



Reiki Healing Meditation + The Shamanic 9 Directions, with Lisa Ware Yoga 4 Love

Reiki Healing Meditation

This is best done with sacred music, crystals and essential oils.

We all are healers of our own nature. We simply may have forgotten our Truth, or our energy may have become out of alignment. Feel free to do this with me now or do this meditation before you go to sleep tonight.

- Get your items out, clear them with sage or intention and download a playlist for Chakra sounds, nature sounds, reiki or Theta sound meditation.
- Lie down with all distractions and devices turned off. Get your favorite crystals and apply some essential oils, if possible.
- Turn on a.
- Call in your Divine Healers, your Guides, Power Animals, Master Teachers, Angels and Archangels.
- Do some deep yogic breath. Relax.
- Imagine you are floating in a bubble of white light. Float for a while without expectation.
- Fill your bubble with a colored Divine healing mist. Bathe in this healing mist.
- Next, notice your bubble and see if there are any leaks or cracks where you are losing energy or energies can come in.
- Seal it with something. Maybe you use clay, feathers, blue goo, Earth, gold, whatever comes to you. Seal up all the cracks.
- Imagine a drain below you. Begin to notice anything that may not resonate with the Divine White Healing Light. Allow it to drain out like rainwater.
- When it is finished draining fill up your bubble with more clear or colored mist, straight from your Source. Seal it off.
- Stay in this tranquil space for as long as you would like.
- When ready to return, simply thank your Guides and begin to feel the weight of gravity on your body.
- Reconnect with your body, remembering that you are totally and always protected by the Universe.
- Awaken, stretch and rise (or go to sleep!).



The Shamanic 9 Directions, with Lisa Ware Yoga 4 Love

Shamanic 9 Directions

East: I CALL IN THE POWER OF THE EAST~ Whatever comes from this direction guides us to our greatest spiritual challenges and guards our path to illumination.

South: I CALL IN THE POWER OF THE SOUTH~ Whatever comes from this direction protects the child within and reminds us when to be humble and when to trust so that innocence will be balanced in our personalities.

West: I CALL IN THE POWER OF THE WEST~ Whatever comes from this direction leads us to our personal truth and inner answers. It also shows us the path to our goals.

North: I CALL IN THE POWER OF THE NORTH~ Whatever comes from this direction gives us wisdom and reminds us when to speak and when to listen. It also reminds us to show gratitude for every blessing each day.

Above (Father Sky): I CALL IN FATHER SKY~ Whatever comes from above teaches us to honour the Great Star nation (all heavenly bodies and the spirits that come from the heavens). This direction reminds us that we come from the stars and will return to the stars. Our guardians of the Dreamtime also come from this direction. These beings allow us access to other dimensions.

Below (Mother Earth/Gaia/Pachamama): I CALL IN MOTHER EARTH~ Whatever comes from below teaches us about the Earth, how to stay grounded and on the path, and about how to support ourselves.

The Self (Within): I CALL IN THE POWER OF WITHIN~ Whatever comes from within teaches us how to find our hearts' ecstasy and eternal peace, and how to be faithful to our personal truths. It is also the protector of our sacred space, the place that is ours alone and is never shared except by invitation.

Right Side: I CALL IN THE POWER OF THE RIGHT and the DIVINE FEMININE~ Whatever comes from the right side protects our masculinity and teaches us that it will be our Father-protector no matter what we do and where we turn. This medicine bears our courage and strengthens our inner warrior. (the right side is always masculine)

Left Side: I CALL IN THE POWER OF THE LEFT and the DIVINE MASCULINE~ Whatever comes from the left side protects our femininity (the left side is always feminine) and teaches us that receiving abundance and giving to ourselves and others, as a Mother-nurturer, is something that has to be learned. This medicine also teaches us about being a parent and relationships.



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This moment in your power is NOW. This is the moment of the production of energy that is creating the future! THINK IT NOW! DO IT NOW.

Never give up on something that you cannot go a day without thinking about.

ABOUT THE NINE DIRECTIONS:

As a Shamanic Practitioner you will always need to know where the physical directions are when you do healing sessions for patients. The directions are always invoked in the order set out below. Each is honoured in turn with strokes (using a feathers or a sacred object made with feathers) towards the body (for invocation) or strokes away from the body (for clearing). Of course you will sometimes use both invocation and clearing in the same session in which case, you will work both towards and away from the body.

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