



Shamanic Reiki Master Teacher and Life Empowerment WATER Spiral – SESSION OUTLINE

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It is so important to review and come back to this Session Outline throughout the Spirals – as you engage in your client work. These materials are taken (repeated) from the EARTH Spiral, as a reminder to review this material – to become intimate and familiar with this process.

Here's an example of what a 2-3/hour *Shamanic Reiki* session can look like, from start to completion. Try the revised hand positions pattern that begins the session with the client lying face down. Do what works for you – create your own session outline!

Client's Preparation

Healing begins with the intention to heal. When your client calls or emails and commits to have a session with you, this initiates an energetic process, so the spiritual realms are activated before your client even arrives for the session. You can read more about this in the book, *Shamanic Reiki (SR)*. You can communicate this to your client and invite them to strengthen their intention by:

1. Paying attention to dreams, synchronicities, insights, and energy shifts after committing to the session, especially within the two days prior to the actual session
2. Reflecting on why they seek a session with you
3. Drinking a lot of water and eat healthily and more lightly than normal 24-48 hours before the session

4. Spending as much time in nature as they can
5. Doing 1-2 pages of inner-directed writing the day before or of the session to encourage feelings to bubble to the surface
6. Asking for a healing dream the night before the session
7. Taking a warm relaxing bath or doing some other type of renewing physical activity before the session
8. Wearing loose, comfortable, and natural fiber clothing for the session and bringing with them: a 10 inch tapered unscented white candle, a red, a white, and a pink carnation, any small sacred items they would like to bring
9. Being 'present' en-route to the healing session: for example, if driving turn off the radio, etc. and approach the day as a sacred retreat – if you live rurally, it is ideal for your client to take a walk in nature before the session

Again, please find more details in *Shamanic Reiki* (SR)

Practitioner's Preparation

Prepare Space

Reiki and Shamanic Reiki can be done anywhere and anytime. However, a focused, sacred environment will support your intention to create a safe and powerful space for the deepest healing to occur. We are energetic beings that respond to the energy and environments we create. Maximize this notion.

Physically clean the room and create a beautiful space to heighten the senses and soothe the soul – beauty attracts the good spirits. Make your healing space special with beautiful and cherished objects. Slowing down and taking time to bring authentic richness and quality to your environment will heighten natural wakeful energies. These awakened energies will hold a high vibrational space for your work – you and your client will *feel* this.

Energize and cleanse the room per above and have candles and tissues and music available; have chairs available for two and set up table and place bowl of sea salt water under the table for energetic garbage can; have drinking water and extra blankets and shamanic tools accessible (drum, rattle, stones, feather, water, bell, etc.) and ensure a distraction-free environment for the period of time you will be working with your client – she or he deserves your full attention.

Remember simple things like opening the windows to bring fresh air into the room in between sessions, smudging, drumming or rattling, and invoking the Reiki symbols and the *Shamanic Reiki Spiral* in the space. Include nature items in your space so the raw power of nature and the elements is present. When you set up your table, draw an imaginary sacred circle around where you will work or place a circle of cleansed stones, seashells, or otherwise as your sacred circle. (Complete suggestions in SR)

All of these actions will cleanse and empower the space, focus intention, and center you.

Prepare Self

Wash your hands, meditate, do some breathing and focusing practices, smudge the room, walk the Earth and talk to and thank the circle of nature beings that hold your larger healing circle and make offerings to them, do some self-Reiki and/or journeying, send energy to your client en-route – you may want to create a ritual that is just right for you to be in the space to greet your client and do a session. Ritualizing your preparation gives it great depth and power over time. You can include whatever helps you to be fully present when your client arrives. Do what awakens you the most yet don't become dependent on your rituals. Just as valid is to discover a simple way to feel prepared and get present “on the spot”. Most important is your ability to drop personal distractions and be authentic – this is what activates healing.

Greet Client

Say hello and show your client where to sit. After you are both seated, invite three deep breaths together to begin. Invite them to share whatever they'd like for a few minutes. Be a good listener. Then briefly explain what your client can expect for the session, ensure that you will keep their experience and sharing confidential, and

invite them to ask any questions. Keep this sharing to a minimum, don't get lost in storylines. You may want to know if there are any areas of the body to avoid touching yet, you do not need to know presenting symptoms to do this work – this, in fact, can get in the way of intuiting and focusing on origin causes of imbalance. Invite the client to place their exchange or monetary gift for you on your altar so they (and you) do not have to think about it after the session.

