



# WHERE SPIRIT AND ENERGY MEET

Tarot and Reiki

©Carmen Waterman

<http://carmenwaterman.com>

# June 17, 2013 - Agenda

- Introduction – A bit about me
- What is Reiki
- The Art of Intention
- Reiki Modalities
- Where do they Connect
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- Caring for Our Clients
- Caring for Ourselves
- Adding to Your Toolbox
- Questions
- Where to connect with me

# Introduction - A Bit About Me

- Artist and Author of the Rainbow Travellers Tarot Deck
- Intuitive Tarot Reader
- Reiki Master in 3 Reiki Modalities
  - Usui
  - Seichim
  - Kundalini
- Wife, mother, grandmother
- Dreamer
- Healer
- Spiritual Student
- Teacher

# Wounded – But Never Defeated



- Past - abuse
- Present - disorders
- Future - dreams and goals

# What is Reiki

- A light touch, energy-based healing therapy
- Originated in Japan in the 19<sup>th</sup> century with Dr Mikao Usui
- Involves the transfer of energy from practitioner to client
- Meaning of the word is split in two:
  - “Rei” the connection to the universal and cosmic life force energy and
  - “Ki” the flowing life-force that binds and connects everything (often referred to as Chi or Prana)
- For everyone regardless of faith/religion – comes from the Divine source of “all that is”
- Healing technique that taps into the unlimited supply of “universal life force energy” to improve health, well-being and quality of life.

# Reiki and the Art of Intention



- A healing art therapy without the use of drugs
- Relies on the connection and transference of energy through the practitioner to the client with loving intention
- There is no transfer of energy from the client so unlike some of the other energy healing methods you will also benefit from the connection

# 5 Elements of Reiki

- It's not the energy alone that makes the Reiki healing system, but also the path or steps that make up the practice, which consists of 5 elements of Reiki:
- **Gokai** - daily precepts and principles
- **Kokyu ho** - breathing techniques
- **Tenohira** - palm healing
- **Shirushi and jumon** (symbols and mantras)
- **Reiju** - blessing

# Reiki Precepts



When you begin learning Reiki you are introduced to the following principles as a mantra to live and practise by:

- Just for today I will let go of anger
- Just for today I will let go of worry
- Just for today I will do my work honestly
- Just for today I will give thanks for my many blessings
- Just for today I will be kind to my neighbour and every living thing
- Just for today I will honour my teachers

These help students and practitioners to build and maintain focus and intention.

# Reiki Modalities

There are hundreds of Reiki styles and techniques that are being taught and practised though out the world. Some of the mainstream modalities include:

- Usui
- Seichim
- Tibetan
- Ascension
- Sacred path
- Karuna Ki
- Atlantean
- Kundalini
- Differ in method and symbols used to focus and attract the Reiki energy

# Kundalini Reiki

When I was studying and practising my first session in Kundalini Reiki it was immediately obvious to myself and my teacher that I had found my energy connection.

