

The background of the cover is a night sky filled with stars and a vibrant aurora borealis. The aurora transitions from purple and pink at the top to yellow and orange at the bottom. In the lower third of the image, a person's silhouette is visible, standing on a dark, rocky ridge and looking towards the horizon. The overall mood is serene and contemplative.

# A PATHWAY TO *Reiki* MASTERY

A PRACTICAL GUIDE TO HEALING  
YOURSELF

DYLAN FREDERIKS

*Dedicated to the Earth.*

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# Part 1: Freedom through Reiki

## Introduction

There are many books out there outlining rigid systems of belief structures which tell us how to think, how to feel and how to act. In the Western world, we tend to put things in boxes so our mind can logically understand everything and therefore control the outcomes.

This book is not about telling you how to act and how even to do energy healing. Its sole purpose is to get you into contact with yourself, so you can learn to trust and feel every situation and act accordingly. What may have been best in one moment, might cause damage in the next. It is up to us to connect to the unlimited part of our being, our higher self or “I AM” Presence to listen to the divine will and act accordingly.

This book will give you the essentials you need to heal yourself and the world around you without needing years of study and paying thousands of dollars to gurus and “enlightened beings” to tell you how to do and how to be. This knowledge comes from within, and this is what this book is all about — connecting to your heart.

# REIKI 1

## Understanding the Universe

Our first point of understanding for any of these esoteric concepts to work is to realize that we are all one. Quantum physics in the west understands that everything at its smallest level is just packets of energy vibrating at different rates, the East has acknowledged this for millennia, and you can read this in just about every ancient text.

What we may not understand, is the way that how everything being from the same source affects us.



*Figure 1. Wine Glass Emits a Constant Tone When Tapped with a Spoon*

Referring to Figure 1, we have a picture of a wine glass, when we tap it with a spoon, we all know that it makes a sound. But why?



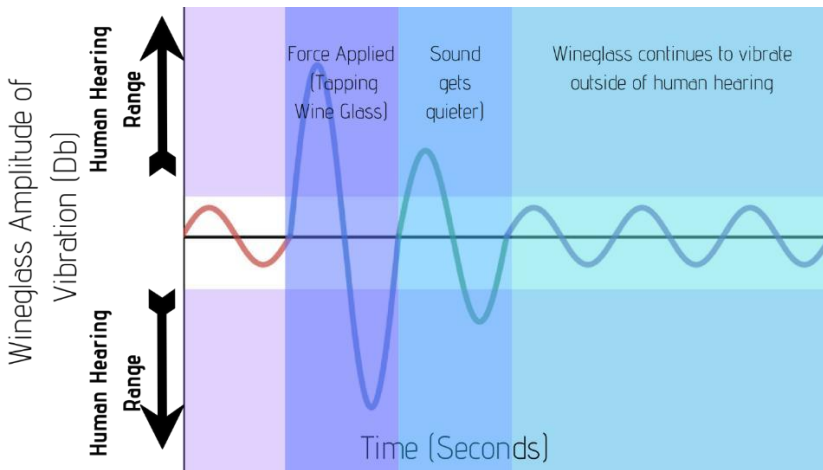


Figure 2. Wineglass's Natural Frequency

What is happening as you can see from Figure 2 is that, when we apply a force to an object (spoon tapping on a wine glass, the natural vibration of the glass is amplified into our range of hearing. However, when the sound dies away, the glass is still vibrating at a specific frequency that we cannot perceive with our five limited physical senses (sight, touch, smell, taste, and hearing).

Everything in existence throughout the entire universe is vibrating at different rates. Just because we can't perceive it, doesn't mean it isn't there. For example, you may be reading this on your phone, which is connected to the internet through WIFI or cell towers. These are waves of light vibrating at a frequency we cannot perceive, yet we can observe their effects.

Some other vibrations we can't see include Microwaves (how we heat some of our food), X-rays (scanning bones) and Radio Waves (listening to the radio in the car) to name a few. There is so much out there in the universe yet in this physical body; we can't perceive it unless we tap into its source.

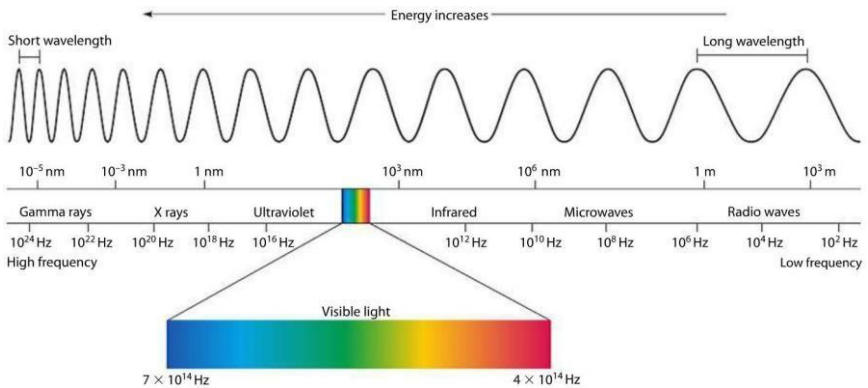
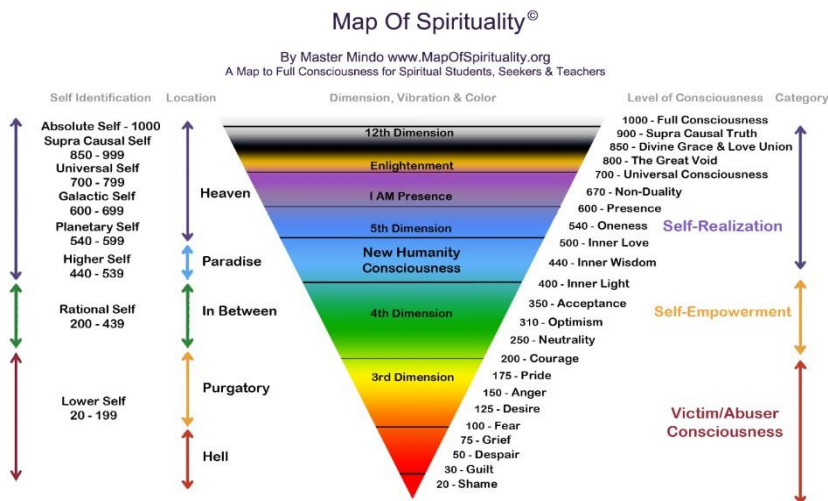


Figure 3. Different Wavelengths of Light in our Universe

Figure 3 shows us just how little of this universe we are experiencing in this physical body.

Music is something our world enjoys a lot, depending on the type of music and how it affects the way you feel. Vibration is described by a frequency which is the rate at how fast something is vibrating. High-frequency music like Angelic choirs or a beautiful melody makes you feel something very different than low-frequency music such as music about pain, death, sadness, and grief.

Everything in our world is vibrating at different rates and depending on our rate of vibration, our life experience and emotions will be completely different.



*Figure 4. The Map of Spirituality (Mindó, 2017)*

Referring to Figure 4, you can see a list of different emotions sorted by their vibrational frequency. Someone who is experiencing pain and suffering doesn't see anything outside of their scope of emotions; they will continuously attract experiences which resonate with their vibrational state.

The higher our vibration rises, the better we feel daily. Raising our vibration opens us up to experiences beyond this 3<sup>rd</sup>-dimensional existence we may be existing in today.

We can ascend or descend along with this map as fast as we choose to. This book will resonate with you if your prime mission in life is to feel better. That's all we're doing in life, trying to feel better. This research has led me to a point where I am feeling incredible in my life. I am doing what I love because I set an intention to live from

my heart. When I first discovered this research and said, “If I am operating from a state of Anger and Pride, what is the fastest way to shift my vibration up to level 1000 and experience beyond enlightenment.

It’s all possible, and it doesn’t have to be complicated. It all depends on our intention. This book is dedicated to making the journey upwards as efficiently as possible.

## What is Reiki?

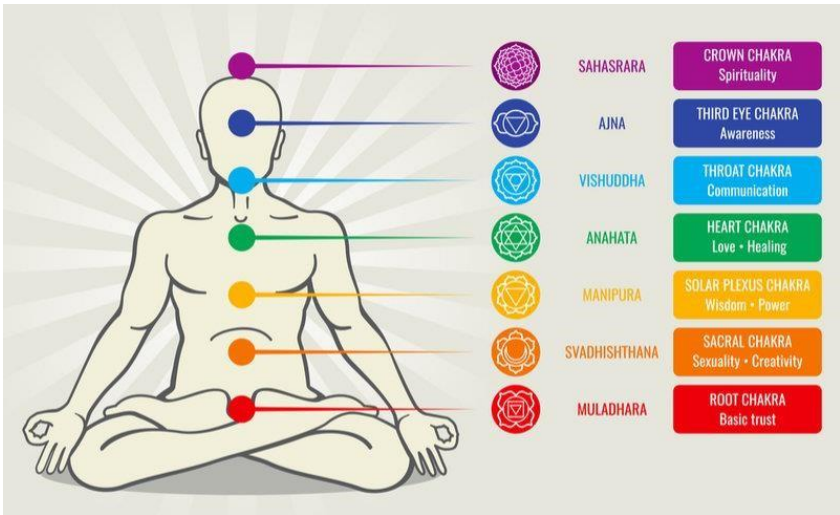
Reiki is the channelling of Universal Consciousness (Source, God, Allah, Krishna, Ki, Chi, Mana, Energy, Etc.) through your body and into the body of the person receiving it. It only works for the highest good of the person asking for the healing; you cannot harm using this energy.

