello Owl Energy. I welcome you into my space with open arms and would love to receive any message you are willing to bring me. I love to see the truth in all situations.”*** Or you could say, ***“Dear Owl Energy. I feel that I am stuck with (name your personal situation). Please come and help me see through the darkness. I am ready with open arms.”***
4. After stating your intention, sit in this relaxed, meditative space for 10-20 min. The more relaxed you are the more messages you will easily be able to receive.
5. When you feel guided to end your session make one large power symbol over yourself. I like to make a power symbol over the bottom of my feet as well as I feel it really helps to ground me after a Reiki Meditation. Give Thanks.
6. Write down any information you may have received in this meditation. This is true even if you were just shown images. If you were shown different images look up what symbolism is attached to each image and you may find your message. Don't give up if you don't understand what you are being shown right away. Often times things will make more sense in a few week's time.

Sending love and light your way!

## Signs that Something Is Wrong with Your Client

When I started practicing Reiki on clients it took me quite a while to build confidence in my abilities and be comfortable with the fact that I was really helping people to heal. Reiki was so amazing with the deep relaxation it provided that I was in awe of it for quite some time. While in the middle of a Reiki session I would often times get messages about things that were bothering the client or where their pain was coming from. It took me awhile to actually trust these messages.

I can remember one holiday event in which I was showed a sign that ended up giving me total trust in my abilities. I was at my uncle's house celebrating the American Thanksgiving with friends and family. While there I was introduced to my uncle's brother who I had only seen once before as a small child. He was a perfectly nice man, well dressed and in his early 50's. The odd thing about it was that when I looked at him it was like his entire presence was faded to me. It was as if I was looking at everyone else in color and yet he was in black and white. I didn't understand it at the time and just brushed it off.

A few days later I found out from my uncle that his brother had suddenly and unexpectedly died of what they believed was complications with his diabetes. I immediately got goose bumps and decided from that point forward that I was going to work hard to understand the signs I was being given as a Reiki Practitioner and to stop ignoring them. I in no way believe that I could have changed the outcome for this dear man as I feel this was his exit point but it was however, my sign to trust what I am seeing.

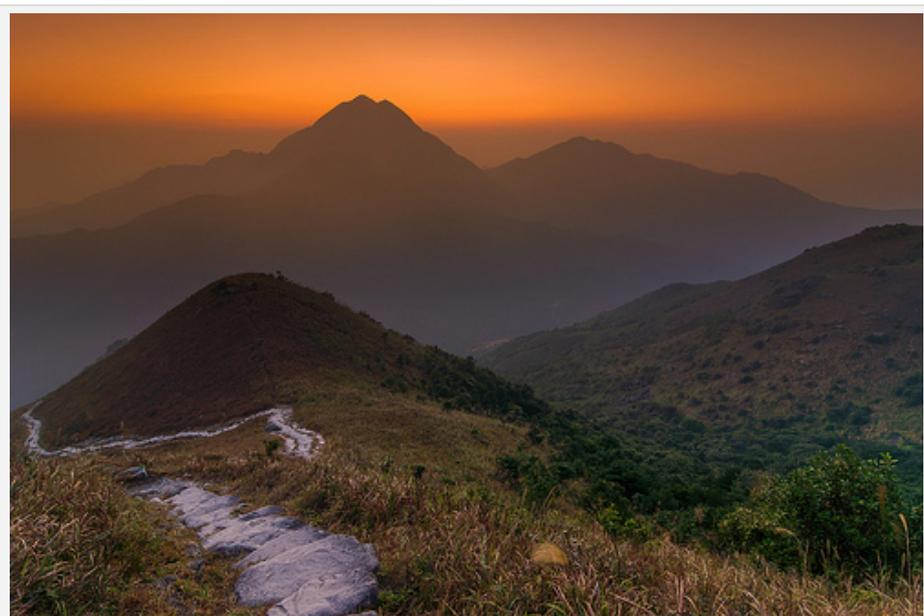


Image by [hangraffiti](#)

Every Reiki Practitioner is different in how they receive signs of what is wrong with their client. Here are some basic things that are routine signs for me. It is my hope that some of them may be the same for you and that it will offer other Practitioners confidence in that yes they are really receiving signs!

### **Broken Heart**

If a client has a broken heart or has something that is troubling their heart I feel a deep stabbing pain in my own heart and then feel my heart drop. This is my sign to give extra attention to a client's heart chakra.

### **Pain**

If a client has pain in any part of their body I am usually able to pick it up in the full body scan that I do at the start of the Reiki session. My hands feel a burning sensation in whatever area the client has pain. For example, if a client has knee pain I will generally feel burning around their knees.

### **Unsure of having Reiki**

If a client wants a Reiki session but is scared of what I will pick up or is very unsure of if they actually want to experience the session then during the session I will feel that my hands are being gently pushed away by an invisible force.

