



GROUP REIKI: JULY 14

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:

The session opened with the sensation of rippling waters and waves. It was like an image was being distorted. A wrinkle in a time. A time warp. Shapes shifting, evolving, transforming. As with last week, there was an image and sense of being in a vortex. Each of you was centered within the vortex as objects slowly spun around you, almost frozen in time. What people, places, and things are you examining in your life? What things are being suspended in time for you right now? What do you need to take with you and what can you leave behind?

After this initial presentation, I cleared everyone's energy, to assist with removing anything that needed to be released, sending it to its proper place within the Universe.

One of the most prominent themes and messages that came to me was that of duality. There was this sense of being tied to this earthly plane but with your eyes looking to the stars, searching for deeper purpose and meaning; a sense of being tired of the mundane, day-to-day and a want for something more profound. In fact, I also saw an iceberg which challenges you to dive deeper (within yourself and all areas of your life) - What is beneath the surface? What else is there?

I felt that many of you are wanting to ascend and rise. There was this idea that you are looking deeper into parts of your life, removing – with the help of Ganesh (Remover of Obstacles, who was present during the session) – that which no longer serves you, that which is holding you back, and gathering the resources you need to move forward and rise. At the same time, however, there is a

need for grounding. As many of you rise, you may feel shaky, restless, and unsettled – there is a strong push and pull between this wanting to rise and level up, and this necessity to ground. In fact, I felt quite nauseous at some points throughout the session as I felt this unsettling. It is quite common with this type of work that people choose to focus solely on their higher chakras, believing doing so will open and strengthen their connection to the divine. While that is true to some extent, it is just as important to stabilize your lower chakras. You cannot properly ascend with an unsteady foundation.

While past sessions have been more fluid, this session felt very much like a time warp. A place of stillness and waiting. It seems many of you may be in some sort of “in-between.” This is sometimes known as the fertile void, a phase within our cycles of transformation. It is what comes between breaking down of structures/chaos and an integration/new normal. Although empty, this place is fertile with new possibility and potential to flourish and grow. This was emphasized by the presence of multiple spirit animals that were amphibians or had the ability to live in different places. Their ability to live in two different places, in the in-between, is highlighted. Make the most of your time here.

I also saw a very beautiful, lush, green land that seemed indicative of Arthurian times, and brought to mind images of alchemy that were common in that time period. As you are in this fertile, in-between state, you are gathering the inner resources you need to alter, and transform and free your spiritual self from this physical state – to find spiritual liberation, transforming and changing, releasing limiting beliefs, fears, and anything else that is holding you back. The All-Seeing Eye of the Universe, the Eye of Providence, was also notable. This has undertones of freemasonry, and also suggests the Universe is watching, waiting to see what you do next in this life. Leap and you will be supported.

Themes of death were also present. Some past lives were swirling throughout the session and so I believe that many of you may be remembering them; I’ve tried my best to provide as much detail as possible, though this can be difficult to do with a group. Seems to be an emphasis on your decision to incarnate into this life – pay attention to dreams and synchronicities to understand what messages and traits from past lives are trying to come through to assist you with your soul’s mission in your current incarnation.

I also saw a very detailed Roman battle scene, which brought to mind the feeling that many of you are fighting for something – what are you fighting for? And along those lines, what within you needs to die so that you can be reborn? There was also a sense of betrayal during this scene, and so I encourage many of you to look at those you surround yourself with. As your energy changes, so should and will the people you surround yourself with.

As with all sessions, I burn Palo Santo at the beginning, as well as incense throughout. It is interesting to note that this time both burned so intensely with smoke collecting and lingering around me and the crystal grid. It was actually so strong that I had to change clothes afterwards. I believe this to be indicative of a few things including the group needing to burn/release a lot of energy, and also the presence of Spirit (e.g., loves ones who have passed away, guardian angels). I also saw multiple images of wings as well as a Pegasus – a symbol of ultimate freedom and immortality - several times throughout the session. If you have recently lost someone, know they are still very much present.

