



GROUP REIKI: JULY 21

The intent of Group Reiki is to provide treatment to the group as a whole. Sessions are focused on understanding messages for the full group, though sometimes brief, personal messages are strong enough to make it through the group intention. While the group gets the full benefit of Reiki, know that you do as well individually, even though we may not receive as much personal insight about your energy field (since our primary focus is the full group). Please schedule an individual distance session if you would like more personal insight.

Below are the messages that Courtney and Emme received during their time with you.

Collective Messages

Courtney:

This session's group experience felt very similar to last week. Again, it opened with the sensation of rippling waters and waves. A distorted image or a wrinkle in time. A powerful healing vortex slowly swirling around everyone, as we, like a wrinkled image, shape shift, evolve, and transform.

I saw several serene scenes of high points - mountain peaks (e.g., Everest, Kilimanjaro) and each of you meditating on top of the mountain cliffs. I felt sensations of peace and enlightenment. Many of you are at the top of your current spiritual "level," doing the work that is required before you can rise and "level up." In fact, like last week, I also saw an iceberg, challenging you to dive deeper (within yourself and in all areas of your life) – What is beneath the surface? What else is there? Keep questioning, keep going. Peel back the layers of your current existence as you journey towards your truest self.

In fact, one of the most notable moments of my experience with all of you was feeling extremely cold, spacey, and stagnant. This is different though than feeling stagnant, dead energy – instead, it felt almost universal, cosmic, spacey, limitless. It seems many of you are in this spacious, fertile void. A time, yes of darkness and stillness, but also one that is rich with potential. From here, everything emerges. True, there can be no manifestation without "nothingness." Here, you can gather the inner resources you need to alter and transform and free your spiritual self – releasing limitations and fears,

so that you can raise your vibration and elevate your consciousness, so that you can reach the next level as you journey towards your summit, towards your peak, towards your spiritual apex. And so, let this be a reminder of the vital necessity of stillness. Who are you in these moments of stillness? What is trying to come through? What can you hear and what or who can you see? Who is helping guide you? How are you being asked to slow down and why? If you were to freeze this moment in your life, in your soul journey, what would you see? Are you happy with what you see? What can you change?

Let us be reminded of the importance of non-attachment and cultivating the witness consciousness – becoming a neutral observer to your own life. Allowing yourself to be and to live – noticing, watching, without judgement or question. Simply being present, right here, right now. As we are able to cultivate that witness body, we are able to awaken, and to find subtle joy in just being. And from there, we become closer to pure consciousness, divine bliss, and to the light of our most true essence.

Lastly, last night's crystal grid focused on divine support, purification, and clarity.

- Aqua Aura Quartz: truth and communication, psychic protection, connection to spiritual realms
- Angel Aura Quartz: peace, clarity, purification, angelic support, elevated consciousness
- Celestite: calming, uplifting, mental clarity, connection to the angels
- Clear Quartz: amplifies energy and energy of crystals; divine, pure light
- Moonstone: stone of new beginnings, inner growth, and strength; enhances intuition
- Pyrite: Stone of luck; manifestation, meditation, magic
- Smokey Quartz: protection; diffusion of worry, fear, over-thinking

Emme:

Hello beautiful beings of light. Thank you for joining our intuitive healing group session this week. It was so lovely to connect with you all.

I began our Reiki session this week by energetically clearing the sacred space I was practicing in with sages and palo santo, Reiki, and sound frequencies by striking bells in all corners. I then invoked the energies of the directions and the elements, and then invited all the Archangels, Angels, Shaman Spirits, Elemental Spirits, and any other divine Celestial entities of the universe to step forward and to assist in the healing taking place. I then invited all your Spirit Guides and Ancestors, as well as my personal Spirit Guides and Ancestors to offer support during the facilitation of the session, and invited all your Higher Selves to receive this magical gift of Reiki energy healing, and all of you accepted! Marvelous!

