



Guardian Angel Reiki

Practitioner's Manual

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About Guardian Angel Reiki

Angels are thought to be higher vibrational beings who exist only in spirit and do not incarnate into form as humans and animals do. Angels are here to help guide human development and uplift and protect the people they serve. A guardian angel is a personal angel – an angelic being that is assigned to look out for the welfare of one particular human being.

It is a popular notion that everyone has one guardian angel looking out for them throughout their lifetime. Actually, consider that this may not be the case. First, some people have more than one guardian angel. Sometimes this means they have a few guardian angels at a time, or sometimes their solo guardian angel changes over the span of their lifetime.

Also, not everyone has a guardian angel. Some people don't need guardian angels, or are drawn to working with different types of entities than angels. (Have you ever wondered, for example, why some new age channelers never mention angels at all, but talk about working with "ascended masters" a lot? This is why. These people are not working with angels but other types of energetic beings.)

Sometimes, however, a person becomes disconnected from an angelic guide due to negative energies and thought-forms that are blocking angelic connections. For these people, they may mistake lower vibrational entities for angels. And in the worst case scenario, some people do not have guardian angels at all because they've actually turned to evil and have pushed the light away from themselves.

Guardian Angel Reiki works in a number of ways:

1. It enhances the connection between the Reiki practitioner and their own angelic guardian, who can assist with healings.
2. It can give clients a direct feeling of angelic energy, personalized to them and providing comfort.
3. It can remove negative blocks and thought-forms around those who are blocked from receiving angelic guidance.
4. It can help "call in" a new guardian angel for the recipient, whether they already have a guardian angel or not.

The Guardian Angel Reiki energies are protective and gentle. They are easy to use and safe as well as effective. They cannot harm anyone, and they will connect the recipient only with the highest energies for their own good.

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If you did not have a personal guardian angel prior to receiving this energy, you will once you have been attuned. This angel will be working with you on your healing sessions.

Please note that this energy cannot be used to assign guardian angels to those who have not asked for one. It may be tempting to send new guardian angels around the globe to certain people who you think might need one (because maybe they are a “bad” person or someone you want to change). That just will not work.

The energy can, however, be used to send angelic distance healing. This is a wonderful way to spread more light into the world. Simply ask your guardian angel to send some healing to the person. It will help!

Guardian Angel Reiki

Using Guardian Angel Reiki

Guardian Angel Reiki is very simple to use. To use Guardian Angel Reiki, you will invoke or call upon your guardian prior to the Reiki session. You may do so in the following way. Say or think:

I would like to connect with my guardian angel for this healing session. Please assist in this healing. Thank you.

You can then use Reiki as you would in any regular session. You can also use non-traditional Reiki systems and symbols, and your angel will help add additional healing to the session.

Guardian Angel Reiki is primarily intention-based. This means that you create the healing through your clarity of the thought and the willingness of the client. (Medical doctors call this the “placebo effect” – we healers call that thought power.)

If you want to help your client connect with their guardian angel, and they are having issues due to negative energies, you can work in the following manner.

Call upon your guardian angel for protection:

Guardian angel, please provide a shield of protection around myself and around my client of divine light and love. Please clear away any negative energies that are blocking my client from connecting with their own guardian angel.

To assist a client in connecting with a new angel, first use the protection stated above, then continue:

Please connect my client with an angel of the light, of the highest intention and integrity, to help them with their life path. Thank you.

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The reason why asking for protection and clearly stating you want an “angel of the light” is that not all angels are good. (Remember the story of Lucifer.) You do not want to invite dark energies in accidentally through sloppy intention-setting. Of course, we now call fallen angels “demons” and so it’s unlikely that anyone will confuse your intention if you ask to connect with an angel. Generally, what we call angels are good angels and what we call demons are fallen angels. But just be aware and clear.

For the most part, the Reiki energy and your guardian angel should protect you, but it’s better to be safe than sorry. And even though some angels are bad, most angels are good and by thinking of them as higher beings you will connect with that higher energy.

Do understand that no entity can permanently attach itself to you or your clients without some sort of tacit permission. Your client needs to want the connection and not reject it. On rare occasion you will have a client who rejects an angelic connection. Do not force the issue. You can, alternatively, pray for the client and give them whatever healing that they can accept now.

Connecting With Your Angel

By getting into a meditative state you can connect with your angel and ask it questions. Be quiet to hear the guidance, or use a dowsing method such as a pendulum to receive your answers.

Remember, it is important to be very clear on who it is you want to talk to when dealing with the spirit world. There are quite a lot of lower vibrational beings hanging around who are bored and would love to play pretend guardian angel if you are not careful. This is especially true if you are using a pendulum. Do not just start using a pendulum without being clear on who you are connecting with first.

For example:

I would like to connect with my guardian angel of the light, for my highest good.

By stating your intention to connect only with your guardian angel, you are being assured of getting only the highest information.

You may choose to give your guardian angel a name, or ask for a name. Angels aren't one gender or another so they will simply appear in whatever form works best. They aren't too picky about the names as long as they are nice ones, so don't fret that you are choosing the wrong name.

Make sure, however, that you don't just ask to connect with "name" when starting your session. Let's say you named your angel Joe. If you ask to connect with "Joe," you might inadvertently find yourself chatting with an earthbound spirit named Joe. Always ask to connect to "my guardian angel, Joe."

Once your connection to the angels grows, you may feel more connections with other angels such as archangels or other healing angels. You may sense their healing energies as a tingly feeling in the crown or the third eye.

Now, perhaps you are sensing these sorts of things and yet still skeptical. Is this really an angel you are connecting with, or is it all in your mind? That's OK. Even if what you are experiencing when you are connecting with your guardian angel is really just *you* talking to you, is that so bad? The important thing to remember is that angelic communication will always make you feel more uplifted and at peace. If it does not, then you are not connecting with guardian angel energy.

Guardian Angel Attunements

Special Notes on Receiving This Attunement

By receiving the Guardian Angel attunement, you will feel a stronger connection to your guardian angel, or receive a guardian angel if you do not have one. Do not have overly high expectations during the attunement, however. You do not need to see an actual angel with your naked eyes to have strengthened the connection. Perhaps all you will feel is a sense of well-being and of being loved. That is enough.

Giving the Attunement

To follow is the Guardian Angel Reiki attunement process. You are also welcome to enhance this attunement process with any existing attunement method you are already familiar with. During the attunement, you may become aware of your client's guardian angel(s) and can report to them any insights if you feel they are pertinent.

In-Person Attunement

Most people you attune to Guardian Angel 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 your guardian angel to help with the attunement. Then ask to connect with the guardian angel of the recipient (if they do not have a guardian angel, they will receive one in the attunement – this new angel is who you will connect with, if needed).

To pass the attunement, place both hands on the client's head and ask the client's guardian angel to send the attunement into the crown chakra, seeing it 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.

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 Guardian Angel Reiki attunement sent by <your name>. Thank you.

To send the attunement:

Call upon your guardian angel to help with the attunement. Then ask to connect with the guardian angel of the recipient (if they do not have a guardian angel, they will receive one in the attunement – this new angel is who you will connect with, if needed).

Then, ask the client's guardian angel to send the attunement to the client. You can also assist by visualizing the attunement being sent.

Thank the angels for their help.