

The  
Certified  
Angel Reiki

Practitioner™  
Course  
Guidebook

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The Certified Angel Reiki Practitioner™ Course

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Both Traditional Usui Reiki and Angel Reiki are not meant to replace conventional medical care, but rather to complement and enhance it. Information within this course is spiritual in nature and is by no means medical based. Any information in The Certified Angel Reiki Practitioner™ Course should only be used with the understanding that it is not an independent therapy, but one that is a part of a complete holistic healing approach.

## MODULE 1

### Introduction:

I have been seeing and listening to angels since childhood. I think that if you are reading this guidebook, there is probably a very good chance that you also are a “light worker” and like me, you have been doing this too. In this guidebook, I will show you ways to work with a specific group of archangels so that you can provide uniquely beautiful, light filled energy wellness sessions and angelic spiritual guidance for yourself and others. To accomplish this you will discover how to channel the seven colors of the rainbow from the “Angel Rays” as healing light energy and infuse it into your reiki sessions.

Let me introduce myself, my name is Sharonah Rapseik. I have worn many hats and worked at many professions, fashion designer, makeup artist, spa owner, aromatherapist, radio host, tarot reader and probably even some more other professions of which there is probably not enough space within the pages of this guidebook to mention. My true passion is helping others. I also love working with the angels.

Twenty years ago I become a traditional Usui Reiki Master. Traditional reiki is awesome but it just wasn't enough for me because it was missing the angels. So together with the help of the angels I created this precise system where you can combine traditional Usui reiki with angelology, which is the science and study of working with angels and their energies.

This new system I call Angel Reiki. Within the pages of this guidebook you will discover a pathway, where along the way you can master this effective yet simple system.

Let me welcome you on taking your first steps !

## MODULE 1

### Chapter 1: Energy

When we work as Reiki Practitioners, we work with *Energy*. The basic foundation of all energy healing is that there is a power or energy that transcends time and space. It permeates everything, and everything that is depends on it for health, harmony, and existence. This energy has been acknowledged universally since the beginning of time. This is the one fact that both spiritualists and scientists can both agree on.

This energy is recognized and known by many names. Hindus know it as “Prana.” Native Hawaiians and Polynesians know it as “Mana.” Chinese know it as “Chi or Qi.” Japanese call it, “Ki.” Native Americans call it, the “Great Spirit.” In Judaism, Christianity, and Islam, one of its many names is “God.”

This energy flows through and connects everyone and everything. Because It connects everyone, we as individuals are, of course, affected by Its existence.

*“Yes,” your Mom was right, when she warned you as a kid about the company that you “keep” and the friends and things that you “hang out” with - but more about this a little later when we cover why we love, love, love hanging out and resonating with the energies of the angels.*

Energy must flow. When it doesn't, im-balance or dis-ease can set into our minds and bodies. As energy workers, our job is to identify any stagnant areas and ask universal energy or light energy from the angelic realms to clear this blockage and allow a higher vibrational light energy to flow in and assist the body's own innate healing ability to re-balance itself.

## MODULE 1

### Chapter 2: A Brief History of Reiki

As holistic healers, we all must thank Mikao Usui for the creation of the system of reiki energy healing. He was born in Japan on August 15, 1865 and died on March 9, 1926.

There are many legends and myths about Grand Master Usui, but what is generally believed is that he went on a spiritual pilgrimage around 1922. He fasted and meditated for 21 days on a mountaintop. It was during this retreat that Usui had a profound spiritual experience during which he received enlightenment and the healing method that we now know today as reiki.

When he first developed this method, he called it “Usui Reiki Kyoto” which means in Japanese the Usui Method for Spiritual Healing. The word reiki in Japanese means universal spiritual energy or “innate bright light.” The most important thing that you must know is Master Usui did not invent reiki itself. Universal spiritual energy has always been present. Healers have been working with it from the beginning of time but Grand Master Usui created a teachable system. Today his system has expanded into a multitude of western reiki branches including my system Angel Reiki which I have been teaching since 2011 with the help of my angels.

It is probably correct to say all western branches of reiki can trace their lineage back to a Japanese-American woman, Hawayo Takata (1900 - 1980) who traveled to Japan in 1935 and learned reiki from Chujiro Hayashi (1880- 1940) a medical doctor and former student of Mikao Usui. She is responsible for bringing reiki to the United States and to the Western World as what we know now today as traditional Usui Reiki energy healing.

The four distinctive features of traditional Usui Reiki are the “Five Reiki Principles”, the Reiki Symbols, the Three Degrees, and the traditional “hands on” Hand Placements.

## MODULE 1

### Chapter 3: The 5 Usui Reiki Principles

The 5 Reiki Principles are about living fully in the present moment and keeping your vibrations high. These laws are so intrinsic to the practice of reiki that they are carved on the tombstone of Grand Master Mikao Usui.

They are:

1. Just for today, don't get angry.
2. Just for today, don't worry.
3. Just for today, be grateful.
4. Just for today, be honest in your work.
5. Just for today, be kind to yourself and others.

Don't be concerned if you have seen different versions of the "5 Reiki Principles", different teachers from different reiki branches may change them slightly. Also different translations from Japanese to English may also change the wording but the intent of all versions is essentially the same thing.

I believe that your daily practice and observance of these five principles raises your vibrations and makes it easier for you to connect with the angelic realms. The "5 Reiki Principles" is a traditional Usui Reiki practice that I believe works well with the my new branch of Angel Reiki.

Please memorize these 5 principles and make them a part of your life.

## MODULE 2

### Chapter 4: The Reiki Symbols

The reiki symbols play a huge part in traditional Usui Reiki. When a student graduated to the second degree, it is customary for them to be presented with and taught how to use the first three symbols. When a student achieved the Third or Master degree, they were presented with the fourth symbol or “Master” symbol.

