

Module 3 - Giving Reiki to Others

Your Notes



module 3

Giving Reiki to Others



MODULE 3: REIKI FOR OTHERS

the
moment
has come



MODULE 3: REIKI FOR OTHERS

The basics

- ✦ Connect to Reiki
- ✦ Be a channel
- ✦ Trust



MODULE 3: REIKI FOR OTHERS

in this module

- ✦✦ Getting through the first-time jitters
- ✦✦ Keeping your energy clear



MODULE 3: REIKI FOR OTHERS

in this module

- ✦✦ Example on a chair
- ✦✦ Example on a massage table



MODULE 3: REIKI FOR OTHERS

in this module

- ✦✦ Setting up your space
- ✦✦ Conducting a session from A to Z
- ✦✦ Troubleshooting



MODULE 3: GIVING TO OTHERS

module 3.1

Getting through the jitters

MODULE 3: GIVING TO OTHERS

in this module



Normalizing
doubts/fears



Addressing the
"what if"s



A few illustrative
stories

REIKI 1

MODULE 3: GIVING TO OTHERS

Doubts & Fears

They're NORMAL.

They're pointing to what you haven't experienced yet.

We're addressing them head on.



REIKI 1

Doubts & Fears

What are YOURS?

(They tend to lose their power when they're spoken or written down).



REIKI I

What if...

- What if it doesn't work / What if nothing happens
- What if they don't believe in it / are closed to it?
- What if I can't explain it well
- What if I do it wrong
- What if I forget the steps
- What if I take on their energy and get really tired after
- What if they cry
- What if they have bad energy / I have bad energy



REIKI I

What if...

These are all valid and important to address. They fall in 4 big themes and usually stem from deeper feelings. They will all be addressed with time.



REIKI I

MODULE 3: GIVING TO OTHERS

What if...

The big themes:

- Fear of nothing happening
(feelings of being a fraud, disappointing someone, being deficient somehow)
- Fear of not knowing what to do
(feelings of inadequacy, awkwardness)



REIKI 1

MODULE 3: GIVING TO OTHERS

What if...

The big themes:

- Fear of not knowing what to say or how to say it
(feelings of being tongue-tied, misunderstood, fear of hurting the other)
- Fear of taking on energy
(feelings of tiredness, blending with the other, fear of emotional contagion, fear of harming...)



REIKI 1

MODULE 3: GIVING TO OTHERS

Addressing the fears

Yes, these things happen.
I've experienced all of them.

AND

It's not that big of a deal.



REIKI 1

MODULE 3: GIVING TO OTHERS

Addressing the fears

The first and last ones are usually the BIGGEST right before trying it for the first time.

I'm going to tell you 3 stories that will expand your understanding of what is actually happening so you can take a deep breath, relax and just give it a try.



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MODULE 3: GIVING TO OTHERS

Story #1

The time I thought I was BROKEN and my client said "I didn't feel a thing"



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MODULE 3: GIVING TO OTHERS

Story #2

The time I didn't think I was broken and my client said: "I didn't feel a thing UNTIL..."



REIKI 1

Story #3

The time I didn't think I was broken but weird stuff was happening, until my client revealed...



REIKI 1

Lessons

1. The receiver is IMPORTANT.
 - a. Their intention matters.
 - b. Their openness matters.
 - c. You can work WITH them.
2. I had already been doing this as my JOB for 2 or 3 years when many of these experiences occurred. There's no need to know everything right at the start.



REIKI 1

Lessons

3. There are energetic boundaries in place (and they're important)
4. You show up for your side of the deal and let the rest go.
5. When you know these things you can work with them (and you develop this skill with time)



REIKI 1

Conclusion

Show up.
Be a channel.
Trust.

... all the rest will come in due time.



REIKI 1

Up next

How to keep your energy clear

- Understanding Resonance (and how to handle it)
- Taking ownership of your energy
- Grounding



REIKI 1



module 3.2

How to keep your energy clear

in this module



Understanding
resonance



Resonance in
Reiki



Taking
ownership of
your energy

REIKI I

What is resonance?

- Everything is vibrating information
 - Including humans and their thoughts and emotions
- When two similar frequencies meet, they can resonate and amplify each other
 - like a tuning fork or
 - an opera singer shattering glass



REIKI I

What is resonance?

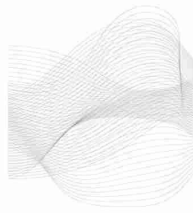
- This is happening ALL THE TIME in any relationship.
- Becoming aware of this and masterful at navigating this aspect of life can be life-changing.



