Lighten the Load
Reiki

instructions

brought to you by
element energy center
www.elementenergy.com
About Lighten the Load Reiki

Lighten the Load Reiki is a different kind of Reiki energy that uses visualization for healing. The purpose of this energy is to help release old baggage and burdens that can cause emotional distress, anxiety, worry, and a feeling of not being in control of life. Use of this energy frees up the old energy and helps “lighten the load” for a brighter outlook and greater happiness.

To Activate

If you are using this energy on a client, direct the client to use the following visualization while you send Reiki energy. To use this energy on yourself, simply get into a meditative state and use this visualization.

Imagine that you are standing on a sandy beach. The body of water can be a river, stream, ocean or lake, whatever feels right to you. Just know that it is healing water. Step into the water, and begin to float on your back, knowing that you are held up safely by the magic healing waters. Then, imagine that any negative or stuck energy is being removed from your body. You might see this energy as actual boulders or large rocks, that leave the body and sink to the floor of the body of water.

As the rocks leave the body, feel yourself getting lighter and lighter, until you float up into the sky.
To Attune Others

Connect to your higher self, and then the higher self of the recipient. Ask to connect to the “Lighten the Load” Reiki energy. See it as a golden ball of light.

Use your traditional attunement method if in person to send the ball of light into the chakras.

Via distance, imagine the person in front of you as you send the ball of light to the recipient.

There is no time-limit or limit on re-attunements.

This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.
Please share.
You may distribute this PDF (intact) freely as you see fit.

Copyright Notice

This manual is protected by copyright.
You can share this manual freely provided it is left entirely intact. You may not independently reprint, republish, or reuse the words in this manual for any reason.

You can give this manual to students that have paid you for an attunement, but you cannot resell this manually separately.

You are welcome to create your own manual, written entirely in your own words, to teach people how to use this energy.

You are also welcome to use this energy to create a new energy system.

For permission to translate, contact
light@elementenergy.com

Thank you.

Additional Attunements
More Reiki attunements and systems are available at Element Energy Center: www.elementenergy.com