These symbols were originally kept secret and revealed only to initiates according to the strict instructions of Hawayo Takata in an attempt to keep them sacred. For me, it was a breath of fresh air when the symbols were freely published in 1995. I believe that while it is important to keep the symbols sacred, there is not a need to keep them secret.

I provided diagrams on how to draw them in the resources section of this guidebook.

The reiki symbols are closely related to Buddhist and Japanese culture and the use of calligraphy as a means of spiritual meditation and spiritual development. In traditional Usui Reiki, new reiki practitioners, started by painting the symbols on paper. The paper was burned once the symbols are memorized. Next the new practitioner learned to draw them and visualize them in the air to initiate reiki flow.

The symbols are also used to bless people, places and objects.

#### 1. Cho Ku Rei

The Cho Ku Rei is pronounced “cho koo ray.” It’s known as the “Power” symbol. It focuses energy. Like a “light switch,” it turns the reiki energy on and off. You can use it at any time in giving a treatment to open up a recipient’s energy field to increase the energy flow during a session. This symbol cleanses, purifies, and protects. It is associated with the physical body.

Study and look at my provided diagram.

Try to draw and visualize the symbol in the air.

If you choose not to use the Cho Ku Rei that's "OK." As an angel reiki practitioner, you can instead call upon the Archangel Gabriel and channel his beautiful orange ray in its place.

Practice this technique, simply wave your dominant hand in a "side to side" motion and imagine that you are painting the air with bright orange paint.

## 2. Sei Hei Ki

The Sei Hei Ki is pronounced "say hay key." It's known as the "Emotional Balance" or "Mental" symbol. It is about harmony and love and helps to balance the emotions. You can use it to relieve grief and depression. Use it to bring a feeling of compassion and forgiveness for oneself and others. Use it to change habits and heal addictions.

Study and look at my provided diagram.

Try to draw and visualize the symbol in the air.

If you choose not to use the Sei Hei Ki that's "OK". As an angel reiki practitioner, you can call upon the Archangel Raphael and channel his beautiful green ray in its place.

Practice this technique, simply wave your dominant hand in a "side to side" motion and imagine that you are painting the air with a bright green paint.

## 3. Hon Sha Ze Sho Nen

The Hon Sha Ze Sho Nen is pronounced "hahn shah zey nen." It's known as the "Distance"



symbol. It removes the illusion of space and time. You use it to send reiki at a distance. Use it to heal blockages from past lives.

Practice drawing it but remember because it's so complicated that you can always look at a copy of the symbol whenever you want to draw and use it.

Study and look at my provided diagram.

Try to draw and visualize the symbol in the air.

If you choose not to use the Hon Sha Ze Sho Nen that's "OK." As an angel reiki practitioner you can call upon the Archangel Uriel and channel his red ray in its place.

Simply wave your dominant hand in a "side to side" motion and imagine that you are painting the air with a bright red paint.

#### 4. Dai Ko Mio

Dai Ko Mio is pronounced "die ko mio." It's known as the "Reiki Master" symbol.

It's similar to Cho Ku Rei but with a more subtle energy that is connected to the higher self. In traditional Usui Reiki It is used to invite in the full power of reiki energy and pass reiki attunements and full mastership empowerment .

I am presenting here in this guidebook, the modern Western version of this symbol.

Try to draw and visualize the symbol in the air.

If you choose not to use the Dai Ko Mio that's "OK." As an angel reiki practitioner, you can call upon the Archangel Michael and channel his blue ray its place.

Simply wave your dominant hand in a "side to side" motion and imagine that you are painting

the air with a bright blue paint.

## 5. Raku

A fifth symbol is the Raku. It is pronounced “ray koo”. It is also known as the “Thunderbolt” symbol. It’s a modern Western creation and not directly from the teachings of Mikao Usui. It has become very popular among many modern reiki branches

It can be used to intensify the power going into a treatment session. Some people also use it at the end of a session to close the energy between practitioner and recipient. Like a lightning stroke, it focuses and grounds by uniting the sky energy into the earth energy.

Study and look at my provided diagram.

Try to draw and visualize the symbol in the air.

If you don’t choose not to use the Raku symbol that’s “OK.” As an angel reiki practitioner, you can call upon instead the Archangel Metatron and channel his white ray its place.

Simply wave your dominant hand in a “side to side” motion and imagine that you are painting the air with a brilliant white paint.

## MODULE 2

### Chapter 5: Using and Creating your own Reiki Symbols?

Don’t worry if the Usui reiki symbols don’t resonate with you. This is not an uncommon thing for many Westerners who are not familiar with this Japanese Buddhist tradition. I had trouble memorizing and pronouncing them too. My angels told me that it is “OK” to replace the traditional symbols since your intention for using them was the most important thing.

You can also replace the Usui symbols with other symbols that may have special meaning to

you. It is fine to use the symbols of the Cross, the Star of David, the Pentacle, the Infinity symbol, the Om symbol and others. You can also create your own symbols too. You may “see” brand new symbols while dreaming, meditating or giving or receiving a reiki session.

Here are 10 of my favorite ways to use symbols:

1. Helping all types of plants: bless seeds before planting, bless water before watering, and while you are hugging a tree.
2. Blessing water: bless your bath water, the water you drink, and even your pet’s water.
3. Blessing the food that you eat: use to bring out the nutritional qualities and decrease the side effects of harmful things like pesticides.
4. Blessing your medicines: use to reduce harmful side effects and maximize the benefits.
5. Blessing objects: bless your computer, cars, trains, planes, public transportation and even the money in your wallet or bank account.
6. Space clearing: use to remove clutter and negative stuck energy in your home or workplace.
7. Physical protection: use the symbols for yourself and loved ones when in danger.
8. Protection of your home: use to bless and put up a protective shield.
9. Blessing your divination cards and charging your Reiki healing tools especially your crystals.
10. Wearing the Reiki symbols as jewelry and even decorating your body with tattoos

You can also say the names of the symbols or the names of the archangels aloud or silently like a mantra. Saying, invoking, or writing a name three times is particularly powerful.

