

WORKBOOK

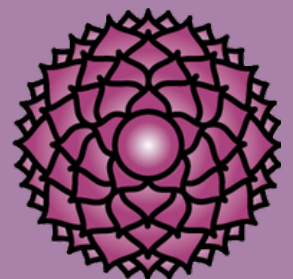
2023 REIKI  
SUMMIT



[www.reikirays.com](http://www.reikirays.com)

# The Inner Garden of Light

Rooting ourselves in  
Reiki practice for  
personal & global healing



# SUMMIT WORKBOOK SUMMARY

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# Introduction

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Welcome to **"The Inner Garden of Light: Rooting Ourselves into Reiki Practice for Personal and Global Healing"** 2023 Reiki Summit Workbook – your heartfelt companion on a transformative journey into the world of Reiki. Imagine this as a warm embrace, inviting you to explore the magic and wisdom of Reiki, and to grow your own inner garden of light. This is not just a workbook; it's a friend on your path to transformation.

Within the pages of this workbook, we've shared 10 healing activities that are like gentle whispers from your heart. They draw inspiration from the wisdom shared by our summit speakers and will guide you to create your own vision board, make empowered decisions aligned with your heart center, better process your emotions, start your own “transformative journey” journal, and more!

This workbook is your personal treasure chest of tools and insights to help you deepen your Reiki practice and nurture personal growth. It's also a key to contributing to global healing, as we believe that inner transformation ripples outward to create positive change in the world.

If you'd like to further explore on these topics and much more, join us on the [free Reiki Summit](#) starting November 11, 2023! For 5 transformative days, an esteemed lineup of Reiki luminaries will share their insights, stories, and the essence of their healing practices, creating a vibrant mosaic of wisdom from various Reiki traditions and practices. Choose the interviews that resonate most with your soul, those that light a spark within you.

Don't miss this chance to bloom with the transformative power of Reiki!

Your soul is calling – answer it.

Blessings,  
*Reiki Rays*

# 01 Experiencing the Depth of Consistent Self-Practice

In Pamela Miles' enlightening interview, **Healing our World by Healing Ourselves, Together as a Community**, we delve into the heart of Reiki as a profound spiritual practice, emphasizing its often-overlooked role in self-care. Through her words, we explore the transformative power of daily self-practice and how your body's balancing response to self practice brings your nervous system to a more resilient state.

We asked Pamela for suggestions how you can bring this into your life on a daily basis. Here's what she said:

## Suggested Activity: Discovering Sacredness through Self-Practice

**1. Choose Your Space:** Find a quiet, comfortable place where you can sit or lie down without distractions, and where you're safe even if you nod off during practice. Shut off your phone. Set aside whatever uninterrupted time you have for your self-practice. Remember Hawayo Takata's encouragement that any Reiki practice is better than no Reiki practice.

**2. Choose Your Time:** If you have to continue with your day at a certain time, set your timer for a few minutes before you need to stop practicing. That way, you can practice in peace, knowing you won't practice too long, and you'll have time to end your practice gracefully.

Pamela suggests practicing for 30-40 minutes each day, if possible, or do what you can. She prefers an open practice, moving her hands as she feels it's time. If you'd rather have a container for your practice, download her free **Reiki Chime Timer** from her website. Before each practice, choose how

many intervals you want and how long you want them to be. Pamela recommends at least 3 minutes per placement, and suggests using fewer placements when you have limited time, rather than spending less time on more placements. Moving too frequently can disrupt the settled state you usually slide into during self-practice.

**3. Hands-On:** Lying down or sitting comfortably with your body well supported, gently rest your hands on your usual first placement, or follow Hawayo Takata's protocol shared below.

Physical contact is always preferable when possible, in that appropriate human touch is well documented to be beneficial.

Close your eyes and let your mind be soft. There's no need to think while you self practice, but you also don't have to not think.

Although your experience might feel quite meditative, you're not meditating, so your mind wander as it will. You don't have to focus or concentrate.

The effort of concentrating doesn't enhance your practice, and can be stressful, and even counter-productive. One of the great advantages of Reiki practice is its ease and simplicity. To paraphrase Takata, Hands on, you're practicing Reiki; hands off, you're not.

So instead of concentrating or focusing while you practice, lean on your initiations with confidence, and put your mind out to pasture.

If you're not comfortable letting your mind float, you can bring your awareness lightly to follow your breath. You're not controlling your breath, or even trying to influence it; you're simply letting your mind keep the company of your breath, if it needs something to do.

If you don't have a self practice protocol, here's Takata's foundation practice, as Pamela learned it in 1986:

Crown of the Head → Face → Throat → Back of head → Chest →  
→ Solar plexus → Navel → Lower abdomen

**4. End your practice with awareness:** when you've completed your hand placements, let your hands relax to wherever they're comfortable. Remain still with your eyes closed a little longer.

