

The Reiki Divine Healing Card Deck

By Brett Bevell

Artwork by Ben Schikowitz

SAMPLE

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Made in China

Dedication

I dedicate this book to all the beings that helped in its creation, both in the physical form and beyond. To Amma, for her Divine love.

To my loved ones: Helema and Dylan; and to Ben Schikowitz and his beloved wife Whitney and his three children Jack, Hugh and Cosmo. And a special dedication to Andy Milford, who became something of our taskmaster, keeping us on track while offering his wisdom and advice.

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Introduction

The Reiki Divine Healing Card Deck is an expression of healing and magic. It was born from my years of research that show it is possible to empower and infuse inanimate objects with the sacred power of Reiki divine life force energy. Each card of this beautiful deck, masterfully created by the visual artist Ben Schikowitz, is empowered with Reiki. The art and the energy of each card is unique, so that each card presents a specific vibration of Reiki energy in alignment with the visual expression of each card. The 44 cards combined can be used to access the powerful healing light of Reiki for personal transformation. That is the intention of this deck: not to train you as a Reiki healer, but to stir your consciousness to collaborate with the divine imagination of Reiki. Through that process, our hope is that this deck will open doorways of healing for yourself, your friends and family.

Reiki, the world's most popular form of energy healing, was developed by the late Japanese mystic Mikao Usui. The word Reiki can be translated from Japanese to mean "universal life force energy," which is perhaps the most popular translation. But it can also be translated to mean "divine life force energy," which is how this energy feels to me. It is this divine energetic presence that I believe makes this deck interactive, allowing the cards to respond to your request for healing and more. Since the focus of this card deck is not a Reiki training, it is not necessary to

go into the various Reiki schools and degree systems. But it is important to note that Mikao Usui saw Reiki as a system that was constantly evolving, not fixed or stagnant. He encouraged his students to expand and develop Reiki. In alignment with that same spirit, my journey with Reiki has been an exploration of how this powerful healing energy can be fused with mystical healing techniques.

My four previous books about Reiki have revealed new techniques and ways to access this healing light by combining Reiki with other forms of esoteric knowledge. Since becoming a Reiki master in 1995, after an already robust training in Wicca and other forms of magic, I knew it was possible to empower more than just human beings to Reiki. I infused objects with Reiki, such as crystals, stones, and even candles, which I then programmed for sending healing magic. Then, in 2007 I had a profound mystical experience that showed me even more was possible with Reiki. While traveling in Laos, I was alone in Luang Prabang, the beautiful former royal capital of Laos, a magical place with numerous Buddhist temples and monks. One day while having lunch at a small Indian food establishment, eating my favorite dish *aloo gobi*, I had a visitation from the spirit of Mikao Usui. I felt Usui's spirit come sit in the empty chair next to me. He sent a ball of white light that went directly into my energy system, right in front of my heart chakra at the center of my chest. As suddenly as he appeared, he was

gone. That experience altered my consciousness profoundly, and that altered state of consciousness continued for many weeks.

During those weeks I came to understand that this ball of light was far more than just a ball of light; it was an energetic crystal made out of the light of Reiki, which I could program with the power of my thoughts to send Reiki, often in ways that went far beyond the limits of traditional Reiki training. I call this crystal the Reiki crystal. Even in traditional Reiki there is the belief that the energy has a divine intelligence behind it. Imagine then an energetic crystal that has its own divine intelligence—that is what the Reiki crystal is. Each card in this deck holds the power of its own energetic Reiki crystal. Thus, each card is imbued with divine consciousness and Reiki ability, and can send Reiki healing to you (or other consenting individuals) simply through your verbal request.

Each Reiki crystal in the cards manifests its own specific Reiki vibration, linked to either a specific Reiki symbol, divine avatar, Reiki meditation, or a type of advanced Reiki treatment. Each card is also a doorway into a multi-dimensional reality, where a simple and seemingly inanimate thing is imbued with divine consciousness, to bring wisdom and spiritual healing to its beholder.

Through this book you will learn how to work with each card, how to access its spiritual healing power and best practices for combining the cards into multi-layered spiritual healing possibilities.

Deepen your sense of gratitude by engaging the Reiki meditation on the precept Just for Today, Be Grateful. Begin by holding the card in your hands, or meditating on the card image, while simultaneously asking the card to bring you into a Reiki meditation on Usui's precept: Just for Today, Be Grateful. Remember that the Reiki crystal inside this card is programmed directly to bring you into a Reiki meditation for this precept, and that it is doing the real work. All you need to do is make the request and surrender. Just hold the card, or sit facing the card, and ask the card with your mind or your voice:

"Please bring me into a Reiki meditation on the precept Just for Today, Be Grateful."

