



Shamanic Reiki Master Teacher and Life Empowerment TIPS FOR THE PRACTITIONER

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Supplemental Material to the book *Shamanic Reiki*

Authentic Relationship as the Ground for Healing

Holding a Nourishing Space for Clients

As healers, we should each be committed to our own healing paths, yet we don't have to be completely healed ourselves to hold a healing space for others. We are always evolving; this is the human journey of life on Earth. Yet, despite what we may be in the midst of personally, when we meet with our clients we put personal concerns aside to hold the space for others. This doesn't mean that our own pains, concerns, and needs to heal have gone away. It means that we cut through the focus on us – to be 'on the spot' with ourselves in a way that allows us to be fully present for our client.

On the Tibetan Buddhist path, one may progress through three *yanas* or vehicles of practice called the *Hinayana*, *Mahayana* and *Vajrayana*.

Hinayana is a disciplined path, full of details and rules. In Hinayana we lay the groundwork and cultivate practices that can lead to enlightenment. At the same time, they are the foundation and preparation for the other two vehicles.

When we progress into the Mahayana vehicle, we travel out with our breath and expand our focus to the world around us. It's not just about us, and our own practice, anymore. We open our hearts to include the larger world as part of our experience; we do not become lost in, nor do we push away what occurs around us. A natural compassion arises.

As **Shamanic Reiki** practitioners we can do similarly, by working with our breath and awareness and cultivating a conscious container for our healing practice.

Breath is the vehicle for Spirit. It also connects us with the element of Space, and to the spiritual energies all around us. When we invoke the element of Space, we feel a lot more possibility. We can put our attention elsewhere in an authentic and present way. It is a practice.

Ultimately, the work does the work. Our intention for the healing and the container we create establishes a place in which the work can occur. Simplicity, intention, and an open heart are key.

What This Work Is and What It Isn't

Shamanic Reiki is not therapy and is not medical treatment. We are not psychotherapists and neither are we medical practitioners. We are not treating, diagnosing, or prescribing and neither are we psychologizing, analyzing, therapying, or processing. Shamans don't process!

Shamanic Reiki offers a different way to be in helpful relationship. This work represents a new form assimilating into our culture. Energy work is often called complementary therapy because it fills gaps left by western psychotherapeutic and medical models, touches people in heartfelt ways, and brings the power to heal into everyone's hands.

In our quick-fix, cure-based culture, which feeds disconnection to the Earth and our body, **Shamanic Reiki** helps us reclaim our true power and the gifts of the soul's journey through illness and imbalance. The deeper potential for growth and the capacity to consciously navigate a healing journey as 'initiation' is often overlooked and/or minimized in overly 'cure-focused' societies.

Note: As you work with the tips and tools below you may want to write notes to review before your clients arrive. These can serve as reminders until the approaches come naturally to you in your client work.

Prior to a Session

If time and location permits, take an *Aimless Wander* walk outside and make offerings to the Earth on behalf of your client. At the very least, it's a good idea to spend at least 5 minutes tuning into your client prior to the session. As an example, you can envision your client with the Reiki symbols surrounding and infusing them.

This will warm the connection before they arrive to you and you also may pick up on something intuitively.

Physical Healing Environment

When we create a conscious environment, we create the container to hold the deepest experience for our client. Our environments are extremely important. We want to induce relaxation and trust – create a space that supports the highest intentions for our work and for our client.

Refer to the *Shamanic Reiki* book for more about creating a healing environment and refer to the materials on how to do a space clearing and cleansing.

In creating these spaces, we invoke beauty and spirit, and bring aspects of nature in, to support wellbeing.

Think of this as creating an external *Inner Sanctum*, an *Outer Sacred Place*.

Similar to your inner *Sacred Place*, or *Inner Sanctum*, this physical ground invokes the qualities of healing, comfort, sacredness, and safety. Consider this when creating your healing spaces and environment. Also be sure to encourage your clients to create their own external sacred places and to guide them to their *Inner Sanctum*, which they can return to again and again after they leave the session, to experience healing, comfort, safety, and sacredness. Their whole being will positively respond.

Adaptability in External Environments

As healers, we may work with a variety of people and in a variety of situations and environments. All of the above ideas are adaptable and can be translated by you to enhance a healing experience in any environment you step into.

For example, if you are working with a client in a hospital setting, you can bring in music that the person finds soothing, and induce relaxation in what may be an otherwise chaotic and stressful space.

You can also do your best to minimize harsh external noises and create a protected space by turning off the television, pulling the curtain around the hospital bed, closing the door to minimize hall noises.

