Awakening with Reiki

Your guide to starting or deepening your Reiki journey.

by Lisa Guyman



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Why I created this guide...

Over the past 25+ years, I've taught Reiki and meditation to thousands of students worldwide and I am continually amazed at the way Reiki touches and transforms lives.

I created this short guide to empower your Reiki journey wherever you are on your spiritual path.

Reiki is a powerful practice, whether focusing on self-care and spiritual growth or helping your friends, family, or clients.

Many of my students have established paid practices, become Reiki volunteers, or started teaching Reiki classes.

I can't wait to see where your Reiki journey takes you!

Lisa

A Guide to Your Reiki Journey

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PART ONE

What Is Reiki?



"You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we're not.

We always have the power of our minds… Claim and consciously use your power."

— Louise L. Hay

What Is Reiki?

Reiki is a Japanese healing arts technique for stress reduction, relaxation, and energy balancing.

It promotes deep relaxation and, thus, supports the body's innate healing abilities.

Pronounced "Ray-Key," this Japanese word means:

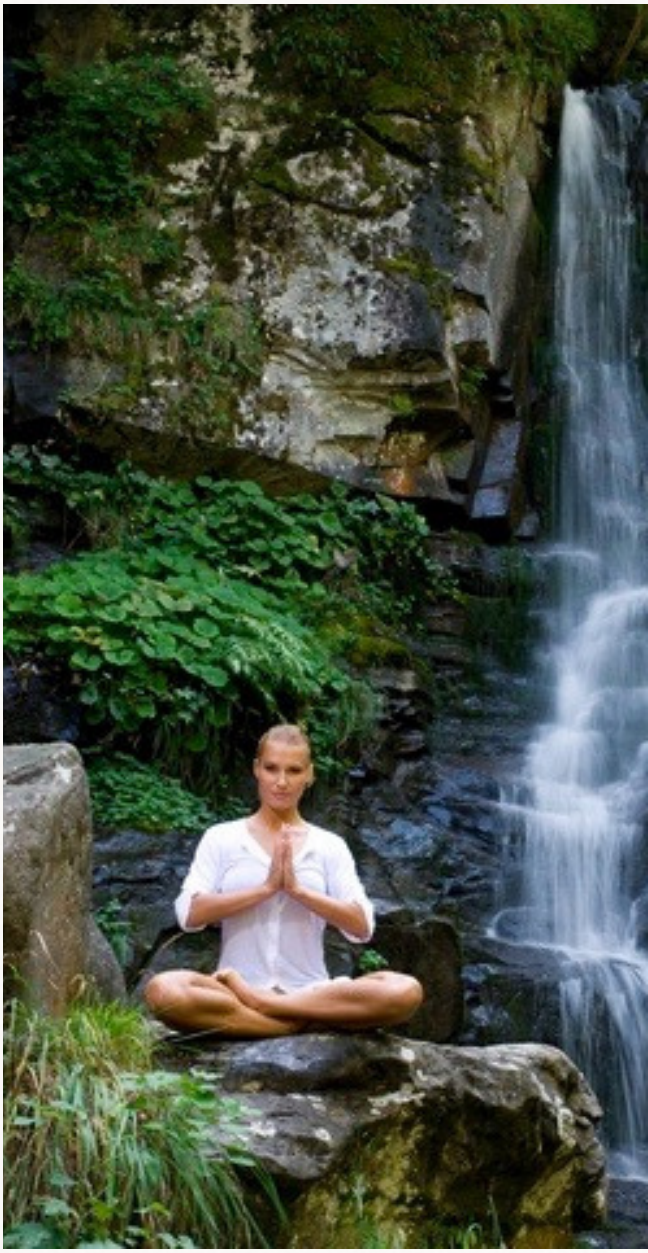
"Rei" = Universal or "spiritually-guided" energy

"Ki" = vital, life-force energy, or "prana" - which flows through everything.

In the practice of Reiki, this powerful healing energy nurtures well-being and spiritual growth.

Reiki can be practiced in-person (seated or on a massage table), or remotely.

There are 3 ways you can practice Reiki, which I'll share with you in a moment. First, I'd like to introduce you to the Founder of Reiki...



