

My Reiki Companion



5 Principles of Reiki

JUST FOR TODAY....

(KYO DAKAWA)

DO NOT BE ANGRY

(IKARU NA)

DO NOT WORRY

(SHINPAI SUNA)

BE GRATEFUL

(KANSHA SHITE)

DO YOUR WORK DILIGENTLY

(GYO O HAGAME)

BE KIND TO OTHERS

(HITO NI SHINSETSU NI)



The 7 Hermetic Principles

THE KYBALION – HERMETIC PHILOSOPHY

THE PRINCIPLE OF MENTALISM

"THE ALL IN MIND; THE UNIVERSE IS MENTAL."

THE PRINCIPLE OF CORRESPONDENCE

"AS ABOVE, SO BELOW; AS BELOW, SO ABOVE."

THE PRINCIPLE OF VIBRATION

"NOTHING RESTS; EVERYTHING MOVES; EVERYTHING VIBRATES"

THE PRINCIPLE OF POLARITY

"EVERYTHING FLOWS, OUT AND IN; EVERYTHING HAS POLES; EVERYTHING HAS ITS PAIR OF OPPOSITES."

THE PRINCIPLE OF RHYTHM

"EVERYTHING FLOWS, OUT AND IN; EVERYTHING HAS ITS TIDES; ALL THINGS RISE AND FALL."

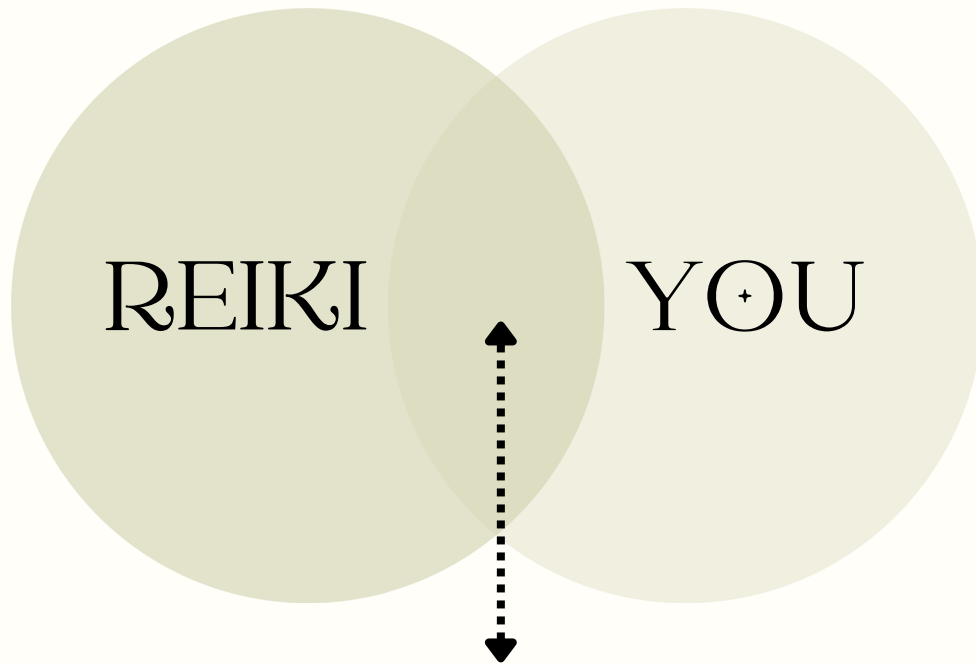
THE PRINCIPLE OF CAUSE & EFFECT

"EVERY CAUSE HAS ITS EFFECT; EVERY EFFECT HAS ITS CAUSE: EVERYTHING HAPPENS ACCORDING TO LAW."

THE PRINCIPLE OF GENDER

"GENDER IS IN EVERYTHING; EVERYTHING HAS ITS MASCULINE & FEMININE PRINCIPLES; GENDER MANIFESTS ON ALL PLANES."

Reiki Channel



WHERE THE MAGIC HAPPENS

Get Out of the Way!

As with all spiritual practices, ego has no room in Reiki.

Remember that you are a conduit of energy
& facilitating a healing.

(be the straw)