REIKI I

Resonance in Reiki

- When performing Reiki, we tend to be energetically more open, so it can happen more and we do need to be aware of this phenomenon.
- It can work FOR us and it can work AGAINST us.



REIKI 1

Resonance in Reiki

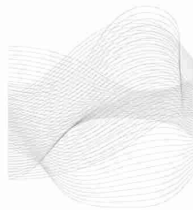
The goal:

You stay you. They stay them.

You CHANNEL divine love through you.

They receive and resonate with THAT.

You are the guide and channel and also receive at the same time.



REIKI 1

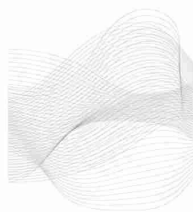
Resonance in Reiki

In a way, you disappear. Your stuff takes a back seat and is not the focus here.

BUT

You also don't. You must be powerfully present in order to be a channel. You must own your stuff.

Both are true at the same time.



REIKI 1

Closing

- Sweep them physically & energetically
- Sweep yourself physically & energetically
- Bubble them
- Bubble yourself
- Moment of gratitude
- Say "take your time, when you're ready..."



REIKI 1

What's next

3.5 - Setting up your space

OR

3.6 - How to conduct a session from A to Z

- from invitation to follow up, all the steps of a reiki healing session.

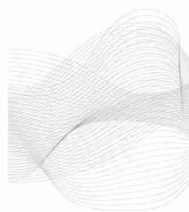


REIKI 1

Resonance in Reiki

The pros of this:

- What you've healed you're a better guide to heal.
- A healing session with you is a UNIQUE experience.
- You don't need to be totally healed to do good. You do need to be willing to own all of yourself.
- You can receive healing even as you give healing.

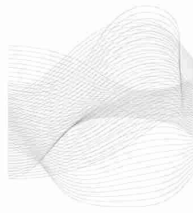


REIKI 1

Resonance in Reiki

The cons:

- What's unhealed in your client can awaken what's unhealed in you.
 - This can make you feel tired/drained/...
- You are asked to keep healing yourself as you do this work. It can be a LOT.



REIKI 1

Words of Reassurance

- Life often presents us people to work with that are available for OUR medicine and just a step or two "behind" something you've worked on (and are therefore the perfect guide for).
- Reiki is a healing balm for BOTH and will hold BOTH.
- Reiki is still the main ingredient, even if you're an important player.



REIKI 1

Words of Reassurance

- The only time you're not equipped to do a reiki session is when YOU don't want to do it.
- Otherwise, Reiki takes care of you.



REIKI 1

Words of Reassurance

- There is an antidote. It's **ENERGETIC OWNERSHIP**. There is deeper work to it AND there are simple tips and tricks you can put in place during your Reiki sessions.



REIKI 1

Energetic Ownership

THE DEEPER WORK

Becoming a **UNIQUE** and **DIFFERENTIATED** channel, that knows and owns its intricacies and magic, uses its self-knowledge as wisdom and guidance while **NEVER** imposing it on anyone else, rather using it in service of the other **ALSO** becoming unique and differentiated.



REIKI 1

Energetic Ownership

THE DEEPER WORK

Becoming who you are.
Allowing others to become who they are in your presence.



REIKI 1

Energetic Ownership

THE DEEPER WORK

- Meditation, focusing on being the observer and developing discernment.
- Noticing your triggers and committing to your own healing work.
- Never assume others are the same as you. Be curious about them.
- Love yourself. Love others.



REIKI 1

Energetic Ownership

TIPS AND TRICKS

- Restating the intention when having your hands on your client's shoulders.
- Roses
- Bubble
- After-care.
- Journaling.
- Meditation



REIKI 1

Energetic Ownership

TIPS AND TRICKS - RESTATING THE INTENTION

When you have your hands on their shoulders and make contact for the first time, get clear with yourself: This is me. This is them. This is the Reiki.

Whenever you notice yourself wavering from this (tired, triggered, ...), come back to this intention.



REIKI 1

Energetic Ownership

TIPS AND TRICKS - ROSES

- Place roses all around you.
- They are symbols of energetic body guards who will soak up any energy that is toxic to you.
- Keep an eye on them. When they get droopy and dusty, "explode them" and put new ones up.



REIKI 1

Energetic Ownership

TIPS AND TRICKS - BUBBLE

- Imagine yourself in your very own beautiful bubble of energy.
- Use that imagery to keep an eye on what's happening during the session and adjust accordingly.



REIKI 1

Energetic Ownership

TIPS AND TRICKS - AFTER-CARE.