You can bring in flowers or a plant or open the curtains to allow the natural daylight to shine in – bring in the natural world in some way, which is very helpful to most people.

Remember the ordinary magic of tidying the environment. Our environments affect our entire state of mind and emotions. There is always a mirroring effect. As we want to support sanity and a calm sense of connection to encourage healing, we work with our environment to mirror health and wholeness.

We obviously have a lot more control over the environments of our own healing spaces. Yet, when we are called to offer **Shamanic Reiki** in other settings, we do as much as we can to support a truly healing environment.

Sharing Before and After

Make sure you have comfortable chairs that are arranged in a relaxed way in your healing space for before and after sharing time. You don't want to sit at a desk, which can communicate separation or a sense of superiority or hierarchy. You are inviting your client to share what is in their heart in the moment, at the beginning of the session, and again at the end, if this feels appropriate. Refer to Session Outline Materials.

Invoke the Sacred Triad and Have a Clear Beginning, Middle, and End

Remember that you can invoke the Sacred Triad whenever you do a session: form, intent, and sacredness. (Refer to the description in your materials.) This is a very powerful and simple form for invoking the mystery, for inviting the magic of healing.

It's also helpful to have a clear protocol for sessions – how you begin, the **Shamanic Reiki** hands-on work, then how you end a session. This can support you and it helps your client feel safe and know what to expect. Opening and closing rituals and ceremonies don't have to be elaborate. Having a simple and non-threatening ritual in the beginning offers focus. Doing similarly at the end allows both you and the client to move on clearly from the session. There are examples of simple rituals in the *Session Outline* handout.

The Sacred Triad has a formula based on the number three, and so does your session – beginning, middle, and end. The triad, the number three, is prevalent in

mystical and spiritual traditions around the planet and all shamanic traditions as well.

We each have a right eye, a left eye, and a nose in the center. We have a right arm and leg, a left arm and leg, and a torso in the center. We are oriented in space by the number three. This resonates with us not only on a physical level but also on mental, emotional, and spiritual levels.

When we clearly define our spaces both in the physical environment and during the session – not rigidly, but consciously and heart-fully, the space can hold and support whatever experience arises, in a beautiful way so we consider our responses with clarity and engage clear intuition. Describing what you may do before the session is an important part of your opening ritual. This is especially true for new clients who may feel vulnerable and don't know what to expect.

Altar and Nature Items

Creating an altar space in your healing room, or even setting up a small sacred space if your client is in a hospital room (such as on a window sill) with simple objects or nature items the client relates with – helps to hold the space and can be very anchoring for clients to see and experience.

Clients sometimes like plants (flowers or a small plant bundle) – near them, or to hold. The plant sweeping cleansing in the Shamanic Reiki book is incredibly powerful, as well as gentle. Also, giving clients physically and energetically charged stones to hold can be very grounding for them.

In addition to having nature items (like plants and stones) in your space and sweeping flowers through the energy field – using Florida water or Palo Santo can also bring in the natural world in a powerful way. (Be sure not to use strong scents or those your clients may be allergic or averse to.)

It's great to encourage your clients to get out into nature, remind them of the healing power of the natural world. They can invite a friend to go out into nature with them if they are fearful of being outside, as some people are. (Be mindful to avoid contact with poisonous plants, insects, and animals, such as deer ticks, chemical herbicides and insecticides, etc.)

Most of the people we see as clients are experiencing a 'disconnect' from the Earth, which is the deepest root of our cultural and personal imbalances. Some highly

successful psychotherapists now even have small pet animals, dogs or cats, in their therapeutic offices, recognizing that animals are natural healing agents, as is nature itself.

WHOLE SECTION ON THE POWER OF NATURE TO HEAL (TREES AIRBORNE, EARTHING, BACK TO NATURE, SENTIENT PLANTS, ETC)

Positioning and Grounding Tips

Inviting clients to begin the session lying face down and working on their backside first, if that feels right for them, can be less threatening and make a person feel less vulnerable in the beginning than working on their front side. In these instances, by the time you invite them to turn over onto their back when they're ready, (and you begin work on the front of their body) they're usually much more relaxed.

Questions such as these can help clients be present to bodily experience:

"I invite you to notice how it feels where your body and the chair (or table) meet and connect."

"You might like to get curious about what part of your body draws your attention right now."

Using the alternate hand positions and sweeping motions (separate handout, with diagrams) from the knees, down the client's body, to the feet, is a way of bringing the expanded spiritual energies fully back into the body – a grounding technique.

Gently rubbing the middle of the back as they sit up, where there can be energetic holes, is a non-threatening gesture that also encourages clients to return fully to their bodies. Silence can be golden and allows the person to *feel* whatever they may be feeling. The integrating time – just being, sitting in silence together – really encourages them to stay grounded and present to experience, and honors this profound way to share sacred space without words.