Lastly, there was a scene in which someone was visiting a man (50ish years or older) in a bed (hospital? seemed to be wearing medical gown of some sort), wiping his forehead with a damp cloth as if treating a fever. The man was tired, but had a soft smile, appreciating the gesture and care. Feelings of acceptance. This was a very specific scene that didn't seem to be tied to anything else. Even though this came up before I focused on individual insights, it could have been a message that needed to be "pushed" through to the front of the group to reach someone. Unsure if that scene belongs to anyone in particular, or perhaps it is simply enforcing the ideas of caring for others. If this scene does belong to you, feel free to reach out to me to discuss further (courtney@rhysandrei.com).

Last night's crystal grid included the following crystals intended to create a greater connection with the Universe, while providing grounding and support:

- Aqua Aura Quartz: truth and communication, psychic protection, connection to spiritual realms
- Angel Aura Quartz: peace, clarity, purification, angelic support, elevated consciousness
- Amethyst: protection against negative energy, diffusing any negativity into love
- Citrine: success, abundance, energy, emotional balance
- Celestite: calming, uplifting, mental clarity, connection to the angels
- Clear Quartz: amplifies energy and energy of crystals; divine, pure light
- Hematoid Quartz: grounding, meditation; transmutes negativity into light
- Moonstone: stone of new beginnings, inner growth, and strength; enhances intuition

Emme:

I began our group Reiki session last night by first smudging the space I was holding for the practice with sage and Palo Santo, followed by ringing my bells in each corner of the space to assist in the energy clearing.

I then invoked the energy of the directions and elements to support us during the session. I traced Reiki symbols over the crystal grid I had made to represent the group's energy. My crystal grid this week consisted of:

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

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

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

I followed this by inviting all Archangels, Angels, Elemental Spirits, Sacred Shaman spirits, Sacred Elders, and all of my own and everyone in the group's personal spirit guides and ancestors to step forward and assist in the healing session, followed by inviting any other divine, celestial entities and energies of the light who wanted to join us, to do so. I asked each individual's Higher Self to please receive this gift of Reiki energy, and each one of you happily accepted!

I then played my Tibetan singing bowl over the crystal grid for a few minutes, while visualizing the magical sound frequencies penetrating your auras in the places that need most healing. I then played my 13.1 Om tuning form to resonate with and funnel energy healing into the collective heart chakra of the group.

The energy of the group this week felt as if this present moment is less so a call to action, and instead a period of waiting, planning, and preparing—the calm before the storm, the pause for reflection before the manifestation appears.

Clairvoyantly, I saw quite a few symbols and scenes for the collective this week. There was a moment that I saw a vision of a swirling blue eye in the middle of the cosmic sky. I then saw an old European castle sitting on top of a hill surrounded by very green grass, so maybe this old castle was an Irish castle or something of the like. That vision was followed by a scene of a young child wandering around, amongst a lot of business—the child was in the middle of a bunch of aisles or streets (feelings of rows/blocks), feeling lost in a sense, and looking out and searching for something. Please remember that when interpreting scenes and visions, that it could represent you, your current life situation, your dreams or inner desires, shadows, etc. Only you will know what resonates with you, how, and why.

Stop hiding from yourself. Look in the mirror. Acknowledge all your flaws, acknowledge your whole self. See the beauty in all of you. Beyond just acknowledgment, but full acceptance.

There was also a feeling of being lost, as well as seeking something or searching for something. Remember that you are fully found, you are fully whole.

It can be overwhelming to acknowledge that all things come and all things go, and even harder to accept. Allow yourself the sacred space to go within and ask yourself what is it that you are seeking, that can't be found within? (Answer: nothing. Everything comes from within.) Who am I without this person? Who am I without this thing? Who am I without this system? There is nothing missing from you

or from your human experience. The feeling of emptiness, or that “missing part” only comes from within you, remember this, dear ones.

We heal others by healing within ourselves first and foremost.

I also felt called to address the grieving process. It sucks, it hurts. Change is uncomfortable and weird, especially getting used to a new normal “without” something/someone in the physical realm. The only thing to ever stay constant is that everything changes. Where can you practice more grounding? When you dive into your grief, can you go beyond the feeling, can you channel it into a physical creation somehow?

