

*When I first became a Reiki healer, I had many questions. Now, as a Reiki Master Teacher, I want to tell everything I have learned. This handbook tells everything you need to know to help you in your practice and everyday life as a healer.*

## **Reiki Vibrations with 33 Guided Meditations and Affirmations**

By LaTanya L Hill, JD, Reiki Master

**Order the book from the publisher [BookLocker.com](https://www.booklocker.com)**

**<https://www.booklocker.com/p/books/12037.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**

# Reiki Vibrations

*with 33 Meditations & Affirmations*

All the things no one tells you about Reiki energy



LaTanya L. Hill, JD, Reiki Master

Copyright © 2021 LaTanya L. Hill, JD, Reiki Master

Print ISBN: 978-1-64719-769-8

Ebook ISBN: 978-1-64719-770-4

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., St. Petersburg, Florida.

Printed on acid-free paper.

BookLocker.com, Inc.

2021

First Edition

# Table of Contents

CHAPTER 1 - Origins .....	1
CHAPTER 2 - IMREIKINOW .....	15
CHAPTER 3 - Reiki Healing .....	25
CHAPTER 4 - My Reiki Sessions .....	31
CHAPTER 5 - Youth Clients .....	45
CHAPTER 6 - Animal Clients .....	47
CHAPTER 7 - The Reiki Circle & Reiki Share .....	49
CHAPTER 8 - The Cleansing .....	51
CHAPTER 9 - Visualizations .....	55
CHAPTER 10 - The Chakras .....	57
CHAPTER 11 - Self-Practice .....	61
CHAPTER 12 - Guided Meditations .....	63
CHAPTER 13 - Affirmations .....	167

# CHAPTER 1

## Origins

When Reiki found me, I was already knowledgeable about the healing and spirit realm. But my experience didn't mean I knew everything. I still had lessons to learn. Some lessons were spiritual in nature, with internal work being the prime directive so that I could elevate in vibration. Whereas other lessons were instituted to teach me how to help people find their true path in this world. There were so many unusual circumstances of the spiritual nature. Circumstances I had not dealt with in the past, ones I did not know could happen in my life. The way these situations presented themselves led me to have lots of additional questions about Reiki and how it works with different people. So, I asked my questions. However, no one could properly answer me. The response was always, "meditate on it," or "listen to your Reiki." So, I did.

My inquisitive nature led me to testing Reiki. I ate lots of meat to see if it affected my channeling versus when I ate only fruits and vegetables. There was a slight lull in the energy with meat in my system. It is better to have light foods. I drank alcohol, got drunk, to see if Reiki would

still flow. It did not. I had a very strong physical reaction of dizziness and nausea that only stopped when I turned off the flow of energy. I intentionally thought of negative things while channeling Reiki to see if it would stop. It did. Reiki only started again when I cleansed my mind. I noted these things and more to know Reiki like I know myself. I determined every action I did was a success in that respect.

It is from the testing, my meditations, and my working with Reiki that I received answers. By focusing and honing my skills to integrating Reiki into my physical and spiritual self, there was clarity. I now have reached a level where Reiki is as essential to me as breathing. Everything I do and say is derived from meditation and Reiki.

When I began teaching Reiki, I noticed that a lot of people who were healers had stopped practicing. Most had even forgotten the style they studied and the basics. This Reiki handbook is written to give you the essence of what is needed when starting your journey into energy healing. It is also a reminder for those who have neglected their Reiki gift but want to reconnect with it. It combines things you are not told in most certification classes with detailed meditations and affirmations to help guide you. Keep it close whenever you need an aide.

I truly hope my personal and professional story helps assist all Reiki healers and those persons interested in personal healing. As a refresher, let us begin with a very brief review of the history of Reiki.

Reiki is the Japanese technique for channeling Universal energy through the hands. Although people previously practiced Reiki in Japan for many years, it had become dormant until Dr. Mikao Usui, a Buddhist monk, began practicing and training others in the 1920s. Dr. Usui is known as the founder of Usui Reiki and given the honor of being the one to re-establish Reiki as a popular and effective healing method.

