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DISCOVER

YOUR NEXT STEP

Embracing Change and Renewal

A Reiki Guided Journey

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Reiki Rays

Reiki Guided Meditation By Colleen Benelli

Discover Your Next Step: Embracing Change and Renewal

Audio Recording: [Reiki Guided Meditation: Discover Your Next Step: Embracing Change and Renewal](#)

Introduction:

Welcome to this Reiki-guided meditation and journey designed to support you in embracing change and renewal in your life. As we move through this meditation, you will release what no longer serves you and invite in the energy of new possibilities. There are times I will stop talking so you can be in your own inner experience. During the silence you may choose to use automatic writing. Simply place your pen to paper and allow yourself to write without evaluation. You can read it at the end. You can also simply stay in the silence and receive the information.

Please close your eyes and take some deep breaths. Let go of everything that you need to think about today and everything that you need to think about later. This is your time to focus on yourself.

Note: Parenthesis indicates the symbols. They can be spoken out loud, but they can also be silent if the listener is not attuned to them.

Begin the Flow of Reiki Energy

Place your hands comfortably on your body. As you do, feel the flow of Reiki energy beginning to move through your hands, revealing the light that surrounds and is within you.

Deep Breaths and Reiki Symbols

Take some more deep breaths. The beautiful light of Reiki fills the space around you, and it fills the air that you breathe with vitality and life force of color and light. As you breathe in the light of Reiki, it flows through your body, awakening your inner spirit.

(CKR) As you breathe in, you breathe in the power of divine love. This power awakens within you, reminding you that it is the core of your being.

(SHK) As you breathe in, you breathe in the light and power of the divine mind. This light fills your breath and awakens your higher thought, consciousness, and creativity.

(HSZSN) As you breathe in, you breathe in the light and power of the divine heart. Your heart light shines, revealing your divine presence and nature.

(DKM) As you breathe in, you breathe in the Divine Light of the earth. This light fills your body, reminding you that your body is made of the earth, and it gives your divine presence life and breath.

(HF) The light of God within you wakes up, and you are unified with your divine and human spirit. You are one light, one breath, one spirit, and completely whole inside.

Tree of Life and Connecting to the Earth and Heavens

As you breathe in, you breathe in the light of the earth, and like the tree of life, your roots grow deeply into the earth around you. Made of the earth, receiving the nourishment of the earth, the elements, the minerals, and the colors, you feel the heartbeat of the earth.

Your branches reach to the heavens and receive the light of the heavens, the wisdom and the knowledge from the infinite realms, from the earth realms, all unified right here within you. The breath of the four winds blows through your branches, carrying with it the wisdom of the ancients, the stones, the waters, the people, and the animals. Your own wisdom, your own inner truth, your own inner knowing awakens.

Divine Compassion and Spiritual Guides

Divine compassion fills your breath and flows into your body. The power and authority of compassion fill your breath.

(Invite Spiritual Guides Your Way.) Your perceptions expand to the beautiful beings of light that are here with you, all around you. The divine animal kingdom and the spirit of the earth, the angels and the archangels, the enlightened ones of your heart, the ascended masters, our brothers and sisters in the light. The sacred and beloved ones of each of you are here with you.

The light of the earth and the light of the heavens shine through you, revealing who you truly are.

Auto Writing:

Now, take a moment and go within. Bring your awareness to yourself right now and listen inside. What is the change or renewal you are seeking? What next step do you want clarity on? Where do you feel a need for renewal in your life?

Take a moment and place your pen to paper and write about what is going on for you right now. (Pause 1-2 minutes)

Bridge of Light:

As you continue to breathe deeply, imagine a bridge of light appearing before you. This bridge leads to a place of great peace and serenity. As you step onto the bridge, you feel the support of the light beneath your feet, inviting you forward. With every step that you take, you feel lighter and more relaxed, knowing that you are supported by the light of Reiki.

As you cross over the bridge, you walk through the colors, filling your colors and vibrancy and vitality. You walk through the red, the orange, yellow, and green. The light from the highest heavens is shining on everything, and you see the river of peace flowing beneath the bridge and the sparkling light shining on the water.