To be a Healer, your state of consciousness needs to be at a certain level, and this level is love. You need to be actively aware that love is the force that binds the entire universe together and it is love that heals all.

We will dive more into how to reach this state in the subsequent chapters.

## Chakras

Chakra meaning wheel of light in Sanskrit refers to intelligent, energetic centres in the body where the consciousness acts. We have many major and minor chakras, but we will just be focusing on the seven major chakras running up the spine. See Figure 5 for a detailed diagram of the chakra system.



*Figure 5. The Human Chakra System and Characteristics*

## Root Chakra

The Root Chakra is located at the base of the spine and vibrates the colour red. It is responsible for our grounding and connection to Earth. It is also associated with basic survival needs like money and a sense of safety. Grounding is especially important when working with high vibrational energies as we need to be here and now to be most effective in this world.

## Sacral Chakra

The Sacral Chakra is the centre of our sexual energy and is our pleasure centre. All emotions typically stem from this point as it is where our bodies store our energy. Traumas often get stored in this area, so it is essential to release them by going through the exercises given in this book as they block the source of love. The Microcosmic Orbit is especially helpful for circulating the energy around the

body and not letting it be wasted for a momentary relief through drugs or sexual release.

### Solar Plexus Chakra

The Solar Plexus Chakra is our centre of will and power. The 3<sup>rd</sup> Dimension world revolves around this chakra and the need for power and control over others. When we find the balance between Masculine and Feminine energies, the Yin and the Yang, we can stand firm with love, and nothing stands in our way of who we indeed are.

### Heart Chakra

The Heart Chakra is the centre point of the Chakra system. It connects the light to dark, masculine to feminine, the yin to yang. It is the source of our love in this world. When our heart chakra is open and flowing, we are a beacon of love and light to the world as divine radiance flows from us. When it is blocked, we feel cut off and isolated from the world. Love truly sets us free.

### Throat Chakra

The Throat Chakra is our seat of communication with the world. When it is open and flowing when we are expressing our personal truth fully and honestly through the world. To be able to listen to the Divine and receive messages directly from the Universe, you need to be in connection with your truth in everything you think, feel, say and do. Then, communication flows completely.

### Third Eye Chakra

The Third Eye Chakra is our centre of intuition and psychic sight. It is the doorway to the Astral Realms (non-physical places which

exist beyond the Earth plane) and provides abilities like seeing energy not visible to the human eye.

Many people who embrace spirituality (myself included) want to escape into the Astral Plane to avoid their lives. However, what is essential to know about these realms is that manifestation is instant. Meaning, if you are in a state of fear, you may find yourself attracting to situations which are undesirable in the Astral Planes.

I'll leave this warning here. Don't rush. Be patient and let it happen naturally because if you force it before you are ready, you may not be able to close the door and you might not like what you attract depending on the frequency you are vibrating at.

### Crown Chakra

The Crown Chakra is our connection point to *Divinity, God, The Universe* or *The One*. Whatever label you use is fine, know that when someone else uses a different name, we are talking about the same thing.

*The Universe* is everything including us. We are individualised fragments of the Universal force having a human experience working our way back towards wholeness. Connection through this Chakra comes when we are open to it, and we ask sincerely.

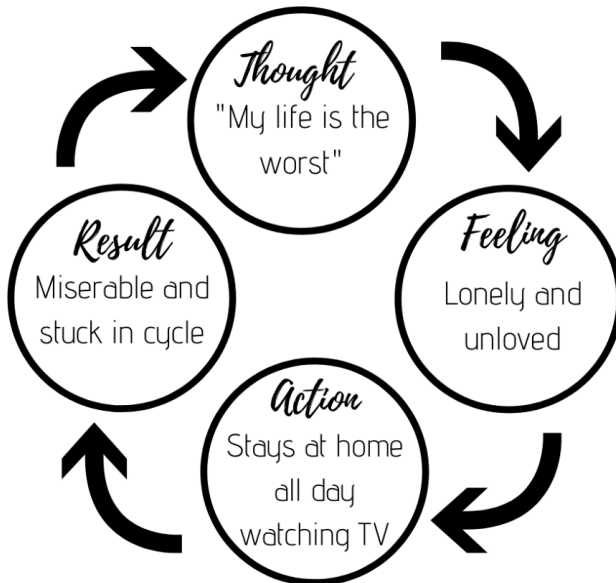
Surrender and trust are the keys to a smooth spiritual evolution. Some people like to do it the hard way; I am not one of those people. The more you can surrender to what the Universe (your inner being) tells you, the further into Oneness you will come.



## Mind-Body Connection

Earlier we were talking about how everything is vibrating at different frequencies and depending on the frequency, that will be the experience of the emotion. When we choose to think a thought like "I hate myself," we are sending out a vibrational wave into the universe which will attract the same feeling back to ourselves. It may manifest as someone yelling at you or doing an action like starting smoking again when you were trying to quit. Our results then reaffirm our thoughts and the cycle continues.

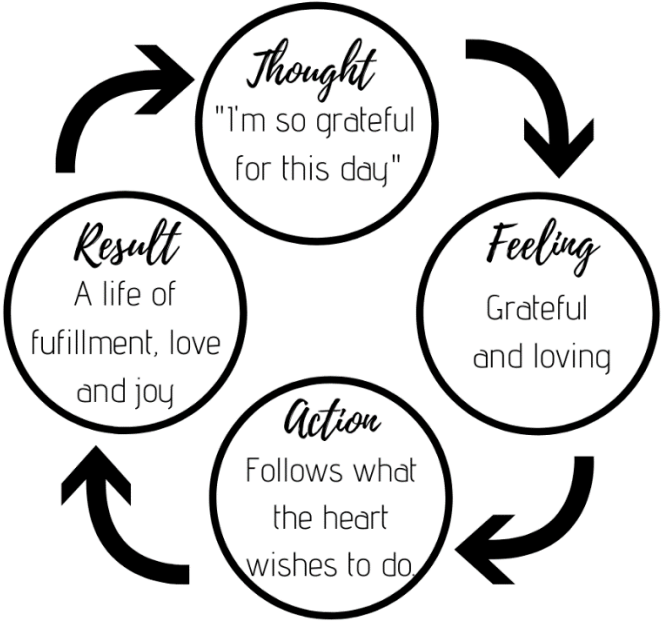
### *How Negative Thoughts Create Reality*



*Figure 6. How Negative Thoughts Create Our Reality*

Looking at Figure 6, we can see how every action and result we have in our lives is first created in the mind by a thought. By choosing our thoughts wisely, we can then attract the circumstances we want by tuning into the vibration in which we wish to exist.

## *How Positive Thoughts Create Reality*



*Figure 7. How Positive Thoughts Create Reality*

Referring to Figure 7, you can see how just a change in thought can alter that same person's entire reality. Start observing your thoughts and don't judge them but acknowledge that they are there and then say a positive affirmation to override what you have just said. If you

hear yourself saying “I hate myself” you might say a positive affirmation like “I love myself” then follow it through by doing an action which makes you feel that you do.

Do whatever makes you feel terrific about yourself. For me, I enjoy doing Tibetan Yoga which I’ll talk about later in the book because it makes me feel like I love my body. Each person is different, listen to yourself.

The power of your thoughts is influenced by the frequency of that thought. A thought of “I love you” is more powerful than one saying “I hate you”. The higher the frequency of thought, the more energy it contains.

### Disease

Disease or Dis-ease is the body simply not being at ease with itself, and all problems have first started in the mind. The mind then creates emotion, and if that emotion isn’t addressed, it establishes a physical ailment until you acknowledge the imbalance and correct it, or you die. Simple as that.

This is why Western Medicine doesn’t always work; it is only treating on the physical level, the person with the illness needs to take responsibility for it and then work to change whatever belief system they have and why they continue to think painful thoughts which manifest as a physical disease. I am not advocating you don’t use Western Medicine; I am advocating using it in conjunction with self-responsibility and changing belief systems around the way we think. Then we can achieve true healing not just the management of symptoms.

## How to Perform a Reiki Session

As the world is awakening, many people are turning to Alternative or Natural Medicine. We can see the system around us is failing and there must be a better way than a doctor telling us we are going to die. None of us have to die. PERIOD. The body is immortal; we poison it through our belief systems and substances we put into our body.

You may not want to help people now, and that's completely okay, someday someone may come to you, and you may get the inner guidance to lay your hands on them to send them energy. Trust all is in *Divine Will* and *Divine Timing*. Here are the basic instructions for working with someone both in person and over the phone. It doesn't matter what anyone else has told you about what you can and cannot do; your only limitation is yourself.