The beauty of Reiki is that it's so simple to practice on yourself and others!

MEET REIKI'S FOUNDER

Mikao Usui

We can thank Mikao Usui for discovering and sharing Reiki as a healing modality in 1922.

Reiki is sometimes called the *"Usui System of Natural Healing."* Over 2000 people learned Reiki from Sensei Usui.



According to Usui, Reiki is much more than a powerful healing art. It's a path to profound growth and spiritual awakening.

Reiki invites you to transcend the ego and tap into the Higher Self.

This is why Usui's teachings focused on the practice of self-Reiki and living by the five Reiki principles.

With his students, he emphasized reciting the Reiki principles daily to cultivate spiritual growth, and present moment awareness.

The Reiki Principles

Reiki is more than the hands-on practice of giving a treatment. Usui emphasized reciting the 5 Reiki Principles as a practice for spiritual growth, and called them the "mystic art for inviting happiness."

The "3 P's of Reiki," which I talk about, are:

Practice: The practice of Reiki, as self-Reiki and giving Reiki treatments to others.

Presence: Being focused in the "Now" so you can serve as a clear channel for Reiki energy to flow and create a sacred space for your clients.

Principles: Spiritually living in alignment with the 5 Reiki Principles.

The 5 Reiki Principles are:

- Today, I will not anger
- Today, I will not worry
- Today, I will be grateful
- Today, I will be diligent
- Today, I will be kind

Although the Reiki Principles may sound simple, they can have a profound impact on your life. Explore the principles more deeply inside my $27 mini-course, **Sacred Alignment**. *You don't have to be a Reiki practitioner to benefit from these universal principles!*

The Reiki Symbols

The Reiki symbols intensify the flow of Reiki energy. They help the practitioner stay more present and focused during Reiki treatments. But the Reiki symbols are not only for treatments!

You can activate them anytime you like to infuse the moment with Reiki. In fact, one of my students draws a large power symbol every morning after breakfast and "steps into Reiki" for the day.

You can think of the symbols as special tools or "keys" for connecting with higher-level energies.

At each new Reiki level, you will learn one or more symbols, which enable you to focus the energy of Reiki for specific purposes:

- The Power Symbol (Reiki I)
- The Harmony Symbol (Reiki II)
- The Long-Distance Symbol (Reiki II)
- The Master Symbol (Reiki Master)
- The Attunement Symbol (Reiki Teacher)

Each of the symbols has an image that can be drawn or visualized. You can also invoke the symbols by name.

The founder of Reiki, Mikao Usui, considered these symbols to be sacred. In fact for many years, it was forbidden to even write the symbols down -- they had to be memorized. However, times change, and today it’s common to see them written down.

PART TWO

Who Practices Reiki?



"Nothing liberates our greatness like the desire to help, the desire to serve."

- Marianne Williamson

Your Reiki Calling

There's a reason you're here right now, reading this. The Universe has a way of nudging us to grow, through signs, synchronicities, and life happenings -- just when we need it. And sometimes you just *know* it's time to grow.

This doesn't mean the path is always easy! Growth takes place when we embrace an opportunity and step outside our comfort zone. This can sometimes be both exciting and challenging.

During my weekend workshops, students often share what drew them to Reiki. I love hearing their stories about awakening to their spiritual path, or feeling called to re-ignite their spiritual journey.

An underlying characteristic of almost every student, is a deep-felt desire to live in greater alignment with their Higher Self.

Some students share stories about having gone through a difficult time, or experiencing a loss of some kind -- which serendipitously led them to Reiki.

Others, describe having a moment of awakening, where they recognized they are "a spiritual being having a human experience." They want to live their life with a greater sense of meaning and purpose.

Whatever led you to this path, at the core of the Reiki journey is a sense of coming home.

Sharing the Gift of Reiki

People from all walks of life enjoy and practice Reiki.

At the heart of every Lightworker, there seems to be a deep calling to make the world a better place and uplift the lives of others.

Reiki is such a powerful way to touch the lives of those around you, whether you're thinking of using Reiki:

- for personal healing & spiritual growth
- to help friends & family (or even your pets)
- to start a Reiki business or teach Reiki
- or, to add Reiki as a service to your practice as a massage therapist, yoga teacher, acupuncturist, counselor, nurse, etc.