If only we understood the beauty that is so full of life beyond the veil.

I pulled some tarot and oracle cards for the group to support major themes to shine light on this week, before I shifted my energy to focus on retrieving individual insights.

- **Wait:** In our fast, loud, reactive, comparative world, where an instant response is so often expected and at times even a currency, it can feel almost impossible to take a breath, let alone give ourselves the space to rest, wait, and receive. And when guidance doesn’t come at these extreme speeds, it can feel as though something’s gone wrong. But often, not receiving guidance is guidance in itself. When you ask for guidance and don’t receive it, it can often mean wait. It’s not yet time. The details are being woven. our challenge is to keep trusting when, on the surface, it appears that nothing is happening. You’re being reminded to have patience and to trust the mystery of life.
- **Page of Wands:** Representing the free spirit who carries infectious enthusiasm. Delight in youthful, raw, and exuberant creative energy, and pay attention to the new ideas that are bubbling to the surface at this time! You will find flashes of inspiration here, inspiration that comes bundled with massive potential. If you are feeling the “creator angst” of not having any solid plans to bring these insights to life, let go of your need to formalize your plans right now. “As the dreamer of my dream, I spontaneously and passionately ignite this flame.”
- **Life Force:** It is our wild, irrepressibly powerful nature that grants us access to the state of ecstasy, if we develop the ability to recognize the narrow confines of social conditioning and consciously transcend them. Many are terrified of entering the state of ecstasy because what is generally valued most highly is lost: mental control. By trusting your internal emotions toward ecstasy, you will reach a higher perspective that remains unattainable in our ordinary, dull, sleepy state of mind—your consciousness expands, and in this released state, you are closest to the Great Mystery, the awesomeness of simply being alive.
- **Integration:** Just when it seems that everything has come to a standstill, the forces of transformation are most active. Refrain from criticizing the process that is taking place within. What is going on inside you now, is yet too fragile to be dragged out into the open and killed by explaining it away. Give yourself the freedom of not having to justify the delicate process of your spiritual development that must take place in secrecy. Respect what is happening in the darkness.

- **Torment:** If you use your energy mainly to fulfill the endless variety of your ego's desires, you tie yourself to an internal whipping post. Look at how you bind yourself—and to what. What notions enslave you? What opinions have you taken on as your own without questioning? Remember how much is simply self-created and re-created by endlessly repeating restrictive thoughts. Allow an inner turn-around of 180 degrees to loosen the ties that bind you to the torture tack. Trust that the power of your inner being will bring you what you really need in life.

Individual Insights

Individual insights received by Courtney 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

- Emme: I sing with the wind, I soar like a bird, I am free. Crown chakra.

AS

- Courtney: Congestion in heart chakra; something vibrating/spinning, needing to be released. Image of a diploma – Have you recently completed/achieved something? What is the next step in your journey? Are you wanting recognition for something? Consider how this may relate to your heart chakra and emotions.
- Emme: Solar Plexus chakra. Saw a spinning bike pedal or spinning bike wheel, spinning very fast. Where are you directing all of this energy?

CL

- Courtney: Image of wings and freedom. A wrinkle in time.
- Emme: Misses being in the physical with Mirko very much. "I'm here, I'm in that (*points to "things" over here, over there,) I'm in you. I am okay. I'm sorry it had to be this way." Remembrance of soul contracts and karmic lessons we agreed to without the knowledge of it while we are in it, trusting the process. Feels closer now.

CP

- Emme: Throat and Root chakras. Feeling of abundance. Feeling of stability. Counteracted by own internal chaos. What is chaotic? Isn't all well? Catch yourself in these moments, remembrance that you are the writer and director and every character in the musical of your life. Don't relate too strongly with any one of these roles, don't get too "into character" in any of these roles. Becomes habit, becomes comfortable, becomes "your truth." Remember it's all you; none of it is you.

