



I've Been Attuned to *Reiki...* *Now What?*

Little Invitations
for Beginning a
Relationship with Reiki

Curious. Playful. Connected. ♥



Come as you are.
No pressure.
Just you and Reiki—
exploring together.



A beautiful gift
deserves a little
time together.

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Reiki

Throughout Your Day ♥

Simple ways to invite Reiki
into every moment
and every part of your life. ♥

In this booklet, you will discover
how to:

- ♥ Spend little moments
with Reiki throughout your day.
- ♥ Invite Reiki into ordinary
everyday activities.
- ♥ Bring more peace, presence,
and alignment into your life.
- ♥ Cultivate awareness and
appreciation for the beauty
all around you.
- ♥ Remember that even the
simplest moments can be
sacred. ♥



*Reiki is always with you,
gently guiding you,
one moment at a time. ♥*



A Cup of Tea with Reiki ♡

Friendships often grow during
simple moments together. ♡

- ♡ Turn your Reiki on.
Invite Reiki to be with you
in this moment.
- ♡ Send Reiki to your tea or coffee.
You might imagine your drink
filling with light.
- ♡ Take a slow sip.
Enjoy this moment.
- ♡ If it feels good, place your hands
over your **heart** or somewhere
that feels comforting.
- ♡ Then gently ask:
*"Reiki, what would you like
me to know or feel today that
would support me in the day ahead?"*
- ♡ Then simply sit together
for a few moments.

Listen.
Notice.
Be curious.



Sometimes the most beautiful relationships
grow during ordinary moments shared together. ♡



Take Reiki for a Walk ♡

Friendships often grow
while walking side by side. ♡

- ♡ Turn your Reiki on.
Invite Reiki to be with you.
- ♡ Take a short walk.
Invite Reiki to walk with you.
- ♡ Notice the colors around you.
Notice the sounds.
Notice the air on your skin.
- ♡ You don't need to go
anywhere special.
Simply enjoy a few
moments together.
- ♡ Then gently ask:
*"Reiki, what would you
like me to notice today?"* ♡
- ♡ Then simply walk.
Look.
Listen.
Be curious.



*Sometimes the most beautiful
discoveries happen when we slow down
enough to notice them. ♡*



