



GROUP REIKI: SEPTEMBER 15

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:

The most notable theme of tonight's session was that of power, which is no surprise considering the number of powerful guides present today including the Sphinx, Athena (Goddess of Wisdom and War), Isis (Goddess of Healing and Magic), Durga (Goddess of War), and Kali (Goddess of Destruction).

Felt, heard, and saw the phrase "fire in your eyes." This isn't about simply releasing what doesn't serve you, it's about actively torching it down. There's almost a twinkle in your eye as you do so – happiness and resolve to burn it down. Emboldened. Emblazoned. I've felt this in earlier sessions, and I feel it even stronger now. This is about grounding down in your power. Gathering resources and establishing foundations through which your power can circulate and strengthen before rising. Rooting down as you rise up and ascend into this new level of consciousness.

I sense some fear that accompanies this transition, but also that this fear isn't hold you back as it may have in the past. You are more willing to "blindly" burn areas of your life without hesitation or regard—continue doing that, because it's those flames that will burn so brightly and illuminate your path. Many of you may be feeling both the necessity and the discomfort that comes with this need to change.

Many of you may be confused, uncertain, or nervous about who you will be after this transition. Allow that which is to be to come forth. This is a rebirth. A blank slate. Be okay with openness and not knowing, simply acknowledging that no matter the change, deep down, you will always be inherently you. Your soul remains as it always was and will be. In this blank state, surrender and work in tandem with the divine. Trust and allow the divine within you to inspire you, and to illuminate and breathe life into the areas of your self, your soul, that are ready to rise from the ashes.

There is a strong emphasis on the Solar Plexus, our energy centers that correspond to our sense of self, self-worth, and self-confidence. Waging war against that which no longer is a part of you, your inner demons, your fears, in order to free yourself from all that has been holding you back. This has been a long time coming for many of you. Many of you are still "battling" but know there is a deeper sense of resolve and confidence - an understanding that you will be victorious, that you will rise. This is perhaps different than before - renewed strength, vitality, and vigor.

And so, ask yourself, who are I? Strip away the roles, the obligations, the labels we have given ourselves. In your blankest slate, who are you? You are the creator, the magic maker, the dreamer of dreams. What will you bring forth in this new time? Who will you bring forth?

Tonight's crystal grid included the following crystals emphasizing inner wisdom, clarity, fire, and sense of self:

- Angel Aura Quartz: peace, clarity, purification, angelic support, elevated consciousness
- Carnelian: stimulates creativity and connection, restores vitality, confidence, motivation
- Citrine: success, abundance, energy, emotional balance
- Clear Quartz: amplifies energy and energy of crystals; divine, pure light
- Garnet: calm, vitality, protection, courage, and hope especially in times of crisis
- Hematite: concentration, focus, mental clarity
- Malachite: stone of transformation; deep energy clearing and healing
- Pyrite: Stone of luck; manifestation, meditation, magic
- Smokey Quartz: protection; diffusion of worry, fear, over-thinking
- Tigers eye: deepening one's meditative state, protection from negativity, grounding
- Animal totem and stones gathered from the Goddess Athena's temple at Delphi

From Emme:

Hello sacred soul beings! I'm so glad and grateful that you joined our intuitive healing group session this week. It was so great to connect with you all. Thank yourselves for creating and allowing this time to tune in to your essence 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 support. Finally, I invited all your Higher Selves to receive this Reiki healing energy, and all of you were glad to accept and get started!

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.

I used my pendulum and a dowsing technique to determine which chakra was most relevant to the collective group this week, and the heart chakra held the most prominence. This week, we are diving deep into our heart centers, stripping down limitations and illusions we have correlated with our idea of love, and reworking what love means to us. Unconditional. Limitless. Overflowing. Free. Giving. Receiving. Hopeful. Disciplined. Respectful of our inner most knowing and intuitive tug. We are loving ourselves more than we have ever before. We are establishing healthy boundaries, healthy narratives, and healthy habits. We are treating ourselves as sacred divine beings, and demanding that others treat us the same. We are defining love through our actions. Through our resilience. We are remembering that we are all part of the same web. We are openly embracing the collective consciousness remembrance that all we are is love, and we are here to love. When we love ourselves, we love others, because it radiates from within us. We are remembering that love is not something that is outside of us. It is not something that can ever be taken away. We create love. We are never separate from love. We are never separate from each other.