Bring your awareness to how you're feeling. Notice the gifts of this particular practice, any small change, anything that's different now compared to when you started. You might enjoy a moment of gratitude.

**5. (Optional) Your Reiki words:** Think of two or three words that describe change you've noticed, words that will help you remember the difference even a few minutes of self-practice can make in your day.

**6. Consciously embody your practice state:** When you're ready, with your eyes still closed, bring the state you're in now fully present in your physical body, gradually becoming more aware of your body and the room around you. To protect your nervous system from abrupt stimulation and up-regulation, wait until you feel at home in your physical body before letting your eyes open slowly. Rather than jumping out of your eyes when opening them, stay anchored in your practice state. The idea is to bring your practice state into the rest of your day, so that today's practice state eventually becomes your usual walk-around state, and your practice state keeps deepening, clarifying, and opening the path in front of you.

**(OPTIONAL) Record the words you chose describe today's practice state.**

Looking over your list of post-practice words gathered from a month — or months — of practice can be illuminating. When friends ask about Reiki practice, consider sharing a few of these words. That can help interest your friends to want to know more, and those words are likely more relevant to them than anything else you might share because they speak to a direct experience.

This transformative activity is a reminder that self-practice creates a path for you to experience the sacredness of your own being, an experience which brings profound support and personal growth when you self practice daily over time.

## Share your self-practice insights here:

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As you embark on your own Reiki journey, embrace the wisdom of Pamela Miles and experience the power of consistent self-practice as a transformative and nurturing ritual.



Pamela reminds us that our practice is a process of exploration and discovery, where each session can unveil new joy and depths of self-awareness. We learn that the true shift happens within us—from a state of reactive, combative existence to a creative, collaborative, and resilient one. We gain insight into the immense potential Reiki practice offers: becoming the presence that changes the room, not by intervention, but through the profound quality of our being. We acknowledge the importance of nurturing our well-being to become a gentle catalyst for positive change in the world.

This is how you fulfill the powerful teaching of Mahatma Gandhi to be the change you want to see in the world.



# 02

## Connecting with Your Divine and Sacred Guide

In this illuminating interview with Tina Zion, **8 Underlying Causes of Illness and Unique Reiki Intuitive Healing Methods**, we gain valuable insights into the power of perceiving and addressing the underlying causes of illness through Reiki intuitive healing methods. Tina emphasizes the importance of not hesitating to share the intuitive information you receive during a Reiki session, as this deeper level of insight can offer profound healing opportunities.

You'll explore the different categories of causes of illness, such as physical needs, thoughts and emotions, relationships, the non-physical world, past lives, current life traumas, environmental and ancestral influences, and also discover a significant aspect of Tina's practice: connecting with a divine and sacred Reiki guide to enhance the effectiveness of Reiki healing.

### Suggested Activity: Connecting with Your Divine and Sacred Guide

At times, we tend to burden ourselves with the need to know all answers, how to fix or what to do in any healing circumstances. Working with a divine and sacred guide, who is also a specialist in Reiki, offers us the confidence and trust we seek that things will just be done in the highest and best way.

- 1. Setting the Sacred Space:** Find a serene and undisturbed location where you can engage in this transformative practice.
- 2. Centering and Grounding:** Begin by taking a few moments to focus on your breath. Inhale deeply and exhale slowly, centering yourself in the present moment. Feel your body and mind becoming more relaxed with each breath.

3. **The Power of Intention:** Close your eyes and set a specific and clear intention for this practice. What kind of guidance, healing, or support are you seeking from your divine and sacred Reiki guide?
4. **Invocation and Invitation:** With your intention firmly in mind, articulate a heartfelt invitation to your divine and sacred Reiki guide, who is also a specialist in Reiki. Use the powerful words “divine, sacred and specialist in Reiki,” but also words that resonate with your own spirit. It could be as simple as, "I invite a divine and sacred specialist in Reiki to join me in this healing practice." Feel the sincerity and openness in your words.
5. **Feel the Presence:** As you extend your invitation, take a moment to become still and open to the presence of your guide. You may sense a shift in the energy around you or within you. Trust that your guide is with you, even if you do not see them.
6. **Alignment and Communication:** Acknowledge the connection between you and your divine and sacred Reiki guide. Feel this bond growing stronger as you open yourself to their presence. Now, express your specific intentions and requirements, whether it's for personal healing, aiding a loved one, or gaining profound insights.
7. **Reiki Practice:** Begin your Reiki practice while being mindful of your strengthened connection with your divine guide. As you channel Reiki energy, visualize it flowing not just from you but also from your guide. Imagine this energy amplifying your healing abilities.
8. **Express Gratitude:** At the end of your Reiki practice, express heartfelt gratitude to your divine and sacred Reiki guide for their presence and support. Trust that your guide will continue to work alongside you on your healing journey.