If your client seems particularly spacey after a session, be sure to initiate eye contact with them and encourage them to stretch and rub the bottoms of their feet on the floor. You can even encourage them to do the cross-crawl on the floor to

become grounded back in their bodies. You can join them! The laughter that comes of this is also grounding!

Lastly, the 'dark chocolate grounding method' has proven highly effective!!! Offer them a small piece and indulge in one yourself!

Water

Typically, we invite the client to drink a glass of water after the session. This brings them into the present moment. Invite them to imagine the water as liquid light moving through and to all parts of their body. It's a good time to remind them that the energies continue to flow for twenty-four to forty-eight hours and drinking lots of water helps the release of toxins. We sit with our clients and also drink a glass of water.

Coaching Toward Healthy Life Patterns

Remember that even if your client has a miraculous healing on the table during a session, if they have unhealthy life patterns and do not address the roots of imbalance, they are susceptible to falling back into disharmony on physical, mental/emotional, and spiritual levels.

We can remind our clients that powerful lessons often come through difficulty, at the same time encouraging the awareness of unhealthy patterns – supporting their awareness of what doesn't nourish them, and the capacity to change.

Ours, and Our Client's Internal Environments

Body Language

As a practitioner, how do we carry ourselves? How do we move and posture? It's important to be as relaxed as possible and aware of our physical being and our breathing. Note how you move, breathe, etc. throughout a session and strive to inhabit your body in a normal, ordinary, and relaxed manner.

In the **Shamanic Reiki** book, you'll find the concept of empathic exchange, which means that people affect us in invisible ways and we also impact them in ways beyond what we can see. We can be much more available to our clients when we notice our own senses and responses while relaxing deeply. If we take slower

breaths, talk more slowly, and move in gentle ways, we not only calm ourselves but we induce relaxation for our client.

These are very simple but powerful tools to use with others. The more we tune into and remain conscious of our own breathing awareness, body awareness, the more our clients respond similarly. They are highly sensitized and often feel vulnerable coming into our space. Be relaxed in your presence.

Communicate Openness and Relaxation Environmentally

Remember to BREATHE and feel free to yawn, to exhale fully, to gently sigh, to stretch, to open your arms. This communicates openness, relaxation, and ease to your clients. Both in rebirthing breath-work and with midwifery birthing work, practitioners encourage openness through creating a sense of ease, normalcy, relaxation, expansion of breath, and stretching in the environment. These are tools we can consciously apply.

Eye Contact

We all like to know people really see us, but it can feel very invasive to stare. Allow a good balance of both — so you communicate welcome and acceptance through your gaze without overwhelming your client, as eye contact is very penetrating. Look around the room sometimes, look out a window, and keep yourself oriented to the space around you — that which you and your client inhabit.

You'll be naturally dipping in to your client's energetic field and then airing things out by bringing your focus to the space you are in, or out to nature. This also communicates to them that there is space around their issues; it's not all solid. You will be energetically communicating a sense of workability to your client for whatever they might be going through.

As we know, our verbal exchange is a very small percentage of what we communicate to one another. Whether the client knows it or not, s/he is picking up on all the non-verbal cues you are communicating.

Communication

The choices we make in our verbal, as well as our body language, are very important. Concerning speech, we have to be really aware of how we language in a session. We also need to remain aware of how much we talk in a session and how

much we share with our clients. We want to express acceptance and love so that our clients can feel safe and trusting. This container allows for healing. But we also want to have healthy boundaries while we let go of getting overly identified as the “healer” and the need to “heal” or “cure” our client. To get caught up in trying to “cure” or “heal” someone else is a misunderstanding of our role and also arises from insecurity, as well as cultural conditioning about illness. Illness is an amazing teacher, and as **Shamanic Reiki** practitioners, we do not cure or heal – but hold unconditional sacred space. We become a hollow reed, not invested in the outcome.

We need to have good boundaries. We are holding the space for another. In having good boundaries, we also remember that we are two humans participating in space together – we can open our hearts to others instead of asserting a position or acting as an authority figure. Not only are we all on the same continuum of human experience, but your client also seeks you out because of your particular skills and is paying you for a service. Respect and equality are essential.

Always remember how it feels to be the client. Get as much experience on “the other side” as you can, and you will understand a lot more about what invites genuine exchange and trust – and what doesn’t.

