



# Self Love Reiki

## Manual

Brought to you by  
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## About Self Love Reiki

Self love is an issue that virtually everyone deals with. We all suffer at times from feeling like we don't fit in, we're not good enough, we're not pretty enough, or smart enough. These feelings are normal and to a certain extent are healthy. People who never question themselves, who believe they are 100% perfect and can do no wrong, are not emotionally healthy and may even suffer from some sort of delusional psychiatric disorder.

The important thing, then, is to learn how to love yourself while accepting your imperfections and faults. Nobody is perfect. And when you think about it, wouldn't the world be a boring place if everyone were perfect and the same?

Think now about someone you care about, someone you love. Are they perfect? In fact, isn't it possible that some of the very things that make them lovable are their faults?

Perhaps you know someone who drives you crazy because they talk too much. Have you ever noticed, however, that sometimes you will find yourself missing their chatter when they are not around? Sometimes even those things that drive us the most "nuts" are the things that make us love another so deeply.

Being human means being imperfect. By doing this work, we learn to love ourselves unconditionally, flaws and all.

Lack of self love is the root of many external issues, including relationship problems, money problems, and career woes. If you or your clients are continually repeating the same patterns in a particular area of life, then Self Love Reiki may just be what is needed to clear out the underlying issue for good.



## Symbols

The Self Love Reiki system does not rely on specific symbols but uses two archetypal images to activate the energy:

### Butterflies

Butterflies represent transformation. As such, when you picture the image of a butterfly to activate Self Love Reiki, you are generating the energy of positive self transformation. It does not matter what kind of butterfly you imagine. It can be a butterfly of any color or a simple drawing of a butterfly. Use what your intuition guides you to use.

### Flowers

Flowers represent the concept of “blossoming.” When a person blossoms, they are opening themselves up to their highest expression. When youths leave that “awkward” growing stage and become mature, strong adults, they are often said to “blossom.” You can blossom at any age, however.

The flower envisioned to activate the energy can be any type of flower or a simple drawing like this one:



With these images, you can activate Self Love Reiki during any regular Reiki session. The energy can be used anywhere on the body and used in place of regular Reiki energy if so desired.



## Special Self Love Treatment

To really pinpoint and heal negative thoughts and images, Self Love Reiki can be applied in the following manner on oneself or on a client:

1. Identify the negative thought or belief, such as “I am not good enough.”
2. Pinpoint a general area on the body where that thought seems to be located.
3. Apply Self Love Reiki to that area while focusing on that thought.
4. Continue on through various thoughts and negative feelings until the treatment is done.
5. Optionally, you or the client can then focus on “I love myself” while energy is being applied.

When performing this on a client, the client can say out loud the thought, or keep it inside and just silently point to the area the negative thought is held. The client should concentrate on that thought being cleared while the Reiki is being applied, regardless if they have shared it out loud or not.

This technique can be very powerful and can clear out many years of negative thought patterns.

It is also useful after getting into an argument or being insulted by someone else. Let's say someone says to you: “I don't like you.” You can focus on that thought and use the Self Love Reiki to clear it out.

If you find that focusing on these thoughts is too painful for you or a client, then just work with the energy alone, or focus on a positive thought like “I accept and forgive myself.”



## Self Love Meditation

Sit or lie down. Place your hands over your heart center (in the middle of the chest). Start the flow of Self Love Reiki energy. Then repeat to yourself the following affirmations:

*I like myself.*  
*I love myself.*  
*I accept myself.*  
*I forgive myself.*  
*I cherish myself.*

If any negative feelings or emotions come up during the meditation, identify where these emotions seem to be held in the body, place your hands on or near the area, and send Self Love Reiki there.



## Self Love Journal

As you go through the day, keep a journal handy to write down any negative thoughts or emotions that come up. At the end of the day, highlight the most important issues and apply Self Love Reiki on those issues.

This is also a good “homework” exercise to give to your clients. In between sessions, tell the client to write down recurring thoughts about themselves. These can then be pinpointed and released in your healing sessions.

It is a good idea to have a section of the journal to also write down positive thoughts and observations about oneself.



## Self Love Attunement

The Self Love Reiki attunement is a simple process. You are also welcome to use any existing attunement method you are already familiar with.

### In-Person Attunement

Prior to the attunement, you will want to give the recipient a Self Love Reiki healing session. Then have the client sit in front of you with eyes closed to receive the attunement.

It is often helpful to have the client perform the Self Love Reiki meditation while receiving the attunement, but it is not required.

To pass the attunement, ask to connect with the recipient's higher self. Place both hands on the client's head and ask for the recipient's higher self to receive the Self Love Reiki attunement you are sending into the crown chakra. Simply focus the Self Love Reiki energy through the crown with the intention of attuning the person.

### Distance Attunement

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.

It is often helpful to have the client perform the Self Love Reiki meditation while receiving the attunement, but it is not required.

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## Self Love Reiki

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You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

**I am now receiving the Self Love Reiki attunement sent by <your name>.**

To send the attunement:

To pass the attunement, ask to connect with the recipient's higher self. Ask for the recipient's higher self to receive the Self Love Reiki attunement while you visualize sending the Self Love Reiki energy to their crown chakra. Simply focus the Self Love Reiki energy through the crown with the intention of attuning the person.



## Final Thoughts

Self Love Reiki, practiced consistently, can resolve a lot of stuck and stubborn issues that are blocking you or the client. Be persistent. Clearing these deep issues takes time, but it is well worth it. If the healing triggers any clearing symptoms (i.e., feeling worse for a few days after a healing), simply apply more healing on the thoughts and emotions that bubble up.

In time, you will notice that seemingly outside problems (career, love, money) resolve themselves as self love grows.

This is some of the most important work you can do as a healer.

Remember: Love yourself.