*One of my favorite movies is The Wizard of Oz and remember that Dorothy clicked her heels together three times and said three times:*

*“there’s no place like home.”*

*“there’s no place like home.”*

*“there’s no place like home.”*

## MODULE 2

### Chapter 6: How are Usui Reiki and Angel Reiki Different ?

Let's start with the ways that traditional Usui Reiki and Angel Reiki are ALIKE.

Both clear energy blocks that can manifest in stress, fear, negative thinking and illness when they occur in the body. Both traditional Usui Reiki and Angel Reiki use a safe, gentle, natural intelligent energy that knows where in the body to go and what to do exactly to help support and awaken your body's own natural healing ability.

Both are complementary healing therapies and are not meant to replace conventional medical care, but are used rather to complement and enhance it. Both are spiritual in nature and in no means medical based.

Traditional Usui Reiki and Angel Reiki are DIFFERENT in the following ways.

Traditional Usui Reiki channels Universal Energy. Angel Reiki channels what I believe is a more effective, selective and precise channel of energy. Angel Reiki channels the archangels and the energy of their beautiful rainbow rays.

When you do Angel Reiki, there are no choreographed hand positions and movements to memorize. Unlike traditional Usui Reiki you will not be practicing "hands on healing" so any legal restrictions requiring one to be a licensed body worker or medical professional no longer becomes a legal or ethical issue. As an Angel Reiki practitioner, you will scan or direct energy with your hands or by using a selenite wand without touching the recipient's body. The archangels will assist you. You simply listen to them, "go with the flow" and let the angels tell you exactly what you need to do.

Unlike traditional Usui Reiki are no formal three degrees or levels of reiki mastership where a mortal human reiki master elevates and initiates the student using the reiki symbols. In Angel Reiki, the practitioner attunes themselves every day upon awakening by connecting with Archangel Metatron.

Although there is an artistic and poetic beauty to the Usui reiki symbols, an Angel Reiki practitioner is free to use and create their own meaningful symbols. You can also use the corresponding archangels and their colored rays in place of the symbols. This eliminates the fears that many Westerners face in using strange symbols that they might believe to be in conflict with their own spiritual beliefs and also eliminates the awkwardness that many English speaking people might experience mispronouncing the Japanese names or not fully comprehending the subtle meanings of the Buddhist symbols.

## MODULE 3

### Chapter 7: The Chakras

The word chakra is an Indian Sanskrit word that means spinning wheel of energy, vortex or energy system. Modern science is finally catching up with ancient philosophies in seeing the human body as a holistic interweaving of energy. This energy is sometimes called “subtle” energy. The word “subtle” here means faint to see or difficult to grasp from a scientific perspective.

The human body’s energy system is organized as follows: the aura, the meridians, and the chakras. The aura is the energy field surrounding the outside of the human body. The meridians are the pathways inside the body that transport energy to the organs and body systems. The chakras function like tiny energy generators powering the meridians and creating the human

body's glowing protective aura.

In Angel Reiki, you work with each one of the seven main chakras which line up vertically along the body's spinal column. Modern science has shown that the chakras also match up with the seven major endocrine glands of the human body. Each of these chakras correspond to an area of the body and certain behavioral functions of mind, body, and spirit. Each one of these seven chakras has its own unique color and energy frequency.

Keeping all seven chakras clear and balanced is important if you want to stay healthy. In Angel Reiki, we consciously channel and direct the beautiful, shining colored rays of archangels to clear and fine-tune each one of these chakras to help the body restore harmony and heal itself.

### The 7 Charkas

#1 – The Root or Base Chakra

Color - Red

Location - tailbone of the spine

Body - lower spine, feet, knees, legs, and excretory system

Gland(s) - adrenal glands

Function - self-preservation, security and physical needs

Physical Imbalances in this chakra include: physical problems in the lower spine, legs, knees, feet, colon, male reproductive organs and prostate gland, often resulting in knee pain, sciatica, degenerative arthritis, constipation, impotence, and eating disorders.

Emotional Imbalances here often manifest in fears concerning basic survival including: money, food and shelter and fears about your own inability to provide for life's necessities.

When the Root Chakra is balanced, you feel self-sufficient, stable, safe, secure, grounded, and fully alive and present in the world.

Chakra Purpose: basic trust

Chakra Affirmation: "I am"

## #2 – The Sacral Chakra

Color - Orange

Location - lower abdomen or hip area

Body - hips, pelvis, kidneys, spleen, womb, and reproductive system

Gland(s) - testes & ovaries

Function - creation, sexuality, the ability to flow with life, and express pleasure

Physical Imbalances in this chakra include: hip and pelvic pain and sexual and reproductive issues, kidney and urinary problems.

Emotional Imbalances here include: your commitment to relationships, ability to experience pleasure, creativity, sexuality often manifesting in fears regarding impotence, and betrayal.

When the Sacral Chakra is balanced you feel creative, passionate, sexual, outgoing, committed and have the ability to take risks and embrace change.

Chakra Purpose: sexuality and creativity

Chakra Affirmation: "I feel"

## #3 – The Solar Plexus Chakra

Color - Yellow

Location - stomach or navel area

Body - liver, stomach, gallbladder, small intestines, and digestive system

Gland(s) - pancreas

Function - will power, self confidence, and the ability to achieve

Physical imbalances in this chakra include: chronic fatigue, liver problems, diabetes, stomach ulcers, gallbladder and pancreas issues, high blood pressure, colon diseases and digestive problems.

