

REIKI LEVEL 1 TRAINING MANUAL

PREREQUISITE LEARNING:

- Read Essential Reiki by Diane Stein – Chapters 1 & 2 mandatory before starting this course but the entire book is recommended reading.

COURSE OUTLINE:

Introduction

- What is Reiki
- All Healing is Self-Healing
- The Grounded Practitioner
- Work with Integrity

Reiki Training

- History of Reiki
- Chakras – Explain and Check
- Set Intention
- Grounding / Protection
- Body/Energy Preparation
- Reiki Symbols
- Hand Placements
- Self-Healing Hand Placements
- Ground / Protect / Release
- Attunement
- Hands-on Work – Practicum
- Proof of Competency
- Incorporating Reiki with other Modalities

Introduction

[Click here to view introductory video before beginning this course.](#)

What is Reiki

Reiki is a healing system which involves the laying on of hands. Reiki is pronounced, “Ray-key”.

Medical studies have determined that Reiki healing has the following effects:

- Reduces stress and stress reactions
- Lowers blood pressure
- Lowers heart & respiration rates
- Reduces bleeding & pain
- Raises the red blood cell count
- Help insomnia
- Calms anxiety

Reiki is not a cure for anything but is an effective form of prevention and creates an environment for healing to occur.

It’s important to have an “elevator speech” to explain what you do in 60 seconds or less. Here is mine, “I reconnect people to the part of themselves that knows how to heal so they can heal their life on a physical, mental, emotional and spiritual level.”

I also change it up depending on what personality type I am working with. “Reiki is based of Eastern philosophies of the chakra system. The chakra system includes 7 main energy centres that are located down the centre of the body. When these points are open and energy is allowed to flow optimally through the body, this boosts the immune system, oxygenates the blood, and puts the body in the ideal state to heal.”

The information above can help you to develop an elevator speech that works for you. The first question people will ask you is, *what is Reiki?* You’ll need a quick answer that rolls off your tongue easily.

All Healing is Self-Healing

Our bodies and minds have an innate ability to heal themselves. People often rely on sources outside themselves for healing whether that is through doctors, nurses, shaman, healing practitioners, or other sources. They leave the healing responsibilities to these outside sources and not to themselves. While it's important to seek guidance and treatment from doctors, it is also important to recognise your own abilities to contribute to your healing.

Your job as a healing practitioner is to guide and support your clients using healing techniques such as Reiki but also by introducing them to practices such as yoga, tai chi, qigong, massage, meditation, aromatherapy, herbal support, nutritional support, hypnosis, music therapy, visualization, prayer, breathing techniques, reflexology, osteopathy etc. As you can see there are a lot of alternatives and the fact is that not any one healing modality works for every person so you have to find what works for your client.

Do not get too caught up in the results of your healing sessions. It is the responsibility of the client to "do the work" and reap the benefits of their own healing. You merely assist the energy to flow in the optimal way so the client's body can do what it naturally does and that is to heal itself. The client is solely responsible for their own power and their own results. If they embrace the healing and allow it to become part of who they are, they will receive better results. You can't do that for them so don't be disappointed if someone's healing is slower than you'd like it to be. Try to remain unattached to the outcome of each treatment, as this is not your healing.

This brings us now to the subject of *your* healing...

The Grounded Practitioner

So many times I see people trying to assist others in healing when they haven't done the work on themselves. There is an important component of this program which will require you to do the work on yourself. You cannot help others if you haven't first learned to help yourself.

If you aren't ready to face your own fears, struggles and limitations, then you aren't ready to face anyone else's. Your client needs to feel confident in your abilities and you need to be self-assured and grounded. People can feel

and sense your energy. If you aren't grounded with a strong sense of who you are and what you stand for, the client will pick up on that.

I am hoping you are ready, willing and able to make this type of change in your life so that you might help others. I encourage you to find practitioners or classmates willing to do exchanges and get yourself "on the table" at least monthly. It's important to try other modalities and experience all types of complimentary therapies. Try finding a Reiki share group so you can get practicing and also receive healing.