I organized a crystal grid to amplify the healing energy, and to act as a symbol for the group. The crystal grid this week was made of:

- Clear quartz: amplifies energy and energy of crystals; divine, pure light
- Danburite: connects to heart chakra; channeling from higher dimensions
- Hematite: concentration, focus, mental clarity

- Smokey quartz: protection; diffusion of worry, fear, over-thinking
- Tigers eye: deepening one's meditative state, protection from negativity, grounding
- Selenite: protection; activation of higher chakras
- Amethyst: protection against negative energy, diffusing any negativity into love
- Rose Quartz: unconditional love, compassion, and forgiveness for yourself and others

Additionally, I scattered 4 crystals around my body for extra personal psychic protection while I facilitated this healing session for the group:

- Tourmaline: detoxification, reduction of stress, psychic protection
- Obsidian: absorbs negative energies from the environment, truth-enhancing, draws out mental tension
- Carnelian: assists in trusting yourself and your perceptions, stimulates creativity, motivates
- Labradorite: balances the aura, raises consciousness, grounds spiritual energies

I played my Tibetan singing bowl as well as my 136.1 HZ Om tuning fork over the crystal grid for a few moments, intentionally sending these sound healing frequencies to your collective auric fields, as symbolized by the grid.

I then pulled 3 tarot and oracle cards for the group to provide general themes of common circumstances, shared feelings or lessons, or major subjects that would apply to most of the group members. It is interesting to note that I pulled "The Emperor" tarot card from 2 separate decks, which proves that the energy of the card is emphasized and you all really can learn from what the Emperor card is telling you this week.

From my Lightseers Tarot deck, I pulled:

- **The Emperor:** Often seen as the card of the divine masculine, the Emperor brings forth a desire to build a better world, one brick at a time. Use your mind as well as your heart, and rise to power as you lead your own evolution. While becoming your own emperor means infinite possibility for your success, it also means addressing any issues you harbor around authority, control, and will-power. You may need to work your magic within the confines of "establishment," but remember that the organizing principles of societies are fluid over time. Remain flexible and keenly aware of your own energetic boundaries and motives, and find opportunities to be of service to others. Embody confident, compassionate leadership and exercise sovereignty over your own reality—the world is yours.

From my Archangels Power Tarot deck, I pulled:

- **The Emperor:** Leadership can change everything! This card may mean that it's time for you to be a leader to those around you, or it might indicate that you would greatly benefit from the counsel of a skilled mentor who can give you invaluable advice. Creativity is a wonderful thing, but without logic, it can be chaos. What you need right now is a little organization and order. A few guidelines or rules will help bring your dreams to life in the most efficient and elegant

way possible. This is not meant to limit you, but to help you feel empowered and in control of the direction your plans are taking you.

And lastly, from my Ascended Masters Oracle deck, I pulled:

- **You Can Do It!**: You're qualified and ready to take the steps toward your desired outcome. You have what it takes to fulfill your dreams and your life's purpose. This card signals that it's time now to make your move. You can do it! Take action without delay or hesitation. No more preparing or procrastination—just do it. You're a valuable and beloved person. Remember to break big goals into smaller steps, and take one step today. You're on the right path, let go of perfectionism and know you'll do fine.

Individual Insights

Individual insights received by Courtney and Emme are noted below, organized by each person's initials (or abbreviated name).

As with most sessions, remember that these images can be interpreted both literally/figuratively. Only you will know what resonates for you. Feel free to email us at hello@rhysandrei.com. Happy to answer any questions especially if you're new to Reiki.

AD

- Courtney: Spinning. Kundalini rising. Thirst for knowledge. Alignment with higher self.
- Emme: Root chakra needing more stability. A deeper and more interactive gratitude practice will provide you with more of a sense of security as well as ground you as you continue to ascend.

AS

- Emme: Heaviness in upper chakras, image of a pillar of light going through your body, almost striking through your body. Light code transmissions, activations, shifting. Working its way down and out. Allowing full processing, creating time for rest and silence. You are divinely supported

BA

- Courtney: Balanced energy but overall a little tired and stagnant. Images of elephant and third eye. Ganesha may be a guide for you – what obstacles can he help you remove?
- Emme: Minor ankle chakra activity. Generally balanced, but what can you revisit—what have you been pushing down for so long that you no longer think it's an issue that needs to be worked through, or maybe something you've "forgotten about" that needs to come up to be worked through and released?

Cath. D

- Emme: Solar Plexus chakra. Sun coming over the horizon, a new day and new beginning on the way. Heart chakra feels like waves. Create more of a settled sense by practicing more affirmations of self-love.

Caro. D

- Emme: Sacral chakra lacking in energy. Where can you create the time and space for more connection with your divine feminine power? Creating something, reveling in your sensual and intuitive nature? Where can you create space for inner stillness?

CM

- Courtney: Image of open roads and open air. Train going through desert, watching the landscape zoom by. Do you feel that you are just watching things go by? Where are you going? Pensive. Stillness as everything around you flies by, sometimes chaotically. Strong, steady, and grounded in your mountain.
- Emme: Fluttering feeling in the heart chakra. Serenity can be found within the moments of unclear direction and plans.

