



YourPowerToCreate.Com

Reiki for Anxiety, Stress Relief and Healing

Presented by Your Power To Create And
Felicia Ransome-Stoute

Disclaimer: Use caution when beginning a new nutrition program. Not all exercise programs are suitable for everyone. Check with your doctor before you begin. Your Power To Create and Felicia Ransome-Stoute will not be responsible or liable for any injury sustained as a result of using any program presented and/or discussed on the Your Power To Create website, blog, via email communications or in video format.

Table of Contents

| | |
|--|----|
| Introduction..... | 3 |
| Chapter 1 - What is Reiki? | 4 |
| Chapter 2 - What is Stress? | 9 |
| Chapter 3 - What is Anxiety?..... | 11 |
| Chapter 4 - How Can Reiki Relieve Stress And Anxiety?..... | 13 |
| Chapter 5 - What To Expect From A Reiki Treatment..... | 19 |
| Chapter 6 - Other Energy Treatments You Can Use At Home. | 23 |
| Conclusion | 25 |
| Resources | 26 |

Introduction

Stress is all around us in the modern world, with demands from work, family life, money issues and more bombarding us from every direction. It's easy to feel anxious in these circumstances, to the point where even when things seem to be going well, you feel worried.

With high levels of stress and anxiety in your life, it may feel as if you're out of control. Or, you might feel as though you can't switch off and just relax, so you can have a moment or two of peace and quiet without your to-do list or negative thoughts gnawing at you.

Over time, this can lead to poor physical and mental health, and grind down your spirit, that is, your sense of who you are and what you want from life.

Fortunately, there are a number of healing methods that can help relieve stress and boost the health and well-being of your body, mind, and spirit. One of them is reiki (pronounced RAY-key).

If you've been feeling like you're running as fast as you can just to stand still and your fuel tank is empty, reiki could just be the right healing path for you. Let's look first at what reiki is.

Chapter 1 - What is Reiki?

Reiki is a complementary and alternative medicine (CAM) that is based on millennia-old healing methods from Indian (Ayurvedic) medicine and traditional Chinese medicine (TCM). It is a non-invasive way to lead people to better health through working on the energy within them.

This may sound weird, but if you think about it for a moment, you will know that our body has what we could describe as an electrical system and wiring. For example, our thoughts are electrical impulses that jump between the synapses in the brain.

Our heart beats as a result of electrical conductivity in the heart. Specialists called electrophysiologists work with people who have heart issues and might need, for example, a pacemaker to get their heart beating regularly at the correct speed.

Therefore, it is completely logical for some traditional healing methods to work with the conductivity in the body. In the case of these healing methods, they don't just deal with the physical body, such as skin, muscles and organs like the heart or liver. They also deal with what is termed the subtle body or energy body, the sockets and wiring of our body.

The meridians

The subtle energy body can't be seen if we cut a person open during surgery, but it is certainly there. Acupuncture and its cousin acupressure are both designed to tap into certain energy centers of the body termed meridians, which might be blocked, so the power can flow through the wires or channels once again.

Acupuncture uses small thin metal needles to unblock the flow of energy. Acupressure uses fingers, knuckles or a firm item that is not too hard, like a pencil with a rubber eraser at the end of it. Both CAMs are mainstays of TCM.

Reiki is closely related to them, except that treatment is often issued without any physical touch at all. In fact, some healers such as reiki masters are actually able to heal from a distance. If physical touch is used, it will be in the form of several

established hand positions designed for healing. A person can give themselves



reiki treatments, or have them administered by a reiki practitioner.

The chakras

Unlike TCM, reiki also uses the Ayurvedic system of the 7 chakras for healing. The word chakra means wheel or vortex. They are seen as energy centers in the body that are connected by a central channel that runs from your anus, the root chakra, to the top of your head, the crown chakra. Each center has a location and controls a particular form of energy in the body and has a color associated with it. They are:

The Root Chakra-red

It is located around the area of your anus and its energy is the desire for safety, stability, and all your important needs being met, such as food, water and shelter.

The Sex Chakra-orange

This is the seat of creative, procreative and reproductive energy. It is your driving force to make things.

