

♥ Radiate states of being with Reiki ♥

靈氣

♥ The Power of Love ♥

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The Hidden Grace of Welcoming Joy ~ Reiki as a Path to the Healing of the Heart"

A Reiki-Infused Guide to Cultivating the Light Within

As you walk the sacred path of self-discovery and alignment with your True Nature, certain inner states—gifts of the spirit—may emerge as your companions and guides.

These radiant feelings are not merely emotions, but frequencies of the soul, harmonised and enhanced through the loving, intelligent energy of Reiki.

Reiki, the universal life force energy, is available to all. It flows effortlessly through the heart, awakening dormant light and restoring balance within. As you attune yourself to this healing current, these feelings—these radiant states of being—can blossom more fully within you.

Call upon Reiki as you read. Invite it into your breath, your body, your awareness. Let it guide you gently through these inner sanctuaries of light.



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❖ Love

The eternal foundation of all life. Love is the soul's natural state—whether directed toward the self, toward others, or toward the Source of all. Reiki amplifies this love, flowing freely from your heart centre, inviting you to live from the sacred space of unconditional compassion.

❖ Gratitude

A quiet grace that expands the heart. With Reiki's gentle flow, gratitude becomes more than a thought—it becomes a frequency you radiate. Give thanks, and feel Reiki respond.

❖ Serenity

Peace that passes understanding. Reiki gently dissolves tension and resistance, allowing serenity to rise like mist over still waters. Let yourself rest in this healing calm.

❖ Joy

Joy springs from the deep well of being. When bathed in Reiki, joy bubbles up spontaneously—unforced, pure, and radiant.

❖ Compassion

Compassion flows when we see with spiritual eyes. Reiki encourages this sacred vision, opening your heart to recognise the unity of all beings.

❖ Awe

Awe is the soul's reverence for the great mystery. As Reiki connects you to the flow of divine intelligence, it invites you to stand humbly within the vastness of life.

❖ Kindness

Each act of kindness becomes a channel for Reiki to bless the world. Let Reiki move through your hands, your words, your intentions.

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❖ Happiness

True happiness arises from inner harmony. Reiki nurtures this by gently aligning your energy with the present moment, where peace and contentment dwell.

❖ Confidence

Confidence flows from trust in life. Reiki strengthens this trust, reconnecting you with your innate wisdom and capability.

❖ Enthusiasm

Reiki energises the spirit, awakening a sense of purpose and zest. Enthusiasm is the soul's joyful movement forward—guided by light.

❖ Admiration

To admire is to honour the divine spark in another. With Reiki, this becomes a sacred exchange of soul-recognition and reverence.

❖ Satisfaction

Reiki brings you into deeper alignment with your true self. From this place, satisfaction arises naturally—your spirit fulfilled by its own expression.

❖ Other Blessings of the Heart

Sometimes, Reiki will guide a unique energy into your awareness—a special blessing tailored for you.

Be open. Ask:

What feeling would serve my healing today?

◇ Practice: A Reiki-Infused Daily Invitation ◇

Each morning or evening, find a quiet space.

Place your hands on your heart or wherever Reiki flows most naturally.

Breathe gently and say, either aloud or silently:

Reiki, guide me to the radiant feeling I most need today.

Wait, listen. Let the energy rise.

Welcome it. Embody it. Let it colour your thoughts, your words, your choices.

With Reiki as your companion, you do not walk this journey alone.

You are not separate from these states—they are your essence, reawakened.