I pulled 16 cards, a mix of tarot and oracle cards from 4 decks, to paint a picture of general themes needing to be addressed to the collective this week, and to receive messages that needed to be read

by the group as a whole. I usually include the interpretations of the card meanings from the deck's booklet, but this week I decided to wing it and just intuitively decipher the images and symbols on my own. Below are my thoughts on the cards and what they mean for you:

5 Ascended Masters appeared for the collective this week to offer healing, support, and guidance for you via their symbolism and qualities. They ask that you specifically call on them this week to support you throughout your journey, transitions, shifts, and lessons placed in your path. They represent special traits that can help guide you or influence you at this time.

Mother Mary reminds you to show yourself the love that you give to others as well as the love you crave receiving. She reminds you of the importance of nurturing yourself and really showering yourself with loving kindness, gentleness, and compassion. Detox what no longer serves you. Vibrate at your purest and highest frequency. She represents The Mother, the divine feminine, trust in the spirit, and selfless love. Mother yourself, nurture your inner child, or call on her to help you with your own burdens and obstacles as a Mother (or Father, though for a Father, she calls you to nurture yourself, allow yourself to embrace your feelings, and connect more deeply to your feminine energy.)

Archangel Michael reminds you that you are absolutely capable and qualified to be where you are right now. You are divinely protected and supported by Michael as well as the other Archangels and your Spirit Guides. Michael comes through with a sense of urgency. What are you waiting for? Jump in. While he supports you to jump right into your life, with Mars in RX, he is more so supporting you to move forward with haste in your own self-reflection and introspection and connection with Venus energy. He is the Archangel of lightworkers, and is here to help you remember your own innate power, light, and also of the fact that you chose to be here right now for a high and divine purpose. Give him your worries, you are safe.

Saint Germain symbolizes your intuitive abilities and psychic spiritual power. He reminds you that you are absolute magic, that you exist in magical intricacy and that your DNA grid is ready and available for you to tap in and encourage its activation. Don't let fear of making a wrong decision keep you from making a decision. (Again, with Mars in RX, these decisions are more feminine and intuitive in nature as opposed to manifesting energy into the physical realm type of decision making.) You have tuned in to your power and Source connection before, and you are capable and ready to do so now. Clarity will bring about the most beneficial results. Take this time to tap into your intuitive prowess and strengthen that muscle. It will help you in time as you re-approach this physical dimension, with clarity and spot-on gut guidance, and will aide you in your decision making and action energy/manifesting power. Decide what you want, remember who you are.

Babaji appeared with a message of the importance of balancing the physical body and emphasizing movement. He focuses his message on the balance and alignment of mind, body, and spirit, all 3 equally, and all 3 correlating with each other. Practice yoga or another type of physical modality to get your body moving and to clear your head from swarming thoughts. Breathing techniques and earthing techniques will help to ground you into your body. Live in your body. Stretch often as to shake up and release any stagnant energy stored in the body.

Hilarion appeared as a sign of healing and optimal health. Your divine healing power is awakened and ready to be implemented into your life, to heal yourself and to heal others. You are ready and encouraged to make the necessary life changes to best support your sense of health and well-being. Let go of any fears and restrictive thinking or limiting thought patterns to make space for miracles of healing to occur. Injuries and illnesses are being healed. Take care of yourself so that the healing can occur. Healing can only manifest at high vibrational frequencies. Health is a vibration. Let go, open, trust, allow. Take care of yourself first and foremost, for we cannot fully show up for others if we are not fully showing up for ourselves.

Messages of the importance of soul nourishment, being gentle and tender with your body, and taking ample time to rest and recharge were prominent for the collective this week. There was a feeling of endings and transitions being relevant for the collective, with an emphasis on the magic of new beginnings and clear solutions appearing, and encouragement that you shall not only survive these shifts and changes, but flourish within them. Remember your inner authority, your inner power, and rely on your intuition deeply to support you and guide you. Turning inward will help you to fully understand the deeper lessons that are being revealed to you through your circumstances at this time.

Another message of prioritizing your devotion to your spiritual essence/practice came through with much urgency. Be precise. Make your life a moving prayer. Make each moment an act of love. With intention, you conspire with the universe in co-creating your life. Everything is happening as it should. Keep your vision strong and clear, not giving up on it before it can appear. Don't quit before the miracle. Emphasis here on starseed souls with the mission of creating a new Earth. In order to create new, we must rid of what is old, stagnant, and not serving us anymore. Embrace the crumbling. We create our reality within our minds before any of it ever manifests before us in the physical. Keep your faith.

