



# EXERCISE:

## Reiki & Anger

# Reiki Therapy

## RESOURCES

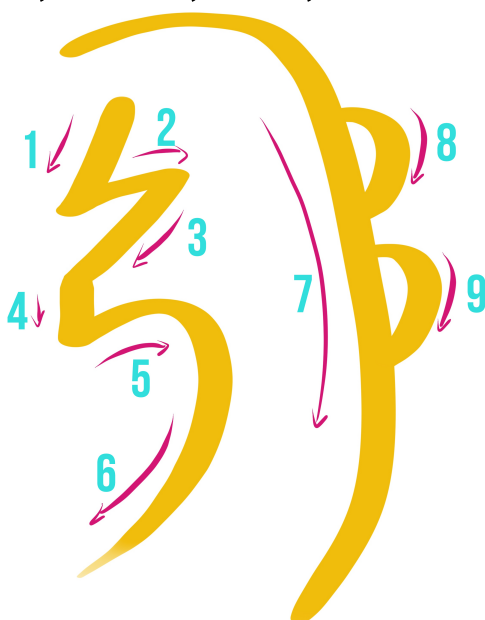
Reiki helps us to become calm and reflect on our emotional state. Below is an exercise to help you work through your feelings of anger using Reiki and useful relaxation techniques.

## RELEASE THE ANGER

Allow yourself at least 10 minutes to conduct this exercise, however, 30 minutes would be ideal.

- Find a favorite place and create a calm environment using some of your favorite sounds and smells using relaxing music and candles or incense. You can lie down or sit comfortably.
- Take 5-10 slow breaths to help calm your nervous system down so that you can become fully present to participate in the exercise
- As your breath becomes calmer, take this opportunity to complete a mental body scan starting from the top of your head and down to your toes. Focus your attention on each body part and take notice of any tension that you feel in each area. If you notice a high level of tension in a specific area, use your breathing techniques to release the tension. You may also want to clench your muscles tightly around that area and then let them go to release the tension. Typical areas for holding tension include your neck, shoulders, back, jaw, chest, and stomach.
- Use the Reiki symbol of emotions Sei He Ki (picture A below) over the area where you feel tension.
- After your have completed your body scan reflect on whether you still hold any residual anger. If you still feel anger redo the breathing exercises and body scan. If you notice any further tension in your body use the Reiki power symbol, Choku Rei (picture B below). As you draw the power symbol, repeat a positive affirmation stating that you release the anger from your body and release it's power over you. Repeat this process until you feel the anger release.
- Once you have completed this anger release exercise, remain for a further 5 minutes to allow your body to relax and restore it's energy. Keep your eyes closed and focus on your breath coming in and going out. Slow your breathing down to help keep your nervous system calm.
- If you start to have any thoughts that relate to the event or person that made you angry, repeat your positive affirmation statement of releasing the anger and it's power over you.
- When you are ready, return to your daily activities with a renewed sense of gratitude and positivity.

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



**B.**  
**Reiki**  
**Power**  
**Symbol**  
**\*Choku Rei\***

