



10 STEP

Gratitude Practice

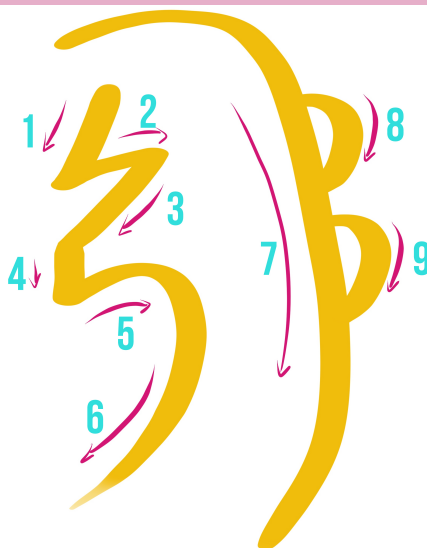
Reiki Therapy

— RESOURCES —

Below is a 10 step Reiki self-treatment to develop as a regular gratitude practice:

1. Find a place to spend free of distraction for the next 20 minutes. If possible, create a calm environment using some of your favorite sounds and smells using music and candles or incense. You can lie down or sit comfortably.
2. Regulate your breathing through 4-7-8 breathing so that you can focus your thoughts on the present moment.
3. Activate the Sei He Ki (emotional) and Choku Rei (power) symbols. You can activate these symbols over your heart area and the top of your forehead.
4. You can choose to focus on your breathing while you invoke the symbols, or you can visualize any negative thoughts lifting from your mind so that you are free from worry and overthinking at this moment.
5. Invoke a thought or mantra as you use Reiki to bring gratitude. Fill your heart and mind with a sense of lightness as you develop feelings of gratitude.
6. Repeat, 'Just for today, I will be grateful'. Repeat this statement a few times and notice how your body starts to change.
7. Sit quietly while you let your breathing, mantra, and stillness start to work on your body and mind. If your mind wanders, repeat the Reiki symbols or your mantra.
8. Repeat the statement, 'I am grateful'. As you repeat this statement, invoke the Sei He Ki (emotional) and Choku Rei (power) symbols again over your heart area and top of your forehead.
9. You may want to mentally note some things you are grateful for as you sit in peace. It may be a person, a moment, or an experience in your life that you feel gratitude towards.
10. Close the session by returning to your breathing. Use the 4-7-8 breathing method so that you can focus your thoughts on the present moment.

A.
Reiki
Emotion
Symbol
Sei He Ki



B.
Reiki
Power
Symbol
Choku Rei