### Healing in Person

Most people like to start healing in person as their logical mind thinks it's easier to send energy through the hands directly then to the other side of the country. It works the same, only your doubts limit you.

It is beneficial if you have a massage table, if not, it's completely okay. This is just what I prefer, and it makes everything a little more comfortable. Setting yourself up in a pleasant environment is always preferable, away from noise and distractions. However, you may find yourself in an airport, and someone needs healing, it works all just the same. The only difference will be your sensitivity to the energy; trust all the work that is needed will come through.

Take three slow deep breaths to centre yourself in the present moment then call down white light from *The Universe* and let it flow through your crown chakra and down to your heart. Call up Earth energy from the centre of the Earth through your feet and into your heart. When the time feels right, place your hands on the person's heart and ask them to take three slow deep breaths in through their nose and out through their mouth.

Ask them to breathe in light through the centre of their heart and to exhale and release any stress or tension they might have. Depending on the person, you might also want to guide them through a more in-depth relaxation process. Ask the person to relax the areas of the body where they may be holding stress such as their feet, ankles, legs, hips or elsewhere. This can just help with letting the person experience the energy more.

The simplest way to complete healing is just to leave your hands on the person's heart or wherever on their body which is helpful and asks for the perfect *Divine* healing to occur for this person. All you are there to do is to engage the flow of energy and hold space. You do not need to do any fancy techniques for this to work. This is as simple as it gets.

One thing that I have noted which works exceptionally well, is to visualise with your eyes open the same movement of energy flowing up through the person's feet from the centre of the Earth, and through the lower three chakras into the heart. Do the same for the crown by bringing in energies of the divine source through the crown chakra and down through the upper chakras until the

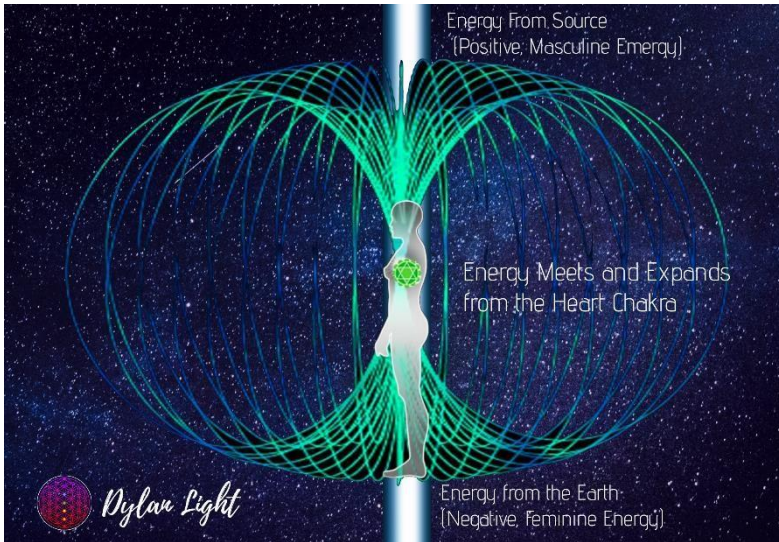
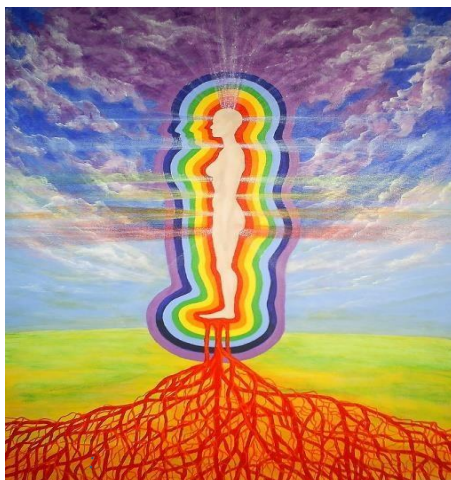


Figure 8. Channelling Energy and the Torus Field

energy reaches the heart. You can then allow the light to expand around the person in a torus field of energy. See Figure 8

You don't have to heal in the way taught in this book. This form of healing is entirely about listening to your intuition. No two sessions will be the same. Sometimes you might move around the body, and sometimes you might stay in a particular spot. This technique has been channelled by *The Universe* to allow you to be of the highest service to humanity.

Move around the person and let your hands and intuition do what you need to. Trust and surrender to this process. When you feel it is time, you can thank *The Universe* for participating in the session and then take a step away from the person and disconnect. You can do this by breathing any connections directly into the Earth to



*Figure 9. Grounding into the Earth*

ground yourself and come into your centre. This is important, make sure you ground at the end of your energy working sessions, or you can have unwanted energies attaching to you unconsciously. Refer to Figure 9 for visualisation help.

Gently speak to the person and ask them to take a deep breath in through the nose and out through their mouth and to come back to their body. Ask them to observe any emotions, sensations, feelings or thoughts in their body and to observe them without judgment. Then, let them know to slowly wiggle their fingers and toes, and when they are ready in their own time, they can open their eyes.

Have a glass of water ready for them and don't rush them. Some people may want to talk; others may not. Respect each person and honour them with love.

## Distance Healing

For distance healing, tune yourself, intend to connect with the person, guide them into the relaxation and you can place your hands anywhere on your body or an object to simulate that the energy exchange has begun (I use my knee for this), when you are finished do the same grounding exercise given above.

## Healing Quick Steps

1. Set a time and space where you won't be disturbed
2. Get the person into a comfortable position.
3. Centre yourself by breathing in Earth energy into your root and The Universe energy through your crown, meeting in your heart. Ask the Universe for participation in this process for this person's highest good.
4. Place your hands on the person (or on yourself for distance) and get the person to breathe slowly and deeply three times, in through the nose and out through the mouth. Breathing in light and love and exhaling fear and stress.
5. Optional: If a person is extra tense, guide them through additional relaxation by telling them to relax specific body parts moving up from their feet to the top of their head.
6. Let the energy flow as guided by your intuition. You can use the same technique of centring yourself with the light on the person.
7. When you are finished, break contact with the person and energetically ground yourself and cut all connections by your intention.



8. Slowly bring the person back by getting them to take a slow deep breath in through their nose and out through their mouth.
9. Ask them to observe any feelings, emotions, sensations or thoughts without judgment and to let them be.
10. Gently ask them to wiggle their fingers and toes, and in their own time, they can open their eyes.
11. Bring them a glass of water and allow them to talk about anything they need to express if they wish to share.

### Pitfalls

The only real trap to be a successful energy healer is believing you can do it. It's all right for me to tell you that this works, but unless deep down within yourself you know that it does, it's probably not going to work the way you like.

Some people who gain a little bit of power can become very egotistical and think that their way is the only right way to do things. We are all individuals. Accept everyone as they are and love all unconditionally, for they are different manifestations of you.

### Life Coaching

When someone comes out of a session, they may wish to talk to you about specific emotional topics that may have appeared for them. You do not need to console them and talk about their problems unless you feel like you can add something. Often all that is required for them is someone to listen to them. Be present and allow them to share without needing to inject your opinion to them.

For those interested, this technique is used by life coaches everywhere and will make you able to deal with any situation in your own life or with a client.

Yes, acknowledge that the traumatic event has happened and there is absolutely nothing we can do to change it. The only option we have left is to change the way that we think about it. I'll refer you to the thought-feeling loop we looked at before in Figures 6 and 7.

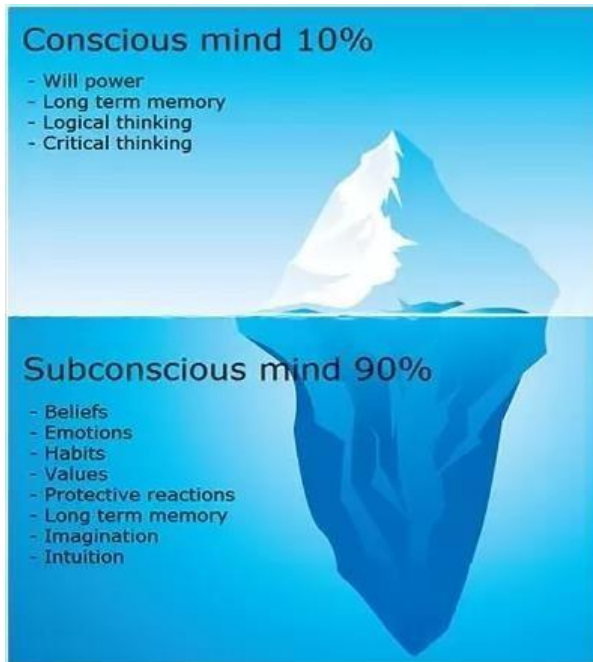
We can give them clear examples of how changing their direct line of thinking can make them feel better about their situation. Only when someone is ready to take responsibility for their life can any real work be done. If you would like to help people, I have added a list of recommended reading for energy healers so you can get a better understanding of the work others have added to this field.

