



MONEY REIKI

PRACTITIONER'S MANUAL

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PREFACE

I am in no way a financial expert. On the contrary, my financial life has mostly been one big mess since I graduated college. Many of my financial problems stemmed from a chronic illness I got when I was 17. My credit card debt was just the tip of the iceberg, and eventually my relationship with money devolved into a systemic, complete shutdown in regards to money management.

I never really enjoyed managing money. I resented the idea that in order to live I needed to deal with bills, bank accounts, and taxes. It was only through sheer need that I turned to the study of prosperity. Yet, traditional prosperity courses didn't help me much. Underlying all the positive affirming I always felt there must be more to life than being a consumer in an ever-increasing upward spiral of more and better material possessions.

We're told in prosperity courses that wanting money is OK. Well, when it came to dealing with my financial issues, I still needed a more compelling driving force than just having a mansion. This is where Money Reiki bridges the gap for me – it's about *healing* money issues, not just personally but on a planetary scale as well. That's something that truly excites me, and I hope it excites you too.

I am by no means done fixing my financial mess. Part of my journey in exploring this energy is taking care of my own money problems. You know the saying – those who can't, teach. Well, I've already had some remarkable results using this energy, and I hope you will too.

Don't expect the lottery win just yet – for me, the first big shift was getting out of the habit of regularly overdrawing my bank account. That may not seem like much but you must first lay the foundation.



Abundance has never been my issue – money has. I always have more than enough of whatever I need. I just have had a rotten time dealing with my finances. I suspect a lot of other people have the same problem. This is why this energy system is called “Money Reiki” and not “Abundance Reiki” or “Prosperity Reiki.” (Though, I am aware of other Reiki systems using those terms.)

Money Reiki is specifically about *money*. It’s to help you with your ability to earn and manage money more effectively, in ways that support your highest good. It also helps the planet by shifting all energy surrounding money.

I hope you’ll find this energy helps you as much as it is helping me.

Stephanie Brail, January 2005



PART I – MONEY REIKI THEORY

Introduction to Money Reiki

Money Reiki is a style of Reiki that works with the “Spiritual Energy of Money.”

Reiki, for those who are not familiar with it, is a form of hands-on and distance energy healing that generally uses the visualization of symbols as a trigger for the healing energy. The ability to channel Reiki energy is passed through what is called an “attunement,” which is an energetic transfer of the Reiki energy from a Reiki Master to the recipient.

I was inspired in meditation to create the Money Reiki system when I realized that if I could be attuned to Reiki healing energy, I might also be attuned to the energy of money.

When I was 23, I went on disability for Chronic Fatigue Syndrome. By 24, I had also charged up my credit cards to the point of no return. Within a few years I had defaulted on all my credit card payments. Money management has been a struggle for me most of my adult life. Because of this, I have studied extensively many prosperity systems and teachers. Nothing seemed to really make a difference.

I found the traditional use of positive thinking and affirmations to be less than effective.

Most prosperity teachers promise a lot, but often deliver much less. I have also worked with clients who had spent hundreds if not thousands of dollars on prosperity systems. When they did not achieve the miraculous results promised by their prosperity teachers, the clients often blamed themselves instead of questioning the validity of the teachings.



A good friend of mine, having read some information on prosperity thinking, was trying to “think” his way out of being behind on his mortgage payments. When he finally told me what was going on, it was too late – a notice had been posted to his front door, evicting him from his home. His house had been put up for auction and sold, without his knowledge.

This was extremely unnecessary, because my friend had a three bedroom house and could have rented out the two other bedrooms to friends of his. The rent money could have easily helped pay for the mortgage. A simple solution like this had been available to him all along – so why didn’t he take advantage of this obvious solution?

I think part of the problem was the prosperity teachings he was reading. Some of the teachings seem to indicate that by sheer willpower one might be able to manifest a million dollars with a thought. Why then, take an intermediate step of renting out a room, when that big windfall was just an affirmation away?

In this Money Reiki course you will not be told that your money problems will be solved immediately through positive thinking. Rather, through persistent application of energy healing, as well as taking action in your life, you can *gradually* overcome your financial issues. But, depending on the severity of your situation, this could take some time.

