



New Life Reiki

Practitioner's Manual

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About New Life Reiki

Have you ever been stuck in a rut? And not just any old rut but a multi-year rut where your life has become very stagnant? Or maybe you have one area in your life that just feels stuck and nothing else will budge it. Alternatively, you could have a life that is very dynamic and changing, but it is not stable, secure, or nurturing to you.

New Life Reiki is an energy stream designed to help you move forward along your life path. If you need to get unstuck, it will help you break free of the old energy pattern. If your life is a “Tilt-a-Whirl,” and going in too many wrong directions at once, then New Life Reiki will calm things down and help you get centered on the kind of life that's right for you.

New Life Reiki can be especially helpful if you know your life needs to change but you just aren't sure what you should do or what you should change.

One of the big differences between New Life Reiki and other Reiki systems about manifesting, is that in New Life Reiki you do not focus on a specific outcome. Rather, New Life Reiki is about letting go of old things that no longer serve you, so that new and better things can enter in its place.

Think about it – you cannot have a new life until you let go of the old!

Hype vs. Reality

Many self-help gurus claim to have all the answers on creating the life of your dreams. The sales pitch inevitably involves some sort of large dream house, a fancy car, and/or trips to exotic tropical locations. Testimonials by “customers” will often show gleaming, attractive people talking about how they tripled their income in three months or how they travel all over the world and barely work for a living.

The problem with these big promises is that they make creating a new life into a massive undertaking, a huge task that requires a spectacular leap of faith as you try to go from being bankrupt to a millionaire in the blink of an eye. And while it's certainly possible for a bankrupt, destitute person to suddenly become inundated with instant riches, this is the exception.

“Law of attraction” gurus will blame your thinking for the reason why you haven't become a millionaire overnight. This is an easy cop-out. Basically, the message is, “if your life doesn't change because of what I'm teaching, it's not that my teachings are false, but that you aren't applying them properly.” How convenient for the teacher.

Life isn't a zero-sum game, where either you are rich or you are poor. There's an infinite number of levels between rich and poor. You can be comfortably middle class. You can be technically “poor” according to census statistics but living within your means in a sustainable manner. You could be “rich” according to your income but poor in that all your money goes out for expenses and debts.

So why focus on trying to “flip” your life to its exact opposite, as if an exact opposite exists? You do not have to try to jump from financial struggle to suddenly becoming a millionaire, in hopes that the millions will fix all your life problems. You could simply make a gentle but gradual shift into living within your means, saving your money, and getting out of debt.

All of this is to say, if you focus on trying to change your life so drastically that it seems impossible, you're like to get nowhere. Part of this is because your brain simply can't wrap around the idea of going from zero to a million in one shot.

Additionally, when you set your sights that high, it's easy to become overwhelmed and paralyzed. What daily actions does one take to become a millionaire, beyond just stating an affirmation? Without having an attainable goal, it can be easy to get stuck and just do nothing.

This is where New Life Reiki can be so profound. There's no promise here that you're going to switch from being an average person having an average life into a multi-million-dollar superstar. Instead, New Life Reiki is about making that subtle, but profound realistic shift that gets you on your path and into a space that can make you truly happy.

How New Life Reiki Works

Here are some examples of how New Life Reiki works. If, for example, you find that you have more bills than money at the end of each month, New Life Reiki can help shift your energy in the following ways:

1. You may feel it's suddenly easier to let go of unnecessary expenses that have been causing you financial stress.
2. You may be inspired to find a new job or discover a better way to run your business.
3. You may come up with a creative solution, such as moving somewhere where your living expenses are lower.

As you can see, New Life Reiki can help shift your energy so that practical solutions become more evident and available to you.

Sometimes, however, it will work on a more subtle level. For example, you may just find yourself naturally less drawn to people, organizations and things that have been draining your energy.

Letting Go

An important part of New Life Reiki is letting go of that which is no longer serving you. We often take for granted the things that are already in our lives. The problem is, we often want and wish for new things to happen, but we've already got our schedules jammed packed with old things. It may be hard to let go of these old things, since they have brought us joy and comfort in the past, but sometimes you have to let go of the old to let the new come in.

For example, you may have been volunteering for an organization for many years, and in the past this has been a great source of satisfaction as well as a social outlet. Only, lately, perhaps the volunteering hasn't been as much fun. Maybe some energy has shifted in the organization where it is less positive and more stagnant.

You don't want to leave the organization, because this is one of your homes away from home, and yet, being there is slowly sapping your energy. You may not even realize this.

With New Life Reiki, you may find yourself guided to let go of the organization and go volunteer for a new organization. By doing this, you are not just changing environments. You are now shifting your entire life around a newer, higher vibration. The ripple effects may cause great changes in the rest of your life, changes you may not immediately be aware of.

It's important to remember that sometimes the “new life” you seek is simply the life you already have, but working better. That is, rather than needing to make a drastic move, change jobs, or drop all your friends, you simply need a slight vibrational shift, one that leads to small changes that add up to a more satisfying life.