DL

- Courtney: Root chakra imbalance. Images of you looking out into the desert. Where are you going? Limitless possibility and ideas of purity and clarity but also barrenness. Perhaps you are currently in the fertile void, a phase within our cycles of transformation. Although empty, this place is fertile with new possibility and potential to flourish and grow.
- Emme: Third Eye and Crown chakras. Feeling of nausea for a brief moment. A "purge." Could be experiencing pressure in your head (physical or energetic) as these upper chakras are downloading new codes. Flow with the process.

HE

- Courtney: Image of a sheep. Innocence, compassion, vulnerability. Are you part of the flock and being led? Be aware of blindly following. Or does the sheep represent someone else in your life, in which case, how can you lead or guide them? Also indicative of the circle of life.
- Emme: Vision of you being in the middle of a target. Feel as if so many things are happening right now, you're the target of the Universe that keeps aiming for you. Trust in the process. Love so strong, not wanting to let go. One of the hardest lessons to learn in this experience. Remembering beyond the veil.

JM

- Courtney: Images of being in nature and also a scene of either galloping on a horse or being in a fast-driven horse drawn carriage. Possibly indicative of a past life – either an accident in the carriage or on the horse in which you are thrown off. How does this resonate in your current incarnation? Consider what falling and moving fast brings up for you.
- Emme: Hip movement, saw circular dancing with the hips. Sacral chakra, feminine movement and energy. How can you add more intuitive movement into your practice? Let those hips swing!

KB

- Courtney: Image of a kid's classroom. What are you learning? What are you teaching others?
- Emme: Vision of a game of leap frog. Are you honoring your inner child? Are you jumping too far ahead? Leap with faith, trusting that the universe will always catch you. But plan strategically. Play.

KH

- Courtney: Image of a starfish, symbol of divine love, intuition, and regeneration. Continue to develop and depend on your intuition. Go with your gut. Reinvent yourself. Also feeling of shaky ground and/or being in quicksand. Trying to keep afloat. Stop struggling – stay still, lean into feelings of discomfort, the only way out is through.
- Emme: Beaming out of your body, almost like a pillar or elevator traveling up and out of your body, pure white. Astral projecting. Needing to shield before sleep. Strong astral activity, aware of it or not.

KM

- Courtney: Scenes of being home and in the kitchen vs. laying out under the stars. Push and pull between Earthly grounding and wondering about the stars/spiritual purpose. Calm, quiet, pensive, stillness, but also active heart and mind.
- Emme: Opening the flood gate. The only way out is through. "Honeybee" All is as it should be. The human experience is always bringing you back to love.

KP

- Courtney: Activity in higher chakras. Image of an antique or figurine under the spotlight in the center of a table. Are you collecting things? Are you more concerned with keeping things perfect and on display rather than experiencing them? Images of an underwater scene that looked like a past life and seemed to emphasize breathing (either being able or unable to breathe underwater) – either a past life as an Atlantean or drowning in a past life. Consider what water and breathing mean to you in this life.
- Emme: Heart chakra open, felt very vulnerable. Felt as if I could cry. Very sensitive (right now, or in general) release what needs to be released. Fear of letting go—letting go will never leave you empty, but will only clear room within yourself for more, of whatever you want to attract. Allowance.

LS

- Courtney: Image of a skeleton's backbone. Are you the backbone and foundation for others? Are you running yourself too thin? Presence of either a giraffe or ostrich or emu (long neck, smaller head) as a spirit animal, as well as orb, indicating the presence of Spirit. Image of large wings – possible starseed Andromedan roots.
- Emme: Vision of you running down a long hallway. White surrounding. Possibly a hospital hallway. Feeling of pressure, feeling of escaping. Remember that all things are you, come from you. You can't outrun yourself. Turn around, face it. It needs love. It is part of you, your own feelings of grief or sadness you are trying to push away even subconsciously.

MC

- Courtney: Survivor. Someone who helps and rescues others. Are you taking care of yourself? You can't pour from an empty cup.
- Emme: Saw extremely curly hair, long, voluminous, gorgeous. Where are you projecting your focus? Feeling of spaciness, a "check out." Are you running yourself into the ground? Make sure you are grounding, and giving yourself the breaks and rest you need as to avoid burn out. Strong mental energy.

