

Preparation for a Crystalline Rainbow Reiki Healing Session

1.) “Before” requesting a healing session, it is important that you take some quiet time to write down the issue that is bothering you. This will assist the raw feelings to surface which are causing you distress. And, your healing will be much more effective because a door from your shadow side has been pried open. Making this personal effort to feel and view your actual feelings on the situation tells your subconscious mind that you are ready to move forward; because you know that no amount of healing or therapy is very effective unless you are ready and willing to take as much responsibility for your healing as possible. You are ready for some help, but you are also ready to help yourself as well. This information is private to you. You do not need to send this to me. You may keep it in your journal to reflect back on, or you may tear it up when you are ready. Below are example journal writings that would be done before requesting a healing:

Example one: Dear (Creator-Self, Source, or your choice of Higher Power), I have felt “down in the dumps” for over three years now. I am miserable at my job and feel very unmotivated to get up in the morning. Some of the reasons I think I may be depressed are from my brother’s death three years ago, and from my divorce of just over two years now. I’ve tried getting over these sad feelings but for some reason I am not able to shake them. I’d like to try Crystalline Rainbow Reiki energy healing to see if it can shift my energy and spark new ideas for me to try, or help me to attract fresh opportunities for my well being and mental health. I am ready to accept help from (insert your choice of Higher Power here), and I am ready to help myself as much as possible. Please offer your assistance. Thank you. Om, Om, Om.

Example two: Dear (Creator-Self, Source, or your choice of Higher Power), I am addicted to (insert your addiction, i.e. cigarettes, drugs, alcohol, sex, gambling, sugar and fast foods, or what ever specific addiction you are suffering with). I feel dirty, heavy and depressed. I tried quitting before, but I ended up taking up another addiction to replace the first one I was trying to overcome. I am spending money I don’t have on these habits and my relationships are suffering because of them. I know these addictions are unhealthy for me and others around me but I can’t seem to release them on my own. I’d like to try Crystalline Rainbow Reiki energy healing to see if it can shift my energy and spark new ideas for me to try, or help me to attract fresh opportunities for my well being and mental health. I am ready to accept help from (insert your choice of Higher Power here), and I am ready to help myself as much as possible. Please offer your assistance. Thank you. Om, Om, Om.

****Please Remember:**

Crystalline Rainbow Reiki is an energy healing system that shifts and removes negative energy strands which were inflaming and intensifying your problem, and blocked you from finding a healing resolution. (Continued Below)

~With each healing session, it is your responsibility to help yourself as much as possible.
You did not incarnate to be given all the answers.
Crystalline Rainbow Reiki assists in clearing dissonant energy so that you have the tools to
get yourself back on track.

May you find answers, peace and personal power on your journey with Crystalline Rainbow
Reiki. I wish you love, understanding and resolution.

Sonya Oak
A Lightworker for Planetary Ascension
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