So be careful when prosperity teachers tell you to affirm your way out of a big financial mess. Do the affirmations, yes, but use your common sense as well.

Now, this is not to say that all prosperity teachers are bad, or that all prosperity thinking is wrong. Many people have benefited from prosperity teachings. It does not work equally well for everyone, however. Why that is will be explained shortly.



How Money Reiki is Different

Money Reiki takes a different approach than what is usually taught in prosperity courses. Money Reiki is less about manifestation of abundance and more about clearing out negative energy in relation to money. As such, it makes a perfect adjunct to whatever prosperity, abundance, and manifestation work you may be currently doing.

If you are doing prosperity work such as affirmations, Money Reiki should be done first to help build up your energetic system so that the affirmations will have a stronger effect.

As you use Money Reiki over time, its effectiveness should increase. Initially, Money Reiki will work to clear out negative issues and energies you have surrounding money. It will strengthen your energetic system. As you continue to use the energy, you will become stronger and clearer in your energy.

As more and more negative energy washes away, the more the attracting elements of Money Reiki can take hold. Eventually, Money Reiki can serve as a powerful means of manifesting for yourself as well as others.

Please note, however, that because we all have different issues in relation to money, results will vary depending upon the person. If you have many past lives that have embedded negative experiences in your psyche, you may need to do a lot of Money Reiki on those issues before you will be able to use it for manifestation. The good news is that you don't need to know exactly what the issues are – the energy will do the work.

Money Reiki and the Energetic System

Let's take a closer look at how Money Reiki works.

As a Reiki Master, I look at a lot of problems from an energetic perspective. I believe our energetic systems are both a cause and an effect of our problems.

Underlying our physical bodies is our energy system. It is my belief that everything physical first begins with our energy.

Let's look at physical illness. Why is it that some new age philosophers believe that illnesses are caused by emotional distress or problems? Well, here's one way to look at it:

Say you are in a situation that is constantly making you upset. Perhaps you are in an abusive relationship. Overtime, that negative energy from the relationship damages your energetic system. It scars it, and causes the energy to flow in the wrong places.

Unfortunately, your body requires positive energy to function properly. When your energetic system is out of balance due to the continued stress of your bad relationship, your body may end up responding with illness.

What makes matters worse is that this ends up becoming a **negative feedback loop** – the more stress you have, the more your energetic system malfunctions. The worse shape your energetic system is in, the less healthy you are. The less healthy you are, the more stress you'll probably have, thus damaging your energetic system even more!

Many things affect the health of the energetic system. Depending upon your philosophy, this may include your overall spiritual health, connection with God, past life karma, etc.

The important thing is to remember that everything starts with the energy system.

Therefore, if you are having problems with money, it is probably due to some underlying problem you have with your energetic system.

This is why just “thinking positively” will not work for many people!

It will work for *some* people: Those people whose energetic systems are healthier will get better results from positive thinking. People who have healthier energetic systems surrounding money issues will naturally do better with their money than people who have severe energetic traumas relating to money.

If you have a conditioned athlete on one side, and a couch potato with a broken leg on the other, and you teach both how to play a new sport, who do you think will do better? Probably the athlete.

So if you’ve ever been in a prosperity class and you’ve been amazed at the one or two students who seem to be generating lottery wins and new job offers at every turn – well, they are probably getting those results because their energetic systems were already primed. They just needed to align their thoughts and the results were theirs.

Other students, on the other hand, were struggling, even though they did their homework. Most likely, their energetic system was blocked in such a way that positive thinking wasn’t effective for them.



If you are coming to Money Reiki, perhaps you have not had miraculous results with prosperity thinking and you are looking for a better way. Or, if you have been one of those folks doing well with prosperity thinking, perhaps you want better results. Either way, Money Reiki will help. This is because Money Reiki serves to strengthen your energetic system in the arena of money.

Positive Thinking vs. Positive Feeling

One interesting trend you may have already noticed is that many prosperity teachers are now telling you that it's not just positive thinking, but positive *feeling* that generates results.

They are on the right track, but have it backwards.

Positive feeling will work for many people, but not for all. For you see, generating positive feelings is still working on the symptom more than the cause.

If you've ever met someone who radiated a sincere, positive attitude, chances are that person has an extremely healthy energetic system. People with healthy energetic systems will be happier, healthier, and more successful than people with unhealthy energetic systems.

