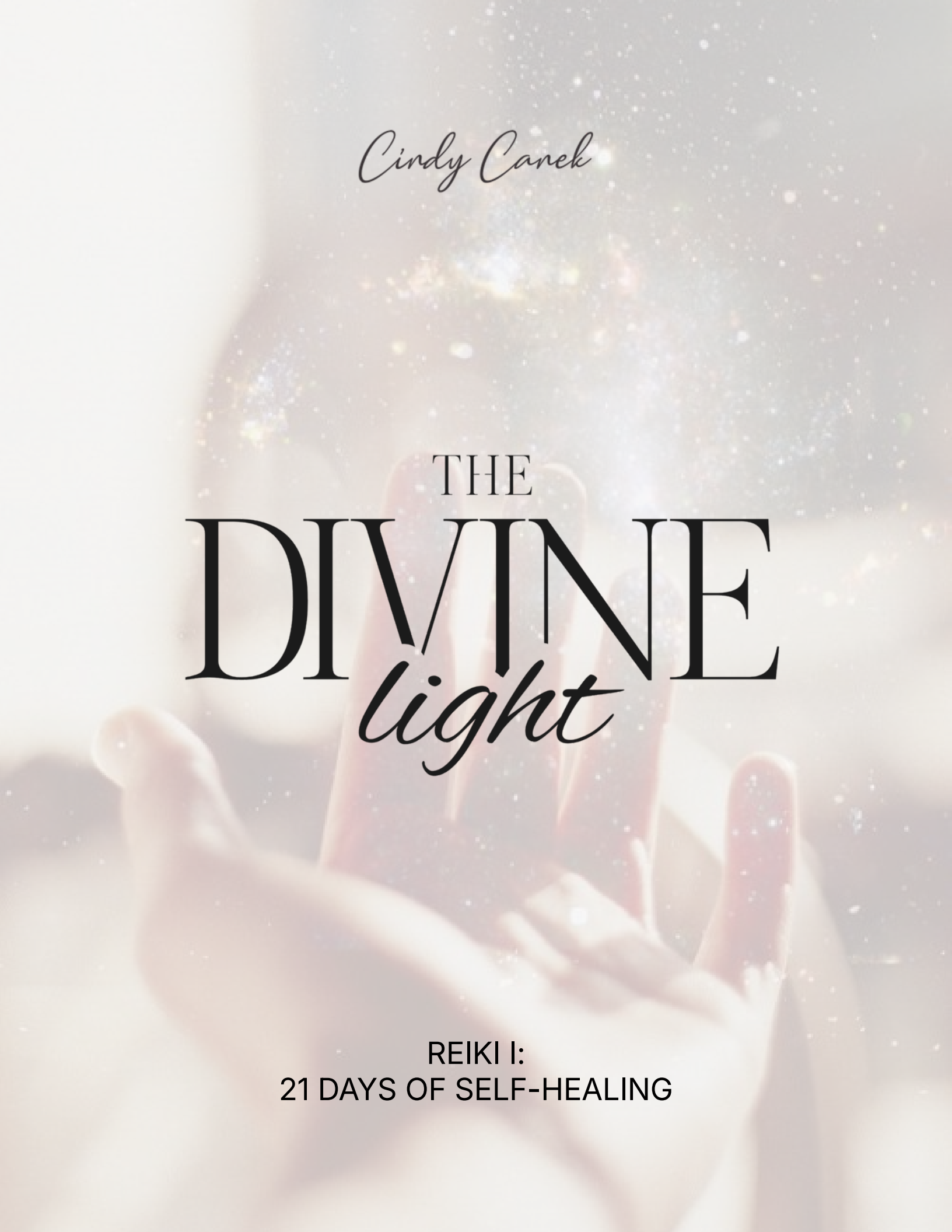




Cindy Canek

THE
DIVINE
light

REIKI I:
21 DAYS OF SELF-HEALING

21 DAYS TO TRANSFORM YOUR LIFE WITH REIKI

ACTIVATING THE REIKI POWER SYMBOL "CHO KU REI"

You will be activating the symbol by speaking it (saying Cho Ku Rei three times out loud), while you draw the symbol in the air in front of you with your finger.