CHAKRAS



CROWN

PITUITARY GLAND,
BRAIN, HEAD



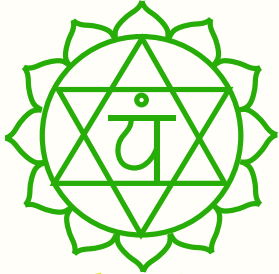
THIRD EYE

EYES



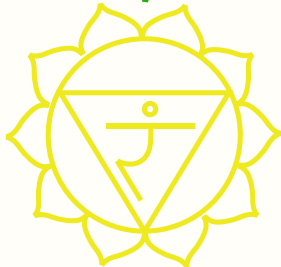
THROAT

THROAT, THYROID



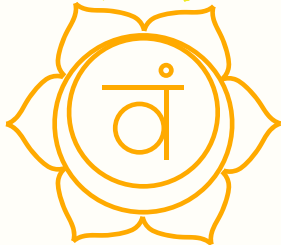
HEART

HEART, THYMUS,
LUNGS, ARMS, HANDS



SOLAR
PLEXUS

PANCREAS,
DIGESTIVE SYSTEM



SACRAL

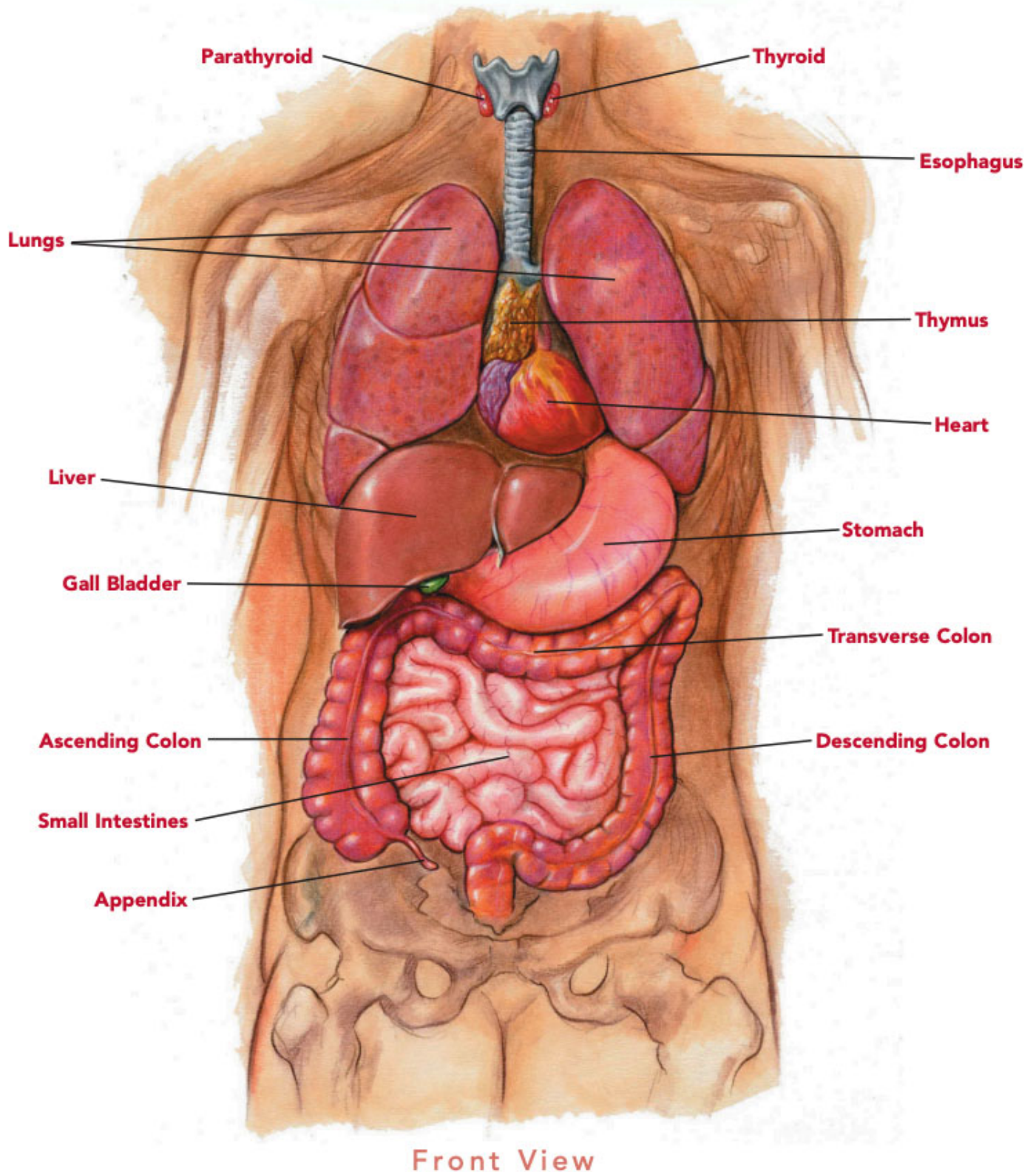
REPRODUCTIVE SYSTEM



ROOT

LEGS, FEET, INTESTINES

Anatomy for Reiki

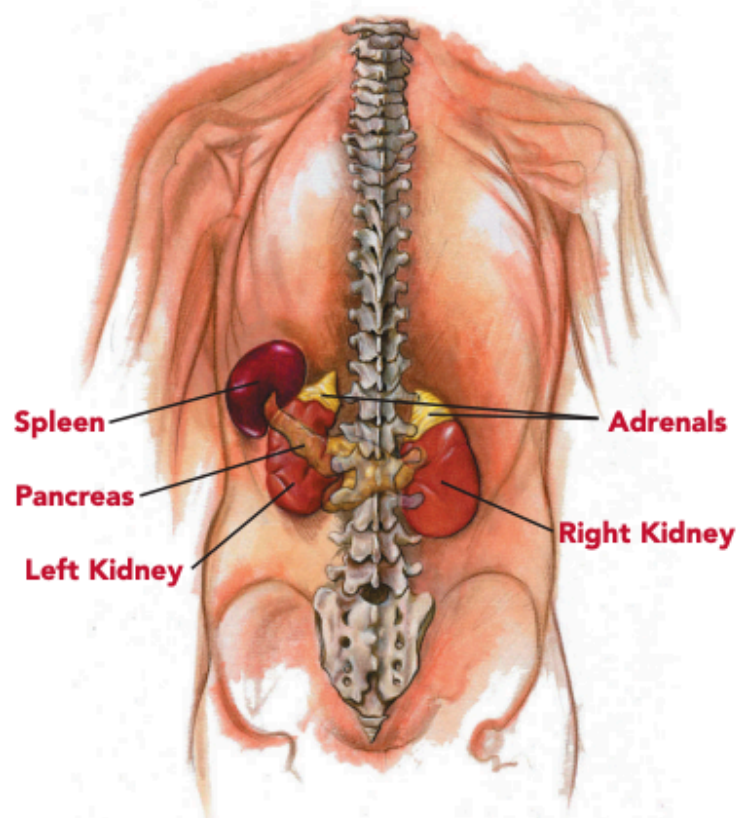


While an extensive understanding of anatomy is not necessary for Reiki practitioners, there are times when a basic knowledge of the major organs of the body is helpful, and even necessary. These include when the client has a condition or illness involving a specific organ(s) that needs treatment or when working in a clinic or hospital where communication with medical personnel about a client's condition is necessary.

Adrenals: Part of the endocrine system, the adrenals secrete hormones that regulate various functions in the body, one of which is the flight or fight response.

Appendix: The appendix is located at the beginning of the colon on the lower right side of the abdominal cavity. It is medically said to have no function.

Colon: Consisting of the ascending, transverse and descending sections, this tube-like organ is also called the large intestine and joins the small intestine on the lower right side of the abdominal cavity. The final processes of digestion take place in the colon with the absorption of water from fecal matter.



Back View

Esophagus: The esophagus is the portion of the digestive tube that moves food from the mouth to the stomach.

Gallbladder: Connected to the liver, the gallbladder stores and secretes bile, which aids digestion of fats.

Heart: This is the muscular organ that pumps blood to all parts of the body. The rhythmic beating of the heart is a ceaseless activity, lasting from before birth to the end of life.

Kidneys: The purpose of the kidneys is to separate urea, mineral salts, toxins and other waste products from the blood, and to conserve water, salts and electrolytes.

Liver: The liver is the largest glandular organ of the body and has many functions including filtering debris and bacteria from the blood, converting excess carbohydrates and protein into fats and producing blood-clotting factors and vitamins A, D, K and B12. It also produces bile, which is used to prepare fats for digestion.

Lungs: The lungs are elastic organs used for breathing; they oxygenate the blood.

Pancreas: The pancreas is a glandular organ that secretes digestive enzymes and hormones. It also produces insulin, which lowers the blood-sugar level and increases the amount of glycogen (stored carbohydrate) in the liver.

Parathyroid: These four small glands are often embedded in the thyroid gland and govern calcium and phosphorus metabolism.

Small Intestine: Located between the stomach and colon, the small intestine digests and absorbs nutrients from food. This process is aided by secretions from the liver and pancreas.

Spleen: The spleen acts as a filter against foreign organisms that infect the bloodstream, and also filters out old red blood cells from the bloodstream and decomposes them.

Stomach: The stomach is the part of the digestive tract between the esophagus and the small intestine.

Thymus: The thymus gland helps in the development and functioning of the immune system.

Thyroid: Part of the endocrine system, the thyroid gland secretes hormones necessary for growth and metabolism.