There are also a few legends about how Dr. Usui came to discover Reiki. One is of him injuring his foot on Mount Kurama and touching it with his hands to discover his injury healed, indicating the gift of Reiki being bestowed upon him. Another one is Dr. Usui undergoing a spiritual awakening on Mount Kurama wherein the information about Reiki was given to him from a higher source after fasting and meditation. It is not important which is correct or how it came to be. The fact is that through his dedication, knowledge and innovation, Dr. Usui re-established a method of intuitive communication and integration with spirit to help others heal.

To understand how Reiki came to America, we must learn about two of his prominent students, one being Dr. Chujiro Hayashi. Dr. Hayashi was a former naval officer who ascended to Master level, taught Reiki, and eventually opened healing clinics. He combined his medical background with Reiki and created hand positions for healers to use for certain illnesses. These hand positions improved Reiki by ensuring a comprehensive healing for clients. It also gave the novice healer or healers who are not comfortable with the intuitive method of Usui Reiki a written hand guide for healing. Dr. Hayashi also enhanced the Attunement process students undergo to channel energy, making it more precise and refined. As you can already tell, Reiki is a healing method that continually progresses.

This brings us to Mrs. Hawayo Takata, who was a Japanese-American resident of Hawaii visiting Japan. The story is that Mrs. Takata was extremely ill before leaving for Japan. While there, she sought treatment, but doctors were not able to assist her. She learned about the work of Reiki practitioners at a healing center in Tokyo, which happened to be owned by Dr. Hayashi, and went there for healing. Mrs. Takata received periodic treatment from the Reiki healers and was finally healed. This so impressed her, that she requested to be a student of Dr.



Hayashi. During her stay in Japan, she became a level 1 and level 2 Reiki healer.

Upon her return to Hawaii, Mrs. Takata continued practicing Reiki and sharing it with others. She kept in contact with Dr. Hayashi. When he visited Mrs. Takata in Hawaii, they continued her training, certifying her as a Reiki Master under his lineage. Not long after, Mrs. Takata began teaching Reiki in Hawaii at a price of \$10,000 for most students. Mrs. Takata's teachings were verbal, no one was allowed to write anything. However, after her death, some of her pupils wrote her teachings in a manual to preserve the information and continue her legacy. They also lowered the exorbitant price Mrs. Takata charged to make Reiki accessible to more people.

This story has a few variations, but the point is that Mrs. Takata is the one who brought Reiki to the western world. Her respect for the teachings and love for the healing are still present and honored in our modern times. Today there are thousands of people practicing Reiki and millions who have tried it. It is considered complementary healthcare in America, with many hospitals offering it to patients. Multiple studies on the effectiveness of Reiki and how it helps people recover from surgery, relax, and heal faster have been conducted. All of this is in progress in the western world because of Mrs. Takata.

## **Reiki Defined**

In breaking down the word Reiki, Rei means “God’s wisdom or the higher power,” and Ki means “life force energy.” So, combined, we know the energy that is transferred is “God energy.” This energy is a cognizant energy that is guided spiritually to help a person relax, remove stress, recover from emotional trauma, and so much more. Reiki is typically practiced in-person using a method of “hands-on,” “hands-off,” or a combination of the two. There is no touching of private areas on a person’s body. A Reiki healer can also send healing by Distant/Remote Reiki through use of an electronic device, such as a computer, or by simply “connecting” with the person spiritually. This “connecting” is accomplished by multiple methods. The first is imagining the person in front of you and sending Reiki to the parts of the body directed by your spirit. You may also connect by picturing the person in one of your hands and sending Reiki. And finally, you may use a stuffed animal to represent the person to send healing energy to all blocked areas.

