

# Lighten the Load Reiki

instructions

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## About Lighten the Load Reiki

Lighten the Load Reiki is a different kind of Reiki energy that uses visualization for healing. The purpose of this energy is to help release old baggage and burdens that can cause emotional distress, anxiety, worry, and a feeling of not being in control of life. Use of this energy frees up the old energy and helps “lighten the load” for a brighter outlook and greater happiness.

### To Activate

If you are using this energy on a client, direct the client to use the following visualization while you send Reiki energy. To use this energy on yourself, simply get into a meditative state and use this visualization.

Imagine that you are standing on a sandy beach. The body of water can be a river, stream, ocean or lake, whatever feels right to you. Just know that it is healing water. Step into the water, and begin to float on your back, knowing that you are held up safely by the magic healing waters. Then, imagine that any negative or stuck energy is being removed from your body. You might see this energy as actual boulders or large rocks, that leave the body and sink to the floor of the body of water.

As the rocks leave the body, feel yourself getting lighter and lighter, until you float up into the sky.

## **To Attune Others**

**Connect to your higher self, and then the higher self of the recipient. Ask to connect to the "Lighten the Load" Reiki energy. See it as a golden ball of light.**

**Use your traditional attunement method if in person to send the ball of light into the chakras.**

**Via distance, imagine the person in front of you as you send the ball of light to the recipient.**

**There is no time-limit or limit on re-attunements.**

**This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.**

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Thank you.

### Additional Attunements

More Reiki attunements and systems are available at Element  
Energy Center: [www.elementenergy.com](http://www.elementenergy.com)