This is why it appears that such people got to where they were on positive thinking or positive feelings. But generally speaking, being in a natural state of positive thinking and feeling is the *result* of a healthy energetic system.

If you follow the Law of Attraction: It is the healthy energetic system that "attracts" more powerfully than any one thought or feeling.

Here's where it gets interesting. Remember our negative feedback loop? Well, we can also generate a **positive feedback loop**. Positive feelings in addition to

positive thinking *can* work to heal your underlying energetic system, just like bad feelings and thoughts can hurt your energetic system.

Still, if you are in better energetic condition in the first place, your results will be much stronger and faster than those with severe energetic dysfunctions. These effects are cumulative over a period of time – it is hard to change your energy system quickly through just positive thinking or feeling.

By and far it will be even more powerful to get in there and work on the energetic system directly through energy healing. This is what Money Reiki does.

If you then do your positive thinking/positive feeling work on top of Money Reiki, I suspect that your results will be even that much more powerful.

More About Money Energy

In this course, we'll talk about three different kinds of energy in relation to money.

1. Your Personal Money Energy
2. Tribal Money Energy
3. The Spiritual Energy of Money

My initial idea behind Money Reiki was to find a way to remove the energetic blocks that an individual might have to earning and managing money. Much to my surprise, I discovered something more. After experimenting with the energy, I found that I had tapped into something bigger than just the healing of my Personal Money Energy. What I discovered was the Spiritual Energy of Money.



The Spiritual Energy of Money is money at its source vibration – filled with love, light, and generosity. It is the pure energy of money that exists on the spiritual plane.

The energy of money on the planet, however, has become clouded and skewed by thousands of years of bad money practices. Greed, war, poverty, and other problems caused by the misuse of money have caused the *Tribal Energy of Money* to carry with it many negative elements.

Additionally, your personal tribe, which includes your country of origin, family, and social circle, may have its own money baggage.

Today's Tribal Money Energy has a lot of negative currents. This is a radical idea in prosperity circles, because the popular concept today is that money energy is neutral.

Have you been to a prosperity class where the teacher was saying that money is not bad, but in the back of your mind you're wondering how that can be true...after all, what about the starving children in Africa?

Don't ignore that voice – that's the voice of your conscience. There *is* a problem with money energy on the planet today! A big problem!

Contrary to what some prosperity teachers tell us, the energy of money is not "neutral." Oh, on an intellectual level, sure, money is neutral. But energetically speaking, the vibration of money on this planet is on the whole more negative rather than positive.

Think of the planetary energy of money as being a collection of thought-forms if you will. Mingling with these thought-forms is the energetic residue of deeds

done, good or bad, in the name of money. Deeds done with money and deeds that were not done due to lack of money.

Unfortunately, our track record is really not that great when you take a look at it.

So is it true that the energy of money on planet Earth neutral? No, it is not. You only need to look around to see the negative effects of money misuse and abuse:

- Children exploited in sweatshops in third world countries (so corporations can make a greater profit).
- Environmental devastation and plundering of natural resources due to greed.
- Tremendous disparities between the rich and the poor across the globe.
- Money taking the place of spirituality, family, and basic human needs, as evidenced by 60-80 hour workweeks for many employees.
- More money spent on bombs and weapons than on teachers and schools (by the billions).
- Financial exploitation by unscrupulous people (think about the dot-com boom in the 90s and how many people were personally hurt when it went bust).
- And more.

It is completely natural to be disturbed by the evil that is done in the name of money. This is why going to a prosperity seminar and just being told “money isn’t evil” isn’t going to cut it for a lot of folks. And it really isn’t telling the whole truth.

Is making money bad? Absolutely not. Are all rich people bad? No way. But is a world economic system bad when certain people live in material luxury while others have a hard time just eating one meal a day (much less three)? Absolutely. That is a bad economic system. Very very bad.



And to me, it doesn't really matter what the actual "system" is. Capitalism can be a wonderful economic system if it is run by compassionate, caring people. The systems are faulty because people are acting out of greed and fear. This is the energy that gets picked up and transmitted to the Tribal Energy of Money.

