



Intuition Reiki
PRACTITIONER'S MANUAL

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ABOUT INTUITION REIKI

Intuition Reiki provides support and assistance in developing intuition. It helps to clear the energy around the third eye and remove biases and fears that make it difficult to hear spiritual information.

Everyone is intuitive. It is a natural gift we all possess. Some people, however, are more naturally gifted psychically than others, just like some people are more naturally talented at sports or a musical instrument. Even if you are not naturally gifted psychically, you can improve your intuition with practice and by clearing your energy.

Just doing regular Reiki consistently can improve intuition, and many Reiki practitioners report becoming more psychic after being attuned. Intuition Reiki provides specific energies and exercises for enhancing intuition, beyond what regular Reiki accomplishes.

INTUITION PREPARATION

To fully benefit from the Intuitive Reiki energy, please consider the following for yourself and your clients.

First, people can have intuitive gifts but not be spiritually enlightened or evolved. There are many talented psychics out there who are legitimate psychics, but who do not have proper ethics or a good spiritual grounding. These psychics have raw natural talent, which they did not have to develop much. This talent is a double-edged sword. It enabled them to become successful as a psychic earlier in life (perhaps), but they may not have done the requisite spiritual work to enhance their intuition because they didn't need to.

Unfortunately, psychic abilities can become warped or twisted if not balanced by proper grounding or spiritual practice. It is rumored that one famous psychic (who shall go nameless) used to have a gift but now “fakes it” because the gift has withered under the lure of fame and fortune. But you don't need to be famous to have a problem. Those who channel entities without spiritual grounding or discernment sometimes open themselves up to demonic possession, psychic attack, or madness.

Basic Precautions

1. **Do not use a Ouija board.** You are opening yourself up to negative psychic influences.
2. **If using a pendulum or dowsing method, be specific as to whom you wish to connect with.** Connect with a higher spirit – your higher self is safe, as is “divine creator,” but be careful when asking spirit guides to come through. Make sure they are “from the light” and disconnect if you feel the energy is not higher energy.
3. **Stay grounded.** Don't spend all your time talking to the spirit world. Do normal every day things. Watch TV. Go outside. Touch the earth. Make sure you take care of your body and eat well. Get back in touch with reality or risk losing yourself in the other side. You'll get to the other side soon enough, no need to be there 24/7 now.

Be careful, and be sensible. Just remember: The more you work on your spiritual growth and overall health, both physical and emotional, the less likely you will lose yourself in the spirit world.

Obstacles to Your Intuition

There are a number of blocks to getting the right intuitive information. Here are a few things to look out for:

1. **Personal bias.** The more attached you are to a specific outcome, the less likely it is that your readings will be accurate. You must detach from your desires to receive the best intuitive information. For example, if you are really hoping to get a job, you are either going to bias your reading towards getting it (due to your desire) or *not* getting it (due to your fear). This is why it is usually easier for psychics to read for other people and not themselves.
2. **Blocked chakras.** If your chakras are blocked (especially the sixth chakra or third eye), you will have a harder time receiving good information. Or, you may be receiving the information, but unable to interpret it accurately because you are in a space of fear or desire (see personal bias above).
3. **Negative energies.** A lot of new age people do not like to acknowledge negative energies, but if you start working with the spirit world, you ignore negative energies at your own peril. If you use your intuition to try to contact any “entity” or spirit that happens to be flying around near you, you could connect with someone or something that does not have your best interests at heart. Always connect with “the light” and be cautious and prudent in allowing information to come from outside yourself.

USING INTUITION REIKI

Intuition Reiki utilizes a visualization instead of a static symbol to activate the energy (this will also help develop the intuition of the practitioner, because practicing visualization helps improve intuition).

Visualize a sparkling, energetic lotus flower in the palms of the hands, opening up and sending spiritual energy. You can also visualize the lotus blossom on the crown of the head, or at the third eye point.

You can use this energy on all the chakras, but focus primarily on the crown and third-eye point. If you feel that the client is not grounded, make sure you give Reiki to the root chakra and feet.

Do not give excess energy to the head if the client is overly blocked in the lower chakras. Work on the lower chakras first. Remember that if a client is blocked in other chakras, opening up the third eye will not necessarily lead to improved intuition. At its worst, an overactive third eye coupled with the base chakras shut down can lead to mental illness.

Though Reiki is generally self-regulating and will not overcharge someone with energy in a place they don't need it, do be mindful. First heal the entire energetic body, then open up the third eye.

Use your own intuition to ask whether the chakras are blocked. Place your hand on or near the chakra and see what you pick up. As you practice, you will start to feel the energy and get a sense of where the healing is needed. (You can also do this via distance – just pretend the person is in front of you.)

Try to practice with your hands and not just a prop like a pendulum. Using pendulums is fine, but learn to trust yourself without the use of props.

Regular use of Intuition Reiki will help enhance intuition in a gentle, safe way.

INTUITION REIKI PERSONAL PRACTICE

Try the following techniques to improve your intuition. The more you practice, the better you will get. Understand that intuition is often a soft subtle urging and not necessarily a huge vision. Start to listen to those subtle promptings. Go with your gut. See where life leads you. By doing this you will learn to trust yourself and life more.

1. **Keep a dream log.** Write down your dreams and note which ones end up foretelling something. (For example, you may dream about an old friend and then hear from them that day.)
2. **Practice scanning energy with your hands.** When working with a client, check their chakras first using your hands to “scan.” Place the hands on or near a chakra and then see how it feels different from the other chakras. You can also scan the energy of household objects, auras, food, pets, anything.
3. **Meditate.** Meditation is very important if you want to increase your intuition. Meditation quiets the mind and allows for information from spirit to flow through. Yoga provides a good discipline for the body to help it sit more still for long periods of meditation.

While meditating, activate the Intuition Reiki energy by visualizing the lotus blossom opening up your crown chakra and/or third eye.

Intuition Reiki Attunement

To follow is the Intuition Reiki attunement process. You are also welcome to use any existing attunement method you are already familiar with.

In-Person Attunement

Most people you attune to Intuition Reiki should already be Reiki Masters or at least Level II. If not, you should make sure the person has had a Reiki session in the past week (at minimum).

For the attunement: Have the client sit in front of you with eyes closed to receive the attunement.

Call upon your higher self to help with the attunement. Then ask to connect with the higher self of the recipient.

To pass the attunement, place both hands on the client's head and send the Intuition Reiki energy into the crown chakra, seeing it expand to fill the entire body.

Distance Attunement

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.

You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

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For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

I am now receiving the Intuition Reiki attunement sent by <your name>. Thank you.

To send the attunement:

Call upon your higher self to help with the attunement. Then ask to connect with the higher self of the recipient.

Then, send the attunement to the client. Visualize the Intuition Reiki energy entering into the crown chakra, seeing it expand to fill the entire body.