Remember that people are always changing and evolving. I don't expect you to have everything figured out in order to practice Reiki. You just need to be confident in the knowledge, that should a crisis arise, you have the skills to work through any situation, given the tools you are about to acquire and the work you are about to do on yourself.

Work with Integrity

I ask that you always act with integrity and professionalism whether you are in the energy healing business or just working with friends and family. Never practice energy healing if you are intoxicated or under the influence of any type of illegal substance or drug. You cannot hurt anyone when doing this type of healing under the influence; however it is not likely to be effective and does not represent the healing arts in a favourable light. You are a trained professional so always act in the best interest of the art and take pride in your chosen trade.

Reiki Training

History of Reiki

This form of Reiki, called Usui Reiki, was developed by a man named Mikao Usui in the mid 1800's. He set out on a 10 year quest to learn how Jesus did healings.

Usui tried to find the answers through Buddhism and Christianity. The story is found in Chapter 1 of Essential Reiki which you would have read in your prerequisite reading.

It is interesting to know the history of how Reiki came about and the theory behind the healing. There is a lot of documentation but there are also a lot of conflicting stories on the history. The importance of the history is to understand that it's the same type of healing done by Jesus in the bible.

That is not to say this is religious in any way, it's not. It's just to say that this form of healing goes back a very long time and has been used and passed on through generations.

Chakra System - Explain & Check

Always take the time to educate your new clients on the chakra system and explain what is about to happen during the session. Some will say they know about the chakra system but I always explain it again, even if it's just a brief explanation. (See last page of this manual for colour insert)

I explain the chakra system by comparing it to the likes of a garden hose. I tell the client to imagine a garden hose running straight down the centre of their body. The chakra points can be like kinks in a hose. When the chakra point is closed or compromised, it behaves like a kink in the hose, slowing down or completely stopping the flow of energy.

The objective of any energy healer no matter what technique they are using, whether it is Reiki, Healing Touch, Body Talk, or any other form is to open all the chakras or take all the kinks out of the hose. When energy is allowed to flow unobstructed, the body is in the optimal state to heal itself. Any compromise in the chakras points can indicate a compromise in the client's immune system.

The location of the blocked chakra point can provide insight into the root cause of the client's blockage. For example a compromise in the throat chakra may indicate they are having trouble speaking their truth. View the chart on the Chakra System diagram to give more insight into the chakra points.

[Click here to view video on the Chakra System](#)

Next the client will lie down, fully clothed, on their back and get comfortable. Some people like to be covered and some do not, so ask what they prefer and have a blanket close by in case they get cold. Let them know they can ask questions at any time and can open or close their eyes for the session, but you find most people like to relax and drift asleep. Move on to explain what the energy may feel like. (The explanation of how energy feels and what will happen during a session only need to be explained to the client on their first visit.)

Some people experience the following sensations during a healing session:

- Deep sense of relaxation (may drift asleep)
- Stomach gurgling (sign of deep relaxation)
- Muscles twitching
- Seeing colours with their eyes closed (colours of the chakras)
- Heavy or light limbs
- Snoring (deep raspy breathing)
- Feel heat from my hands
- Feel a coolness from the energy moving
- Sensations that my hands are still on them after I've left the area
- Sensation of leaving their body and coming back with a start

Now that the client has an understanding of what they may feel or sense during a session, you will need to talk to them about the intention of the session. It's important to do a little detective work here. People will often ask that you simply do what is in their highest good. I find it more beneficial to the client to really dig into the issue and find what is at the root.

At this point you should tell the client what is about to happen as you go through the session. Here is an example of what I typically say:

"I will start and end at your feet, grounding myself so I don't take on any of your stuff, and then grounding you so you don't take on any of my stuff. I will then work with light touch, or moving my hands just off your body in

the energy field, to open and balance the chakras. Most people drift asleep so get relaxed, take a deep breath, and close your eyes if you wish.”