MT

- Emme: Scene of footprints in the sand on the seashore. Lessons of the ocean. Color blue. Throat chakra.

ML

- Courtney: Image of campfire and board games. Gathering. Family. Hunkering down.
- Emme: Third Eye chakra activations and downloads. Intense mental and spiritual energy – vision of a vortex into your third eye, like a cone shape.

MLopes

- Courtney: Image of a body suit, maybe armor? Are you protecting yourself from something? These suits can sometimes transform and inspire us, helping us feel brave and strong– who are you hoping to turn into? What qualities do you wish to project? Emphasis on heart chakra. Image of frog seen and phrase “Frog King” heard.
- Emme: Saw a cannabis plant. This could symbolize medicinal healing in however best resonates with you. “Expression” and heart chakra. Root chakra feels imbalanced. Loss of a stable part of you. Ground. Incorporate the colors red and green more into your life.

ND

- Courtney: Several fairy, woodland, nymph, and elemental spirits. Need for grounding – connect with nature and connect with your guides for assistance. Presence of a red fox, known for their heightened sense of awareness, cleverness, and nimble movement. Consider what this spirit animal may mean to you and why it is showing up at this particular time in your life. Pay attention to dreams.
- Emme: Throat chakra. Are you speaking your truth? Are you able to? What is holding you back? Forgive the parts of yourself that silence you. Speak up and unapologetically, your words need to be released and also heard. Trust.

NM

- Courtney: Image of you as a surfer waiting in the water for the next wave. Fluidity but also stillness and quiet as you wait for what’s to come. Pensive. What’s next?
- Emme: “Blooming.” Root and Crown chakras. Let’s get back to the basics. Get grounded. As above, so below. Can’t journey up into your full potential without strong and deep roots, wanting to jump to crown. Spiritual seeker.

NW

- Courtney: Strong symbol of a woman dressed in white in front of a waterfall (either a waterfall of moving water or light – emphasis on the movement). So much white light – likely an angelic presence. There was also a thin gold ring in front of the woman, almost like a halo but in front of the person. You are divinely protected; why might this angel be showing up to you now? What do these symbols mean to you?
- Emme: Sacral and root chakras. Release the feeling of needing to control, to have power over anything. Lean back into the arms of the Universe as it supports you, give full control over. You will feel lighter. Flowing with the will of the Universe, not your own will.

RN

- Courtney: Image of a single candle pulsing and getting brighter and brighter. What is being illuminated in your life? Presence of a sea lion, which might have specific meaning to you or be symbolic of clarification and protection/having a thick skin. They also are found both on land and sea; what dualities are you noticing in your life?
- Emme: Allowing the love to flow out of you from within you, remembering that the love you have for yourself defines the love that you share with others and also the world around you.

SA

- Emme: Feeling of waiting, feeling of wanting. What is it you're waiting for? Be clear. Be yourself. "Real recognizes real." Be yourself so the others can find you. Be clear in what you want so that you can recognize it when it appears. Is it something that comes from external sources? Find where that will nurture within, and give it to yourself. Needing to rewrite stories that are very much internalized.

SS

- Courtney: Sitting in the kitchen with kids. Abundance of love and contentment. Engaged but also thinking/dreaming of other things. Are you making time for yourself? Root and sacral imbalance.
- Emme: Vision of a fountain, bubbling and huge, children playing in the fountain. Zoom out and the fountain is coming from your heart chakra. Creating loving memories for yourself from the love that comes from within. Go within to go out.

TC

- Courtney: Emphasis on sacral and root chakras. Presence of alligator/crocodiles – how does this resonate for you? Ideas of strength, resilience, power, adaptability. Cultivate these concepts and draw on these spirit animals to strengthen your sacral and root chakras.
- Emme: Solar Plexus and ridding yourself of subconscious fear programming that resides in the Solar Plexus region. Continuing to do the shadow work. Already very in tune with body. How can you practice more creativity? Feminine energy here that is strong. Vision of an infant—baby girl spirit. "Art."

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