Emotional imbalances here include: issues around personal power, self respect, self-compassion, confronting your inner critic, feelings of inferiority, criticism, and rejection.

When the Solar Plexus is balanced you feel in control, assertive and self confident.

Chakra Purpose: courage and will-power

Chakra Affirmation: "I do"

#### #4 – The Heart Chakra

Color - Green

Location - heart or center of chest

Body - shoulders, arms, hands, breasts, heart, lungs and circulatory system

Gland(s) - thymus gland

Function - compassion for others, love, and healing

Physical imbalances in this chakra include: heart disease, lung disease, lymphatic system, issues with breasts as well as upper back and shoulder problems, and arm or wrist pain.

Emotional imbalances here include: issues regarding emotions of the heart, anger, bitterness, jealousy, fear of loneliness, inability to give and receive love and over-loving to the point of suffocation.



When the Heart Chakra is balanced, you feel love for yourself and others, compassion for others, peacefulness gratitude, acceptance, and forgiveness flows freely.

Chakra Purpose: love and healing

Chakra Affirmation: “I love”

#### #5 – The Throat Chakra

Color - Blue

Location - neck

Body - mouth, neck, throat, ears, and respiratory system

Gland(s) - thyroid & parathyroid glands

Function - communication, self expression, and the ability to speak the truth

Physical imbalances in this chakra include: sore throats, neck pains, thyroid issues, laryngitis, asthma, breathing issues, ear infections, hearing loss, lip sores, and mouth ulcers.

Emotional imbalances here include: issues of self expression through communication (both spoken and written), fear of not having personal power or choice, inability to speak up and have your voice be heard.

When the Throat Chakra is balanced, you have free flowing of words, communication and expression. You are honest and truthful yet firm and a good listener.

Chakra Purpose: communication

Chakra Affirmation: “I speak”

## #6 – The Third Eye Chakra

Color - Indigo or Dark Purple

Location - middle of forehead

Body - eyes, sinus cavities, brain stem, and autonomic nervous system

Gland(s) - pituitary gland

Function - intuition, perception, and clairvoyance

Physical imbalances in this chakra include: headaches, blurred vision, sinus issues, hearing loss, eye-strain, and seizures.

Emotional imbalances here include: an inability to look at one's own fears and to learn from others, issues with self reflection, moodiness, over thinking, scattered mind, unclear life purpose, and exaggerated imagination

When the Third Eye Chakra is balanced you feel clear, focused, have a strong intuition, the ability to visualize, and process a guiding vision for life.

Chakra Purpose: awareness and psychic ability

Chakra Affirmation: "I see"

## #7 – The Crown Chakra

Color - Violet

Location - top of head

Body - cerebral cortex and central nervous system

Gland(s) - pineal gland

Function - spirituality, divine guidance, and enlightenment

Physical imbalances in this chakra include: depression, sensitivity to light, sound, environment, and inability to learn.

Emotional imbalances here include: issues with self-knowledge, deception, confusion, imbalances that arise from any rigid beliefs on religion and spirituality, prejudices and self absorption.

When the Crown Chakra is balanced, you have an open mind, reverence for all life, want to be of service to others, a connection to the divine wisdom and an unshakeable trust in your own inner guidance.

Chakra Purpose: spirituality and enlightenment

Chakra Affirmation: "I understand"

## MODULE: 3

### Chapter 8: The Archangels and Chakras

If EVERYTHING is energy, then and therefore the angels are ENERGY too !

Angels are a very high vibrational light energy. Angels are mostly known as protectors, and messengers, but they are also healers. I like to think that angels are made of unconditional love and healing energy from the expression of the ultimate source of light from U.S.E. ("Universal Source of Everything.") As light workers we use their angelic rays to heal and clear blockages and restore minds, bodies, and souls instantly.

These colored rays are part of the visible light spectrum. These colored rays are the same 7 colors of the rainbow and are also associated with the 7 main chakras. There is also an 8th chakra or Soul-Star Chakra. It is part of the white light which includes all of the 7 colors of the rainbow. It is the bridge that connects the soul with the physical body.

When you do angel reiki, you can direct the collective rainbow light of the angelic rays to restore the entire body. You can also concentrate focused energy to each individual chakra by channeling the individual archangel who's own colored ray matches the exact same color and frequency of the corresponding chakra.

You simply silently ask that archangel to "step forward" to help you. You then channel and scoop up their colored light and place it into the individual chakra that needs assistance.

With practice as you do more of this, you will start to see flashes of the colored rays or sense a tingling of warmth at the site of healing or in the corresponding charka.

Chakra	Archangel	Color or Angel Ray
1. Root or Base	Archangel Uriel	Red
2. Sacral	Archangel Gabriel	Orange
3. Solar Plexus	Archangel Jophiel	Yellow
4. Heart	Archangel Raphael	Green
5. Throat	Archangel Michael	Blue
6. Third Eye	Archangel Raziel	Indigo

7. Crown	Archangel Zadkiel	Violet
8. Soul Star	Archangel Metatron	White

Besides these 8 Archangels there are 7 more archangels that you can also work with:

Other Archangels

Chakra	Archangel	Color or Angelic Rays
Heart & Soul Star	Chamuel	Pale Green
Throat & Third Eye	Jeremiel	Dark Purple
Heart & Throat	Sandalphon	Turquoise.
Solar Plexus & Crown	Azrael	Creamy White.
Throat & Soul Star	Raguel	Pale Blue
Third Eye & Crown	Haniel	Moonlight
Root & Soul Star	Ariel	Pink

If selecting the “correct” archangel and finding the chakra(s) that needs assistance, seems a little confusing it need not be. Remember you can always silently “ask” the archangels for advice.