## REIKI 2

### Exploring the Subconscious Mind

It is a common statistic in Western Psychology that we are only consciously thinking about 10% of our day. This means that the other 90% of our thought processes, we are entirely unaware. So, when we start to consciously take control of our thoughts as we've talked about earlier in this book, we are only really scratching the surface.

See Figure 10 for a visual representation of the conscious and subconscious minds.



*Figure 10. The Conscious and Subconscious Mind*

This huge part of our consciousness is made up of all our cellular memories and belief structures that we learned from childhood, society, our parents and even previous lives to this one. It is all creating our experience in each moment, and we aren't even aware of it.

The question is, how do we fix all the undesirable traits we may have picked up from our youth?

The subconscious mind is just like a computer, it needs specific programs to run, like Microsoft Word on your computer. It doesn't think for itself, that's what the conscious mind does.

In my present understanding, there are only two ways to change a subconscious pattern:

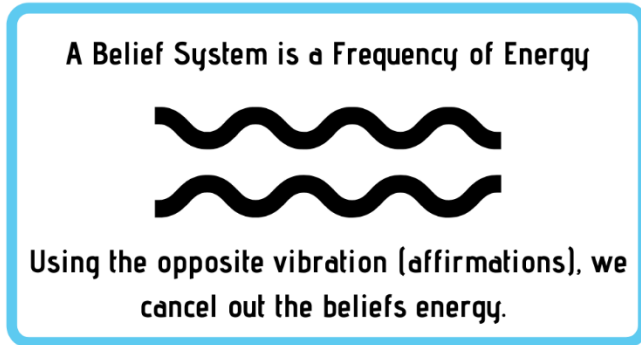
1. Through a profoundly emotional circumstance such as a loved one dying; and
2. Through constant repetition of a thought.

The first option isn't very desirable and isn't controllable, but option 2 is.

### Affirmations

Option 2 is applying affirmations by repeating a desirable thought. However, most people don't understand how to utilise them because they don't understand the subconscious mind. To reprogram yourself, you essentially need to replace an existing

## How to Reprogram Your Subconscious Mind



Every affirmation we say is like a drop of water in this glass. We need to repeat it enough to change the belief. When the glass is full, our belief is changed.

*Figure 11. How Affirmations Reprogram the Subconscious Mind*

belief structure with a new one which serves as your current focus. Affirmations need to be repeated daily until the program has been rewritten. See Figure 11 to see how reprogramming works with affirmations.

I have developed a large number of affirmation tracks for healing disease, reprogramming negative traits or creating new belief systems in the body which you can find and listen to for free on my **YouTube Channel**. A large portion of these affirmations were developed by Louise Hay.

Please find a list of specific programming I have developed and used to reprogram my own subconscious mind. I have developed these into an affirmation track which you can download for free from my website here: [Primal Union Affirmations Track](#)

### Specific Programming

*I am one with the universe*

*I see myself in all things*

*I am love*

*I am humble*

*I trust the unfolding of my life*

*I let things come and go without resistance*

*I trust my inner vision*

*I value who I am*

*I am safe wherever I am*

*I am abundant in all things*

*I am healthy and full of energy*

*I am a creative force of light*

*I speak my truth with love and compassion*

*I see things as they are*

*I release any emotions I am holding onto*

*I am connected to Mother Earth*

## Our Four Lower Bodies

Our Earth vehicle at a base level is functioning from a state of four lower (In terms of vibration) bodies. These are the Physical, Emotional, Mental and Spiritual. You see how these are addressed a lot in reprogramming the subconscious mind. You can imagine

### *Tuning the Four Lower Bodies*

Imagine that each chakra that you have is a guitar string, when one is out of tune, the whole guitar (Your Body) is out of tune with the Universe.

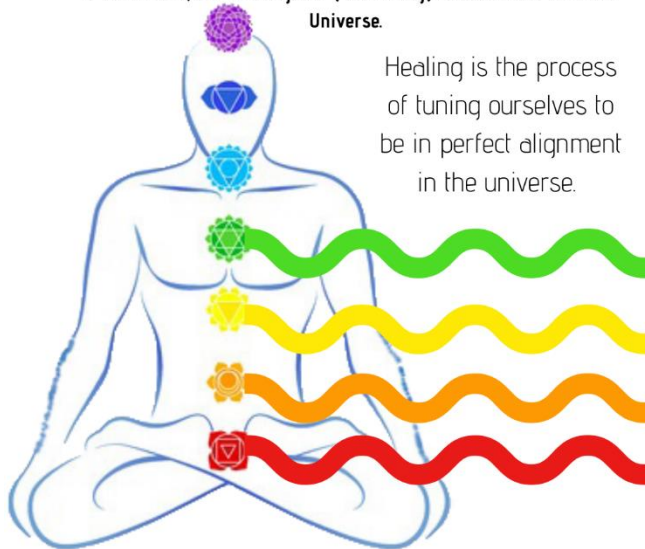


Figure 12. The Four Lower Bodies

these bodies like strings on a guitar when they are tuned correctly; they play beautiful music. When they are not, the whole consciousness is out of tune because they are all interconnected.

## The Physical Body

The physical body we are quite familiar with, is made up of bones, blood, organs, and matter. It is the densest (slowest vibrating) of all the bodies and is where manifestation occurs last. If something has manifested on the physical, it first had to be manifested through our other bodies.

The *Physical Body* is connected through the *Root Chakra* as it concerns our survival and physical vitality in this world.

The physical body can be tuned through exercise and choice of substances we choose to ingest. Healthy lighter foods (vegetarian can help but isn't necessary) will free up a large amount of energy we devote to the digestion of food. A simple exercise like walking and yoga is all that is needed to keep a healthy body. I discuss the Yoga I practice and why in section Five Tibetan Rites.

## The Emotional Body

The *Emotional Body* is directly connected to the *Sacral Chakra*, and you guessed it governs our feelings and emotions that we experience. We can have an overdeveloped emotional body (Drugs, alcohol, binge eating, being obsessed with drama) or a little emotional body (Suppression of all feelings, depression, numbness). Neither of these serves and need to be brought into balance.

The Western world does not understand emotions so I will give you the understanding that resonates with me. E-motion is simply energy in motion moving through the body. Emotions are neither good nor bad; it is when we label them that we choose to suppress



the emotional body because our society doesn't like it when we express these things.

Emotions are not to be suppressed, but they shouldn't control your life either, they need to be released through expression. This occurs through sound and movement most easily. Mantra chanting can be particularly useful at doing this, but sometimes you might need to scream. Each person is different. Until the Yin (eminine principle) in us, which is the emotions, is expressed, we cannot obtain spiritual oneness with the Yang. The darkness within us needs to be brought into the light to be integrated, or there can be no balance.

If this is something that you feel like you are ready to undertake, I recommend you read the book *Right Use of Will* (DeROHAN, 1984). It will teach you what you need to know. This is the current journey I am on to integrate the repressed parts of my feelings as of this writing. All must go through it on the journey when we are ready.

### The Mental Body

The Western world lives in the mind and mental constructs we have placed around life. Our mental body is where our thoughts come from and where all our belief structures and conditioned ways of thinking are stored. When we address the subconscious mind, we are working with the mental body.

Any illness which has manifested to the physical body first started in the mental body as a thought, formed as a judgment about a event in our life, to logically comprehend it. But in doing so, we trap energy in this system and just like a guitar string; it untunes the

whole consciousness. Therefore, affirmation reprogramming is essential.

### The Spiritual Body

The spiritual body is where we are receiving love from within and around us. For men with masculine energy, our fulfillment or love is coming from our mission or drive in this life. It is currently my mission to share this information with the world which is why I am awake at 4:00 a.m. with lots of energy.

When you are on your mission for a man, you feel unstoppable and driven to succeed in whatever your endeavour is.

For a woman with feminine energy, the life purpose is much more concerned around relationships, love and family life. This doesn't mean that a woman can't have a mission, or a man can't have love in a relationship, it is just the polarities of our being and recognising them helps us to understand why we have certain feelings.

A man would be willing to give up his relationship for his mission because it means more to him. I know this is true for me because I have already made that decision. A woman can make the same choice, but if she is predominately feminine energy, she will probably value the relationship more.

If you are interested in doing more research into masculine and feminine energies, I highly recommend looking in David Deidia's work. For men, his book *The Way of the Superior Man* and for Women, his book *Dear Lover*.

Your spiritual body is in balance when you are feeling the love on all levels through all aspects of your being., for yourself and also for others.

### Invocation to the Unified Chakra

I have been instructed by *The Universe* to include this meditation as an important way to open our heart and balance our spiritual body.