Every time you tap into the Universal life-force energy as a Reiki practitioner, it also raises *your* vibration -- as you become a clear channel for the healing energy.

So, when you give Reiki, you also get Reiki. (Often, practitioners notice an increased sense of calm after giving a Reiki treatment).

A common misconception of Reiki is that the practitioner is doing the healing. In fact, all healing is self-healing. As a practitioner, you simply activate Reiki and hold a sacred space for your client to deeply relax, which activates their body's natural healing response.

PART THREE

3 Types of Reiki



"If you restore balance in your own self, you will be contributing immensely to the healing of the world."

- Deepak Chopra



Self-Reiki

Self-Reiki is a fun and easy meditative practice that you can do anytime, anywhere.

Tap into the Reiki energy for relaxation, self-care, and spiritual growth.

You'll LOVE using Self-Reiki to...

- Energize your mornings
- Get re-centered anytime
- Deeply relax yourself for a good night's rest
- Uplift & recharge with a 5-minute Reiki boost
- Balance your Chakras
- Live more fully, with purpose and intention

Hands-on Reiki

Hands-on Reiki is typically offered as a 60-minute table treatment, similar to massage.

It can involve light touch, or be non-contact.

The power of Reiki is in the profound level of relaxation it brings - not only to the person receiving Reiki, but also to YOU as the practitioner as you act as a conduit for this universal energy.



Remote Reiki

Although we appear to be separated in space and time, on another level, we are completely interconnected energetically.

Long-distance, or "Remote" Reiki, is the practice of giving a Reiki treatment to someone across the miles, without needing to be in the same room.

During a Remote Reiki session, the Practitioner visualizes the person they are treating remotely.

They may write the person's name on a piece of paper, use their photograph, or meet them on a phone or video call.



PART FOUR

The Reiki Levels



"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

– Nikola Tesla

Tap Into the Power of Reiki

One thing I love about Reiki is that it is easy to learn and practice.

It's a simple process of being a conduit for healing energy, and it's both profound and sacred.

Unlike other energy-based modalities, Reiki is passed from Reiki Master to student through a *Reiki Attunement* - a meditative, spiritual process.

This connects the student to the Universal Reiki source, so they can tap into the Reiki energy anytime.

Reiki is typically taught as four Levels:

- Reiki I
- Reiki II
- Reiki Master Practitioner
- Reiki Teacher

On the following pages, I'll be sharing more about each of the Reiki Levels.

You can start your journey with the Reiki I and II levels. Or, you can immerse yourself completely, and take all levels of Reiki in a four-day workshop.

Reiki Levels I/II

"Reiki Foundations"

Discover how relaxing and easy it is to practice Reiki!

The foundational Reiki I & II workshop increases your healing energy and enhances your personal growth.

You will receive your Reiki I / II attunements in a deeply-meditative, sacred experience.

In my Reiki I & II workshop, you will:

- Discover the origin & history of Reiki + its many benefits
- Learn the Gassho meditation, with the 5 Reiki Principles
- Practice Kenyoku ("dry bathing") to cleanse your energy field before giving a Reiki treatment
- Experience 3 Reiki Symbols: How to draw, activate, & use them in your practice.
- Get started as a Reiki practitioner -- learn useful tips, and what mistakes to avoid.

I'll also guide you step-by-step through…

- Giving self-Reiki treatments
- Giving Reiki treatments to others:
  - Hands-on table treatment, including: setting intention, sweeping, scanning, and chakra balancing
  - Remote Reiki (+ an Intuition exercise)

>> Learn Reiki (in-person or LIVE on Zoom)

Reiki Master Level

Pre-requisite: Reiki Levels I and II.

The Reiki Master level is the highest level for Reiki practitioners. In spite of it's name, I believe that Reiki is a lifelong spiritual path.

While you will become more confident in your craft through regular practice, there's always room for spiritual growth.

Experience a powerful guided meditation and get attuned to the Master level of Reiki -- which activates the Master level of Reiki energy.

