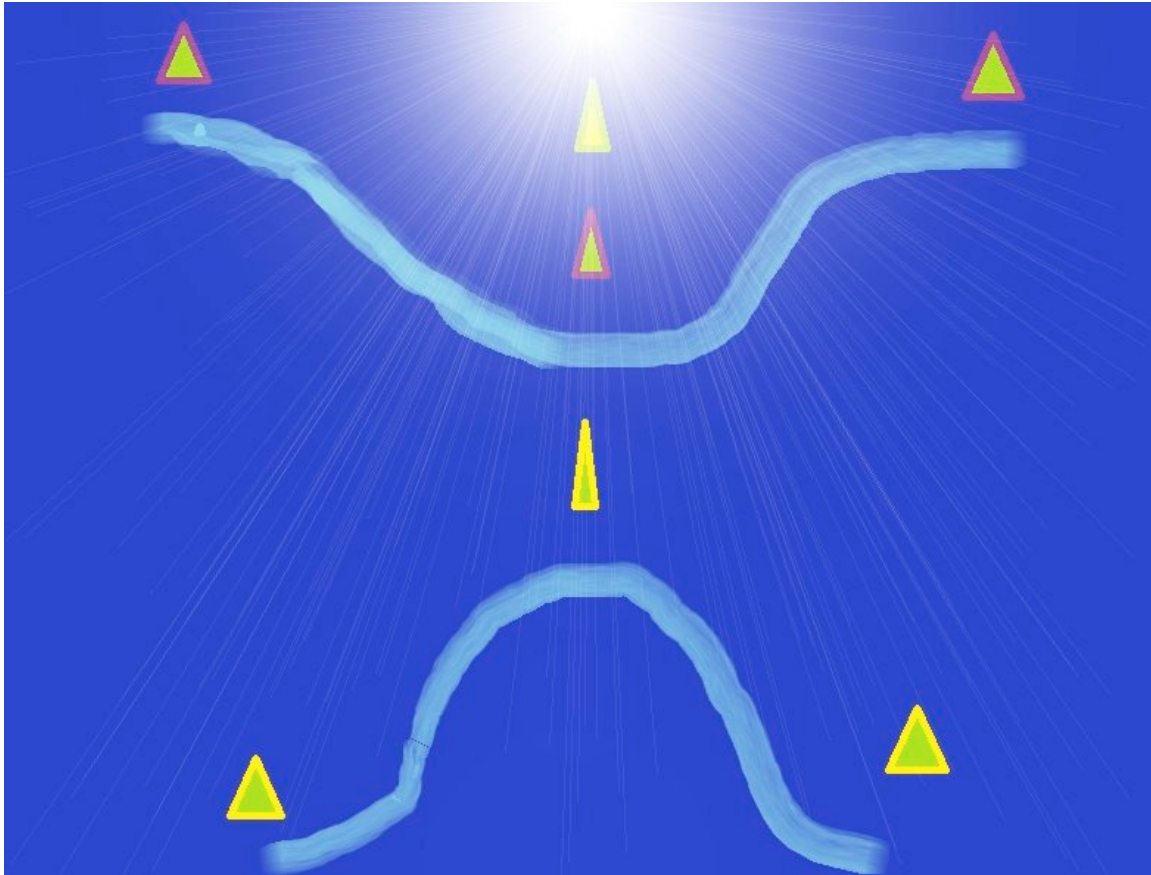


Antidepressant Reiki



Antidepressant Reiki
Channeled and copyrighted by Linda Colibert Feb. 2012

SpiritLight Reiki
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Antidepressant Reiki

Antidepressant Reiki connects you to your higher self and Spirit for healing. This system works to heal your body, mind, and spirit to balance any hormones or physical causes of depression. It also helps heal issues that lead to depression emotionally, and raises your mental energies to help release any negative vibrational causes of depression. The love and light energies of Antidepressant Reiki helps to lift your spirits and give you hope, which lights the way out of the darkness of depression. The energies are excellent and very healing. You may feel lighter immediately after receiving this attunement and also any time you run the energies.

Antidepressant Reiki

For one reason or another, all of us have experienced a form of depression at some time in our lives. Often this can manifest because of a hormone imbalance as in the case of menopause for example, or chemical imbalances which can happen as a result of sometimes drug abuse, or more often a form of mental illness such as Bi-polar, (manic depression). And still yet, there are other times that are more common manifestations of depression that are brought on by some incident, issue, or challenge that has come into our lives unexpectedly. This form of depression is the form most often treated with medication such as antidepressants of various kinds.

