

# Light of Angels Reiki :-)

Practitioner's Manual

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### About Light of Angels Reiki

Light of Angels Reiki is a Reiki system that works with the light energy of the angels to heal and uplift. The purpose of Light of Angels Reiki is to bring a “lightness” to the heart and to allow the joy of the soul to shine through. Often, in life, we get bogged down by problems, issues and disappointments. Our hearts become heavy and our minds become constricted. We start taking everything very seriously. Life becomes a problem to be solved rather than a joyful experience to be lived fully.

When we get into that space of struggle, it becomes difficult to find joy in life. Sometimes we get so caught up in problems that it leads to depression, anxiety and malaise. Even if we haven't gone into a full-blown depression, we may be feeling “the blues” or just living a life of constant low-grade stress.

The solution to this problem is not to buckle down more and berate ourselves for not having our lives “more together.” This just leads to more frustration, low self-esteem, and a feeling of “stuckness.”

Sometimes, the best thing we can do when we feel we are in a dark space is to simply “lighten up.” Stop taking ourselves so seriously! Stop taking our problems so seriously! Take some time out to laugh, to smile, to be silly, even.

But – you say – something truly horrible has happened. Perhaps someone close to you has died. How can I possibly smile and lighten up during a time of tragedy?

Certainly, there are times to mourn and be sad. Take the time you need to express your sorrow and grief. But there's also a time to let that go and to open up to life and spirit.

Remember: We are simply spiritual beings having a “human experience” on this planet. In the span of eternity, whatever it is we are experiencing now is simply a speck of an instant in the grand scheme of things. The “worst” thing to happen to us is death, which is simply a transition to another existence and new experience.

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Lightening up is not dishonoring your struggle or the memory of a loved one. It is, in fact, a way to bring more light and happiness to the world. Does walking around with a sour face help anyone? No, it does not. This is not to say we need to be mindlessly “cheery” all the time, either. But expressing a true light heart and an easy spirit can bring positive energy to those around you. It is a blessing that you can give yourself and others.

Light of Angels Reiki helps uplift the heart with the help of the angels. In the next section, we will look at how to invoke the angels to lighten the heart.

### Activating the Energy

To invoke Light of Angels Reiki for a healing, whether it's a self-healing, distance healing, or in-person healing with a client, ask to connect to the Healing Angels.

Visualize the angels in a circle around yourself (for self-healing) or the client (when healing another). The angels will appear in a bright white light.

Then, when sending the Reiki energy, visualize angel's wings in your palms. You can do this in addition to any regular Reiki symbol.

You can tell the client to silently ask the angels to take care of any problems they might be worried about. The idea is to release the burdens to the angels so that the load is lightened. (Please see the meditation and exercise in the next section for some “homework” you might want to give your clients before the session.)

When finished with the healing, thank the angels for their help.

## Angels of Light Exercise and Meditation

*This is also a good exercise to give to a client before your healing session.*

Before starting the meditation, sit down and write down all the heavy burdens you feel you are carrying. You should also write down your disappointments and frustrations.

*E.g.: I am worried about money. I don't have a relationship. I am mad at my father. I am worried about my mother's health. My boss is driving me crazy.*

Next to each item, write down whether you want to hold onto the issue, or if you are ready to let go and give it to the angels to take care of. For example:

*I am worried about money – ANGELS*

*I don't have a relationship – ANGELS*

*I am mad at my father – KEEP FOR NOW*

*I am worried about my mother's health – ANGELS*

*My boss is driving me crazy – KEEP FOR NOW*

Now that you have your list, say:

*Dear Angels of Light:*

*I thank you for taking my burdens away from me.*

*I thank you for bringing light into my life.*

*I thank you for lifting my spirits and lightening my heart.*

Close your eyes, imagine the angels in a circle around you, and experience a blissful, peaceful meditation.

## Daily Angel Exercise

*This is also a good exercise to give to clients after your healing session.*

As you go about your day, notice how many times you worry or get frustrated about something. When this happens, silently ask the Healing Angels to take the worry away from you and replace it with love and joy.

This is especially useful if you are worrying about someone else. For example, maybe you are worried that a family member or loved one is going to do something harmful or stupid. Ask the angels to watch over and protect that person, and trust that they are in the hands of God.

As you get into this in habit, you may start to notice how much time in your day is spent being in a negative space instead of a positive space. The goal is not to be positive 100% of the time, because that would deny our feelings. Rather, the goal is to be in a positive space the majority of the time and only in a negative space for those times when we need to grieve or be aware that something is amiss. Ultimately, negative emotions are positive tools when used sparingly and appropriately rather than being “stuck” in them all the time.

Remember to lighten up and smile! Put smiley faces up in your home as a reminder. :-)



(smiley face)

# Light of Angels Reiki Attunement

To follow is the Light of Angels Reiki attunement process. You are also welcome to use any existing attunement method you are already familiar with.

### **In-Person Attunement**

Most people you attune to Light of Angels Reiki should already be Reiki Masters or at least Level II. If not, you should make sure the person has had a Reiki session in the past week (at minimum).

For the attunement: Have the client sit in front of you with eyes closed to receive the attunement.

Call upon Archangel Michael to help with the attunement. Then ask to connect with the higher self of the recipient. Visualize a circle of angels around the recipient.

To pass the attunement, place both hands on the client's head and send the Light of Angels Reiki energy into the crown chakra, by visualizing angel's wings on the palms of your hands and seeing the energy expand to fill the entire body.

### **Distance Attunement**

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.



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You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

**I am now receiving the Light of Angels Reiki attunement sent by <your name>. Thank you.**

To send the attunement:

Call upon your higher self to help with the attunement. Then ask to connect with the higher self of the recipient.

Call upon Archangel Michael to help with the attunement. Then ask to connect with the higher self of the recipient. Visualize a circle of angels around the recipient.

To pass the attunement, imagine placing both hands on the client's head, or place your hands on a proxy such as a teddy bear or photo. Send the Light of Angels Reiki energy into the crown chakra, by visualizing angel's wings on the palms of your hands and seeing the energy expand to fill the entire body.