HEALING WORKSHOP
REIKI WITH CHAKRA



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UNDERSTANDING ENERGY AND CHAKRAS

Energy

Energy is the life force that flows through all living beings and the universe. In Reiki, it is believed that energy can become blocked or imbalanced, leading to physical, emotional, and spiritual issues. Reiki healing aims to restore the flow of energy and promote overall well-being.

Chakras

Chakras are energy centers located along the body's midline. There are seven main chakras, each associated with different aspects of our physical, emotional, and spiritual well-being. When the chakras are balanced and aligned, energy flows freely, promoting health and vitality.

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INTRODUCTION TO REIKI

Reiki is a Japanese healing technique that involves channeling universal life force energy for healing, relaxation, and overall well-being.

The word "Reiki" is derived from two Japanese words: "Rei" means universal, and "Ki" means life energy.

At Level 1, participants are introduced to the basics of Reiki and how to use it for self-healing and healing others.

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THE HISTORY OF REIKI



Origins of Reiki

Reiki was developed in the early 20th century by Mikao Usui, a Japanese Buddhist. He claimed to have discovered the healing technique after a period of fasting and meditation on Mount Kurama.



Development of Reiki

Usui's teachings were later expanded upon by his students, who introduced additional symbols and techniques to the practice. This led to the formation of different Reiki lineages and variations.

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How Does Reiki Work?

Reiki is a form of energy healing that originated in Japan. It is based on the belief that there is a universal life force energy that flows through all living beings. This energy can become blocked or imbalanced, leading to physical, emotional, and spiritual issues. Reiki practitioners are trained to channel this energy and use it to promote healing and balance in the recipient.



The Role of the Practitioner

A Reiki practitioner acts as a channel or conduit for the universal life force energy. They use their hands to direct the energy to the recipient, either through light touch or by hovering their hands slightly above the body. The practitioner does not use their own energy, but rather serves as a vessel for the healing energy to flow through.

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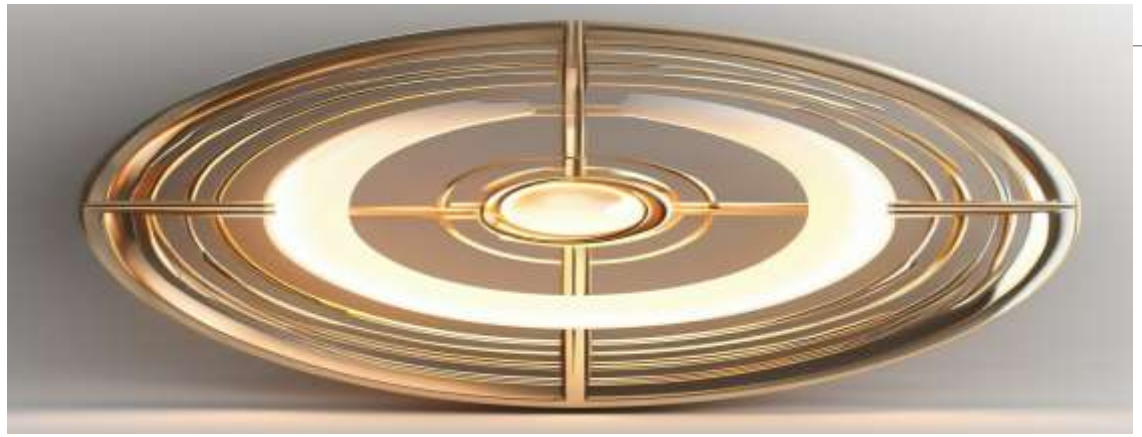
REIKI PRINCIPLES AND ETHICS





Ethics of Reiki Practice

In addition to the principles, Reiki practitioners also adhere to a code of ethics. Some key aspects of Reiki ethics include:

- Maintaining client confidentiality and respecting their privacy.
- Providing a safe and comfortable environment for the client.
- Obtaining informed consent before conducting a Reiki session.
- Honoring the client's autonomy and right to make decisions about their own healing process.

Principles of Reiki Healing

- Just for today, I will not be angry.
- Just for today, I will not worry.
- Just for today, I will be grateful.
- Just for today, I will do my work honestly.
- Just for today, I will be kind to every living thing.