Once this has all been explained to the client try not to speak or make a lot of noise during the session. Turn on some relaxation or trance music and only speak if the client has a question. If information comes to you during a session write it in your notes. You should have a book and pen standing by so you can write the information there.

If unexpected noise happens do not worry. I have treated people in very busy hospital rooms and even as a client watched a hockey game so a quiet, peaceful room is not a necessity for good healing results. Concentrate on what type of environment works for the client. Everything happens for a reason, so if there is a loud noise, it probably means it was time for the client to come back to the physical realm. Go with the flow.

Here is a list of steps you can follow during a session:

1. Explain the chakra system and how the session will flow (this step is only necessary for a new client)
2. Set the intention of the session with the client
3. Show the client which chakra points are open and which are closed using a pendulum
4. Ground and protect yourself so you don't take on any of the clients "stuff"
5. Ground the client so the client doesn't take on any of the practitioners "stuff". (Do not protect the client until the end of the session)
6. Prepare the clients energy by running your fingers through the field
7. Infuse Reiki symbols through the heart chakra
8. Open chakra points using Reiki hand placements
9. Recheck the chakras (make sure all points are open, if not run more energy at that point)
10. Return to the client's feet to ground and protect them (Draw Raku)
11. Gently wake the client by whispering their name, telling them the session is over, and asking them to take a few minutes just to relax before getting up.
12. Quietly leave the room to get water and allow the client to slowly return to full consciousness.
13. Practitioner and client drink water and discuss the healing.

Using Pendulums

1. Using Pendulums to check Chakras

A pendulum can be used for checking the health and spin of the chakras prior to an energy healing session. When checking the seven major chakras, they will spin in a 4-6" wide clockwise circle when they are open and "normal". Any other spin is not "normal" and indicates an area that needs work. These other spins could be horizontal, vertical, diagonal, elliptical, counter-clockwise, or even completely still.

After choosing a pendulum (available for purchase at any metaphysical store or use a necklace with a pendant), cleanse it and make it yours by holding it between your hands and running energy until it feels clear. Use all of your Reiki symbols to infuse their energy into the pendulum, once you have learned the symbols later in this program. Also, place the intention in it that your pendulum will be used for checking the health of chakras.

Checking chakras by using a pendulum is something that needs to be practiced so don't worry if you can't make it spin right away. Often you will need to be alone in a quiet space where you can relax and not feel self-conscious. Don't be too intense or too serious about it... keep a playful, light attitude. You can practice on yourself until you trust that it is giving you a correct spin. Then try it out on family members or even pets.

Steps for checking the chakras:

- Keep your intention clear since you can influence the spin with your thoughts.
- Hold the pendulum's handle about 4-6 inches from your fingers to the end of the pendulum. You'll want to have your thumb, and index finger touching just below the "handle" of the pendulum so that it swings freely.
- Hold the pendulum a few inches above each chakra – usually a few seconds is all that is needed for the pendulum to catch the spin.... It may take longer until you are used to working with a pendulum.
- Position of the chakras:
 - Root chakra (over the pubic bone)
 - Sacral chakra (two inches below the naval)
 - Solar Plexus (where the rib cage comes together)
 - Heart chakra (over the heart in the middle of the chest)
 - Throat chakra (middle of the throat over the Adam's apple)
 - Third Eye (between the eyebrows)
 - Crown chakra (at the top of the head)
- You can check each of the 7 major chakras, looking for a healthy 4-6" clockwise spin. Note which ones are open & which ones are blocked or closed.

- Do a full energy healing session until you feel all the chakras are open.
- Go back with your pendulum and re-check each chakra.
- If some remain closed, continue to work on those areas until each one is open and balanced. Chakras are in balance when the pendulum swings about the same speed and openness at each chakra.

