

Tantric Divination

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Reiki Healing

What is it?

Reiki energy is healing energy fueled and channeled directly from Source. It is accessible to all and there are no negative side effects. It is a non-medical, holistic method of healing the Mind, Body, and Spirit. Reiki heals on an energetic level, which in turn heals the physical and emotional body.

Benefits of Reiki



- Promotes clarity and focus
 - Balance Chakras
 - Promotes emotional balance
 - Relieves pain
 - Promotes relaxation and reduces stress
 - Heals relationships with others
 - Helps to manifest goals
 - Clears negative energy
 - Boost of energy
 - Heals past life and karmic issues
 - Heals addictions
 - Develops good habits
- Helps to connect to your higher self





What can I expect after Reiki?

To receive this healing energy, you only have to set your intention to be open to receive. Each person's experience with Reiki will be different because everyone has different issues to address as there are many layers to healing. Generally you may feel good overall, and some may not feel anything at all. It all depends on how in tune you are to your body and your environment. You may feel physical sensations such as heat, cold, or tingling, and you may not. Some may experience what is called a Healing Crisis, where the body goes through a purge to release toxins, blockages, and negative energy for healing. In this case you may feel like you are sick or have the flu. You may feel worse before you start to feel better. It should only last a few days. Drink plenty of water before and after the session and ground your energy as much as possible.

Chakras

There are 7 main Chakras in our energetic body, each of which serves its own purpose.

- ❖ **Root Chakra (Muladhara)** - Located at the base of the spine and its extensions are the legs and feet. It deals with home, family, financial security, stability, and grounding.
- ❖ **Sacral Chakra (Svadhithana)** - Located below the navel. Its functions are adaptability to change, creativity, emotional balance, sexuality, feeling pleasure, and relationships with others.
- ❖ **Solar Plexus Chakra (Manipura)** - Located above the navel and at the center of the spine. It is the ego... our character, our will power, motivation, what we do, and how we feel about ourselves. It is responsible for self confidence and self worth.
- ❖ **Heart Chakra (Anahata)** - Located at the level of the heart, with extensions being the arms and hands. It is our compassion, passions, and ability to connect to others. It is how we are open to love and to be loved.
- ❖ **Throat Chakra (Vishuddha)** - Located at our throat. Its extensions are the jaw and ears. Its function is communication, receptivity, and projection.
- ❖ **Third Eye Chakra (Anja)** - Located between the brows. It is our intuition, perception, outlook, and our connection to our higher selves.
- ❖ **Crown Chakra (Sahasrara)** - Located at the top of the head. Its function is accessing higher states of consciousness and our connection to all that is.





Conclusion

Reiki works best when there are consistent treatments, as there are many layers to healing. When Reiki is not readily available to you, there are exercises that you can do on your own to stay balanced.

Meditation - Meditation and visualization helps to restore balance. Sit in a quiet place and visualize a white light pouring into the crown of your head, washing away all of the negative energy in your system.

Affirmations - Speak positive words every day about who or what you are, and what you would like to accomplish.... As if you already have those things. Ex: I am confident, I am financially stable, I communicate my truths with ease.

Yoga - Certain stretches and yoga poses are designed to break and release stagnant energy in the body to promote healthy energy flow and increase overall vitality.

Grounding - Spend as much time in nature as possible. Nature in itself has a very high, healing vibration that promotes clarity and peace of mind.

Namaste'

