

Elemental




Reiki



Elemental Reiki was created by Rebecca Doolin and employs symbols derived from Goddess, Elemental, and Pagan symbology . The Reiki energy harmonizes with the frequency of The Goddess so as to work in accordance with Wiccan Tradition.

This unique style of Reiki beautifully combines the healing energy of Reiki with the Goddess, Elemental, and Pagan symbology and can be used for both healing purposes and connection with the elements.

The Elemental Reiki course will guide you through the various frequencies of the energy symbols and techniques that you can use to improve and enrich your life.



For Usui Masters- You will receive 1 attunement.

If you are not an Usui Reiki Master, you will need to complete the exercises in this manual and familiarize yourself with the hand placements. If you are not an Usui Master you will receive 2 attunements, with the power symbols being last.

This system is one that I have used for many years before coming to find Usui Reiki. It is composed of Goddess, Elemental, and Pagan symbology that I used to perform hands on healing from my own energies to heal others. After being attuned to Master Level Usui, I realized that these symbols and this system would be perfect for usage as a Reiki system and am here to share it with you now. Enjoy!

Namaste...

The following will be a discussion of Chakras. You will be given the some exercises to practice. You should complete these exercises before you attunement.

Some of you may already know what Chakras are but for the rest of you here is some basic information. Chakras are spinning wheels of life energy located at certain points within our bodies. There are many minor chakras that work through each major one. For now I will only be discussing the major chakras, there are seven of them. At this time I will only explain the name of the major chakras, where they are located and the colors that each are associated with. Too much information at one time can be confusing. I will be including a healing/awakening meditation at the end of this page and you will need to know the colors and placements of each chakra to successfully complete this meditation. All seven of the major chakras are arranged in a straight line (up & down) through our bodies.

The 1st chakra known as the "root" chakra is located at the base of your spine. It is associated with the color red.

The 2nd or "sacral" chakra is located just below the navel and it's color is orange.

The 3rd or "solar plexus" chakra is located just below the rib cage and its color is yellow.

The 4th or "heart " chakra is green with swirls of pink and is situated in the center of the chest.

The 5th or "throat" chakra is blue and is located at the base of the throat.

The 6th or "3rd eye " chakra is violet and is located in the center of the forehead, just above the brow.