Share your thoughts and insights here:

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By engaging in this activity, you explore the profound potential of connecting with your divine and sacred Reiki guide. With time, you may witness the growth of your intuitive and healing abilities, leading to transformative experiences for yourself and those you serve. Remember that you are never alone in this journey, and your divine guide is an unwavering source of wisdom and support.



Tina Zion imparts the wisdom that our thoughts are like electrical signals that influence our energy and, subsequently, our physical reality. Every thought we generate sends out a unique energetic vibration, affecting our internal equilibrium. Positive thoughts can elevate our spirits, foster resilience, and accelerate the healing process, while negative thoughts may manifest as dense, stagnant energy that hampers our well-being.

# 03 Developing Discernment: A Path to Empowered Decision-Making

In the enlightening interview ***Harnessing Cosmic Energy: Illuminating the Path to Collective Awakening*** with Ahtayaa Leigh, we explore various facets of spiritual growth and self-realization. One key aspect she emphasized was the significance of discernment in our personal journeys. Discernment is a crucial skill that allows us to navigate the complex tapestry of life and make choices that align with our highest good.

## Understanding Discernment

Discernment, as explained by Ahtayaa, is a natural progression that emerges when we open ourselves up to the flow of energy from our heart center. By channeling this energy, we transmute the energies of lack and limitation that may cloud our judgment. This process leads to a heightened state of consciousness, enabling us to tap into intuitive wisdom and receive guidance on the actions needed to move us toward our highest good.

## Suggested Activity: Reflecting on Discernment

To deepen your understanding of discernment and to apply it to your life, we invite you to follow the next steps:

- 1. Choose a Personal Experience:** Think of a recent or significant personal situation in your life where you had to make a decision. It could be related to your career, relationships, health, or any other area of your life.
- 2. Reflect on the Process:** Take some time to reflect on how you approached this decision-making process. Did you consider your heart's resonance and inner guidance? Were there moments when you sensed a connection with a higher source or intuitive wisdom?

3. **Write Down Your Insights:** Based on your reflection, write down your insights into how discernment influenced your decisions, the outcomes of those decisions, and any intuitive or heart-centered moments you experienced during this process.

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Remember, discernment is a skill that can be honed and refined over time. By reflecting on past experiences and integrating the wisdom shared by Ahtayaa Leigh, you can empower yourself to make more aligned and conscious decisions in the future. Trust in the flow, open your heart to its resonance and let discernment be your guiding light.

# 04

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## Clearing Debris from the Auric Field

In the captivating interview with Ellen Mahloy, **7 Reiki with Angels Techniques for Aura Healing**, you are invited into the realm of angelic-guided energy healing. Ellen shares a wealth of insights and transformative techniques that serve as powerful tools for those seeking to attain emotional, spiritual, and energetic well-being.

Beyond the technique of clearing debris from the auric field, Ellen delves into a diverse array of methods that encompass dematerializing negative cords, connections, and webs, chakra healing, symbol showering, deep well of emotions clearing, and releasing deeply held traumas.

### *Suggested Activity: Clearing Debris from the Auric Field*

#### **Step 1: Setting the Sacred Space**

Find a quiet, comfortable space where you won't be disturbed. Close your eyes and take a few deep breaths to center yourself.

#### **Step 2: Invocation of Angels**

In alignment with Ellen's teachings, invoke the presence of the angels to assist you in clearing the debris from your auric field. You can do this by simply saying, "Angels, please clear the debris in my auric field." Trust that the angels are there to help you.

#### **Step 3: Cultivating Awareness**

As you focus on the intention of debris removal, become aware of your energy field. Visualize the energy surrounding your body, extending in an egg-shaped aura. Pay attention to any areas that feel dense, heavy, or cluttered.

#### **Step 4: Energetic Cleaning**

According to Ellen's approach, imagine the angels working diligently to remove any energetic debris or negative influences from your auric field. Allow yourself to feel lighter and more balanced as they do their work.

#### **Step 5: Avoiding Voids**

Emphasizing the importance of not leaving voids in your energy system, envision these voids being filled with divine intelligence. You can do this by simply saying, "Angels, please, backfill with divine intelligence." Divine intelligence can manifest as various qualities, such as unconditional love, kindness, forgiveness, wisdom, and more. Trust that these qualities will naturally flow into these cleared spaces.

#### **Step 6: Profound Clearing (If Needed)**

If you feel that your aura is heavily congested and in need of a profound clearing, follow Ellen's guidance by envisioning the Holy Spirit descending through your body, from the top of your head down to your feet. As you visualize this cleansing process, imagine pushing the energy outwards, away from your body. See it forming a tube of debris about six feet from you. Now, ask the angels to take this collected energy away, leaving you feeling revitalized and rejuvenated.

#### **Step 7: Repairing Holes in the Aura**

In the event that you sense holes in your aura, request the angels to move to the center of your being. From this central point, visualize them filling all the gaps and holes in your auric field with divine intelligence, creating a strengthened energy barrier.