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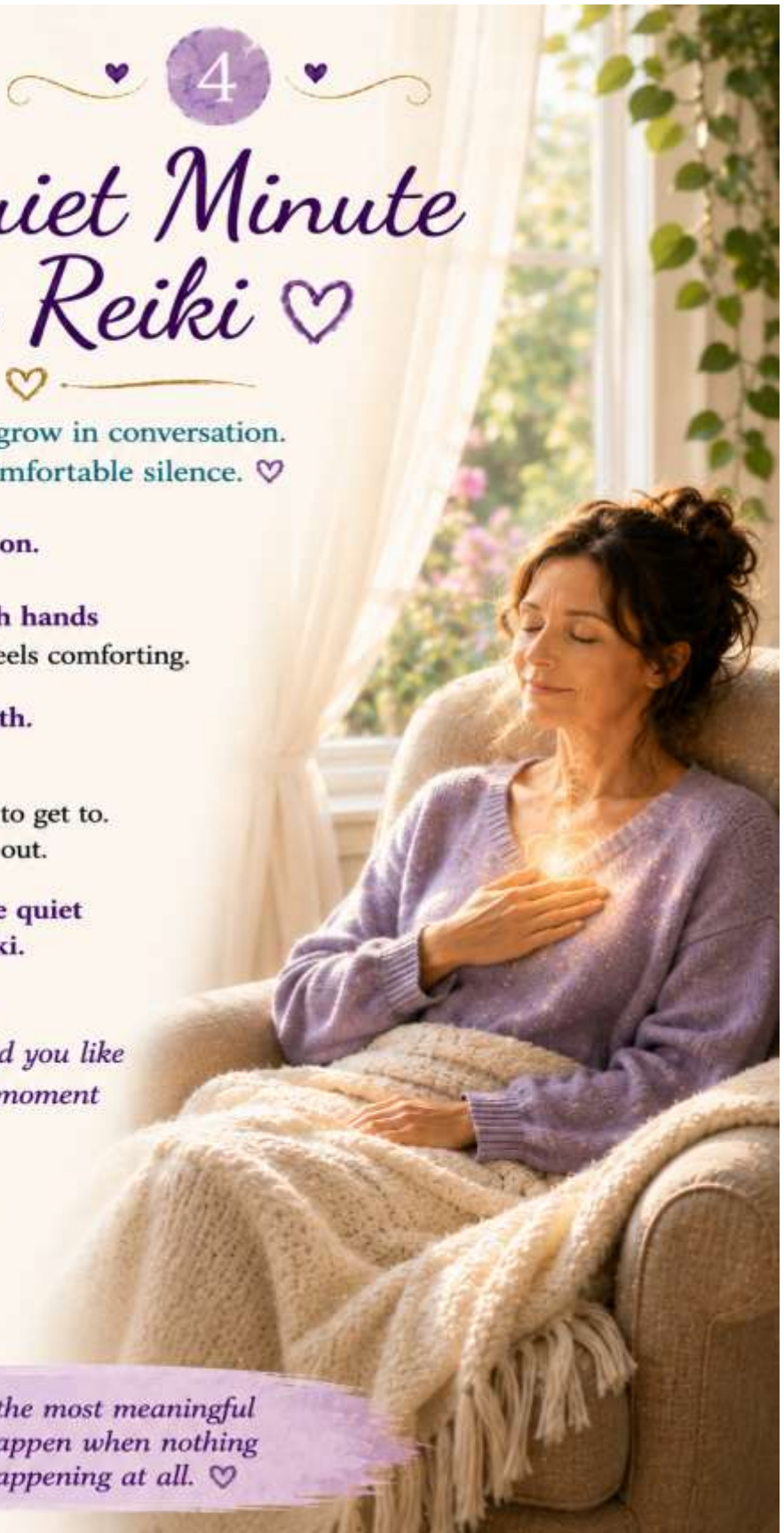
A Quiet Minute with Reiki ♥

Some friendships grow in conversation.
Others grow in comfortable silence. ♥

- ♥ Turn your Reiki on.
- ♥ Place one or both hands somewhere that feels comforting.
- ♥ Take a slow breath. Then another.
- ♥ There is nowhere to get to. Nothing to figure out.
- ♥ Simply spend one quiet minute with Reiki.
- ♥ Then gently ask:
"Reiki, how would you like us to spend this moment together?" ♥
- ♥ Then simply be.
Breathe.
Rest.
Notice.



Sometimes the most meaningful moments happen when nothing special is happening at all. ♥



Sharing Reiki with Little Things ♡

Friendships often grow
when we share things we love. ♡

- ♡ Turn your Reiki on.
- ♡ Choose something small
that makes you smile.
Perhaps a little plant.
- ♡ Hold it or sit beside it
for a few moments.
- ♡ Send Reiki to it.
- ♡ Then gently ask:
*"Reiki, what would you like
me to notice in this moment?"* ♡
- ♡ Then simply be together.
Notice.
Smile.
Be curious.



*Little things often become special
when we give them our attention
and care. ♡*



Little Reiki Resets Throughout Your Day ♥

The secret art of inviting happiness
may begin with noticing the beauty
already present in our lives. ♥

- ♥ Whenever you have a minute,
turn your Reiki on.
- ♥ Take a slow breath.
- ♥ Pause for a moment.
- ♥ Bless this moment with Reiki.
- ♥ Then gently ask:
*"Reiki, help me cultivate
an awareness of the beauty
in my life today."* ♥

Then simply be here.

Pause.

Notice.

