

## WHAT IS DIVINE LIGHT REIKI?

DIVINE LIGHT REIKI IS A SYSTEM OF REIKI THAT WAS DEVELOPED BY REIKI MASTER, MARY FIELDER. MARY HAS BEEN PRACTICING REIKI FOR OVER A DECADE AND HAS BEEN A REIKI MASTER TEACHER SINCE 2016. MARY WAS GUIDED BY HER INTUITION TO DESIGN THE SYSTEM OF DIVINE LIGHT REIKI WHILE SHE WAS WORKING WITH A STUDENT WHO DEVELOPED THEIR REIKI SKILLS IN SUCH A WAY THAT THEY WERE READY TO MOVE ON TO THE NEXT LEVEL OF REIKI BEFORE THE PROGRAM THEY WERE BEING TAUGHT UNDER ALLOWED FOR THE ADVANCEMENT. THIS, IN ADDITION TO MARY REALIZING, AFTER REFLECTING UPON HER MANY YEARS OF TEACHING, THAT NUMEROUS INDIVIDUALS DESIRED A MORE FLEXIBLE SYSTEM WHICH ALLOWED THEM TO DEVELOP AND INTEGRATE ORIGINALITY WITHIN THEIR PRACTICE, AND ADVANCE AT THEIR OWN PACE IS WHAT LED TO THE CREATION OF DIVINE LIGHT REIKI. MARY DECIDED THAT SHE WANTED TO TAKE WHAT SHE HAD LEARNED AND DEVELOPED OVER THE YEARS AND SHARE IT WITH OTHERS IN A WAY WHICH ALLOWED FOR TIME AND CREATIVE FLEXIBILITY.

## WHAT ARE THE BENEFITS OF TAKING REIKI CLASSES?

THE BENEFITS OF TAKING REIKI CLASSES ARE MULTIFACETED. THESE BENEFITS RANGE FROM GAINING ANOTHER SKILL SET WHICH EMPOWERS YOU TO LEVEL UP YOUR SELF CARE AND THE CARE YOU ARE ABLE TO PROVIDE TO OTHERS, TO SAVING TIME AND MONEY.

WHEN YOU LEARN THE SPECIFICS OF PRACTICING REIKI AND BEGIN TO PRACTICE REGULARLY, YOU WILL QUICKLY EXPERIENCE AN UPGRADED SENSE OF WELLBEING. REIKI IS A LOVING, HEALING AND SUPPORTIVE ENERGY WHICH CAN COMFORT, UPLIFT, ACTIVATE AND INSPIRE US FROM WITHIN. WE NEED NOT SEEK THIS ENERGY FROM WITHOUT UNLESS WE DESIRE TO DO SO AND ONCE WE LEARN HOW TO FACILITATE THE FLOW OF OUR OWN REIKI WE CAN SERVE OURSELVES BETTER.

LEARNING HOW TO GIVE REIKI TO OTHERS PROVIDES YOU THE OPPORTUNITY TO SUPPORT AND PROVIDE A SAFE SPACE OF HEALING FOR YOUR FRIENDS AND LOVED ONES. YOU CAN EVEN SEND REIKI TO CURRENT WORLD EVENTS, STRANGERS, YOUR LOCAL COMMUNITY, ANIMALS, FORESTS, WATERS, ETC. WHAT YOU CAN DO WITH YOUR NEW FOUND KNOWLEDGE OF REIKI IS LIMITLESS.