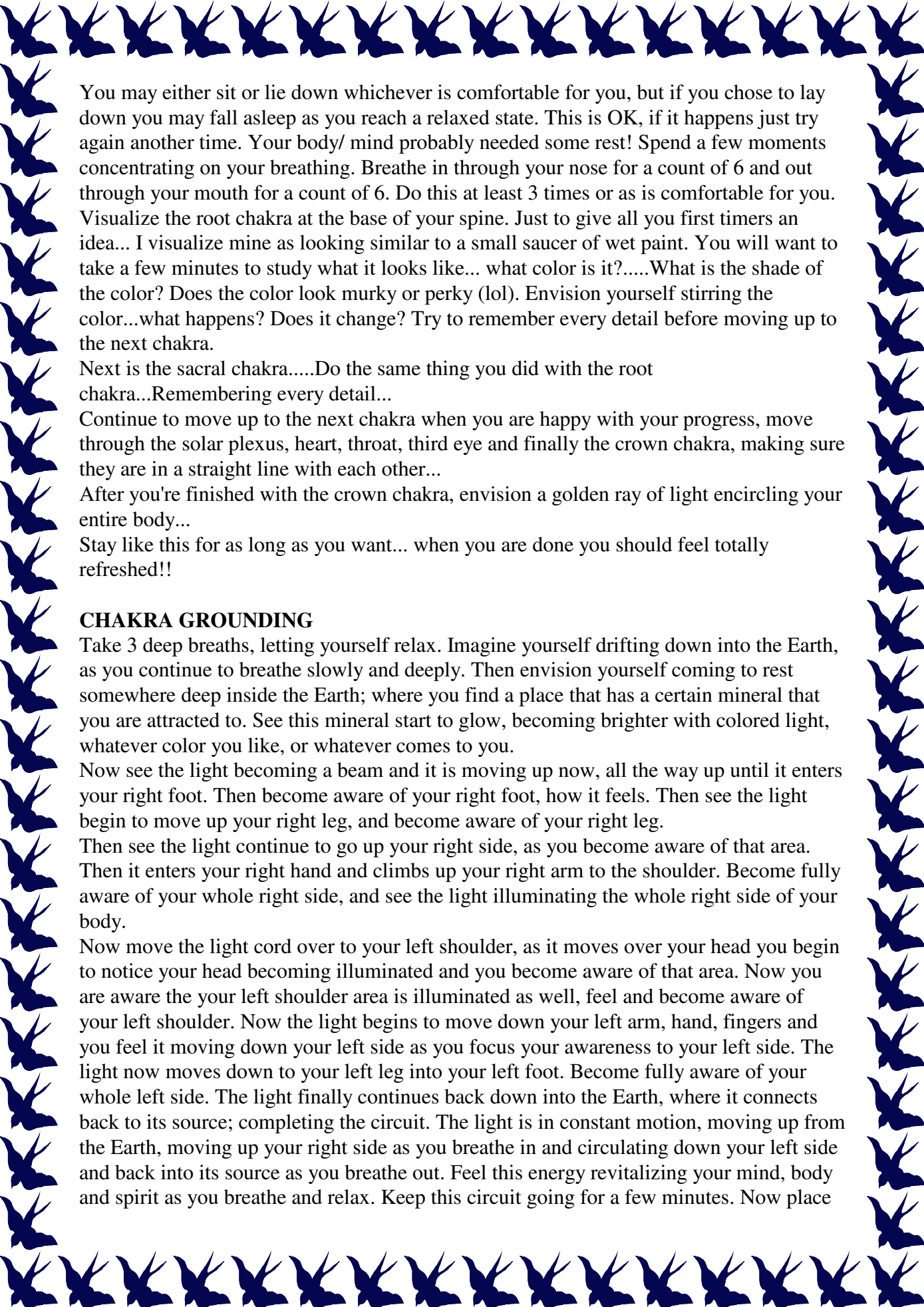
The 7th or "crown" chakra is the only chakra located outside the body. It sits on the hairline at the top of head and its colors are gold or white.

Try to practice remembering these chakras, colors and locations before beginning the following meditation as it will be easier if you do not have to stop and look at notes.

****Chakra Healing/Awakening Meditation****

First of all you will want to find a place where you will be free of distractions for at least 15 minutes.

Unplug the phone, answering machine or anything else that may distract you. You may decide to listen to some soft music (nothing with lyrics) if this helps relax you. Now remove anything restrictive you have on for example belt, tie, glasses, tight clothing ECT.

A decorative border of blue birds, possibly swallows, arranged in a repeating pattern around the edges of the page. The birds are facing different directions, creating a sense of movement.

You may either sit or lie down whichever is comfortable for you, but if you chose to lay down you may fall asleep as you reach a relaxed state. This is OK, if it happens just try again another time. Your body/ mind probably needed some rest! Spend a few moments concentrating on your breathing. Breathe in through your nose for a count of 6 and out through your mouth for a count of 6. Do this at least 3 times or as is comfortable for you. Visualize the root chakra at the base of your spine. Just to give all you first timers an idea... I visualize mine as looking similar to a small saucer of wet paint. You will want to take a few minutes to study what it looks like... what color is it?.....What is the shade of the color? Does the color look murky or perky (lol). Envision yourself stirring the color...what happens? Does it change? Try to remember every detail before moving up to the next chakra.

Next is the sacral chakra.....Do the same thing you did with the root chakra...Remembering every detail...

Continue to move up to the next chakra when you are happy with your progress, move through the solar plexus, heart, throat, third eye and finally the crown chakra, making sure they are in a straight line with each other...

After you're finished with the crown chakra, envision a golden ray of light encircling your entire body...

Stay like this for as long as you want... when you are done you should feel totally refreshed!!

CHAKRA GROUNDING

Take 3 deep breaths, letting yourself relax. Imagine yourself drifting down into the Earth, as you continue to breathe slowly and deeply. Then envision yourself coming to rest somewhere deep inside the Earth; where you find a place that has a certain mineral that you are attracted to. See this mineral start to glow, becoming brighter with colored light, whatever color you like, or whatever comes to you.