Then sit back, relax and allow the Reiki crystal inside the card to bring you into that meditative state to understand gratitude as a way of being in the world, as a mode of consciousness you can willingly embrace.

I recommend using this card to build a deeper relationship with gratitude. When you fully embody gratitude, it will flow forth from you naturally as an expression of your very being.



10. Just for Today, I Will Make My Living Honestly
Honesty is essential to a spiritual life, as well as a healthy life. But there are nuances to this precept beyond just honesty. It implies a sense of diligence and integrity in action. The seeds we plant through the actions of our work are what we eventually become.

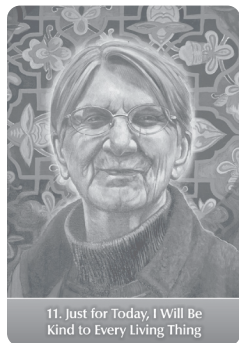
You can explore the multiple layers of this teaching with the following meditation.

Hold the card in your hands, or meditate on the card image, while simultaneously asking the card to bring you into a Reiki meditation on Usui's precept: Just for Today, I Will Make My Living Honestly. Remember that the Reiki crystal inside this card is doing the real work. All you need to do is make the request and surrender. Just hold the card, or sit facing the card, and ask the card with your mind or your voice:

"Please bring me into a Reiki meditation on the precept Just for Today I Will Make My Living Honestly."

Then sit back, relax and allow the Reiki crystal inside the card to bring you into that meditative state, free of worry.

I recommend using this card to build a deeper relationship with this precept, and the many layers of understanding you can embody when doing this work energetically.



11. Just for Today, I Will Be Kind to Every Living Thing

Kindness is the doorway to compassion, and compassion is the true measure of spirituality. The image on this card has a story behind it, of a woman who embodied kindness as much as anyone I have known. Her name was Amina Eagle. Amina took

part in the founding of Omega Institute, a holistic learning center in the U.S., where she also worked.

She had a reputation among the staff for being incredibly kind.

You do not need to have ever met Amina to sense the kindness that she exuded on a daily basis, which was especially captured through this painting of her. As with the other Reiki meditation cards, this one is empowered with its own Reiki crystal, which will bring you into a Reiki meditation on the precept: Just for Today, I Will Be Kind To Every Living Thing.

Simply hold the card, or sit facing the card, and ask the card with your mind or your voice:

“Please bring me into a Reiki meditation on the precept: Just for Today, I Will Be Kind to Every Living Thing.”

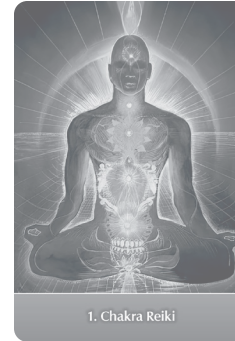
Then sit back, relax and allow the Reiki crystal inside the card to bring you into that meditative state to understand kindness as a way of thinking, seeing and feeling in every interaction you have.

I recommend using this card to build a deeper relationship with the principle of kindness through the Reiki crystal inside this card. When you fully embody kindness, it will spring forth from your eyes, from your smile, and from your actions, the way it did so easily for Amina Eagle.

THE SUIT OF REIKI TREATMENTS

The eleven cards in this suit show advanced Reiki treatments and have each been empowered with their own Reiki crystal and programmed by the divine intelligence of Reiki. The Reiki crystal inside of each card does the work by sending the indicated Reiki treatment upon request. This suit is not intended to be a replacement for working with a Reiki healer in person or distantly, but is intended to be an additional access point for Reiki to enter your life and bring more light into your body, mind and spirit, thus bringing more of the light of Reiki into the world.

I recommend getting to know each card, and learning how it feels to work with each one individually. You may find a preference for some of the treatments over others. You may find some you will want to work with daily, and others may be less relevant to your specific Reiki journey. They are meant as an offering and as a way to be touched by the energy of Reiki and learn what is possible when using the Reiki crystal. They are not meant to be a replacement for medical care, or as replacements for sessions with a trained Reiki practitioner.