Be aware that the energy being channeled is a conscious and knowing energy that only works for the best for each person. It cannot do harm to anyone and may not be used

for bad intentions. It will help a person in every beneficial way possible. The only condition is that the person must accept the healing energy offered from the Universe. Once the person accepts and is open to healing, Reiki healers channel the energy down from the Universe through the physical body of the Reiki healer to the body of the client. When this occurs, there is a removal of negative energy. This removal allows the proper flow of positive energy through the chakras, energy points, and energy channels within and above the body, resulting in its natural ability to self-heal. Reiki can also cleanse the energy body and aura to aid in the healing flow of energy points and channels on and within the body.

The healing that takes place can be physical, emotional, mental, spiritual, or a mix of the aforementioned. Sometimes, what could seem like a physical ailment or pain within the body is a strong emotional memory from a significant incident in life that the client has buried deep inside. Reiki will assist the person by bringing forth any negative emotions so the person may acknowledge them and heal.

Because Reiki healers only channel conscious energy, it knows what is needed to assist a person in a session. Sometimes a client will want to work on a specific issue. This can be accomplished, but Reiki will also go to where there are more serious issues to remove them from the

person's physical and spiritual body. This does not mean that the client's request will not be completed. It means that Reiki can do multiple things at once and be in more than one place as it heals. Reiki wants the best for all of us because it is a part of us. Therefore, as mentioned, it will always work for the good in every way possible.

Consider this, since humans and everything around is composed of energy, Reiki energy is extending help to its own Universal being. For instance, picture the Universe as a giant body identical to yours. You can think of the planets as the organs and the natural elements grown on each as cells, ligaments, tissue, etc., with our consciousness as space. When we are not functioning properly, even if it is one of us, the Universal body detects this anomaly and wants to fix it because we are all one energetically. The Universal body will do its best to heal the ailment and correct the problem so that it may function at the highest level. But since we are living cells with a spiritual body of our own and free will, it cannot clear away anything without our approval. We are an independent planet orbiting in our own atmosphere within our space body. This is the knowing part of Reiki. It understands that although we are one with it, we still have our own choice to exist as we so choose, whether the existence chosen is negative or positive. Therefore, Reiki needs the person to want help so that the Universal

body functions well. Simply put, we are integral to the health of the Universe because it is integrated into us.

## **The Reiki Healer**

Be aware that there is not a special requirement needed for a person to become a Reiki healer. We are all born with the ability, but not everyone is interested or able to open up to receive the connection. All one needs is an open mind and being receptive to the gift of Reiki. If that happens, the Reiki healer will undergo a process, guided by a Reiki Master Teacher, to receive Attunements, which are also called Placements, and called Ignitions at the higher level. This process means that the person's energy system and chakras become open and elevated in vibration to receive and channel Universal energy. For those persons who are interested and want to learn Reiki for self-healing or to heal others, there are three different levels you should know, level 1 Reiki Practitioner, level 2 Reiki Practitioner, and Reiki Master/Reiki Master Teacher.

A person certified as a level 1 Reiki Practitioner uses Reiki for self-healing and does not receive symbols to enhance the healing. The person also cannot open a Reiki

healing business at this level. This is a beginning stage, and the energy channeled may not be as strong as the higher levels, even if a person has innate gifts that combine with Reiki to strengthen it. What could happen is the person might end up using their own energy in a healing session, which can cause the person to become fatigued or take on the energy of others. This contradicts one of the main reasons for getting the Attunement and becoming certified, which is to not use innate energy, only Universal energy. That way, there is no subliminal coercion or tainting of the energy being sent out. It remains God's energy, pure and beneficial.

If you are a level 1 Reiki Practitioner who works on others to enhance your channeling or to assist in healing, be cognizant of the energy level used and how your body feels afterward. Reiki does not tire you out. It strengthens and heals you while you are helping others. If you become tired, more than likely your energy is being used with Reiki or alone. To help you remove yourself from the healing, focus on remaining neutral when using Reiki. Keep all your emotions, thoughts, and beliefs out of the session. Practice using the energy in different personal situations to learn more about it. Constant use allows a person to move up in vibration, which results in an understanding of how to properly use Reiki with better channeling ability of the energy.