Some of us who are sensitive to energies can feel this negativity covering the aura of money. We know something is amiss. So when people try to tell us that money is neutral and we should just be very happy about making ourselves rich, that the world is abundant by nature...well, we're just not *buying* it. This is why many people have a problem with money, no matter how hard they try.

This is where Money Reiki comes in.

Money Reiki is here to heal the energy of money – your Personal Money Energy, and Tribal Money Energy. We want to bring all that energy back to the Spiritual Energy of Money. The Spiritual Energy of Money is different from Tribal Money Energy. The Spiritual Energy of Money is the energy of money in its highest form. This is the pure, unblemished energy of money direct from Source.

The Spiritual Energy of Money has the following effects:

1. It supports each individual to earn money in ways that support their highest good and the highest good of others.
2. It encourages the ethical use of money.
3. It supports true abundance, where everyone is fed, clothed, and housed.
4. It puts money in its proper place – where consumerism and "bigger and better" are not taking the place of spirituality.
5. It helps institutions evolve to higher levels, so that they work more from heart and less from bureaucracy.



Money Reiki is to help heal Tribal Money Energy, and bring it back in alignment with the Spiritual Energy of Money.

This is the beauty of this form of Reiki. When you use Money Reiki, you will not only help yourself with your own financial issues, you will help the planet.

How Money Reiki Affects the Planet

It is a spiritual cop-out to suggest that poor, starving people have manifested their own lot in life so we shouldn't feel some sense of outrage about it. We should be disturbed that certain people have way more than they need while others go starving. It's just not right.

In all cases we want everyone to be provided for and there is no reason for one single person to own billions of dollars and have too much when others die from poverty on this planet. There is no reason for it. That we accept this travesty is part of our mass delusion in relation to money. We have tapped into the Tribal Energy of Money.

Am I suggesting that you keep yourself poor because the system is out of balance? No. We will use Money Reiki to help fix the system on an energetic level.

Each person who is attuned to Money Reiki helps lift the vibration of money on the planet. Each time you use Money Reiki you lift the vibration of money on the planet.

As the earthly energy of money is healed, the negative thought-forms floating around are replaced by more positive ones. The energy around money becomes more positive, and as people interact with money, they will be subtly touched and inspired to do better things with it.



Using Money Reiki will indirectly heal other people from negative addictions to money. The fact is, many people are indeed quite greedy and ruthless when it comes to having money. The higher vibration the Tribal Money Energy becomes, the more such people will be inspired to live to their higher paths and use money for good, not just for their own aggrandizement.

Imagine a world where teachers are paid more than strippers. Where everyone gets fed. Where corporations put people and families first before the bottom line.

As we all shift the energy of money to a higher vibration, people will be naturally drawn to use money in higher ways.

This is why Money Reiki is so important.

Money Reiki and Lightworkers

Chances are, if you are reading this you are a “lightworker,” a person who has come to the planet to help heal it.

Money Reiki is particularly important for lightworkers and healers. One of the purposes of Money Reiki is to help lightworkers be able to earn a comfortable living by following their true path.

It is all too common for lightworkers to be struggling and not able to earn enough to support themselves. They are then not able to truly help others in the way that they were meant to.

Money Reiki is here to help all lightworkers earn good livings doing the healing work they are supposed to do. Money Reiki also helps everyone do the work that

they were born to do, that which they love to do as opposed to what they think they *should* to do earn a living.

For artists, musicians, activists, healers, teachers, entrepreneurs, and others who are going off the beaten path, Money Reiki is helping shift the energy so that people can do work from the heart and not be financially punished for doing so.

Additionally, many of us have legitimate concerns over the disparities caused by the negative Tribal Money Energies. If you have been struggling with prosperity issues, it may be that you are being called to help be a light to others by showing the world a different way of relating to money.

Performing Money Reiki regularly will help in all arenas – it will help you with your personal issues, and it will help the planet. But know this: The more you get in alignment with your path, the less you will be able to “tolerate” when it comes to your own personal financial mess.

In order for planetary lightworkers to become the most effective, we as a group *must* take money back from greedy, unspiritual people.

It is time!



PART II – MONEY REIKI PRACTICE

Money Reiki is easy to use and its applications are endless. I encourage you to experiment and come up with your own ways to use the energy.

