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Reiki Master



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Month 8: Becoming a Lightworker

Class 15:

Caring for Your New Lighted Self





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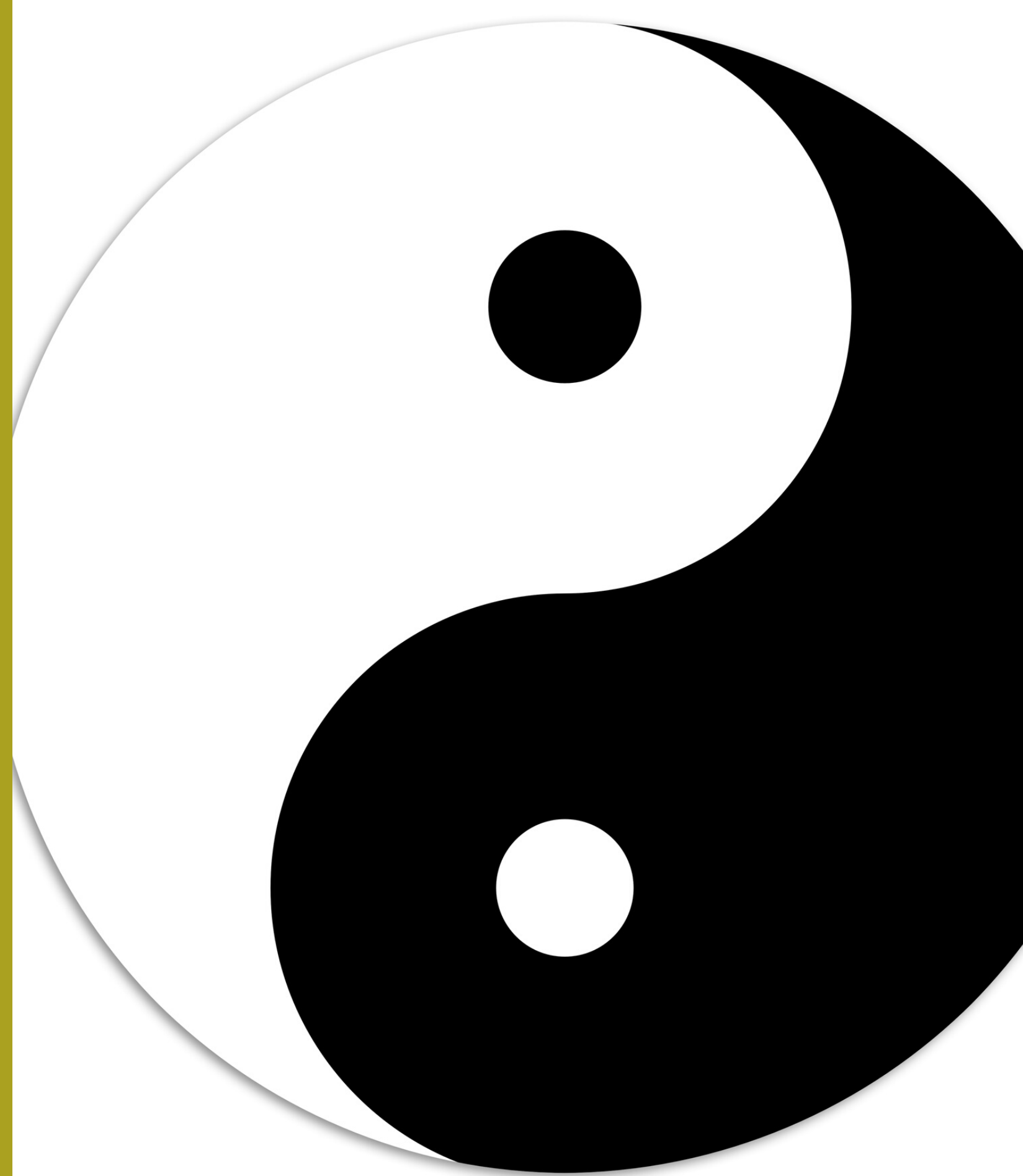


LIGHT WORK

vs Shadow Work



- While lightworkers focus on rekindling people's light and helping them find joy and purpose in their lives,
- shadow workers bring safe spaces for people to deal with the darker, more painful aspects of themselves that they may have repressed and hidden away.



