

Reiki Drum Journey

Soul Work

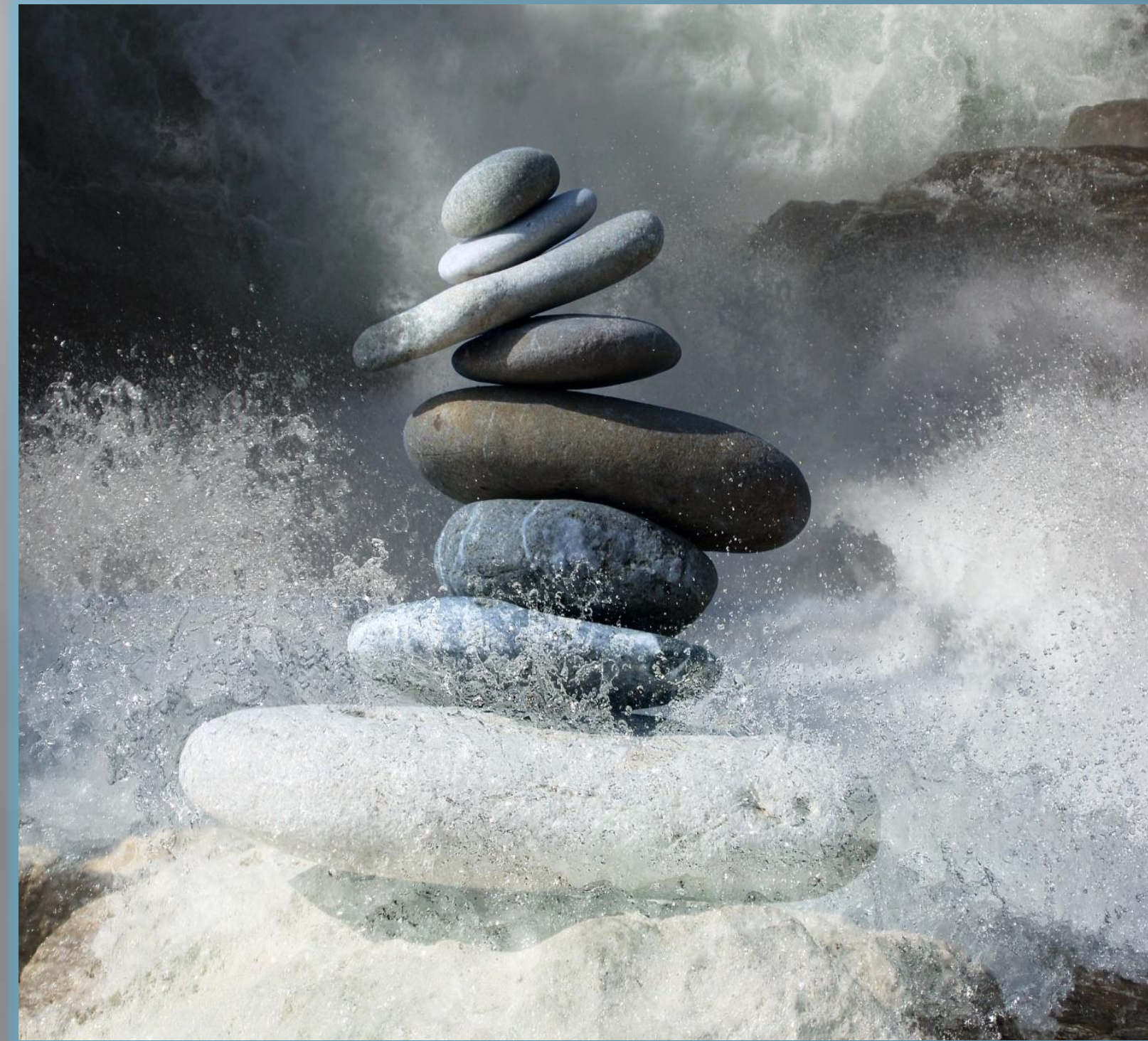
Bridge Over



[2 minutes of steady drumming, followed by 3 slow drum beats]

Before we begin, think about an incident, event or issue you want to heal. Ask to heal this situation and reclaim your power.

Allow the driving beat of the drum to transport you to the time and place where healing can happen.



[4-20 minutes of steady drumming, followed by 6 slow drum beats]

All of us at some point in our lives have been stifled, silenced or shamed in some way. As you revisit this time:

- Witness the root cause
- Talk with each person involved
- Ask questions
- Request divine guidance

Forgiveness



[2 minutes of steady drumming, followed by 9 slow drum beats, then 10 seconds of staccato]

Now is the time to wrap up. Move into forgiveness, acceptance and understanding.

Bridge Back



[2 minutes of steady drumming, followed by 12 slow drum beats, then ending with a BOOM!]

Travel back to the present, bringing understanding and compassion for yourself and all involved.

Take a few minutes to journal about your experience.