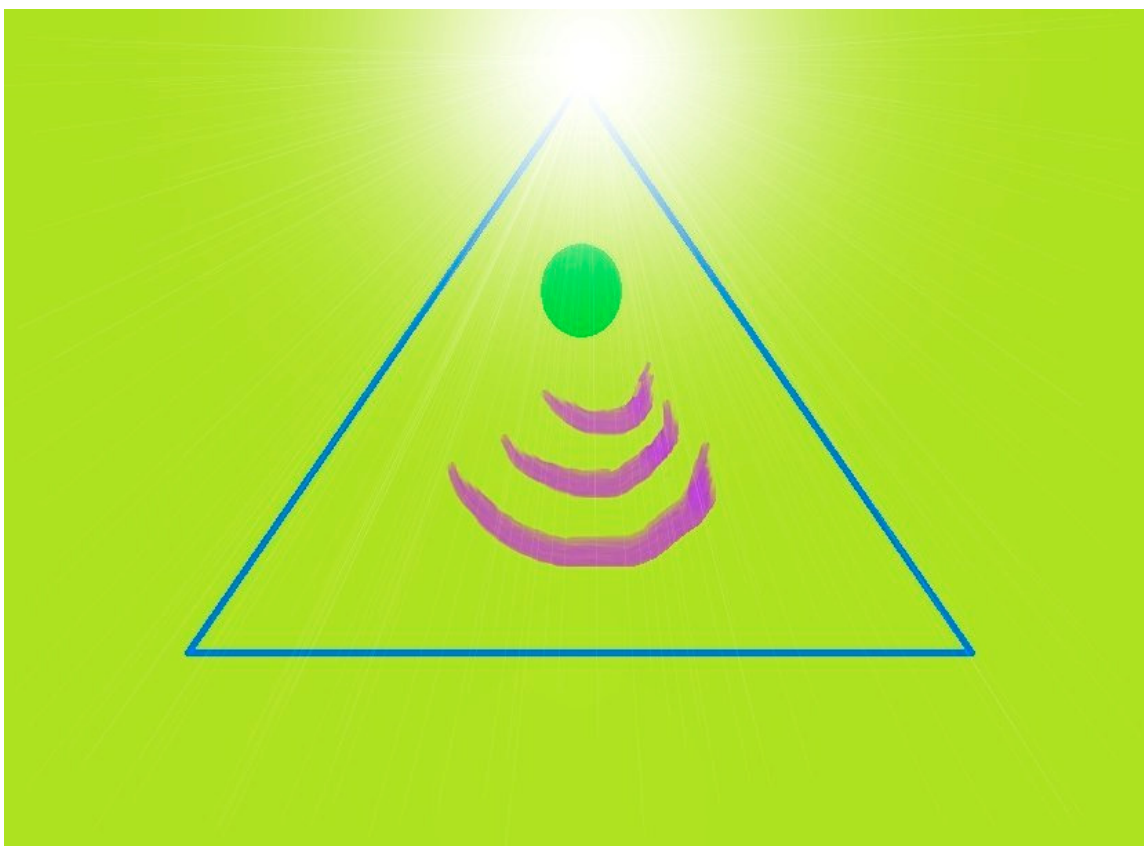
The problem with this last form of depression is that often the medications actually only temporarily treat the symptoms, and the situation that led to the depression in the first place is still there brewing, but masked. And taking antidepressants for long periods of time can dull your senses so that many creative people are unable to experience those emotions that drive them to create. The medication dulls the emotions and feelings as a treatment of symptoms. Worse still, is that taking these medications for long periods of time, may lead to your physical body no longer being able to produce enough dopamine and serotonin. When that happens, the antidepressants may have caused more harm than one could imagine.

When someone feels depressed, they are expressing an emotional response to negative and false thoughtforms. This means that someone who is depressed is overwhelmed with thoughts of extreme sadness and feelings of lack, loss, and powerlessness.

The energies of Antidepressant Reiki draws on the creative source energies of infinite intelligence to manifest good health and to help heal depression. The energies work to help you change your thoughts in positive ways to clear out those negative false thoughts of gloom and

doom. Working with these energies bring feelings of empowerment happiness, and clarity of your thoughts so that you can focus in positive ways.