Maybe it's just that your home needs to be decluttered, your job needs to be slightly redefined, and just one negative friend of yours needs to be released. These small changes may add up to one extremely happy you.

To Summarize

As you can see, creating a “new life” may not be as impossible or as difficult as you previously imagined. It may be even as simple as changing your attitude.

So as you work with this energy, for yourself and your clients, it's good to remember the following points:

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1. A new life does not need to be a drastic “flip” from one extreme to its opposite.
2. Release the old to let in the new.
3. Subtle, small changes can add up to make the life you already have into the life you love.

Using New Life Reiki

New Life Reiki can be activated at any time just like any regular form of Reiki, through intent or by focusing on a symbol. You can use New Life Reiki in regular healing sessions and on any area of the body. The most simple and effective use of it, however, is to use as a spiritual empowerment.

A spiritual empowerment is like an attunement, in that the energy is sent directly into the recipients aura and energy field. It is like a powerful, concentrated dose of the energy.

You would use this energy for yourself or your client to get “unstuck.” Then, once the spiritual empowerment is provided, you can use New Life Reiki as you would regular Reiki, to enhance and support the life changes being made.

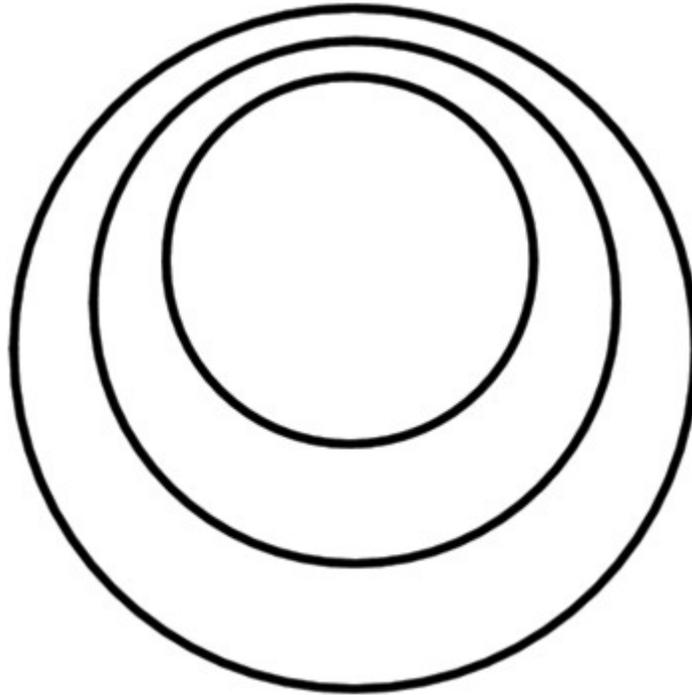
To Send the New Life Reiki Spiritual Empowerment:

Have the client sitting in front of you, or, see them in your mind to perform this via distance. Place your hands on top of the head. (Or visualize this in your mind.) Visualize the New Life Reiki symbol and then “blow” the symbol into the crown chakra, with your tongue connected to the roof of your mouth (you can use the Hui Yin or Violet Breath if guided).

New Life Reiki Symbol

The New Life Reiki symbol consist of three embedded circles. They represent the harmony of mind, body, and spirit.

You can also send the energy by intent.



New Life Reiki Letting Go Exercise

This is a good exercise for yourself or your clients. Sit down with a piece of paper and write down all the things in your life that are frustrating you and you want to let go. Then write down those things that you need to let go but can't. Sometimes you may need to look back into your past and see if there's any old stuff you are holding onto.

For example, you may have an ex that you are still attached to and wondering "what if" about. This needs to be released.

For everything you wrote on the paper, repeat to yourself, "I am now letting this go." If you want to add a spiritual component, you might say "I am now letting this go and giving this to God."

This is good to do before a New Life Reiki session. Then the Reiki energy can clear away any emotional residue from the exercise.

New Life Reiki Attunement

To follow is the New Life Reiki attunement process. You are also welcome to use any existing attunement method you are already familiar with.

In-Person Attunement

Most people you attune to New Life Reiki should already be Reiki Masters or at least Level II. If not, you should make sure the person has had a Reiki session in the past week (at minimum).

For the attunement: Have the client sit in front of you with eyes closed to receive the attunement.

Call upon your higher self to help with the attunement. Then ask to connect with the higher self of the recipient.

To pass the attunement, place both hands on the client's head and send the New Life Reiki symbol into the crown chakra, seeing it expand to fill the entire body.

Distance Attunement

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.

You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

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For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

I am now receiving the New Life Reiki attunement sent by <your name>. Thank you.

To send the attunement:

Call upon your higher self to help with the attunement. Then ask to connect with the higher self of the recipient.

Then, send the attunement to the client. Visualize the New Life Reiki symbol entering into the crown chakra, seeing it expand to fill the entire body.