Now see the light becoming a beam and it is moving up now, all the way up until it enters your right foot. Then become aware of your right foot, how it feels. Then see the light begin to move up your right leg, and become aware of your right leg.

Then see the light continue to go up your right side, as you become aware of that area. Then it enters your right hand and climbs up your right arm to the shoulder. Become fully aware of your whole right side, and see the light illuminating the whole right side of your body.

Now move the light cord over to your left shoulder, as it moves over your head you begin to notice your head becoming illuminated and you become aware of that area. Now you are aware the your left shoulder area is illuminated as well, feel and become aware of your left shoulder. Now the light begins to move down your left arm, hand, fingers and you feel it moving down your left side as you focus your awareness to your left side. The light now moves down to your left leg into your left foot. Become fully aware of your whole left side. The light finally continues back down into the Earth, where it connects back to its source; completing the circuit. The light is in constant motion, moving up from the Earth, moving up your right side as you breathe in and circulating down your left side and back into its source as you breathe out. Feel this energy revitalizing your mind, body and spirit as you breathe and relax. Keep this circuit going for a few minutes. Now place

an anchor here, any kind of anchor you feel appropriate. Now follow your light cord back up into your root chakra and bring your awareness back into your body.

The cords will always be there, connected to the Earth to serve as your grounding cable. If you are involved with a stressful situation or negative people or any negative situation you may want to check your cord to see if its still connected, or is in need or repair. If it's disconnected or in need or repair, repeat this process and make the proper adjustments. Practice this exercise until it is so easy for you do that you can do it while busy doing other things.

After completing the grounding exercise or starting off where you left your grounding cords,,,

Now see a 3rd cord come up out of the Earth, perhaps a different color and it enters your body at the base of your spine, the root chakra. See the chakra as a wheel of light, which fills up with this new energy and begins to glow brightly and spin. As it does this, any negative energy, fears or blockages begin to clear out, and you see it spinning in perfect alignment with your spin as an axle. See the top of the 1st chakra open up, and see the energy become a beam, moving up into the 2nd chakra. Continue moving the beam up into each successive chakra, seeing each one clear out and start to spin, all the way up into the 7th chakra at the top of your head. Then see the top of your crown chakra open. Then see the energy beam shoot up, showering you with light (your whole body), which surrounds and protects you from any and all unwanted energies. When you feel your body become full of this energy or you feel your cannot or do not need anymore energy, bend over and allow your head to touch the floor, and close your crown chakra. All the excess energy will drain out and is reabsorbed by the universal life force. Remember that you can come back to this place as often as you feel you need it to protect and cleanse yourself of any unwanted or negative energies.

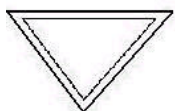
This is a very good exercise to do before channeling or connecting with spirit.

There are 8 symbols in Elemental Reiki: Comfort, Growth, Eternal Love, Earth, Air, Fire, Water, and Spirit.

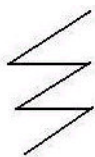
We will begin with the 5 Elemental Symbols.



Spirit: the star with the circle surrounding it otherwise known as a Pentacle represents the oneness of the universe with man. It is all that we are, could be, and were. It is the never-ending cycle of life and death and rebirth. Use this symbol to heal any and all afflictions to do with a spiritual nature.



Water: two upside down triangles one inside of the other represents love, emotions, feelings, nurturing, and balance in times of change. Use this symbol to help with healings involving an emotional nature or to help balance a client who is having nerve or anxiety troubles. Good to help depression and a broken heart.



Fire: the lightning bolt of creation represents strength, power, and energy. Use this symbol to help with bringing one inner strength or physical strength to overcome afflictions or to get better from illnesses quickly.



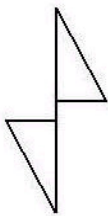
Air: three squiggly lines representing the breath of life. This symbol represents communication, new ideas, bringing a "freshness" to life when it is blocked. Use it to help with opening chakras when they are blocked, by blowing the symbol into the chakras. This symbol is good for those who have problems with the lungs, communication, or any form of writer' s block,

depression caused by boredom.