- When it does happen that something slips through, assume: "This is happening FOR me" and
 - Allow whatever it is to become conscious through journaling, meditating or consulting your guides.
 - Do some healing work with yourself.



REIKI 1

Energetic Ownership

TIPS AND TRICKS - JOURNALING

In particular, journaling the session afterward (this can help you process whatever's still lingering in your subconscious and develop language for the subtle things you can become aware of). These are some of the more difficult aspects of the work.



REIKI 1

Energetic Ownership

TIPS AND TRICKS - MEDITATION

A strong practice of mindfulness meditation with an emphasis on developing your inner observer helps you cultivate a healing presence, discernment and an ability to let things slide off you.



REIKI 1

What's next

- The HOW TOs
 - Example when the receiver is on a chair
 - Example when the receiver is on a massage table.



REIKI 1



MODULE 3: GIVING REIKI TO OTHERS

module 3.3

Giving to others (on a chair)

MODULE 3: GIVING TO OTHERS

in this module



Watch me give a
(quick) session
to my husband



Walk you
through the
steps



Add small
practical
considerations

REIKI 1

MODULE 3: GIVING TO OTHERS

Energetic Preparation

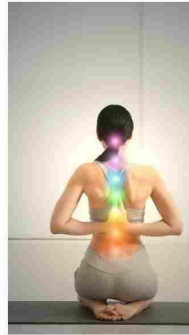
- Touch OK?
- Have them sit, with their back free if possible
- You channel the energy (if possible stand outside of the others' energy bubble)
- With full awareness step into their energy space
- Hands on shoulders



REIKI 1

The Positions

- Same as for self-reiki, except now you can do front and back at the same time
- Your comfort matters
- Crown / Jaw / Third Eye / Throat / Heart / Solar Plexus / Sacral / Root / Knees / Calves-Feet



REIKI 1

Closing

- Sweep them physically & energetically
- Sweep yourself physically & energetically
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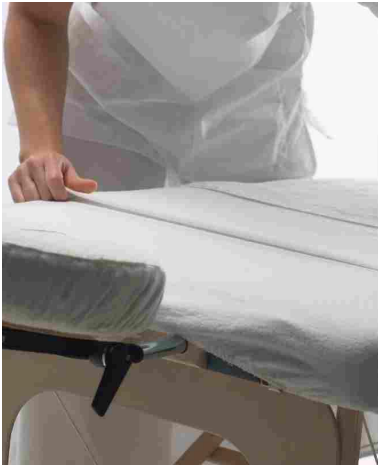
REIKI 1

What's next

Conducting a session on a table
(and if you want to know the larger context, how to conduct a session from A to Z, skip ahead to that video)



REIKI 1



MODULE 3: GIVING REIKI TO OTHERS

module 3.4

Giving to others (on a table)

MODULE 3: GIVING TO OTHERS

in this module



Watch me give a
(quick) session
to my husband



Walk you
through the
steps



Add small
practical
considerations

REIKI 1

MODULE 3.4

Giving to others on a table



REIKI 1

MODULE 3: GIVING TO OTHERS

In this module

- Watch me give a (quick) session to my husband
- Walk you through the steps
- Add small practical considerations



REIKI 1

MODULE 3: GIVING TO OTHERS

Energetic Preparation

- Touch OK?
- Have them lie down, make them comfortable (blankets, pillows)
- You channel the energy (if possible stand outside of the others' energy bubble)
- With full awareness step into their energy space
- Hands on shoulders



REIKI 1

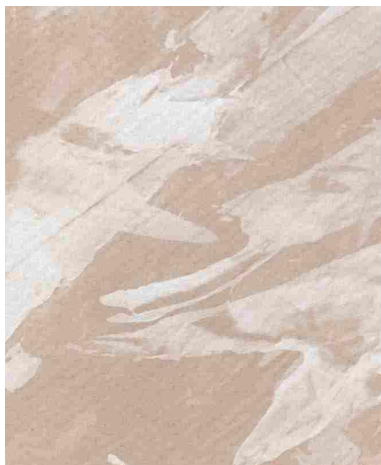
MODULE 3: GIVING TO OTHERS

The Positions

- Same as for self-reiki and chair reiki, except now you can take your time and do front and back separately
- Your comfort matters
- Crown / Jaw / Third Eye / Throat / Heart / Solar Plexus / Sacral / Root / **coccyx** / Knees / Calves-Feet



REIKI 1



MODULE 3: GIVING REIKI TO OTHERS

module 3.7

Troubleshooting

MOOULE 3: GIVING TO OTHERS

in this module



Reinterpreting
"trouble"



Expect the
unexpected



Handling these
occurrences

REIKI I

MOOULE 3: GIVING TO OTHERS

Reinterpreting "Trouble"

Reiki truly is usually a really beautiful and relaxing experience for both the receiver and practitioner

and even MORE so when we welcome all the moments that aren't "cute" as well.