#### **Step 8: Expressing Gratitude**

As you complete the process, express your gratitude to the angels for their assistance in cleansing and revitalizing your energy field. Take a moment to sit quietly, acknowledging the profound impact of this energy clearing experience.

This activity empowers you to take an active role in purifying your auric field, aligning your energetic and spiritual self for holistic well-being. Through this technique, you will gain a deeper understanding of the vital connection between energy cleansing and your overall health and vitality. Feel free to incorporate this practice into your regular routine to maintain a clear and balanced auric field.



Ellen's insights empower you to forge a new path of spiritual clarity, emotional freedom, and energetic vitality, as you learn to navigate the intricacies of your energetic field and restore balance, guided by the wisdom of angels. This interview promises to be a transformative experience for those seeking to elevate their energy healing practice and embrace the loving support of celestial beings in their journey toward holistic well-being.

### Activity Notes:

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# 05 Creating Your Reiki Vision Board: A Path to Manifestation & Alignment

In the insightful interview **Empowering Your Vision with Reiki: Step-by-Step Guide to Creating a Vision Board** with Akleema Ali, we delve into the world of Reiki vision boards and how they can be a powerful tool for manifesting your desires, aligning with the universe, and embracing the uniqueness of your life journey.

## Suggested Activity: Creating Your Own Reiki Vision Board

Now, let's explore how you can create your very own Reiki vision board, sharing Akleema's tips and tricks to help you make the most of this transformative practice.

### 1. The Power of Words and Affirmations:

Akleema suggests that the front of your vision board is the ideal place for power words and affirmations. These words act as catalysts for manifesting your desires. Here's how to harness their power:

- **Choose Your Power Words:** Start by selecting words or affirmations that resonate with your goals and aspirations. These words should evoke positive emotions and reflect what you want to attract into your life.
- **Be Specific:** Your power words should be specific and focused. Instead of a broad term like "success," you might choose "career fulfillment" or "financial abundance."
- **Evoke Emotions:** As you place these words on your vision board, connect with the feelings they inspire. Allow the energy of these words to flow through you.

## 2. Reiki Symbols and Their Placement:

On the back of your vision board, consider incorporating Reiki symbols. The placement of these symbols is crucial:

- **Select the Right Symbols:** Choose Reiki symbols that hold personal significance for you. These symbols can be related to healing, harmony, or any specific intention you have in mind.
- **Position with Intent:** As you place the Reiki symbols on the back of your board, do so with intent and purpose. Visualize them radiating energy into your goals and desires.

## 3. The Role of Images

While the main focus of your Reiki vision board is on words, affirmations, and symbols, you can still include images that resonate with your aspirations.

- **Visualize Your Desires:** Select images that represent your goals. These could be pictures of places, objects, or even a vision of your ideal future. You can also use your artistic skills to create images if it feels right for you; it doesn't need to be perfectly drawn - Reiki knows exactly what your true intention is.
- **Customize Your Imagery:** Each image should be a reflection of your unique journey. Whether it's a vision of tranquility or success, let it reflect your path.

## 4. Embracing Life's Unique Journey:

Akleema wisely reminds us that our life journeys are unique, and our vision boards should honor that individuality:

- **Avoid Comparison:** While you can draw inspiration from others, avoid the temptation to compare your journey with theirs. Your path is your own, and your vision board should reflect that uniqueness.
- **Celebrate Individuality:** Embrace the beauty of your individual existence. Your journey may lead you down a path entirely distinct from others, and that's what makes your Reiki vision board a unique expression of your desires and destiny.

## 5. Daily Connection and Flow:

To keep your Reiki vision board alive and impactful, make daily connections and embrace the flow:

- **Meditation and Connection:** Dedicate a few minutes each day to connect with your vision board. You can meditate upon it, touch the symbols, and visualize your goals being realized.
- **Stay in the Now:** Use your vision board to anchor yourself in the present moment. As you work towards your desires, trust the universe's guidance, and flow with the natural rhythm of life.



Creating your Reiki vision board is a dynamic and personal process that invites transformation and alignment into your life. It's a visual representation of your desires, infused with the energy of Reiki symbols, affirmations, and the power of intention. So, be playful, honor your uniqueness, and find time to connect with your board daily. Trust that, as you embrace your individual journey, the universe will guide you towards your grander vision.

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# 06

## Chanting the Reiki Precepts in Japanese

Frans Stiene's insightful interview on **Getting the Most Out of the System of Reiki: The Reiki Mantras** is a deep dive into the profound world of Reiki mantras and their significance in the practice of Reiki. While mantras are often viewed as magical words that can bring instant transformation, Frans reminds us of the essence and tradition behind these ancient practices. He emphasizes that mantras serve as protectors of the mind, shielding it from distractions related to past, present, and future.

### Suggested Activity: Chanting the Reiki Precepts in Japanese

Inspired by Frans' insights, we've crafted an activity that focuses on the powerful Reiki precepts as a form of chanting. This practice aligns with the traditional approach Frans discusses in his interview, which involves consistent and focused chanting.