[Click here to view video on Checking Chakras with a Pendulum](#)

2. Using a Pendulum to Access Your Inner Knowing:

This use of the pendulum is similar to muscle testing. It is accessing your subconscious mind in the right side of your brain and sending a vibrational message to the left side of the brain and down your arm. Please only use this for yourself or with someone who is present with you and has given their permission. Also, it is not to be used for predicting the future for yourself or someone else. It is for present time only.

- Set the intention that your pendulum be used for accessing your inner knowing.
- Hold the pendulum's handle about 4-6" from your fingers to the end of the pendulum. You'll want to have your thumb and index finger touching the "handle" of the pendulum so that it swings freely.
- Keep your intention clear so that you don't influence the response.
- Ask the pendulum to show you a "yes" response.
- Ask the pendulum to show you a "no" response.
- Test it out by making a true statement "MY NAME IS" (insert your real name)
Note what the response is. This will show you a "YES" answer.
- Now make a false statement by using a name that is not yours and is of the opposite gender: "MY NAME IS"
Note what the response is. This will show you a "NO" answer.
- You will only have to do the above steps once to know what your yes or no responses will be.

Once you have determined the above, when you wish to know which essential oil, type of tea, or vitamin supplement, food, etc. will help you to be stronger and healthier:

- Hold an object (essential oil, tea bag, vitamin, supplement, food or drink, etc.) against your belly button area.
- Hold the pendulum in your dominant hand.
- Make a "yes" or "no" statement such as: "This _____ (name of object) will help me to be stronger and healthier."
- Watch the pendulum's direction to see which response you receive.

I find muscle testing faster and easier for this type of work but it gives you an option if you are more comfortable with a pendulum. Use this exercise to help you get comfortable with your pendulum and have a little fun.

Set Intention

It's very important to have a clear focus for the session. If you don't tell the universe what you are trying to achieve how can you expect to be successful? It's critical that the body and mind know what the goal is so they can respond, shift and change. Discuss the intention with the client before you begin so everyone is clear what you are working on. Don't try to focus on too many issues, one clear intention is best.

Grounding & Protection

Grounding and Protection happens before and after a treatment. This is one of the most important steps so please do not skip this ever! When I first started working on clients I got very sick because I was taking on my client's "stuff". Grounding & protecting both you and your clients will benefit both of you. In Reiki they don't normally teach this as the belief is that using Raku at the end of a session is sufficient. My experience leaves me drawn to teach this step and leave it up to practitioner to decide for themselves.

Grounding and protecting is a simple visualization and breathing exercise you will do before you get started and before you end a session at the feet of the client. Most of the time I work in a person's energy field rather than using a hands-on approach except when it comes time for grounding. I find it important to have that connection to the client in order to properly ground and protect them.

How to Ground: [Click here to listen to the grounding audio file](#)

Start by closing your eyes. Visualize, imagine, or feel yourself barefoot in a soft, squishy mud puddle. The puddle of mud is warm and the mud is squishing up between your toes... Now I'd like you to imagine roots much like those of a tree beginning to sprout out from the soles of your feet. See yourself standing there with roots coming out from your feet and there is a giant globe of the planet Earth directly under your feet. The roots are coming out the soles of your feet and are growing and twisting and planting themselves deep into the center of the core of the Earth. Nothing can move

you as the roots are so deeply embedded into the core of the Earth that it is impossible to uproot you. Your feet are planted firmly on and in the ground...

Now I'd like you to connect yourself to the universal light or universal energy that comes from above. Imagine, see, or feel a column of bright light coming from the clouds or the heavens. This light is coming down directly through the top or the crown of your head, straight through your entire body, down through your legs and feet, right down through the roots to the centre of the core of the Earth. See yourself covered in this beautiful column of bright, illuminated, white light.

Now as you breathe in, bring in with your breath the energy of the white light flowing right down through your entire body to the centre of the core of the Earth. And as you breathe out send that energy from the core of the Earth back up through your body and up to the heavens.