CP

- Courtney: Misty mountains. Seeking clarity. Mists beginning to part – what do you see beyond the mist? What are you seeking and what is seeking you? All to be revealed.

DD

- Emme: Throat chakra emphasis. Needing more connections where you can speak your truth with more freedom and fluidity.

DD Jr.

- Courtney: Image of a mustache and a bridge. Are you in-between or going through some sort of transition in your life? Pivotal time.
- Emme: Sacral chakra. Allow yourself to acknowledge and balance your own feminine and masculine energies so that you can function at optimal clarity, grace, and power. Needing to get in touch with emotional body and your sense of creating.

EG

- Courtney: Dragon. Fierce and powerful guide and protector. You are the dragon and the dragon is you. Strength and transformation highlighted. Transformation. Embrace the magic.
- Emme: In my grounding light, I am supported by the energies of the universe. I am confident as I stand tall in my power, trusting that I cannot fail.

HE

- Courtney: Bonfire. Stoking the flames. Emboldened, emblazoned. Inner fire – seek those who fan your flames. Rising.
- Emme: And as I remember who I am, I shed everything that I am not. I only hold on to love. I only resonate with the frequency and practice of love. Stepping out of self and becoming observer.

JF

- Courtney: Fox spirit guide. Woods/Forest. Seclusion and solitude. I saw you and the rest of your family in the same scene; believe you've spent lifetimes together before.
- Emme: Acceptance. Of parts of yourself, of people and their inherent flaws, of things not going according to your will, of the world changing, of relinquishing control. Accept what triggers you. Solar Plexus and Heart chakras.

JM

- Courtney: Image of blindfold. Are you preventing yourself from seeing something for what it is? Or are you learning to trust in your inner voice, using your intuition to "see." Emphasis on lower chakras – if you are working on higher chakras/spiritual development, remember the importance of grounding and strengthening the lower chakras to establish a solid foundation from which you can rise.
- Emme: Third eye chakra bustling with energy. Needing to balance root chakra more to expand in and strengthen energy of higher chakras, that really want and need to be exercised. More meditation, more earthing techniques. Finding solace in the silence so as to hear your own guidance.

J McC

- Courtney: Eagle. Sacred geometry. Sacred patterns. Finding deeper meaning in your life. Be open and pay attention to the signs that are embedded throughout your daily life.
- Emme: Royal blue energy. Solar Plexus chakra emphasis, relating to your throat chakra. Shine light on where you are feeling a lack of control over your life, or feel threatened that your sense of power can be taken away. Why are you uneasy? Continue to be mindful of the truths you speak.

Jaq. M

- Courtney: Image of a teddy bear. Perhaps this means something special to you or it brings up ideas of security and safety. Do you need comfort? What or who gives you comfort? Feelings of hope.
- Emme: Feeling of shifting, shedding. Image of snake. This could support the "shedding" a layer of yourself/your life, or symbolize Kundalini energy for you.

JS

- Courtney: Emphasis on lower chakras especially the minor (ankle, knee) chakras, indicating possible repressed trauma. Likely affecting root chakra and feelings of safety, stability, grounding. Image of rabbit. This can sometimes symbolize fear and anxiety, but also longevity and luck. Consider how this resonates with you – maybe a spirit animal?
- Emme: I am still, and in the stillness, I reclaim my energy, harness my power, and create forces.

J Sin.

- Courtney: Pillar of light. Ascension and alignment. Leveling up. Breakthrough. Now is the time. Spotlight on you – what will you do next?
- Emme: I am authentic and my voice carries truth and reliability as I lead others to ascension using my words and by my example.

KS

- Courtney: Internalization of true feelings. Voice your true opinions and needs. Are you content or are you complacent?
- Emme: Image of a lightning bolt. Powerful and striking energy, a whole force. Are you aware of your power? If you are, are you using it in the best way possible? Only you can answer this. This isn't related to productivity, how much you are creating or accomplishing, but rather awareness of your mental power.

LB

- Emme: Root, Sacral, Heart, and Third Eye chakra imbalances. Creating a home within yourself to provide you with more stability and security. Taking care of your divine feminine energy, allowing for more creativity and sensual reconnection with yourself. Heart healing and processing, while information is flooding to you through your third eye chakra—so that is through your own intuition, dreams, and clairvoyance. Do not lose track of your innate intuitive abilities and remember how powerful you are. All portals are open for you, masculine energy is being balanced by your decisions to take action.

