# Channelling Reiki

## RECEIVING ENERGY

To begin any Reiki practice, you must first activate the energy within yourself. After performing your grounding, and protection rituals, close your eyes and take a few rounds of deep breaths. Imagine the crown of your head opening and a stream of healing white light flowing from the top of your head, into your heart, and out through your arms and hands. Ask for healing to be directed where it is needed most. Remember you are a channel for the healing energy and it first flows through you as you direct it to your client. You will receive the healing benefits too.

As you feel the flow of energy, continue to breathe and if you find your mind gets busy or starts to question whether this is working, come back to your breath. Envision yourself as a vessel for healing. You are now ready to complete your invocation rituals.

Before commencing the hand placements, slowly run your hands in your clients aura about six inches above their body from their head right down to their feet in a slow smooth motion. Repeat this at least three times to remove any energy build up. This will also bring harmony to your client's aura and form a positive rapport between you and your client.

Pay attention to your hands, use your intuition, sense for possible blockages or hot spots to focus on during your healing session. You are now ready to begin the treatment.