

## Module 2 - Self-Reiki

## Your Notes



module 2

*Self-Reiki*



MODULE 2: SELF-REIKI

a self-  
*healing journey*  
begins



MODULE 2: SELF-REIKI

*For 21-days*

- ✦ Connect to Reiki
- ✦ Work with a self-healing intention
- ✦ Learn from the energy itself



MODULE 2: SELF-REIKI

*in this module*

- ✦ Guided Audio
- ✦ Video Example
- ✦ Energetics of each step
- ✦ Troubleshooting

Module 2.1: Video Example

Module 2.2: Guided Audio, Step by Step



MODULE 2: SELF-REIKI

module 2.3

*The energetics  
of each step*

MODULE 2: SELF-REIKI

*in this module*



The different  
steps of a self-  
healing session



The deeper  
energetics of  
each

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## *The different phases*

1. Preparing to channel the Reiki
2. Channeling the Reiki
3. Clearing after channeling the Reiki



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## *The different steps*

PHASE 1 - PREPARING

1. Willingness
2. Preparing the channel
3. Connect with Below
4. Connect with Above
5. Mixing in the heart
6. Fountaining out of the hands



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## *The different steps*

PHASE 3 - INTEGRATING

1. Physical Body Sweep
2. Energy Body Sweep
3. Bubble
4. Gratitude



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## What's next

### Module 2.3 - Troubleshooting

- Common difficulties and what to do
  - You can't connect
  - You're not sure if you're doing it right
  - Energy is moving
  - Emotions
  - Find blocked places
  - You have trouble showing up for it every day



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### module 2.4

## Troubleshooting

### in this module



...common  
difficulties



... and what to do

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*"I can't connect"*

Try:

- taking the pressure off
- playing the meditation a few times without pressure to "do" reiki after.
- asking yourself what aspects of above/below DO you connect with?



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*"I'm more connected to one side"*

Try:

- owning your preference (most of us have one)
- exploring what you DO connect with on the other side
- giving yourself more time with the side you connect with less
- starting from the bottom and going up
- bringing curiosity to the blending of the energies



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*"I'm not sure I'm doing it right"*

Try:

- formulating your questions and bringing them to class
- reviewing your materials



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*"I'm not sure I'm doing it right"*

Try on this mindset:

- "This is new. I haven't done this before. I am both discovering AND creating the pathways for me to channel Reiki right now. It's normal for doubt to show up. I'm giving this 21 days and I can conclude whatever I like after that.
- For now, as long as I'm willing for Reiki to move through me, I know it's very hard to do this wrong. I will do my part by asking whatever questions I need to ensure my progress."



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*"A lot of energy is moving"*

Try:

- taking extra time to ground before, during and after your self-reiki session.
- if it gets close to "too much", stop. Take a break, breathe, ground and come back to it another time.
- if it feels okay, just intense, enjoy the ride.



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*"There's no flow here"*

Try:

- simply noticing and trusting your energy-body's intelligence.
- sending your breath into this place
- sending extra loving awareness into this place
- asking this place: "what do you need?"



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*"I'm emotional"*

Try:

- letting it flow
- grounding a little extra before, during, and after your session



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*"I'm struggling to show up for my practice every day"*

Try:

- a different time of day
- giving yourself more time to complete your 21 days. 28 days for instance
- shortening your self-healing session
- interviewing your resistance



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*What's next*

Module 3 - Becoming a Reiki Channel for Others

- Introduction + What's in this Module
- Getting through the first-time jitters
- How to keep your energy clear
- Video examples
- Setting up your space
- Conducting a session from A to Z
- Troubleshooting



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## *The different steps*

PHASE 2 - CHANNELING

1. Intention (optional)
2. Crown, Jaw, Third Eye, Throat, Heart, Solar Plexus, Sacral Chakra, Root
3. Knees
4. Massage the calves
5. Feet



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