

SHAMANIC REIKI JOURNEY CHECKLIST

Your pre-flight guide
for safe, successful and insightful
Shamanic Reiki Journeys



Discover more at fayjohnstone.com
plantspiritreiki.com

Hi, I'm Fay Johnstone



I've been practising Reiki since 2000 and have been incorporating Shamanic techniques such as the hand held drum and intuitive plant medicine into my practice since 2009.

Reiki has led me to follow my heart which took me out of a corporate role to study Herbal Medicine, Flower Essences and Shamanism and then from the UK to Nova Scotia to run a flower and herb farm!

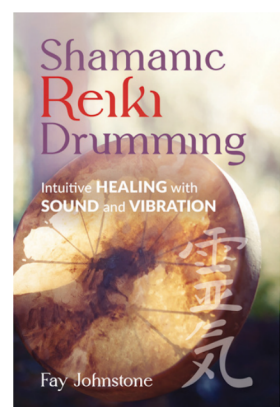


Working with shamanic practices I have been guided by plant allies and now bring plants and elements of nature into my Reiki practice to enhance the treatments.



Since that time I've put my roots down in Scotland, written three books and developed **Plant Spirit Reiki** as a certified therapy.

It's my mission to help nature conscious healers - yes that's YOU - find your unique way to embrace the guidance and support of nature and the spirit world and weave this medicine into your life and boost your client practice.



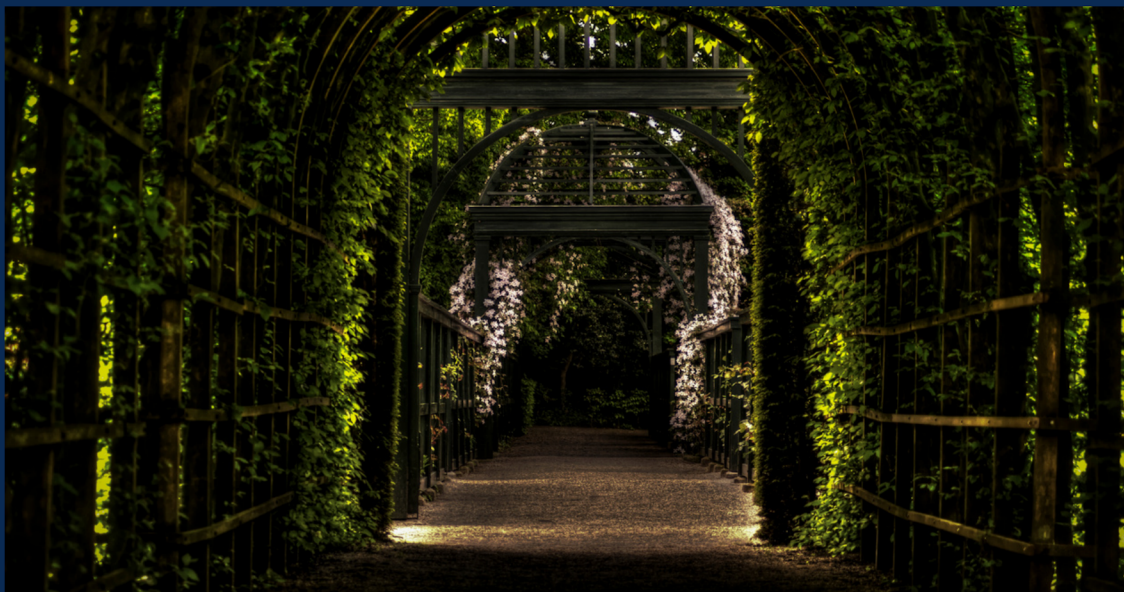
Your clients will thank you!



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This Shamanic Reiki Journey check list is designed to help you:

1. Explore the unseen shamanic realms safely.
2. Gain confidence when journeying.
3. Connect with Reiki during the journey to support you and provide healing.
4. Discover wisdom, guidance and healing that the journey process offers.
5. Deepen your understanding of Shamanic practices.
6. Meet guides and helpers for your Shamanic Reiki path.
7. Feel supported and guided on your path as a healer



Shamanic Reiki Journey checklist

Prepare

- Prepare your space
- Call in your guides and helpers (and Reiki!)
- Prepare yourself (hint- invite Reiki to flow!)
- Tune into your intention and your motivation
- Invite a guide to be with you



Beginning the Journey

- Drum or listen to a drumming track when you feel ready
- Relax and release judgement and expectation
- Focus on your intention.
- Allow the beat of the drum to take you on a journey
- Make use of the Reiki symbols to assist you.

During the Journey

- Keep your focus on your intention
- Explore with curiosity and open all of your senses
- Make sure a guide is with you (they can show you things, protect you and provide insight).
- Let go of control - allow the journey to flow with ease
- Trust in the process
- Ask questions
- Self-treat with Reiki (if listening to a drumming track) or send Reiki to situations/people/things you encounter during the journey.
- Use the Reiki symbols as you feel guided.



Completion and Integration

- Complete the journey by retracing your footsteps
- Give thanks
- Ground yourself, drink water and integrate the experience.
- Write down key points, tune into how you are feeling and how the experience answered your intention.
- Close your space and disconnect from Reiki when you are done
- Connect with nature to make sure you are fully grounded
- Make sure you act on any guidance given
- If you still feel uncertain about things, then journey again and ask for further guidance.

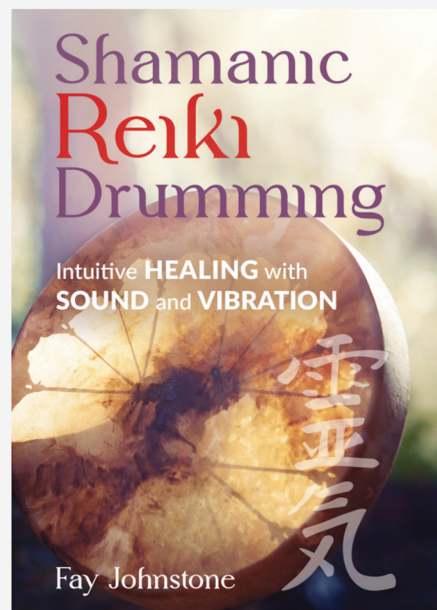


Your Shamanic Reiki Journey

The more time that you spend connecting with Reiki and your guides, exploring the shamanic worlds, the more you open up to the light of Reiki and the wisdom teachings that are available to you from the sacred web.

Allow yourself to be guided by Reiki and explore the tools and practices that call to you.

For more tips and guidance on working with the Drum and Shamanic techniques in Reiki practice, get my book [Shamanic Reiki Drumming: Intuitive Healing with sound and vibration.](#)



There's also articles on my blog, training on [YOUTUBE](#) and [online training courses](#) [here](#).