From Tony Stubbs, *An Ascension Handbook* (Stubbs, 1999)

*I breathe in light through the centre of my heart, opening my heart into a beautiful ball of light, allowing myself to expand.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my throat chakra and my solar plexus chakra in one unified field of light within, through and around my body.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my brow chakra and my navel chakra in one unified field of light within, through and around my body.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my crown chakra and my base chakra in one unified field of light within, through and around my body.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my alpha chakra above my head, and my omega chakra below my spine in one unified field of light within, through and around my body. I allow the wave of Metatron to resonate between them. I am a unity of light.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my eighth chakra above my head, and my thighs in*

*one unified field of light within, through and around my body. I allow my emotional body to merge with my physical. I am a unity of light.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my ninth chakra above my head, and my calves in one unified field of light within, through and around my body. I allow my mental body to merge with my physical. I am a unity of light.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my tenth chakra above my head, and below my feet in one unified field of light within, through and around my body. I allow my spiritual body to merge with my physical. I am a unity of light.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my eleventh chakra above my head, and to below my feet in one unified field of light within, through and around my body. I allow my oversoul to merge with my physical. I am a unity of light.*

*I breathe in light through the centre of my heart allowing the light to expand, encompassing my twelfth chakra above my head, and to below my feet in one unified field of light within, through and around my body. I allow my Christ oversoul to merge with my physical. I am a unity of light.*

*I breathe in light through the centre of my heart I ask that the highest level of my spirit radiate forth from the centre of my heart, filling this unified field completely. I radiate forth throughout this day. I am unity of Spirit.*

## Microcosmic Orbit

The Microcosmic Orbit is a meditation technique used for millennia by cultures dating back to Atlantis. It is used to cycle energy around the channels in the body, therefore, moving any stuck stagnant energy and allow for a long and even immortal life if one so chooses. The microcosmic orbit is especially useful in sexual situations as our culture especially men haven't been taught to utilise the most powerful energy in their body which is their sexual energy.

Most of the time it gets stuck in either fantasy in mental concepts about a scenario you want to be in which is in the head or it gets held in the genital region where you feel like you're going to explode if you don't release it. Therefore, No Fap (No Masturbation) for men won't ever work and you will always "relapse" because the energy isn't utilised correctly, it's just building in one spot.

Instead of releasing ejaculate when we orgasm, hold off and slow down and cycle the energy using the technique. You will

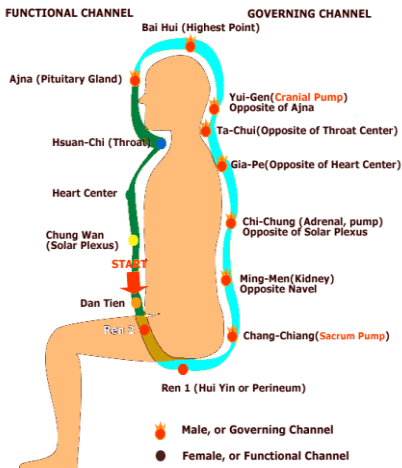


Figure 13. The Microcosmic Orbit Body Map

find yourself going to states of bliss you never thought possible.

### Instructions for the Microcosmic Orbit

1. Set yourself a timer for 5-10 minutes to start in a quiet place you won't be disturbed
2. Touch your tongue to the roof of your mouth (This completes the energetic circuit in the body)
3. Wherever you're focused is the point where your energy will go.
4. Starting at the point on the diagram called the Dan Tien, breathe in energy and move it down to your Perineum.
5. Let the energy build there as you take a breath and then breathe it up to your Sacrum Pump
6. Repeat the process moving the energy up the spine on the inhale and down the spine on the exhale.
7. After you have gotten practice with this, you can move the energy in one breath up the spine and one breath down the spine.
8. Repeat daily or whenever you feel energy getting stuck in your body, the more you practice, the more natural the energy will flow.

### Five Tibetan Rites

Another incredibly simple yet powerful technique to maintain peak physical health is called the five Tibetan Rites. They are a series of 5 Yoga poses practised by the monks of Tibet for thousands of years to keep their physical body healthy well past the long life of even the oldest Westerners. Each movement corresponds to a different element or different chakra in the body, and each move is completed

21 times or in sets of 7 if you can't do it all on your first try (I certainly couldn't). With practice, it becomes a simple joy to wake up in the morning and energise your body.

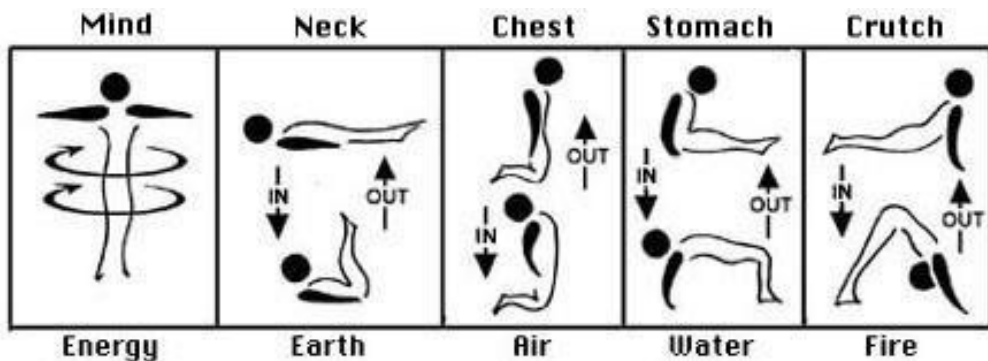


Figure 14: The Five Tibetan Rites

This technique is also known as *The Fountain of Youth* and reverses the aging process. Try it yourself.

Looking at Figure 14, you can see each of the movements to follow.

#### Overview:

1. Find a beautiful space to take part in this ritual
2. Take a few moments to centre yourself through your breathing
3. With your arms stretched in a T formation, focus on a singular point and keep looking at it for as long as possible, this will minimise your dizziness and start to spin in a clockwise rotation 21 times. This draws energy into your field and wakes you up, go at a speed which works for you.

4. When you have finished 21 spins, stop and if you're dizzy, put your hands on your knees.
5. Go down into Child's pose on your Yoga mat for the count of 10
6. Move into the 2<sup>nd</sup> position and raise your legs as you breathe in and breathe out as you lower them. Repeat 21 times, do sets of 7, and take your time if you need. Yoga is not meant to be painful.
7. Go back into child's pose till the count of 10 again.
8. Move to 3<sup>rd</sup> position and breathing in a backbend, breathing out forward bend. Only go as far as you are comfortable, repeat 21 times.
9. Go back into child's pose till the count of 10 again.
10. Move to 4<sup>th</sup> position and breathing in as you push up and out as you come back down, repeat 21 times.
11. Child's pose till the count of 10.
12. Move to 5<sup>th</sup> position and breathing in for upward dog and out for downward dog 21 times. Be gentle with yourself.
13. Child's pose till the count of 10.
14. Thank the universe, for this fantastic day you get to live on Earth and all your blessings, love and good health.



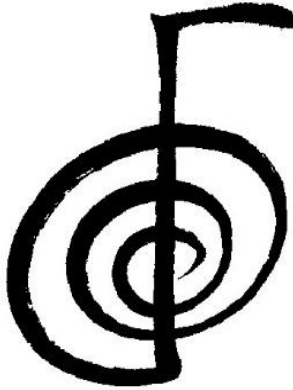
## Reiki Symbols

Symbols are shapes imbued with meaning and intent. Some common symbols recognised worldwide are the bathroom symbol and the stop sign. Symbols can be useful to use in Reiki and other forms of energy healing when the specific purpose is needed. You don't have to use symbols in healing; I mostly don't owever, I do use them for Reiki Attunements as the system works.

Again, this comes back to your intuition; I recommend memorising them by putting them on your fridge where you'll see them every day, use them as feels right to you. There are many powerful energetic symbols for healing However this book isn't going to cover them because they are not what resonates within my field currently.

Below are the five main Reiki Symbols which require learning before becoming a Master (They are needed to pass on Reiki Attunements to others). I have included them in level 2 to make you familiar with them and allow you to use them in healing sessions.

CHO-KU-REI  
The Empowerment Symbol



Meaning - 'all the power of the universe unites.'

Its purpose is to generate and amplify energy. It gives power to whatever you are doing. It is the reason we call it the empowerment symbol. This symbol represents the spiralling of life-force energy and is the forerunner to change.

SEI-HEI-KI  
Mental Emotional Symbol



Sei-Hei-Ki means ‘universal protector.’

It gives blessings of security, protection, and harmony. It is the key to the mental and emotional processes and activates the Universe within us all.

The Sei-Hei-Ki gives us access to the deeper levels of our consciousness, helping us to bring this part of ourselves back into balance. Thus, your spiritual development begins to take place. It taps the inner knowing aspect of self, allowing you to trust your intuition and to develop it. Sei-Hei-Ki is the key to change and transformation.

This symbol represents the release of negative thought forms, letting go of that which stands in your pathway to growth.

## HON-SHA-ZE-SHO-NEN

The Divine in Me greets the Divine in You



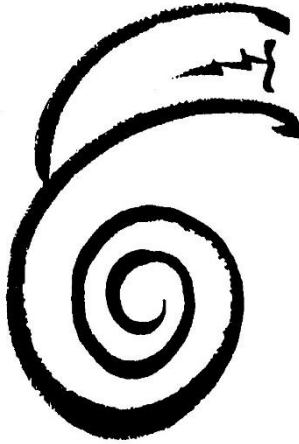
The Hon-sha-ze-sho-nen is a Japanese word meaning no past, no present, no future.

