

# THE ART OF REIKI

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**This overview offers an introduction to the heart of Reiki through the exploration of nine essential constructs.**

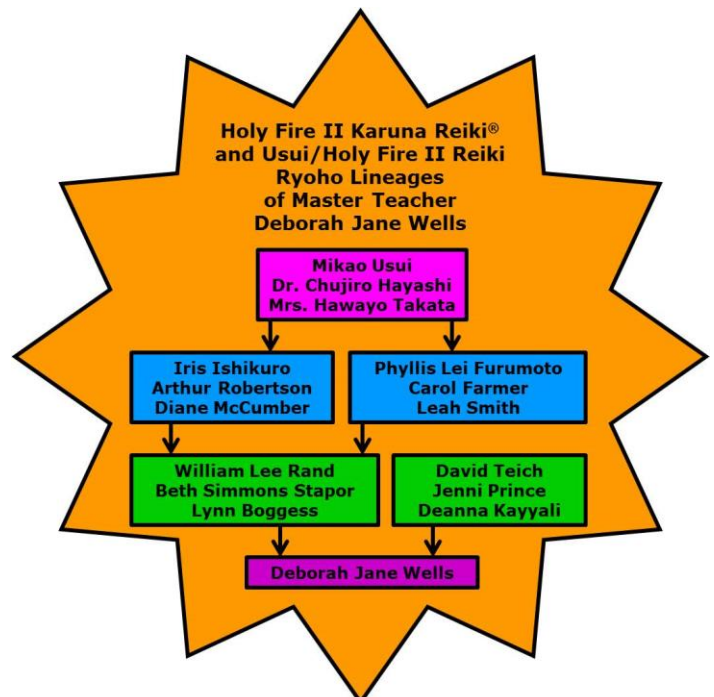


## Reiki Fundamentals

Reiki is a form of mindfulness-based energy work focused on enhancing life experience in all areas. It reduces stress, increases relaxation, fuels creativity and fosters healing. I liken Reiki to a form of energetic mindfulness meditation or prayer with the Reiki practitioner serving as a consecrated channel for the flow of spiritually guided Universal Source energy to support insight, healing and empowerment.

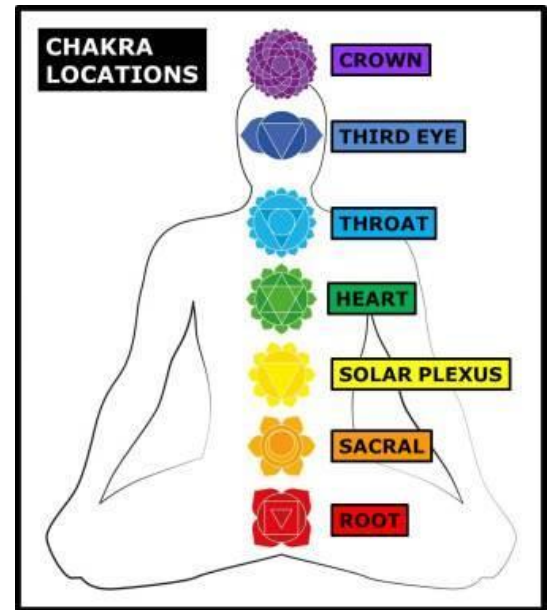
## Master Teacher Accreditation

A professional Reiki master teacher is one who has substantial experience and has received training and attunements through another professional Reiki master teacher. I am a Professional Member of both the Reiki Membership Association of the International Center for Reiki Training (ICRT) and the International Association of Reiki Professionals (IARP). My Reiki master teacher credentials were acquired through Karuna Reiki® master teachers David Teich, Jenni Prince and Deanna Kayyali and ICRT Licensed Reiki master teacher Lynn Boggess of the Usui/Holy Fire II Reiki and Holy Fire II Karuna Reiki® Ryoho Lineages.



## The Role of Energy

People who practice any form of prayer or meditation attest to the subtle energy they feel flowing through them. Ancient wisdom traditions speak of this Life Force (often called Chi, Qi or Ki) as that which originates in the Infinite Source of All—flowing through and energizing every aspect of existence. Many scientists recognize this energetic force as both tangible and powerful. When people demonstrate skepticism about the importance of free-flowing energy to optimal health, I remind them that when our hearts stop, medical professionals use massive jolts of electricity to restart them. Energy is a life-sustaining and health-restoring essential.



## CHAKRA SUMMARY

Chakra	Focus	Colors
7 Crown	Oneness, Spirituality, Divine Wisdom	Purple, White
6 Third Eye	Reason, Intuition, Discernment	Dark Blue
5 Throat	Choices, Self-Expression	Bright Blue, Light Blue
4 Heart	Love, Compassion, Self-Acceptance, Saying Yes	Green
3 Solar Plexus	Courage, Self-Esteem, Vitality, Saying No	Yellow
2 Sacral	Joy, Play, Relationships, Creativity, Flexibility	Orange
1 Root	Stability, Belonging, Self-Preservation	Black, Brown, Red, Pink

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Book Figure 7

## The Stress Response

Our bodies comprise physical, mental, emotional, spiritual and energetic elements. A system of 12 energy meridians functions as an energy super transit system connecting every cell, tissue, organ and function. Seven chakras, or energy substations, empower our thoughts, feelings and actions by regulating optimal flow of Life Force energy through our physical, mental, emotional and spiritual being. When internal and external stressors, such as chronic stress and environmental toxins, generate energy anomalies in the 12 meridians, the chakras are thrown out of balance thereby compromising body and brain functioning.

