



Hi Vickie, I hope you enjoyed the energies of Reiki last night. I am writing this to you because it will be much easier than writing it in a message on facebook and easier for you to print or save it if you find that you would like to refer to it at a later date. Although Reiki is not a psychic session, things do tend to pop up as I am channeling the energy. What I am about to write will be as objective and as straight forward as I can possibly be. I try to set my ego completely off to the side. While performing a long distance reiki session, I usually use a representative, in this case, a porcelain doll with your name written on a piece of paper and placed underneath her.

Before I began I usually meditate to clear my mind and thoughts and I began to see a very bright color of indigo which represents the throat chakra.

I also felt called to place a black tourmaline at the feet of your representative, which is the root chakra which works to ground us and a crystal rose quartz at the heart chakra, which represents relationships and emotions. Normally the only crystals I use are for protection around the doll but in this case I can only assume it was because spirit wanted to do some deeper work within those energetic areas.

When I actually began the treatment, my hands immediately went to your heart area, but my palms were facing up, trying to slow the speed of the energy entering into the heart chakra. My other hand went to your throat area. I got the feeling that perhaps you aren't able to do the things that you want to do and for some reason you aren't speaking up or you are holding your tongue,?? or your time is being used up for responsibilities, preventing you from doing the things that are calling your heart... Yes that seems to be it.

Then the energy took me down to the root chakra area, which can be anywhere from your pubic bone to your feet. In this instance I was at the level of the pubic bone. So the reiki was working on grounding you. Maybe your being pulled in too many directions...all the directions except where you want to be pulled and you maybe feeling a bit overwhelmed or scattered.

I was also being lead to do a lot of smoothing out of your aura, which are the energetic layers that surround your body, and extensions of the chakra's.

The energy had me hold your right hand, almost to soothe you, to comfort you. Also to slow the energy of always giving, doing for others and not nurturing yourself enough.

Then I was lead to rock you back and forth, almost trying to realign you or straighten you out from being crooked, then the rocking was only toward the right side. For me the right side represents the present time. And it felt like spirit was trying to bring your focus back to the present time, maybe you are thinking too far ahead and that is the reason why things are so scattered or confusing even.

I also was lead to the sacral chakra, which is the area of our creativity. Perhaps you feel blocked because you are thinking too far ahead and not taking each step as it should be taken?

At the end of the session the energy had me move in a figure 8 motion over the entire body, which means for me that the chakras were back in sync, and working together in partnership, which is good. A lot of times when one or more of the chakras are out of energetic balance they stop communicating and not in perfect harmony. Those are the times we feel like total crap, drained, depressed...

I also felt called to pick a card for you from my medicine cards by Jaime Sams & David Carson for extra insight, perhaps some advice that you may need or a clue as to what may be missing from your life at this time.

The card I picked was Porcupine Medicine. This is what it had to say:

This card represents innocence

The porcupine has many special qualities and a very powerful medicine, the power of faith and trust. The power of faith contains within it the ability to move mountains. The power of trust in life involves trusting that the Great Spirit has a divine plan. Your task is to find the pathway that is most beneficial for you and that uses your greatest talents to further the plan. Trust can open doorways to the creation of space. The space thus created allows others to open their hearts to you and to share their gifts of love, joy and companionship.

In choosing the porcupine card, you have given yourself a gentle reminder not to get caught in the chaos of the adult world where fear, greed and suffering are commonplace. The medicine in this card is that of relief from seriousness and severity. Open your heart to those that gave you joy as a child. Remember the preciousness of fantasy and imagination that spirit honors us with.

Vickie maybe it is time to honor your inner child and start giving to yourself. Because when we do that, our creativity begins to swirl and with that focus and intention. Ideas become clearer and then we know which way we are suppose to walk. Do not feel guilty to take time out for yourself.

I hope the session was helpful and healing for you and that what I have written resonates with you.
I would love to hear your thoughts and experience.

May love, happiness and health always be with you, your family and friends.

Kathy