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BENEFITS OF REIKI

Physical Healing

•Reiki promotes relaxation and stress reduction, which can help alleviate physical ailments such as pain, fatigue, and insomnia.
•It can also enhance the body's natural healing abilities and support the immune system.

Mental Healing

•Reiki can calm the mind, reduce anxiety, and improve mental clarity.
•It can help release negative thoughts and emotions, promoting a sense of peace and well-being.

Emotional Healing

•Reiki can help release emotional blockages and promote emotional balance.
•It can support healing from past traumas and help manage stress and emotional challenges.

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REIKI TECHNIQUES

Hand Positions

•Reiki practitioners use specific hand positions to channel energy.
•These positions are placed on or near the body's energy centers, known as chakras.
•By placing their hands in these positions, practitioners can facilitate the flow of energy and promote healing.

Energy Channeling

•Reiki involves the channeling of universal life force energy.
•Practitioners act as conduits for this energy, allowing it to flow through them and into the recipient.
•The energy is believed to promote physical, emotional, and spiritual healing.
•The practitioner's intention and focus play a crucial role in directing the energy to where it is needed most.

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UNDERSTANDING THE CHAKRA SYSTEM

Sacral Chakra
Located in the lower abdomen
Associated with creativity, pleasure, and emotional well-being

Sacral Chakra
•Located in the lower abdomen
•Associated with creativity, pleasure, and emotional well-being

Solar Plexus Chakra
•Located in the upper abdomen
•Represents personal power, confidence, and self-esteem

Throat Chakra
Located in the throat
Represents communication, self-expression, and truth

Heart Chakra
•Located in the center of the chest
•Associated with love, compassion, and emotional healing

Third Eye Chakra
•Located in the center of the forehead, between the eyebrows
•Associated with intuition, perception, and spiritual awareness

Crown Chakra
•Located at the top of the head
•Represents spiritual connection, enlightenment, and higher consciousness

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THE ROOT CHAKRA: GROUNDING AND STABILITY



Location
The root chakra is located at the base of the spine, near the coccyx.

- Affirmation:

- I am Confident with who I am.
- I have a healthy body and healthy Mind.
- I am Stable

Role in Our Lives
The root chakra is responsible for providing a sense of grounding, stability, and security. It helps us feel connected to the physical world and provides a solid foundation for personal growth and development.

Color
The root chakra is associated with the color red.

Food: Cherries, Tomatoes, Peanut Butter, Potatoes, all roots

Crystal:
Red Jasper, Blood Stone

Imbalance signs:
•Fear, insecurity
•Financial stress
•Overthinking survival issues
•Body pain in legs/lower back
•Feeling disconnected

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THE SACRAL CHAKRA: CREATIVITY AND PASSION



Location
The sacral chakra is located in the lower abdomen, just below the navel.

Color
The sacral chakra is associated with the color orange.

Food: Orange , Mangoes, Carrots, Coconuts

Crystal:
Sunstone, Tiger Eye

Imbalance signs:
- Emotional ups and downs
- Guilt
- Creativity block
- Relationship dependency
- Lack ofjoy

Role in Our Lives
The sacral chakra is responsible for our creativity, passion, and sexual energy. It is the center of our emotions and helps us connect with our deepest desires and express ourselves through art, music, and other creative outlets.

- Affirmations:

- I accept changes
- I am happy and I am in control of my emotion
- I feel Comfortable

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THE SOLAR PLEXUS CHAKRA: PERSONAL POWER



Location
The solar plexus chakra is located in the upper abdomen, above the navel and below the chest.

Color
The color associated with the solar plexus chakra is yellow.

Foods: Pineapple, Turmeric, Lemon, Corn

Crystal: Yellow Jasper, Tiger Eye, Citrin

Imbalance signs:
- Low confidence
- Anger issues
- Digestive problems
- Need for validation
- Feeling powerless

Role in Our Lives
The solar plexus chakra is responsible for our personal power, confidence, and self-esteem. It is associated with our ability to make decisions, take action, and assert ourselves in the world.

