

Holistic Restoration's Approach to Opening and Closing a Reiki Healing Session ***...and healing mantras to use throughout sessions:***

There are no set opening/closing protocols to a reiki session. All are as personal as the master/teacher that guides you through the process of learning this ancient, intuitive healing practice.

The opening/closing protocols used by Holistic Restoration were intuitively informed and you are strongly encouraged to settle into the language, words, and intention that feel most natural, aligned, connected and inspiring to you are the reiki practitioner, a natural born healer.

If you find the words Crissy was guided to follow feel right and appropriate for you, especially when beginning your practice, you are welcome to embrace them and use them as your own, always knowing that if you are guided to a different unfolding of connecting to and holding the space for your healing transmission to happen, you are again encouraged to do so.

You are equally strongly urged to make conscious intention to establish connection through the white light in particular, especially if you are going to invite other energy presences to participate in the session.

All of this applies also to the mantras used at each energy center and throughout a reiki session. Each listed out below are intended to be a launching point for you to begin to connect more deeply and personally to the qualities of each chakra energy center.

May the words below be a guide to a more enhanced, confident, and tangible connection to each of these energy centers, and allow you to move forward knowing you can do no harm with your well-intended and compassionate heart leading you.

Holistic Restoration's Opening Prayer

As I lay hands on the client's crown chakra initiating contact, I take a moment to silently thank the client for receiving the transmission of love and light that I offer through the purest of white lights and for the highest good of all; I invite any ascended masters, angels, spirit guides and loved ones who else work through and within the white light to join us and contribute anything they feel will assist the client with fulfilling their session intention.

Holistic Restoration's Healing Mantras

Upon initiating contact with each position throughout the session, you may consider beginning your focus on resolving any energy ready to finish processing, clearing anything hindering the client from experiencing balance and flow in regards to the chakra (the 9 positions of HR's approach to reiki healing sessions):

- Crown (top of head) – knowing you are divinely guided and protected, sourced and resources
- 3rd eye (over eyes) – igniting your ability to see what cannot be represented in the physical; to see God in all things; and to see all things with God's eyes
- 3rd eye / Throat (over ears) – igniting your ability hear beyond what can be made audible; to hear God voice in all sounds; and to hear all with God's ears
- Throat (over neck area) – bringing forth your most authentic voice; speaking from the heart; speaking your truth out loud to others and also internally to self
- Heart (shoulders) – experiencing ease and flow in emotions and relationships
- Solar plexus (below rib cage, above naval) – finding your empowerment and knowing your worth and value is found in your unique authentic expression of self
- Sacral (below naval, above pubic area) – allowing your most authentic creative expression of self, knowing you have limitless choices for your life and expressing yourself through how you create your life
- Root (knees) – finding strength and empowerment through your ancestors; those of your family blood line, of the collective human consciousness, and those of your own personal lifetimes within this life time; knowing you stand upon the shoulders of giants and that you, too, are one of the giants upon whose shoulders you stand upon
- Root (feet) – expanding your roots more deeply into the ground, anchoring into the knowingness of who you are; finding strength, stability, community, communications, and nutrients through deepening and expanding your roots

At any time during the session you are return your focus to the energy center you're balancing simply by repeating: Balance, Clear, Restore...Balance, Clear, Restore...Balance, Clear, Restore...

Holistic Restoration's Closing Reiki Blessing

As I bring the session to a close, having focused on grounding the client's energy back into the present moment and silently setting the intention for ongoing integration, insights, and clearing; I thank the ascended masters, angels, spirit guides, and loved ones that contributed to the session and silently state that with the removal of my hands (and any additional crystals, lighting of palo santo, etc) that the session will be brought to a close (therefore closing the portal opened at the start of the session, helping the client more fully anchor into the energy of the present moment and diminish any lingering unresolved energy that may cause the client to feel foggy, ungrounded, spacey, disconnected, etc...) and the session will be complete. Lastly, concluding with the following blessing:

Balance, clear, restore;
You are now as never before.

Blessings lie in store,
When you walk back through the door.

Every step you take,
Life will meet your feet.

Everyone you see,
It is yourself you greet.

I love you,
I bless you,
I honor you,
I appreciate you.

Amen;
and so it is.