This creates a circle of energy as you breathe in the all-knowing universal energy from above, that part of you that knows how to heal, and breathe out the grounding energy from the centre of the core of the Earth.

Continue breathing in the energy of the white light from above and breathing out the grounding energy from the Earth below for three breaths.

Notice the way your physical being feels so solidly connected here to this Earth.

How to Protect: [Click here to listen to the protection audio file](#)

Picture, imagine, or feel a pink bubble around your heart chakra. Take in a breath while doing this visualization.

Next imagine a white or violet coloured bubble of protection surrounding your entire body, your entire aura. Pick which ever colour you are drawn to white or violet and be sure the bubble covers an area at least 2 feet off your body so it encases your entire aura. Take in a breath while doing this visualization.

You are now protected "heart and soul." This allows your energy to be protected while you work on a client and allows the clients open and balanced energy to be protected at the end of a session. The treatment will continue to process for the next 48 hours so it's important to protect the client from outside energies and interference while their body is changing and healing.

Body/Energy Preparation

This technique is helpful in many of the following ways:

- Preparing the energy to move and deeply relaxing the client
- Clearing anesthesia after an operation
- Clearing prescription or recreational drugs for detoxifying and lessening withdrawal symptoms
- Relaxing and lowering blood pressure
- Clearing illness due to colds and flu
- Clearing toxins such as pollution
- Emotional clearing
- Treatment with chemotherapy, radiation or dialysis.

Technique:

Passes are made over the client's entire body, from head to toe, starting approximately 12 inches above the head, 1-6 inches off the body. The practitioner holds their fingers pointed downward, and with one long continuous motion, moves down the middle of the body to 12 inches past the feet. Picture your fingers elongated to pass through the aura as they move through the entire length of the body. This is clearing the layers of the energy field. Repeat up to 30 times or until the field is smooth as glass.

This technique is used at the start of every session to relax and prepare the client's energy field. It is a very simple but very effective technique.

[Click here to view video on Body/Energy Preparation](#)

Reiki Symbols

The Power Reiki Symbol



CHO KU RAY

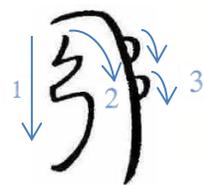
Pronunciation "choh-koo-ray"

The primary use of this Symbol is to increase Reiki power. It draws Energy from around you and it focuses it where you want to.

Make the sign over the client's heart chakra and say (silently) the words Cho Ku Rei 3 times.

It is the all-purpose symbol used for every healing session.

The Harmony Reiki Symbol



SEI HEI KI

Pronunciation: say-hay-key

Alias: The **Mental/Emotional** Symbol

It is used primarily for mental/emotional healing and calming the mind. Again, this is a very useful symbol that can be used for every healing session.

The Completion Reiki Symbol



RAKU

Pronunciation "ray-koo"

This symbol is used during the final stage of the Reiki attunement process intending to ground and seal the newly awakened Reiki energies. It is also used to disconnect the energy of the practitioner from the client at the end of a session.

You can draw the Reiki symbols over many locations on the body but I recommend drawing them over the heart chakra after preparing the energy field.

The blue arrows show which direction and order to draw the symbols in.

[Click here to view video on infusing the Reiki symbols](#)

Reiki Hand Placements

Reiki hand placements are shown in the book *Essential Reiki – A Complete Guide to an Ancient Healing Art* by Diane Stein.

[Click here to view video on Reiki Hand Placements](#)

Doing Reiki on the back is completely optional. Since the chakra is shaped like a wheel and goes in a circle around the body there is really no need to treat the same chakras twice. This is only my opinion and you can do whatever resonates more with you. I find it disrupts the client in the middle of the session needlessly.

Reiki Self-Healing Hand Placements

This technique will be done at home to do the work on you and your energy field. Practice this often to open your chakras and promote self-healing.

Again there is no reason to do the back of the body if you have already done the front. The back hand placements are completely optional.

