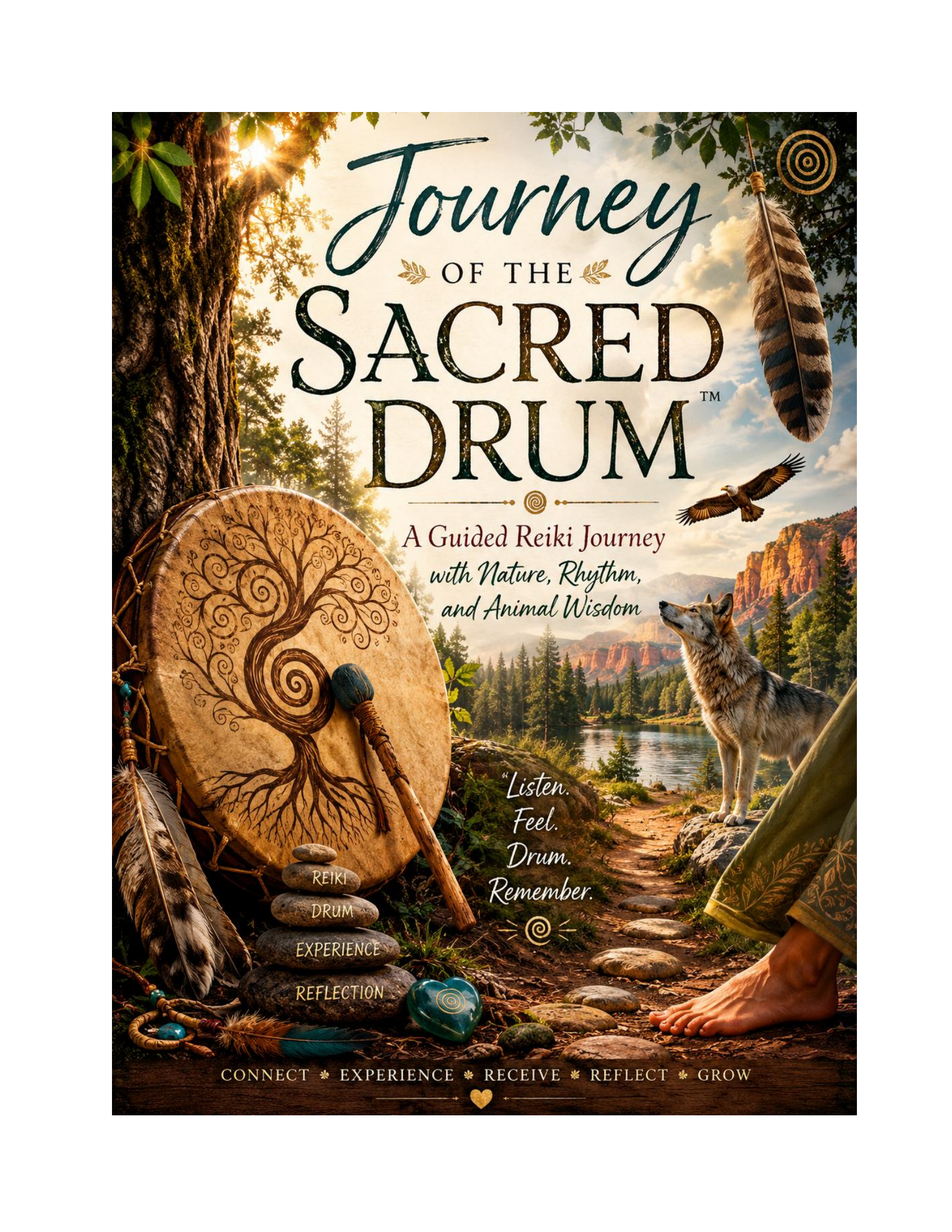




Journey OF THE SACRED DRUM™

A Guided Reiki Journey
with Nature, Rhythm,
and Animal Wisdom

Listen.
Feel.
Drum.
Remember.

