
REIKI FOR CHILDREN

KYTKA HILMAR-JEZEK, ND

Reiki for Children
SECOND EDITION

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Note to the Reader: This book is intended as an informational guide. The remedies, approaches, and techniques described herein are meant to supplement, and not to be a substitute for, professional medical care or treatment. They should not be used for a serious ailment without prior consultation with a qualified healthcare professional.

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***This Second Edition of the book is dedicated to my children,
Zachary, Zanna & Zynnica.***

For they are the true teachers, gurus, mentors, leaders and wise ones.

***It is also dedicated to Fabricio Andres Umana Solera
For teaching me the way of NOW and that
Love is indeed Cosmic, Multi-Dimensional and Eternal***

***May the warmth of the Divine Universal Light
Shine its goodness on you for your entire lives and beyond.***

I am deeply grateful to all those who contributed their time, experience, creativity and wisdom to the creation of this book and for crossing paths with me in this life... many are listed in the bibliography section of this book.

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And, referring to the original edition, I wish to offer acknowledgement...

To my parents, Milan and Anna Hilmar, who instilled in me a “pioneer spirit” which has helped me to follow my own path. To Kati and Joel Samon, for giving us all shelter from the storm. To Informed Birth and Parenting, for starting me on the path of empowerment and belief in myself, including three absolute Goddesses: Leslie Stewart, Heike Doyle and Karin Kearns, all wise women and midwives who allow babies to come into this world in the most respectful ways, who were there to welcome my three angels into the world. To the wonderful people of Belize, whose traditional ways should never be forgotten. To my dear friends and Masters, Dennis and Fern Alexander, for gently appearing in my life at a time when I needed their guidance and welcoming us all into their circle. To my (now ex) husband, Pavel Jezek, who has often been a quiet example of inner peace and balance, and whose continuing support and letting go allowed me to grow to who I am today.

To my children, the true teachers, gurus, mentors, leaders and wise ones.

To the Divine Light, which I see shining in everything and everyone I encounter—each and every day.

To the Darkness, because without it how would we ever know the Light.

And finally, to Steve who gave me the important lesson of overcoming obstacles, perseverance and forgiveness.

~ My life has indeed been blessed. ~

FOREWORD

In today's uncertain world, children are our strength. It is within the child that our world and the Universe expands and grows. This book opens the door to the Universal Life Force, for those wonderful expansive minds of the youth of today.

Not every child is ready for the power of Reiki, those that are, shall benefit remarkably for the contents of this extraordinary work. What each child learns is a respect for the sacredness of Reiki. It aids them in connecting to the Universal Life Force, which is Universal Love.

Reiki teaches an individual: "Just for today, I will not worry, Just for today, I will not anger, Honor your parents, teachers and elders, earn your living honestly. Show gratitude to everything." Today when using the name of GOD in our own Pledge of Allegiance to our Flag is questioned, there must be an acceptable value which we may teach our children that circumvents the norm of dogma.

I plead you to reach out, touch our growing seeds, those which we planted and nurture them with the enlightened path of understanding, which will take their hands, open them to understanding and guide their paths to a higher good. One bereft of violence. It is our duty as parents, as leaders of people, to teach the little people how to become honorable big people. To whom the world will look to with RESPECT.

—Rev. Dennis Alexander, PhD, Reiki Karuna Master,
Mayan Shaman, K'in Balam XI Manik, Sentient Temple

FOREWORD TO THE SECOND EDITION

Nearly ten years have passed since I wrote the book, *Reiki For Children*. It was written out of a necessity for my own children because I could not find any reference at that time to teach my children.

How wonderful it is to do research now and see so many new resources which give testament to the fact that our collective consciousness is catching on. Holistic methods are gaining popularity and becoming more mainstream and as a culture, we are beginning to understand the importance of taking responsibility for our own healing and wellness.

My children have grown up with no major illnesses, always referring back to Reiki to help each other and themselves. They eat correctly, meditate, focus on stress free living and teach others to do the same.

I am very proud of who they are as BE-ings and proud of myself that I do not push them into doing. They walk their own free path and create wonders everywhere they go and each and every day.

They are a daily reminder that sometimes we may be afraid to try something that is off the beaten path or not the status quo, but if we feel it within and believe – then we can truly achieve anything. It is in parenting these three amazing human beings in who I am in awe daily that my life has prepared me for the challenges along the way.

Family and health are truly everything, and it is my intention to empower others to do the same by living by example.

—Kytka Hilmar-Jezek

WHO HAS THE HEALING TOUCH?

You do!

Did you know that you were born with incredible healing power?

Yes, you were.

It is a gift to you from the Mother Father Creator of All.

You were born out of Love.

You were born out of Light.

People call this very special and strong love Universal Life Force (or energy).