By aligning our mind and body through focused chanting, we aim to release tension and gain clarity. Just as Frans highlights the importance of proper pronunciation and posture, we'll adopt these practices to ensure that we derive the most benefit from this timeless wisdom.

#### **Step 1: Set the Space**

Find a quiet and comfortable place where you can sit with your back straight and your feet flat on the floor. This position allows for better energy flow.

#### **Step 2: Posture and Breath**

Begin by taking a few deep breaths from your hara, the center just below your belly button. Relax your shoulders, straighten your spine, and place your hands on your lap, palms facing upward.

### **Step 3: Chant the Reiki Precepts**

Recite the Reiki precepts out loud, either in their original Japanese form or your preferred language. As you chant, focus on the resonance of each word and its vibration throughout your body.

**The Reiki precepts are as follows:**

*Kyo dakewa (For today)*

*Ikaru na (Do not anger)*

*Shinpai suna (Do not worry)*

*Kansha shite (Be grateful)*

*Gyo o hagame (Practice diligently)*

*Hito ni shinsetsu ni (Be kind to yourself  
and others)*

### **Step 4: Feel the Vibration**

Pay attention to the sensation and vibration that resonates throughout your body as you chant. Visualize the vibration helping to release tension and clear blockages within your energy system.

### Step 5: Repetition

Chant the Reiki precepts at your own pace, ensuring you maintain proper pronunciation and resonance. While you don't need to reach the traditional three million repetitions, the goal is to engage in this practice consistently.

### Step 6: Reflect and Transform

After chanting, take a moment to reflect on how you feel. Has the practice brought you greater clarity, calmness, or insight? Use this as an opportunity to bring positive change into your life by aligning with the Reiki precepts.

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By engaging in this practice, you'll experience the connection between the body and mind, as well as the profound influence of the mantras on your energy centers. Chanting the precepts correctly allows energy to flow through your body, purifying and opening energy pathways, and you'll begin to sense the hidden luminosity and profound wisdom within yourself.



Frans' insights remind us that the power of mantras lies in the depth of our engagement and not merely the words themselves. It's an invitation to embrace the ancient wisdom of Reiki and integrate it into our daily lives, fostering profound inner change and growth.

# 07 Journeying Through Your Akashic Records with Reiki

Terri Ann Heiman's interview on **Reiki and The Akashic Records: A Path to Healing Past Traumas and Karmic Patterns** unveils profound insights into the realms of spirituality, energy healing, and the Akashic Records. She guides us to understand how our soul's journey begins even before our physical birth, illuminating the intricate creation of contracts, imprints, and memories that shape our experiences. Discover how our body stores these energetic imprints, influencing our emotional and spiritual responses to life's challenges.

She emphasizes the importance of uncovering and healing these imprints, drawing parallels between Reiki's role as a soothing balm for emotional and spiritual balance and the Akashic Records' ability to provide awareness, lessons, and opportunities for transformation.

## Suggested Activity: Journeying Through Your Akashic Records with Reiki

Discover the profound connection between your soul's imprints and the energetic experiences you carry within.

- 1. Setting the Sacred Space:** Start by creating a sacred and peaceful environment for your exploration. Light a candle, burn some incense, or play gentle, soothing music to help you connect with your inner self. Find a comfortable spot to sit or lie down.
- 2. Preparation and Grounding:** Begin with a grounding exercise. Visualize roots extending from your body into the Earth, connecting you to its nurturing energy. This practice ensures you remain rooted while you explore the ethereal realms of the Akashic Records.

3. **Reiki Self-Care:** Initiate a Reiki self-care session by invoking the Reiki symbols and channeling the healing energy to cleanse and balance your energy field. This practice serves to prepare you for the deep inner work ahead.
4. **Intention Setting:** Clearly state your intention for the session. Express your desire to access and heal imprints and karmic patterns that may be impacting your life. Seek guidance and wisdom to bring forth a transformative healing experience.
5. **Connection with Akashic Records:** As Terri emphasized, working with the Akashic Records requires respect, permission, and the use of specific keys. Envision the records as an ancient, sacred library. Use your Reiki energy to seek access. Visualize golden doors opening to reveal the knowledge and insights stored within.
6. **Self-Exploration:** Allow your consciousness to venture into your Akashic Records. Observe the imprints and imageries that appear. These may be memories, lessons, or experiences. Remember, there is no judgment; you are here to learn and grow.
7. **Reiki Healing:** If you encounter imprints that trigger strong emotions or unresolved issues, pause, and apply Reiki healing. Use the appropriate symbols to send healing energy to the areas that need it most. Remember that healing is a soothing process; take your time to release emotional and spiritual burdens.
8. **Creation of New Contracts:** As Terri suggested, consider creating new contracts or agreements with yourself. Visualize these new contracts as positive, supportive agreements that align with your highest good. Use the power of intention and Reiki to solidify these new contracts.
9. **Gratitude and Closure:** As you end your exploration, express gratitude to the Akashic Records and the Reiki energy for their guidance and healing. Close the doors to the records, knowing that you can return to this sacred space whenever needed.