We don’t want to get lost in our client’s storyline; we talk a lot about this. But we also want to be able to empathize as one human to another. So there is an element of letting go of our *own* personal narratives, our agendas, and what we think we need to be, in order to be fully present and allow what simply IS in this energetic exchange to shine through. Coming from a client-centered place, we don’t over-identify with what our client shares and we share about ourselves only as much as allows for trust and understanding. We don’t burden our client with the details of our lives, yet we desire to communicate a sense of *simpatico* in our shared humanity. It’s a balance.

You can say things like “I hear you”. Or nod your head. Or, say: “mmm-hmm” or “I understand” so your client knows you are listening.

Sometimes you might paraphrase what they say. Or you can paraphrase, such as: “What I’m hearing (understanding) is _____. Is this correct?”, which can encourage them to reflect more deeply upon, and perhaps restate, what they are feeling. You are getting clear about what your client is actually conveying, and also listening for the *feeling* under the story.

We all have our stories. And sometimes when our stories are traumatic, we need to tell them over and over until we diffuse them and really feel heard and witnessed – until we feel there is someone who listens and hears us with full body and heart, we may not be able to move on.

Tune into the feelings underneath what stories the client is sharing. You'll support clients to express themselves by using phrases such as: "Hmm, say more" or "How did that feel?", or "Would you like to tell me how you feel about that?". These are open-ended questions, and for instance, saying something like "You must feel _____" is imposing our own assumptions.

Again, be selective in how and what you share. Active, empathic listening is SO powerful, and attentive silence is amazing! It's really less about what insights you can offer, and more about how your clients can freshly experience themselves in a caring and genuine space.

More on Language-ing

As a practitioner or teacher please be aware of never using statements such as: "I want you to...".

Bring these respectful and empowering phrases into your practice and teaching, instead:

"I'd like to invite..."

"I invite you to..."

"If it feels right for you..."

"When it feels right..."

Given this, it's essential that our clients feel empowered and in control at all times during the session. How we language makes all the difference.

Here are some sample phrases to incorporate into sessions:

"If you'd like to lie face down first, that would be great. If you're more comfortable on your back to begin, that's fine too."

"When you're ready, you can choose whether to be face up or down to begin your session."

"Feel free to move if you feel uncomfortable at any time."

"If, at any time, you need me to remove my hands or if for any reason you want me to stop the session, please let me know right away."

"When you're ready..."

"Maybe..." or "Perhaps..."

"Let me know if you'd like..."

The approaches you've learned and are practicing in **Shamanic Reiki** are empowering, and they will be even more so when you become a hollow reed and convey the qualities of comfort, safety, sacredness, and healing. The more your client feels empowered to make decisions before, during, and after their session(s), the deeper their healing response and confidence in their own ability to heal.

Here are some words you might like to consider bringing into your healer and teacher language vocabulary:

Invite

Allow

Feel

Consider

Notice

Be Curious

Support

Befriend

Interested

Investigate

Feel free to...

In Practice

Clients in Crisis

Chronic stress, complex trauma, PTSD, anxiety, depression, and other nervous system imbalances can be precursors to physical dis-ease. Yet, as **Shamanic Reiki** practitioners we do not assess, treat or prescribe – in fact, we forget the labels and remember to be a hollow reed.

What do you do in circumstances when someone is in crisis, or agitated or afraid or deeply sad, or for someone who is dying?

Sometimes it's not even appropriate to put your hands on people in these situations, but there is so much that you can do. The key is to bring as much relaxation, clarity, simplicity, and caring to the situation. Remember that you have silent tools you can use. You have your empathic exchange with the person and you also have **Tong-len** (Tibetan Buddhist “taking and sending” breathing practice outlined in **Shapeshifting into Higher Consciousness**). Tong-len puts us in just the right place and has an environmental effect.

When clients are extremely sensitive, begin simply by working on grounding, integrating, and with the breath. Your healing space will greatly support them, and you can help your client establish the inner Sacred Place; help them to anchor into their Inner Sanctum to feel safety, healing, comfort, and sacredness.

Spirit guides may be too much for some, but you can work with your own and encourage the person to feel a healing presence near them. Suggest whatever feels healing for the person you are working with; it should come from them. This can be simple, like a tree, a pet they love, a favorite aunt or grandfather, even someone who has passed on but loved and was a comforting presence for them. Invite them to feel these healing forces close by and surrounding them. Encourage them to feel the presence of whatever represents a nourishing force in their lives. We want to be very sensitive to what each client's belief system is.

No matter what etheric realms we are personally working with or in, we want to keep it as earthy, grounded, and accessible to the person we are working with, as possible.

You can also work unobtrusively by bringing in the Reiki symbols and some of the processes outlined in the **Shamanic Reiki** Absentee Healing section of the book. You can work with intrusions and blocked energies without people even realizing what you're doing.

