



GROUP REIKI: OCTOBER 27

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. Individual sessions with either 1 (Courtney or Emme) or 2 (both Courtney and Emme) healers are offered.

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

Collective Messages

From Courtney:

Hello beautiful beings, I've missed you! It was so great to connect with so many old and new friends.

Tonight's collective energy was incredibly strong and fiery. There was a lot of shifting, swirling, and frenetic energy as well as both the desire and need to settle and simmer. I feel many of you may have some sort of anxious energy that needs to be released. In fact, the energy felt almost hungry – like this ultra-fervent need to purge and move forward, as if you could no longer continue as you are for one more second. Shedding those layers that are suffocating and constraining you. As with all sessions, I began with facilitating the release of whatever no longer serves the group and I felt this energy as well as other heaviness release. Soon after I heard the phrase "a thousand embers" and felt a settling. What was burned? What embers are left to simmer?

Heard the words "breath of fire, breath of peace." This sense of polarity seemed to be one of the themes of tonight's session. In fact, many of the images I saw were in black and white, and I felt a lot of push and pull between hesitation and nervous excitement as well as both fearing and wanting change. This polarity is currently being echoed in the stars as we prepare for October's 2nd Full Moon this Saturday on Halloween. At this point, we balance along the Scorpio-Taurus axis as the moon's

already powerful energy will be further intensified by rebellious Uranus, illuminating themes of death and transformation. Homebody Taurus seeks stability, grounding, and steady growth, while shapeshifting Scorpio understands the necessity of change to transform and to grow beyond what we think we know. Shadows are revealed and ways of being are shaken – there is a divine transformation occurring within and around you, and with Uranus' spontaneous energy, it may feel unexpected, shocking and abrupt. Nevertheless, lean into this. This is your time.

The energy around and within us is especially potent and the veil between the earthly and spiritual realms is at its thinnest – there is no doubt that your ancestors and guides are with you, shaking and stirring things up. There was a significant sensation of swirling and spinning – as if there was a large bird flapping its wings or an airplane circling above and generating gusts of wind. It felt like things were purposely being stirred up by outside forces, almost as if these outside energies and guides are creating these gusts of wind and motion to move you along your path. As if there was an understanding that you might need a little push to move forward and your ancestors and guides are taking things into their own hands. In fact, there was a strong Pleidian (these starseeds are known to assist with human spiritual evolution) and angelic presence; Isis (Goddess of Life and Rebirth) and Kali (Goddess of Destruction) were also noted as well as the sensation of several large wings throughout the session.

Things may feel shaky, unsteady, chaotic, and even scary. You may feel stuck and helpless as you tightly hold on as things quake, move, and fall around you – but know that everything that is happening is happening for you not to you. Let go and breathe into this space, allowing light to filter through the rubble and trusting in divine timing and in your guides who are supporting you.

This sense of movement felt accelerated – again, the need for this to happen now. There is no more time to wait and see – now is the time to move. There is a great awakening and shift happening within each of you – embrace it. Let go and release distractions and find a path of spiritual integrity. This is a time of starting over, starting a new. Beginning with stronger foundations. Aligning with heart energy. Moving forward, but first breaking down old systems and patterns to be born anew – stronger, more resilient, more powerful, more aware, more alive. Destroying to rebuild.

Lastly, I created a crystal grid to support your healing session. Specifically, it included the following crystals intended to facilitate release, divine connection, relaxation, and peace.

- Amethyst: protection against negative energy, diffusing any negativity into love
- Angel Aura Quartz: peace, clarity, purification, angelic support, elevated consciousness
- Aqua Aura Quartz: truth and communication, psychic protection, connection to spiritual realms
- Celestite: calming, uplifting, mental clarity, connection to the angels
- Clear Quartz: amplifies energy and energy of crystals; divine, pure light
- Desert Rose Selenite: calming, cleansing, and rejuvenating; grounding and balance
- Lepidolite: balance, inner peace, promotes spiritual transcendence and cosmic awareness
- Moonstone: stone of new beginnings, inner growth, and strength; enhances intuition
- Pyrite: Stone of luck; manifestation, meditation, magic