Through this summit activity, you gain a profound insight into the synergy of Reiki and the Akashic Records in transforming your life. You will experience the potency of Reiki in soothing emotional and spiritual imprints, and the Akashic Records in providing awareness and understanding of your soul's journey. Together, these modalities offer you a holistic path to healing, self-discovery, and personal growth.



Each of us carries imprints and karmic patterns that shape our lives, and by accessing these records, we can liberate ourselves from past traumas, allowing our true selves to shine. Through applying Reiki's soothing energy, the journey toward self-awareness and healing becomes an enlightening and purposeful endeavor.

### Activity Notes:

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# 08

## Exploring Belief Systems, Rituals, and Language in Healing

In the insightful interview with Jojan L. Jonker and Dori-Michelle Beeler, ***Addressing Misconceptions: Debunking Common Myths About Reiki in Healthcare and Christian Circles***, we explore the deep-rooted connection between belief systems, rituals, and language in the context of healing practices. This activity invites you to delve into these concepts, reflect on their significance, and consider their implications for healing.

### Suggested Activity: Exploring Belief Systems, Rituals, and Language in Healing

Begin by finding a comfortable and quiet space where you can contemplate these important questions. This contemplative exercise aims to encourage self-reflection and deep thinking about belief systems, rituals, language, and their influence on the healing process.

#### **1. Impact of Belief Systems on Healing Practices:**

Start by reflecting on how your own belief systems, whether they are religious, spiritual, or personal, may have impacted your perception of healing practices like Reiki. Take a few moments to write down your thoughts on how your beliefs may influence the effectiveness of such practices in your life.

#### **2. The Role of Rituals:**

Contemplate the role of rituals in the context of healing and personal transformation. Consider the rituals you follow in your daily life or within your cultural or spiritual background. How might these rituals contribute to transformative experiences in your healing journey? Write down your insights and observations.

### 3. The Power of Language and Knowledge:

Reflect on the interview's mention of the importance of language and knowledge in understanding and accepting healing practices. Think about how the way we describe and communicate these practices can either build bridges or create barriers in our interactions with others. Share your views on how language and knowledge can impact the perception of Reiki and other healing modalities.

### 4. Synthesis and Personal Insights:

After contemplation, review your written thoughts and insights. Take a moment to synthesize what you've discovered about the relationships between belief systems, rituals, language, and healing practices. What connections have you made, and how do these aspects intersect in your life?

### 5. Setting Intentions:

Close your contemplation by setting intentions for the future. Consider how you can approach healing practices with more empathy and open-mindedness, appreciating the richness and diversity they bring to your healing journey. Write down the intentions you've set for yourself.

Share your thoughts and insights here:

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This contemplative exercise is a valuable opportunity to explore and acknowledge the powerful impact of belief systems, rituals, language, and knowledge on healing practices, including Reiki. Your insights may lead to a deeper understanding of your own healing journey and your interactions with others who engage in various forms of healing and self-care.



Develop an empathetic and inclusive approach when discussing and sharing healing practices. This interview highlights the importance of using language that fosters connection rather than division. It encourages a more nuanced and thoughtful perspective on how belief systems, rituals, and knowledge can either unite or separate individuals when it comes to healing. By embracing empathy and open-mindedness, you can navigate the diverse landscape of healing practices with greater sensitivity and understanding, contributing to a more harmonious and interconnected healing community.

# 09

## Embracing and Releasing Emotions with Reiki

Amy Sage's illuminating interview, **Emotional Empowerment: How Reiki Can Help You Take Charge of Your Feelings**, inspire us to explore the depths of our emotions, release what no longer serves us, and emerge as more authentic, compassionate individuals. The insights shared offer hope and guidance on how to navigate life's challenges and contribute to a world where healing, understanding, and self-expression flourish.

### Suggested Activity: Embracing and Releasing Emotions with Reiki

This activity is designed to help you explore and release pent-up emotions in a healthy and transformative way. Drawing inspiration from Amy Sage's experience with Reiki, you'll shift your perspective, cope with challenging emotions, and ultimately embark on a journey of forgiveness and personal growth.

- 1. Find a Calm Space:** Choose a peaceful environment where you won't be disturbed. This could be your favorite spot indoors or in nature, where you feel most relaxed.
- 2. Reflect on Unexpressed Emotions:** Take a few moments to think about any emotions or experiences that you've kept bottled up within you. These could be feelings of anger, frustration, sadness, or even joy that you haven't fully embraced.
- 3. Express in Your Journal:** Open your journal and begin writing about these emotions. You don't need to hold back; allow your thoughts and feelings to flow freely onto the pages. Describe the emotions, situations, and individuals involved.

