

REIKI FOR FINANCIAL FREEDOM



PROGRAM HANDOUT

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REIKI FOR FINANCIAL FREEDOM

If you bought this program you may be trying to make more money, get out of debt, or just feel good while you are in the process of shifting your financial situation. Whatever your financial story is, you need to start by changing your energy patterns.

Many people think financial freedom, or prosperity, only relates to money. In actuality, prosperity is composed not only of money, but how you feel about money, what your financial goals are, and how much you are willing to change your current actions to achieve them.

This program will assist you energetically with your goals. Some of the videos work to release your conscious and subconscious blockages regarding prosperity. Once those blockages are cleared, the other videos can be used to open yourself up to and align yourself with the energy of prosperity.

This Reiki for Financial Freedom Program can be the start of this new paradigm for you. Paradigms, according to Bob Proctor, are a “multitude of ideas fixed in the subconscious mind.” The Reiki videos, meditation, and informational handout in this series will be your partner in creating new ideas, habits, and ways of thinking about money. I hope they will support you as you create a new foundation for your financial freedom as much as they have helped me.

ELEMENTS OF THE PROSPERITY EQUATION

As mentioned earlier, the process of achieving financial freedom/prosperity is more complex than simply getting more money. Below is a description of all the elements in the prosperity equation. Please use this list and the examples within it as a starting point for things you can do to change your finances and receive prosperity.

Action – Energy work is part of the prosperity equation, but physical actions are equally important. Are you willing to change how you think of prosperity? Do you have the courage to try something different? It's often easier to continue doing what you always have and dream of a goal than to *take actions towards* achieving that goal.

Education – Before you can change your thoughts on prosperity you have to understand *why* you have those thoughts. Educate yourself not only on how the brain works, but also on how the subconscious mind affects prosperity. Once you have this knowledge you'll be able to apply it to your own life and retrain your brain to think more prosperously. *Think and Grow Rich* by Napoleon Hill, *Ask and It Is Given* by Abraham Hicks, and *Thoughts Become Things*, by Mike Dooley, are a couple of books that can get you get started.

Discipline – Consistency is key to achieving your goals. Just as with any lifestyle change, slow and steady progress will bring lasting results. Discipline is needed to dedicate time each day to the elements of prosperity. Spend time not only

receiving the Reiki, but educating yourself, meditating, visualizing, etc. If you can do so for 21 days or more you will create new habits that will guide you for the rest of your life.

Goals – Do you know what you want prosperity for? Vague ideas of prosperity will not help as much as specific, detailed goals. So what is it that you want to use money for? What area of your life do you want to be more prosperous in? Is it a house, car, financial freedom from bills, vacations, designer clothes, etc.? There is no right or wrong answer to this question, so give yourself permission to admit what you really want.

Gratitude – This is a one of the key factors of prosperity people misunderstand. You not only have to feel gratitude for what you are going to receive but feel gratitude for what you *already have*. Try to find 1–4 things you are grateful for every day and consider writing them down in a gratitude journal. Everything from beautiful weather, time with your family, enough money to pay the bills, learning something helpful, etc. is something to be grateful for.

Meditation – What does meditation have to do with money? *Everything*. Meditating allows you the time to get to know yourself and your own thoughts. It centers you so you know how to find a place of inner calm when you are faced with any fears that may pop up on your financial freedom journey. Guided meditations are especially helpful as they can guide/train your conscious and subconscious to think differently.

Multiple Sources of Income – Oftentimes society emphasizes having one job or career throughout your life. However, to live prosperously you need multiple sources of income that will bring prosperity to you, *even when you yourself aren't actively working*. Look at your skills and interests to see where you can establish another source of income. This could be anything from writing/publishing a book, creating/selling a song, learning about investments, developing a clothing line, etc. Although they may take time to establish, the return is worth the effort.

Space – Do you have room for prosperity in your life? Take a look at the physical space you live in. Is your home cluttered? Do you have broken things hanging around? In order to receive prosperity, you need the physical space for it. Clear out your home and donate what is useful so you can spread positive energy to others. Afterwards take a look at your mental state. Is your mind full of past experiences that are holding you back? Are you investing time and thoughts into people, places, or things who don't return the favor? Release from your mind and your life that which is holding you back.

Visualization/Feeling – We not only manifest what we think and do, we also manifest what we *feel*. It's important to spend time each day imagining what it would be like to achieve financial freedom. Allow yourself to feel how it would be if you had more than enough money to pay the bills, buy a car, go on vacation, etc. at any given moment. Visualize this every day. This is important to keep you motivated on your journey and help manifest that dream into reality.