Opening Ritual

Before, or after the opening ritual, invite the client to draw a spirit, animal, or medicine card that reflects the energy at play. You can read about the card for them or have them read about it – aloud. Ask if this relates for them in any way.

Seated together, ask your client to join you in a simple meditation. You can hold hands if that is comfortable for them. Invite your client to take a few deep breaths and open to the healing spirits all around – whatever presences, guides, ancestors, or otherwise that feel healing and sacred for them. Invite them to rest further with each out-breath until they find that still and silent place deep within. Or you can invite them to experience their *Sacred Place* if you've introduced that journey to your client.

You can drum or play music at this time, as you silently call in your own helper spirits and visualize the Reiki symbols; you may be drawn to do Tong-Len practice and invoke in silent prayer the healing for the highest good of your client.

After a few minutes when you feel fully centered and connected to your helper energies you can squeeze and release your client's hands and bring this focus to a close with three deep breaths together.

Lastly, ask the client to rub the candle they brought all over their body then to blow three times on the candle. You can then light this candle and keep it lit during their session. (You will give the candle to your client to take with them when they leave.)

Invite your client to place the medicine card under the table. Also, place any of the small sacred items they would like to have on the floor under the table during their session.

Table Work Back Side

1.25 – 1.5 hours

The client lies face down on the table (use a face-rest), fully clothed and with a light blanket covering their entire body to the neck. Make sure your client is comfortable, warm, and relaxed. Stand for a moment at the table side and breathe nice, audible breaths. You may want to walk around the table while softly rattling. Invite your client to breathe all the way into their belly and to relax further with each breath out, imagining that they expel whatever is not needed into the Earth, as they release each breath out.

At this time, or following, you can open the session with your symbols and prayer, invoking and *shapeshifting* into your Shamanic Reiki spirit guide. Recite silently, or aloud, an opening prayer or invocation.

You can draw the *Dai Zon* symbol over the heart on the back and then tap it into the back of the heart as you silently say the name three times (three taps). You can then rest a hand on this area for a few moments.

With the suggested revised hand positions, you then proceed to position your hands on the soles of the feet then continuing on – with left hand over coccyx and right hand over crown at top of the head. Move through the hand positions until both hands are on the back over the heart area, where you tapped in the *Dai Zon* symbol.*

Use symbols as guided, either drawing them or visualizing them in the body or visualizing them in the air and blowing them into the body, or whatever comes to you.

When you've completed the hand positions for the backside of the body (1st pattern), you can bring out your shamanic tools. Consider: rattling or softly drumming over the body, *camaying* (blowing with the breath of spirit) a fine mist of water over the client, then sweep the energy field down from head to feet, with a feather wand. When you walk back up to the head, do not ruffle the energy again – step a distance from the body.

When you are complete, touch your client lightly on the shoulder and indicate that they can turn over when they are ready. Adjust the blanket and assist them if needed.

Table Work Front Side

Place a bolster under the knees so the lower back is not strained. Pull the light blanket over them to the neck. Place a tissue over the eyes and forehead, which you can remove after the first hand position on the head.

Begin the second pattern.

For the temple position, consider doing the “Sacred Door” journey.

For the occipital position, be sure to stay here as long as your hands desire, as this is a powerful energetic portal. Twenty minutes or even longer isn’t unusual. You may notice your client’s breathing shift as they dip into a trance state for deep restoration. You may notice the body twitching or jerking as energy releases. These are good signs.

Use symbols as guided.

You may consider guiding your client through a journey or other Shamanic Reiki experience after the second pattern. Hold your hands in one place as you take them through the experience. Be familiar with the SR book to assess which experience to introduce.

Move into the third pattern.

You may choose to bring in a journey or other experience from the SR book during this time or at the close of the third pattern. Hold your hands in one place as you take them through the experience, then continue completing your hand positions.

Also in the third pattern — use your stones, flowers, rattle, and other sacred items as outlined in the SR book, and as you’ve been taught.

Stay aware of your own experience and “empathic exchange”. Breathe and be.

Close Session

After holding knees and sweeping energy down and out the feet, walk on the left side of the table to the top of the head. Place palms just above crown and sweep all the way down the body, hovering hand a few inches above the body and, lastly, over the feet as if bringing a light sheet down over the body. Then walk back to the head again, away from the body so you're not disturbing the energy body – and repeat downward sweep twice more.