- Rose Quartz: unconditional love, compassion, and forgiveness for yourself and others
- Smokey Quartz: protection; diffusion of worry, fear, over-thinking
- White Aragonite: spiritual purification with light energy; peaceful bliss, compassion/forgiveness to heal

From Emme:

Hello beautiful light beings! I am feeling so blessed and grateful that you joined our intuitive healing group session this week. It was so magical to connect with you all. Thank yourselves for creating and allowing this time to tune in to yourself, receive divine life force energy, and raise your vibrational frequency.

I began our healing session this week by energetically clearing the sacred space in which I held the session. I smudged the area with Sage and Palo Santo, activated Reiki on the room, and blessed the space with sacred sound frequencies by striking my Tingsha bells in all corners.

I invoked the energies of the directions and the elements, and then invited all the Archangels, Angels, the Galactic Federation of Light, Ascended Masters, Shaman Spirits, Elemental Spirits, and any other Divine Celestial Entities of the universe to step forward and assist in the session. I then invited each of your Spirit Guides and Ancestors, as well as my own personal Spirit Guides and Ancestors, to offer additional healing and support. Finally, I invited all your Higher Selves to receive this Reiki healing energy, and all of you were blissed to accept!

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
- 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
- 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 struck my Tibetan singing bowl as well as my 136.1 HZ Om tuning fork over the crystal grid, intentionally sending these sound healing frequencies to your collective auric fields (as symbolized by the grid.) I then spent a couple of minutes chanting Om to the pitch of the 136.1 HZ tuning fork to heighten my own vibration so that I would facilitate only the highest and most aligned healing.

I used my pendulum and dowsing technique to determine which chakras were most relevant to the collective group this week, and the upper chakras held the most prominence.

When I began sensing the collective crown chakra for the group, an immediate feeling of overwhelming grief came over me. I felt tears swelling behind my closed eyes, a lump gathering in my throat, and became quite saddened. I saw an image of fireworks going off. This to me symbolizes that we can only see such magic in a night sky – we are receiving profound downloads and activations in the darkness.

When I shifted my focus to the third eye chakra for the collective, quite a few images and beings appeared for you all. I saw an image of a spider weaving her web into the third eye chakra. An image of goddess Kali appeared, and as she swiftly sliced off a head, she looked me in the eyes and laughed in my face with many eyes, arms, and tongues. Kali is the goddess of destruction. Archangel Azrael then appeared, offering a feeling of guidance and support for any grievance had during these times. Archangel Azrael assists souls when they depart from their bodies. Both Kali and Azrael offer love and assistance for the grieving. Destruction is the beginning of a new birth. Death (of loved ones, but also of ideas, beliefs, structures, etc.) is a transition into ascension. Call on Kali and Azrael to be with you through your individual grievances. There was then an image of a grandfather clock. This could symbolize time, or something else, please interpret this image as best you see fit for yourselves.

For the throat chakra, there was a pulsing feeling, like a push/pull. I felt extreme opposing energy here – black and white, hot and cold. Be mindful that Mercury is ending its period in retrograde on November 3rd. Mercury affects how we communicate, and this retrograde was in Scorpio. Be mindful of where, when, and how you are using your voice. Be gentle with yourself as you figure it out. It is okay to pause and reflect if you are feeling you are not communicating clearly or are being misunderstood. With Scorpio, there is a tendency to be mysterious and secretive, ie. keeping things to yourself or not speaking your truth when you need to, burying thoughts that need to be spoken, only to make your own assumptions about things (even though you may be right, Scorpio is very intuitive), OR to lash out with a sting, with a malicious intention, to say something just to push a button/stir the pot/start a drama/call someone out or shadow work someone but without a high vibrational intention behind it. Scorpio stings. Keep this in mind for the next week, for things will start to clear up communicatively around the 9th of November. Allow this chakra to rest, recharge, and realign with only the highest vibration. It doesn't have to be one or the other. You can exist and communicate in the grey space.