REIKI I

Reinterpreting "Trouble"

Reminders:

- Healing isn't linear.
- Healing doesn't look like one thing.
- Healing can feel ecstatic, excruciating and everything in between.
- Healing is different every time.



REIKI 1

Reinterpreting "Trouble"

In the module, we're looking at expanding our capacity to be with and to allow all the different experiences that may occur on the road to healing.



REIKI 1

Reinterpreting "Trouble"

98% of the time, our job is to hold and to let the Reiki hold what comes forward, expect the unexpected, not label it as a problem and simply be with it. The healing intelligence usually takes care of the rest.



REIKI 1

Reinterpreting "Trouble"

At this stage in your journey, you can become a better practitioner by :

- Expecting and preparing for the unexpected
- Becoming aware of some common "seemingly unexpected" occurrences.



REIKI 1

Reinterpreting "Trouble"

We're going to look at those next, but first:

What about the 2% of the time our job is NOT to welcome what comes?

If you feel unsafe / disrespected / attacked / put in danger in anyway THAT COMES FIRST. A reiki session is NOT an excuse to let anyone treat you poorly.*



REIKI 1

Expecting the Unexpected

We're going to look at:

- Super common experiences
 - on the receiving end
 - on the giving end
- Less common but not unheard of experiences
 - on the receiving end
 - on the giving end
- Really bizarre ones I've heard of



REIKI 1

Expecting the Unexpected

Super common experiences (receiving end):

- deep sighs, twitches, digestion noises
- falling asleep
- feeling in their head
- getting emotional



REIKI I

Expecting the Unexpected

Super common experiences

(on the giving end):

- not being sure where to focus + mind-wandering
- worrying about what to say at the end
- all sorts of sensations (that you don't know how to interpret) (or conversely, not much information)
- being bored ;)



REIKI I

Expecting the Unexpected

Less common, but not unheard of experiences

(on the receiving end):

- "Nothing" happening
- Full on, there's no stopping it, emotional reaction
- Connection with passed-on loved ones, spirit guides, ...



REIKI I

Expecting the Unexpected

Less common, but not unheard of experiences
(on the giving end):

- "Nothing" happening
- Getting emotional
- Connection with passed-on loved ones, spirit guides, ...



REIKI I

Expecting the Unexpected

Bizarre experiences I've heard of:
(i.e. Expect the unexpected, and it's all good).

- Legs up in the air
- Strange facial expressions



REIKI I

Summary

How to handle things that deviate from the expected
or norm:

- Stay calm, hold a neutral space for it to arise
and pass



REIKI I

MOOULE 3: GIVING TO OTHERS

What's next

This is it for our Reiki I course.
COME BACK TO THIS.
We can talk a little about Reiki II.
You may find bonuses in your portal.



REIKI I



MODULE 3: GIVING REIKI TO OTHERS

module 3.5

Setting up your space

MODULE 3: GIVING TO OTHERS

in this module



What you need



What is nice to
have



Clearing the
space

REIKI I

What you need

- You
- Your receiver
- The willingness to let Reiki move through you



REIKI 1

What is nice to have

The environment you create can help your client get into healing mode.

- So - anything that will help prime someone's subconscious to let go into healing.
- In other words: what will help them feel safe, relax and able to go within and bring acceptance to themselves.



REIKI 1

What is nice to have

- | | |
|--|--|
| <ul style="list-style-type: none">• A Quiet Room• Massage Table• Cozy Blankets• Pillows• Chairs• Nice Lighting / Candles• Sage / Palo Santo• An altar | <ul style="list-style-type: none">• Water• Tea• Music• Tibetan Bowls• Essential Oils• Crystals• Oracle or Tarot Cards |
|--|--|



REIKI 1

What is nice to have

- You can often find used massage tables on kijiji/fb marketplace (for around \$150)
- (You can also use: a bed, a couch, the floor or a sturdy dining room table)



REIKI 1

Clearing the energy of the space

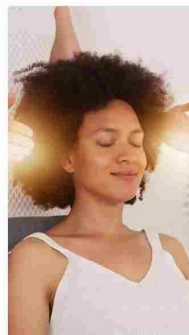
- There are many ways to do this
 - sage
 - palo santo
 - with sound
 - with Reiki symbols
- and my experience about this



REIKI 1

What's next

- Conducting a session from A to Z
 - The steps of a session
 - The intention behind each step
 - Helpful phrases to use