4. **Shift Your Perspective:** After expressing your emotions, reflect on how they have affected you. Have these emotions been helpful or harmful? How have they influenced your life and well-being? Can you shift your perspective to release their grip on you?
5. **Coping Mechanisms:** Consider what coping mechanisms you can adopt to manage these emotions better. Reiki teaches us that emotions can be lessons. How can you transform your emotional challenges into opportunities for growth?
6. **Release and Forgive:** Reflect on the importance of releasing these emotions for your well-being and personal growth. Write down a forgiveness statement, even if it's just for yourself. Release any resentment or negativity tied to these feelings.
7. **Stay Present:** Acknowledge that your emotions are part of your journey, but they don't define you. Embrace the present moment, knowing that you have the inner resources to cope with your emotions and evolve.
8. **Trust Your Inner Guidance:** Like Amy, remind yourself that everything you need to navigate life's challenges comes from within. Trust in your own higher self and the wisdom that resides in you.
9. **Commit to Growth:** Lastly, consider the ways you can continue growing and evolving, both personally and within your Reiki practice. How can you embrace a more heart-centered life and contribute to the collective healing and transformation?
10. **Practice Regularly:** Return to this journal whenever you need to explore, release, and transform your emotions. Use it as a tool for self-discovery and growth.

Remember that the journey to emotional well-being and personal growth takes time and dedication. Your commitment to this process will lead you towards a more fulfilling and heart-centered life.



Amy's insights teach us that it's not just about shifting our perspectives on emotions but also finding constructive ways to express them. Reiki can guide us in transforming negative feelings into valuable life lessons and personal growth. It allows us to acknowledge and release these emotions, providing a path to healing and self-discovery.

### Activity Notes:

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# 10

## Navigating the Path: Your Transformative Journey Journal

In Amanda Jayne's illuminating interview **Personal and Collective Transformation: Is Reiki the Path or to Help Us Along the Path?**, we delve into the interconnectedness of Reiki and personal transformation, and how our individual journey contributes to the greater whole. Amanda beautifully emphasized that Reiki is not just a practice but a way of life.

*Awaken the desire to make a difference in the world through Reiki:*

- **Connect with Your Purpose:** Reflect on your desire to create a positive impact and bring joy to people's lives. Reconnect with your innate desire to contribute to the collective well-being.
- **Sensitivity and Empathy:** If you're a sensitive person, acknowledge that you can feel the collective emotions and energy. Learn to process these feelings, come back to center, and harness your empathic abilities to provide support and healing.

### *Suggested Activity: Your Transformative Journey Journal*

This activity will help you reflect on your personal transformation journey and how you can use Reiki to align with your true self and make a positive impact on the world.

**1. Create a Transformative Journal:** Start by dedicating a journal specifically for this activity. This journal will become a record of your transformative journey.



**2. Daily Reflection:** Set aside a few minutes each day for reflection. During this time, you should write down your thoughts, feelings, and experiences related to your personal transformation and connection to the collective consciousness.

**3. Self-Transformation Questions:** Include a series of self-transformation questions in the journal, such as:

- "How have I transformed or evolved personally through Reiki?"
- "What is my inner drive to make a positive difference in the world?"
- "How do I experience the collective consciousness and the emotions of the world?"
- "In what ways can I come back to center when I feel overwhelmed by the collective emotions?"

**4. Practical Reiki Integration:** Document practical instances where you integrate Reiki into your daily lives. This can include:

- Noting moments when you used Reiki to bring balance to your emotions.
- Recording how you channeled Reiki energy to support others.
- Describing how Reiki helped you in making decisions or responding to challenging situations.

**5. Weekly Insights:** Every week, review your entries and extract key insights and themes.

**6. Setting Intentions:** At the beginning of each week, set intentions related to your self-transformation and contribution to the collective. *How do you plan to make a difference through your personal growth and Reiki practice?*

By maintaining a *Transformative Journey journal*, you can actively apply the wisdom shared by Amanda Jayne and deepen your understanding of how Reiki and personal transformation are interconnected. This practical activity encourages self-awareness, mindful Reiki practice, and a genuine desire to make a meaningful difference in the world.



Amanda Jayne's insights remind us that Reiki is not just a healing practice; it's a path to personal transformation and a way to positively influence the world. By continuously training yourself, embodying the desire to make a difference, and aligning with your true self, you can seamlessly integrate Reiki into your daily life and become a positive contributor to the collective journey of transformation and healing. Reiki empowers you to express your unique essence and make a profound impact on the world.

