

Reiki 101



Introductory guide to the practice of Reiki including two complementary meditations for you to use to begin your healing journey!

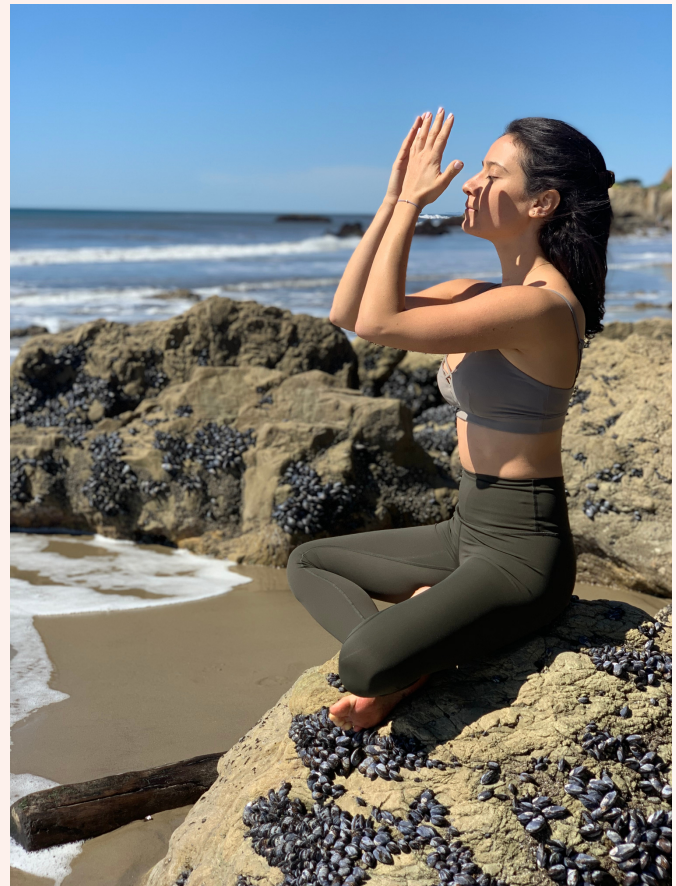
What is Reiki:

Reiki is a Japanese healing modality that works to bring the body's energy into balance and harmony. It is a tool to achieve health, well-being, balance and spiritual fulfillment.

Reiki, as a healing art, is said to be discovered by a Japanese Monk named Dr. Mikao Usui in the early 1900's.

“Rei” means “God’s Wisdom”
or “Higher Power”
and
“Ki” means “Life Force Energy.”

Reiki is “Spiritually Guided Life
Force Energy” or
“Universal Life Force Energy.”



How Reiki Works:

Albert Einstein proved that everything is made up of energy, and as my Reiki Master taught:

“Scientifically, Reiki is the bio-photon (light) emission conducted from one organic species to another. Reiki is from the light of lights and light is science. Reiki balances the recipient’s disturbances in their body’s bio-energy field. As Albert Einstein told us back in the 1920’s through his equation, everything, including our bodies, is composed of energy.”

In other words, Reiki is working with Life Force Energy to bring the body back to balance and harmony. The practitioner or individual uses his/her palm chakras to connect with and emit this energy.

Reiki works to unblock our seven main chakras and heal our entire beings on all levels: physical, emotional, mental and spiritual.

An important thing to remember is that this connection, this healing energy, is within all of us. Each and every person has the ability to access and tap into the healing powers of Reiki.

The Reiki Precepts:

The Reiki Precepts are principles from Dr. Usui to be used as guidelines for living a happy life and medicine for the soul. These are meant to be used on a daily basis and deeply felt.



Just for today do not worry
Just for today do not anger
Just for today be humble
Just for today be honest
Just for today be compassionate
towards yourself and others

Use these precepts as part of your daily ritual and practice just as you would mantras and affirmations.

The precepts can be used at any point in the day and you can modify, add on, and implement these precepts in any way you feel is best.

For example, some others I have used or added are below:

Just for today I am enough
Just for today I am patient
Just for today I am grateful
Just for today I am love



Suggested Meditations:

On the next two pages you will find the "Feeling your Energy Meditation" and the "Heart Healing Meditation."

These meditations are intended to help you begin to feel into your Reiki and tap into your energy and intuition. Read through these a couple of times and try to remember the suggested steps. After, simply go through this on your own with your eyes closed. Do not worry if you miss a step or do something differently, these are just suggested guidelines...whatever you do is divinely perfect!



Things to note:

There is no "right" or "wrong" way to meditate. For the first meditation, if you feel your energy ball, play with that. See if your hands get bigger, move around. You also might not feel anything at first, and that is okay. Your mind will most likely get in the way, that is okay too.

Be patient with yourself and simply surrender.

Allow yourself to feel.

Feeling Your Energy Meditation:

- Close your eyes. Take a moment to relax into a comfortable seated position. Think about loosening the jaw and relaxing the shoulders.
- Take three deep cleansing breaths by inhaling for the count of 4, holding the breath for a count of 4, then exhaling for a count of 4.
- After, begin by bringing the hands in front of chest, palms facing each other, a few inches apart. And begin to just feel. Feel the energy in between your hands.
- Think about this Universal Life Force Energy coming down through your head, down through your shoulders, down your arms and out through your palms.
- Sit with this, and simply feel.
- Whenever you feel ready, place your hands in your lap and gently open your eyes.

Heart Healing Meditation:

- Close your eyes. Take a moment to relax into a comfortable seated position. Think about loosening the jaw and relaxing the shoulders.
- Take three deep cleansing breaths by inhaling for the count of 4, holding the breath for a count of 4, then exhaling for a count of 4.
- Bring the hands in front of chest, palms facing each other, a few inches apart. And begin to feel the Universal Life Force Energy coming down through your head, down through your shoulders, down your arms and out through your palms.
- Once you feel the energy between your palms, turn your palms to face your heart chakra at the center of the chest.
- Think about the healing energy coming through the palms into the heart chakra. Imagine this healing light removing any blockages, fears, doubts and frustrations.
- Feel your love. Feel the giving and receiving of your love.
- Whenever you are ready, bring your palms to touch in front of your heart center. Offer gratitude for the Reiki energy and yourself.
- Gently open your eyes.



I hope you enjoyed this introductory guide to Reiki!
For more Reiki tips and information...

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Instagram: @nicoletteficchi
Or visit my website/blog:
www.nicoletteficchi.com

There you can also read about how to work with me one on one
if you are looking for more support on your
healing journey!

Remember, everything you need you have within

