
GETTING STARTED

Activating Reiki ("Turning It On")

- **Ground Yourself**
- **Take a few deep breaths.** Feel your feet on the floor. You might like to imagine roots growing from the soles of your feet into the earth.
- **Set Your Intention.** Reiki responds to intention. Simply state—silently or out loud—your purpose, such as: “I ask for Reiki to flow for the highest good.”
- **Invite the Energy.** Some students like to use a gesture or phrase to signal the start of their practice. Try one of the following:
 - a) Place your hands in Gassho and silently invite the energy to flow.
 - b) Say: “Reiki on” or “I activate Reiki now.”
 - c) Visualize light flowing into the crown of your head and down through your hands.
- **Feel the Flow** Bring your hands to your body or the person/place you're working with. You may feel warmth, tingling, or just a sense of peace—trust your experience.

Closing Your Practice ("Turning It Off")

When you're ready to end your session, it helps to consciously close your connection with Reiki:

- **Thank the Energy.** Offer gratitude to Reiki, your guides, or your higher self—whatever resonates for you.
- **State Your Intention to Finish.** You can say something like:
 - a) “The Reiki session is now complete.”
 - b) “Reiki off.”
- **Shake It Out.** Gently shake your hands to release any residual energy, or give them a rinse in cool water.
- **Ground Again.** Eat or drink something, move your body, or visualize roots anchoring you to the Earth to help bring yourself fully back.

Helpful Tips for Beginners

- **Trust Your Intuition:** Reiki flows where it's needed. Don't worry about getting it “perfect.”
- **Keep It Simple:** Even a few minutes of Reiki can be powerful. Just placing your hands and allowing is enough.
- **Practice Self-Reiki Regularly:** This strengthens your connection to the energy and supports your own healing journey.
- **Journal Your Experiences:** Noting what you feel and notice after each session can help you grow in confidence.