

# PRAYERS & INVOCATIONS

Prayers and invocations  
for Reiki Practitioners

*plus*

How to write your own invocation!

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REIKI lifestyle.

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## **Preface**

These prayers and invocations were developed by Colleen and Robyn for their Reiki practices. They use them in their Reiki shares, Reiki sessions, and Reiki gatherings, in person and online. The words are how they relate to Reiki. They share them with you to use in your practice. You can choose a different version according to your needs, the people you are using them for and the reason you are using them. Feel free to adapt them in any way, and to exchange your words for ours.



## 5 STEPS TO: Write Your Own Invocation

**Below is a template on how to write your own invocation. Activate and spend a few minutes doing self-Reiki. Then in your own words write down the following:**

### **1. Start the relaxation process and invite the energy:**

Closing of eyes, deep breaths, etc. Invite Reiki symbols, spiritual teachers and guides, the divine earth and archangels and any others to whom you feel guided.

### **2. Set a safe and enlightened container of the space:**

Ask Reiki to only connect you with the highest source of enlightened spiritual energy in enlightened spiritual realms, and that you set your ego and personality aside.

### **3. State the intention:**

Write down your intention or questions for the Reiki session or Reiki journey.

### **4. Gratitude:**

Thank yourself, the client, the energy and beings for the wisdom they provide and assisting you and your session.

### **5. Closing:**

Such as thank you, Namaste, Amen

# Short Invocation Examples

By Colleen Benelli

## 1. Invocation Example for Reiki Sessions

Close your eyes and take some deep breaths.  
Place your hands comfortably on your body.

We invite the Reiki symbols, spiritual teachers and guides, the divine earth and archangels (and any others to whom you feel guided)

We ask that Reiki only connect me with the highest source of enlightened spiritual energy in enlightened spiritual realms for the best and highest outcome for (Clients name\_\_\_\_\_)

Our intention and questions for the session are \_\_\_\_\_

(If no intention: My intention is \_\_\_\_\_ to relax and listen and enjoy the spiritual realms and guides.)

Reiki surrounds us and fills the room so that only illumined beings are present in the space. Closing such as: Namaste, Amen, Aho

(Practitioner, begin your Reiki journey with HSZSN the Bridge of Light. Invite your client to relax and receive).

## 2. Invocation Example for Reiki Sessions

Close your eyes and take some deep breaths.  
Place your hands comfortably on your body.

As you breathe in, you breathe in the light of Reiki,

The power of divine love, the power of the divine mind, the power of the divine heart. Breathe in the light of the divine earth and the light of God.

As you breathe in, the light within you wakes up and is revealed to you.

There are Archangels standing at the corners of the land and on every side standing all around you. The Enlightened ones and sacred ones are present. (I welcome \_\_\_\_add them by name if you like) Thank you, we welcome and invite your divine assistance, guidance, healing and empowerment For \_\_\_\_\_. We ask that only the highest and best outcome for (Clients name)

Closing such as: Namaste, Amen, Aho

(Practitioner, begin your Reiki journey with HSZSN the Bridge of Light. Invite your client to relax and receive).

### **3. Invocation Example**

Close your eyes and take some deep breaths. Place your hands comfortably on your body. The light of Reiki fills the air that you breathe. Your breath fills your body with the light.

As you breathe in the light, the light within you wakes up. The light within you is revealed.

The power of divine love fills your breath and is revealed at the core of your being.

The power of the divine mind fills your breath and is revealed at the core of your consciousness.

The power of the divine heart fills your breath and is revealed in the light of your heart.

The power of the divine earth fills your breath and is revealed in your body.

The power of God fills your breath and the power of God is revealed in you.

The power of your Holy Spirit is revealed within you.

Look inside and say thank you to you. Appreciate you and how deeply you love. Together, we say thank you to the divine ones who join us.

We invite your divine guidance, healing and empowerment.

Aho, Amen, Namaste, And so it is, Thank you.

## **Divine Heart Invocation – Reiki circles, Reiki Sessions, Reiki Presentations, and more.**

**By Colleen Benelli**

Close your eyes and take some deep breaths.

The light of Reiki fills the space around you. As you breathe in, the light of Reiki flows in on your breath and fills your body. You receive the light and the light within you wakes up and is revealed to you. This is the light of your life force, your spirit.

There are Archangels standing at the corners of the land and on every side standing all around you, and they shine their light into the light.

As you breathe in, the power of love, fills your breath and you receive the power of love, and the power of love within you wakes up and is revealed. You remember, love is who you are at the core of your being.