## How Reiki Works

Reiki helps your body “remember” and return to its balanced state. By identifying and removing stress- and toxin-induced energy blocks, Reiki treatment helps you realign your energy and restore your sense of wellbeing. Reiki practitioners do not “heal” others. They help others heal themselves by establishing an energetic environment in which understanding, balance and harmony can be restored. The Reiki practitioner supports re-balancing the chakras, allowing the body to return itself to a state of equilibrium and optimal experience.



## The Magic of Reiki

While I hold great respect and gratitude for the Reiki tradition and symbols, for me, the "magic" doesn't reside in either. The ability to facilitate physical, mental, emotional and spiritual healing lies dormant in each one of us from birth, waiting for the moment when we are ready to "remember," reclaim our power and step into our greatness.

**Invoking the Reiki symbols reminds us to employ the full range of abilities that always dwells within each of us. Every time we do so, we return home to our innermost truth of wholeness characterized by**

Love  
Respect  
Curiosity  
Compassion  
Gratitude  
Faith  
Hope  
Prosperity  
Peace  
Joy



When we are free of all fear and aligned with love as our Source, our very presence raises the constructive energy of every being and situation we encounter.



## Walking the Reiki Path

Though as a master teacher, I offer Reiki meditation programs, treatment sessions and classes that train and attune others in the practice of Reiki, my primary focus is "walking the Reiki path." That journey is eclectic, intuitive and trans-denominational. As such, my responsibility is to keep myself free of fear as a clear channel for Divine love and light. In that sacred space, I always, and in all ways, facilitate the revelation and advancement of the highest good for all, in all, through all.

## Reiki and Religion

While the focus of Reiki is spiritual, it is not a religion. The practice of Reiki is in harmony with any religious tradition or spiritual practice that recognizes a Universal Source or Higher Power (by whatever name) and promotes unconditional love, respect and compassion. Indeed, many religions around the world embrace some form of Reiki as a respected component of their healing practice.



*Karuna Reiki® is the registered trademark of  
The International Center for Reiki Training*

## Reiki Training Programs

I offer training classes for all levels of Usui/Holy Fire II Reiki and Holy Fire II Karuna Reiki®:

- Usui/Holy Fire II First/Second Degree Practitioner Combined (two eight-hour days at \$400 per student)
- Usui/Holy Fire II Advanced/Master Teacher Combined (three eight-hour days at \$600 per student)
- Holy Fire II Karuna Reiki® Master Teacher (three eight-hour days at \$600 per student)



My Reiki training classes include instruction, attunements (known as placements and ignitions), meditations and other practices for treating yourself, other people and your beloved animal companions. In addition to comprehensive manuals published by the International Center for Reiki Training, I provide detailed reference worksheets to help make Reiki easy to learn and fun to practice. I intentionally structure small classes so I can offer lots of individual attention to each of my students. My particular course designs are highly personalized with a focus on helping you identify and develop your own unique relationship with the different Reiki energetic signatures to produce a way of practicing, treating and teaching that aligns with your authentic presence in the world.

## What Students Say About the Benefits of My Reiki Training Programs

*"I gained so much throughout the wonderful power-packed two-day introductory course with Deborah. The material was really well thought out and easy to follow. Deborah's teaching and guidance made the learning and attunement process flow naturally. So grateful for being introduced by Deborah to this life changer at the perfect time."* **Linda Guntharp, Usui/Holy Fire II Reiki Second Degree Practitioner from Williamsburg, VA**

*"I found Deborah online and was very excited to begin to learn more about Reiki in a small group. The class was very inspirational—not just the Reiki itself but for my life overall. I am happy with my attunements and the experiences I had during and since the class."* **Rebecca Young, Usui/Holy Fire II Reiki Second Degree Practitioner from Williamsburg, VA**

*"The Advanced/Master Reiki training I took with Deborah was priceless! The loving environment ensured a quick bond between the teacher and students, enhancing the entire experience and securing what I believe will be lifelong friendships. I will absolutely return to Deborah for my next level of training and would highly recommend her to anyone looking to take a Reiki class!"* **Ginny Keast, Usui/Holy Fire II Reiki Master Teacher from Salem, VA**

*"Deborah provided an amazing three-day program to guide me to practice as a Reiki Master Teacher. I so appreciate her organization and hard work, fine tuning the schedule and handouts. Her creativity and extensive knowledge and experience with Reiki were obvious."* **Charlotte M Lorentson, Usui/Holy Fire II Reiki Master Teacher from Williamsburg, VA**



**For more details on class schedules, send me an email at [deborah@djwlifecoach.com](mailto:deborah@djwlifecoach.com) or call me at +1.303.330.8178**