

REIKI TIP



At the start of your day, place the power symbol onto both palms with the intention that Reiki flows throughout your day, through everything you do and through everything you touch. You could also place it over your 3rd eye intending that it fills your mind and flows through all your thoughts. You could place it on the soles of your feet with the intention that grounds you, flows through your life, and blessing the earth with each step you take.