As a level 2 Reiki Practitioner, a person can channel more energy and receive symbols to help enhance the energy to target certain mental, emotional, spiritual, and physical issues. A level 2 Reiki Practitioner and above can open a business and practice as a professional healer. There is also a deeper understanding of the energy based on the teachings and practice. A person learns how Reiki works not only in a person's everyday life but also in past and future lives. The caution about combining your energy in a session with a client that was given for level 1 Reiki Practitioners holds true for Level 2. Always remain a clean channel for the energy. After a certain amount of time, most level 2 Reiki Practitioners want to delve even deeper and become a Reiki Master.

A Reiki Master or Reiki Master Teacher offers a person a higher level of channeling ability. There are additional symbols with stronger enhancing ability for specific issues and an intimate understanding of how the energy and symbols may combine. This level of training teaches Reiki benefits to the person on multiple planes of existence. There is also the ability to handle more complicated issues on a spiritual level and a significant increase in the person's ability to raise their own vibration and the vibration of others. A Reiki Master Teacher can do all the plus teach others and attune them to the Universal energy on all three levels of certification.

I am blessed to be a Reiki Master Teacher in my styles of Reiki, which allows me to assist others in opening the path to Reiki. I have been able to certify and train in-person and remotely, both being effective in the Attunement process. I am a traditionalist in that I keep to the standards I learned in my certification classes from level 1 Reiki up to Master Teacher. However, I believe in my students getting lots of practice using the energy in class and encourage them to never turn off their Reiki. Also, because of my innate gifts, I focus a lot on students discovering their own spiritual gift and using it with their Reiki to help them in life. I love teaching others Reiki and seeing how the energy works with each student. It is a divine gift to show others the path of light and goodness in this world.

## **Reiki Styles**

There are many styles and schools teaching Reiki. I will not list them here because, at my last count, there were over 22 styles of Reiki. If you are not a Reiki healer or someone who wants to learn another style, I recommend researching and meditating on which is more in alignment with your individual spirit. I have met people who have



created their own style of healing by combining what they have learned or receiving spiritual guidance to create new symbols and new methods. I believe it's wonderful that Reiki still progresses, just like the days of Dr. Hayashi and Mrs. Takata.

As for me, I chose to study and be certified in a style that was in alignment with my spiritual beliefs, Holy Fire III® and Karuna® Reiki. After each certification, I practiced the required six months until I finally became a Registered Holy Fire III® Karuna® Reiki Master Teacher. Holy Fire and Karuna Reiki are styles divinely created and subsequently trademarked by William Rand, founder of the International Center for Reiki Training. This Reiki is so powerful. I knew with my first placement that I was correct in my choice. It integrated with my natural empathic and prophetic gifts, which amplified my healing abilities. I want to mention that although my natural gifts are mixed with healing, it is still not my energy being used. My natural gifts are channeled to the Universe, then this personal energy is enhanced with Reiki and channeled back to me with physical confirmation, such as messages. If you experience messages with your Reiki, keep your personal thoughts, opinions, and ideas out of any received. The best thing to do is deliver the message, as you hear it, with no supposition. A client will know what it means, even if they do not want to admit it or

immediately recognize it. Remember, practicing Reiki requires that we honor and respect. Let the Universe show you the best Reiki style as you begin your journey to help heal others.

## **CHAPTER 2**

### **IMREIKINOW**

We are all born with special gifts. Yet when we come into this world, it is as if the spirit within has forgotten how to connect with the Universal energy that helps strengthen and hone our spiritual abilities. To make it worse, it seems as if the body subjugates the knowledge further as it matures and becomes indoctrinated into the material world and society's systemic beliefs. But there is always a Universal knocking on the door that comes to all of us. For some, it is a tragic event in life, such as an illness, an accident, or even a death of a loved one. For others, it is a gnawing sense of being incomplete and disconnected from society. Whatever occurs is intimate and specific to that person. No one else will understand the meaning, nor should they.