LS

- Courtney: Inner peace. Settling. Acceptance. Knowing. And with that comes a real recognizing of your inner power.
- Emme: The cyclical rhythm of the inhale and the exhale. Breathing techniques to implement and practice more of to offer more stability and mental/emotional clarity.

MB

- Courtney: Paddling somewhere. Sounds of water. Are you trying something new? Dipping your toes into something new? Where are you going?
- Emme: Heaviness in the head, feeling overwhelmed but more so being connected to the influx of swarming energy coming through as divine downloads through your Crown chakra. Drink a lot of water, allow for ample rest.

ML

- Courtney: Image of a spinning globe – where to next? Image of banana?
- Emme: Energetic vortex coming out of your heart chakra, like a sphere shape. Sacral chakra. Importance of creating as grief processing and emotional expression.

MT

- Courtney: Very strong bright, warm light. Almost blinding. Divine guidance and/or reminder to shine your own divine light into the world. Leo energy?
- Emme: Image of a lighthouse. Crown chakra activations. Allowing the influx of divine and cosmic information you are receiving to flow through you as you are a guiding light for others.

ND

- Courtney: Image of bears and/or panda bears. Peaceful. Quiet inner power. Gentle strength.
- Emme: Everything unfolds exactly as it should; I laugh as I remember my role in the cosmic game of life. Throat chakra activity.

NG

- Courtney: Image of a dew drop. Refresh, refocus, new beginnings. Spirituality deepening.
- Emme: Sacral chakra energy. Jolted movement. Practicing the flow, Kundalini energy, creativity to be explored and expressed.

NM

- Courtney: Cat ears, feline energy. Prowess. Cunning. Mystery and magic. Rebirth. How are you reinventing yourself?
- Emme: Third eye chakra bustling with energy, but feeling enclosed. Are you allowing your divine innate intuitive abilities to lead you, or are you suppressing your own voice of truth? Listen to yourself.

PB

- Courtney: Image of base of a volcano. What is building up? What are you waiting for to erupt? Desert – Arizona? Colorado?
- Emme: Back and forth, back and forth, feeling of “zigzag” and needing to balance root chakra. Creating the space and moments within yourself to offer you steadiness and clarity. Abolishing fear and not acting from a place of fear or being inspired by fear. Creating a boundary between you and fear, while remaining fully present in your human experience.

Duality feeling between root and crown chakras, that zigzag feeling, opposite and extreme ends.

RMF

- Courtney: Usually your higher self presents as an older woman, but this time, I saw a younger priestess/apprentice, anywhere from teens to 20s. Joy. Freedom. Knowing it's okay to not have all the answers. Running in water. Laughter echoing through streams of water.
- Emme: Saw an image of a literal moon reflection on the water. Image of rain boots? (I think they are pink.) Running through mud and splashing in water puddles with these boots on.

SA

- Courtney: Slow down and remember to ground. Yearning. Wanting to know everything. Take your time.
- Emme: Dancing through the possibilities, all portals are open to you. When I hold on to any one idea or plan to claim it as my own, I weigh myself down. Allowing all ideas to manifest before choosing one to focus my energy on. Swarm of ideas, allow them to come, you won't run out of them, you don't have to grasp onto them! Lesson of nonattached inspiration as well as strengthening your claircognizance. Channeling information clairvoyantly.

SC

- Courtney: Possible confusion. Image of a monocle – do you need to look at something more closely? Also image of a mouse, which can sometimes symbolize looking into details and paying attention. Consider how this resonates for you – perhaps a spirit animal?
- Emme: Heart and throat chakras, breath expansion or lack thereof. Allow for more time to create and regenerate that divine prana. Get deeper into nature now to breathe more clearly, and connect more deeply.

SF

- Courtney: Image of a spear. Protector. Provider. I saw you and the rest of your family in the same scene; believe you've spent lifetimes together before.
- Emme: I step into the light of the sun, remembering I am the sun itself. Continuing to work on repressed feelings of insecurities, solar plexus, and sacral chakras.

TC

- Courtney: Image of a frog. Transformation. Reinvention. Joy. Vitality.
- Emme: Integration period. Allowing the energy to flow without push/pull/guidance from your conscious self. Let what comes, come. Let what goes, go.

Moving Forward

Recommend that you follow our Aftercare Tips and take time to think about your individual messages and how they may relate to group themes offered. Remember these insights come from your higher self – while they may not immediately resonate, there is something here that your higher self is pointing you towards. Be open.

With light, until our paths cross again,

Courtney and Emme