### Activity Notes:

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# REIKI RAYS HEALING SUMMIT 2023

## Day 1:

Starts: Nov 11  
@ 12:00 AM PT

Ends: Nov 12  
@ 4:59 PM PT

### HEALING THE WORLD FROM WITHIN



**Pamela Miles**  
Healing our World by  
Healing Ourselves,  
Together as a Community



**Ann Baldwin**



**Natalie Dyer**  
How a Compassionate Reiki Service is  
Delivering an Evidence-Base for Distant



**Rosemary Pharo**



**Dori-Michelle Beeler**  
Addressing Misconceptions: Debunking  
Common Myths About Reiki in  
Healthcare and Christian Circles



**Jojan L. Jonker**



**Tina Zion**  
8 Underlying Causes of  
Illness and Unique Reiki  
Intuitive Healing Methods



**Ifetayo White**  
The Birth, Postpartum,  
and End-of-Life Reiki  
Doula Presence at  
Sacred Transitions

### ILLUMINATING PATHS TO WHOLENESS



**Robert Fueston**  
Reflections and Advice on  
Training Masters in Usui  
Shiki Reiki Ryoho



**Ahtayaa Leigh**  
Harnessing Cosmic  
Energy: Illuminating the  
Path to Collective  
Awakening



**Andrea Kennedy**  
The Ethics of Profiting  
from Reiki: Balancing  
Healing and Business



**Ellen Mahloy**  
7 Reiki with Angels  
Techniques for Aura  
Healing



**Mark Hosak**  
The Hidden Uses of Reiki  
Symbols - Beyond Healing:  
Expanding the Applications  
of Reiki Symbols



**Akleema Ali**  
Empowering Your  
Vision with Reiki: Step-  
by-Step Guide to  
Creating a Vision Board

## Day 3:

Starts: Nov 13  
@ 5:00 PM PT

Ends: Nov 14  
@ 4:59 PM PT

### NURTURING OUR INNER GARDEN



**Frans Stiene**  
How to Get the Most Out  
of the System of Reiki  
with the Reiki Mantras



**Terri Ann Heiman**  
Reiki and Akashic  
Records: A Path to  
Healing Past Trauma and  
Karmic Patterns



**Amy Sage**  
Emotional  
Empowerment: How  
Reiki Can Help You Take  
Charge of Your Feelings



**Tracey Sullivan**  
Reiki and Human  
Design: Navigating  
the Journey of Self-  
Discovery & Healing



**Torsten Lange**  
Reiki in the Digital Age:  
How Technology Affects  
Healing

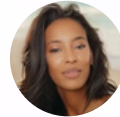


**Elizabeth M Latham**  
The Samurai Reiki  
Master: Unveiling the  
Enigma of the Real Dr.  
Mikao Usui

### AWAKENING SEEDS OF TRANSFORMATION



**Deborah Lynn Strafuss**  
Reiki - A Spiritual Practice  
for Practical Living



**Yolanda Williams**  
Five Things Every Reiki  
Practitioner Needs to  
Know



**Elaine Hamilton Grundy**  
The Opening of Reiki to  
the Self-Attunement



**Marie Kyoko Morohoshi**  
A Return to The Sacred:  
Seeding our Reiki Practice  
in Nature and Ceremony



**Enikó Simon**  
Stress Less with Reiki:  
Managing Life's Challenges



**Sue Malcolm**  
The Purrfect Way to  
Help our Furry Friends:  
Exploring Animal Reiki

## Day 4:

Starts: Nov 14  
@ 5:00 PM PT

Ends: Nov 15  
@ 4:59 PM PT

### EMPOWERING SELF AND WORLD



**Johannes Reindl**  
Empowering the Reiki  
Community: Lessons  
from a Grandmaster and  
Lineage Bearer



**Natalie Dyer**  
Unlocking the  
Mystery of Reiki  
Healing: A Scientific  
Perspective



**Heather McCutcheon**  
'Tis Better to Give than  
to Receive: Highlights  
from a Decade of Reiki  
Outreach



**Carrie Varela**



**Bronwen Logan**  
Breaking Down Barriers: Women's  
Leadership in the System of Reiki



**Michaela Daystar**



**Parita Shah**  
The Road to Reiki  
Mastery: Building a  
Strong Self Practice  
from the Ground Up



**Amanda Jayne**  
Personal and Collective  
Transformation: Is Reiki  
the Path or to Help Us  
Along the Path?

## Day 5:

Starts: Nov 15  
@ 5:00 PM PT

Ends: Nov 16  
@ 04:59 PM PT

# Final Considerations

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We extend our heartfelt gratitude to you for downloading and reading this summit workbook. We hope that the insights, activities, and wisdom shared within these pages serve as a source of healing, clarity, and support on your personal healing journey.

This is a continuous and transformative path! The knowledge you've gained from this workbook is a valuable step forward, equipping you with valuable tools and inspiration to further nurture your mind, body, and spirit.

We believe in the power of community and learning from one another. We look forward to having you at the upcoming Reiki summit, where you can connect with renowned Reiki pioneers and a community of like-minded practitioners on a shared journey of self-discovery and healing.

Once again, thank you for your interest and dedication to your well-being. We're excited to embark on this journey with you, and we hope to see you at the summit!

Reiki blessings!