### **An area that needs extra care**

If a client is in need of more healing in a specific area I will feel like my hands are being pulled to that specific area like a magnet.

### **Symbols**

Be open to any messages you feel you are getting for your client. Sometimes you will have a weird thought or feel emotions that aren't yours. These are generally messages for your client or you are picking up your clients emotions. For instance one time I was doing a session on a man where I kept hearing the words, "you are blowing up like a whale, hahaha." This was driving me nuts during the whole session and was making it very hard for me to concentrate to the point where I finally decided to mention it to my client. Instead of the client thinking that I was crazy or mean spirited they thanked me and said that was the exact sign they had asked for from their father!

Above all be open and allow yourself to trust whatever signs you are given. They could make a big difference in your own life as well as that of your clients!

Wishing you all love and light.

## Removing Darkness from a Client with Reiki

One of the things that I love most about Reiki is that besides the fact that it balances every aspect of the body it also has amazing protection abilities against negative energy. Everyone has their own belief system and I think a lot of it has to do with what you yourself experience as a practitioner. It is hard to expect someone else to believe in negative or dark forces if they themselves have not seen or knowingly experienced them.

One of the things that I love the most about Reiki Rays is that I am able to see how different people use the same healing modality to do so many different things. Even with just using Reiki as a tool for protection I have read several different versions of how different practitioners do it. It is such a great place to share knowledge and provides you new things to try in your own practice or on yourself as well.

Part of my healing practice involves house cleansings. I am used to dealing with helping to remove negativity and darkness from living spaces and sometimes from people with the help of Reiki. Every space and person is different however and sometimes you don't even know what you are going to find until you start a session. Recently I had a client (who I will call Mike) who wanted to give Reiki a try because of how overwhelmed and stressed he was. I scheduled the session for an evening after work and didn't think much of it.

Before each Reiki session I give I meditate for about 15 minutes. During this time I protect myself by surrounding myself in white light and making a large Master symbol over the front of my body. Once I have finished this process I open myself up to any messages that may help my client heal or that may help me to provide the best Reiki session possible.

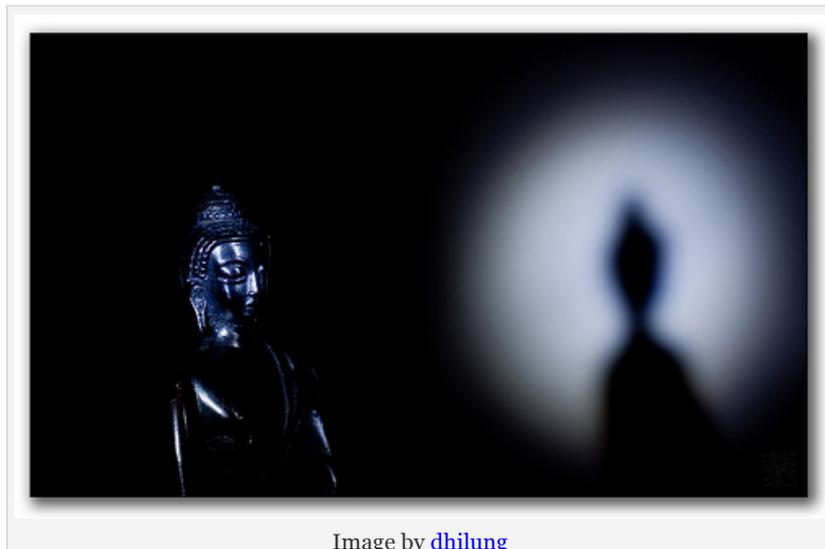


Image by [dhilung](#)

At the start of my meditation before Mike's Reiki session the guides came through immediately. They couldn't wait to communicate with me to the point that I had to ask them to please slow down so that I could understand them. I was told that Mike was on the verge of a huge health crisis if he didn't take the time now to distress and slow down. More interesting however was what was shown to me. I had an image of Mike standing before me radiating white light. Normally he had quite a bit of white light radiating out. However, I was shown that he had very little white light left because of a dark energy that was trying to attach itself to him. Instead of radiating light I was shown a very faint white light surrounding him with what looked like a black energy covering the back of him and wrapping around his neck/chest area like a black cloak. It was a bit eerie. I was told that it was very important for me to keep myself protected during this session but not to worry because I could remove this darkness from Mike with Reiki.

Mike came in for the typical session and I could feel a lot of tension surrounding him. What was interesting was that when I did a scan of his body at the beginning of the session I kept getting shortness of breath and a choking sensation when I scanned over his neck and chest area. This was interesting to me because this was the location where I saw the darkness/black cloak holding on to his body at. I performed Mike's session just as I would any other one. When I got to the 3rd eye, throat and heart chakra's the shortness of breath/choking sensation came back. I worked my way through it and continued to send Reiki. About half way through the time I spent on the heart chakra the darkness had completely been removed from Mike's body. It was shown to me as being next to me on the floor. I picked it up (as if picking up a small animal), drew a master symbol over an area on the floor, and then used my hands to act as if I was physically putting this object into the ground. After the darkness was in the hole in the earth I sealed it with a large Master symbol and beamed Reiki to it for about a minute.