CHAKRAS + CRYSTALS



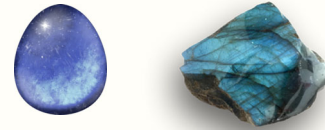
CROWN



CLEAR QUARTZ + AMETHYST



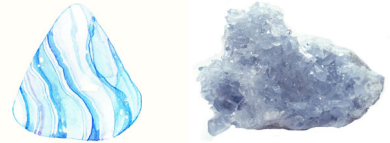
THIRD EYE



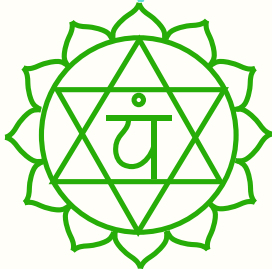
LAPIZ LAZULI + LABRADORITE



THROAT



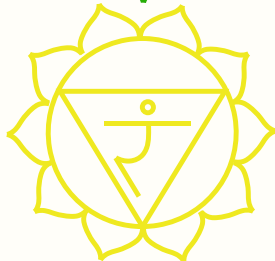
BLUE LACE AGATE + CELESTITE



HEART



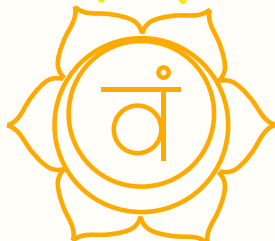
GREEN AVENTURINE + ROSE QUARTZ



SOLAR
PLEXUS



CITRINE + AMBER



SACRAL



CARNELIAN + TIGER EYE



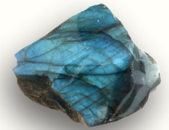
ROOT



GARNET + TOURMALINE

CRYSTALS

MORE AND MORE REIKI PRACTITIONERS ARE
INCORPORATING CRYSTALS INTO THEIR
PRACTICE AND IT'S NO SURPRISE WHY.
CRYSTALS HAVE ENERGETIC FREQUENCIES
THAT CAN ASSIST AND SUPPORT OUR HEALING
JOURNEY.



WHILE THERE ARE HUNDREDS OF TYPES OF
CRYSTALS, HERE ARE A FEW ESSENTIAL
CRYSTALS I RECOMMEND:



AMETHYST: SHIELDS AGAINST NEGATIVITY
& ENHANCES SPIRITUAL CONNECTION



SMOKY QUARTZ: TRANSMUTES ENERGY
(NEGATIVE TO POSITIVE) & GROUNDING



ROSE QUARTZ: EMOTIONAL SUPPORT,
ENERGETIC UNCONDITIONAL LOVE/SELF LOVE



SELENITE: PURIFICATION, CLEARS BLOCKED
ENERGY, RAISES FREQUENCY, CLEANSSES &
CHARGES OTHER CRYSTALS



BLACK TOURMALINE: PROTECTION



CLEAR QUARTZ: MASTER HEALER, AMPLIFIER
OF ENERGY



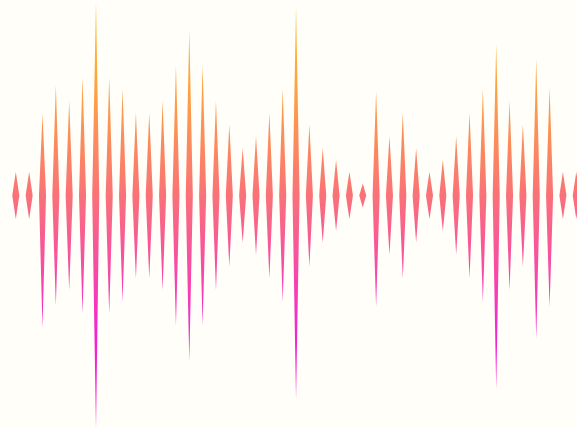
SOUND HEALING

SOLFEGGIO FREQUENCY

THERE ARE SIX MAIN SOLFEGGIO FREQUENCIES.

THEY ARE:

- 396 HZ FOR LIBERATING ONE FROM FEAR AND GUILT.
- 417 HZ FREQUENCIES FOR FACILITATING CHANGE AND UNDOING SITUATIONS.
- 528 HZ FOR MIRACLES AND TRANSFORMATION LIKE DNA REPAIR.
- 639 HZ FREQUENCIES FOR RELATIONSHIPS AND RECONNECTING.
- 741 HZ SOLFEGGIO FREQUENCIES FOR GETTING SOLUTIONS AND EXPRESSING THEMSELVES.
- 852 HZ FREQUENCIES FOR RETURNING ONE TO A SPIRITUAL ORDER.
- 963 HZ SOLFEGGIO FREQUENCIES CREATE ROOM FOR ONENESS & UNITY.



SOUND HEALING

SOUND BOWLS

5 BENEFITS OF USING A SINGING/SOUND BOWL:

- THEY ARE RELAXING.
- THEY STIMULATE CALM BRAIN WAVES.
- THEY MAY HELP REDUCE PAIN.
- THEY MAY HELP IMPROVE MENTAL HEALTH.
- THEY CAN BOOST OVERALL WELL-BEING.

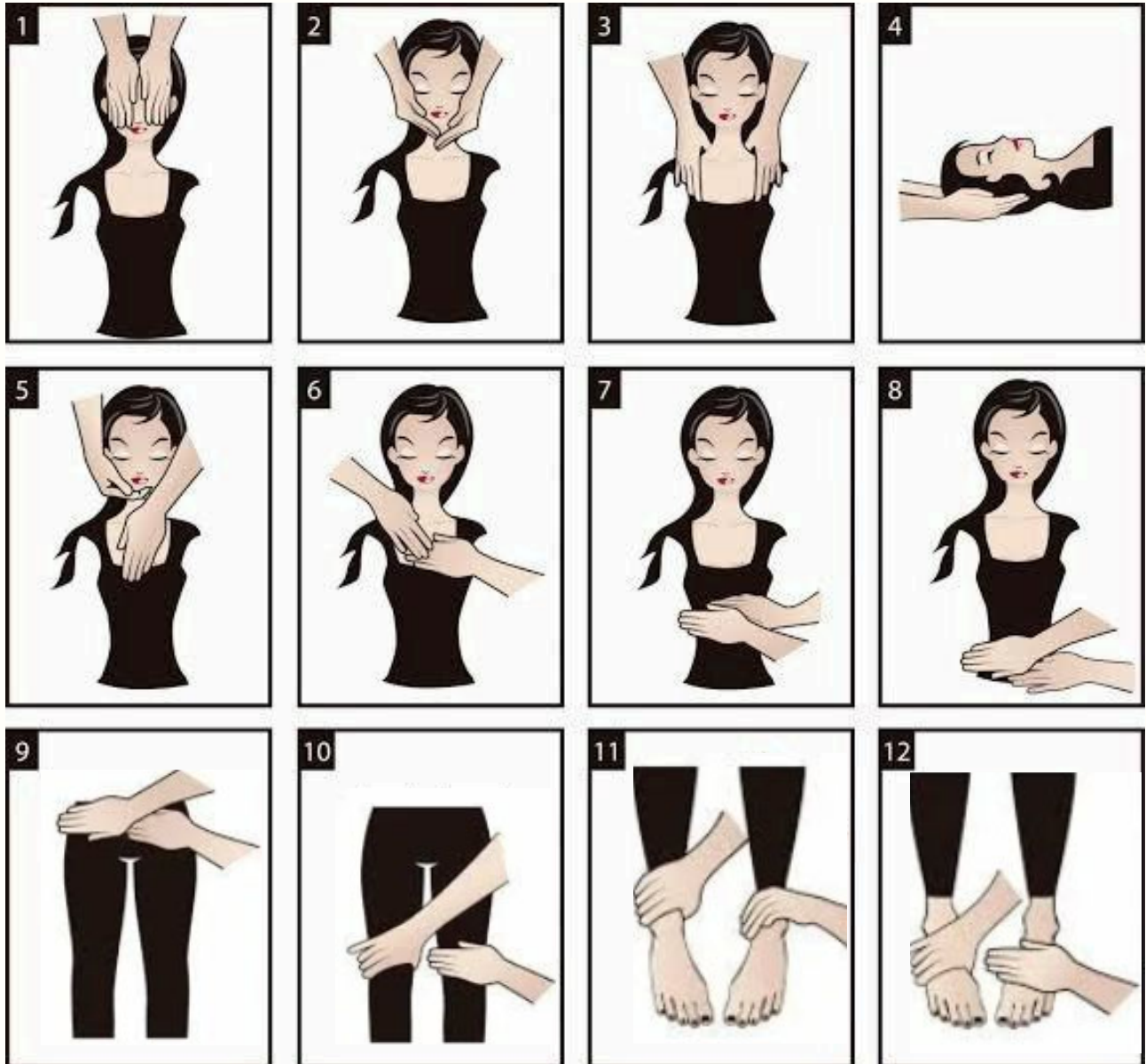
TIBETAN SOUND BOWL'S ARE CASTED FROM FIRE.