This can be a frightening moment, especially when the person realizes it means releasing most, if not all, of the beliefs held from childhood until that time. The realization that all thoughts, hopes, and dreams belong to someone else is overwhelming. However, the benefits that come by walking through the door and creating a new world more than make up for any fear experienced. There

is a sense of freedom that takes over and refocuses the person's perspective about life. The introspection required allows the person to find hidden parts of themselves, whether good or bad. The acceptance that takes place of both parts moves the person one step closer to full spiritual integration with the Universe. Barriers to connectedness disintegrate as the Universal energy moves closer to that person's spirit, allowing locked away memories to surface and negative ones to heal. The idea of being something bigger than the individual self turns into a strong desire to explore and discover, leading to higher levels of spiritual attainment. The person becomes an authentic self with independent thoughts and beliefs. The unconscious mimicry has left.

For me, I have always been in the spirit realm ever since I was a child. But like most, as I grew up, I put my gifts to the side. Instead of practicing and strengthening them, I integrated and assimilated with the world system. I didn't want to be different. I stood out enough with being an African-American female and not the stereotypical one at that, so blending helped me. At least, that was what I thought. However, my spirit was and is of the kind that refused to allow me to relax unless I am doing spiritual work. It needed to reconnect to its larger self, the Universe. Therefore, when my time came, I opened the door, each one of them. I did not care what I found on the

other side. I decided to face whatever Angel appeared, whether it be one of peace or one of chaos. My spirit was intent on waking up.

Meditation and prayer helped me on my journey to realize my true self. In meditation, my spirit found the first few levels of reconnecting with what was forgotten at birth, the Universal source. And yet, I still believed there was something I needed, something missing. I continued to meditate and pray until I received the gift of seeing how we are all connected, how everything living and non-living is, as scientists say, simply energy. By this I mean, when I open my eyes, I see miniscule, fluorescent pink, white, blue, and yellow lights on everything. I have always seen this and believed everyone saw the world this way. It was only recently that I was informed only a small amount of people see the connected energy. I think that is a shame because if you can see where everything and everyone is connected, you begin to look for similarities instead of differences. When you look for similarities, you understand people better and get along better. When you look for differences, you alienate and disconnect, causing separation. Let's all try to look for the similarity so we can establish a connection and have a more peaceful life.

Back to my point, this was not the only thing that led me to where I am now. This was the impetus, a small door

opening to prepare me for what was about to come. The genuine request from the Universe to reconnect arrived in the form of illness. My physical body betrayed me, breaking down. I was overworking myself at my job and in my personal life. I was extremely stressed out and so invested in this material world that I had become sick. I was always medicated to alleviate pain. It took many doctors to misdiagnose me. I struggled at work, with people, with being me. There was intermittent pain and inflammation in my heart and throughout my body. At times, it was so strong all I wanted was to leave this world. I could not see living a life where I could not walk, sleep, or dress myself without excruciating pain. And with all this, I still had to go to work. I don't come from a wealthy family. I had to make my own way in this world. No matter how I suffered, no matter how much pain I was in that day, I had to show up. I worked, even if for a few hours, to get assignments completed so that I may pay life expenses. I was in constant agony, could not breathe properly, and no one believed the gravity of the situation because I looked healthy. I felt like I had to continue with no time for me to heal. I was in a very low vibration.

This primary world function, to keep going no matter what, was foremost in my mind. It distracted me from my spiritual self. I was detaching from my meditations, my

prayers, and connection to the other world. I couldn't hear my spirit speaking to me anymore. At the time, I was regularly attending church, but it didn't matter. I was at the most basic of needs, survival in this material world, so spirit was diminishing.

One day, this woman and I began talking at church. She told me about her sister who had similar issues. Medical professionals had even relegated her sister to a wheelchair because of the pain. But due to her doctor in San Diego, she was now climbing mountains. Of course, I got the name of the specialist, who ended up saving my life too. If not for him, I would have continued to be misdiagnosed and probably transitioned into the spirit world by now. You wouldn't be reading this handbook and I would not be here to help so many people with Reiki.