There is only this moment of now. All past, present, and future are existing simultaneously, and this has been understood in Western Science for some time. When I was originally taught Reiki 2, this symbol was the access point where I could send energy over distance.

However, I have come to understand that using this symbol is no longer necessary. All you need to do is a simple intention and trust that the energy is flowing. It's as simple as that.

It also symbolizes the five elements (earth, wind, fire, water, and ether)

DAI-KO-MYO  
The Master Healing Symbol



The Dai-Ko-Myo is traditionally only used during all attunement processes. However, it is a potent healing symbol. It heals disease from its highest source, from its first cause and is useful in bringing about powerful life changes.

RAKU



The Lighting Rod

This symbol is traditionally used only during attunements. Its purpose is to seal the energy, grounding it into the hard line, enabling the Reiki energy to flow through to all levels within the core of their being and physical body. It is often referred to as 'Banking the Fire' and represents the lightning bolt - a symbol of universal energy.

During the use of this symbol, both Reiki Master and student undergo the merging of their auric fields, enabling the Guides to disperse any karmic debts needing to be released from the student. The karma is released through the initiating Master's auric field without him/her being aware of it. This is the most profound experience that humbles me every time it happens.

The base chakra or 'kundalini' is activated with the use of this symbol, hence the release of karmic debt. This release of karma at such a level during the attunement process is the reason why there

is a need for physical and emotional assimilation and re-alignment after the Reiki seminar, and why students need to give themselves, regular Reiki treats to cope during this time of change.

By utilising this symbol in attunements, you are assisting your Students in their purification of self in readiness for the divine 'unconditional healing frequency' of their final Reiki Initiation. This opens doors to the sealed grids of their memory bank, which in turn releases untold information into their 'now mind' benefiting them in the healing of self and others.

## Advanced Healing Techniques

Apart from the first technique combining both Divine Masculine and Divine Feminine polarities, there are also hundreds of other healing modalities and ways of healing. Each of them is valid, and I encourage you to do your research and find what resonates with you, here are a few techniques that resonate with me

### Singing Bowls

Sacred sound using specific frequencies known as Solfeggio Frequencies are different vibrations which typically resonate to varying Chakras in the body and can have a tremendous effect at releasing and moving energy throughout the body. For me, I love having a large singing bowl which I use in all my in-person sessions to both open and close the session. It is letting the person know something sacred is taking place, and the healing work is beginning as well as ending it effectively. Dragon bells are also lovely and work equally well. I have seen people use their voice to do the same thing; your only limit is your imagination.

### Tuning a Person's Frequency

A technique which I have enjoyed using was suggested to me by a good friend. Just like we can turn up the heat in an oven using a dial, we can also do the same with a person's frequency to adjust it to the perfect resonance for them. I visualise during the session turning a dial and turning it up for the ideal amount for the individual. Use your intuition if guided to do this and intend for the person's highest good.



## Binaural Beats

Binaural beats are when you listen using headphones to two different frequencies going into each ear, and fundamentally the brain cannot distinguish between the two frequencies, so it combines them into one. What this does and why it is useful is it creates a coherent brainwave pattern aligning both the left (logical and analytical) section and the right (creative and intuitive) section of the brain. This allows us to instantly tap into a meditative state using headphones which otherwise may have taken us years of practice. These are like training wheels for meditation. They sped up my spiritual journey significantly. If you feel drawn to it, I might recommend doing some additional reading on the subject.

Refer to Figure 14 for a description of human brainwave patterns.

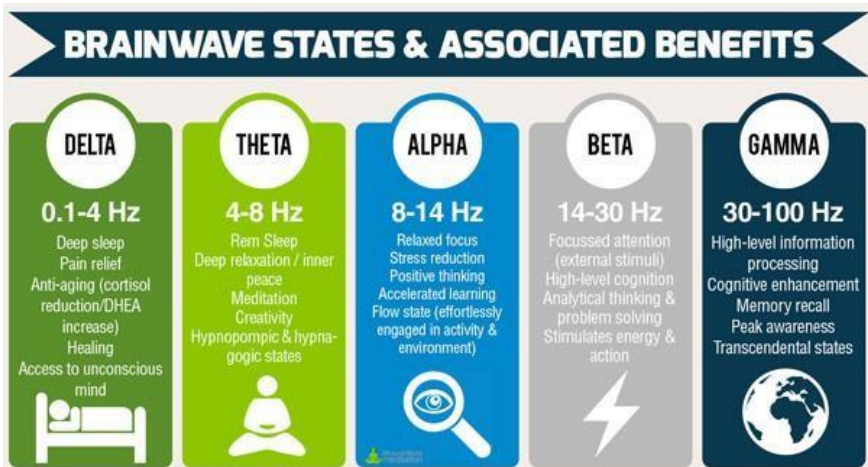


Figure 14. Different Brainwave States

I find the best way to use binaural beats, to begin with, is to use a guided meditation which relaxes your body and gently guides you

in I have included a free YouTube meditation below, this is the meditation which brought out my *Clairaudient* abilities and connected me to *The Universe*. I hope it can be of use on your journey.

<http://bit.ly/2tIzif>

### Visualizing Light

Another technique which resonates with me is the use of visualisation of white light in my sessions. I let the white light which is pure divine energy fill the person's torus field and go to any parts of the body which it is directed to go. If you find yourself wanting to increase the amount of energy that is flowing in the session, visualising and connecting to white light in my experience, increases the flow dramatically. Experiment with it and see what works for you.

# REIKI MASTERY

## What it means to be a Master

Mastery is defined as “*comprehensive knowledge or skill in a particular subject or activity.*” In becoming a Reiki Master, you are committing yourself to a path of growth and self-discovery. It’s not enough to receive the Reiki Masters attunement and then go on to living your life. You can if that is your desire but for me, being a Master means you are a light and an inspiration to others. You lead by example in all that you do. You don’t necessarily need to go out and teach the world if you don’t feel called to do that but being a Master means living through Unselfish Love. The act of giving without expecting anything in return. We don’t aim to heal people to make a quick dollar. We strive to treat people and encourage them to want to change themselves because that improves the whole world as a result. Live with love in your heart in each moment, and you will be a master. The following practices I use personally, and they help keep me in a higher vibrational state of love and gratitude, even when shit hits the fan.

## Daily Practices

### Meditation

The absolute first practice which I recommend to anyone beginning spirituality is meditation. It doesn’t have to be for 5 hours a day. The most critical time for meditation I have found to be is right after you wake up. So many of us as soon as we wake up will go straight onto our mobile phones and start browsing social media, checking emails and worrying about our day.

Instead, try this practice and see how it makes you feel. Keep your phone on flight mode and as soon as you wake up, go and sit and breathe for 5 minutes. Alternatively, you can listen to my oneness meditation which guides you through the process of connecting Masculine and Feminine energies in your heart.

The best thing I can recommend is to do a practice that you enjoy, just before you start your day Set your intention of gratitude and love for all that you have and all that you are going to create. Something so simple changes our lives so dramatically because the vibrational power of gratitude is more potent than one of fear. Use the vibration to create more of what you wish to create in your life. What you focus on, grows.

## Yoga

I have detailed the five (5) Tibetan rites earlier in the book as simple exercises which balance out the body. You don't have to do these practices, if you have something else which makes you feel great then do that. I find for those in the beginning; yoga is beneficial for connecting us with our body and learning to feel where energy may be stuck.

For wholeness, we can't just live in the mental world of energy, we have a physical body, and it needs to be looked after to have a long and happy life. Listen to yourself as always and do what feels right for you.

## Walking Meditation

Gentle exercise is necessary to maintain a fit and healthy body. Yoga helps us bring strength and flexibility while walking allows us to embody and be present in the world and carry that field of love and

gratitude into our environment. We don't have to hide our practices, spread love and interact with the world. Smile and connect with your heart as you are walking. Guided walking meditations are useful to begin with and many can be found online.

Here is a guideline for a walking meditation.

1. Close your eyes and centre yourself.
2. Take a deep breath in through your nose and out through your mouth.
3. Imagine breathing in white light through your nose and grey stagnant energy out through your mouth. Repeat this process until you feel calm.
4. Next, bring to your inner vision a memory where you felt love, gratitude. Relive this memory in your mind and your vibrational state will align with how you felt during the memory.
5. Then, begin to walk feeling grateful for each step you breathe. Thank the universe for the air you breathe and the water you drink. Go through and feel grateful for all the amazing things you already have in your life while continuing to walk.
6. While in this walking grateful state, we can then start to picture what we wish to create in our lives. Imagine living that life right now as you walk. Feeling immensely grateful for all the incredible things you have chosen to create. Thoughts create reality, if you desire something, affirm that it is already here. Eg. "I am so thankful and grateful now that..."

Continue walking for as long as you desire. Some instrumental uplifting music may be of use. Remember, it is meant to feel good. Do what works for you.

