



# CHECKLIST: Reiki & Grief

# Reiki Therapy — RESOURCES —

Reiki helps us to become calm and reflect on our emotional state. Below is an exercise to help you work through difficult feelings around grief.

## HEALING FROM GRIEF

Allow yourself at least 15 minutes to conduct this exercise, however, 30 minutes would be ideal.

- Find a favorite place and create a calm environment.  
Take 5-10 slow breaths to calm your nervous system and become fully present to participate in the exercise.
- Use the Reiki symbol of emotions Sei He Ki (picture below) over the area of your heart. After your have completed the Sei He Ki symbol, let your body relax and release all tension.
- Use the Reiki symbol of emotions Sei He Ki (picture below) over the area of your solar plexus. After your have completed the Sei He Ki symbol, let your body relax and release all tension.
- Repeat the 5 Reiki principles as a statement of affirmation:
  1. Today I will not worry
  2. Today I will not be angry
  3. Today I will work honestly
  4. Today I will be grateful
  5. Today I will be kind to all living things
- Hold your hands over your heart area for 5 minutes. Hold your hands over your solar plexus area for 5 minutes.
- If you start to have any difficult emotions coming to the surface repeat the Sei He Ki symbol and repeat the 5 Reiki principles as your affirmation.

**A.  
Reiki  
Emotion  
Symbol**  
\*Sei He Ki\*



### SUMMARY:

1. slow your breathing
2. Sei He Ki symbol over your heart
3. Sei He Ki symbol over your solar plexus
4. repeat the 5 Reiki principles as an affirmation
5. Hold your hands over your heart for 5 minutes.  
Repeat the process over your solar plexus area.