Money Reiki Symbol

Traditionally, Reiki energy is activated through the use of symbols. These symbols are triggered by many methods, including imagining them in your mind, drawing them in the air with your hand, drawing them on the palms of your hands with your finger, or even drawing them on the roof of your mouth with your tongue. (That last one requires a bit of aural dexterity, which I personally cannot claim!)

I generally send Reiki through intention rather than symbols. So you can also send Money Reiki just by “intending” it (think, “sending Reiki Money energy now”).

There is also a formal symbol for the Money Reiki Practitioner level. It is the dollar sign.



(You can draw one or two lines through the S.)

This is not a traditional Reiki symbol. It is not “sacred” or secret, since we see it everywhere. What we are doing by using the American dollar sign is co-opting



this symbol (hijacking it, as it were) to put it to good use and increase our own vibration in relation to it, as well as increase the symbol's vibration.

The dollar sign, when imagined, should be infused with spiritual energy. I envision it glowing with white/golden light.

How to Use Money Reiki

You would not use Money Reiki in the same way you use traditional Reiki in a healing session.

You can use Money Reiki to SEND and RECEIVE energy. When you SEND Money Reiki, you are sending the spiritual vibration of money out to provide a financial blessing for yourself or others. When you use Money Reiki to RECEIVE, you are creating a money magnet with the energy.

As in traditional Reiki, you can send Money Reiki through the palms of your hands. Intend to send the energy, or imagine the dollar sign floating out of your palms.

Money Reiki is often best used on physical objects as well as situations. For example, if you are using your computer to make money, then send Money Reiki to your computer. If you are looking for a job, put Money Reiki on all your resumes.

The most important thing to use Money Reiki on is money itself.

Whenever you handle physical money, send Money Reiki along with a blessing. This will help remove negative energy from the cash and help raise the vibration of the money supply. It will also bless the people who use this money, and help bring more money back to you.



A simple blessing to say in your mind when you use cash is to simply think, "Bless you and thank you."

You should also send Money Reiki to your credit cards, debit cards, bank statements, and other financial tools.

Money Reiki Treatments

Generally, most people with severe money issues carry these issues in their first chakra, which is an energy center at the base of your spine. Most Money Reiki treatments would therefore focus most on sending Money Reiki energy to the first chakra, which should serve to root and ground the person, helping them to handle their money issues better. Regular Reiki would then be used for the rest of the full treatment.

To reach the first chakra on the front of the body while respecting your client's boundaries, it is recommended that you hover your hands over the groin area – do not touch! The client can turn over and you can treat their lower back, either hovering your hands over the tailbone or placing hands at the small of the back, depending on how comfortable the client is. (Get permission first!)

You can also do a complete Money Reiki treatment simply by sending Money Reiki through the top of the client's head.

If you are sensitive to energies, you may notice that many people needing Money Reiki have weak first chakras that need a lot of support. Some first chakras can be almost entirely destroyed and need to be rebuilt.

Because the first chakra is located near a person's private parts, it may be easier to send Money Reiki to another person via proxy or from a distance.



Via proxy: Place your hands on a photograph of the person or an object such a teddy bear representing that person, and send Money Reiki just as you would if you were sending it to them directly.

Mentally: Imagine the person in front of you, and shower them with Money Reiki. You may see the dollar sign lit up with the Spiritual Energy of Money surrounding the person or embedding itself into the first chakra.

Money Reiki for Yourself

When giving Money Reiki to yourself to heal the first chakra, you can rest your hands near your groin area and send the energy that way. You may also want to place both hands on the small of your back and treat the back area, which holds many past issues as well.

To use Money Reiki to RECEIVE prosperity and open yourself up to the flow of money, sit or stand comfortably. Place the palms of both hands up, with arms outstretched to your sides. Activate the Money Reiki energy in your palms (imagining the symbol, or through intention).

Imagine the Spiritual Energy of Money being drawn to you through your open hands.

Breathe deeply, breathing in the Spiritual Energy of Money. Remain in this position for as long as you want. When you are done, be sure to say "Thank you."



Making a Money Magnet

A money magnet is an object that is used to attract money. Please note that this practice is in no way a guarantee of lottery wins or instant riches. It will help to increase your vibration around money and clear out negative energy around you in relation to money.