REIKI
DRUM
EXPERIENCE
REFLECTION

CONNECT * EXPERIENCE * RECEIVE * REFLECT * GROW

—☉— Welcome —☉— THE DRUM REMEMBERS

—☉—



- ☙ There is a rhythm within you.
- ☙ A rhythm that existed before words.
- ☙ A rhythm that connects you to the earth, to nature, and to the wisdom of your own heart.



As Reiki flows and the drum begins to speak, allow yourself to become curious.



There is nothing to achieve. Nothing to perform. Nothing to get right.



Simply listen.
Simply feel.
Simply explore.

Reflection



- ☉ What called me to this journey? _____
- ☉ What am I open to discovering? _____
- ☉ What would it feel like to trust the experience? _____





HOW TO USE THIS JOURNEY

BRING:



Your drum



Your Reiki



Animal Spirit
Guide cards (optional)



This booklet



Optional journal

FIND A PLACE IN NATURE



Tree



Lake



Stream



Trail



Meadow

Turn on Reiki.

Breathe.

Drum. Observe. Reflect.

Trust your experience.



DON'T HAVE ANIMAL SPIRIT GUIDE CARDS?

No problem.

Trust the animals that appear through
nature, intuition, dreams, or imagination.



THE JOURNEY FORMULA



1. CONNECT

- Reiki
- Breathe
- Be present



2. EXPERIENCE

- Drum
- Follow the invitation



3. OBSERVE

- Notice what arises



4. REFLECT

- Trust your first impressions



SOURCES OF GUIDANCE

Reiki • The Drum • Nature • Animal Spirit Guide cards • Your own inner wisdom

*Remain curious. There is nothing to achieve.
Simply experience the journey.*



MEETING YOUR ANIMAL GUIDE



Focus: Animal Wisdom

CARD PULL #1



What animal wishes
to walk beside me on
this journey today?



1. CONNECT

Turn on Reiki.
Take several
slow breaths.
Become present.



2. EXPERIENCE

Follow the
drumming invitation.
Spend several
minutes drumming.



3. OBSERVE

Notice what arises.
Notice what nature
is showing you.
Notice what Reiki is
bringing to awareness.



4. REFLECT

Answer the
reflection questions.
Trust your first
impressions.



REFLECTION

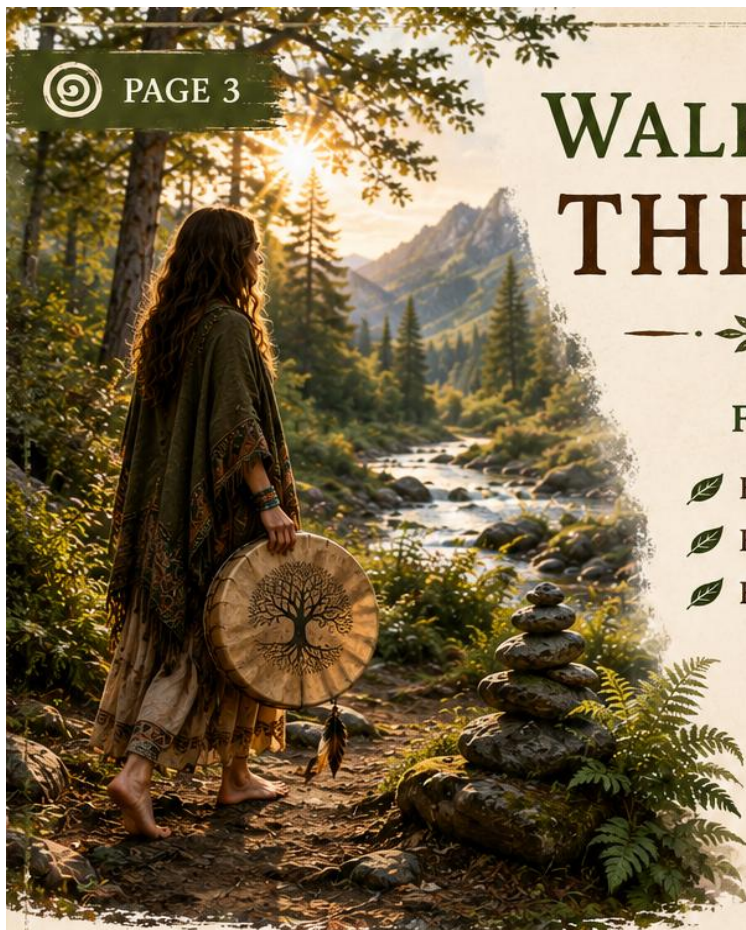


What qualities does
this animal embody?