You can also activate them by chanting (singing) them, drawing or visualizing them. When you view the diagram of the symbol, you will want to trace it from top to bottom and from left to right.

The Power Symbol - Cho-Ku-Rei. This is known as the power symbol and is the focuser of energy.

It is translated into "The Power of the Universe Here Now".
It is like a light switch that turns on the higher forces of light.
Cho Ku Rei (pronounced cho kew ray).

This is an all-purpose symbol and can be used anytime, and anywhere.

The Reiki symbols may enhance your ability to sense subtle energy. Just notice your awareness after you activate them.



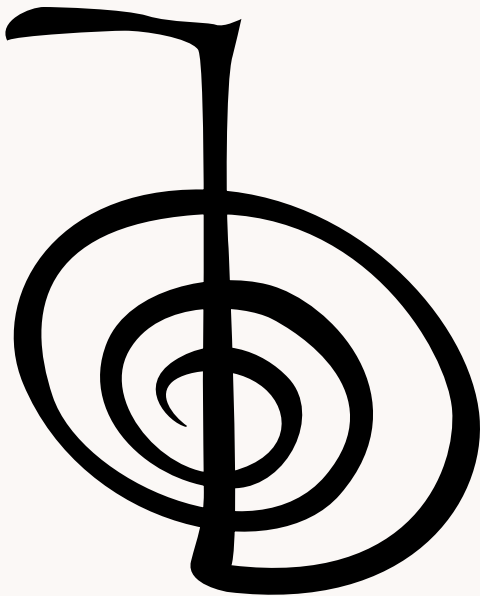
PRACTICE

Practice drawing the Cho Ku Rei symbol throughout the week.

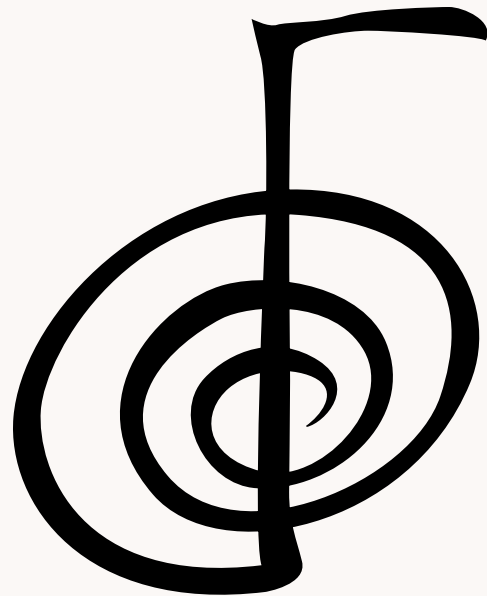
While giving yourself Reiki Treatments. Draw the symbol any place in your house where its energy can start coming into your home. You can also chant the symbol 3 times and trace it with your hands in front of you in the air.

Notice any changes in your awareness when you do this. You may become more aware of your surroundings, more grounded or more focused in the present moment with this symbol.

Practice activating your palms with Cho Ku Rei:



LEFT PALM



RIGHT PALM

SETTING A SACRED SPACE

While in your 21 days of self healing, it helps to set aside a sacred space in your home. This doesn't need to be elaborate or large. A corner of a room, a windowsill, or a small shelf can hold everything you need. What matters is that this place feels set apart from the ordinary flow of daily life. You can set up an altar, or simply have a meditation cushion where you can sit, breathe, and center yourself before activating the Reiki energies.

If you have pictures of spiritual teachers, saints, or angels, it is a good idea to place them here. These are high frequency beings and their images will activate a feeling of reverence and honoring of the sacred in you.