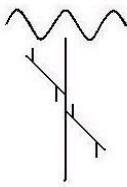


Earth: the spiral of the Goddess represents the "mother" the grounding aspect of us all. Use this symbol to help slow down chakras that are spinning too fast or are way too open. This also helps with children with ADHD and those who are hyperactive. Place the symbol over the third eye for these conditions when doing a healing session. I have used it at times when I have been extremely nervous or upset as well to help calm myself down.

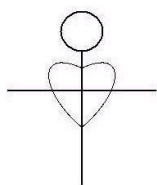
We will now discuss the last three symbols. I call these the power symbols because they are the ones given to me from Spirit. I call them the Spiritual Symbols.



Comfort: This symbol is for the throat and heart chakras exclusively. Use it to heal emotional troubles of all kinds from mental illness to the blues. It will give comfort to those in grief and help the heart clear itself from any blockages or baggage it may be holding.



Growth: This symbol is for the lower three chakras exclusively. Use it to promote self-esteem, strength in one's own abilities, and to give umph! to the frightened. It is very good for those who are having menstrual troubles and those who are pregnant to give a healthy pregnancy.



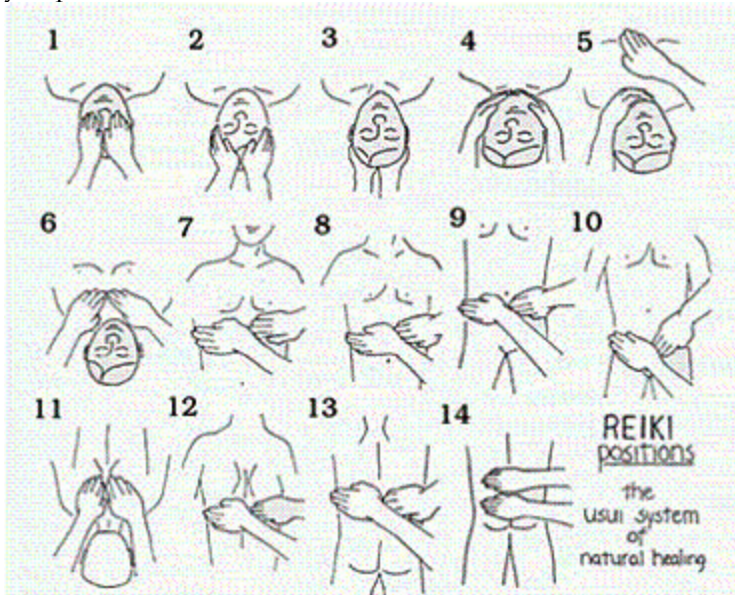
Eternal Love: This symbol is for the last two chakras six and seven exclusively. Use it to bring the "oneness" of all things to a person, to open their eyes to the spiritual world, to feel divine love, to help with sensing gifts of the spirit or to bring ecstatic love.

To give a healing:

Draw each of the 5 elemental symbols over the person's body. Scan the aura for any troubled areas and determine which chakra has blockages or is too open. Use the appropriate elemental symbol for this troubled area. Now draw each of the three spiritual symbols over each of the 7 chakras starting from the crown down to the root. Continue on with basic Usui hand placements for the body. When you get to the feet: sit on the floor and visualize all the clients' residual "junk" flowing out of their body into their feet and into your own body and out of your body into the floor to ground BOTH of you out. This is a good practice and have found that it relaxes both you and your client.

