

Sending Stones Reiki

Introduction and Instructions

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Reiki is a natural healing system developed in Japan in the early part of the 20th century by Micheo Usui.

Loosely translated, Reiki means universal life energy. It is what the early founders of modern medicine (Hippocrates, Galen, Paracelsus, and others) called “vital force.” Modern science still can’t define precisely what it is. In Japan it is called Ki (as in Reiki or Akido.) In China, it is chi or qi (like tai chi.) Yoga calls it prana. Whatever name you give it, the vital force or universal energy is that special something that make us a living being instead of an inanimate object.

Ancient and modern, eastern and western, holistic and allopathic; all healing systems acknowledge one thing. They all know that healing comes from within. No healing system, not even the most advanced science in the world, can work miracles, cause life or create health. Only life heals. The living organism heals itself, or it ceases to be. Regardless of the science behind it, all healing systems only serve to help our natural inner healing work better than if it was unassisted. Reiki assists our natural inner healing ability to work more efficiently. Reiki can also add vibrance to an already healthy lifestyle.

We’ll talk more about the history of Reiki, what it is, how it seems to work, and how sending stones is different from other distance Reiki sessions in the full version of *Sending Stones Reiki*. For now, here are the step by step instructions for getting a session. If you have any questions before or after your session, please contact me at TaoCraftTarot@gmail.com

5 Easy Steps

1. Choose your sending stone
2. Get a receiving stone
3. Fill out the contact form
4. Sit for your session
5. *Please Share* If you send feedback about your session, it will help make *Sending Stones Reiki* the best it can be for everyone!

Step 1 - Choose Your Sending Stone

Choose the stone you would like me to use when sending your distance Reiki from the list below. There is no special method for choosing. You can pick the one you think is prettiest. Or pick your favorite color. Or choose the one that you like for no particular reason. If you would like to choose based on chakras or the crystal's metaphysical properties, I recommend the source material I've used for this guide: *Wheels of Life* by Anodia Judith, *Cunningham's Encyclopedia of Crystal, Gem, & Metal Magic* by Scott Cunningham, and www.CrystalVaults.com by Hank Manson.



- **Selenite:** white, higher self, angelic energies, symbolizes the divine
- **Purple Fluorite:** Crown chakra, connection to the divine, balances emotions. Resonates with Pisces astrology and Feng Shui fire element
- **Lapis Lazuli:** Dark blue dominant with some gold pyrite white and dark inclusions. Third Eye chakra. Supports intuition, discernment and wisdom. Resonates with Sagittarius zodiac and feng shui water element.
- **Amazonite:** Light aqua blue. Throat chakra. Supports communication and emotional healing. Old tradition is money luck for those taking a risk. Resonates with Aries and Leo astrology. Feng shui earth element
- **Rose Quartz:** Pink. Heart chakra. Attracts love and encourages peace and happiness. Resonates with Scorpio astrology and Feng Shui fire element.
- **Malachite:** dark green with light green stripe. Heart chakra. Protective. Aids expression of emotions. Money luck. "Salespersons stone" (Cunningham) Resonates with Taurus astrology and Feng Shui wood element
- **Citrine:** honey gold color. Solar Plexus chakra. Supports courage and self confidence, calms nightmares and wealth fears. Resonates with Cancer astrology and Feng Shui fire element
- **Orange Calcite:** bright orange. Sacral chakra. Cleansing and detoxifying for some. Energizing or centering as is needed. No astrology resonance known, Feng Shui element of fire.
- **Red Jasper:** orange-ish red to brick red. Root chakra. Stimulates ki/chi/life force. Supports balance of passion and grounding. Supports creativity, finding your life's passion or life's work, but also is grounding, eases stress. Resonates with Capricorn astrology and Feng Shui fire element.
- **Sandstone:** not associated with a specific chakra. Grounding, centering, connects with nature and ancient earth energies.

Step 2 - Get A Receiving Stone

After you make your selection, get a receiving stone that is the same TYPE as the one you've selected. It doesn't have to be an exact match in size, color or polish but it should match in substance. You can use one you already have or purchase a stone anywhere you like. I recommend [Universal Crystal Love on Etsy](#). The owner is a kind and caring person with good prices, quality crystals. She smudges them keeps a good energy environment around the gems and crystals that they sell.

Each stone is unique. I suggest a size that fits easily in the palm of your hand. The stones on this list are fairly abundant and inexpensive but I picked them specifically because in my experience they have a sending & connecting energy as opposed to an amplifying, shielding or other dominant energy.