The Solar Plexus Chakra-yellow

Think of solar, like the sun. The word plexus means network. It is in the middle of your body, at the area where your ribs separate. This is the seat of willpower and a great deal of energy. The secret is to move the energy from the lower chakras to here, and then from here to the upper chakras, to stay balanced and fulfilled.

Heart Chakra-green

The heart chakra is in the center of your chest and is associated with love and

compassion. A balanced chakra helps with a harmonious life and connects your body, mind and spirit.

Throat Chakra-blue

This is located at your throat and controls communication and connection with others. It allows you to speak your deepest truths and be understood by others, and well as giving you the ability to understand them.

Third Eye-indigo (purplish blue)

Located between your eyebrows, this is the center of your intuition and helps you perceive the world around you with greater clarity. It is associated with mystical forms of seeing, such as clairvoyance, by those who believe they possess a certain sight.

The Crown Chakra-purple or sometimes shown as white

This is located at the top of your head and is an energy center that connects with all your chakras within, and connects with the universe outside.

The levels of reiki

Studying reiki can be a lifetime's work. There are three levels, 1, 2 and Master. As you can probably guess, Master requires a considerable amount of study. However, you can get a lot of benefit from learning Level 1 reiki.

Level 2 can enable you to help others, as well as yourself, including your pets-they have center centers too! There are even reiki practitioners who specialize in pets, giving elderly animals, for instance, the relief from pain that this age-old healing practice offers.

How does reiki work? The clues are in the name. Rei (RAY) is spirit, and ki or qi or chi (CHEE) is vital energy, or your life force. Ki or qi is referred to as prana (PRAH-NHA) in Ayurvedic medicine. Reiki healing works to restore the energy flow or ki (qi) within the body. Some people translate reiki as "universal life force energy."

A Reiki master is familiar with the energy flow of the body and how they can support that energy through what is commonly referred to as the 'laying on of hands', such as in Christian tradition. The reiki master doesn't give their energy, they support the person who wishes to be healed.

The person seeking the healing sets an intention at the start of the practice, such as, “I wish I didn’t always feel so stressed, or, “I wish I could stop worrying about things all the time for no reason.”

Once the intention is set, both the reiki healer and the person receiving the healing can work on that goal together, even if they aren’t in the same room.

Reiki healing has many health benefits. Studies have shown it is very useful in terms of imbalances caused by:

- Depression
- Stress
- Anxiety
- Fearfulness
- The build-up of toxins in the body
- Mental trauma, such as Post-Traumatic Stress Disorder (PTSD)
- Accident or injury
- Continual negative thoughts

and more.

These conditions all effect the health of the body, and vice versa. For example, up to 75% of heart patients also tend to get depression. More than 50% of seniors will develop depression, possibly in relation to physical illness or the general changes in their body and overall health which often comes with aging.

We can’t be sure if the heart disease causes depression, or the depression causes the heart disease, such as broken heart syndrome, but what we do know is that those who try reiki as a means of healing have reported:

- * Better sleep patterns
- * Lower blood pressure
- * Pain relief, even from chronic pain such as that of arthritis
- * Boosted immune system function, such as fewer cold and flu
- * Feeling more energetic
- * Having better concentration and focus

* Feeling calmer and more relaxed

Now that you know what reiki is and some of the benefits, let's look at stress and why it can be so bad for your health.

Chapter 2 - What is Stress?

Everyone experiences some level of stress throughout the day, even if it is just to get out of bed and get to work on time instead of late, or to meet a deadline or get your work done to a high standard. But if you constantly feel under pressure and challenged all the time, you could be suffering from excessive stress.

Excessive stress affects many systems in the body negatively, including:

- the digestive system
- the metabolism
- the heart
- the lungs
- the musculoskeletal system
- the nervous system
- the immune system.

Just think how you feel when you have to get up and speak in public. For most of us, this is a stressful experience and we can feel butterflies in our stomach. We feel nervous and on edge, our muscles tight, our breathing grows rapid and shallow and our heart starts beating as if it's going to jump out of our chest.