Usui Hand positions for Healing others

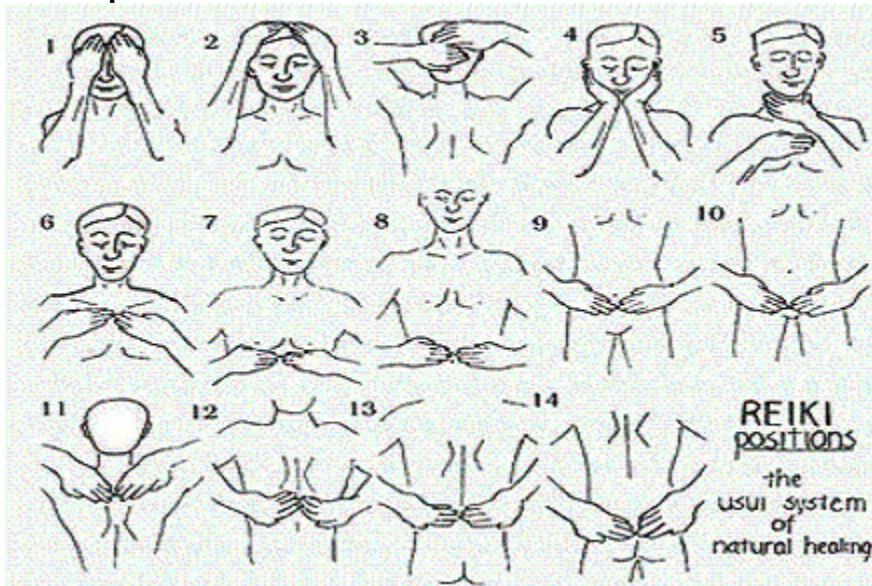
The following hand placements are from the Usui reiki system, you can use them or whatever you prefer.



To give a Self healing:

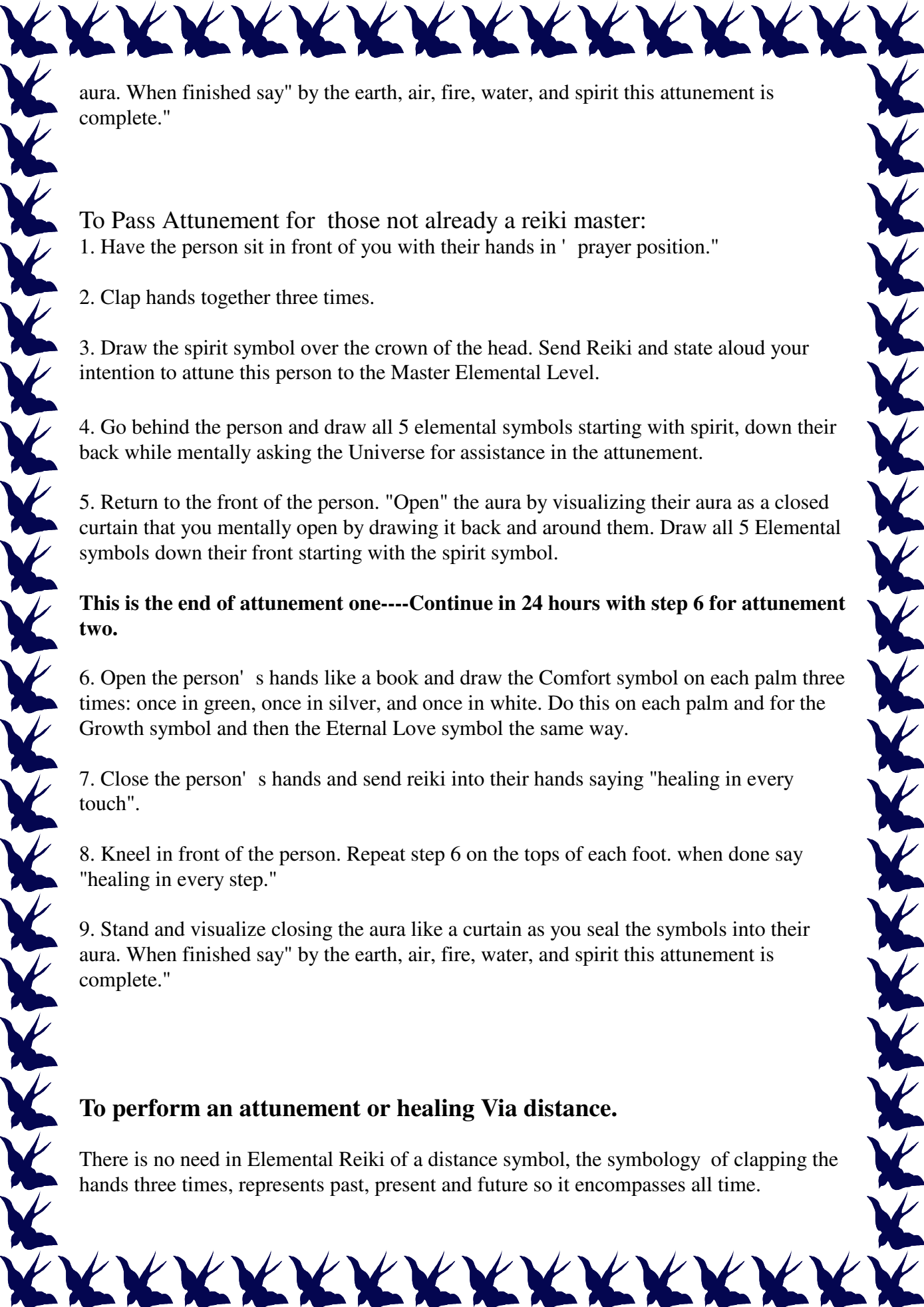
Draw each of the 5 elemental symbols over the your body. Scan/ feel your aura for any troubled areas and determine which chakra has blockages or is too open. Use the appropriate elemental symbol for this troubled area. Now draw each of the three spiritual symbols over each of the 7 chakras starting from the crown down to the root. Continue on with basic Usui hand placements for the body. When you get to the feet: sit on the floor and visualize all of your residual "junk" flowing out of your body into your feet and out of your body into the floor to ground you out.