This powerful energy stays within you your whole life.

With this energy you can do anything you hope to do.

With practice, you can use this energy to heal.

But first you have to realize and believe that you have it. You can find it within yourself by taking the time to look and listen within. In the olden days, people would sit in nature and be still and quiet. They would meditate. During the still and quiet times as these, they would listen to their inner voices, which spoke loudly to them. Today we live in very busy and noisy times. It is hard to find a

quiet place or to make quiet time... but this time is very important if we want to find our voices within and remember our light and its power.

REMEMBERING THE POWER

Long, long ago, before you were born, you were part of a beautiful and brilliant light. The light and its beauty were all around you and everyone glowed with this light. Many people call this the place of angels or heaven. Long ago, before you were born, this is where you lived. You probably cannot remember this place anymore in your mind, but your heart always remembers this place. Your heart remembers the warmth and lightness of this place.

This place is always a part of you and still alive in your heart.

When you were first born, you remembered this place very well. It was hard to separate your new home from your old home in the light. You loved your parents, but you also loved the light beings that would always be around you, warming you with love. You wanted to tell every one of the love and beauty, but the only sounds that came out of your mouth were cries. This made you sad and your heart grew heavy. The heavier your heart became, the more the light began to hide deep inside of you.

Have you ever looked at a baby and seen how very knowing the baby looks. This is because the baby fully remembers all about this light place and can still see and feel all of the angels and other light beings all around. Babies have just come from this place and have not yet forgotten. Have you ever seen a baby laying down reaching out to the sun. The baby is probably holding one of her angels' hands at that very moment!

By the time you learned to speak enough words to tell people about the light, you had almost forgotten all about it. Sometimes the warm sun would shine its light

down on you and you would feel so good, and warm, and you loved the sunlight... but you couldn't remember why.

As you grew older, your thoughts became like the thoughts of all of the other people around you. Mostly heavy thoughts of worries and of all that needed to be done: attending school, playing, eating, bathing... These things do need to be tended to, but you must take time to remember the light. When you don't you become taken over with heavy thoughts and heavy thoughts are dark thoughts, they make you forget the light even quicker!

Many people in the world have been so busy that they forgot to take the time to remember. They have forgotten how important it is to remember the light. These folks have allowed these dark thoughts into them and they have become mean. When you remember your light and try to do good and kind things, people who have forgotten their light may even make fun of you or call you names. Please do not let this make you turn away from the light. Try to send love to those people, because if they are being mean it only means they have forgotten their own light. They must be so sad and they do not even remember why. It is this sadness that causes them to be mean. Try to look at them with love, goodness and healing.

The most important thing you can do for yourself is to try and practice remembering the light from where you came.

You are a full of goodness.

You are full of loving kindness.

You have the power to help and heal others.

Remember that many people walk around with sad and angry faces because they have forgotten their light. They have heavy hearts and are unhappy. You have the power to help them remember their light too!

There are many people who spend their whole lives walking in the light spreading goodness and loving kindness all over the world. These people make our world a better and safer place. They make it a more peaceful and loving place. They make it become a world we are happy to live in. You can be one of these people!

You ARE one of these people!

Don't be worried if you cannot remember your light right now. You will soon. If you do the exercises in this book, you will soon remember. You will be able to use this light to help yourself and others. You will be filled with goodness, loving kindness and healing power. This light is much bigger than your room, your house, your neighborhood, your town, your world! This is the Universal Light Force and it is everything. You are a part of this very strong everything.

You are an important part of something great!

If you choose to follow the path of goodness and light, of love and healing you must be willing to work hard. You must learn to listen to your dreams, your inner voices, your spirit guides, your angels. You must look very deep into your body and soul to find your true power.

“Let your light shine before men, that they may see your good works.”

“A tree does not move unless there is wind”

PLACES OF POWER.

A very good place for remembering the light is in nature.

The best start is to find a special and sacred place for yourself where you can work on your power. The best place is outside in nature, under the vast skies, where the sun and moon can touch your cheek, where the wind can whisper into your ear. Grandfather tree sees the light in you and if you sit with him, he may help you to remember. The wind sees the light and if you stand in the wind, maybe he will whisper of it into your ear. Mother moon looks down on you, calling you to look to the stars to remember. And don't forget the mighty Father Sun, his warmth can always remind you of how wonderful it is to be in the light.

Sit in nature every day and listen.

Soon you will feel the light again.

It is always with you.

The light is your inner voice, and it is your source of power. Use this light to help yourself. Use it to help other people. When someone is mean to you, it is because they have forgotten their light and their goodness. You can send them some of yours. You never run out... as a matter of fact, the more you are aware of it and use it, the more power you have.