CRYSTAL SOUND BOWLS ARE CREATED WITH DIFFERENT CRYSTAL MATERIALS.



THEY CAN ALSO CORRESPOND BASED ON THE CHAKRA SYSTEM AND CAN BE USED DURING A REIKI SESSION.

Reiki Hand Placements





intake form

Name: _____

Date: _____

E-Mail: _____

Phone #: _____

Is this your first reiki session? ☐ YES / ☐ NO

What is your reason for this session?

☐ Relaxation/Stress Relief

☐ Cleanse/Clear Energy

☐ Chakra Balancing

☐ Specific Energy Block: _____

☐ Other: _____

Are you sensitive to fragrances?(I may use essential oils) ☐ YES / ☐ NO

Are you sensitive to touch? ☐ YES / ☐ NO

Is there any other information that may be helpful to know to facilitate your healing session?

I UNDERSTAND THAT REIKI IS A SIMPLE, GENTLE, HAND-ON/OFF ENERGY TECHNIQUE THAT IS USED FOR STRESS REDUCTION AND RELAXATION. I UNDERSTAND THAT REIKI PRACTITIONERS DO NOT DIAGNOSE CONDITIONS, NOR DO THEY PRESCRIBE MEDICAL TREATMENT OR INTERFERE WITH THE TREATMENT OF A LICENSED MEDICAL PROFESSIONAL. I UNDERSTAND THAT REIKI CAN COMPLIMENT ANY MEDICAL OR PSYCHOLOGICAL CARE I MAY BE RECEIVING. I ACKNOWLEDGE THAT LONG TERM IMBALANCES IN THE BODY SOMETIMES REQUIRE MULTIPLE SESSIONS IN ORDER TO FACILITATE THE LEVEL OF RELAXATION NEEDED FOR THE BODY TO HEAL.

Print Name: _____

Signature: _____



type of session:

☐ in person

☐ distance

Practitioner Only

CLIENT DOB: _____ ASTROS: _____

LIFE PATH: _____

LENGTH OF SESSION: _____

MAIN REASON FOR REIKI TREATMENT TODAY?

THOUGHTS, INTUITIVE MESSAGES (ETC.) :

END OF SESSION - WHAT WAS RECOMMENDED?

SELF CHECK-IN: HOW DO YOU FEEL?



