



CHECKLIST: Reiki & Divorce

Reiki Therapy — RESOURCES —

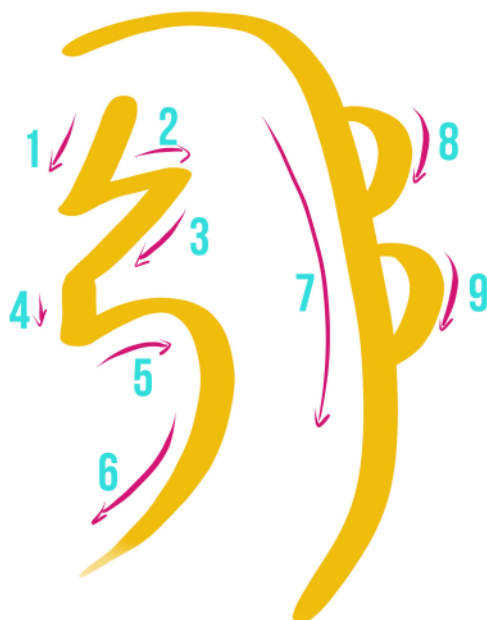
Reiki helps us to become calm and reflect on our emotional state. Below is an exercise to help you work through difficult feelings around a divorce.

WORKING THROUGH A DIVORCE

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.
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 A below) over the area where you feel tension. After you 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
- Once you have completed this exercise, remain for a further 5 minutes to allow your body to relax and restore its energy. Keep your eyes closed and focus on your breath coming in and going out.
- If you start to have any intrusive thoughts regarding your divorce or uneasy emotions coming to the surface repeat the Sei He Ki symbol and repeat the 5 Reiki principles as your affirmation.
- When you are ready, return to your daily activities with a renewed sense of gratitude and positivity.

A.
Reiki
Emotion
Symbol
Sei He Ki



5 REIKI PRINCIPLES

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