



Free Reiki-Master Healing Instructions

<https://mylightworker.org/user/mrclapper/free-reiki-healing>

How energy healing works

We are all connected via the ethereal realm and time is a 'program' of our 4D reality. The healing you will receive was sent by me during my daily healing events.

If you ask for help, there are beings that are waiting to help you. With that being said, by downloading this file you have asked for my help for healing. You still have to be ready to accept the healing and know it will work for you.

To activate your healing:

1. Enter a meditative state. Just close your eyes.
2. Imagine a protective bubble that surrounds you that only energy for your highest good may enter.
3. Say out loud, “**I accept healing from Jason**”
4. Breath in and out 3 deep breathes, in through your nose and out of your mouth, and **KNOW** you are healed.
5. You should feel tingling or chakra activations which is the Reiki energy flowing through your body.
6. Rest and drink plenty of water.

If you feel compelled, you may purchase one or more of the Reiki packages that resonates with you.

[Mr Clapper](#), (Jason)