My Reiki Companion

client name: _____

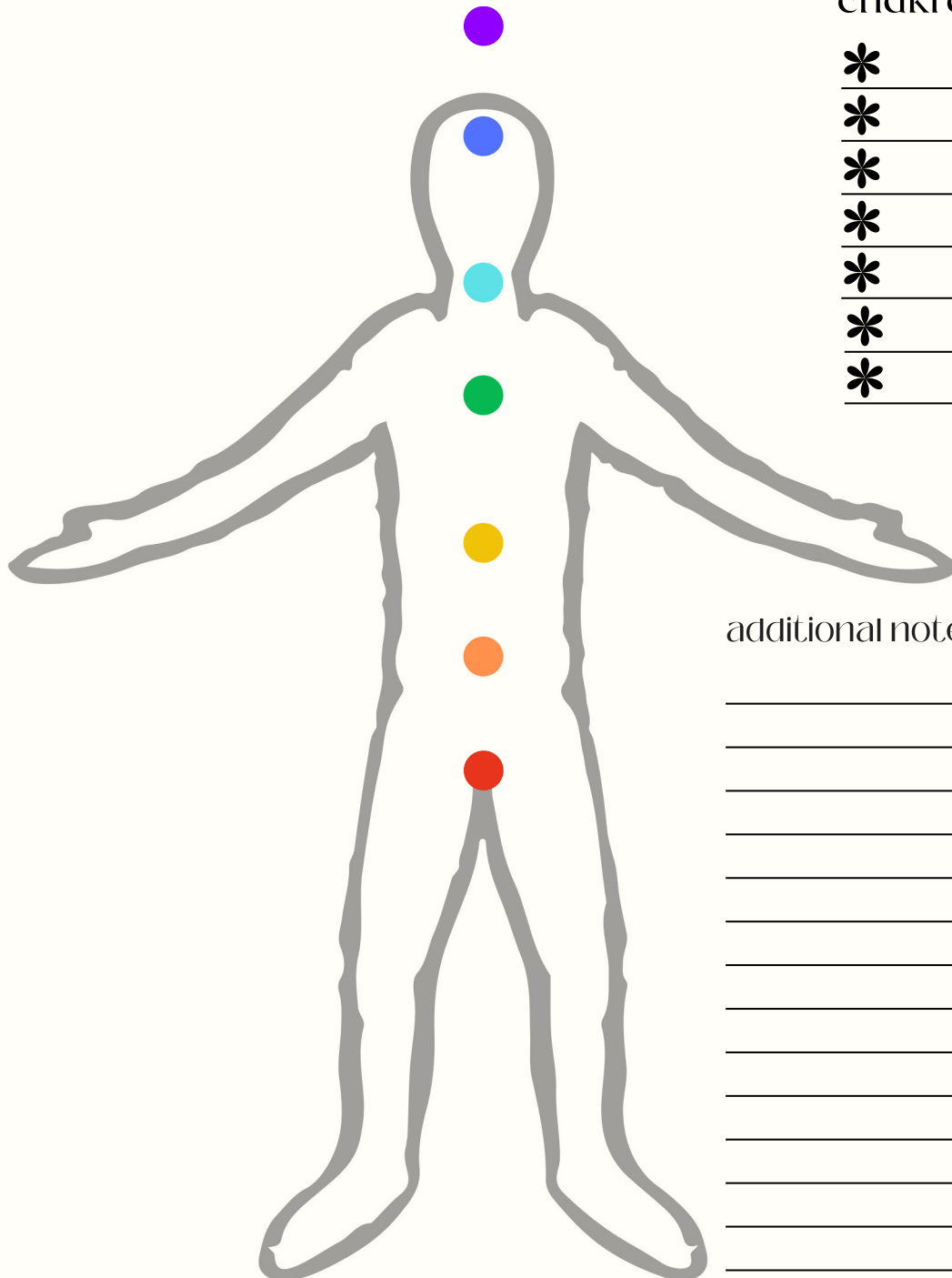
date: _____

location: _____

how is client feeling today?



chakra check-in:



additional notes:

[illegible]

ACKNOWLEDGEMENTS

MY REIKI COMPANION WOULD NOT BE ABLE
TO EXIST WITHOUT MY REIKI TEACHERS.

I HAVE BEEN TAUGHT OVER THE YEARS BY
MANY REIKI MASTERS AND EACH HAVE
INSPIRED ME TO BECOME THE PRACTITIONER
I AM TODAY, THE KNOWLEDGE I SHARE WITH
YOU IN THIS TOOL-KIT HAS BEEN PASSED
DOWN TO ME FROM TEACHER TO TEACHER
AND WITH THAT I HAVE CREATED MY OWN
PRACTICE & HAVE DECIDED TO SHARE THIS
TOOL KIT WITH ALL REIKI PRACTITIONERS.

I THANK EVERY SINGLE ONE OF MY TEACHERS, GUIDES & MENTORS.
THEIR NAME'S WHICH WILL REMAIN PRIVATE FOR THEIR OWN
PRIVACY PROTECTION.



Usui Reiki Sacred Symbols

REI-KI

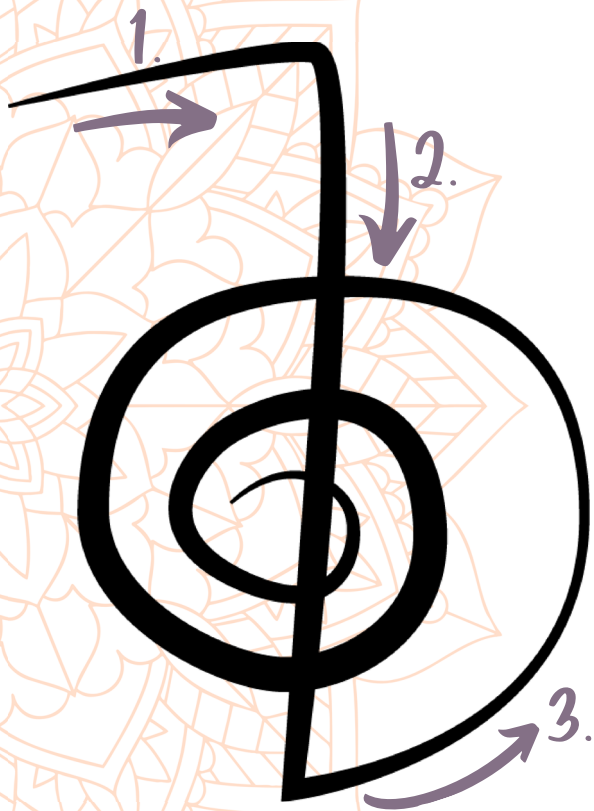


Universal - Life Energy

Karma gaia

Usui Reiki Sacred Symbols

CHO-KU-REI



Cho-Ku-Rei, is the first symbol of Reiki and is pronounced Cho-koo-ray.

It is referred to as the 'power symbol' and 'the activator'. Also considered to be the 'healing symbol'.

1. Represents our connection with the source of Universal Reiki energy.
2. Represents the flow of energy through our Soul Star Chakra.
3. The spiral represents the seven Chakras in all of us through the 7 intersecting lines.

- Empowering - Other Symbols
- Healing - Ailments & Ill Emotions
- Clearing - Energy Blockages
- Protection - Warding off Negativity
- Manifesting - Abundance

Universal Energy - Powerful Healing

Usui Reiki Sacred Symbols

SEI-HEI-KI

Sei-Hei-ki, is the second symbol in Reiki, and pronounced Say-High-Key

It is considered to be the emotional and mental symbol and used in the healing of both emotional and mental issues

The symbol is considered to represent the mind and brain of the body. Some believe it represents the two hemispheres of the brain.

- Harmonize - Flow of Energy
- Regenerate - Energetic Structure
- Clearing - Negative Thought Patterns

Sei-Hei-Ki is useful for trauma, shock, heartache, grief, depression, sadness, and addiction.

Where the Sky and Earth Meet



Usui Reiki Sacred Symbols

HON-SHA-ZE-SHO-NEN



Hon-Sha-Ze-Sho-Nen, is the third Usui symbol and pronounced Hon-Sha-Zee-Show-Nen.

It is considered to be the distant or absent healing symbol and is used in the healing of others who are not present in space or time.

It is also frequently used to heal your past, while supporting your present and future aspirations.

- Manifesting - Full Potential
- Dissolving - Energy Blockages
- Transcending - Space & Time
- Connecting - Universal Life Force Energy
- Healing - Chakras & Aura

The HSZSN gives the Reiki practitioner the ability to channel Reiki across space, distance becomes no object.

No Past - No Present - No Future

Usui Reiki Sacred Symbols

DAI-KO-MYO

Dai-Ko-Myo is the forth Usui symbol and pronounced Dye-Ko_Me_Ou.

It is a 'Master Symbol' and considered to be is one of the most sacred of all Usui Reiki Symbols

It translates to mean great bright light and represents an existing level of enlightenment that prevails in the spiritual world. It has the highest vibration amongst all Reiki Symbols.

- Manifesting - Divine Wisdom
- Ascending - Connecting Us to Spirit
- Healing - Mental, Emotional & Spiritual
- Restoring - Inner Energy Structure
- Cleansing - Energetic fields

Helps us to access new levels of awareness and consciousness, freeing the path towards our ascension.



The Embodiment of Light

Usui Reiki Sacred Symbols

RA-KU



Ra-Ku is the final Symbol of the Usui Reiki healing process. It is pronounced Ra-Koo

It is considered to be a grounding symbol and is often referred to as the fire serpent, used to seal and ground Reiki energies within our bodies.

- Balancing - Chi or Life Energy
- Stimulating - Healing
- Grounding - Energy Within
- Redirecting - Negative Energy
- Separating - Student from Master
- Detoxification - From all Chakras

Raku is considered to be one of the final steps in your Usui Reiki journey. It symbolizes both the end a time and the beginning of another.