Below is the Antidepressant Reiki symbol:



Antidepressant Reiki Symbol

This symbol is a triangle which represents balance of body, mind, and spirit energies. Inside the triangle are 3 happy upturned smile lines with a circle above them for focus. The light of spirit shines above and brightens thoughts for healing.

You can draw the symbol in the palm of your hands with your finger, or on a piece of paper and imagine and visualize the white light of spirit shining upon you or your client. Place your palms together to run the energies. You then can put the symbol you drew on the paper or you can print and cut out the symbol by printing this page and cutting out the symbol, and put it beneath a bright colored candle of any color though yellow works very well or white if you do not have a bright colored candle. Light your candle and place your palms together to run the energies.

To send healing to someone

Use the symbol and if you would like to light a candle it would give it more energies, and run the energies. State the name of the person you are sending healing to and speak in your own words what you are asking for.

Visualize pure healing of body, mind, and spirit. See happiness, see the person laughing, smiling, feeling joy. Run these energies until you feel the session is finished.

In person you should apply the energies using the symbol in the way that works best for you with intention.

Healing plants and animals

Plants and animals also feel pain, sadness, and fear. You can use the energies of Antidepressant Reiki to help heal them in the same way you do for humans. Visualize the plant or animal, or place your hands on them and run the energies. Visualize the plant such as a tree feeling happy, its leaves gently moving in the soft breeze. Feel the sun's warmth shining on the plant, and feel its roots drawing energies from mother earth. Run the energies until you feel the session is finished.

For animals, visualize the animal happy, playful, excited, and healthy. Run the energies and see the animal filled with happiness and joy.

You can run the energies using the Antidepressant Reiki symbol as often as you feel guided.

To Receive This Distance Attunement:

To receive your attunement, you will need about 20 to 30 minutes of quiet time to receive the energies of the attunement. You may receive the attunement distantly, as chi ball, or in person.

When you are ready for your attunement, get comfortable, relax, and take three deep breaths, exhaling slowly to relieve any stress of the day. Then when you are ready, say, "I accept this attunement for (name of attunement, and level if appropriate) from (name of teacher) now." Then just relax and allow the energies to flow in to you, and enjoy it.

You will receive the attunement in the same way, no matter how it is sent to you. The difference in the methods of sending attunements varies, but the actual receiving of any attunement is always the same.

To Send This Distance Attunement:

This attunement can be passed in person, distantly, or as chi ball method. The attunement is passed with intention in the manner that works best for you. Each person is a bit different in how they like to pass attunements—some use crystals, some use meditation, or soft music, chanting, or many other personal ways to increase power and ease of sending or passing attunements. It is my belief that each teacher knows what is the most comfortable, enjoyable, and powerful way that works best for them to pass on attunements, and whenever passing attunements you should always follow your guidance. Here is the basic method:

Get comfortable and relax. Take three deep breaths and exhale slowly to release any stress or tensions of the day. When you are ready, say, “I ask that (name of person being attuned) be attuned to (name of attunement, and level if appropriate) on (date and time).

If the attunement is sent as chi ball, you must create the energy sphere by creating energy between the palms of your hands, (move them closer together and out again—back and forth with your palms facing each other to build the energy), and use visualization to see the sphere or chi ball. Then place the attunement energies inside the chi ball or energy sphere with visualization as you say, “I ask that (name of person being attuned) be attuned to (name of attunement and level if appropriate). I ask that the energies of this attunement be placed within this chi ball and that the energies be kept pure until (name of person being attuned) accepts this attunement. I ask that this (name of attunement) chi ball go now to (name of person being attuned) and continue to float around (him or her) until he or she calls it in and accepts this attunement. I thank you. And so it is.”

Again, I stress this is a basic way to send this attunement as chi ball and you as teacher should always pass attunements in the way that is best for you with pure intention. You may want to seal the chi ball sphere with angelic protection to keep the energies within the sphere pure until the student calls in the attunement. You can do this by simply asking the Angels, or specific Angel like Archangel Michael to seal the energies with angelic light to protect them and keep them pure until they are received by the student. But again, you should do this in your own way. Always use the method and means of protection that work best for you.

May you be greatly blessed with joy and happiness and may you manifest positive thoughts and good health! So Be It!

Reiki is a form of energy healing that always helps and never harms. If you are ill, please see your physician. Reiki works hand in hand with the medical profession.

**Please ask permission of the founder before translating the Antidepressant
Reiki manual.**

**Antidepressant Reiki is not affiliated with nor is it to be confused with any
other energy or reiki system that may exist now or in the future.**

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