1. Chakra Reiki

Chakras are energy centers in the body that are addressed in yoga and the Vedic healing systems. The bottom chakra at the base of the spine is called the root chakra, or Muladhara as it is called in the original Sanskrit language through which Vedic wisdom is enshrined. This chakra

governs your need to survive and also grounds you to the earth. The second chakra, called Svadhithana, is located in the area of the pelvis. It governs activities that bring pleasure, such as sex and food, and also helps maintain our identity. The third chakra, called Manipura, is located in the area of the solar plexus. It helps us find our power and set limits. The fourth chakra is the heart chakra, named Anahata in Sanskrit. It is located over the spiritual heart near the center of your chest. This chakra governs love and healing. The fifth chakra is the throat chakra, called Vishuddha in Sanskrit. It governs self-expression and speaking truth. The sixth chakra is often known as the third eye and is located between the eyebrows, in front of the pineal gland. This chakra rules intuition and spiritual insight. The seventh chakra, often referred to as the crown chakra, is at the top of the head. In Sanskrit, it is called Sahasrara. It governs your connection to the Divine.

This card is empowered with its own Reiki crystal and is programmed to send Reiki energy to all the chakras. All you need to do is meditate on the image of the card, and make the verbal request saying:

"I ask the Reiki crystal inside this card to send Reiki to my chakras."

Upon the request, the Reiki crystal inside of the card will begin sending a session to all seven chakras at once, to clear any energetic debris that is no longer serving the highest good. As is the case with most sessions from the Reiki crystal, the effect can often be felt within minutes.

I recommend working with this card on a regular basis to keep your chakras clear and vibrant.



2. Etheric Body Reiki

2. Etheric Body Reiki

The etheric body is the layer of the human energy field closest to the physical body. It delivers energy to the physical body and has great influence over and connection to the physical body. When there are disruptive energies in the etheric body, it can sometimes manifest

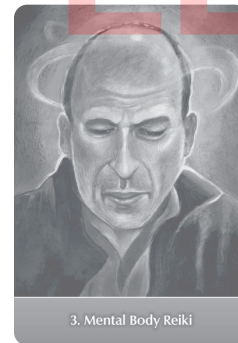
as physical illness. So, having a clear and healthy etheric body is an important aspect of overall energetic maintenance.

This card is empowered with its own Reiki crystal and is programmed to send Reiki energy to the etheric body. All you need to do is meditate on the image of the card, and make the verbal request saying:

"I ask the Reiki crystal inside this card to send me an etheric body healing treatment."

Upon the request, the Reiki crystal inside of the card will begin sending Reiki to your etheric body, to clear any energetic debris that is no longer serving the highest good. As is the case with most sessions from the Reiki crystal, the effect can often be felt within minutes.

I recommend working with this card on a regular basis, to keep your etheric body whole and free from any negative energetic imprints.



3. Mental Body Reiki

3. Mental Body Reiki

The mental body is where we energetically hold our belief systems and thought patterns. Sending Reiki to the mental body on a regular basis helps to release forms of thought that are not for the highest good. It can also help you be more clear and free in your thinking, and less

bound to the opinions of others.

This card is empowered by its own Reiki crystal and is programmed to send Reiki energy to the mental body. All you need to do is meditate on the image of the card, and make the verbal request saying:

"I ask the Reiki crystal inside this card to send me a mental body Reiki treatment."

Upon the request, the Reiki crystal inside of the card will begin sending a session to your mental body, to clear any energetic debris that is no longer serving the highest good. The effect can often be felt within minutes.

I recommend working with this card on a regular basis, to empower your thinking and keep your mind free from unwanted energies not aligned with your highest purpose.

Note: It can be easy to confuse the mental body Reiki session with healing properties of Sei He Ki, the mental/emotional healing symbol. At times, they can be used together for great benefit, but they are still distinct and different energies. Sei He Ki can impact the mental body, as well as the emotional body, but it works more like a healing salve that is unwinding whatever is unharmonious in those energy bodies, and restructuring any mental/emotional architecture that is out of alignment. If you think of your mind as a car, the mental body Reiki session is like going to a car wash and clearing away debris. Whereas the Sei He Ki symbol is more like a tune-up, ensuring that everything is working harmoniously.



4. Emotional Body Reiki

The emotional body, according to my teacher and mentor Alexandra Marquardt, is more than an energy body in the human energy system; it actually connects our own heart to the heart of Gaia, our Mother Earth. When clearing our emotional body, it is not to create emptiness,

but to allow for the aliveness that is inherent in our emotional bodies to flow forth and emerge into our awareness. Emotions are not to be purged, but to be embraced and understood, as keys to our own spiritual growth and awakening. When working on the emotional body, know that emotions may arise to be expressed, especially feelings that may have been repressed or pushed away in the past. This important work is about embracing our emotional field, and understanding the truth that exists there, like a miner digging for gold. It is important to realize that you can honor and acknowledge your emotions without acting upon them.

This card is empowered by its own Reiki crystal and is programmed to send healing Reiki energy to the emotional body. Healing does not mean purging your emotions. It means releasing the energetic obstacles to fully understand them. All you need to

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