You continue across the bridge now, through the blue, the indigo, and the violet. When you cross to the other side, you find yourself in the most extraordinary place. This place is the enlightened realm we call the spiritual realm of the third heaven. All there is, is love here.

River of Peace to Let Go:

You see the River of Peace and a pathway leading to the waters. You decide to go to the river, and so you follow the path. You walk to the river, and the water sparkles with divine light, inviting you to let go of anything that no longer serves you. The river is a place where you can release the burdens of the past, any fears, doubts, or old patterns that are holding you back from change and renewal.

The light of Reiki fills your breath and envelops any of those issues you are ready to release. The light begins to lift any injuries sustained in this life, other lives, and ancestral history, and begins to dissolve and release any cords, connectors, or attachments to them. The light fills your breath and envelops these cords and connectors, carrying them away into the light for you through the power of love, the authority of compassion, and the grace of forgiveness. You let go of any regrets, doubts, or fear, and you just breathe deeply now and receive. You feel the Reiki energy in the water, in the River of Peace, and you can hear the song of the river. It all washes through you, cleansing you and restoring your sense of peace, clarity, and self-trust.

So you cup your hands into the crystal clear waters of the River of Peace and take a long drink. The living waters flow through your body, cleansing you and filling you with peace, love, and self-trust. The waters fill you with your sparkling light, your effervescence. After a while, you decide to continue on the path, following along the river of peace. It's so beautiful here. The song of the river is in harmony with the song of the trees, the plants, and the animals. The song of the river fills your song and awakens it within you. The beauty here fills your soul.

Field of Possibilities to Bring In:

Ahead of you, you see the pathway leading to the magnificent field of possibilities. This field is where you can open yourself to receive the wisdom, clarity, and inspiration you seek. All around the field are illumined beings of light, the divine animal kingdom, the circle of life, and the circle of light with the angels and enlightened ones of your heart. Peace fills your breath as you step into this expansive field.

As you stand in the Field of Possibilities, you are surrounded by the energy of Reiki, the presence of divine beings, and your own inner guidance. These are the sources that fill you with strength, wisdom, clarity, and self-trust. The field carries the presence of the earth and the heavens, and as you connect with this space, your own wisdom and knowledge wake up. The wisdom you carry within you from this lifetime, the wisdom of your soul, your inner knowing, and self-trust are all here, ready to be realized.

So you listen within and set the intention to receive Reiki energy and guidance from the divine beings and your own inner wisdom. Feel the energy flowing through your entire being, aligning your mind, heart, and gut brain with your highest self. The energy clears away any remaining doubts or confusion, leaving you with a deep sense of clarity, confidence, and self-trust.

Auto Writing:

With your hands open to the energy of the Reiki and the guidance of the divine beings, imagine yourself listening to the wisdom within. What insights or messages do you receive about the change and renewal you are seeking? What is the next step that your inner guidance reveals to you?

Place your pen to paper now, listen to your question, and invite the wisdom to flow through you. (Pause 2-3 minutes.)

Now, take a moment and say thank you to the divine beings, the Reiki energy, and your inner wisdom. Invite future insight, more information to come in clarity of mind, self-trust, and inspired action.

Back to Bridge of Light:

Begin following the pathway back to the Bridge of Light, walking along the River of Peace. When you arrive at the bridge, you cross through the colors, walking through the violet, the indigo, the blue, and the green, yellow, the orange, and the red.

Feel the Reiki energy continue to support and guide you. With every step, you bring back the clarity, self-trust, and empowerment you received from the journey. As you reach the other side of the bridge, bring your awareness back to this room. Take some deep breaths and feel yourself right here, and bring yourself back to the present moment.

Auto Writing:

Now, take a moment to listen to your inner guidance, place your pen to paper, and write. Ask yourself this question: What is my next step in embracing change and renewal? (Pause 1-2 minutes)

Again, invite continued insight, clarity, inspiration, inner knowing, inner authority, and self-trust. The divine mind travels through you as you listen to yourself. Look inside and say thank you to you. We say thank you to each other. Thank you to the enlightened ones. Thank you to Reiki.

And so it is.