In my Reiki Master workshop, you will:

- Deepen your practice of self-Reiki.
- Learn the Master Symbol, and experience the healing energies of this symbol.
- Practice "aura checks" to scan for variations in the energy field and balance those areas with Reiki.
- Explore your intuition with the *Energetic Release Technique* -- an advanced practice for clearing energy blocks.
- Discover how you can apply the 5 Reiki Principles to your spiritual practice and personal growth.
- Get clarity around any questions you have about self-Reiki and giving treatments to others.

>> Become a Reiki Master (in-person or LIVE on Zoom)

Reiki Teacher Level

Pre-requisite: Reiki Master level with Lisa.

Go behind-the-scenes and get a 360 view of Reiki, from both the practitioner and teacher perspectives.

Even if you don't plan on teaching Reiki, this workshop will give you a sense of greater mastery and know-how.

In my Reiki Teacher training, you will:

- Deepen your understanding of Reiki.
- Build your confidence as a Reiki practitioner.
- Learn the Attunement Symbol.
- Practice giving Reiki attunements to your classmates.
- Explore ways you can teach Reiki 1-on-1 or in small groups, including teaching self-care Reiki.
- Discover creative ways to market yourself as a Reiki Teacher.

>> Become a Reiki Teacher (in-person or LIVE on Zoom)

PART FIVE

Deepening Your Practice



"As you awaken to your divine nature, you'll begin to appreciate beauty in everything you see, touch, and experience."

- Wayne Dyer

-_`Energi Light_´-

After teaching Reiki to thousands of students over the past 25 years, I've noticed that learning Reiki is just the beginning of the journey.



Living Reiki is another story…

Regular practice of Reiki is what builds your confidence as a practitioner. The more you practice, the more you begin to trust the divine intelligence of this universal energy.

That's why I created **Energi Light,** a program you can participate in after learning Reiki.

Energi Light is *the place* to get Reiki practice alongside like-minded Reiki practitioners focused on growth just like you. It's a safe and non-judgmental space to build confidence, fine-tune your skills, and step into your potential as a Reiki practitioner.

In our monthly sessions, you'll get practice giving Reiki. You'll expand your awareness so you can grow personally, spiritually, and even professionally.

>> Learn more about Energi Light

Accelerate Your Growth with Energi Light!

Grow Your Confidence & Fine-Tune Your Reiki Skills

- Just like mastering any skill, building confidence as a Reiki practitioner comes from consistent practice. With regular practice, you'll move from self-doubt to taking action and gain momentum toward your dreams and goals!

Deepen Your Connection to Reiki

- With a clear process from start to finish for your Reiki treatments, you'll move from feeling hesitant to becoming intentional so you can "stay in the zone" of presence while giving Reiki treatments.

Experience the Power of Reiki Community

- Inside our supportive community, you'll have more fun practicing Reiki and move from feeling isolated to being celebrated. With the support of a like-minded community, you'll feel inspired to more fully live your spiritual path.

>> Learn more about Energi Light

Your Next Step

I'm grateful our paths have crossed!

I'm so excited to see what unfolds for you as you walk along your Reiki journey . . .

Learn more about Reiki...

>> Explore the Reiki Principles (Sacred Alignment mini-course)

>> Take a Reiki Class (LIVE Online or In-Person)

>> Frequently Asked Questions about Learning Reiki

>> Watch me give a full Reiki treatment (YouTube)

>> Book a Reiki Treatment or Meditation session

>> Join my Energi Light Reiki Mentorship program

>> Learn about Primordial Sound Meditation

Have a question about learning Reiki?

I'd love to support you along your Reiki journey. You can reach me at:
lisa@lisaguyman.com

Lisa Guyman bio/background



ABOUT THE AUTHOR

Lisa Guyman



Today, Reiki is taught all over the world, in-person and live online.

Lisa has been leading meditation classes and Reiki weekend workshops for over 25 years in:

- Denver, Colorado
- Birmingham, Michigan
- and, LIVE online via Zoom

Having studied under a spectrum of Reiki Masters, Lisa's teaching style is pragmatic, experiential, and deeply spiritual.

When choosing a Reiki Teacher, it's important to find someone who really resonates with you.

Learn more about Lisa's background and teaching style

Lisa Guyman
Reiki & Meditation