Take an object that you want to turn into your Money Magnet. Ideally, it can be something that you can keep on you at all times, such as a necklace, a pin, or a ring.

Step 1. Cleanse the Object.

Energetically cleanse the object of any negative energy using any method of your choice. OR, imagine white spiritual light coming down and clearing the object.

Step 2. State Your Intention.

What is it that you want help with? You can use the object for general money issues or specific needs. Example intentions might be:

- I want to raise my vibration around money.
- I intend to earn \$5,000/month doing healing work.
- I am now attracting the perfect home for the perfect price.

Hold the object, close your eyes, and state your intention out loud.

Step 3. Charge the Object.

Now hold the object between both hands and send Money Reiki to the object.



Step 4. Bless the Object.

State: "I now bless this object with the Spiritual Energy of Money. May it manifest what is in my highest good and the highest good of all concerned. Thank you."

Now you may wear the object. It can be recharged whenever you feel it is time or you have a new intention.

Money Reiki Box

The Reiki box or manifesting box is a tool that many people have used to great effect. We will do the same thing, only adding Money Reiki to the box. Creating the Money Reiki Box is similar to making a money magnet, only you will use a small box, preferably one you can personally decorate. It does not have to be fancy. A shoe box will do.

Step 1. Cleanse the Box.

Energetically cleanse the box of any negative energy using any method of your choice. OR, imagine white spiritual light coming down and clearing the object.

Step 2. Decorate the Box.

Decorate the box using Reiki symbols, the dollar sign, or pictures of what you want to manifest. Use your intuition to guide you.

Step 3. Write Down Your Intentions.

Write down up to three goals you want to accomplish with money. Write these down in present tense, e.g.:

- I now make \$50,000/year as a writer.
- I manage my money easily and with joy.
- I pay my rent not only on time but ahead of time.



Place the intentions in the box. You can also include pictures, newspaper clippings, and objects to the box that relate to your goals.

Step 4. Charge the Box.

Place your hands on the box and send Money Reiki to it.

Step 5. Bless the Box.

State: "I now bless this Money Reiki Box with the Spiritual Energy of Money. May it manifest what is in my highest good and the highest good of all concerned. Thank you."

When worries come up later surrounding money, you can write them down on a piece of paper and put them in the box to let God or the universe take care of it. Periodically go through the box and remove those notes that have been completed.

For example, you may write on a note: "Please take care of my car payment."

When this has been taken care of, remove the original note and place a thank you note in its place. After a while you should hopefully have a box filled with thank you notes! When the box is full, you can remove the thank you notes and start again.

Financial Blessing

Many Reiki Practitioners reading this will want to offer Money Reiki to clients. I encourage you to charge for these services (reasonably) as you see fit. Here is a ritual for a Financial Blessing that you can provide as a service to clients.



(Note: Please! Do not take advantage of people struggling with money by promising them the moon and the stars with your financial blessing, and then charge them a ridiculously high fee! That is not what this energy is about! You will also have a lot of disappointed clients. This energy cannot be used to consistently produce instant lottery wins, so don't promise that.)

You will need to create a Money Reiki Box specifically for clients prior to doing the full Financial Blessing.

The Financial Blessing is to be done on a specific issue the client is working on. Have the client identify their issue to you in a pre-interview or written note.

These issues should generally have to do with money and financial *problems* as opposed to manifesting large sums of money for general, unspecified purposes. For example, rather than working on "I want a million dollars," a more reasonable and useful goal to work on would be "I want to pay my bills consistently and on time."

Step 1. Write it Down.

Write the name of the client down on a piece of paper. Then write down the specific issue underneath their name.

Step 2. Send Money Reiki to the Issue.

Place your hands on the piece of paper that you wrote the client's name and issue on. Send Money Reiki to the issue simply by sending Reiki to the piece of paper.

Step 3. Place Issue in Box.

Put the piece of paper in your Money Reiki Box that you use for clients. (Note: You may have multiple clients in the box at the same time.)

Step 4. Perform a Money Reiki Treatment.

Perform a Money Reiki treatment on the client – either in person or via distance as described in the above section.

Step 5. Wait One Week.

Leave the client's issue in the Money Reiki Box for *no less* than one week. After a week has elapsed, you can remove that client's piece of paper from the box and destroy it.