There was a theme of purging, of isolation, but all with a sense of immense power behind it. Much intuitive wisdom and divine feminine energy was present throughout the cards, and showed many independent women archetypes standing firmly in their power. You all are being asked to connect more deeply with the unseen, the mystical, the magic that is the feminine energy. You are being guided to further your connection to Source by withdrawing into yourselves and your silence. You cannot hear the whispers from your Highest Self, Spirit Guides, and the Universe as whole, if you are constantly surrounded by or creating distractions and chatter. The time now is one of releasing fear, hurt, and reactivity. With Mars in RX in Aries, the collective may be feeling quite unsettled. You want action, to make progress, to manifest things, now. You want to communicate ideas and inspiration of creation now. Though previous cards did show that new beginnings are on the horizon and new solutions await you, you are being asked to be patient. There is no need to rush perfect universal timing with our own ego's will. Trust in the process. Go within first, connect with the Mother/feminine first. We are grown in the darkness and the void of the mother's womb, we all begin our existence as connected to the feminine, before we manifest as a physical entity in this physical reality/masculine world. Apply this life process to all current circumstances now. You are being prepped for what is to come.

This week, I did not focus my energy on retrieving individual “messages” for you, but rather focused on all individuals in the group for some moments and just pinpointed the chakras I felt needed the most attention. Because I pulled so many cards and felt such strong energy for the collective, I believe there is something, if not most things, that is meant for you, and I hope that you find it and are able to resonate. Please note the individual chakras I’ve highlighted for you and focus on the energies/themes they embody this week.

Individual Insights

Individual insights received by Courtney and Emme 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.

CP

- Courtney: Image of cat sunbathing. Acclimation. Palm trees and sense of warmth. Feeling the sun on your face. What is shining down on you? What is warming your heart and soul? Continue to follow that light and sun with all you have.
- Emme: Root chakra.

FS

- Courtney: Image of swarm of bees moving together as one cohesive unit. Being in sync. Strength in numbers. Power of collaboration. You shine bright, but together you shine brighter. Are you working with others in harmony? Or perhaps, this is something to consider – find healthy collaboration and competition that inspires and drives you. Stronger together.
- Emme: Solar Plexus chakra.

JF

- Courtney: Pensive, sitting in a tree overlooking water. What are you contemplating? What can you see from this higher perspective? Grounding, possibly through nature, as you develop your intuition. Notice how the tree in this scene provides stability and grounding, but also a higher vantage from which you can dive straight into the waters of your intuition.
- Emme: Crown and Third Eye chakras.

Jal. McR.

- Courtney: Writing on a chalkboard. Are you teaching someone? What are you teaching? What do you need to spell out for yourself or someone? What statement are you making? Sensation of writing a testimony to yourself but also to others – proudly showing the world who you are.
- Emme: Sacral chakra.

Jaq. M.

- Courtney: Horses. Unbridled freedom. Movement. Sense of flow in areas that were formerly stagnant. Where are you headed with this new sense of freedom? It's all yours.
- Emme: Sacral and Solar Plexus chakras.

JG

- Courtney: Sensation of being on a boat chopping through the waters. Peaceful, powerful, pensive. Determination and willpower to get to your destination – where are you going and/or what goal are you heading towards? Strength, resolve, and confidence. You know your path.
- Emme: Heart chakra.

JPF

- Courtney: Barefoot on the beach at night. Cold breeze and ocean spray. Laughing with someone. Who are you with? There is a lightness and ease to you – a sense of being your happiest self. No worries or obligations. How can you bring this beach scene to you? How can you duplicate this feeling in your daily life? You have the power to manifest this.
- Emme: Throat chakra.

KH

- Courtney: White puppies. Sensation of mothering and nurturing. You are a source of strength, protection, and gentle love for all the babies. Who are you caring for? How are you protecting them? Regardless of whether things feel chaotic, there is a sense of coming into your own – standing in your mountain – confidence in yourself and knowing you've got this.
- Emme: Heart chakras.

KM

- Courtney: Shifting, moving, breaking to rebuild. Restructuring. Pieces coming together. Strong influence and protection of divine feminine. Joan of Arc, dressed in armor and red cape, holding your hand, as you look out onto battleground – divine guidance/protection and spiritual warrior.
- Emme: Solar Plexus and Heart chakras.

MB

- Courtney: Staring at a black and white wasteland. Ready to rebuild, but uncertain of what to create. Quiet the mind to allow divine inspiration to flow through you, but know you have the power to create all on your own. There is a block - needing to find the passion and color again. What is holding you back?
- Emme: Sacral chakra.