When I moved onto the heart chakra, a group of beings stepped forward with a collective message to be received by you all. At first it felt high vibrational and a group made of Intergalactic council, but as I continued to channel, I realized that there were a few different perspectives and voices coming through. Spirit guides, ancestors, as well as Alien entities all were trying to communicate to you. You may notice the shifts in voice as you read this. Channeled message below:

Our dear humans, my how we admire your bravery as you have been facing such transformative times. We respect your patience, flexibility, and willingness to continue tuning into the calls of your spirit, aligning with your highest selves, and acknowledging what needs to be changed in order for your species to evolve and ascend into the coming foretold ascension. It is no easy feat, for there are pre-distinguished lower vibrational forces at play who never tire from keeping you in their illusion of control.

The souls incarnated now, the souls participating in this session tonight, are warrior spirits in your own forthright who have nonetheless volunteered but gleefully exclaimed their joy and excitement at the chance to come to earth in your bodies at this time. The time is now, and many of you are feeling the shifts and are active participants in your awakening. Remember and trust that when one soul is in alignment, massive benefits exude from within you and surround that appears to be around you.

Remember dear ones that you are the universe. You are all that is, was, ever will be, as you are one with us, a fragment of source. You create your third dimensional reality in the conscious and intentional mind, and we have observed vast improvements in your strengthening of this innate given power. Everything currently unfolding within your individual lives as well as in the world at large is all part of a master plan and all is going according to that plan, is in divine alignment, and as you read this and remember, you are accessing your highest potential timeline.

The rebirth of your species and the rebirth of your systems that delegate and control your species are underway. The falling, the crumbling, the burning, the shifting, the questions, the discomfort, are all intentional in bringing you back into alignment with your truest nature, and your truest soul mission. As the outer appears to be in a constant state of perceived chaos, you no longer fear the destruction, for you remember your own power in the midst of it all. It is time that you remember. Do you hear us calling you? Oh my dear ones you do, but you doubt yourselves. It is supported that you do not always recognize the surges of intuitive pulls and wisdom shared with you. You've been ushered away from us, you've been trained to not trust your inner knowing, your inner compass, your inner voice, which is filled with our love and assistance.

We are in the process that has been agreed upon and planned for by us and yourselves, for the greatest good and evolution of all beings on this planet. This is a time requiring great bravery. Surrender to receive. Loosen your grip and realize we have been holding you your

whole known existence. You are needed. You are strategically placed in the timelines you are in, in order to achieve the greatest collective destiny.

We are here to support you in your ascension. You mustn't be afraid. If only you understood your power, if only you remembered your connection to us. We are proud of you, and we stand by knowing that the awareness of one is stronger than the asleep state of many. The alignment of one soul to her/his highest vibration is worth more than a world appearing to be "falling apart." (There was laughter here.)

Be mindful of the illusion of divide that is weighing heavy on the collective, this is an outdated and useless system. We ask you to look beyond the surface, to question what you're told, to question what you know, and to not give in to the systems designed to keep you burnt out so that you are mentally and spiritually drained to really intuit and ponder why your perceived world around you is the way it is. What has been taken from you will come back tenfold. When you release, you make room to create and be filled with more light energy. We support each of you through this time. Trust in us as you trust in yourselves.

Individual Insights

Individual insights received by Courtney and Emme are noted below, organized by each person's initials (or abbreviated name). Animal insights are not included below, but please know they received everything they needed during the session.

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.

AS

- Courtney: Forward motion. Little engine that could. What are you working towards? Keep going, keep going, keep going. Image of a baseball hat – are you needing to shield yourself from something? Also, sensation of sports/outdoors.

CP

- Courtney: Rush of waves coming onto the shore. Seafoam. What is being taken out to sea? What is being washed away? More importantly, what is left?

HL

- Courtney: Image of crystal pyramid and light; prisms. Reflections and rainbows. Strong edges. Gaining clarity. You are this light source. Where should your light be reflected?