The way we use affirmations is important. It must be present tense and we must say it is already occurring. The universe will give you what you ask for. If we say “I want...” Then the universe will give us the experience of wanting something, not having it.

### Observing Triggers

We observe from the world growing up that we think everything is outside of us. However, becoming a *Master* means that we accept that we create everything within our lives and as a result, we are responsible for all the things we feel.

If someone annoys you at work, instead of complaining about them and maybe blaming them for your annoyance, take a step back and observe your feelings. Realise where they are coming from, are they a physical sensation located in your body?

My process, whenever I get triggered, is as follows:

1. Immediately stop thoughts concerning the other person.
2. Centre yourself using the technique of Oneness and take three slow deep breaths.
3. Ask yourself, “What do I need to change about myself in this situation to change my emotions?”
4. Immediately, the feelings you were having will shift, and you’ll observe the part of you that you were seeing in the

other person. We are all one and what we don't like about someone, is the thing we don't like about ourselves.

The more you follow this process, the easier it will become, and you won't find yourself triggered in the same scenarios. Your life will become peaceful as you can learn to be in the world and allow energy to pass through without the need to react to it.

## Money

There are many misconceptions around spirituality and money. I have seen so many people blocked by thinking that they need to be poor to be spiritual. This common belief that money is the root of all evil has been ingrained in our society from an early age. Especially if we had poor parents growing up, their belief systems around money were passed onto us. Beliefs like "Money is evil; money is hard to get; the world is unfair; to be successful you need to step on others." These are beliefs. They do not have to be true if you don't want them to be.

I started in that same way doing the healing. I wouldn't charge people because I didn't believe it was right. However, when I did this, people didn't value my services, and I didn't value myself. I felt unworthy and what I was doing didn't matter.

When I changed that belief system within myself and realised that people wished to pay me for my services, it felt empowering to receive, and people felt the same about giving me money because there was an exchange of energy between us.

I can't tell you to charge or not to charge, listen to your heart on this matter. If you decide not to charge at the beginning, be aware of

people latching onto you and what is known as energetic vampires. These people will keep coming back to you asking for healing whenever they encounter pain in their lives. In this scenario, we need to apply unselfish love. It is not loving to keep giving them energy because they are not learning from their creation.

Sometimes, we have to cut people off and that is okay. Boundaries are healthy. Feel what is comfortable for you and stick to it. I don't choose to do free sessions anymore because it doesn't make me feel good about myself.

Listen to your heart and do as guided.

### Reiki Attunements

Reiki Attunements are energetic initiations where a connection is opened up to the divine. A common misconception is that you need a Reiki Attunement to practice Reiki; this is incorrect. Anyone can practice energy healing. A Reiki Attunement not only speeds up the process but also gives a person instant access to the energy.

A person's ability to channel energy is dependent on their state of consciousness. Someone who may have only just experienced their Level 1 attunement, may be a more effective healer than a Master who has been doing it for 20 years, if that Master isn't really in-tune with themselves. The most important thing is to continually want to improve yourself by releasing old stuck patterns of energy through our belief systems and stuck emotions to return to a state of unity and balance.



Love is our natural state of being, and there are specific tools which help us to get there. Tuning into ourselves and listening will bring you into this state of consciousness faster than listening to a doctrine or following a guru.

Listen to your heart and do as guided.

### How to Perform a Reiki Attunement

I would personally wait until becoming a Reiki Master before initiating people into Reiki. However, your heart knows better than me, and if you feel ready to do it and you embody this information, then you are ready.

Here is the process for completing a Reiki Attunement. These are not strict guidelines, the more you tap into yourself, the more the universe can utilise you. Sometimes, I don't use the symbols in my attunements, and something completely different happens. Just listen, surrender and trust that the process is working precisely for what the individual needs at a particular time.

1. Set up a quiet environment and get the person who will receive the attunement to sit on a chair (just personal preference, do what works for you).
2. Get them to close their eyes and guide them into a state of connectedness by getting them to breathe into their heart.
3. Tell them it is all okay and give thanks to them for giving you this incredible privilege to be a part of their journey. Ask the client to surrender and let anything that needs to come up do so without judgment, but with complete acceptance.

4. You can use a singing bowl, dragon bells or something which works for you to initiate the session and you're letting the person know through your actions that the attunement has begun (completely optional but I like it).
5. Holding your tongue to the roof of your mouth and holding your perineum like in the Microcosmic orbit (I would advise practising this beforehand to be able to keep it for extended amount of time) to open the persons crown chakra. You can do this by visualisation or spiralling your hand in a clockwise position to open up the crown.
6. Bring down energy using your intention through their Crown Chakra and down the Chakra column until it gets to the heart.
7. After you feel it has solidified the connection, bring up energy from the centre of the Earth, up through their feet and into the Root Chakra, then merging with the power in the Heart.
8. Draw the following four symbols into the persons Crown chakra either in your mind or in the air with your finger.  
(Cho-Ku-Rei, Sei-Hei-Ki, Hon-Sha-Ze-Sho-Nen, Dai-Ko-Myo)
9. Hold your hands in position for as long as you feel guided.
10. Move down to the front of the person and go onto your knees.
11. Gently take the person's hands in yours and draw the same four symbols into the person's hands and after each symbol, tap three times. (Again, use your intuition, this way works for me, it might be entirely different for you, trust)

12. Gently put the person hands back and release.
13. Move down to the person's feet if guided and ground them by visualising roots connecting deep into the Earth (stay for as long as needed)
14. Stand back up and imagine their Torus Field becoming massive and flowing faster with energy flowing in through the Base and Crown and forming a large field all around them. Allow it to expand and hold this position for as long as you feel guided.
15. Draw the Raku down their spine and hold for as long as necessary.
16. Close the auric field around the person, gently solidifying their energy into balance.
17. You can use a singing bowl, dragon bells or just your voice to end the attunement. Gently guide them back to their body, asking them to observe any sensations and just listening to themselves. Kindly ask them to wiggle their fingers and their toes and come back to this reality.
18. Let them know when they are ready to open their eyes and come back.
19. Having a glass of water handy is always lovely, and you can ask them if they want to share any experiences they might have had.

### Limitless Healings

Just like we can heal a person one on one, we can also do this for an entire group or even through the internet for a wide range of people. We don't need to know their names or what they even look like, just set your intention and ask for assistance from *The Universe* to allow

the energy to flow through you and to all these people who you want to help for their highest good.

You can also open up portals of energy the same as the oneness technique in your house or a specific place on the Earth that may require healing. For healing to occur, all you need do is direct the energy where it needs to go, and it will flow.

We have to realise that we are not sending our energy; all we are doing is acting as a facilitator for the consciousness of the universe to heal others. We are only holding space for the connection to occur.

### Belief Systems

Your effectiveness as a healer comes down purely to your belief systems. If you believe you can change the world, you can. If you think you can help people to heal, you can.

We don't always receive information to verify what we are doing. It is about trust and letting go of attachment to an outcome. When we can let go, we surrender to the flow of our life and life becomes more comfortable and enjoyable.

Don't let anyone even a spiritual teacher or guru tell you what to believe in. You are already complete inside, and you don't need to seek external information to complete yourself. All the answers are within you.

It's up to you to let go.

## Surrender and Trust

The most important lesson that I learnt in my journey is the ability to surrender and trust. It sounds so simple, yet so many people get stuck on this crucial step.

You can be a master of manifestation. You can have everything you want: a career, house, car, wife, kids, you name it, you can have it.

But there will come a point in your life where you cannot go any further in your spiritual evolution. People get comfortable at this point in their lives, and that is okay. However, unless you choose to let go of your beliefs about who you think you are as a person and step out into the unknown, you'll never have freedom.

When we step into this place of trust and unconditional surrender, we connect to our soul. We become the divine living on Earth. When we surrender and trust, all the answers become visible, and we become the master.

When all seems lost, remember these words "Surrender and trust."

## Part 2: Ascension

### Introduction

The first part of this book was written as a way for me to teach Reiki as a system of healing. It was not only a hands-on energy healing modality, but also a way to live - a way to live from the heart.

It doesn't matter what skills, relationships or material objects we have, there comes a point in your journey where you realise that nothing you can acquire in this dimension will ever fulfil you. When you reach this point on your spiritual journey, you have to ask yourself the question: "What is the purpose to my life?"

Some may spend years pondering this question but the answer I have received numerous times from Source has always been to "Self-Realize." This is the only purpose to me being here on this Earth. Maybe it is different for you, only by asking yourself the question and listening to the feeling inside will you know your purpose.

If you understand the only reason for you being here is for you to realize that you are an infinite piece of *Source, God, The Universe* then the next part of this book is for you. It contains helpful guidance on how to deal with the challenges one comes across when one commits to this path.

It is not for everyone and we cannot force it. When the time is right and your heart screams yes, you will know.

## The Original Trauma

The first part of this book goes in-depth about the healing process whether on a physical, emotional, mental or spiritual level. After you come to a point of balance within yourself, where you feel this constant connection to the *Divine*, you may become aware of a vacancy within you. Something which is not quite right. Something that is missing.

