



# The Mystic Dream

*Blue Lotus Reiki Share*  
*Distant Healing Exercise*  
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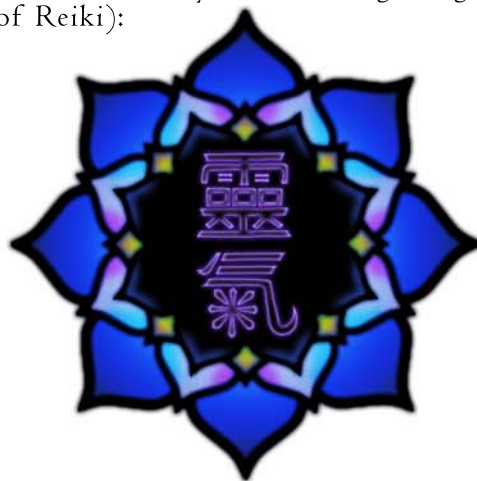
Reiki is a Japanese spiritual energy healing practice. A Reiki practitioner has been energetically attuned to channel a spiritually guided form of universal life-energy, assisting in the healing process and aiding in spiritual evolution. Because this energy is guided by the higher spiritual power of the recipient it is said to do no harm, working only for the highest good of all involved. Reiki is an excellent practice for reducing stress, enhancing meditation, spiritual development, and compliments healing practices.

In addition to Reiki being used in-person; it can also be sent over long distances.

On the 1st Saturday of each month from 5-7pm we host a "Reiki Share". This is a gathering of people with the shared focus of sharing Reiki with each other and the world. If you would like to benefit from this healing energy, but are not able to attend, you may "tune in" to the Reiki that we are sending by lighting a white candle and observing the following simple exercise.

- Find yourself in a quiet place where you will be undisturbed. This can be anywhere you'd like as long as you are safe, secure, and will be able to relax.
- With your hands held in the Gassho position (aka "the prayer position"), take three deep breaths, all the while asking your higher self to be open to the Reiki energy and ask that it assist you for the highest good.
- Light the candle and recite the following (the 5 Principals of Reiki):

*Just for today, anger not.*  
*Just for today, worry not.*  
*Be grateful.*  
*Work on yourself with appreciation.*  
*Be kind to all living things.*



- Focus on the BlueLotus Reiki symbol above. It has been attuned so that all who focus on it while following this exercise will benefit from the healing power that our group is sending.
- Imagine a brilliant liquid white light flowing as a waterfall from the heavens. This is the Reiki energy of divine love and healing. Imagine it flowing into your crown and down into your heart, which shines outward. Imagine this light and love flowing through all parts of you until you can see yourself shining brilliant and clear. You may be inspired to place your hands on specific parts of your body to better allow the Reiki to flow into those areas. Follow your intuition.
- Stay in this state for as long as you'd like. When you are finished, return your hands to the Gassho position, bow in reverence giving thanks to the Reiki energy and Mother-Father God. Extinguish the candle.
- Make sure to drink plenty of water. Namaste!