- Affirmation:

- I am strong
- I am powerful
- I believe and trust in myself

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THE HEART CHAKRA: LOVE AND COMPASSION



Location
The heart chakra is located in the center of the chest, near the heart.

Color
The heart chakra is associated with the color green.

Food: Vitamin C, Green Ballpaper

Crystals: Green Jade, Emerld

Imbalance signs:
•Emotional pain
•Trust issues
•Loneliness
•Difficulty forgiving
•Overgiving in relationships

Role in Our Lives
The heart chakra is responsible for love, compassion, and emotional well-being. It is the center of our ability to give and receive love.

- Affirmation

- I am Well
- I forgive others and I forgive myself

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THE THROAT CHAKRA: COMMUNICATION AND EXPRESSION



Location
The throat chakra is located at the base of the throat, near the Adam's apple.

Color
The color associated with the throat chakra is light blue.

Food: Herbal Tea, Water

Crystal: Lapis Lazuli, Turquoise

Imbalance signs:
- Fear of speaking
- Miscommunication
- Suppressed emotions
- Sore throat frequently
- Feeling unheard

Role in Our Lives
The throat chakra is responsible for communication, self-expression, and the ability to speak our truth. It allows us to express our thoughts, feelings, and ideas clearly and effectively. When the throat chakra is balanced, we are able to communicate with authenticity and confidence.

- Affirmation

- I speak my truth
- I am at Peace

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THE THIRD EYE CHAKRA: INTUITION AND INSIGHT



Location
The third eye chakra is located in the center of the forehead, between the eyebrows.

Color
The color associated with the third eye chakra is indigo, a deep shade of blue-violet.

Food: Chocolates, Chia Seeds, Grapes

Crystal: Lapis lazuli

Imbalance signs:
•Confusion
•Overthinking
•Lack of intuition
•Nightmares
•Mental fog

Role in Our Lives
The third eye chakra is associated with intuition, insight, and heightened awareness. It is believed to be the center of our spiritual vision and inner wisdom. When this chakra is balanced, we are able to trust our intuition and make decisions with clarity and understanding.

- Affirmation

- Forgive Myself
- Love Myself

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THE CROWN CHAKRA: SPIRITUAL CONNECTION



Location
The crown chakra is located at the top of the head.

Color
The crown chakra is associated with the color violet or white.

Food: Eggplants, Purple Cabbages

Crystal: Amethyst

Imbalance signs:
- Feeling lost
- Spiritual disconnection
- Lack of purpose
- Constant stress
- Emptiness feeling

Role in Our Lives
The crown chakra is the highest chakra and represents our spiritual connection. It is associated with higher consciousness, spiritual awareness, and divine wisdom. When the crown chakra is balanced, we feel connected to something greater than ourselves and experience a sense of peace, clarity, and enlightenment.

Affirmations:

I am divine
I am Selfless
I am intuitive

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Hand Positions for Self-Healing

During Reiki practice, specific hand positions are used for self-healing. These positions help channel energy to different parts of the body and promote healing and relaxation. Here are some common hand positions for self-healing:

1.Crown of the Head: Place your hands gently on the top of your head, fingers pointing towards the back of your head.

2.Third Eye: Position your hands on your forehead, with your fingertips touching the area between your eyebrows.

3.Throat: Rest your hands on your throat, with your palms facing downwards.

4.Heart: Place your hands on your chest, with your palms resting over your heart.

5.Solar Plexus: Position your hands just below your ribcage, with your palms facing downwards.

6.Sacral Chakra: Rest your hands on your lower abdomen, just below your belly button.

7.Root Chakra: Place your hands on your hips, with your palms facing downwards.

Remember to hold each position for a few minutes and focus on sending healing energy to that area of your body.



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Conclusion and Next Steps

Conclusion

•Congratulations on completing the Reiki Level-1 Workshop!

•You have learned the basics of Reiki and how to perform self-healing and healing on others.

Next Steps

•To further enhance your Reiki practice, consider the following:

- Practice Reiki regularly to strengthen your energy and connection to the universal life force.
- Continue your Reiki education by attending advanced workshops or courses.
- Join a Reiki community or group to share experiences and learn from others.
- Incorporate Reiki into your daily life by using it for self-care, stress relief, and promoting overall well-being.



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