PREPARING *yourself for a session*

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- What grounds you?
- What lights you up?
- Shower, clean hands and tools with cold water
- Emotional GPS
- What do you need to come to bliss and optimum light and joy?
- Dress in white for healings
- Ask what this person needs before you know what brought them in
- Lots of water
- Healing space, clear clutter, bring in light
- Smudge
- Call in your Reiki Guides
- Give yourself reiki at least 5 minutes before session
- Read intake forms or message about how they are feeling and what they come to heal, listen with heart first
- Tune into client's aura, what tools will I need, what messages, oracles, books, remedies shout out to them



SETTING

intention

- Be here now
- Get clear: What about everything they told you is their deepest desire at the moment?
- Initial conversation should last 15 minutes, not more. You are not psychotherapy, you are energy shift assistance at a deep programming level.
- Write it down if you have to
- Any particular Chakra?
- Allies? Crystals, Plant, Animal Medicines in the reiki ray? Honor and thank them always if you work with nature forces
- May I
- Ask for permission
- Whoever you call in, call in with heart, remember to honor and thank them in the close
- State client's intention in invocation prayer
- Hold the intention during treatment
- Restate it as a positive affirmation as you close the active part of the treatment
- See, imagine with certainty, whatever you saw in your client fully healed. And it is so.



INVOCATION *tips*

- Heart, all heart
- Call in the allies, forces, deities you trust
- Ask for the highest good of all
- Drop down into body, then connect back into mind
- Feel the intention in you, in your body, stories, how do you see the problem and solution in you? Heal that.
- Alter ego cues - with power items, do an action to flip the healer switch (example, tap on wand three times, snap fingers, spiral in the air, reiki symbols in the air - train yourself to switch to healer mode with a cue
- What are your inner visual cues that reiki is being channeled?
- Use we rather than I
- Disconnected? Use the power of 3 to grow confidence



CLAIMING SPACE

..... *for light*

- Confidence, like a shaman tapping the land 3 times
- Ask Fear. Obligation. Guilt, which are the tools of ego, to dispell jsut for now, this space is now claimed for the light, meaning, from that point on you are guiding the vibe and raising the vibration in the space letting the information guide both of you
- Your wish is the universe's command
- heart it up
- compassion
- be in your client's shoes, thi is the right place to be super empath
- Physically raise light, open window, light candle, , rock salt lamp, light fireplace



I HEAL

you heal

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- What you come heal with me, I heal with you
- We are one
- Find the mirror
- Acceptance is key
- Listen for the words they say that go bingo in you
- How is my client's issue, problem, pattern showing up in my life? How can I see it differently and surrender it to the light to show us the new way?
- we heal through this grid of life
- Here is where our extreme empathy and compassion can fly
- Embrace oneness and connection
- This is you coming to heal with you
- You lead the vibe here, get yourself to vibe high your way and your client will calibrate
- when you feel lost, remember intention and bring it to close
- close circles
- be clean with opening and closing
- what is mine is mine, what is yours is yours. and it is so



CHANNEL FOR LIGHT

..... *what it means*

- Joy is your north now
- You are system busters
- Your very decision to become a healer brings change
- You bring change with you and work with it every day
- you gt to feel better in life now, more and more and for more time and space
- You become a beacon, a lighthouse, to bring other ships safely home to love
- Your life is now about clearing all the veils that cover your light, your joy, your true being
- Get good at letting go and letting God
- Have aligned structure but plan less and less and let spirit guide you as you grow into your particular powers
- The best thing about this journey is the discovery and sharing and vulnerabilitiy of you, enjoy it!
- Becoming a master in acceptance and riders of emotion into information that now drives your actions





REIKI TIME!

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OM WORK - CLASS 15

Reiki Master Certification

- Finish Reading up to Chapter 14 of Reiki textbook
- Choose and perform 3 exercises from Chapter 14 that speak to you. Report ahas in FB group!
- Create Dai Ko Myo Art. Share in Fb Group.
- Continue to give yourself at least 15 minutes of reiki daily. Is it a habit yet?
- Perform 3 Distance Reiki Sessions in exchange for testimonials. Use those testimonials to build your healer page/group.
- Open your own Reiki FB group if you haven't. It's your safe space to express about this, and you start pooling your clientele.

SEE YOU DURING NEXT CLASS 16!

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Reiki Master Certification

Class 16: Living Your Sacred Life

- Energy checking and clearing habits

- Heart on holy fire

- A heart-driven life

- Your Higher Heart Chakra

- Your Emotional GPS

- Feng Shui Your Home

- Asking Permission



CRYSTAL BLESSINGS!

STAY CONNECTED

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