It was because of his expertise and thorough exams that a proper diagnosis of Rheumatic Fever occurred. He took me off all the pills and integrated holistic medicine as part of my regularly prescribed treatment. This refocused my mind, body, and spirit. I began to meditate again while undergoing treatment. I could hear my spirit clearer once he took away the medications and the effects left my system. I heard my spirit whispering to me to heal myself. My hands moved to the parts of my body that were in the most pain, relieving the hurt. This became my routine, to breathe, to meditate, and to heal myself in between

treatments. Throughout this process, I learned control, connection to spirit, and understood that this world is not to be my focus. By being ill, I became stronger in my spiritual beliefs and more connected with Divinity.

As I healed with one condition, a previous condition flared up which resulted in two unsuccessful surgeries. I was off work recovering and focusing on healing myself for this new situation. I prayed and meditated daily. There was a part of me that knew there was more to learn and that I could do better. Then one night, I asked for a teacher who could properly teach me healing.

The next morning, I woke up and heard in my mind, ‘You need to learn Reiki.’ I had never heard of Reiki, so I looked it up online. Once I read about it and realized what it was, it shocked me that I didn’t know because I had been doing healing my entire life. I had no idea people had businesses focused on healing or that they were being taught how to do it. Healing for me was natural while growing up. Once again, the Universal energy turned my perspective in the right direction, showing me a path where I could create another life for myself. I signed up for training and certification to become an Usui Holy Fire III Reiki Practitioner II. Once I received my placements for Reiki, all spiritual doors opened for me. I used Reiki, not my energy, while still undergoing treatment to help heal myself. The change in



results was immediate and strong. After six months, I was in good health all around and no longer needed treatment or surgeries for my conditions. This prompted me to start my own energy healing business, IMREIKINOW®. I researched, created a logo with my personal tagline, trademarked everything, and published my website, [www.imreikinow.com](http://www.imreikinow.com), within six months. I was officially in business to help others be their best and most authentic selves.

The name of my business derived from what I believed and knew would be a new life for me because of what Reiki did to help heal me. Reiki didn't just physically remove pain from my body and alleviate my symptoms. It helped me to be at peace, be more understanding, and still be able to stand up for myself positively, filled with love, not anger, or hate. There was no longer stress and strife in my life. My focus was on being happy and healthy, no matter what. The world was different for me.

As I grew in Reiki and Reiki grew inside me, my spiritual gifts became stronger and more effective. I also had better control over unpleasant situations and my mental and emotional state. Reiki cleared away all my old fears, regrets, insecurities, and anger. For some people, the clearing from an Attunement may be a pleasant and silent release, maybe crying and an awareness of being lighter. But in my case, I had a tingling sensation all over my

body, a debilitating headache, and body aches. I became fatigued and could not move for a few hours. I even had extreme extrasensory experiences, such as prophetic dreams and the sensation of someone holding my hand or my foot. There was a period where my eyes had calcium deposits coming out of them, which made my vision different in that everything seemed brighter and more colorful than before. Both eyes also had a moment where I could not see out of the eye because the light of day was so intense. The sun was so bright, it pained my eye, so I had to wear shades, even inside, if I wanted to keep my eye open. This lasted about two days for each eye. Anyone else would have been scared, but I was elated. I understood that with Reiki, my body was becoming more. After each cleansing experience, I was a new person. Whatever did not serve my higher purpose was lifted away while something special was simultaneously added.

This new person I became wanted to keep moving up in vibration, to learn more. So, I became an Usui Holy Fire III Reiki Master. It was during that certification that I realized how much energy could flow through my body and how Reiki had altered me for the best. At some point, my vibrational level began to raise on its own. I didn't have to "upgrade" as they taught me in class. But also, the world and its people were different. It was like looking inside a kaleidoscope of varying colors, shapes, and sizes

of spiritual entities moving around in flesh, each on varying levels of understanding.