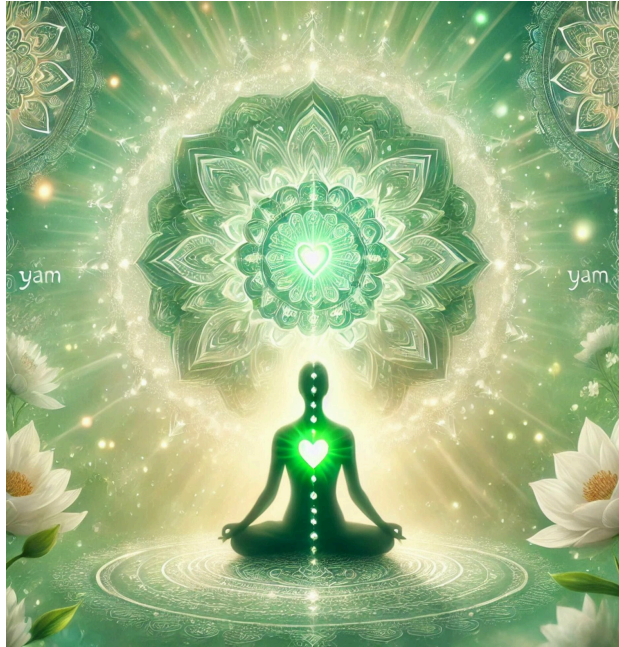
LEARNING HOW TO PRACTICE REIKI ON YOURSELF IS PRICELESS IN THAT UNLESS YOU WANT TO, YOU NEED NOT PAY FOR A REIKI SESSION FROM SOMEONE ELSE EVER AGAIN. ANOTHER WAY TO SAVE MONEY IS BY PERFORMING REIKI TRADES WITH OTHER REIKI PRACTITIONERS OR MASTERS. AND, IF YOU TAKE A REIKI LEVEL II CLASS YOU CAN ALSO START YOUR OWN PRACTICE AND PROVIDE REIKI SESSIONS TO PEOPLE AND/OR ANIMALS THROUGH YOUR OWN PERSONAL BUSINESS! FINALLY, IF YOU WANT TO TAKE IT A STEP FURTHER, AS A REIKI MASTER YOU CAN CHOOSE TO TEACH REIKI TO OTHER PEOPLE SO THEY MAY LEARN HOW TO TAP INTO THEIR OWN REIKI AS WELL.

IN ADDITION TO OFFERING REIKI AND MASSAGE & REIKI COMBO SESSIONS, AT WHOLE HEALING SPACE, WE ALSO HOLD ALL LEVELS OF DIVINE LIGHT REIKI TRAINING IN A BEAUTIFUL, SACRED SPACE AND AS A ONE DAY OR FULL WEEKEND EXPERIENCE. TO LEARN MORE ABOUT OUR CLASSES, PLEASE VISIT OUR WEBSITE: [WWW.WHOLEHEALINGSPACE.COM](http://WWW.WHOLEHEALINGSPACE.COM). AS REIKI STUDENTS, TEACHERS, CHANNELS AND RECIPIENTS, WE ARE HONORED TO PASS ON THIS KNOWLEDGE TO OTHERS AND WATCH AS THE FLOW OF REIKI ENLIVENS, HEALS AND UPLIFTS OUR EARTH'S FREQUENCY.

HOW TO TAP INTO YOUR REIKI:  
BONUS: HEART CHAKRA MEDITATION (NEXT PAGE)

Meditation

## Divine Light Reiki for your Heart Chakra



**20 minutes minimum (longer if you desire)**

### Tips

Staying with your breath will help you remain present in the experience. Allow sensations and thoughts to come and go as they may. Write down your experience immediately following your meditation with Divine Light Reiki. Drink some water and do some gentle stretching at the end, to ground yourself.

Experiment with this and try it with other Chakras as well!

### What You Need or Might Want

- Timer
- Meditation Music
- Candle/Incense/Sage
- Journal
- Pillow/Blanket/Yoga Mat

### Preparation

1. Select an area that is quiet, where you are able to be alone, undisturbed for the duration of the meditation.
2. Set up your space by smudging, or lighting a candle or incense to get you into a state open to receiving.
3. Set a timer for 20 minutes or more.
4. Select a playlist for meditation music, or if you prefer you can meditate in the quiet.
5. When you are ready, set your timer and take 3-5 deep, relaxing breaths to settle in.
6. Mentally or verbally ask your Heart Chakra to be open to Divine Light Reiki.
7. Begin your meditation by placing your hands over your heart and saying "Divine Light Reiki for my Heart Chakra, Divine Light Reiki for my Heart Chakra, Divine Light Reiki for my Heart Chakra".
8. Bring awareness to your body, and do your best to stay present throughout the meditation.
9. When your timer goes off, take a few deep breaths to ground back in and to thank Divine Light Reiki for filling your Heart Chakra.