



GROUP REIKI: OCTOBER 6

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:

Tonight's session opened with images of fire, lava, and molten rock, bringing to mind feelings of erupting anger and frustration, but also deep healing. Lava combines the intensity of fire with the groundedness of Earth – it is powerful, transformative, and necessary as it purges blockages. How does this resonate with you? Are you experiencing any volcanic activity or turmoil? What is being brought to the surface? Feed the fires within, allowing them to ignite and burn that which no longer serves you. This is a time to break free and stand on your own against all odds, with renewed determination and clarity. There is inspiration and passion blooming within. What ignites and sets your soul on fire? Allow this to spill out of you like lava, and eventually cool into molten rock – forming a solid foundation for a new era. We are stronger and more stable than before.

This was further emphasized by another scene in which I saw castles built in the sand – there was an initial sense of quicksand, which sand flying everywhere, but once there was stillness, and once the sand settled, it was able to form castles. These castles stood in the sand, where waves continuously swept over them – and when the waves receded, the castles were still there. Stable foundations and unwavering strength are highlighted.

Also image of an obelisk, a symbol of protection, as well as a strong presence of Archangel Gabriel who represents divine messages, inspiration, creativity, and children. Encouragement to see beyond what is happening now – see the bigger picture and the roles you play in it. What does your higher self need you to see and do now? Be open to messages for continued guidance.

Tonight's crystal grid included the following crystals emphasizing release, clarity, and divine support"

- Aqua Aura Quartz: truth and communication, psychic protection, connection to spiritual realms
- Amethyst: protection against negative energy, diffusing any negativity into love
- Angel Aura Quartz: peace, clarity, purification, angelic support, elevated consciousness
- Celestite: calming, uplifting, mental clarity, connection to the angels
- Clear Quartz: amplifies energy and energy of crystals; divine, pure light
- Pyrite: Stone of luck; manifestation, meditation, magic
- Smokey Quartz: protection; diffusion of worry, fear, overthinking
- Animal totem and stones gathered from the Goddess Athena's temple at Delphi

From Emme:

Greetings beautiful light beings and welcome back! I was so excited to reconnect with you all, I missed you during our two-week little recess. This week I took a minimal approach to our group healing session, and did not use any additional tools to assist in the high vibrational facilitation. I just focused on solely sending Reiki energy to the group, without tarot/oracle cards, crystal grids, and sound healing instruments. While I usually incorporate those each week, this week's stripped down simplicity felt very pure and natural and strong.

There was right away a sense of feeling unsettled, of chaos, an energetic stirring. As the seasons shift around us, we too shift into new chapters of our lives. There was a reminder here to not only accept that change is the only constant in our lives, but also to really embrace each cyclical period and change with gratitude. We never change if we are comfortable. Our lives never evolve if they stay stagnant. While it can feel overwhelming and uncertain to dive into the unknown, it is always worth it, for clarity and new horizons for growth and love await you on the other side. Adaptability is your friend. We can all learn so much from the themes of this new autumn season, and I as well as your spirit guides welcome you to slow down and tune in to the messages and guidance shown to you through Mama Gaia's ever-changing state.

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.

CD

- Courtney: Image/feeling of being at some sort of summer camp and looking out into a lake. Reminiscing of times past. Feeling of freedom and happiness of childhood and summertime. Where is your inner child now? How can you recreate these feelings in your life now? What gives you uninhibited joy?
- Emme: Solar plexus chakra activity. Feeling stagnant and heavy. Are you in alignment with your power or are you allowing fear to dictate your life? Remember the inner voice of your highest self—she whispers, tune in to reconnect.

CA

- Courtney: Image of a floating jewel in a museum. Mesmerizing. Reaching out, wanting to touch the light, but feeling you are unable to/thinking it is surrounded by glass preventing you from doing so. How does this manifest in your life? What are you reaching towards? Do you feel it is unattainable? Why? There isn't glass around the jewel – it's yours for the taking. If it's meant to be yours, believe it to be so.
- Emme: Groundedness, allowing yourself to step into your power, empathic energies, motherhood, work-home imbalances, you are safe, abundance mindset instead of lack mentality, materialism, connectivity to nature.

CP

- Courtney: White cat. Sensation of Dumbledore or Merlin type figure. Perhaps a Spirit Guide for you. Feelings of magic – where is there magic in your life? How can you create or further develop a sense of magic?
- Emme: Changes, cycling through karmic lessons, the chaos of creation, synchronicities, unexpected re-routing, inevitable changes, transformative energies of fate help lead to expansion.

EH

- Courtney: Image of Merida from the Disney movie Brave – strong female character who is characterized by her fearless nature. How does this show up in your life? Confidence and willpower. Bravely trusting in your own powers and capability. You are in control.
- Emme: Pull to the ocean and its medicinal and healing properties, leadership through wisdom, triggers surfacing, regulated emotional states, serenity, diplomacy, tolerance, protective, Crown chakra activity.