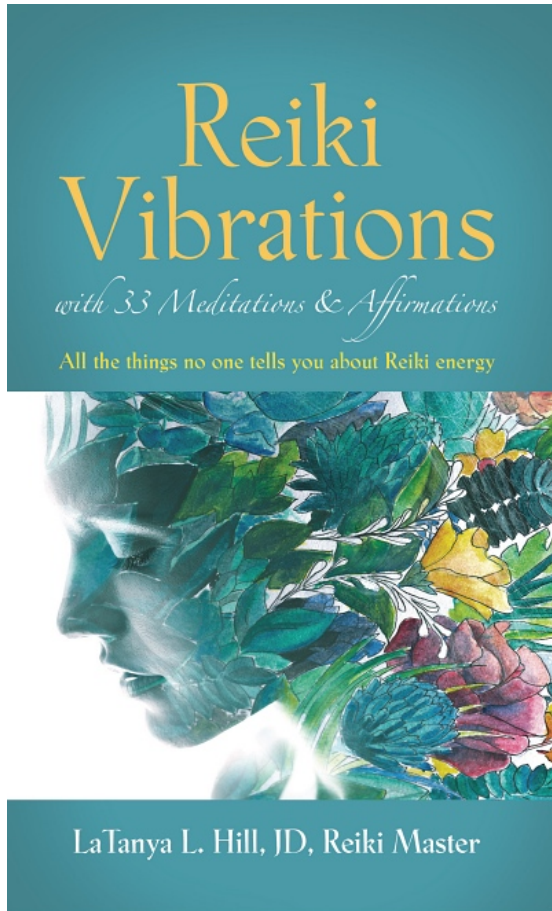
I never doubted the flow of Reiki because it gave me physical manifestations from the beginning. I knew the energy moved around and through me because of a slight inflammation in my nasal passages, a tingling sensation moving through my hands and across my body, there was a numbness in my left thigh or left shoulder blade. There were even times when the surrounding temperature would change, and a cool breeze combined with the sweet smell of flowers would flow around me.

These ethereal experiences made me want to channel more energy for the highest level of healing. I wanted to push myself to the extreme point, to see how much energy can flow through one body to heal and help others in this world. I meditated on the approach best used to achieve my purpose and, as before, my spirit directed me to become a Karuna Reiki Master as well. As always, my spirit was correct and led me to a perfect outcome. Now, I am in a state of healing myself and others without thought. The symbols that I learned are a part of me and in sessions, the energy knows when to move from Holy Fire to Karuna without my requesting. I always say that for me, Holy Fire energy is like a hand reaching inside and pulling out all the unneeded things that are holding on and bonding to the person; whereas Karuna is like a

surgeon's knife removing the tiniest bits of the unneeded parts accumulated throughout life. I don't even know how I lived without Reiki now that we are one. I can even sense the energy moving throughout my body when I am sleeping. It never stops and I don't want it to leave, ever.

I'm sure my life's journey to Reiki is like most of you who find yourselves in this amazing field of energy healing. We had to shed our perception of what it means to live in this world and in this time. As energy healers, we understand the barriers that need to be removed to become our authentic selves. We also know that meditation is one of the best ways to help us hear our spiritual self, receive messages, and clear away those barriers. Even as I am writing this, the energy is moving around me, a cool whirlwind with feather like touches on my back and face. There is a sweetness in the air, as if someone has brought me a bouquet. This is what it is like to be a Reiki healer, to honestly and completely work with energy. It is beautiful and strong.

I hope my sharing my Reiki journey helps with understanding that once we begin this path, nothing ever looks the same as before. Even if you stop practicing, it is still there waiting with the door open. Walk through once more and join the rest of us in healing. Become **IMREIKINOW**.



*When I first became a Reiki healer, I had many questions. Now, as a Reiki Master Teacher, I want to tell everything I have learned. This handbook tells everything you need to know to help you in your practice and everyday life as a healer.*

## **Reiki Vibrations with 33 Guided Meditations and Affirmations**

By LaTanya L Hill, JD, Reiki Master

**Order the book from the publisher [BookLocker.com](https://www.booklocker.com)**

**<https://www.booklocker.com/p/books/12037.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**