



Instructions for the Remote Reiki Therapy

1. When ready to go to bed, drink a glass of water (Approx. 7 to 8 ounces), quite down all the distractions and lie down in your sleeping space.
2. Send me a message that you are going to bed now.
3. Set your intention to receive Reiki Healing Energy from the Universe and ask for healing during your sleep.
4. Relax yourself both mentally and physically
5. Optional: Relax with my YMM (Your Moment Muraqabah) MP3 if you have one.
6. Lights should be dimmed or shut off.
7. Phone should be turned off or on Airplane mode when you go to sleep.
8. Keep a journal next to you to write down or record in your phone how do you feel when you wake up the next morning, In Shaa Allah - God Willing.
9. Drink a glass of water the next morning (Approximately 7 to 8 ounces) before starting your day.
10. Observe how your day goes by. Send me your observation or voice note at the end of the day.

***Do the following intention as well before you go to sleep:**

- **Just for today, do not worry.**
- **Just for today, do not anger.**
- **Just for today, be humble.**
- **Just for today, be honest.**
- **Just for today, be compassionate toward yourself and others.**
- **Just for today, I will earn my living honestly.**

Thank you,

Shua

LUWS ACADEMY LLC

lightupwithShua.com

USA

shua@lightupwithShua.com

Pakistan: 0300-517-0388 USA: 978-302-1798

Both phones available on WhatsApp