Being One with The Source of All Healing

REIKI ROOT CHAKRA HAND POSITION

The Reiki Root Chakra hand position involves placing the hands on or near the base of the spine.



ROOT CHAKRA

GROUNDING - SURVIVAL - SECURITY

The Root Chakra, or Muladhara, is the first chakra and is located at the base of the spine. It is associated with grounding, survival instincts, and physical needs. When this chakra is balanced, it can provide a sense of security and stability.

The Root Chakra can be balanced and healed through various methods such as Reiki, Grounding exercises, walking barefoot, yoga, tai chi, meditation, spending time in nature. The Reiki Root Chakra hand position can aid in balancing the energy of the Root Chakra and promoting healing.

REIKI HEALING BENEFITS

This can aid in healing physical issues such as lower back pain, constipation, and other digestive problems. It can also promote emotional healing by helping to release fear, anxiety, and other negative emotions that may be associated with imbalances in the Root Chakra.



RED JASPER

Helps with Stay connected with loved ones and engage in activities that bring you joy and fulfillment. Also lets you manage stress, meditation, breathing, to reduce stress levels and fears,

MY BODY IS HEALTHY AND FULL OF VITALITY.

REIKI SACRAL CHAKRA HAND POSITION

The Reiki Sacral Chakra hand position involves placing the hands on or near the lower abdomen, just below the navel.



SACRAL CHAKRA

CREATIVITY - SEXUALITY - EMOTIONS

The Sacral Chakra, or Svadhisthana, is the second chakra and is located in the lower abdomen. It is associated with creativity, sexuality, pleasure, and emotional balance. When this chakra is balanced, it can promote feelings of joy, passion, and creativity.

The Sacral Chakra can be balanced and healed through various methods such as Creative activities (e.g., painting, dancing), hip-opening yoga poses, emotional release, sensuality exercises, water therapy, connecting with others . The Reiki Sacral Chakra hand position can aid in balancing the energy of the Sacral Chakra and promoting healing.

REIKI HEALING BENEFITS

This can aid in healing physical issues such as menstrual problems, infertility, and lower back pain. It can also promote emotional healing by helping to release feelings of guilt, shame, and other negative emotions that may be associated with imbalances in the Sacral Chakra.



ORANGE CALCITE

- Stimulates creativity and inspiration,
- Promotes emotional healing and balance,
- Brings joy and positivity,
- Boosts confidence and self-esteem,
- Enhances sexual energy and vitality.

I AM CREATIVE AND OPEN TO NEW EXPERIENCES.

REIKI SOLAR PLEXUS CHAKRA HAND POSITION

The Reiki Solar Plexus Chakra hand position involves placing the hands on or near the upper abdomen, just below the ribcage.



SOLAR PLEXUS CHAKRA

POWER - WILL - SELF-ESTEEM

The Solar Plexus Chakra, or Manipura, is the third chakra and is located in the upper abdomen. It is associated with personal power, confidence, and self-esteem. When this chakra is balanced, it can promote feelings of inner strength and self-assurance.

The Solar Plexus Chakra can be balanced and healed through various methods such as Abdominal exercises, deep breathing, affirmations, healthy diet, goal setting, practicing self-discipline . The Reiki Solar Plexus Chakra hand position can aid in balancing the energy of the Solar Plexus Chakra and promoting healing.

REIKI HEALING BENEFITS

This can aid in healing physical issues such as digestive problems, stomach ulcers, and diabetes. It can also promote emotional healing by helping to release feelings of self-doubt, anxiety, and other negative emotions that may be associated with imbalances in the Solar Plexus .



CITRINE

- Encourages a positive outlook and attitude
- Enhances personal power and willpower
- Promotes abundance and prosperity
- Alleviates depression and anxiety.

I TRUST MY INTUITION AND MAKE DECISIONS WITH EASE.

REIKI HEART CHAKRA HAND POSITION

The Reiki Heart Chakra hand position involves placing the hands on or near the center of the chest, over the heart.



HEART CHAKRA

LOVE - COMPASSION - CONNECTION

The Heart Chakra, or Anahata, is the fourth chakra and is located in the center of the chest. It is associated with love, compassion, and emotional balance. When this chakra is balanced, it can promote feelings of unconditional love, empathy, and connection with others.

The Heart Chakra can be balanced and healed through various methods such as Practicing forgiveness, loving-kindness meditation, heart-opening yoga poses, volunteering, nurturing relationships, self-love exercises . The Reiki Heart Chakra hand position can aid in balancing the energy of the Heart Chakra and promoting healing.

REIKI HEALING BENEFITS

This can aid in healing physical issues such as heart problems, high blood pressure, and asthma. It can also promote emotional healing by helping to release feelings of grief, anger, and other negative emotions that may be associated with imbalances in the Heart Chakra.



AVENTURINE

- Encouraging abundance and prosperity
- Facilitating spiritual growth and development
- Helps With Spiritual order and Growth
- Boosts energy levels and vitality

I FORGIVE MYSELF AND OTHERS WITH EASE.

REIKI THROAT CHAKRA HAND POSITION

The Reiki Throat Chakra hand position involves placing the hands on or near the throat, at the base of the neck.



THROAT CHAKRA

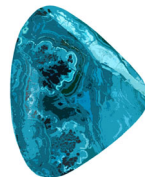
COMMUNICATION - EXPRESSION - AUTHENTICITY

The Throat Chakra, or Vishuddha, is the fifth chakra and is located in the throat area. It is associated with communication, self-expression, and creativity. When this chakra is balanced, it can promote clear communication, confident self-expression, and creative inspiration.

The Throat Chakra can be balanced and healed through various methods such as Singing, chanting, deep breathing, journaling, speaking truthfully, practicing active listening, expressing oneself. The Reiki Throat Chakra hand position can aid in balancing the energy of the Throat Chakra and promoting healing.

REIKI HEALING BENEFITS

This can aid in healing physical issues such as sore throat, neck pain, and thyroid problems. It can also promote emotional healing by helping to release feelings of fear, doubt, and other negative emotions that may be associated with imbalances in the Throat Chakra.



CHRYSOCOLLA

- Enhancing communication and self-expression
- Promoting inner strength and empowerment
- Boosting creativity and inspiration
- Facilitating spiritual growth and development

I EXPRESS MYSELF FREELY AND AUTHENTICALLY.

REIKI THIRD EYE CHAKRA HAND POSITION

The Reiki Third Eye Chakra hand position involves placing the hands on or near the forehead, between the eyebrows.



THIRD EYE CHAKRA

INTUITION - INSIGHT - IMAGINATION

The Third Eye Chakra, or Ajna, is the sixth chakra and is located in the forehead, between the eyebrows. It is associated with intuition, insight, and spiritual awareness. When this chakra is balanced, it can promote heightened awareness, intuition, and spiritual growth.