The Universal Life Force energy never runs out. It keeps going around and around, encircling you and filling you with love, goodness and light. Look at mean and sad people with love and understanding and it may help them to remember. Some of your light may spread to them and it may help them to find their own light and listen to their own loving kindness and goodness.

Your power is strong and it lives within and around you.

You have the ability to use this power.

Many people have learned that everything is related and connected to each other. We are connected to the trees, and the animals that share this planet with us. We are a part of nature. Wisdom keepers of today warn us that if we become too disconnected from the natural world, we will forget the light all together and we will perish. We need to be close to the earth and nature because we are a part of it.

Outside we can breathe deeply and bury our toes in the soft sand or grass. We can smell the trees and flowers carried on the wind. We are reminded that there is so much in life that is beautiful and that everything has an important part of the planet. Each and every ant, bug, butterfly, flower, tree, river has a reason. These things were here long before us and they hold many answers. Listen to them.

Much like having dreams (the inner voices speaking to us in our sleep), listening to nature can provide answers to our questions and guide us on our way. Native Americans consulted nature each and every day. People of long ago prayed outside to the heavens... to the moon and the sun, long before there were churches and temples built.

People of the past worshiped the sun, because they felt it to be the source of all life. These people were very smart and understood the power of the Universal Life Force! On the earth, there are many ways and places where we can connect with this powerful energy. When we travel or take a holiday we often seek out places where the sun shines, or where there is great natural beauty. We are drawn and attracted to places where the elements of nature are felt; the mountains, the sea, the forests. These places seem to replenish OUR energies and make us feel good.

When you have a question or need comfort, go outside. Listen to the wind. Let the breeze encircle you because you are a part of the wind. You are a part of the outside world. You are a part of nature and it will comfort you.

You have a sacred place in nature.

You have a place in the circle of life.

Can you remember?

You have to WANT to remember.

You have to take TIME to remember.

TIME IS POWER.

The first step in learning about yourself and your power is to make time each and every day to listen within. This is the time when you work on yourself. This time is very important. It is with this time that your power will grow. It is the time you will exercise and grow your healing touch.

At first you may find you are just sitting and nothing is happening, but that is only because you have forgotten to listen to the voice within. When you were a small baby it spoke to you all the time. It helped you to smile and to stand tall. It helped you to walk and to learn to talk. It is inside of you still, but you learned to listen to Mom and Dad, Grandma and Grandpa and have forgotten to listen to the voice within.

If you sit in a quiet place everyday, soon you will remember and you will hear it once again.

This voice is the voice within your heart.

This voice is your guide, it is your teacher.

This voice is the voice of your Sacred Wisdom.

It is the same voice that spoke to your grandparents, and their parents, and their parents...

***It is the voice of the Sacred Wisdom,
and Sacred Wisdom is power.***

It is a power you can tap into at any moment, any where, any time. This power lets us be brave, be strong, be wise. We hear and feel this wisdom when we breathe deeply.

BREATH IS POWER.

When you sit, make sure to sit tall and proud. Imagine yourself sitting on the tallest mountain. Imagine your lower back is planted into the ground, like the roots of a tree and that on your head you wear a crown, which sparkles so brightly it touches the stars in the heavens. Rest your mouth and breathe in through your nose and out through your mouth. Breathe slowly and deeply.

The Zuni Indians believe that the human spirit lives in the breath. Bear Medicine Woman says “to breathe means to show power,” and the bible calls breath, “the breath of life.” Many people believe that our breath is a gift from the Mother Father Creator of All and when we die, we return this gift to the Universe where it once again becomes a part of the all.

**Sitting and breathing like this,
being still and quiet is called meditation.**

Meditation is when you allow the mind to rest and go quiet. When you meditate you are opening yourself up to the goodness of the universe. You are listening deep within. You are connecting to the energy that is all around. This energy has great power, and is known as the Universal Life Force. You can open yourself up to this energy and allow it to share its power with you. You can use this time to let go of hurt or angry feelings, to stop being mad and to think of the goodness, which is inside you. You can use this time to invite more goodness to come and be inside you.

When we stop thinking about our every day activities and what keeps us busy, we begin to listen what is going on inside our selves. We begin to be able to hear our

inner voice. We learn to listen to our body and what it has to say to us. If something is not right, our body tells us right away. We are able to talk to our body and tell it what needs to be fixed. When you sit and breathe (in through your nose and out through your mouth) it is best to close your eyes.

Feel the power of your breath.

Your breath keeps you alive. Your breath feeds your body. Your breath moves everything around you. Your breath is your energy. You can breathe out all of the badness you do not want and breathe in the goodness all around you. Once again, this is called meditation. It is a very important part of growing your power.