Candles and crystals are wonderful additions as well. The flame of a candle represents the light you are calling into your body, and crystals like clear quartz or amethyst naturally amplify healing energy.

Plants and fresh flowers are also helpful to have nearby, as they carry a living life force energy that supports your own healing process.



JOURNALING

Make sure you have a journal to record your experiences during this course. You may receive many insights about areas of your life that you would like to transform. Writing about your experiences after each meditation will help you remember these insights throughout your day.

Here are a few prompts to help your journaling experience when you're unsure of what to write about:

- What area of my life is asking for the most healing right now, and what would it feel like if that area were whole?
- After today's practice, what did I notice in my body? Where did I feel resistance, and where did I feel ease?
- Where in my life have I been giving my energy away? What would it look like to reclaim it?
- What emotion surfaced during or after my Reiki session today? What is it trying to show me?
- Write a letter to a younger version of yourself who needed healing. What do you want her to know?
- What does receiving feel like for me? Do I find it easy or difficult, and why?
- What has shifted in me since I began this journey, even in small ways? What am I noticing?
- What intention do I want to carry into tomorrow? How do I want to show up for myself?

SETTING INTENTION

Take a moment now to set your intention for your 21 days.

This is one of the most important things you can do at the start of this journey. Intention is energy with direction. When you name what you are healing, you give the Reiki a place to go. You become an active participant in your own transformation rather than a passive recipient of it.

So ask yourself: What is it that you intend on healing? It may be something physical, a place in your body that has been holding tension or pain. It may be emotional, a grief you have been carrying, a wound from a relationship, a pattern that keeps repeating itself. Or perhaps you are not here to heal one specific thing, but to begin understanding your life as energy. To learn how to work with what flows freely and what has become stuck. There is no wrong answer.

Write about this in your journal. Take your time with it. As you write, allow yourself to imagine what your life looks like after 21 days of showing up for yourself in this way. What do you feel in your body? What has softened? What has opened? What relationships feel different? How do you move through your day? Let it be real and specific.

Then ask yourself: what areas of my life would I like to send Reiki to? It could be your health, your finances, a relationship, your creativity, your sense of purpose, your home, your past.

Reiki can be directed anywhere energy lives, and energy lives everywhere.

CLEANSING

Sometimes when we commit to opening to our next steps spiritually the body goes through a cleansing period. This may take the form of a cold, or other types of release.

It is a good idea to pay special attention to your diet as you give yourself Reiki treatments. You might feel drawn to reduce caffeine, sugar, or heavy foods that create stagnation or imbalances in your body.

During your 21-day cleanse, staying off of red meat, caffeine and sweets, and instead eating more fresh fruit and vegetables, and drinking lots of purified water can help, but it's not required. The reason for this is that some foods are extremely toxic and cause your energy to either expand or contract. Creating balance through diet will support you during this time.

Reiki is a powerful, beautiful, natural cleansing and healing modality. It will work in your life in untold ways to bring about peace, balance and boost our own innate healing abilities. While Reiki sessions evoke healing in our lives, a Reiki Attunement magnifies the properties tenfold.



THE 21 DAY CYCLE OF HEALING AND PURIFICATION

Your healing journey begins at the moment of your attunement. It goes through three cycles, roughly in 7-day increments. This is just a general concept, not something written in stone, so you may find your results and experiences differ, however, I have found that, for most clients, it is pretty standard.



WEEK ONE

The first week of your purification is a ***physical healing of the body.***

You may feel flu-like symptoms, nausea, aches, etc, as the body begins to align and cleanse each of our chakra. The symptoms, although mildly unpleasant at times, are necessary, and should be embraced as a healing.

Be welcoming to the cleansing energy, and thankful. Take time to be out in nature, long walks, meditation, spend some time in the trees, or at the beach. Renew your connection with nature, notice how it works in cycles, and embrace your healing cycle.