The light of the divine mind fills your breath and as you breathe in, you receive the power of the divine mind and the divine mind within you wakes up. Your higher consciousness, your higher thought is present, and the field of possibilities is open. Your intuition, instincts, and imagination are awake. Your inner guidance, your inner truth and inner authority are revealed. Your heightened perceptions, senses, instincts, and observations are awake and present and revealed to you.

The light of the divine heart fills your breath, and as you breathe in, you receive the power of the divine heart and the divine heart within you wakes up and your heart light is revealed. Your heart light shines out in front of you, on each side, above you, below you and within you. This is your divine presence and as you see your divine presence, you see it in everything around you.

The light of the earth rises through you, and fills your body and your breath, and you remember that your body is made of the earth. Your body gives your life force, your spirit, breathe and life. Your body is the treasure house for your great beaming light. Your pure human spirit is revealed.

The light of creation, the light of God, fills the air you breathe, and flows in and reveals the light of creation, the light of God in you. Your divine spirit is revealed. Your divine spirit and human spirit unify in your breath.

When you listen, you can hear the heartbeat of the earth, and the heartbeat of creation, beating in the same rhythm as your heart. The light of creation and the light of your body are one light within you. Your divine nature is present in your human nature. You remember, your beautiful spirit, your life force, is here in your life, in this moment in time.

Look into your heart and say thank you to you. Take this time to notice how deeply you love, how deeply you care. We say thank you to each other, we are meant to be here together today. We say

thank you to the angels and the enlightened ones who join us and thank you to the teachers who come before us, and the descendants who come after us. We are honored to be among them.

Aho. Namaste Amen.



## Invocation Example with the Symbols.

**By Colleen Benelli**

You can say the names of the symbols out loud if the people are attuned to Reiki. If they are not, you can think them, say them silently, or leave them out and they will work.

*(Activating Reiki and Spirit in the session. Revealing the wholeness and light in the client)*

You can say the names of the symbols out loud if the people are attuned to Reiki. If they are not, you can think them, say them silently, or leave them out and they will work.

Close your eyes and take some deep breathes.

Begin letting go of everything that you need to think about today in order to arrive here and everything that you need to think about later.

Give yourself this time to be about you and for you.

Place your hands comfortably on your body.

Reiki begins to flow through your hands.

Reiki is revealing all around you and within you.

Take some more deep breaths.

The beautiful light of Reiki fills the space around you, and it fills the air that you breathe with vitality and life force of color and light.

As you breathe in the light of Reiki, the light fills the air that you breathe and flows in on your breath. And as the light flows in on your breath, it travels into your body and the light and the life force and the colors and the vitality within you, wakes up.

**(CKR)** As you breathe in, you breathe in the power of divine love.

And as you breathe in, the light and the divine power of love of travels in on your breath and awakens the power of love within you and you remember that this power of love is who you are at the core of your being. It's the light right here inside of you.

**(SHK)** As you breathe in, you breathe in the light and the power of the divine mind, the pure mind.

And as you breathe in the light and the power of the divine mind, the divine mind fills your breath.

It fills the air that you breathe. And as you breathe in the power of the divine mind. The divine mind within you wakes up. Your higher thought and higher consciousness are present, and the field of all possibilities is open. Your innovations, inventiveness, your creativity and manifestations are all awake. Your intuition, inner guidance your inspiration and instincts, your imagination, are all awake and revealed.

**(HSZSN)** As you breathe in, you breathe in the light and the power of the divine heart.

And as you breathe in the divine heart, the divine heart within you wakes up.

And your heart light shines. Your heart shines in front of you and behind you.

It shines to your left and to your right, your heart light shines out above you and below you, and your heart light shines within you and is revealed to you now. And you remember that this light is your spirit, your divine presence, your divine spirit, your divine nature. And it's right here inside of you, shining brilliantly through your heart and his revealed to you now.

**(DKM)** As you breathe in, you breathe in the divine light of the earth and the divine light of earth fills your breath and fills the air that you breathe and fills your body and you remember that your body is made of the earth, your body gives your divine presence life and breath. And so you breathe in the light of the earth and it fills your body and fills your breath with life force and the minerals of the earth, and the air, the fire and the water. The light of the natural world fills your breath and the

light of the animal kingdom fills your breath and flows into your body. And your colors and your vitality and your human spirit wakes up and the power of love is right here in your human spirit. And your divine spirit is right here in your human spirit. The light of God shines on you and fills your breath. And the light of God within you is revealed to you.