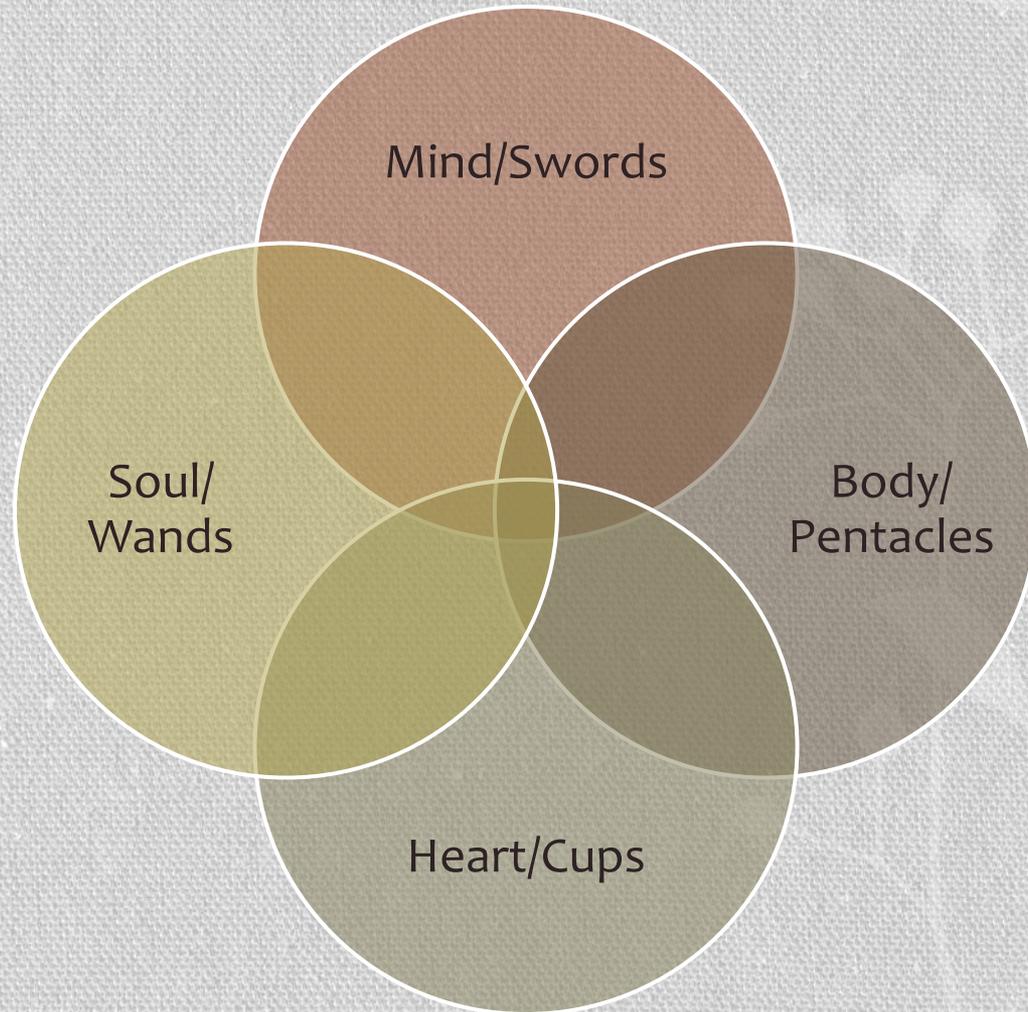
- Kundalini awakening is a profound and amazing experience
- Also known as Kundalini fire the energy source is extremely powerful
- Raises energy through the chakras and out through the crown
- Focusing on all of the major chakras Kundalini Reiki will help to remove blockages and healing
- Connects with a strong energy frequency that attunes to wisdom, compassion, loving kindness and peace
- For me - fewer symbols and stronger energy

# Where do Reiki and Tarot Connect

- Both are about connecting with energy and spirit
- Both are impacted by intention
- Both have the ability to have a profound and positive impact
- Both are tools that can be used to provide:
  - Healing
  - Clarity
  - Understanding
  - Hope

There are times when tarot readings can bring up issues, problems, scars, and pain that exist in many areas. Being able to offer an energy based healing after a reading session can provide the added bonus of clearing and protection.

# TAROT AND HEALING



# Rainbow Travellers Tarot

- There are many cards in tarot that connect with healing and healers
- In RTT I changed the court cards to be guide cards
  - Page – Muse
  - Knight – Protector
  - Queen – Healer
  - King – Mentor



**Mind**



**Body**



**Heart**



**Soul**

# Tarot and Reiki



When we begin to look at combining the potential of both these skills and gifts there is no limit to the difference we can make in the lives of others.

# Caring for Our Clients



- Clarity
- Understanding
- Validation
- Peace
- Hope
- Healing
- Empowerment

# Caring for Ourselves



A practise that we often need to be reminded of:

- Self-compassion
- Self-kindness
- Mindfulness
- Balance
- Recharging
- Self-care
- Learning and continuing to grow

# Adding to Our Toolbox



Reasons to consider this service:

- Adds value
- Differentiates you from the competition
- Each time you connect Reiki energy and Spirit the experience is a blessing for you and your client.

Questions?



# Where can you connect with me?

I would love to invite you all to visit me online at:

- My Facebook page for the Rainbow Travellers Tarot  
<http://www.facebook.com/RainbowTravellers>
- My Rainbow Travellers Tarot site where you can purchase the limited edition deck and book intuitive readings and reiki sessions  
<http://rainbowtravellers.com>
- My personal page and website that is about to undergo some major updates with workshops and courses I will be offering  
<http://carmenwaterman.com>
- Twitter <https://twitter.com/CarmenWaterman>
- Also <http://rainbowpsychics.com/>

Thank you for the gift of your presence today. May your life be filled with all the things that you love. Brightest Blessings