WEEK TWO



The second week of your purification is an ***emotional cleanse***, how we perceive ourselves, and our relationship to others.

This can sometimes be the most difficult part of the purification for some, as it can bring up old hurts, trauma, deep-rooted issues, emotional scars, and show us how we allow ourselves to be seen by others.

These old hurts, and emotional scars are very much like physical wounds. If we choose to carry them, it is just like carrying an illness in our body. If you had a physical illness, you would want to remedy it. The same must be said for emotional illness, and these things are necessary to deal with.

It's important to stay grounded and move forward through the challenges this week may present.

During this time, I have found it helpful for my clients to carry a small journal to write down the emotions and thoughts that arise. They may not mean anything at the time, or they may be very hard to think about. All are important, so for now, just note them. We will come back to them at the end of the 21 day cleansing process.

WEEK THREE



The third week in the cleansing process is a ***spiritual cleanse***, and a deep dive into how we are perceived by our community, and who we are as perceived by ourselves.

This week turns your attention outward and inward at the same time. It invites you to look at the face you wear in the world, and to ask yourself honestly: is that face mine?

What do you show to others? What do you keep hidden, and why? In your family, do you play a role that was assigned to you? At work, do you shrink or perform? With friends, are you fully present, or are you managing how you are received?

This week also asks about your relationship to spirit. Not religion, but the living, breathing connection you carry inside you right now. Do you feel it? Have you drifted from it?

What is your direction? What are you here to do, and do the people around you know the real version of the person doing it? Although this tends to be the easiest week physically and emotionally, it is often the most illuminating of all three. Because the body can rest, and the heart can finally be still enough to hear what the spirit has been waiting to say.

SELF HEALING

SELF HAND POSITIONS:
HOLD HAND POSITION FOR 2 TO 5 MINUTES EACH.

1. Face
2. Temples
3. Forehead and back of head
4. Jaw
5. Throat
6. Chest
7. Heart
8. Tummy
9. Pelvis
10. Upper back
11. Middle of back
12. Small of back
13. Root: sit on your hands ;)
14. Knees
15. Feet



CHAKRAS

Chakra work is fun and explorative way to allow yourself to tap into your intuition. I encourage you to work with the power of visualization and work with the chakra system. and its corresponding colors.

Dont overthink just visualize and feel each chakra with your hands.

MERIDIANS

The meridian system is based on Chinese acupuncture, and Reiki is sort of a needleless acupuncture treatment. So, it's safe to say they walk hand-in-hand.

If you have ever been in the presence of an enlightened being or spiritually awakened person you might feel very peaceful and balanced around them. This is partially due to the openness and flow in their meridian system especially the central meridian or the shushumna nadi. This is a meridian that runs vertically just in front of the spine.

Keeping the meridians open and flowing will assist you further in your knowledge of the spiritual realms.

Tai Chi and Qigong are both forms of exercises and practices that help to open up the meridian system by slow and gentle movements. I like to trace my meridians with Reiki in order to keep them clear and open.

CONCLUSION

After your 21 days, you can take Reiki II where you can heal on even more levels. Imagine having an index finger work like a magic wand, ready to bring light and healing anywhere you go. We can discuss that further when you have finished your Reiki I process.

Whether you choose to take your healing to the next level or not: May you have a beautiful, powerful, and magical 21 days!

When you heal yourself... you heal the Earth.

Use this time to explore your inner power. Your sacred lineage. We are all sources of energy, it's just a matter of activating our inherited, god-given light and sharing it with the world!

Say it out loud and internalize:

*I am the light
I work through God's presence
I am here to serve.*

Please don't hesitate to reach out. I am here to hold space for you during this time. If you have insights, questions, or need any kind of assistance, contact me directly: 310-908-8437

Love and light,

A handwritten signature in cursive script that reads "Cindy Canek". The signature is fluid and elegant, with a long, sweeping underline that extends to the right.