Stress triggers the fight or flight response that protects us from danger. The hormone adrenalin is produced by the adrenal glands, two small glands just above the kidneys, to help us cope with the perceived danger. The trouble is that if you suffer from chronic stress, adrenalin will continue to pump. The stress response will start to wear you down and lead to emotional issues and poor health. None of us are at our best under stress, so we need to switch off the fight or flight response in order to maintain balance.

Stress has been associated with many forms of illness, including autoimmune disorders, that is, diseases in which the body attacks itself, such as rheumatoid arthritis. Autoimmune disorders may have a genetic component, but they also often seem to be triggered by inflammation, that is, a chronic level of irritation in

the body. Stress causes inflammation, so it stands to reason that chronic stress can cause chronic inflammation and dis-ease, or disease.

There is a great deal you can do to relieve stress each day, such as make time for yourself, read a book, try aromatherapy, and so on. But if you've tried these and you are still feeling like a pressure cooker about to explode, or constantly worried all the time, reiki can help.

Now that you understand stress and the physical as well as mental impact it can have, let's look at the effects of anxiety.

Chapter 3 - What is Anxiety?

Anxiety, or anxiety disorder, is a mental health issue in which the person who suffers from it experiences feelings of worry, anxiety, or fear that are so strong, they interfere with one's daily activities and harm their quality of life.

It's okay to be worried about an exam, or a big meeting at work. That's only normal. It is brief and goes away after a relatively short period of time. By contrast, anxiety disorder is a constant feeling of unease or worry without any specific cause. More than 3 million people in the US suffer from chronic anxiety. It can be experienced in a range of ways, including:

- Constant worrying, about even the smallest thing
- Panic attacks
- Obsessive compulsive disorder (OCD), such as washing hands all the time for fear of germs
- Post-Traumatic Stress Disorder (PTSD), such as after a distressing incident'
- Constantly having a feeling of dread
- Difficulty falling asleep or staying asleep because of their worrisome thoughts
- Restlessness, always feeling unsettled and unable to relax

and more.

Anxiety can happen at any age, though it is most common in middle age. [Women](#) are twice as likely to experience it as men.

Over time, chronic anxiety start to take its toll on a person in a number of ways. They include:

- Fatigue
- Restlessness
- Sweating
- Shakiness

- Upset stomach, nausea from nervousness or dread
- Constantly on the alert/hyperactive
- Irritable
- Subject to mood swings
- Insomnia
- Poor concentration
- Heart palpitations
- Racing thoughts that seem out of their control
- Unwanted thoughts, such as thinking bad things about others, or situations; sometimes suicidal thoughts as a way of escaping from the fear

As you can see from this list of physical and mental effects, anxiety, like stress, affects all aspects of your daily life and ruins the quality of it.

Going to see a doctor about your anxiety will often result in them recommending medication for it, but the truth is that natural, non-invasive methods such as Cognitive Behavioral Therapy (CBT), or talk therapy, and better self-care, have been shown to be just as effective, but without the risk of negative side effects.

Now that you understand what stress and anxiety are, and how negative an impact they can have on your health, let's look at how reiki can help heal these issues.

Chapter 4 - How Can Reiki Relieve Stress And Anxiety?

Reiki works to relieve stress and anxiety because it helps release old energy, patterns, and/or beliefs that no longer serve you. These patterns might be obvious to you, like being overweight, or they might be only noticed on the subconscious level. The main point is you feel stuck, or like you've had enough and need to make positive changes in your life. In this case, working on your inner self and your health can help bring your life back into balance.

As we have mentioned, there are 3 levels, from 1 to Master. To start a reiki healing journey for yourself, you need to receive instruction from a trained master. They will confer what is known as an attunement, that is, help to tap into the reiki energy. Once you have received your attunement, you can help yourself. This is of great benefit because going for reiki sessions can start to add up in cost after a while.

A healing schedule

The ideal schedule for reiki is 3 days in a row, no more than an hour each day, within each 21-day period. Before and after the treatment, 'clean living' is recommended to get the most out of the healing. This means no:

- smoking tobacco
- drinking alcohol
- caffeine
- sugar
- foods with a lot of chemicals and additives
- personal care products with harsh chemicals

and so on.