But another highly effective way to work with the angels, reiki and the charkas, is by using a simple tool known as the pendulum.

## MODULE 4

### Chapter 9: Using the Pendulum in Angel Reiki

Pendulums are weights attached to a fixed point by a cord or chain. They come in all shapes and sizes, When pulled and released, the forces of gravity and inertia create movement assisting, you in connecting and detecting the invisible energy fields surrounding you. A pendulum can be used for many purposes including helping you balance the chakras, receive answers from the angelic realms, and developing your psychic abilities.

Pendulums can be relatively inexpensive. They are easy to find and purchase. You will probably want to own more than one. They can be made of wood, metal and even crystal. I love the ones that are made of crystal for doing my angel and chakra work.

To find a pendulum that wants to work with you, hold the chain between you thumb and fore finger of your dominant hand. Clear your mind. Hold the pendulum so it hangs at the level of your heart.

Ask the pendulum to show you “yes.” Most people get a “yes” or “no” answer that is very similar to the same motion that our heads make when we nod “yes” or “no”. The weight of the pendulum will swing “side to side” for “no” and whenever answer is “yes” it will swing front to back. Silently ask your pendulum for the answer “yes” and the answer “no.”

Once this programming of the pendulum is done and your partnership with it is established you can simply direct your pendulum to spin clockwise or counter clockwise. You can also ask it not to move if there is an energy blockage. The pendulum will be very useful in your work with chakras.

## Exercise - Programing your Pendulum

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To use a pendulum to balance your chakras. Start with either your root or crown chakra.

Work up or down your body observing each one. Wait for your pendulum to start spinning on its own.

Make note of the direction that it spins. Make note of the size of the circle that it makes.

Ideally the size and direction of each circle should be the same. An erratic swing of the pendulum is an indication that something could be unbalanced. No movement might be an indication that a chakra could be blocked.

Practice every day !

## MODULE 4

### Chapter 10: Working with Color in Angel Reiki

As a an Angel Reiki practitioner you will be working with color especially the seven colors of the chakras and archangels. You will need to learn the ability to to see these colors in both your inner and outer vision.

One of the best ways to master this necessary skill is by working with an inexpensive a set of colored pencils.

## Exercise - Working with Color

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You will need these colors, Red, Orange, Yellow, Green, Blue, Indigo, and Violet.

You are going to start coloring with the pencils. Draw 7 circles about the size of quarter with the outline in each of the seven chakra colors. Color and fill in each circle in each color by coloring in using a clockwise motion. This is how is how the seven chakras each look when they are spinning.

Next practice coloring a sheet of white paper using a sweeping "side to side" motion from left to right to color in the sheet of paper in each color. This will provide you with a visual representation of the same motion that you use to summon or to direct colored light energy to a person, space or object.

Keep practicing every day !

## MODULE 4:

### Chapter 11: Using the Selenite Crystal Wand in Angel Reiki

A selenite crystal wand is the perfect tool for directing angelic energy. Selenite crystal naturally forms itself into long wand-like columns. Selenite is sometimes called "liquid light" making it perfect for angelic healing because it embodies the essence of angelic light. You can use a selenite wand to clear stagnant energy and dispel any negative energy from the chakras and aura.

It should be noted that selenite is a very soft and brittle crystal. Be gentle with your wand. Be sure not to get it wet as it is water soluble. Selenite as crystal gemstone is both inexpensive and readily available. I always keep two wands on hand as it is not uncommon for a wand to



explode or suddenly break. Many believe that when this breakage occurs, it is because the crystal has done its job in breaking up any negative or dark energy. You can even save the broken pieces for other uses by blessing and recharging these small pieces.

#### Exercise - Working with the Selenite Crystal Wand

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Hold the selenite wand in one hand over the top of the crown and “comb” in air all the way down the entire body. Shake off the dark energy after each pass and repeat this technique until you perceive a shift in energy.

Practice on your self and others !

#### MODULE 4:

##### Chapter 12: Using the Rattle in Reiki

Etheric cord cutting is a powerful energy healing modality when used along with the practice of Angel Reiki. To do this you use sound energy healing and a simple rattle as a tool. Rattles are instruments that are found in every culture. Often used for shamanic purposes, they are used to relax and soothe, for protection, and creating sacred time and space. It is no surprise that they are given to infants as a first plaything.

Etheric cords are created when you become attached by cords to energy of others. Every time you connect with someone, you send out an energetic cord. Aiding in communication, this cord connects thoughts and feelings. If this cord is healthy it is a channel for light or high vibrational energy. But if the cord is unhealthy it can be a channel of darkness and can leave you feeling drained and controlled against your will.

We are constantly creating etheric cords with people and even objects. Usually healthy cords connect to the heart chakra and unhealthy ones connect to the solar plexus. In order to stay healthy you need to cut any dark etheric cord attachments so as not to become drained. Cutting these unhealthy cords helps recharge your energy and helps you to change and to embrace new opportunities.

Rattles are inexpensive and easy to buy in a store or online. Also you can make one by simply putting some beads, stones or beans into an empty pill bottle.

Exercise - Working with the Rattle

A rattle when shaken “side to side”, produces a sawing sound.

Use this sound to cut unwanted cords.

When the same rattle is shaken “up and down”, it produces the sound of gentle falling rain.

Use this sound to cleanse the aura and rain down and infuse angelic energy.

Practice on yourself and others !

MODULE: 5

Chapter 13 - The Basic Reiki Chair Session

or How to do an Angel Reiki Chair Session?

Basic Angel Reiki Chair Session - average time 15 - 30 minutes

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A typical basic reiki chair session is performed on a fully clothed, seated client. Make sure that your client is grounded with legs uncrossed, their feet flat on the floor, and their hands palms face up on their thighs. Your client should close their eyes.