[Click here to view video on Self-Healing Hand Placements](#)

Grounding, Protecting & Releasing

Grounding and protection is done for the client at the end of the session. Since the body will continue to process the healing for the next 48 hours, the practitioner must ground and protect the client's open and balanced energy. You do not want someone else's unbalanced or negative energy coming in and affecting your client while they process. Follow the same grounding and protection visualization you did for yourself at the start of the session to ground and protect your client.

Releasing:

If you are particularly close to your client you may feel the need to release yourself at the end of the session. You can do this by drawing the Reiki symbol called Raku in the air at the feet of your client.



Raku is shaped like a lightning bolt and is drawn between you and the client to release your energy from each other.

Documentation

It's extremely important to document your sessions, not only for you but for the client as well. I keep a hard cover book with me at all times. It is important to document which chakras were closed and any messages you received or insights you gain during the session. Because you are not attached to the outcome and the treatment is not for you, you may find it difficult to remember what insights you gained during the session. You get into a zone and go into a very relaxed state so write the information down as soon as it's convenient.

I use this book for the client conference at the end of the session to remind me what happened and what to relay to the client. It is also helpful as sometimes the client will ask you to email what they need to work on or what came up during the session. You may also want to look back on the history for the client and it will be easily accessed by looking up the name and date of the last session.

Client Conference and Homework

The client conference is held at the end of every session. Once you finish grounding and protecting the client you then quietly leave the room and go get two glasses of water, one for you and one for the client. It is extremely important for both of you to stay hydrated since your bodies are more than 75% water; you need to add water after a session. For the client their cellular memory is changing with all the shifts in energy and as the practitioner your energy has shifted as well.

Come back to the room slowly after a few minutes and have the client slowly and gently sit up. They were in a deep state of relaxation so they may feel a little light headed. I always ask how that was for them, giving them a chance to speak first, and to come back to full consciousness. Next you can get out your book and talk about what happened during the session.

After the conference you may have to give homework, especially if the focus was on emotional or psychological change. If the client doesn't take action on an issue then no change will occur. Your job is to tell them what they must focus on and change over the coming weeks to get them to their goals. You will be guided during the session and will be given ideas on how to help them. Make sure you listen and document that guidance. You will learn what are your thoughts, and what is guidance, with a little practice and experience.

Any notes you take on clients must always remain confidential. I use the client's first name and last initial just in case someone gets a hold of my book or my notes. I also keep it in a safe place out of the sight of others. With regards to confidentiality, it is always important to reassure the client that any information they share with you will be kept confidential. You may talk about the issues or experiences of a client, as long as it is in general terms, and the person you're sharing the information with has no idea who you are talking about. It's always best to keep the information to yourself unless someone else can benefit from this knowledge or experience.

Attunement

Attunement in Reiki is a technique passed on from teacher (Reiki Master) to student. It is a powerful spiritual experience in which the attunement energies are channelled into the student through the Reiki Master. This technique raises the vibration of the student, to allow the healing energy from their higher power to flow through their chakras and into their palms, making them a channel for healing energy to pass through.

The attunement is experienced differently by every student. It can result in the opening of the third eye and an increase in psychic awareness. This allows the student to receive messages from their guides or angels. You may also receive healing, visions, or past life experiences.

It is now time to receive your attunement in preparation for your first healing session. The attunement only takes a few minutes and once the attunement is complete the student is now ready to become the practitioner and work on their first client. Feel free to use your text book or follow along on page 7 of this training manual to help you remember all the steps. You are not expected to have them memorized at this point. The whole practice will become routine as you do more and more sessions.

To receive your Reiki attunement watch the next video while in a straight backed chair. The attunement process only takes a few minutes. There will be an audio portion of the video guiding you through the process. This attunement is called a distance attunement and the person in the chair is a surrogate for you. As I do this attunement it is with the intention that the person watching the video is the recipient of the awakening of their Reiki energy. I suggest you watch the video through once for informational purposes and then prepare your space and watch the video again to receive your attunement.