Why might this animal
be appearing today?

What message or guidance
does this animal bring
to my journey?





WALKING WITH THE EARTH



Focus: Grounding

-  Bare feet on the earth.
-  Feeling support.
-  Feeling connection.


 Feel the earth
 beneath you.
 You are held.
 You are home.




1. CONNECT

Turn on Reiki.
Take several
slow breaths.
Become present.



2. EXPERIENCE

Follow the
drumming invitation.
Spend several
minutes drumming.



3. OBSERVE

Notice what arises.
Notice what nature
is showing you.
Notice what Reiki is
bringing to awareness.



4. REFLECT

Answer the
reflection questions.
Trust your first
impressions.



REFLECTION

-  What did my feet notice on the earth?
-  What did I feel as I connected with the earth?
-  What message or quality does the earth offer me today?



FOLLOWING THE RHYTHM OF WATER



Focus: Flow and Letting Go

🌀 EXPERIENCE

- 💧 Find water if possible.
Or close your eyes and imagine
a place with water.
- 💧 Turn on Reiki.
- 💧 Listen to the rhythm of the water.
- 💧 Begin drumming softly and
let the water set the pace.
- 💧 Notice how it flows around
obstacles without struggle.
- 💧 Allow anything you no longer need
to gently flow away.
- 💧 Simply follow the rhythm.



🌀 REFLECTION



What am I ready to release?



Where am I being invited
to flow instead of force?



What did the water
teach me today?





NATURE HAS SOMETHING *to Say*



EXPERIENCE

- Turn on Reiki.
- Close your eyes.
- Take several slow breaths.
- When you open your eyes, notice what immediately draws your attention.
- Trust the first thing.
- Drum softly while focusing on what has called to you.
- Notice what qualities it reflects back to you.



REFLECTION

- What drew my attention? _____
- What qualities does it embody? _____
- What message might nature be sharing with me today? _____





Beneath the OPEN SKY



Focus: *Perspective
and Possibility*



EXPERIENCE



Turn on Reiki.



Look toward the sky.



Notice the vastness.



Drum softly.



Open to possibility.



REFLECTION



What does the sky
remind me of? _____



Where am I being
invited to expand? _____



What possibilities
am I beginning to see? _____





FINDING YOUR OWN RHYTHM



Focus: Authenticity



EXPERIENCE



Turn on Reiki.



Place your hands on your drum.



Listen to its beat.



Notice what rhythm feels natural to you.



Drum in your own way.



Trust your rhythm.