Step 3 - Request your Session

Once you have your stone, contact me using the form on the Reiki page of TaoCraftTarot.com (that's the easiest way) or email all of the following

- Your name
- Confirm your email
- Your choice of sending stone
- Confirmation that you have read and understand all policies
- Agreement that you release me from all liability
- Your agreement to send a feedback email

Questions are always welcome of course, but I don't need to know any other details about you or your concerns ahead of time. I don't control what the energy does anyway. I only act as a bridge and an amplifier to send a packet of Reiki energy to you. The stones symbolize and enhance that energy connection. During the session, your own inner life force will take that Reiki energy and use it wherever it is needed the most in mind, body or spirit. I will send a confirmation email after I have received your request and sent the energy. After that, you can do your part of the session at any time that suits you.

Step 4 - Sit For Your Session

This is probably the most important part, but also the easiest.

Just sit.

No more, but no less than that. Just give yourself a break. Sit and hold your receiving stone for 5 minutes at a minimum, but you can stay with it as long as you need.

The important thing is the quiet attention you give to yourself and your inner world. Arrange for time without interruptions. You can enhance the experience in small

ways: light candles, light incense, soft music, aromatherapy, whatever you like. Sit comfortably. Treat yourself with kindness, acceptance and patience.

Just sit and hold your receiving stone.

Let good energies come to you with love and healing as they were intended. Hold your receiving stone in the palm of your non-dominant hand (left palm if you are right-handed and vice versa). This is traditionally considered your yin or receiving hand. Cover it with your other hand and just sit.

Expect nothing. You may not notice anything until later. You may not feel anything ever. The key is to watch, listen, feel, observe in this moment . Wait, watch and see if anything happens. Make a mental note of any physical sensations or mental impressions, then go back to sitting with the stone, and letting energy come however it comes. Reiki is very inclusive, accepting and compassionate. Whatever happens is guided by your life force and is just what you and your body needs. All is fine as it is, whatever it is. Just so. When you feel that 5 minutes have passed, or when you feel that the energy has finished transferring , then put your stone in your pocket or a special place until you want to use it again.

Some skeptics will say that just taking some time to sit in an almost meditative state is the real source of any benefits, not the Reiki energy.

OK.

That's fine. If the Reiki paradigm is the thing gets you to that moment of meditation so that the meditation can help, that's not a problem. You still get the benefit, and the relaxation. Whether it begins with Reiki or with meditation is secondary.

Others may say it is your belief in the energy and the stones that gives the benefit. Some say a Reiki session is purely a placebo effect.

OK.

A placebo still makes use of the natural mind-body connection to help your natural, living, inborn healing processes work more efficiently. Energy or placebo, it is still your inner life force at play.

It's like Shakespeare's "a rose by any other name would smell as sweet" or that old Groucho Marx joke "you can call me anything you like, but don't call me late for dinner." Call it meditation. Call it mind-body connection. Call it placebo effect. Call it Reiki. The exact mechanism of *how* it helps is trivial as long as it *does* indeed help. If not, nothing is wasted except a little time and the cost of a pretty rock that you can use as a decoration later. With Reiki you have it all to gain and nothing to lose. Reiki is just that harmless, with no adverse effects that I've found either in the literature or in practical use.

Step 5 - Please Share (send feedback)

TaoCraftTarot@gmail.com

Anything you have to say is wonderful! I'd like to hear all of your thoughts and experiences. Did you feel anything in the stone or in your body? Did you feel emotions bubble to the surface or did you feel more calm? Did you feel stressed or relaxed? Did any thoughts or mental images come to the top of your mind: colors, sounds, memories, mental images, anything at all?

Other people who have had sessions have experienced things like

- "White light"
- "Purple light"
- "I could go to sleep"
- "I could almost hear your voice"
- "The stone vibrated, and I thought of a gas can being filled up"
- "The stone felt warm"

Every session is 100% unique. Your session won't be like anyone else's.

My Ph.D. dissertation study "Reiki and Relaxation" is available as a free download on the website. It is written in academic format so it is kind of a snooze. In a nutshell, everyone had a 10% decrease in stress after 10 minutes of Reiki. Some people had as much as 30% reduction (based on 10 point subjective Likert scale ratings). The study is limited by the small sample size, but it is still pretty convincing that Reiki can reduce stress in real time, in non-clinical settings.

Again, if you have any questions feel free to contact me. I hope we can work together soon.