If you can manage to do this for even a few days, you will certainly find yourself less worried and stressed.

Receiving treatment can be hands on or hands off healing depending on the practitioner and the goals, but the result will be the same: a balancing of your energy in your meridians and chakras that can help you feel more in control of your life and less emotional in response to things that happen, or don't happen, but you fear they might.

Preparing for treatment

To prepare, be sure you've washed that morning, and wash your hands prior to the treatment. Try to relax and enter that we would call a meditative state, that is, one in which your mind is calm and not racing all over the place running through your to-do list and other issues.

Make sure you are laying down in a relaxed position and your clothing is not too tight. Set your intention for the healing. Then the healing session will begin.

The healing treatment

Each healing session will be a little different depending on your intention, level of energy and the person giving the treatment, if you are not administering it yourself.

The first part of any reiki healing will cleanse your aura. Your aura is the energy field that surrounds you from head to toe. It also extends outward from your body. A wide, strong aura signifies good health. A thin aura or one that has holes in it leaves you open to stress, anxiety and illness.

The aura represents your physical, mental, emotional and spiritual energies. The aura is often seen as a mix of colors similar to the colors of the chakras, but it could also be one solid color. Other possible colors include pink, gray, brown and black. Some people can see another's aura, while others can just sense it.

If you've ever met someone who is difficult to deal with all the time, they probably have a darker aura. They can also steal the energy from your aura, leaving you with thin spots or even holes. A "Swiss cheese" aura is not the best defense from stress and worry, so it needs to be built back up and maintained. Reiki can help.

After the aura is repaired and rebalanced, it is time to pay attention to the meridians through the various reiki hand positions. Western style reiki mainly does aura work and retunes generally to enhance overall well-being. Japanese reiki can go deeper, trying to heal specific problems, though the results are not guaranteed due to the unpredictable nature of energy movement in the body.

However, when we focus on something, either mentally, or through touch, the energy will shift simply because we are paying attention to it. Working on each meridian for a few seconds will help retune it. Working for up to 10 seconds is believed to rebalance the area and also help heal any issues with the organs that are associated with that meridian. This is deeper healing that can best be done by a qualified reiki master. Once you've had a deep treatment, however, you should be able to maintain it yourself to keep your aura healthy and your internal energy in balance.

Depending on the style and preferences of reiki practitioners, they might or might not emphasize chakra work. The chakra system comes from Indian Ayurvedic medicine rather than TCM, but it is a well-established healing practice that goes back thousands of years.

Anxiety can cause you to worry all the time for nothing, or take the worst possible view of a situation even though there's no reason to be negative or pessimistic. Anxiety signals that your root chakra is out of balance. Since the root chakra is literally the foundation of your being that you sit on, a poorly balanced root chakra means energy issues throughout the rest of the body. It can make it very hard to circulate energy in your body, leading to tiredness and an overall feeling of being out of control.

In terms of stress, one or more chakras are likely to be out of balance. If you're not sure which to work on first, aim for the solar plexus chakra. It is the seat of your willpower. If you work on it regularly, it should bullet proof you from difficult people and situations because you know who you are, and how strong you are no matter what happens.

A reiki practitioner won't give you their energy, they will support yours. It is all around and within you. It's just a case of increasing it, then moving it around

where it needs to go. Reiki helps you clear energy blocks in the chakras to help you feel much more grounded, calm and relaxed. Those who have a reiki treatment often fall asleep during it, they find it so relaxing. They also report better sleep for several days after treatment. Sleep is healing and rejuvenating, so better quality sleep can only be a good thing.

Reiki can help you reconnect with that's most important you, your heart's desire. A lot of people feel stress because they are just not living the life they long for. They might feel stuck in a job they hate and long to escape the 9 to 5 rat race so they can do something that they're passionate about. Reiki can help find balance and clarity.