Begin again. ♥



*Sometimes happiness arrives
quietly, one beautiful moment
at a time. ♥*



Sharing a Smile with Reiki ♥

When you turn your Reiki on,
you radiate that loving energy
into every interaction. ♥

- ♥ **Turn your Reiki on.**
Feel your kind and peaceful
energy surrounding you.
- ♥ **Choose one small interaction**
as you move through your day.
Holding a door open.
Greeting a cashier.
Talking with a friend.
Smiling at someone as you pass by.
- ♥ **Invite Reiki into the moment.**
Radiate that loving energy
into both of you.
- ♥ **Then gently ask:**
*"Reiki, how can I bring
a little more kindness
to this moment?"* ♥
- ♥ **Then simply be present.**
Smile.
Listen.
Be curious.
Let your Reiki shine. ♥



*Sometimes a little kindness
becomes a beautiful gift for
everyone involved. ♥*



Being Playful with Reiki ♡

Reiki loves to play! When we invite curiosity and joy, beautiful things can happen. ♡

- ♡ **Turn your Reiki on.**
Take a breath and feel your connection with Reiki.
- ♡ **Play a little game.**
Gently ask:
"Reiki, where can I send Reiki through my eyes right now?" ♡
- ♡ **Follow the nudge.**
It might be a person, an animal, a tree, a place, or even a room. Let Reiki show you.
- ♡ **Send Reiki with love.**
Through your eyes, send light, kindness, and peace. Then simply be present.
- ♡ **Check in and notice.**
Where did Reiki guide you?
How did it feel?
What did you notice?
- ♡ **Smile and play again!**
You can do this anytime, anywhere. It's a fun way to be of service and stay connected. ♡



*Reiki is always ready to play.
You only have to ask.* ♡



Quietly Listening to Reiki ♡

As the day comes to an end,
take a few moments to be still with
Reiki and with yourself. ♡



Turn your Reiki on.

Take a slow breath.

Then another.

Feel your connection with Reiki.



Nourish yourself with Reiki.

Place your hands where it feels
good—heart, belly, head,
or anywhere you need.

Let Reiki's loving energy
support and comfort you.



Then gently ask:

*"Reiki, is there anything you
would like me to notice
about today?" ♡*



**Quietly listen... to Reiki
and to yourself.**

Notice feelings, thoughts, images,
or a quiet sense of knowing.



There is nothing to figure out.

Simply listen.

Breathe.

Notice.

Rest. ♡



*When we listen with love
and nourish ourselves with Reiki,
we end the day feeling supported,
held, and whole. ♡*



Walking Forward with Reiki ♡

Friendships grow one moment at a time.
Perhaps this is not the end of something
new, but the beginning of a beautiful
companionship. ♡

♡ **Turn your Reiki on.**
Take a slow breath.
Feel your connection with Reiki.

♡ **Look back with gratitude.**
Think about one moment in this
booklet that made you smile,
feel peaceful, or feel connected.
Let yourself appreciate it.

♡ **Then gently ask:**
*"Reiki, where would you
like us to go together next?"* ♡

♡ **There is no right answer.**
Simply smile.
Trust.
Stay curious.

♡ **Carry Reiki with you.**
In your heart.
In your breath.
In the moments ahead.
You are never alone. ♡



*The relationship has already begun.
The rest is simply spending
time together. ♡*



Goodnight, Reiki ♡

As your day comes to an end,
spend a few quiet moments
with Reiki and with yourself. ♡



Turn your Reiki on.

Place your hands where
they feel comforting.
Take a slow breath.
Then another.
Allow Reiki to gently hold you.



Then simply think of:

- ♡ One thing that made you smile today.
- ♡ One thing that felt beautiful.
- ♡ One thing you are grateful for.



Then quietly say:

"Thank you for today." ♡



Breathe.
Receive.
Rest. ♡



*May gratitude and Reiki
gently carry you into sleep
and welcome you into
a new day. ♡*



A Little Note from My Heart to Yours ♡

Reiki has gently changed
how I experience my life.

I notice more **beauty**.

I notice more **wonder**.

I notice more
moments to **appreciate**.



Through these small moments
of connection, I came to
understand what Mikao Usui
called “**the secret art of
inviting happiness**.”



For me, it has been
cultivated **one small
moment** at a time.



May these little invitations
become doorways into **your
own beautiful relationship
with Reiki**.

With love,

Julie Russell ♡





*Thank you for spending
this day with Reiki.*



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Sacred Encounters  *Journeys of Presence, Connection & Wonder* 