(Optional) You may want to charge the box itself with more Money Reiki energy on a daily basis to increase the strength of all the financial blessings inside.

This is just one way of performing a Financial Blessing. You may experiment and come up with your own methods.

World Money Meditation

This meditation is a wonderful way to perform *energetic tithing* (see page 28). What I have described here is just a simple outline to get you started – use your imagination and vision to fill in the rest.

Sit or lie comfortably. Take a few deep breaths. Imagine the planet Earth. Imagine the Spiritual Energy of Money enveloping the planet, gently sweeping away poverty, greed, lack, and materialism. Imagine a gentle rain of the Spiritual Energy of Money float down on the planet...imagine golden dollar signs landing on everyone...the poor, the hungry, the sick. Everyone is transformed – everyone has enough...the hungry are fed...institutions are revitalized into caring, humane institutions...everyone is free to follow their heart's desires...see the world peaceful, happy, and filled with love.



PART III – MONEY REIKI AS A WAY OF LIFE

Many Reiki Practitioners talk about “being” Reiki. You can also embody the Spiritual Energy of Money through your being. Here are some thoughts on how to do that.

Evolving Your Personal Money Energy

As I mentioned earlier, Money Reiki is not meant to be a quick fix to your financial problems. Through persistence and regular practice, over time you should start to see improvements in your financial situation.

While you are working on your energetic system with Money Reiki, you should also work in the physical world as well. In addition to taking prosperity classes (if you feel so guided), put some regular effort into learning how to manage your money better. If you need to earn more money, and you are in a dead end career, start planning to get the education you’ll need to get a better career (use Money Reiki to help make this transition!)

Take small, regular steps towards achieving your money goals. It may be that all you can handle right now is paying off one credit card – that’s OK. By making an effort to deal with your debt, and continuing to do your Money Reiki, you are healing your Personal Money Energy.

If and when you get overwhelmed or in a state of panic, do the simple act of stretching your arms out and receiving the blessings from the Spiritual Energy of Money (as described on page 21). Ask for help from others if you need to! You can and will be taken care of – *just trust*.



Energetic Tithing

In traditional prosperity teaching, you are told to donate or tithe a certain percentage of your income to a charity or spiritual center. The idea is that by giving out money, you will be opening up the flow to receive money.

If you are living paycheck to paycheck, however, and you are not sure how you are going to pay your rent or mortgage, it can be quite difficult to tithe regularly.

Energetic tithing is a way to give back and help others by giving your time or energy.

It is my personal opinion that energetic tithing is actually more fulfilling and powerful than simply writing a check (regardless of the amount).

Writing that check that serves as your tithe can be done almost too easily – it can end up becoming one of the bills you have to pay, something to be done to “pay the universe” in hopes that it will bring you prosperity.

There’s also something cynical in the idea that we are only tithing in order to get something back. I suspect that some people often tithe without caring too much about the recipient of the tithe. They are just doing it to get their money back from the universe. There’s nothing generous about that whatsoever!

When you tithe energetically, you must put your heart and soul into it. The energetic tithe is the practice of sending your love vibration out to the universe.

This can be done in the physical world, such as volunteering at your local charity, helping out a neighbor in need, or picking up trash when you take a walk on the beach.



Spiritual work includes meditation and prayer on behalf of others, energy healing, or other types of energy work.

Energetic tithing, even more so than traditional tithing, gets you out of your own head and your own problems, and reminds you that there are other people out there who are worse off than you, people who could use your positive energy. You learn to be more grateful for what you have, and to spend less time whining about your own “poor” situation.

Your so-called “lack” of abundance truly comes into perspective when you put your attention on the homeless person down the street. So you don’t have a 40-room mansion. Your one-bedroom apartment would sure feel like a mansion to that homeless person.

Energetic tithing can be harder than it looks. I’ll be the first person to admit that I get very lazy about it. I get tired, don’t feel like it, I’m not in the mood...insert lame excuse here. The more you practice, the more it becomes a good habit.