Reiki can also help you cleanse yourself from the energy of others. If you live in a large city, you're surrounded by many people every day. If you work in a busy office or have a lively home life, you can easily pick up on the energy of others, leaving your own energy out of balance. If you notice yourself worrying all the time, getting moody, saying or doing things that you don't find typical of who you are, or feeling aches and pains that don't have anything to do with exertion or injury, it's time to firm up your aura and rebalance.

If you find yourself crying at the least little thing or constantly worrying over small things, your anxiety will soon get the better of you unless you take steps to heal from within. If your imagination seems to always run away from you and picture worst-case scenarios, the relaxing and meditative aspects of reiki can help.

In cognitive behavioral or 'talk' therapy, three useful practices that have been shown to work are:

- visualizations
- positive self-talk, and
- re-framing.

You can use these in reiki as well. Your visualizations of what might happen can focus on the positive, not the negative. Your positive self-talk can boost your confidence and make you feel like you can handle anything. This increase confidence will make you less anxious.

Re-framing can help you interpret events in a different way so they seem less stressful and worrying. For example, if your boss seems a bit abrupt with you, it's NOT because they are going to fire you. It's probably because something happened that put them in a bad mood, like someone cutting them off in traffic on their way to work.

All of these techniques are useful within your reiki practice because your mental energies and well-being are as important as the physical energies. The two work together so closely that you can't treat one without affecting the other. As we have mentioned, stress has a significant impact upon the body. So too does anxiety. Look at people who bite their nails, smoke, drink alcohol, or take illicit drugs as a way of trying to cope. All of these will have a significant negative impact on their physical health.

Reiki is a holistic practice, that is, it treats the entire body, but also the mind and spirit. You can't do reiki re-balancing every day, so the days that you don't receive treatment or do it yourself, your other activities should support your health and healing.

As you progress on this healing path, your inner strength will start to show and you will get rid of old patterns that no longer serve you, such as bad habits like overeating and smoking cigarettes. You will start to take better care of yourself, with healthy meals, exercise such as yoga and tai chi (both great ways to move energy around the body) and a greater openness to yourself and to others. You really will start to live your best life, even if nothing else around you changes.

But that's the great thing about working on yourself rather than trying to change the world around you. If you change, the world will change too. Change your mind, change your world. The things that once stressed you and made you anxious will no longer have the power to worry you. You're in control. You respect yourself and trust your intuition. You go with your gut and know things will work out because you are able to cope with any challenge.

There's no longer any reason to let fear run your life. Thanks to reiki, and your own work with your energy and your meditations, you'll be able to maintain a calm, peaceful mind, deep, even breathing, and a slow, steady heart rate. As they

say, feel the fear and do it anyway. This will help you move beyond the blockages and obstacles you feel in your life, so you can live a better, healthier one.

Sounds great, doesn't it? So let's get started with what to expect when you have a treatment.

Chapter 5 - What To Expect From A Reiki Treatment

In this chapter we will discuss what you can expect from a reiki treatment, in terms of receiving one, and an attunement, and giving one to yourself once you've received your attunement.

Those receive reiki healing have reported a number of sensations. The most typical is a glowing, radiant energy that flows through them and surrounds them. In each session, you would hold your hand above the area to be treated, or place them on the body. Each session usually starts with aura cleansing, with the practitioner hovering their hands over the top of the head and working down to the feet and back around again, following the outline of the body several times to repair the aura.

Once the aura has been repaired, it's time to pay attention to the varying positions used to treat illness and restore balance to the energy in the body. If you are doing the session yourself, you can hover your hands or touch the area affected. There are other energy activities you can perform as well which we will discuss below, but this is the easiest way to begin each session.

Holding the hands over or touching the body in the various positions will take time, with the positions being held for several seconds at a time to focus and balance the energy. Those being treated report a range of sensations, ranging from very hot to very cold. Some people have reports a tingling sensation in the area, or in the hands and feet. Others experience what they describe as waves of energy surging through the body.

Some have reported an upset stomach, so many practitioners recommend you not eat for 2 hours prior to your session. For best results, it's been suggested that a patient receive 1 treatment a day for 3 days and then not repeat the session for 18 days, for a total cycle of 21 days. Some people choose to fast or do a juice or liquid fast in the days leading up to their treatment. There isn't really any one right way of doing it; you will eventually come up with a pattern that's right for you.