REFLECTION



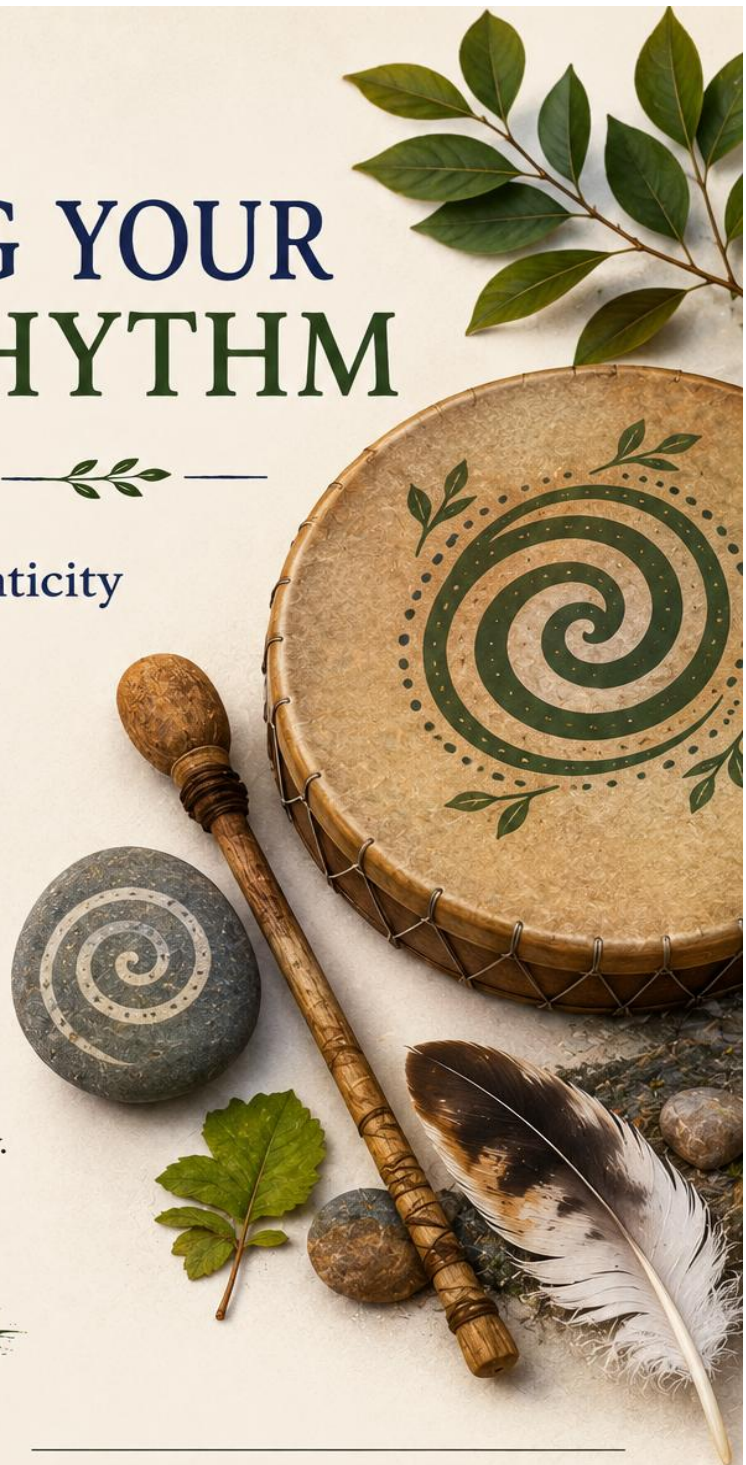
What does my rhythm feel like?



What tells me when I'm in my rhythm?



How can I honor my unique rhythm in daily life?





GRATITUDE FOR THE JOURNEY



EXPERIENCE



Turn on Reiki.



Take a few slow breaths.



Notice all you have experienced today.



Drum softly.



Feel gratitude for the wisdom, guidance, and connection received.



Carry this gratitude with you.



REFLECTION



What have I discovered today? _____



What message do I want to remember? _____



What gift am I carrying back into my life? _____





THE GIFT MOVING FORWARD



FINAL ANIMAL GUIDE CARD PULL



EXPERIENCE



Turn on Reiki.



Shuffle your Animal Spirit
Guide cards.



Ask:
*"What gift am I being invited
to carry forward?"*



Choose one card.



Spend a few moments drumming
while focusing on the wisdom of
this animal.



Trust what arises.



REFLECTION



What animal appeared?



What gift does it offer me?



How can I carry this wisdom
into my daily life?



ABOUT THIS JOURNEY



Journey of the Sacred Drum is a guided Reiki journey designed to deepen your connection with rhythm, nature, and inner wisdom.

Each journey is unique.

Every time you return to the drum, new insights, experiences, and guidance may emerge.

Trust your journey.

Trust your rhythm.

Trust the wisdom that unfolds.



SACRED REIKI DRUMMING™



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Sacred Reiki Drumming™ Master Teacher
Founder of Sacred Reiki Drumming™



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