The Third Eye Chakra can be balanced and healed through various methods such as Visualization exercises, meditation, dream work, tapping into intuition, using crystals, practicing mindfulness . The Reiki Third Eye Chakra hand position can aid in balancing the energy of the Third Eye Chakra and promoting healing.

REIKI HEALING BENEFITS

This can aid in healing physical issues such as headaches, migraines, and eye problems. It can also promote emotional healing by helping to release feelings of stress, anxiety, and other negative emotions that may be associated with imbalances in the Third Eye Chakra.



LAPIS LAZULI

- Enhancing intuition and spiritual awareness
- Promoting Spiritual focus
- Boosting creativity and inspiration
- Facilitating spiritual growth and development

I TRUST MY INTUITION AND INNER GUIDANCE.

REIKI CROWN CHAKRA HAND POSITION

The Reiki Crown Chakra hand position involves placing the hands on or near the top of the head, at the crown.



CROWN CHAKRA

CONSCIOUSNESS - UNITY - ENLIGHTENMENT

The Crown Chakra, or Sahasrara, is the seventh chakra and is located at the top of the head. It is associated with spiritual connection, enlightenment, and universal consciousness. When this chakra is balanced, it can promote a sense of connection to the divine, spiritual awareness, and inner peace.



The Crown Chakra can be balanced and healed through various methods such as Meditation, spiritual practices, prayer, connecting with nature, studying spiritual texts, practicing gratitude. The Reiki Crown Chakra hand position can aid in balancing the energy of the Crown Chakra and promoting healing.

REIKI HEALING BENEFITS

This can aid in healing physical issues such as headaches, neurological problems, and insomnia. It can also promote emotional healing by helping to release feelings of anxiety, depression, and other negative emotions that may be associated with imbalances in the Crown Chakra.



SELENITE

- Promoting mental clarity and focus
- Enhancing spiritual awareness and intuition
- Facilitating communication with the divine
- Purifying and protecting the aura

I AM CONNECTED TO THE UNIVERSAL CONSCIOUSNESS.

CHAKRAS

REIKI GUIDE



ROOT



SACRAL



SOLAR PLEXUS



HEART



THROAT



THIRD EYE



CROWN

SANSKRIT NAME	<i>Muladhara</i>	<i>Svadhishthana</i>	<i>Manipura</i>	<i>Anahata</i>	<i>Vishuddha</i>	<i>Ajna</i>	<i>Sahasrara</i>
LOCATION	Base of spine	Below navel	Solar Plexus	Heart	Throat	Forehead	Crown of head
COLOR	Red	Orange	Yellow	Green	Blue	Indigo	Violet
INCENSE	Cedar	Sandalwood	Frankincense	Rose	Sage	Lavender	Myrrh
ELEMENT	Earth	Water	Fire	Air	Ether	Light	Thought
SEED SOUND	LAM	VAM	RAM	YAM	HAM	OM	Silence
PLANET	Saturn	Moon	Sun	Venus	Mercury	Jupiter	Uranus
EMOTIONS	Safety	Well-being	Power	Love	Expression	Intuition	Unity
MEANING	Root/Support	One's own abode	Lustrous gem	Unstruck	Especially pure	Command	Thousand petaled
BALANCED	Grounding, stability, safety	Creativity, sexuality, passion	Personal power, will	Love, compassion, forgiveness	Communication, expression	Intuition, wisdom	Spiritual connection, enlightenment
UNBALANCED	Fear, anxiety, instability	Emotional imbalance, addiction	Anger, control issues	Grief, hatred	Lies, silence	Delusion, depression	Disconnection, spiritual crisis
PHYSICAL	Legs, feet, bones, large intestine	Reproductive system, kidneys, bladder	Digestive system, liver, pancreas	Heart, lungs, thymus	Throat, thyroid, ears	Eyes, brain, pineal gland	Brain, nervous system
CRYSTALS	Red jasper, smoky quartz, hematite	Carnelian, tiger's eye, citrine	Citrine, amber, tiger eye	Rose quartz, green aventurine, rhodonite	Aquamarine, sodalite, lapis lazuli	Lapis lazuli, amethyst, labradorite	Clear quartz, selenite, amethyst
ESSENTIAL OILS	Patchouli, vetiver, myrrh	Ylang-ylang, sandalwood, clary sage	Lemon, ginger, peppermint	Rose, geranium, neroli	Eucalyptus, chamomile, rosemary	Lavender, rosemary, clary sage	Frankincense, lavender, sandalwood
AFFIRMATION	<i>"I am grounded"</i>	<i>"I am creative"</i>	<i>"I am powerful"</i>	<i>"I am love"</i>	<i>"I am expressive"</i>	<i>"I am intuitive"</i>	<i>"I am divine."</i>



ROOT CHAKRA

Muladhara

LOCATION Base of spine

COLOR Red

ELEMENT Earth

SOUND Lam

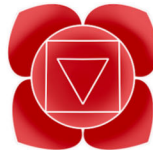
SENSE Smell



- SURVIVAL
- SAFETY
- SECURITY
- GROUNDING
- FOUNDATION

BALANCED

Healthy, grounded, feeling safe and secure, trusting, centered, calm, at home in body



I am

UNBALANCED

Fearful, anxious, restless, insecure, disconnected from body, weak (physical) health

ESSENTIAL OILS

Patchouli, vetiver, frankincense, myrrh, cedarwood, sandalwood, ylang ylang, cypress

AFFIRMATIONS

I am here and I am safe
I am centered and grounded
I am supported by the earth

STONES

Red, black, brown and grey stones such as:



Red jasper



Red tiger's eye



Black tourmaline



Hematite

YOGA



Bridge pose



Mountain pose



Warrior II



Chair pose



Staff pose

SACRAL CHAKRA

Svadhishthana

LOCATION Below the navel
COLOR Orange
ELEMENT Water
SOUND Vam
SENSE Taste



- **SEXUALITY**
- **EMOTIONS**
- **CREATIVITY**
- **PLEASURE**
- **MOVEMENT**

BALANCED

Emotionally stable, creative, passionate, sensual, playful, able to experience pleasure



I feel

UNBALANCED

Emotionally unstable, overly sensitive, fear of change, lack of desire, feeling guilty

ESSENTIAL OILS

Jasmine, rosewood, rose, orange, clary sage, sandalwood, neroli, cardamom, bergamot

AFFIRMATIONS

I embrace my sexuality
I deserve pleasure in my life
My creativity flows freely

STONES

Orange and light brown stones
such as:



Citrine



Sun stone



Orange carnelian



Tiger's eye

YOGA



seated forward fold



Warrior I



Bound angle pose



Triangle pose



Goddess pose

SOLAR PLEXUS CHAKRA

Manipura

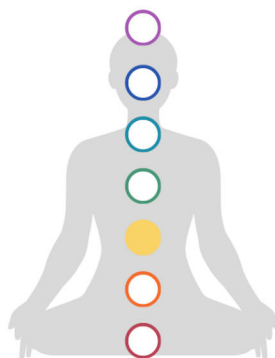
LOCATION Above the navel

COLOR Yellow

ELEMENT Fire

SOUND Ram

SENSE Sight



- POWER
- WILL
- SELF-ESTEEM
- ENERGY
- COURAGE

BALANCED

Balanced ego-strength, strong will, confident, empowered, good self-esteem, motivated