In addition to the physical sensations, there can be emotional ones as well. Some people report uncontrollable crying. Others say they get into a very bad mood, or start to laugh and can't help themselves. Still others feel so calm and peaceful that they simply fall asleep and gain a very refreshing sleep unlike any other.

In terms of the realm of weird and wonderful, some people have reported what could be described as supernatural experiences, or spiritual manifestations while receiving treatment.

Some report:

- Visions
- Messages
- Past life images
- Strange smells or tastes
- A great sense of relaxation and peace.

In particular, when they go through the attunement process, they can experience a range of sensations, including:

- Seeing colors
- Feeling very warm and secure
- Experiencing a great sense of being loved and care for
- Getting the sensation of their heart opening
- Feeling their worries and fears lifting
- Feeling as though they are floating
- Getting the sensation of being on the right path
- Feeling connected with the universe

Sometimes the sensations can be a bit troubling:

- An ache, pain or twinge
- Feeling disoriented
- Old memories cropping up, not all of them pleasant
- Feeling confused or out of sorts

These sensations will usually pass after a short time.

Some people are concerned that reiki and TCM are not Christian and are therefore contrary to the teachings of their church. While it is true that the Catholic church in the US has declared reiki to be mere superstition, and no longer offers reiki treatments in any of its hospitals, hospices and so on, practicing reiki is not going to 'turn you' into a Buddhist or anything else. Reiki does not have anything to do with religious belief, but it can enhance a person's spirituality by giving them a sense of being connected to something divine, that is, greater than ourselves.

At the end of each session, a few more sweeps of the aura can finish the session off in a way that ensures balance. Once the treatment is over, rest and relax for a moment. If you wish, you can journal about your experience.

After the treatment, you might actually feel worse before you start feeling better. This might be due to toxins being released and/or the shifts in energy. After a treatment, it is important to drink plenty of fresh water to flush the toxins out of your system and stay hydrated. You may notice lingering effects for 3 to 5 days after treatment.

It can take up to 21 days to feel any progress. Many practitioners encourage newcomers to the practice to do a 21-day period of cleansing to clear out any issues and rebalance as the qi starts to flow more freely.

It is important to note that it's not possible to treat specific conditions with reiki because the qi moves in unexpected ways, but it does often happen that patients gain not just the benefits they are hoping for, but others as well. This might include enhanced mood, weight loss, or even the healing of an old issue that they've live with for a long time and thought they would never get rid of.

The flow of positive energy being used to heal has not been reported to be harmful, but it can be worrying for some people who are surprised by the amount of power they encounter. As we've said, the higher reiki masters can help from a distance, or even with just a look.

When doing your own treatment, think hovering, or gentle, not hard touches. Don't press down on your eyeballs when you are working on the face. Don't cut off the breathing through the nose and mouth.

Remember, the energy is already within you. You're just moving it around. Don't try to force the process or push through in order to control the treatment to try to get your desired result. The ego will only bend the energy in unexpected ways. Instead, think of it as a natural process. Go with the flow. Don't try to re-direct the river. Listen to your body and intuition. It will usually tell you where your hands have to go.

At the end of the session, rub your hands again and blow on the palms to cool them down. Wash your hands again after the treatment.

Grounding your energy

If you find all the qi coursing through you to be a bit too chaotic, at the end of the session, wash your hands in cool water. You can also do this at the end of each shower or bath. Rinse your feet and hands with cold water. This will ground the energy so you don't 'spark' all over the place.

If you still find the energy chaotic, use a homemade salt scrub of a tablespoon of salt, such as sea salt, with a tablespoon of pure olive oil. Scrub lightly until the skin feels soft and supple. If you use it on the feet, be careful you don't slip in the shower or tub and rinse it well.

Now that you know how to treat yourself using a standard routine, let's look at more detailed energy treatments you can do at home.

Chapter 6 - Other Energy Treatments You Can Use At Home

There are a number of energy treatments you can do yourself at home to tap into your energy and learn how to move it where it needs to go. Here are 5 all-purpose ones for Level 1 practitioners that you can use in between your healing sessions.