ENERGETIC TOOLS FOR PROSPERITY

Working towards the goal of prosperity can be aided by the use of energetic tools. Below are descriptions of some that can help you on your journey. They are stronger when used together than when used separately, so please consider viewing my [Compound Energy](#) video to learn how to combine different tools for the greatest effect. You may also want to consider using the tools mentioned during specific days/times of the year. Thursday is considered the best day of the week for abundance work, and the new moon is considered the best time of month to work on prosperity.

Affirmations – Repetition creates new habits and patterns of behavior. By stating something over and over again you train your brain to think that way on conscious and subconscious levels. This means you can use affirmations, or positive statements, to create a positive prosperity paradigm! Repeat affirmations while using the videos in this series or meditating to compound their effects. Try posting them on a visualization board or making them into passwords so you see and use them every day. The ways you can use affirmations are endless! You can find examples of prosperity affirmations from Louise Hay at this [link](#) and use them at the same time as you play Reiki for Affirmations which is available at this [link](#).

Chanting combines affirmations and sound to assist you with your goals. When I've chanted I've done it morning and night for 40 days. It takes approximately 5 minutes (depending on the chant) and can leave you feeling motivated and

energized. The chant that started my path, "[Om Gam Ganapatye Namaha](#)," is available at this [link](#). It invokes the energy of Ganesha to release blockages to prosperity. (Please note that the spelling may be different depending on who is chanting it.)

Crystals – There are many crystals/minerals for prosperity including Citrine, Green Aventurine, Jade, Pyrite, Ruby, Garnet, and Clear Quartz among others. For more crystals that work with the energy of prosperity please go to this [link](#). For Reiki videos filled with the energy of crystals please go to the playlist at this [link](#).

One of the best ways to work towards increasing abundance is to create a crystal [grid](#). Each crystal has its own energy, and by combining crystals in a grid you amplify their energy and direct it towards a specific goal. You can design your own prosperity crystal grid or create the one outlined below:

Use a jasmine scented candle in a candle holder as the center of this grid. (Hold the candle in your hands and infuse it with your intention before establishing it as the center of the grid.) Gather Citrine and Clear Quartz tumbled stones into your hands and imagine filling them with your goals and dreams. Then place the Citrine crystals around the candle holder in a circular pattern. Place the Clear Quartz an inch away from the Citrine, surrounding them in circular pattern. Light the candle and imagine the flame spreading out and filling each crystal. As the fire “fills” each crystal, picture it moving beyond the crystal and carrying your intention out into the world. Every time you light the candle at the center of the

grid imagine the flame sending your intention through the crystals out into the world. For more crystal grid information, please go to this [link](#).

Essential Oils and Scents – You may have guessed it from the crystal grid description above: certain scents are associated with prosperity! Jasmine, honeysuckle, spruce, and pine are all excellent choices when you want to infuse your space with the scent of prosperity. Like in the example above, you can spread these scents through candles. You can also diffuse them through your space with an essential oil diffuser. If you are fortunate enough to have the flowers, trees, or shrubs these scents come from in your yard, take time each day to smell them while visualizing the prosperity you want to bring into your life.

Exercise – Exercising is known to release endorphins that help us feel good. When we feel good, we raise our energetic vibration and can more easily attract positive things into our lives. You don't have to be a "Ninja Warrior" to receive the benefits of exercise and raise your vibration. Walking, biking, hiking, dancing, yoga, tai chi, and qi gong are all wonderful ways to move the body and get energy flowing. If you are inclined towards athletics, any of sport or martial art would be beneficial. Rock climbing, obstacle courses, and hiking can be fun ways to sneak in some exercise. Even gardening gets the body moving and has an added benefit of grounding your energy! What you do matters less doing whatever you can to get moving for at least 10 minutes a day.

Feng Shui - Releasing the physical (clutter, broken things, clothes that no longer fit, etc...) with the intention of bringing prosperity in can be very helpful with attracting abundance. Nature abhors a vacuum and will rush to fill it in. By releasing with the intention of making room for money, you allow nature to bring in the vibrations you desire. Donate anything useful, throw out the old/broken items, and let more energy flow into your life. To assist you with starting this process, check out *Move Your Stuff, Change Your Life* by Karen Rauch Carter

Herbs and Spices – Just as certain scents are associated with prosperity, specific herbs and spices can help attract prosperity! For this purpose, basil is my favorite herb to use when cooking and cinnamon is my favorite spice to use in baked goods and drinks (tea, coffee). Other herbs and spices that work for this goal are cumin, clove, and nutmeg. When using herbs and spices, ask the herb or spice to bless your food with its properties before adding it into your food. Always give thanks to the universe for the herbs and spices too.