**(HF)** And the light of God within you wakes up with your human spirit, it is unified with your divine spirit. You are one light, one breath, one spirit. The Holy Spirit within you wakes up and is revealed to you now. And you breathe in, you notice all your wholeness is here inside. Your brilliance, your radiance, your joy, your love, your truth, your beauty, your grace, and your gratitude is all right here, and completely whole inside.

**(Spiritual Beings Invitation)** There are Archangels who are standing at the corners of the land and on every side all around you, shining their light into your light. The beautiful beings of the light, the Brothers and Sisters of the light and the Ascended Masters, the teachers of Reiki. The beloved ones, and sacred ones that have joined us. They come to us from the highest levels of the heavens and consciousness and we welcome them, and they shine their divine light into the light.

And the divine light fills the air that you breathe, and as you breathe in the divine light, the divine light within you wakes up. And you can see it now, and you remember its presence, it is revealed. When you look around you, and you notice the light of the Archangels and the illumined ones and the Ascended Masters. You can see how brilliant their light is shining into your light, and filling your breath. And when you look inside, and you look at your heart light and your divine light, you see that your light is as brilliant as theirs.

Sometimes it can seem as if there are layers that hide your truth from your own view. The layers that hide your authentic self, your divine nature, and your pure human nature.

And sometimes the layers can seem to cover you. The layers that have been caused by the ways and worries of the world. Layers that have been created by injuries in your life. The light travels in on your breath and envelopes the layers. The light lifts the layers from you. Any cords and connectors and burdens attached to you are lifted into the power of love, where they're listened to, heard and healed all the way to their original cause.

The light fills your breath, and the light within you is revealed. You remember now that your divine spirit is right here in your human spirit. Breathe in this moment in time.

And so, look into your heart and say thank you to you now. Listen within, your inner guidance is revealed. Say thank you to you for listening to you and taking this time to love yourself, to love your human spirit, to love your daily life. Take this time to acknowledge you.

We say thank you to the enlightened ones that have joined us here. The beautiful ones and sacred ones we invite you, we receive the blessings you provide, the healing and the empowerment. We invite our own inner guidance with inspiration, instinct, intellect, imagination, intuition, so that we can manifest wonderful things in our life that we can dream and create.

### **Intention**

We ask for (\_\_\_\_ Clients name and intention for session)

Breathe in this moment, this breath, and feel the presence of your divine spirit and your human spirit right here, completely whole and beautiful in your body.

We welcome the glory, we welcome the grace, and we welcome the light

Thank you.

Amen, Aho, Namaste

# Reiki Circle Invocation

**By Robyn Benelli**

Close your eyes, take some deep breaths, start letting go of everything that it took to get here and everything you have to do after. Allow this time to be for you and about you. Bring yourself here, in this room, in this moment in time. Place your hands in Gassho, mountain pose or the prayer position in front of you. Feel the light of Reiki in between your palms, it is like a little warm sun in the center of your palms. Breathe in now from below your navel, and release. And as you do, allow your breath to purify, release, and relax, to let go. As you breathe in, breathe in the light of Reiki. And breathe in again and let go. We honor any thoughts that may arise, but we use the power of Reiki and the divine mind to gently allow them to pass through without giving them energy or attention. We gently brush them aside and return to center, return to our presence in this room, return to our circle in this time.

We invite Reiki to flow through us tonight. Universal life force energy. Pure Energy, Pure Light. We call in the power of the Universe and Creation, and we ask that it illuminates every cell in our body and awakens the divine energy within us. Awakens our inner guidance, awakens our divine guidance. We call in the light of the stars and the sun and realize that their light is the same as light as our own. We are stars wrapped in skin, having a human experience for just a little while. We call in the heartbeat of the earth, we feel it underneath our feet, and realize that it beats in the same rhythm as our own, for we are part of the earth, the ecosystem, the same as the animals and the plants. We call in the illumined beings who go by many names and who guide each of it. We are grateful for their love, and divine wisdom and assistance. We call in the light of Reiki to flow through us, our bodies being a vessel of its divine guidance and light. We call in the power of the divine heart and ask that it helps us to relax and heal. We call in the power of the divine mind, to help bring clarity, understanding, compassion, and divine communication to our situations, lives, and loved ones. And we call in the power of Divine Love, universal love that connects us all to each other and all living things.

We ask that Reiki connect us to the enlightened realms. Those realms seen and unseen. And ask that Reiki only connect us with the highest source of enlightened spiritual energy in enlightened spiritual realms.