Kenyoku (Dry Bathing)

Kenyoku can be carried out at the beginning and end of a treatment as a way of disconnecting you from unwanted energies in your surroundings and from your thoughts. Use it to protect yourself from worrisome or stressful situations; to stop things from bothering you, and to stop you from bringing work home or dwelling on things. Move your hands up and down, either hovering or touching, as if you were washing yourself in the shower or tub. Work from top to bottom, down one side, then the other, front and back as best you can.

Puffing out

While you are doing this, push the air out of your nostrils in 3 short, sharp snorts, 1, 2, 3. Do it up to 3 times if needed. This will dispel any negativity around you. Best of all, this can be done anywhere, even in the middle of a meeting with your difficult boss! You should soon feel your spirits lift and people have reported a light, airy sensation from their heart chakra upwards after doing this.

Gassho

Place your hands in the center of your chest as if praying. Activate the heart chakra by pressing the knuckles of the thumbs lightly into your chest. Breathe out onto your fingertips. Use this position for meditation or calming the mind before and after your treatment.

Energy ball

Rub your hands together for half a minute. Hold your hands out in front of you, shoulder width apart, with your palms facing each other. Now slowly 'bounce' your hands together until you feel an impression of something between your hands like a rubber ball or a balloon.

You can extend this by rotating your hands to feel the curve of the ball. Play with the energy-it's literally in your hands.

A rainbow between your hands

Rub your hands together for half a minute. Hold out your hands, elbows against your sides, palms facing upwards. Imagine you are holding a rainbow, with one foot of the rainbow on your right palm and the other arching over your head to the left. Move your hands up and down to juggle the energy and see if you can make the rainbow bigger or smaller. What colors are dominant when you do this? Feel the warm glow of energy extending from your palms.

Chakra work

Chakra retuning can be done at any time.

Start at your root chakra and place or hover your hand on each spot, moving the energy upwards to the crown. As you touch each one, think of its color and the energy you are harnessing. Pay special attention to the solar plexus chakra to help move all the energy from the lower chakras to the higher ones. When you reach the crown of your head, imagine you're bathed in a pure white light.

Then visualize sending out powerful, healing energy to the rest of the universe, and receiving it in return. Feel your whole body bathed in light and your aura cleansed and bright.

Summary

Energy work can be a great deal of fun, but don't overdo it. Stop and start as you feel the need to with your energy exercises. Don't try to force anything. Also understand that each session will be different, so don't expect the same each time and be disappointed if you don't get the same 'results' or an effect that you are hoping for.

Also understand that energy work can take time. It may take several days or even a couple of weeks to feel the full benefit of each session. Patience and a natural, holistic progression towards healing will be key. Follow your intuition as you

travel along this healing path, and see what a difference it can make to your health and ability to increase and move your energy.

Conclusion

Stress and anxiety can ruin our health if we don't do something to control them. Both physically and mentally, we will feel as if we're living in a thorn bush if our stress and anxious thoughts are not brought under control.

Stress impacts every major bodily system. It can also prevent us from thinking straight. Anxiety affects our mind so intensely, we not only don't think straight, we think negatively all the time, and even start to imagine the most terrible things happening. A quote commonly attributed to Mark Twain says, "90% of the worst things that ever happened to me NEVER happened." This attests to the tendency of our minds to look on the dark side rather than the bright one.

Reiki is a great healing method because it deals not only with physical healing, but mental and spiritual healing as well. If you're feeling worn down by stress and worry, it's time to free yourself of your old patterns and experience real health and healing. The energy is within you. It's just a case of what you choose to use it for.

To your best life!

Resources

The Original Reiki Handbook
by Mikao Usui

Essential Reiki
by Diane Stein

Reiki-A Complete Guide
By Kristine Marie Corr

Reiki for Life
By Penelope Quest

Exclusive Offer to Our Fans

Take The Next Step To Become A Reiki Healer
Now!

Click Here for Details

<http://www.yourpowertocreate.com/reiki-special-offer>