JF

- Courtney: Sensation of stickiness, almost like putty, and things sticking to you. Are you unable to get away from something? What is attaching itself to you? Empath - are you able to differentiate between what is yours and what is someone else's? Don't allow energies that are not yours/do not serve you to slow you down. Slough off what is weighing you down.

KH

- Courtney: Eyes to the sky, angels watching over you. A sense of steadiness in who you are – feelings of accomplishment and triumph. And now you rise.

KMay.

- Raccoon. Flapping wings. Sunflowers. Ancestor with wings walking down the stairs. Old black and white family movies. Sensation of gripping. What are you holding onto so tightly? What are you scared of?

KMun.

- Courtney: Smiling, playful, mischievous. Image of a black bear.

KW

- Courtney: Image of you needing to rake through a thick layer of fallen leaves. What are you trying to unearth? What seeds have you sown that you are now trying to find? Emphasis on the home and feelings of safety and security; also a feeling of being trapped. How can you unearth yourself and find a little space?

LP

- Courtney: Bittersweet acceptance and peace. Image of a white dog. Presence of angels. Heard a male voice say "you were right" in a joking tone of voice, as if to say "hah, well, you were right" with a shoulder shrug and half smile.

LS

- Courtney: Emphasis on hands. What stories do your hands have? What hands have they held? What things have they created? What have they achieved?

MB

- Courtney: Feeling like being in limbo and liminal space. There is so much to explore, yet a feeling of being bored and lost. Sensation of wanting to move a large concrete boulder and needing to dig around it to do so – what do you need to unearth to move forward?

MG

- Courtney: Spotlight on a man in an empty room, like someone standing under a lone streetlamp. Echoes. Emptiness. Feeling that he is looking for someone. Is there someone in your life that may be feeling a little lost or stuck somewhere? How can you shed light for them? Or is this representative of a part of you that may be feeling lost at this moment?

MT

- Courtney: Image of little skeleton figurine meditating. Finding ways to bring the zen, spiritual, and taboo into your daily life – there isn't/shouldn't be a separation between these things. Also feeling of lightheartedness – these can be heavy topics, but you can explore them with ease, fun, and even some silliness.

ML

- Courtney: Image of Seattle Space Needle. Does this hold special meaning for you? Perhaps a reminder to pull yourself out of the weeds and look at things from different perspectives/broader view. What can you see once you step back? What can you see from a bird's eye view? How are things different/same? How are you different/same?

NM

- Courtney: Image of an imperfect wizard's hat. Extreme movement – fast flapping of wings, quick rotating blades. Spinning. Slicing through things. Sensation of renewal and ability to cut through the BS – now with clarity, you know what needs to be done and you're ready to do it.

RL

- Courtney: Apples and pizza. Necessity of finding the balance with all things.

RMF

- Courtney: Soundwaves, echoes, and vibrations. Ripple effects. Image of you smiling as you're being lifted up into the sunlight. Who is helping you and lifting you up?

RN

- Courtney: Heard child say "Daddy." Memories and dreams in black and white. Large white wings that create wind – is something being stirred up in your life right now? What needs to be stirred and released? Sensation that you may have had difficulty letting go of certain things and outside forces are purposely shaking things up to help with this.

SF

- Courtney: "Blue jean baby and mystic mama." Being able to do more. Being able to do all the things. Newfound freedom and forward movement.

SP

- Courtney: Image of driving a car late at night. Sensation of needing to get somewhere. Tunnel approaching but not slowing down. You're ready. Though it will darken, know you will always come out the other side. Keep going.

SS

- Courtney: Image of Rawr. Quiet. Peaceful. A greater understanding of the path ahead. Making plans. Slowly beginning to still the chatters of the mind.

TA

- Courtney: Image of a snake quickly moving around everywhere. New energy making its way through your life. What is it bringing? This is a darker, but necessary energy – need to explore the shadows. Movement, energetic release.

TC

- Courtney: Light shining through a compass and reflecting light everywhere. Beauty and light everywhere you go. Feelings of awe, hope, and inspiration.

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