Here are a few easy techniques to get into the mindset of energetic tithing:

1. Spend a few minutes before bed praying or sending energy for the welfare of others. This can be for friends, family, the homeless, starving children, the world.
2. Do you spend time visualizing what you want to manifest? Here’s a thought – instead of visualizing that you are in that mansion, take a few moments to visualize someone in need getting that mansion.
3. As you walk down the street, imagine you are sending a gentle rain of golden healing energy to everyone.

Giving Things Away

This concept is not new to Money Reiki. The idea is that you will clear a space for the new to come in by getting rid of the old. For example, if you need new clothes, go through your closet and get rid of everything that no longer fits or flatters you.

With Money Reiki, I'd like to add one more step to this process. Go through your closets. Collect everything that you no longer need or want. Send Money Reiki to each object, with a blessing that the object will provide much help and joy to the person who will receive it.

Take the objects and donate to Goodwill or give to a friend. Send them off with love.

Regularly get into the habit of using and recycling your stuff. Don't let stuff fester and wallow in your drawers and closets. Use those luxurious body lotions you got for Christmas. Finish that book you've had on the shelf for years. Complete your unfinished business. It opens up your energy flow.

Outflow

Especially important for anyone looking for a job or running a business is the concept of outflow.

This simple principle works as follows: The more outflow, the more inflow.

If you want a job, and you're having a hard time, increase your outflow. Meet more people, go to more networking events, hand out more resumes. (While you're at it, make sure you have a decent resume...this is coming from a former resume writer.)



If you own a business and business is slow, start putting that energy out there. Post flyers around town if you have to. Just get the energy flowing by getting your energy out there.

Often what you'll find is that when you put your energy out in one arena, something magically comes back in another form.

Remember to put Money Reiki on all your materials used in your outflow!

"If I get a million dollars, then I can..."

I was at a seminar about money. It was very rah-rah and we did a lot of jumping around and cheering and slapping each other on the back. When the audience was asked what they would do with all the money they would earn, a young woman stood up and said with much passion, "I'd like to have a million dollars so I can give it away to charities that mean a lot to me, and really make a difference."

She seemed really choked up about her vision, and I admired the fact that she wanted to become rich so she could become so charitable. But the question then comes to mind, "Why don't you just do that NOW? What are you waiting for?"

"But I don't HAVE a million dollars," she might exclaim.

Ah. But that's the kicker right there. Too many people put the cart before the horse when it comes to changing the world. I know a lot of people who have grand visions for changing the world once they "get a million dollars." Conveniently, they've now just postponed indefinitely the work they want to do, because they've now put up an insurmountable obstacle between themselves and the big goal.



Let's say I have a dream of feeding starving kids in Africa, and I feel that I'll need a million dollars to do this. Unfortunately, I'm currently quite poor myself, and worrying about paying my rent. So I spend my extra time and money going to "prosperity seminars" and trying get-rich-quick schemes in order to become a millionaire, so I can then finally go out and help people.

Well, years and years go by, and nothing happens. No millions, no nothing.

The fix to this is quite simple: Start changing the world, NOW.

Americans in particular have lately gotten this crazy idea that in order to have impact on the world at large you need to have a million dollars. Is that really true?

Was Martin Luther King a millionaire? How about Ghandi or Mother Teresa? How about Jesus or Buddha?

If you have a vision and a passion for a particular cause, then get out there and do something about it. By dedicating yourself to your vision, and putting it out there to the world, you will naturally attract other people to help and support this vision.

Besides, who says you need to spend your own million dollars in order to fund a noble project? Most non-profit organizations are built by donations they receive from individuals and corporations. Many businesses are built with venture capital, often from individual investors who serve as "angels" and provide money to grow the business.

Don't wait until you earn the money yourself! If you need it, go out and ask for it!



Remember the saying: Do what you love and the money will follow. Commit now to your dream and take action on it. That more than anything “attracts” money, people, and resources to you. Love itself is the best attractant in the world.



AFTERWORD

To keep up to date with Money Reiki, and to find out about classes and group healing sessions, go to:

www.moneyreiki.com

The next level of Money Reiki is the Master level, which is as of this writing still under development. As a Money Reiki Master you will be able to attune others and teach your own classes.

I encourage you to send feedback with your results as well as any new insights you may have gained. Additional symbols, practices, and ideas may be included in future manuals with your permission. Email stephanie@herspace.com with MONEY REIKI in the title (so I know it is not spam).

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