I then continued with the rest of the Reiki session and was shown angels wrapping Mike in a warm blanket of love. They said that he was in need of extra love and wanted to provide extra healing during the session. Once the session was over Mike reported feeling lighter, amazingly relaxed, and said that he felt as if he was surrounded by love during the session. I explained to him what I had seen during the entire session. He said that a lot of things made sense to him and he repeatedly thanked me for the session. He is now a regular client and has even had Reiki done in his business and home as well.

I am hopeful that by sharing this story some of you will have the desire to see what you can really do with Reiki beyond the typical session. If you feel called to try something new go with your gut and see where it takes your practice. Reiki continues to amaze me every day and I am thankful for all the goodness it has brought into my life. It offers a great deal of protection and allows you to remove darkness from a person as well.

Wishing you all love and light.

## Why You May Be Picking up Pain from Another

As a Reiki Practitioner you have probably noticed that your life changes in amazing ways once you learn the healing art of Reiki. Often times people and animals become attracted to you like never before and you notice synchronicity occurring in your day-to-day life.

It is not uncommon for Empaths to be attracted to the healing art of Reiki or to notice that once you enter the Reiki world you develop Empath characteristics. Empaths are highly intuitive people who can feel others energy. Something that is not mentioned a lot is how being a healer can have some darker elements that are important to acknowledge and protect yourself from.

Because Reiki Practitioners are so sensitive to energy fields and are at a higher vibrational level than before learning Reiki, it is a reality that darker energies can be attracted to you as well. Here is an easy way to think of this. Think of a how a moth is attracted to a white light. The bigger the light the more moths that are attracted to it. It is very easy to feel drained, feel pain from another person and to easily absorb all of these lower energies coming at you.



Image by [jurveston](#)

### **Empath Characteristics:**

- You can pick up others' emotions mentally or physically. Basically you feel whatever another is feeling!
- Openly feel what is outside of you.
- Easily feel drained and are emotionally drained by crowds.

- Highly sensitive to books, movies, and t.v. shows. You may feel that you relate to these fictional characters as if they are real people and grieve for them, feel sadness, etc...
- Excellent listener: Complete strangers will often tell you very personal things.
- Spiritually attuned.
- You notice that you are highly sensitive and that the moon has a stronger pulling on your emotions than before.
- Highly compassionate.
- Read people's feelings without trying.

If you are an Empath it is not uncommon to feel pain from another during a Reiki session. You may notice that you feel whatever is wrong with your client. While this can be helpful to guide you with giving them the best Reiki session possible it can be unhealthy for you as the practitioner. When a client comes to me with a broken heart I can immediately tell because I feel the sensation of my own heart being stabbed and then I feel my heart being dropped. Protecting yourself is crucial. If you allow yourself to be completely drained and be overwhelmed with all of the lower energies needing healing from your client you will not only NOT be able to help your client heal but you will be damaging yourself as well.

### **Easy way to protect yourself:**

Before each Reiki session with a client I spend about 10-15 min doing my own-guided meditation until the client arrives. I turn relaxing music on, light a candle and imagine myself being surrounded by a white bubble of light. This white bubble of light is there to protect me during the healing session. It does not allow any lower vibrations to cross over to me and is like a shield. I imagine that this shield will be with me for the entire session with the client. I put all of the Reiki symbols around this bubble and just sit in the space of protection until it is time to start with the client. This helps me to stay in the zone during a session with a client and not worry about what type of energy I will be sensing and helping to heal. Afterwards, I ground myself and wash my hands.

Wishing you all love and light.

## Reiki Detox Meditation

Often times people decide to try Reiki for the first time when they are looking to go through a whole body Detox. This is a great time to allow the healing energy of Reiki in as it balances out every part of the body. I usually recommend that my clients try using meditations at this time as well to help with the detoxing process. Below is the meditation that I use with clients and Reiki to help them through this process.

### **Detox Meditation with Reiki:**

**1.** Find a space you are comfortable in. Some people prefer to do their meditations outside while others prefer to do them in a smaller enclosed environment like a bedroom. Light a candle and put on some soft relaxing music. Make the Master or Power Symbol on every wall, ceiling, window, etc of the space you are in.

**2.** Sit in the meditative space you have created for yourself, close your eyes and start to take some long deep breaths. Pay attention to your breathing for about 2 min and allow all of the muscles in your body to slowly relax.