You can close ritually with a drum or rattle, or use a soft bell, ringing it three times over the body at end of the session. This energetically seals the work. You can also silently or aloud speak a closing prayer and release and thank your Shamanic Reiki guides.

Gently place your hand on your client's shoulder and let them know the session is ended, and ask them to lie for a while to integrate – that you will leave the room for five minutes and they should lie and not sit up until you return.

Leave the room and wash your hands – and rinse in cool water up to your elbows to break the energetic connection. Get fresh drinking water for both you and your client. The water should be at room temperature, with no ice; do the Reiki symbols over the water.

When you return to the room invite your client to slowly roll onto their left side, then to sit up on the table. Hand them the glass of water to drink and encourage them to close their eyes and imagine the water as a sparkling liquid light that cleanses them on the inside.

Pull your chair by the side of the table and sit silently until they speak. If they don't speak, you can say something like, "It's not necessary to speak, but now's a good time if there's anything you'd like to share."

Limit this sharing time, as it's good for people to stay in their experience and not dilute it with too many words and thoughts. Allow them the space to be in their experience. If you do share, it should be client-driven; that means to stay focused on what your client's needs are and don't speak unnecessarily, or because you feel

uncomfortable with no one talking. Get used to the awkwardness you may feel in sitting silently. Over time it will not feel so awkward, you will begin to identify the richness in these spaces.

If your client appears ungrounded you can try: rubbing their feet, making sure they have eye contact with you, rubbing their back over the heart area to close energetic holes. If they are really spacey, invite them to crawl on the (carpeted) floor. You can crawl with them; this is a very grounding practice.

You can gift your client with a stone (you may want to keep a basket of stones to gift to clients) that they can work with at home. Be sure to cleanse the stone before giving it to your client and tell them how to use and also cleanse them. Give your client the flowers that you used in the healing so they can offer them back to the Earth, as they thank the Earth and spirits for the healing. The monetary exchange should already be on your altar, but ask them to place it there if they have not already done so.

Encourage your client to take a walk, if possible, and not get into the car until fully grounded. They should nurture themselves and respect the work that's been done by taking space and time before resuming normal activities. Later, they may want to write about some of their experiences in a journal. The energy will continue to draw for 24-48 hours, so they should drink plenty of water, eat more lightly, pay attention to dreams and insights, and generally take good care. This will keep the high level of attunement that was experienced in the session.

Let your client know they can call you if needed. If a healing crisis occurs, suggest that they return for 2-3 more sessions on consecutive days. A crisis – a temporary exacerbation of symptoms – is an ideal opportunity to resolve core issues that have surfaced. Beyond this, if your client has any medical concerns, they should seek out their medical practitioner.

Have them collect their sacred items before they leave your space and also give them the candle. Suggest that at home they do the candle exercise “Empowering and Transmuting with Fire” in the *Shamanic Reiki* book (page 68).

Healer's Closure

After your client leaves, toss the tissues, cleanse and smudge the space and put everything away. Always clean the sheets and pillowcases used for your table and have a clean set available if you have sessions back to back. If you are doing short sessions at an expo, you can energetically cleanse the table in between each person by drumming, or rattling, or waving your hands – and smudging. Clapping and snapping your fingers also clears the energy.

Cleanse your shamanic tools and offer any remaining flower petals or organic materials back to the Earth, with gratitude. Take notes on the session.

*Suggestions for hand positions: Take your time. Really feel the energy and rightness of when to move on from one hand position to another. You will become acutely attuned to your client's energy field. Don't be afraid to linger in one position if your hands don't want to move. Find that deep place of knowing. Usually, there is a bell curve where the energy builds, peaks, and then dissipates. Always lightly – but fully – rest your hands on the body; don't ever push your hands into the body and don't ever place them or your fingers directly on top of the eyelids. Don't place hands over genital areas, float them a couple of inches above or higher. There may be times when you are drawn to float your hands in the energetic field a distance from the body. Follow such impulses. When you move your hands from one location to another, try moving one hand at a time like this: lift slightly, little by little and with each exhalation your client makes, until your hand is completely off the body (this may be after several cycles of breath), then hover that hand over a new position and then allow that hand to now drop down slightly, little by little with each inhalation your client takes until your hand is in full and restful contact. Get out of your head and rest your full consciousness in your hands; *become* your hands. Trust your hands; allow them to lead. They are in the driver's seat, they will teach you!