1. You should always begin by standing behind your client. Draw and visualize the reiki symbols or colored rays in the air. Do this 3X.
2. Move to one side of your client and sweep the area around your client by combing the air over and around your client using your selenite crystal wand.
3. Stand to one side of your client and check each one their seven chakras by using your pendulum.
4. Stand behind your client when you work on their Crown, Third Eye, and Throat chakras, stand to one side of your client when you work on their Heart chakra, and kneel or sit on second chair or stool when you work on their Solar Plexus, Sacral, and Root charkas.
5. For each chakra you are going to silently “invite in” the appropriate archangel by visualizing and directing in their colored rays by waving your hand in the air using a “side to side motion.” Do this 3X.
6. Next you are going to scoop up that colored light with cupped hands ( keep you fingers together ) and place that colored light into each chakra with your hands hovering over the client’s body about 5-6” away from your client’s body but never actually touching it.

During this treatment you will instinctively find yourself moving your hands in and out as each chakra balances and is set in place.

Repeat for each individual chakra

7. Next, stand to one side of your client and use your rattle to cut any unwanted etheric cords.

8. You will end the session by standing to one side of your client and sealing your client's aura with either your hands or your selenite crystal wand.
9. Silently thank the archangels for their assistance.
10. You can also invoke the Raku or thunderbolt symbol or invoke Archangel Metatron and his white light to end and ground the energy in the session
11. You will shake your client's energy off your hands
12. Afterwards you should make sure that your client is grounded.
13. Bring your client a glass of water that you have blessed with reiki symbols or colored light.
14. Answer any questions your client may have.
15. After your client leaves, clear your space, reiki tools, and wash your hands.

## MODULE 5:

### Chapter 14 - The Basic Reiki Table Session

#### or How to do an Angel Reiki Table Session?

Reiki Table Session - average time is 45 - 60 minutes.

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A typical reiki table session is performed on a fully clothed client (without shoes) reclining on a massage table or a padded floor. ( You will want to have on hand a blanket or sheet to cover your client so they stay modest, comfortable and don't get cold. ) Your client should close their eyes.

1. You should begin by standing at the head of your client. Draw and visualize the reiki

symbols and/or rainbow rays in the air and silently invite the archangels to step forward.

2. Stand to one side of your client and sweep the area around your client by combing the air with your selenite crystal wand. ( You should walk around your recipient as you do this. )
3. Stand to one side of your client and scan your client's chakras using a pendulum.
4. Stand behind your client when you work on their Crown, the Third Eye, the Throat chakras, stand to one side of your client when you work their Heart chakra, Solar Plexus, Sacral, and Root charkas.
5. For each chakra you are going to silently "invite in" the appropriate archangel by visualizing and directing in their colored rays by waving your hand in the air using a "side to side motion." Do this 3X.
6. Next you are going to scoop up that colored light with cupped hands (keep you fingers together) and place that colored light into each chakra with your hands hovering over the client's body about 5-6" away but never actually touching it.

During this treatment you will instinctively find yourself moving your hands in and out as each chakra balances and is set in place.

Repeat for each individual chakra.

5. After working on the front of your client, you will ask them to turn over so that their backs can be treated.

When you get to the Root chakra treat the bottom of your client's feet.

6. After completing work on the back, you will ask your client to turn over and return to lying once again face up on the bed.

7. Next, stand to the side of your client and use your rattle to cut any unwanted etheric cords.
8. You will end the session standing to the side of your client and sealing the client's aura with your selenite crystal wand.
9. You will silently thank the archangels for their assistance.
10. You will shake your clients energy off your hands
11. Afterwards help your client to sit up and help them off the table or up from the floor.
12. Bring your client a glass of water that you have blessed with reiki symbols or colored light
13. Answer any questions your client may have.
14. After your client leaves, clear your space with reiki symbols or angel light and wash your hands.

## MODULE 5

### Chapter 15 - The Reiki Circle Session

or How to participate in an Angel Reiki Circle Session?

Reiki Circle Session - average time per individual is 3 - 5 minutes

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A reiki circle is a group of people coming together to experience the power of reiki. There is sometimes a fee or donation which is shared by everyone. A reiki circle is an excellent way to practice your skills, meet like minded people and possible future clients and students. In addition it is a great way for new reiki practitioners to learn new techniques and gain experience.

Brief reiki sessions are performed on seated fully clothed participants in a group setting. It is sometimes called a “Reiki Share.” It often starts with everyone introducing themselves and maybe a group discussion or demonstration. Sometimes the group will practice passing energy “hand to hand” in a circle. This is sometimes followed by a short guided meditation. The group may also work as a team sending distance reiki to an individual, a place, thing or a circumstance that can benefit from a huge “blast” of group energy.

If not already set up, the chairs are then moved into a circle. Usually anyone trained from 2nd degree reiki onward can participate in the giving of reiki treatments. Each reiki practitioner draws and visualizes the appropriate symbols or rainbow rays in the air and silently invites in the universal energy or the archangels. They then move in a circle giving reiki to each seated attendee. When they are done, the reiki practitioner will sit down and that will be a signal that they are ready to receive some reiki too. These sessions are very similar to a basic chair reiki sessions but are for a shorter duration of time.

## MODULE 6:

### Chapter 16 - The Distance Reiki Session

#### or How to do a Distance Reiki Session?

Distance Reiki Session - Average time is 30 - 60 minutes.

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Long distance reiki is also known as “absentee reiki”. This technique enables you to do a reiki session beyond the limitations of space and time. In other words, you will be offering reiki without the receiver or client being present in the same place and time as you.

