

## REIKI EXERCISES FOR RAISING FREQUENCY LEVELS

These exercises are recommended as the start of Reiki gatherings. You can also do them at any time during the day, especially when you feel tired and out of balance. Enter the Reiki symbols to begin with if you haven't done that first in the morning. You can use most of these exercises even if you are not initiated into Reiki.



### **I. REIKI PRINCIPLES**

Say out loud or for yourself

“Just for today do not worry  
Just for today do not anger  
Honour your parents, teachers and elders  
Earn your living honestly  
Show gratitude to every living thing.”

### **II. REIKI BREATHING TO IMPROVE ENERGY CIRCULATION WITHIN THE BODY**

- Place hands on the abdomen or the chest so that you may feel the movement of breath. The exercise can be done in a standing or prone position.
- Exhale through your nose in a gentle and gradual motion.
- At the end of the breath, when most air is exhaled, tighten your stomach muscles.
- Feel your diaphragm muscles push up as you exhale. Push out as much air as you can from your lungs to empty them entirely.
- Relax the stomach muscles and just wait for a little while before you inhale.
- After a little rest with your own rhythm of breathing, repeat the Reiki breathing at least three times.



### III. CHAKRA AFFIRMATIONS

Say out loud and concentrate on the meaning of the affirmations and on the chakras

#### A.

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|--|----|------------------------------|
| 1. 'I am grounded and protected at all times. I am connected to the present moment.'   | 3x | Root Chakra – Ruby Red       |
| 2. 'I allow my emotions to flow through me in a healthy way. My body is sacred and I am living with creativity and passion.' | 3x | Sacral Chakra – Orange       |
| 3. 'I am confident and respect myself at all times. I am courageous, whole and capable.'                                     | 3x | Solar Plexus Chakra – Yellow |
| 4. 'I give and receive love effortlessly. I have the courage to listen to and honour my heart.'                              | 3x | Heart Chakra – Green         |
| 5. 'My voice matters and I speak with truth. I can easily express myself and I live in authenticity.'                        | 3x | Throat Chakra – Blue         |
| 6. 'I trust my wisdom and intuition. I see and think clearly.'   | 3x | Forehead Chakra – Indigo     |
| 7. 'I seek experiences that nourish my spirit. I trust the Guidance of the Divine which is bigger than myself.'              | 3x | Crown Chakra – White         |

## **B.**

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|---|----|------------------------------|
| 1. 'I AM safe.'   | 3x | Root Chakra – Ruby Red       |
| 2. 'I relate to others with ease.'  | 3x | Sacral Chakra – Orange       |
| 3. 'I stand in my unique power.'  | 3x | Solar Plexus Chakra – Yellow |
| 4. 'I practice unconditional love and non-judgement.'                     | 3x | Heart Chakra – Green         |
| 5. 'I express my truth.'  | 3x | Throat Chakra – Blue         |
| 6. 'I see situations exactly as they are.'                                | 3x | Forehead Chakra – Indigo     |
| 7. 'I am connected to and cared for by the Divine all days, in all ways.' | 3x | Crown Chakra – White         |

## **C.**

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| 1. 'Through Divine Love I AM.'         | 3x | Root Chakra – Ruby Red       |
| 2. 'Through Divine Love I Feel.'       | 3x | Sacral Chakra – Orange       |
| 3. 'Through Divine Love I Act.'        | 3x | Solar Plexus Chakra – Yellow |
| 4. 'Through Divine Love I Love.'       | 3x | Heart Chakra – Emerald Green |
| 5. 'Through Divine Love I Speak.'      | 3x | Throat Chakra – Blue         |
| 6. 'Through Divine Love I See.'        | 3x | Forehead Chakra – Indigo     |
| 7. 'Through Divine Love I Understand.' | 3x | Crown Chakra – White         |

#### IV. CHAKRA MUDRAS

Chant the Mantras three times, preferably in a sitting position, and hold the Mudras while concentrating on the chakras, their colours and clockwise movements

<b>Mantras</b>	<b>Mudras</b>	<b>Chakras</b>	<b>Colour</b>
1. <b>'LAM'</b>	 <p>Hands on the knees, thumb and Index finger touch.</p>	Root Chakra	Ruby Red
2. <b>'VAM'</b>	 <p>Hands in your lap, palms upwards, right palm on the top of the left.</p>	Sacral Chakra	Orange
3. <b>'RAM'</b>	 <p>Hands between your heart and stomach.</p>	Solar Plexus Chakra	Yellow
4. <b>'YAM'</b>	 <p>Thumb and Index finger of right hand touching at heart centre, left hand in the same Mudra is on the knee.</p>	Heart Chakra	Green
5. <b>'HAM'</b>	 <p>Hands by stomach, fingers interlaced, thumbs touching.</p>	Throat Chakra	Sky blue
6. <b>'AUM'</b>	 <p>Hands in front of the lower part of your breast, middle fingers stand up tips touching, other fingers bent at first joint.</p>	Forehead Chakra (3 <sup>rd</sup> Eye)	Indigo
7. <b>'ANG'</b>	 <p>Hands in front of your stomach, fingers interlaced, little fingers pointing upwards.</p>	Crown Chakra	White

## **V. REIKI MANTRAS**

Chant the Mantras (Reiki Symbols you are initiated to) three times, preferably in a sitting position while imagining the symbols in sparkling gold colour

- **CHO KU REI**
- **SE HE KI**
- **HON SHA ZE SHO NEN**

## **VI. Reiki Ball – Reiki Circle**

Sit in circle. Enter the Reiki symbols you are initiated to (if you haven't entered them yet), and make a Reiki Ball by rubbing your palms against each other generating warmth and energy. Shape the energy into a ball with your hands and imagination. Then place the Reiki ball on each other's shoulder or back and feel the healing Reiki energy circulating, noticeably more and more strongly. You can even play with the ball and send it to each other or 'throw' it at each other. If you are alone, then place the Reiki ball on the parts of your body which need most healing.