FS

- Courtney: Images of ancient city. Steps. Pilgrimage. You're wearing a hooded tunic, hiding in the shadows of an alcove looking out into a crowd/square. Running down steps, searching for someone or something. Feeling that you are being chased and/or needing to hide. Lots of movement and scuffling. Arrested/taken for what you believe in. Persecuted/punished. What or who were you running from? Likely scenes from a past life – what does this bring up for you now? Are you running from something? Do you feel persecuted for something? What is haunting or chasing you? Are you looking/searching for someone or something? Continue to stand up for your beliefs. Mental health (e.g., anxiety, negative thoughts, feelings of defeat) is highlighted.
- Emme: Successful harvest, contentment, minimalism, image of a white bird appeared, witch-like qualities and abilities, gratitude, addiction to productivity, are you working to live or living to work? Where can you create more balance? Reprioritization.

J. Mey.

- Courtney: New beginnings with positive manifestations and tangible results. Settling in and moving towards your future. Images of reptiles – transformation, shedding skins. Abundance and celebration of where you are now – if you have been working hard or through something lately, now is the time to relax and enjoy how far you've come/where you are for a moment.
- Emme: Heart center activity, new perspectives, new beginnings, new opportunities and ideas arising from within and surfacing around you, allowing the reception of love and more self-love practices, sense of groundedness and balance.

J. Mul.

- Emme: Rooting deeply into shadow work without healing and letting go, old stories that become a part of you, illusion lifting, tenderness, rebalancing and collision of masculine and feminine energies.

KH

- Courtney: Kayaking/canoeing in a lake. Stillness. Solitude. Contemplation. Where are you going? Sensation of being confused, but okay, without a clear direction. Trust in yourself and in the moment – what in your life is cloudy? How is this holding you back from where you are meant to go? Consider what self-limiting beliefs may be adding to this cloudiness. How can you deepen your awareness? You may feel lost, but you have the oars – you have the power to steer yourself and find the way.
- Emme: Exuberant joy, positivity, inspiration, self-doubt, manifesting dreams, being the rock, remembering you are whole without doing anything, giving anything, just by your being you are pure light that touches those around you. Crown chakra activity.

LB

- Courtney: Images of tall Redwoods. Firmly planted in the ground, reaching towards the light. Feeling of celebration. Have you finally found solid grounding? In what areas of your life are you able to put down roots? Or where do you feel most stable? Importance of grounding. You are a tall and mighty tree – remove anything that tramples your roots or keeps you from growing. Continue, always, towards the light.
- Emme: Grief, isolation period, new beginnings, acknowledging and giving to your inner child, masculine wound within to be addressed with love, new beginnings, spirit guide as a bird appearance for you, realignment, creating yourself.

MT

- Courtney: Sensation of being over mundane-ness of life. Images of rocket ships and looking towards the sky. Also, collaboration with others and/or recognition of the power of the collective is emphasized. Find those with whom you can shine with not only individually, but also together as an even more powerful combined force. Together, you shine brightest.
- Emme: The rooting and the blooming are in accordance with your own timeline and directed energy. What do you want? Where do you want to put your energy? Fear of success as an obstacle. Remembering failure is an illusion.

NM

- Courtney: Divine spark and light within your third eye. Image of you floating in the air, more aware of and in tune with your inner power. Also, image of powerful figure of woman who is part of all there is, and motivated by pure unconditional, selfless love. Omnipresent. Images of her present swirling in the wind, always watching. "I'm in the wind that kisses your cheek." Beautiful balance and interplay of self-love and love for others, and from that comes divine, spiritual love.
- Emme: Rainbow imagery, allowing yourself to be vulnerable, allowing yourself to ask for help or ask for energy assistance, allowing yourself to feel all feelings that arise. Image of 2 children laughing and playing, earthing as much as possible—walking barefoot.

TA

- Courtney: Fluidity, movement. Releasing blockages, especially creative ones. Finding a new flow. Increased energy and chi. Primal.
- Emme: Opportunity to find deep healings through painful endings, resisting the inevitable and not wanting to let go, narrative rooted in lack and helplessness, recovery. As you live, as you breathe, you heal, and as you heal yourself, you heal others, you heal the world. Starts with the voice inside.

TC

- Courtney: Scenes of fall leaves and changing of seasons. What is changing within you? Feelings of hibernation, solitude, and almost a sensation of cabin fever - waiting for something new and/or tired of things as they are. You are ready for a change.- how can you manifest this in your life? Remember to enjoy the beauty in everyday life. Gratitude. There is so much abundance where you are now – what are the little “extras” in a seemingly ordinary life that make it extraordinary?
- Emme: Childlike wonder, newfound sense of bliss which feels very innocent and pure, love of life, attitude of gratitude, prioritizing moments and feelings instead of things and time constraints, much to learn from children around you, allowing yourself to nurture your own inner child, exuberant joy.

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