Hand placements for self-treatment



To Pass Attunement for Master Level:

1. Have the person sit in front of you with their hands in ' prayer position."
2. Clap hands together three times.
3. Draw the spirit symbol over the crown of the head. Send Reiki and state aloud your intention to attune this person to the Master Elemental Level.
4. Go behind the person and draw all 5 elemental symbols starting with spirit, down their back while mentally asking the Universe for assistance in the attunement.
5. Return to the front of the person. "Open" the aura by visualizing their aura as a closed curtain that you mentally open by drawing it back and around them. Draw all 5 Elemental symbols down their front starting with the spirit symbol.
6. Open the person' s hands like a book and draw the Comfort symbol on each palm three times: once in green, once in silver, and once in white. Do this on each palm and for the Growth symbol and then the Eternal Love symbol the same way.
7. Close the person' s hands and send reiki into their hands saying "healing in every touch".
8. Kneel in front of the person. Repeat step 6 on the tops of each foot. when done say "healing in every step."
9. Stand and visualize closing the aura like a curtain as you seal the symbols into their



aura. When finished say "by the earth, air, fire, water, and spirit this attunement is complete."

To Pass Attunement for those not already a reiki master:

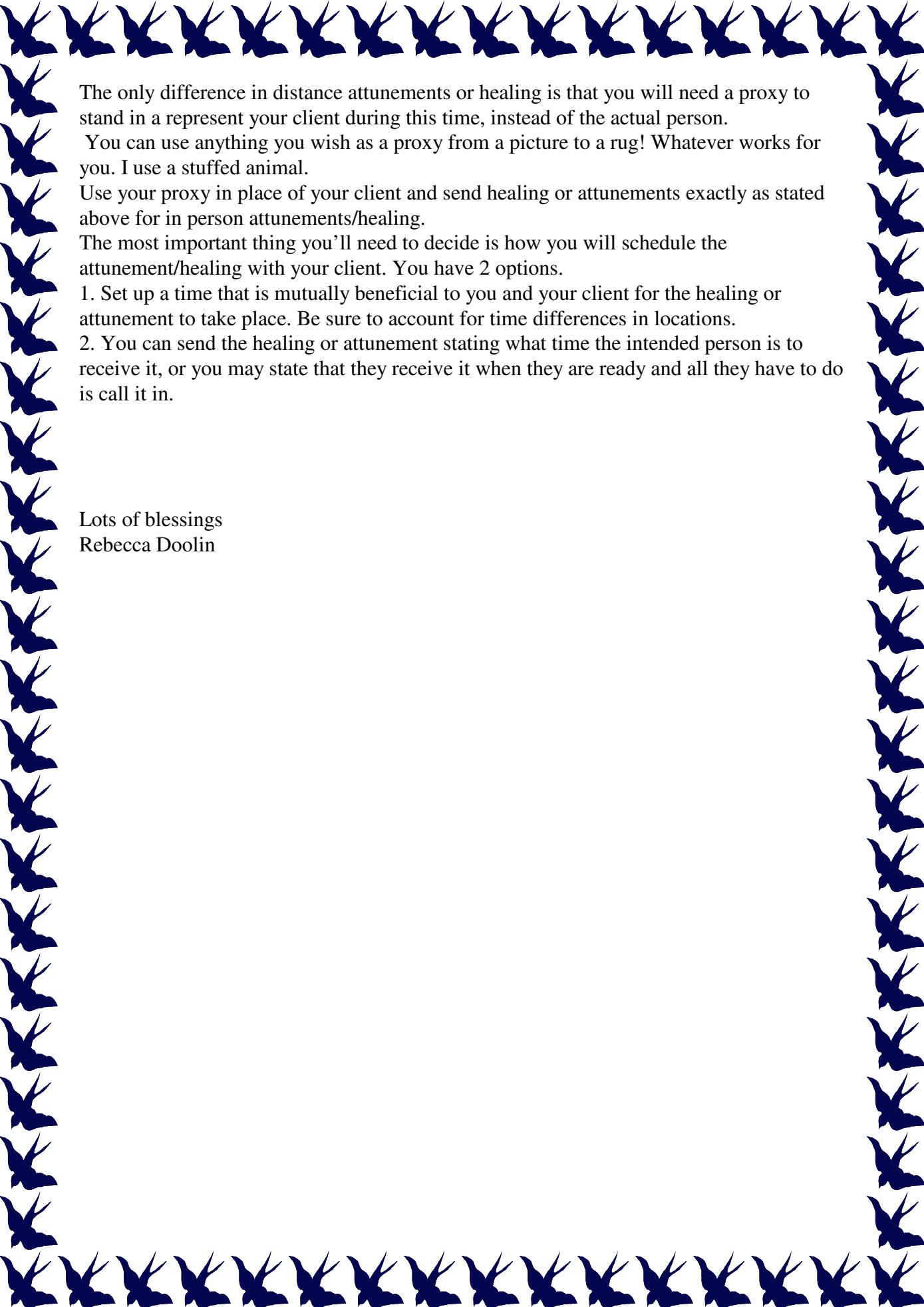
1. Have the person sit in front of you with their hands in 'prayer position.'
2. Clap hands together three times.
3. Draw the spirit symbol over the crown of the head. Send Reiki and state aloud your intention to attune this person to the Master Elemental Level.
4. Go behind the person and draw all 5 elemental symbols starting with spirit, down their back while mentally asking the Universe for assistance in the attunement.