**3.** Next, imagine a yellow ball of light suddenly appear in front of you. This light is soothing and wants to transform and soothe every imbalance in your body. It slowly grows larger and larger and fills every inch of the space you are in with a healing and detoxing yellow light. You can feel this light wash over you. It is warm, soft and feels similar to the summer sun. As it washes over you it helps to alleviate any imbalance in your body instantly relaxing you and making every inch of your body feel lighter and free from any lingering distress. Sit in this warm detoxing yellow light for 10-15min.

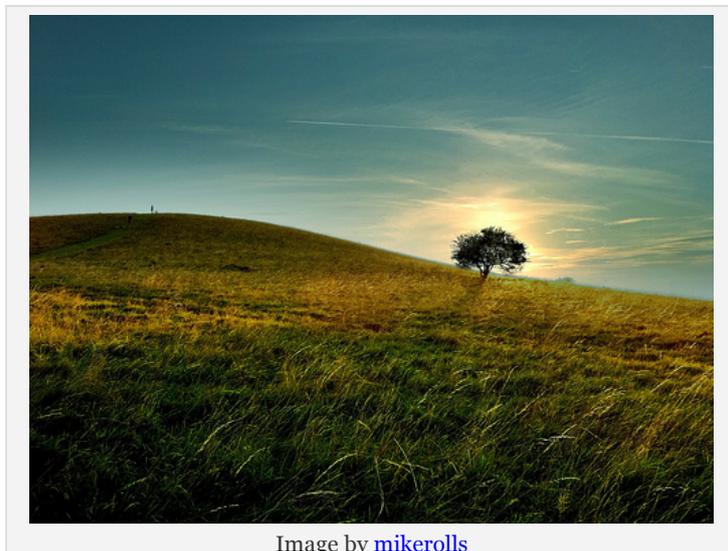


Image by [mikerolls](#)

4. Notice if you suddenly have any issues that pop up in your mind. Acknowledge whatever pops up in front of you and thank it for the lesson it brought to your life. Then, tell it that it is no longer needed.

5. Visualize some of the detoxing yellow light in the room forming a bubble around this thought. Make a Master or Emotional Healing Symbol on this yellow bubble. The light is so powerful along with the healing power of Reiki that after about 15 seconds it breaks this thought up into little pieces until it no longer exists.

6. Allow this to happen for every thought/memory that comes up.

7. Once you are done sitting in this space give thanks for the healing/detox you have received and place one large Master or Power Symbol over the front of your body. Open your eyes. You are done.

This is a meditation I like to do about once a month. I find that it really helps to move anything lingering around out of your body. Sometimes you may be surprised and not even realize that you had a small little issue bothering you until it pops up in this meditation.

Wishing you all love and light.

## Reiki & A Bowl Full of Lemons

Reiki offers amazing purifying energy for every area of your life. One of the best ways to experience its magical healing abilities first hand is to use it to help create a positive, pure and continually detoxifying environment at home.

After doing the usual house cleansing with Reiki (which is amazing on its own) I like to set up a special detoxifying Reiki space. This space is a special spot in your house that will continually detoxify anything negative that comes into your home. I do this with the use of Reiki, the color yellow, and a bowl full of lemons. It is inexpensive, positive, fun, and it works!

**How to make a permanent, detoxifying, Reiki space in your home: *Always set up your detoxifying Reiki space after cleansing your home first.***

1. Get a large, clear glass bowl and enough lemons to fill up your entire bowl. Typically I use between 6-10 lemons. Make a large power and / or master symbol over the palms of your hands and the bowl of lemons. Beam Reiki to this bowl for 2-5 minutes.
2. Pick up the bowl of lemons and place it in the central room of your home. I generally will place it on a coffee table, end table, or even a bookshelf. If you feel called to do so place more than one bowl of lemons throughout your home. Go with whatever you feel. Reiki is all knowing and will guide you with what is best for the space you are in.



Image by [nataliaaggiato](#)

3. After you select a location for your bowl of lemons place it in this space.
4. Stand in front of it and visualize a large cylinder of white light going vertically straight through the bowl of lemons. It goes clear up to as far as the eye can see in the sky and deep into the ground. It has bright yellow sparkles of light that radiate out of it. It sucks in any negative energy that enters your home like a vacuum and immediately detoxifies it. Anything that this cylinder of white and yellow light touches instantly turns into positive energy and is emitted back into your space.
5. Make one large power and/or master symbol over the palms of your hands and the cylinder of light. Beam Reiki to it for 5 minutes.

Be thankful. You now have a positive Reiki space that is continually detoxifying your home.

Wishing you all love and light.



*Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in a holistic way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki if asked to give extra messages during a session for the client's highest good. Justine believes that love is the greatest healing energy. She has founded a holistic healing association called Amore Holistic Health Group where people can go and choose from a variety of different healing modalities. <http://www.letthewhitelightshine.com/>*