Usually a time and date is arranged between the client and practitioner. In advance of the session, the client may also send or e-mail a photo along with their name, date of birth,

location as well as any intent that they want the distance reiki session to support.

To prepare yourself and maximize the effectiveness of the session, you should create sacred space wherever you are and meditate before the actual session.

1. You draw and visualize the appropriate reiki symbols or rainbow rays in the air and silently invite the archangels to step forward.

2. Then you will imagine that the recipient is there with you in person. You can also work using a reiki doll, teddy bear or a drawing as a reference point.

3. You will proceed and finish as if you are offering a reiki table session. Although you will probably want to visualize the client standing in front of you.

( When I check my client's chakras, I like to use a colored drawing that shows the 7 chakras superimposed on the image of a figure that I can dangle my pendulum over.)

Remember because there is no eliminations of time and space on reiki energy, you can also use distance reiki for yourself and others in two more ways:

1. You can send distance reiki energy to the past and heal past wounds that are creating blockages in this present moment in time.

2. You can also send distance reiki energy to the future so that you can facilitate a manifestation or ease in creating and manifesting a desired future outcome.



## MODULE 6:

### Chapter 17 - The Reiki Attunements

#### and How to do Reiki Attunements

#### The Traditional Usui Reiki Attunement

Almost 100 years have passed since Madame Hawayo Takata brought Usui Reiki to the Western World. She placed great emphasis on three things: keeping the reiki symbols secret, the reiki attunements as a mysterious, formal process of initiation, and a lengthy and financially costly three degree system. With the passing of time much of all that has changed.

Today, many reiki master teachers like myself continue to carefully teach their students the components of this beautiful healing system but have simplified the process. For the new student the path to the Third Degree Reiki Mastership has the exact same destination but the progression there has been streamlined.

Once a committed student passes the master teacher's evaluation, they are attuned to the "Master" symbol. Because there is no space and time limitations in reiki, the student and the master teacher don't need to be physically together in the same place for this attunement to take place. Afterwards the new reiki master is rewarded their own master certification and all of the honors and benefits that go along with it. This is the method that I have successfully trained and certified my traditional Usui Reiki students for over a decade.

## How to do Usui Reiki Attunements

1. Draw and Invoke the Cho Ku Rei 3x and visually implant the symbol into your student's Solar Plexus and Sacral Chakras
1. Draw and invoke the Sei Hei Ki 3x and visually implant the symbol into your student's Heart Chakra.
2. Draw and invoke the Hon Sha Ze Sho Nen 3x and visually impact the symbol into your student's Root Chakra.

( These 3 attunements can also be done for completion of the Usui Reiki Second Degree)

3. Draw and Invoke the Dai Ko Myo 3x and visually impact the symbol into your student's Throat, Third Eye and Crown Chakras

( This attunement is done for the completion of the Usui Reik Master Degree )

4. Draw and Invoke the Raku to the seal the attunements.

Use this technique on students with you in person or as an absentee attunement if they are not present in person with you.

( These attunements are permanent and last forever.)

## The Angelic Realms Reiki Attunement

Unlike traditional Usui Reiki are no formal three degrees or levels of reiki mastership and there is no mortal human reiki master/teacher to elevate and initiate the student using the reiki symbols using mysterious rituals, ceremonies and attunements.

In The Angelic Reiki, you will attune yourself every day upon awakening by connecting with Archangel Metatron. You can use the “Raku” or “Thumberbolt“ symbol to anchor the process. I recommend also that you start a journal so you can have a record of the answers and miracles will begin to unfold in your life.

Each Morning

1. Visualize an arched rainbow above the crown of your head and underneath of this arched rainbow is a luminous white light.
2. Slowly exhale through your lips and even though your eyes are closed you sense that the luminous white light transforms to a ruby red color. - now draw this light down to your Root Chakra - “You feel safe”.
3. Slowly exhale through your lips and even though your eyes are closed you sense that that the ruby red light transforms to a vibrant orange color. - now draw this light down to your Sacral Chakra - You feel energized and alive.
4. Slowly exhale through your lips and even though your eyes are closed you sense that the vibrant orange light transforms to bright yellow color. - now draw this light down to your Solar Plexus Chakra - You feel strong and confident.
5. Slowly exhale through your lips and even though your eyes are closed you sense that the bright yellow light transforms to an emerald green color - now draw this light down to your Heart Chakra -You feel loved.
6. Slowly exhale through your lips and even though your eyes are closed you sense that the emerald green light transforms to a bright blue color - now draw this light down to your throat

chakra -You know that you are free to express your personal truth.

7. Slowly exhale through your lips and even though your eyes are closed you sense that the blue light transforms into a deep shade of indigo color - now draw this light down to your Third Eye Chakra - You know that you can tap into a higher wisdom.

8. Slowly exhale through your lips and even though your eyes are closed you sense that the indigo light transforms into a violet color - now draw this light down to your Crown Chakra - You feel a oneness with the “Universal Source of Everything.”

8. The light fades slowly. You become aware of your surroundings. You know that you have been filled with a great love, light, and magic. It is within you.....

9. Thank all eight of the archangels starting with Archangel Metatron

10. Invoke the Raku or Thunderbolt symbol 3x

The practice of Angel Reiki transforms you. You will evolve when you “hang out” with angels and do this practice. Remember back when I went over energy and I mentioned how “your Mom was right” “about the company you keep” and “who” you hang out with.

Through this relationship you will start to vibrate at a higher frequency. You will stretch your own spiritual wings You may discover that you are an “earth angel.” The angels and Divine Intelligence will start to communicate with you

You will start to feel a magical presence around you. You will feel safe, protected, being watched over and guided. You may notice signs and messages. These may appear as re-occurring numbers or objects like white feathers or lucky pennies finding their way to you. You

may start to see angels and their see movement as flashes of their colored rays out of the corners of your eyes. Don't forget to ask the angels how they want you to recognize them. Their visual appearance will be different for each one of us.