ML

- Courtney: Sense of stillness, being stuck, and/or uncertain about what to do, or perhaps too tired, overworked, and or/defeated. Idea of temperance highlighted. Also, image of strong gusts of wind quickly turning the pages of a book. What page will the winds of change bring you? What's your next chapter? If you feel you've been in a rut, know that change is coming.
- Emme: Solar Plexus chakra.

MM

- Courtney: Image of an old wooden rocking horse. Perhaps indicative of a child and/or need to rekindle the relationship with your inner child. Notion of family traditions and heirlooms. Sacredness of family and physical/spiritual gifts handed down from our ancestors. Know you have the power to keep what you want and discard what doesn't serve you – you are not beholden to any traumas of your previous generations.
- Emme: Third Eye chakra.

MT

- Courtney: Walking through the city with glitter in your eyes. Happiness. "What a time to be alive." Sparkle. Feeling and understanding that you are right where you need to be in this very moment, regardless of where you just came from or where you're going. Right there in that moment - that's where the magic is. Be present.
- Emme: Solar Plexus chakra.

NM

- Courtney: The reckoning. A deeper realization of your inherent power that has been cultivated over multiple lifetimes. Image of you high up in the sky, so large, looking down at the desert. Past life in which you were mystical, extremely powerful, and believed to be untouchable. You were poisoned by a scorpion – idea of betrayal, poison, and things weakening you. Humbling. How do these themes manifest in your current incarnation? Are you maintaining protective spiritual boundaries, or are you scared of betrayal and have too many boundaries? How can you use your power humbly?
- Emme: Heart chakra.

RMF

- Courtney: Image of a bowl of soup and rocket ship. Sensation of finding comfort in the home as you look towards the sky. We all need to root down to truly rise, and you do so through your home and family. They give you the nourishment you need to ascend.
- Emme: Solar Plexus chakra.

RS

- Courtney: Sensation of castles in the sky, but also uncertainty, fear, and isolation. Boundaries. Protecting yourself from pain. Emphasis on heart chakra. Are you keeping things to yourself and internalizing? Confront any darker feelings of inadequacy – you are enough. Breathe life into your castle, share your true feelings and hopes with others. Also image of jazz/saxophone.
- Emme: Throat chakra.

SB

- Courtney: Images of cats and tv dinners, as well as a portal/tunnel. Where does this lead? Floating amethyst in the tunnel – sensation of magic in the mundane. Opening your third eye. Don't let your seemingly "mundane" surroundings hold you back from the spiritual work you seek. You don't need to be somewhere "mystical" and "magical" to do the work and develop your intuition. You have the power to create your own portals.
- Emme: Solar Plexus chakra.

SF

- Courtney: Image of empty kitchen chairs and juggling knives. The chair is there, but you aren't allowing it to support you. Feeling that everything will fall apart if you drop these items. You can't go on forever. Can you catch them? Or, what happens if you simply step aside and let them fall. What then? Simply pick them up and start over, and/or use those knives to your advantage and wield/create a throne out of the chair - stepping into the seat of your soul.
- Emme: Heart chakra.

SS

- Courtney: Just as the sun rises, you, too, will rise. Consider how the sun often seems brightest as it lowers into the night sky. You are the sun, that constant light in the sky. Looking to the horizon. Feeling of needing to always keep going but consider how the sun rests and allows the moon to also shine its light. Who is /are your moon(s) in your life? Lean on them.
- Emme: Sacral chakra.

TA

- Courtney: Creativity. Flow. Abundance. Manifestation. Birthing something new. Release. Accept as it is rather than feeling the need to edit and change. Perfect as it is because it came from your divine inspiration.
- Emme: Solar Plexus chakra.

TC

- Courtney: Cold. Polar ice caps. Tip of an iceberg. Close to the peak. What mountain are you climbing? What do you see from up there? Consider why there is snow on the mountain – you're so close to the summit, but do you feel frozen or stuck? What does snow mean to you? Or perhaps, snow relates to a season of life (e.g., elderly person in their "winter" years)?
- Emme: Heart chakra.

VBdM

- Courtney: Lizard and reptiles. Shedding skins. Undergoing transformation and regeneration. Adaptability and resilience. As things change, know that you will not lose yourself. You – as you inherently are in your deepest most inner core – remain the same. A chameleon changes colors, but it's still, and will always be, a chameleon.
- Emme: Throat chakra.

WA

- Courtney: Image of walking through muddy waters and slush as if you were in a marsh. You are still moving, but things are sticky. Sensation of slogging through and trying to clear a path. Heaviness. Is something weighing or slowing you down? Keep going. Remember, the lotus, a symbol of rebirth, is birthed from mud – there would be no lotus without the mud.
- Emme: Throat chakra.

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