I do

UNBALANCED

Low energy, weak will, low self-esteem, aggressive, angry, competitive, manipulative

ESSENTIAL OILS

Juniper, cedarwood, lemongrass, lemon, marjoram, rosemary, peppermint, cardamom, ginger

AFFIRMATIONS

I radiate confidence
I honor my inner power
My potential is limitless

STONES

Yellow and gold stones such as:



Citrine



Yellow jasper



Tiger's eye



Pyrite

YOGA



Plank pose



Revolved triangle



Boat pose



Bow pose



Downward dog

HEART CHAKRA

Anahata

LOCATION Center of chest

COLOR Green

ELEMENT Air

SOUND Yam

SENSE Touch



- LOVE
- COMPASSION
- BALANCE
- FORGIVENESS
- ACCEPTANCE

BALANCED

Loving, compassionate, kind, balanced, empathetic, forgiving, accepting, peaceful, altruistic



I love

UNBALANCED

Lack of empathy, unforgiving, fear of intimacy, lonely, clingy, overly sacrificing, jealous

ESSENTIAL OILS

Rose, jasmine, lavender, melissa, bergamot, geranium, mandarin, sweet marjoram, ylang ylang

AFFIRMATIONS

I am worthy of love
I follow my heart
I forgive myself and others

STONES

Pink and green stones such as



Rose quartz



Unakite



Green aventurine



Malachite

YOGA



Cobra pose



Wheel pose



Half lord of the fishes pose



Bow pose



Upward salute

THROAT CHAKRA

Visuddha

LOCATION Throat

COLOR Bright blue

ELEMENT Sound

SOUND Ham

SENSE Hearing



• **COMMUNICATION**

• **CREATIVITY**

• **EXPRESSION**

• **AUTHENTICITY**

• **PURIFICATION**

BALANCED

Clear and open communication, able to express thoughts and feelings, good listener, creative



I speak

UNBALANCED

Fear of speaking, shyness, introversion, inability to listen, gossiping, talking too much

ESSENTIAL OILS

Peppermint, chamomile, cypress, spearmint, eucalyptus, bergamot, tea tree, sandalwood, sage

AFFIRMATIONS

I hear and speak my truth
My words are powerful
My voice matters

STONES

Blue stones
such as



Aquamarine



Blue chalcedony



Chrysocolla



Sodalite

YOGA



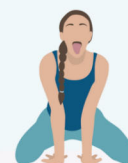
Bridge pose



Cat pose



Cow pose



Lion pose



Plow pose

THIRD EYE CHAKRA

Ajna

LOCATION Forehead
COLOR Indigo
ELEMENT Light
SOUND Om
SENSE Sixth sense



- INTUITION
- IMAGINATION
- PERCEPTION
- CLAIRVOYANCE
- DREAMS

BALANCED

Intuitive, perceptive,
imaginative, good memory,
able to visualize, dream recall



I see

UNBALANCED

Lack of imagination, sensitive,
poor vision, poor memory,
obsessions, hallucinations

ESSENTIAL OILS

Rosemary, cedarwood, juniper
frankincense, clary sage, thyme,
pine, bay laurel, marjoram

AFFIRMATIONS

I trust my intuition
I listen to my inner knowing
I see all things in clarity

STONES

Indigo and purple
stones such as



Lapis lazuli



Sodalite



Labradorite



Amethyst

YOGA



Standing forward bend



Child pose



Lotus pose



Dolphin pose



Head to knee pose

CROWN CHAKRA

Sahasrara

LOCATION Top of head

COLOR Violet

ELEMENT Thought

SOUND OM or AH
Silence



- CONSCIOUSNESS
- SPIRITUALITY
- UNITY
- AWARENESS
- UNIVERSAL IDENTITY

BALANCED

Spiritually connected, feel one with the universe, deep understanding, inner wisdom



UNBALANCED

Spiritually disconnected or spiritual addiction, rigid belief systems, learning difficulties

I know

ESSENTIAL OILS

Frankincense, rosewood, rose, myrrh, sandalwood, vetiver, neroli, jasmine, lavender

AFFIRMATIONS

I am divine
I am a spiritual being
I am one with the universe

STONES

Violet, white/clear or light purple stones such as



Amethyst



Clear quartz



Howlite



Selenite

YOGA



Savasana



I ree pose



Half lotus pose



Rabbit pose



Upward salute



REIKI ATTUNEMENT CHEATSHEET



HOW TO PASS AN ATTUNEMENT

Notes: This attunement process is based on the teachings of Diane Stein. During the attunement, remember to hold the Hui Yin position with your tongue at the roof of your mouth at all times. *Hold your breath unless you are blowing. Keep your hands touching or in the aura of the student at all times.* The Reiki Master stands to pass attunements and students are seated in chairs with hands held in palms together at chest height.

1. FROM THE BACK

- Open the crown chakra.
- While intoning Cho Ku Rei, trace the symbol over the crown three times and tap three times.
- Reach over the shoulders to take the student's hands, and blow into the hands.
- Take a deep breath and hold it.
- While intoning Sei He Ki, trace the symbol over the crown three times and tap three times.
- Reach over the shoulders to take the student's hands, and blow into the hands.
- Take a deep breath and hold it.
- While intoning Hon Sha Ze Sho Nen, trace the symbol over the crown one time and tap three times.
- Reach over the shoulders to take the student's hand, and blow into the hands.
- Take a deep breath and hold it.
- Master Level Only > While intoning Dai Ko Myo, trace the symbol over the crown three times and tap three times.
- While intoning Sei He Ki, trace the symbol over one or both palms and tap three times.
- Blow in the hands fold them together.
- Bring the folded hands to the chest.
- Open the student's hands like a book.
- Take a deep breath and hold it.
- While intoning Hon Sha Ze Sho Nen, trace the symbol over one or both palms and tap three times.
- Blow in the hands fold them together.
- Bring the folded hands to the chest.
- Master level only
 - Open the student's hands like a book.
 - Take a deep breath and hold it.
 - While intoning Dai Ko Myo, trace the symbol over one or both palms and tap three times.
 - Blow in the hands and fold them together.
 - Bring the hands to the chest.
- Blow from the root chakra to the crown chakra.

2. COME TO THE FRONT

- Open the student's hands like a book.
- Take a deep breath and hold it.
- While intoning Cho Ku Rei, trace the symbol over one or both palms and tap three times.
- Blow in the hands and fold them together.
- Bring the folded hands to the chest.
- Open the student's hands like a book.
- Take a deep breath and hold it.

3. GO TO THE BACK

- Take a deep breath and hold it.
- Trace the Raku symbol in the back of the aura three times.
- Give thanks for the attunement.

4. COME TO THE FRONT

- Place the students hands in their lap and sit with the client until the energy subsides.