Likewise, work with your own body and breathe to feel as grounded as possible, which in turn communicates groundedness to your client. Remember that with empathic exchange you may feel a mirroring of the client's state — you may tune into their panic, sadness, etc. This is a signal to work with 'you'; ease any constricted bodily sensations through gentle breath, awareness, and movement, which extends ease and calmness out into the environment.

Remember that, mostly, we are holding and being awake in a sacred space. Healing is empowering each client to move into a deep place of remembering the true essence of who they are and holding space for them.

Hand Positions for Reiki

The energy goes where it is needed whether your hands are on the client or not, and wherever you place your hands. Hawayo Takata's hand positions covered all the major energy centers (chakras). Yet, you could place your hands anywhere, and for varying amounts of time — for instance, some positions for 5 min and others for 40 minutes, depending on what you intuitively feel. It can be helpful to have a basic protocol for a session, but then to follow your intuition and feel free to move your hands where they want to go.

If you practice 'following your hands' you'll realize how finely attuned they become. A vortex of energy is actually created with the hands resting on the body, which continues to draw energy after the hand is withdrawn. (See handout for Session Outline for more info.) Allow your consciousness to go into your hands when you work. Focus on your breath, relax your body, and intend to allow whatever needs to happen, to happen. The magic always is there, and even when we don't see it, there are deep shifts occurring.

You may choose not to know what presenting symptoms the person is working with (ailments) prior to a session so your mind doesn't get too involved in strategizing what needs to happen. Strategizing can detract from a purely intuitive session, which has the power to bypass the storyline and go right to the root causes. Regardless, Reiki does exactly what it needs to do wherever you place your hands.

In community healing circles (see **Shamanic Reiki**), healers are instructed to place Reiki palms on the shoulders, head, or upper back of other participants, nowhere else. These positions are non-threatening to those who may have never experienced energy work. Regardless of the simplicity of this approach, and maybe because of it, people have profound experiences in these circles.

As energy practitioners, we're often actually doing very little. We play a very small role as there's so much spirit presence working through and with us. Healers are artists. We work with spirit and we all work in unique ways. We create a vortex for very powerful energy to come in for the benefit of the person we're working with. We are just hollow reeds. You can do this work with no form at all, or you can follow a form.

Remember the Hinayana approach of Buddhism of having a protocol and form and then opening out from there, and following the heart sense. Ultimately, there are no rules, and we trust that what arises in the moment is being met by compassionate helping energies. That's a powerful place – responding to the intelligence of the moment and trusting the spirits to meet whatever needs to happen. It is fresh and energizing. We are not used to this culturally, but it's a beautiful non-strategic approach. That our clients are benefitting from the work is what matters. We are not responsible if nothing happens (something always happens whether we perceive it or not), and we also don't create the healing or the miracles – we are 'witness' to them.

We don't need to attach to our own rituals and they can change too. We are working with this energy and with their energy field and honoring and respecting what comes in. We can ask our spirit guides, or the person's spirit guides what's needed then get out of our own way so we can participate with exactly what wants to happen. This approach makes the work ecstatic and will minimize burn-out for the practitioner.

Spiritual Adventurers and Getting Grounded

People come to us for reasons that they may not even be conscious of, and that we may never become conscious of. As well, there are so many deep shifts that occur during a session.

It's important not to judge why your client is in your office, and think you know exactly what they need. If a person shows up for a **Shamanic Reiki** session, she or

he is there for a reason although neither of you may know the full extent of that reason intellectually or spiritually. We invite everyone in, we get out of the way, we do the work and we let it go without attachment.

Another perspective is that we've lost a lot of the natural ways people since time immemorial have connected with nature, and we also don't create room for intimate sharing or for transcendent experiences. Our modern societies have been missing the Earth element and as a result, people are ejecting out of their bodies and ordinary experience to be 'spiritual', and may also seek spiritual experiences to escape the mundane pressures of modern life. This appears, in part, a sane solution to an insane cultural reality but it's ultimately a dead-end.

We find ourselves now in an interesting time of transition as we are integrating some very powerful, transcendent modalities into the cultural mainstream.

As many people don't realize that spirituality has anything to do with the Earth or the body – this is the gift we offer, the art of joining shamanism with Reiki. When we bring the shamanic aspect to our healing sessions, it's very grounding. It can help get people into their bodies and remember nature and the Earth, more than Reiki alone can. And, ultimately Reiki and shamanism are not separate entities and the word Reiki actually means to heal with the spiritual aspects of nature.

The above is intended as supplementary material to the book, *Shamanic Reiki*, which contains in-depth suggestions for working with clients.