There may be changes in your psychic abilities. If you already work with tarot and angel oracle cards you may discover that your intuitive skills may expand. More people will want you to do readings for them. You may start to clearly see auras and the energy fields of others. You may see synchronicities and your manifestation abilities will become enhanced.

The practice of Angel Reiki will boost your spiritual understanding of yourself and the world around you. You will find that you have the healing tools to push away anxiety, pain, and the dark clouds that hang over you like a stormy day. Your practice will bring joy and purpose to your life.

I know because it had done exactly that for me!

## MODULE 6:

### Chapter 18 - Your Next 6 Steps

#### 1. Become Comfortable Giving Angel Reiki Treatments

Begin experiencing angel reiki on a personal level through self treatments. The do sessions on family members, friends and pets. The more you do reiki, the more the angelic energy will flow to you.

Don't forget to also practice your visualization skills. Learn to see energy, the colors, the symbols, and angels in your inner vision but with your eyes wide open. Yes, you heard me correctly! Don't close your eyes!. You want to "see" with both your outer and inner vision.

A real miracle will unfold. You will start to notice that you will be able to “see” energy when you channel it. Most importantly, you will also start to catch the flashes of the angel rainbow rays not only when you are doing reiki but all of the time.

## 2. Gather your Equipment and Supplies

By now you should already own a pendulum, selenite crystal wand, and rattle, next if you don't already own one, you will want to invest in a portable massage table, bed sheets, blankets and accessories. I recommend a massage table that folds up for storage and easy transportation.

You may want to have soft gentle music to soothe your client. Have a different selection of CDs with different types of music: Instrumental, New Age, and Chanting. Let your client pick a CD or silence.

You will probably want to have tissues and drinking water on hand too. Use candles, sage, incense, and essential oils with discretion as some people are sensitive so ask before using.

If you are setting up a treatment room, don't forget to create a spot for your client to hang their coat and store their personal belongings. Make sure the space is clean and vacuumed with a minimum of clutter, although you can add some nice pictures of the reiki symbols and angels on the walls. Plants and crystals are nice touches too

## 3. Tell People about your Usui and Angel Reiki Practice

Be sure to come out of the spiritual closet!

Let your friends and family know about what you do. Have business cards printed and reach out on social media to draw in new friends and clients. Visit other people's reiki circles. Host your own reiki circles.

#### 4. Get a Mentor and/or Business Advisor

Get a life and business mentor or coach to help you, especially one that specializes in working with a spiritual entrepreneur. Find a tax accountant who can teach you how to set up your book-keeping and the benefits of setting up your own business.

#### 5. Familiarize yourself with the law - Know the right way to explain what you do.

Angelic Reiki is not meant to replace conventional medical care, but rather to complement and enhance it. Never suggest that anyone discontinue medical care or stop taking any medicine prescribed by a medical provider. Never diagnose disease or prescribe for any disease.

Reiki is spiritual in nature and is not intended to replace any medically approved treatment. It is not an independent therapy, but one that is included as a part of a holistic healing approach.

#### 6. Get your Certifications

Get certified as both a Traditional Usui Reiki Master and an Angel Reiki Practitioner.

Follow carefully these 5 Steps

- 1 Listen to all 6 modules.
2. Read the guidebook
3. Practice on yourself and others
4. Start a Journal
5. Take the Final Exam

Please email your final examination to [sharonah@psychictalk.net](mailto:sharonah@psychictalk.net)

Be sure to put "Certified Angel Reiki Practitioner Final Exam" in the subject line of your email.

If you don't pass it the first time, you are allowed to retake it if necessary.

After my final evaluation you will receive your:

Usui Reiki Certification and Certificate

Angel Reiki Certification and Certificate

Please allow time for me to evaluate your results.

Please make sure to email along with your answers, the exact way you want your name to appear on your certificates.

## About Sharonah Rapseik, Ph.D.

Sharonah Rapseik is a third generational psychic and spiritual healer, who has been seeing and communicating with angels since childhood. She has been teaching traditional Usui Reiki since



2001. In 2011 she created and started teaching Angel Reiki because she felt a passionate need to create a new Western branch of reiki that included the angels and angelic healing

Sometimes known as the "Spiritual Fashionista" Sharonah comes to this work by way of a 30-year plus career in the fashion and beauty professions including working as an esthetician and make-up artist for film, TV, and fashion. She

is the founder of SPA Holistica a holistic spa in New York City.

In addition to Reiki and holistic wellness, Sharonah offers intuitive readings using classic Tarot Cards and angel oracle cards, to help her clients connect with spirit and find answers to their questions on relationships, romance, wellness, career, life purpose, and more.

*Continued...*



Sharonah is a lifetime student of spirituality and holistic wellness. She has studied under world renowned teachers including Mary K. Greer, Rachel Pollack, Radleigh Valentine, Kyle Gray, Denise Lin, John Holland, Collette Baron-Reid, and Sonia Choquette.

She is a 4th Degree Tarot Master Graduate of The Tarot School founded by Ruth and Wald Amberstone, plus Certified by, and a Member of , *The Tarot Guild*, the international association for Professional Tarot Readers, since 2004 – TheTarotGuild.com.

A graduate of Drexel University, the Institute of Integrative Nutrition, and Clayton College, Sharonah's Ph.D. doctoral dissertation was on Natural Health and Spiritual Healing.

Sharonah lives in New York City. She is an animal lover and volunteer for the Wild Bird Fund, Inc. She also loves working as a volunteer for the Edgar Cayce Center of NYC and being a host on *Psychic Talk Radio* – PsychicTalk.net.

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