Meditation- Meditation is key to help you obtain your goals. Thankfully, there are different types of meditations to work with you and your lifestyle. Active meditations can be done while walking, washing dishes, or another repetitive activity. Breathing meditations can be done by sitting in a quiet area and focusing on your breath. Guided meditations will have a recording of someone guiding you through different activities. How long you spend meditating a day depends on you and your circumstances. Before starting this program, I started out meditating for 3 to 5 minutes a day using [Jaime Pfeffer's meditations](#). Then

I went onto 15 minutes a day. Brana, [Crystal Cosmopolitan](#) created 20 -25 minute meditations which I added to my repertoire and over the past few months and have grown to meditating for 45 minutes a day.

With this program you will receive a guided meditation from Brana, an amazing energy worker I've known for years who is able to infuse her meditations with energy. Start with her meditation and see where it leads you. You may find you want to continue playing her meditation after using this program to achieve your financial goals. You may also want to explore other guided meditations such as those by [Abraham Hicks](#) and [Bob Proctor](#). There are no right or wrong choices here. Choose what works best for you.

Music – There is no question that music can help you feel good. Play whatever music lifts your spirits to elevate your frequency and bring in those positive vibes. Some people have combined music with prosperity work to create songs with positive messages about abundance and prosperity. If this sounds like something that interests you, you can find an example of that type of music at this [link](#). Whatever type of music you listen to, the important thing is that you feel positive after you've stopped listening to it. That positive feeling will help you attract prosperity long after the music stops.

Symbols – There are numerous symbols that can be used to represent prosperity. In a literal sense, the money/currency sign of your country represents prosperity. In a more figurative sense, the infinity symbol represents the never-ending prosperity you may want to attract. The tree of life can represent the

financial growth you want to occur in your life. Even symbols of luck like the four-leaf clover and horseshoe can be used to represent lucky opportunities for prosperity. Keep these symbols near, and when you look at one imagine/feel the prosperity you would like to attract into your life.

Videos – There are numerous videos available online with energy work, motivational talks, and suggestions to help you attract prosperity. In addition to the Reiki videos included in this program (which are specifically designed to be an energy tool for prosperity), I have more for prosperity available on YouTube at this [link](#). [Bob Proctor](#), [Mike Dooley](#), [Abraham Hicks](#), and [Sonia Ricotti](#) all have fantastic motivational videos with suggestions to retrain your brain for prosperity. The [Mind Valley](#) channel on YouTube also has many experts talking about prosperity and general well-being. These are just some suggestion, but there are many more available on YouTube.

Visualization Board – In addition to visualizing the prosperity you want in your life you can make a visual representation of it! Visualization boards display the items or things you want to bring into your life with prosperity. This can mean clothes, cars, houses, vacation trips, friendship, romance — your imagination is your only limit. As you look at the images or words pictured imagine how you will feel when you have that in your life. Doing so will help you to manifest it into reality. Click on this [link](#) for more information on how to create an effective visualization board.

SUGGESTED WAY TO USE THIS PROGRAM

I highly recommend downloading these Reiki videos so they can be used at your convenience when offline.

To get the most out of this program play these Reiki videos when your eyes are closed (for example while meditating or just before going to sleep). When your eyes are closed you tend to relax, allowing the Reiki to work on a deeper level.

These videos are purposefully designed without sound so they can also be used with guided meditations, binaural beat music, and chanting. Compounding different energy tools brings faster results than any one tool by itself.

After you purchase this program please watch the first video: Introduction to the Reiki for Financial Freedom Program. That will give you a background on the energy of prosperity, go over the basics of the program, and give suggestions for using the program.

When you are ready to begin the program itself, you can play the videos in the order they are presented in, or you can skip around and choose the video you feel you need most.

On your first day using the program try only playing one video. See how you respond to the energy. If you feel good, on the second day using the program try playing two videos: the video from day one and the next one on the list. Continue to play each video for at least 10 minutes your first week of the program.

The second week try adding a third video to your routine and use all three for the week.

On your third week of the program repeat the above process with different videos. Allow yourself to get used to the energy of one video before adding a new video to your routine.

I suggest limiting the number of videos you play per week to three at most so the process is steady and gradual, giving you time to adjust to all of the energy shifts and resulting releases.

If you find the energy too strong for you (aches, emotional releases, too energized, too sleepy, etc.) follow the same formula outlined above but limit the amount of time you play each video. For example, you may only want to play a video for 2 minutes and work your way up to playing it for the full 10 minutes.

These videos are designed to grow with you. As you start changing the paradigms you have related to financial freedom, more paradigms you may not

have realized you have will appear. The Reiki in these videos will adapt to your new situation, whatever it is, to help you work thorough it and gain financial freedom.