I personally became painfully aware of this truth when I split up from my previous relationship. It was like there was a void inside me where previously the love from my relationship had been, yet I could feel the emptiness with it gone.

What we need to understand is that this void has always been there from the moment you were conceived as an individual soul. When we emerged out of a sea of oneness and were born, we experienced a loss of oneness. We became a separate entity and are therefore disconnected from the whole.

Babies in the birthing process typically come out crying. Why? Because they were engulfed in this protection and love in the womb and now, they have been removed from it. The same occurred to us as a soul. We lost this feeling of universal oneness, love and safety.

See if you can notice this inside of you now. If you look at the world, we are all motivated by love. We all seek approval and love from those we care about. We are desperate to fill this void by external objects, whether it be a relationship, career or material things.

When we get a new relationship, fulfilling career or some new toy, we may feel this void temporarily filled for a second, yet as time

goes on, we lose interest. Nothing is ever enough to fill this void. Look at the wealthy in the Western world to understand that regardless of how much you have, that will never be enough to make you happy and fill this void inside of you.

### Healing the Void

After realizing that nothing material is going to solve this feeling inside of us, we begin to search for an answer in spirituality or religion, hoping that someone else can solve this problem. However, we cannot get rid of this problem through something else. Doing a meditation, ritual or receiving a healing from someone, will not fix this problem.

The only way through this, is for you to heal it yourself. The process of healing this original trauma will bring you back into a state of oneness. Enlightenment happens when you realize that you are, have been and always will be the source of love within your life.

You no longer need to seek love outside of yourself because you have already filled the void from within. Only you have the power to come to this realisation.

There is a difference between knowing the path and walking the path. This journey inwards are not for the faint of heart. You will have to look at all of your being. Even the parts which you may not like. To get to the root source, we have to go through healing all our current wounds from this life and others which we are still karmically tied to.

The way to freedom, is found through forgiveness.



## Shadow Work

After making the choice to go within ourselves, we are brought circumstances that we need in which to grow. These circumstances will be in the form of triggers. Earlier in this book we talked about a trigger being on the surface but underneath the trigger, there is a root cause.

When going through our shadows or our pain body, it is important not to get attached to the trigger or who has caused it. Let it go. Forgive and release.

Thank the universe for bringing it to your attention and instead of going into the trigger, ask yourself “Why am I getting triggered in this moment?”

Go within yourself and feel the feeling brought up by the trigger. Don't run from it or use a coping mechanism like drugs or food to cope with it. Let yourself feel.

## Releasing the Pain

When you are in the midst of crisis and pain, you will want a way out. Anything to make it stop. The key to releasing this pain is forgiveness.

Typically, we all have experienced some level of trauma at childhood. We may have been abused physically, sexually or emotionally and at some level, we still carry this emotion around with us. At the time, we did not have the necessary skills to process and release the emotion. Instead, we pushed it away, but it is now stored in our emotional body.

In order to be free, we need to go through each one of our traumas and release them through forgiveness and letting go.

We must realise that without that experience, we would not be who we are today. Without going through our darkness, we could never appreciate the light.

Forgiveness does not mean letting someone back into your life. Forgiveness means that you personally choose to let go of the circumstance and release any emotions that you may be carrying around. Without forgiveness, we cannot experience love.

Love is the purpose on why we are choosing to go on this journey. It doesn't hurt the person if you do not choose to move on. It only hurts yourself and if it's left long enough, it will manifest as a physical disease.

### Exercise to Release

You can use this exercise anytime you find yourself triggered. Do it daily until you have released whatever has been brought to the surface by the trigger.

1. Take a deep breath in through your nose and as you inhale, breathe in the essence of what is triggering you. This may be a person, situation or circumstance out of your control. E.g., If you have been through a tough breakup, your subject would be the person's name.  
Breathe in "Person's name" and feel the energy of the person
2. As you exhale through your mouth, say "I forgive you"
3. Repeat the breath in and as you exhale say "I release you"
4. Repeat the breath in and as you exhale say "I let you go"

5. Repeat this process every day until you are no longer triggered by the subject.

### Releasing Stuck and Stored Emotions

Our bodies were not designed to carry emotions around for an extended period. We know that our thoughts create our emotions which create our reality. When emotions do not get released when they initially come up, they are stored in the body. For our consciousness to come into 5<sup>th</sup> Dimensional Mastery, we need to release those emotions.

Emotions or Energy in Motion come from the way that we understand a situation. This comes from the belief systems that we had at the time we experienced the emotional event.

The key to this whole process is forgiveness. Forgiveness does not mean you let someone who has abused you back into your life. Forgiveness does not mean that you give away your power again. Forgiveness means you let go of the pain and resentment you are carrying towards someone else.

When our consciousness holds onto a painful memory and harbours blame, we are subconsciously still creating illness for ourselves through our thoughts. Not forgiving someone and choosing to let go of what happened to you is only going to cause you suffering. It will cause you to suffer on a physical, emotional, mental and spiritual level.

Forgiveness does not happen overnight. It is a process that we have to be willing to go through. However, when we can truly forgive

the other and ourselves for our involvement, it is like that backpack of rocks we have been carrying around for our entire lives, is finally released.

Emotional release is different for every person. However, these tips you may find useful on your own journey and also to assist others if they ask for help.

## Emotional Releasing Techniques

Energy has become stuck in many places throughout our bodies. The sort of trauma you experienced will influence where it will be located. A good place to start for most people is in the hips. Physical safety and sexual fears would have to be the two most common blocks in this reality. Many people I have worked with have experienced some sort of physical, emotional or sexual abuse at some point in their lives.

We cannot change what has happened to us, only the way that we choose to respond to the situation today.

Will we continue to let a situation which we had no control over which may have happened to us 60 years ago, continue to impact our lives, or would we like to live in a space of unconditional universe love?

The techniques which I have found most useful are as follows.

## Music

Music is emotion conveyed through sound waves. Think about your favourite piece of music, just by you thinking about it, it is bringing up emotions of what you feel while listening to the song. Music can be a powerful tool to help you bring to the surface things which you have buried away. I used music to release the stored pain about splitting up with my last relationship. I did this when I was ready by listening to the songs my partner and I had sung together. I cried a lot. That was what I needed to experience in that moment.

Some people may cry, some people may scream, some people like to dance. What is important with whatever technique you use to bring these emotions to the surface, is for you to move the energy. Do not bottle it up. Allow yourself to feel.

When you can fully surrender to the feeling, accept what has happened to you, forgive and let go. The emotion is released. Emotions are our soul's way of talking to us when we may not be listening to the subtler information being provided.

## Other Modalities

Reiki along with many other healing modalities can also bring the stuck emotions to the surface to be resolved. For those of you reading this book, you are the ones who like to face things head on. This is not for everyone. Some people need to take the process of releasing slowly and gently.

You may find as a lightworker, people are drawn to you and ask for your advice in what they are going through.

**This is important:** Even though you may know exactly the blockage and pain someone is going through and they may say on the surface that they wish to resolve this, they really don't. Using your intuition in this way to determine what to share with a client, friend or family member is important.

Sometimes we are not meant to be the one to help someone, our role may be to direct them to someone else who may be better suited for the task. This doesn't mean you're not good enough, it means that we are all unique individuals with unique Universal given gifts.

You are not going to be the master of every single healing modality. Find the ones which resonate with you and let universal love take care of the rest. All are valid and all have a beautiful place in assisting the large number of souls waking up.

*Find your gifts and share them with the world.*

*And remember, whenever in doubt, come back to love.*

## Conclusion

Thank you for reading this book and your openness to learn and to grow. I hope you enjoyed the intuitive nature of this book and learning how to listen to the self. We are the lights of the world. We show others a way out of the darkness by shining our light. We don't need to preach; we need to be who we truly are at our core.

Let go of the need to control, we are channels of pure love energy. All we are doing is holding space for people while they feel what is going on within them. It doesn't take a Reiki Attunement to do that, you can do it right now.

Trust yourself through the process as you unfold like a lotus flower. My journey to this point hasn't been rosy and full of flowers. Just like the lotus flower, we grow through the mud to reach the sun.

Wherever you are in life, whatever you are experiencing, remember, it is only a story we have created. The story will evolve and change. Enjoy your time in this world, be here, be present and be worldly. Enjoy the love and connection to spirit as well.

It's all about balance; the Buddha only achieved enlightenment when he realised the balance between the two worlds, the physical and the spiritual. We don't need to hide in the mountains or be consumed by technology. Just as the Buddha and many other beings of love found balance.

So, shall we.

If you are interested in joining other like-minded souls motivated by love, I invite you subscribe to my [YouTube channel](#).

I post videos about how I work through situations in the most kind and loving way.

If you're interested in having a Reiki Attunement or Reiki session with me, you can book one by going to my website at [loveki.org](http://loveki.org).

*May all beings be free.*

*May all beings remember the love and light that they have always been.*

With love and light

Dylan



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