5. Return to the front of the person. "Open" the aura by visualizing their aura as a closed curtain that you mentally open by drawing it back and around them. Draw all 5 Elemental symbols down their front starting with the spirit symbol.

This is the end of attunement one---Continue in 24 hours with step 6 for attunement two.

6. Open the person's hands like a book and draw the Comfort symbol on each palm three times: once in green, once in silver, and once in white. Do this on each palm and for the Growth symbol and then the Eternal Love symbol the same way.
7. Close the person's hands and send reiki into their hands saying "healing in every touch".
8. Kneel in front of the person. Repeat step 6 on the tops of each foot. when done say "healing in every step."
9. Stand and visualize closing the aura like a curtain as you seal the symbols into their aura. When finished say "by the earth, air, fire, water, and spirit this attunement is complete."

To perform an attunement or healing Via distance.

There is no need in Elemental Reiki of a distance symbol, the symbology of clapping the hands three times, represents past, present and future so it encompasses all time.



The only difference in distance attunements or healing is that you will need a proxy to stand in a represent your client during this time, instead of the actual person.

You can use anything you wish as a proxy from a picture to a rug! Whatever works for you. I use a stuffed animal.

Use your proxy in place of your client and send healing or attunements exactly as stated above for in person attunements/healing.

The most important thing you'll need to decide is how you will schedule the attunement/healing with your client. You have 2 options.

1. Set up a time that is mutually beneficial to you and your client for the healing or attunement to take place. Be sure to account for time differences in locations.
2. You can send the healing or attunement stating what time the intended person is to receive it, or you may state that they receive it when they are ready and all they have to do is call it in.

Lots of blessings
Rebecca Doolin