[Click here to view video on the Reiki Attunement](#)

Hands-On Work

[Click here to view video on Step-by-Step Reiki Session](#)

It is now time for you to work on this technique on your own to get comfortable with Reiki. Practice on friends and family completing at least 2 healing sessions on 1 or 2 clients and 1 self-healing session.

Be sure to document each session including the self-healing session. Note who you are working with, what the intention or focus of the session is, what you felt, what the client felt, and any feedback the client may have given at the time or even days after the session.

Please fill in and submit the following form for each session (3 forms will need to be submitted, 2 for client healings and 1 for self-healing). You may print off the form, fill it out and scan it to an email or do a similar word document of your own and email it. Homework may also be uploaded to DropBox (free file sharing site) and shared with me.

Once these homework assignments are complete, you will need to submit them along with a video recording of you facilitating a Reiki session, demonstrating your competency. Send it to me via Drop Box or something similar where we can share these larger files. You will then receive your certificate by mail. Be sure to email me your mailing address and name as you would like it to appear on your certificate. My email address is:

Jane@EnergyHealingForAllAges.com

BONUS SECTION

Incorporating Reiki with other Modalities

Reiki is often incorporated with other energy healing modalities and hands-on therapies such as massage. It blends nicely with other modalities and you can combine bits and pieces of the technique as you see fit. I typically use the symbols infused through the heart chakra with every client I work on no matter what modalities I am using.

For massage therapists, combining Reiki with a massage not only improves the healing properties of the massage but also extends the career of the massage therapist. The energy work gives the massage therapist a break from kneading muscles and gently releases tension in the physical body, while balancing the energetic field, giving the client a more complete session.

[**Click to view video on Incorporating Reiki for RMTs**](#)

Setting Up a Healing Room

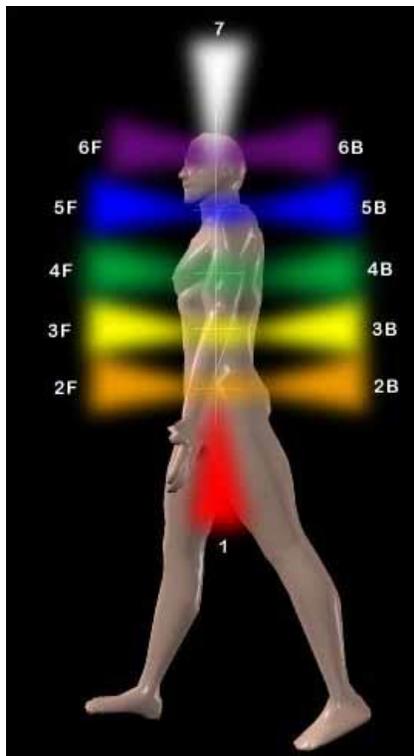
Here is a short video, to give you ideas, on how to set up a space that works for healing.

[**Click to view video on Setting Up a Healing Room**](#)

Chakra System



| CHAKRA | CRYSTAL | PERSPECTIVE |
|--------------|------------------------------|--|
| Crown | Clear Quartz | Connects to nature/spirit, connects to oneness |
| Third Eye | Amethyst | Seat of Instinct or intuition |
| Throat | Blue Lace Agate | Expression, communication |
| Heart | Rose Quartz or Green Calcite | Transformational, transforms physical into spiritual, unconditional love |
| Solar Plexus | Citrine | How one relates in the world (fight-or-flight response and how one handles stress) |
| Sacral | Red Jasper | Relationship to self, animals, humans, nature, money etc. |
| Root | Hematite (feet) | Life force, will to live, grounding connection to Earth |



The body has energy centers that look like spinning wheels and are called Chakras. They allow energy to flow from one part of the body to another. If one or more of these Chakras become blocked or compromised, the immune system weakens. An energy healer opens the Chakras to keep the body in the optimal state to heal itself.