REIKI 1



MODULE 3: GIVING REIKI TO OTHERS

module 3.6

Conducting a session from A to Z

MODULE 3: GIVING TO OTHERS

in this module

NOT NECESSARILY IN THIS ORDER



The steps of a
session



The intention of
each step



Helpful phrases
to use

REIKI 1

MODULE 3: GIVING TO OTHERS

in this module

Take notes

REIKI 1

5 chapters

- BEFORE THE SESSION
- AT THE BEGINNING OF THE SESSION (BUT BEFORE REIKI)
- DURING REIKI
- AT THE END OF THE SESSION (BUT AFTER REIKI)
- AFTER THE SESSION



REIKI 1

The steps of a session

BEFORE THE SESSION

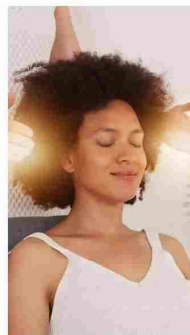
- Invitation
- Setting up your space



REIKI 1

Helpful Phrases

- “Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing”
- Rei = Universal / Ki = Life force energy
- “A subtle and effective form of energy healing using spiritually guided life force energy (Rei-ki)”



REIKI 1

The steps of a session

THE SESSION BEFORE REIKI

- Arrival
- Intention Setting
- Handling Expectations



REIKI 1

Helpful Phrases

- Reiki works best when we open to what's available and let go of expectations. We can transform your expectation into an intention.
- Reiki responds wonderfully to intention. Let's intend for your expectations to come to fruition today, and also let them go.



REIKI 1

Helpful Phrases

- Reiki tends to work on physical, emotional, mental and spiritual levels. It can feel like a million things: heat, cold, tingles, deep relaxation, emotion, ... whatever happens, it's all welcome. Let it come up. If any it gets too uncomfortable, you can always let me know and we can back off. No problem.

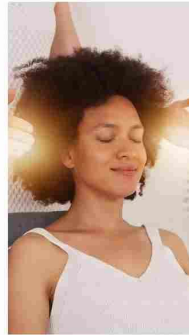


REIKI 1

The steps of a session

THE REIKI

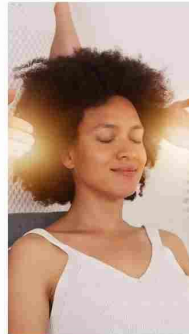
- Starting the Reiki
- Continuing the Reiki
- Closing the Reiki
- Transitioning back to the world of words



REIKI 1

Helpful Phrases

- I'm sensing XYZ, does that resonate?
- Take your time, when you're ready, ... (say EXACTLY what you want them to do in your space).

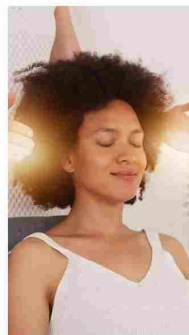


REIKI 1

The steps of a session

AFTER THE REIKI

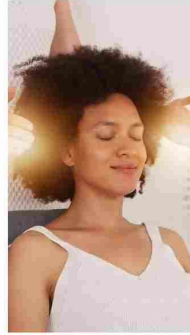
- The sharing
- The integrating
- The closing



REIKI 1

Helpful Phrases

- “How was your experience?” , “What was your experience like?”



REIKI 1

The steps of a session

AFTER THE SESSION

- Your energetic tending
- The follow-up (maybe)
- The next session (maybe)



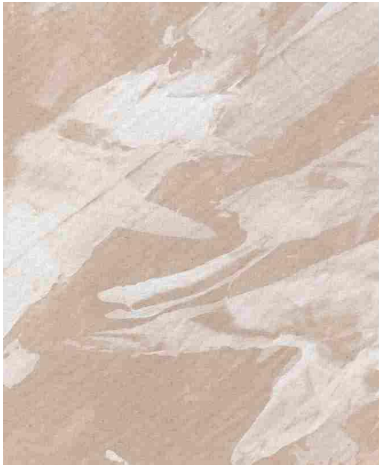
REIKI 1

What's next

- Troubleshooting
 - Reinterpreting "trouble"
 - Expecting the unexpected
 - The most common "unexpected" occurrences



REIKI 1



MODULE 3: GIVING REIKI TO OTHERS

module 3.7

Troubleshooting

MOOULE 3: GIVING TO OTHERS

in this module



Reinterpreting
"trouble"



Expect the
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REIKI I

MOOULE 3: GIVING TO OTHERS

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REIKI 1

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REIKI 1

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REIKI I

MOOULE 3: GIVING TO OTHERS

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REIKI I

end