We are here tonight to join together as a circle and a community of people who have come to ask for healing, relaxation, connection, and contributing to the wellness of the world. We are here with the commonality to usher in light and love, whether that be through our own healing or the healing of others. We are the light bringers that will carry this light from this room tonight and shine it into our own lives, to our family and friends, and those in our own communities and neighborhoods. We ask to be a center of the great ripple effect that spreads love, healing, understanding, and compassion throughout the planet. With every outbreath we let go of those areas that are unhealed to be carried into the light where they are honored and also healed. And with every in-breath we bring in the beautiful light of Reiki that awakens the light within us, for it is the same light. I allow it to flow through every one of my chakras and awaken all of the energy centers within us. The color Red flows through my root chakra, the color orange through my sacral chakra, the bright warmth of yellow lights up my solar plexus chakra, the color green awakens my heart chakra, the color blue

flows through my throat chakra, the color indigo opens my third eye, and the sacred violet light beams up through my crown chakra and connects me to source. I activate Reiki around me, and it fills the room with beautiful colors and the effervescent light of energy.

We ask the Reiki supports us here, tonight as we are here supporting each other. With one heart and one love.

Namaste. Amen.

## Full Moon Invocation

By Robyn Benelli

Close your eyes, take some deep breaths, start letting go of everything that it took to get here and everything you have to do after. Allow this time to be for you and about you. Bring yourself here, in this room, in this moment in time. Place your hands in Gassho, mountain pose or the prayer position in front of you. Feel the light of Reiki in between your palms, it is like a little warm sun in the center of your palms. Breathe in now from below your navel, and release. And as you do, allow your breath to purify, release, and relax, to let go. As you breathe in, breathe in the light of Reiki. And breath in again and let go. We honor any thoughts that may arise, but we use the power of Reiki and the divine mind to gently allow them to pass through without giving them energy or attention. We gently brush them aside and return to center, return to our own presence in this time.

We invite Reiki to flow through us today. Universal life force energy. Pure energy, pure light. We call in the power of the Universe and Creation, and we ask that it illuminates every cell in our body and awakens the divine energy within us. Awaken our inner guidance, awakens our divine guidance. We call in the light of the stars and the sun and realize that their light is the same as light as our own. We are stars wrapped in skin, having a human experience for just a little while. We call in the heartbeat of the earth, we feel it underneath our feet, and realize that it beats in the same rhythm as our own for we are part of the earth, the ecosystem, the same as the animals and the plants. We call in the illumined beings who go by many names and who guide each of it. We are grateful for their love, and divine wisdom and assistance. We call in the light of Reiki to flow through us, our bodies being a vessel of its divine guidance and light. We call in the power of the divine heart and ask that it help us to let go, heal, and empower. We call in the power of the divine mind, to help bring clarity, understanding, compassion, and divine communication to our situations, lives, and loved ones. And we call in the power of Divine love, universal love that connects us all to each other and all living things.

We ask that Reiki connect us to the enlightened realms. Those realms seen and unseen. And ask that Reiki only connect us with the highest source of enlightened spiritual energy in enlightened spiritual realms.

We are here today to celebrate the cycles of the moon and the earth. Today we honor the full moon, the divine feminine, and the balance of receiving and giving. The moon rules the cycles of the earth and women and goddesses and we honor the wisdom and blessings that she has to offer us. Today we celebrate the times when our full light is shown and present for us, sometimes our light is hidden just as the moon's light is hidden. But in her infinite wisdom she teaches us that, even if we can't see it, our light is always there. She shows us that life is full of phases and through each our light may be shining its brightest or hidden

but it is always within us. Today we call in the power of the full moon to allow us to release anything that is no longer serving us, either to move us forward in the cycle we may currently be in, or to release any layers that is allowing our full light to be revealed. Today we make room to manifest our dreams, goals, hopes, wishes, in our next cycle. We call in the power of the cycles of the earth, as we live in accordance and in tandem with them. We call in the power of the equinox as we move closer towards it. We thank the season of summer for its abundant blessings and call in the subtle power of fall and we allow the wisdom of gentle transition to guide us through this and the coming seasons.

Today we usher in light and love, whether that be through our own healing or the healing of others. We are the light bringers that will carry this light and shine into our own lives, to our family and friends, and those in our own communities and neighborhoods. We ask to be a center of the great ripple effect that spreads love, healing, understanding, and compassion throughout the planet. With every outbreath we let go of those areas that are unhealed to be carried into the light where they are honored and also healed. And with every in-breath we bring in the beautiful light of Reiki that awakens the light within us, for it is the same light.

Namaste. Amen.