Breathe OUT the bad

Breathe IN the good

Let yourself feel rested and comfortable. Let your mind rest from worries. Listen for the voice inside you. Feel your belly move, going in and out as you breathe in and out. Breathe deeply. Let your breath go all the way into your heart. Imagine that you are breathing into your heart. With each good breath coming in, you can feel your heart open more and more. Speak to yourself quietly:

May my heart be filled with loving-kindness

May I be strong and happy

May I feel good about myself and others

May all my dreams come true

May I use my goodness to help others

May I use my love to heal

May I only spread loving kindness in the world.

Imagine your heart overflowing with the love and goodness. This love and goodness then spreads through your whole body. It warms you and fills you. You can feel the warmth all over like sweet tickles. Say the words again and again until you feel them in every part of yourself. Feel your heart open up to your words. Remember to keep breathing. Out with the bad, in with the good until you have breathed out ALL the bad and only the good is inside of you. When you breathe correctly your stomach will move out as you inhale and your shoulders will not move at all. This is called belly breathing and it is crucial to all relaxation and self-healing techniques.

Now think about other people you care about. Think about breathing for them and their hearts. Imagine yourself breathing some of the goodness and love you are filled with into the heart and whole body of the person you care about. Send them this warm loving kindness and well wishing. Speak quietly to them:

May your heart be filled with loving-kindness
May you be strong and happy
May you feel good about yourself and others
May all your dreams come true
I send my goodness to help you
I use my love to heal
I only spread loving kindness in the world.

Imagine how you are helping yourself and others. Doesn't it feel good to feel so good and loving? Now sit softly with this good feeling, thinking how wonderful it would be if the whole world were filled with so much love and goodness.

Imagine that you breathe this love and goodness all over the whole world and each and every person, creature, animal, flower, tree, butterfly, ant... every one can feel this wonderful love and goodness coming from you. Did you know you had this

wonderful power? Well... you know now and I know you will do wonderful things with it!

Can you feel your own power? Are you filled with warmth and goodness?

Sit tall because you should be proud.

You are so powerful!
You are Goodness!
You are Loving Kindness!

Hold your head high because you are a wonderful person filled with goodness and love who can use your special power to help others. Slowly open your eyes and remember that you are always filled with loving kindness and goodness and strong healing power.

Try to find time each and everyday for this quiet breathing to keep the goodness in you and to help it to grow. Use your breathing power to send goodness and love to other people you know and care about. Every day as you do this, you will grow stronger and your ears and eyes will open wider. You will be able to see who needs love and goodness healing. You will be able to hear the voice inside you, helping you to practice your healing. You will be able to see what other people need to feel better. You will see and feel the light around yourself. You will be able to see and feel it around other people and things. It takes time, but it is worth the wait! His Holiness the Dalai Lama says:

**“Take time to develop a good heart
and your life will be filled with happiness.”**

Time keeps moving and the clock keeps ticking. No one can stop time and the only time you have is the NOW. You must use what you have learned to realize

that now is the best time for this. Now is the time to begin to use your power of thought.

THOUGHTS ARE POWER.

Everything around you was at one time just a thought. If you think you are happy, you will be happy. If you think you are sad, you will be sad. If you think you are hungry, you will be hungry. Whatever you think about soon happens. Thoughts are VERY powerful and you should always try to keep **GOOD THOUGHTS**.

Like your breath, thoughts have much power. If you think you will be able to help someone by sending healing and helpful thoughts—you will help someone. You should always try to think the best thoughts because they keep you happy and healthy too.

These are a few important sayings:

“The same energy that moved thoughts through the mind
moves the stars across the sky.”

—*Stephen Levine*

“The happiness of your life depends on the quality of your thoughts.”

—*Marcus Aurelius*

“Thoughts are like arrows: once released, they strike their mark.
Guard them well or one day you may be your own victim.”

—*Navajo Proverb*

“You become what you think about”

—*Earl Nightingale*

Thinking is like wishing, and the more you think about something, the more important it becomes. You must use your inner voice and breathing meditation to stop thinking of unimportant things and to think only of what is important to you.

Good thoughts bring good things.

Bad thoughts bring bad things.

This is called *KARMA*.

Some people believe that whatever thoughts and energies you send out bounce and come back to you—just the same. Many others believe that these come back one hundred fold. This means that if you think a good healing thought for a friend in need, somewhere, some 100 other people (or angels) are sending good healing thoughts to you. Isn't it wonderful that so many people are sending so much loving goodness to you?

Doesn't it feel good!

But, in the same way that it works for good,

WATCH OUT

because it also works for the bad.

If you send bad and hurtful thoughts to someone... those bad and hurtful thoughts come back to you 100 times stronger. OUCH! You have to be aware of this power and how it works. It is a very strong power—and it works BEST when it is used in a good, loving and helpful way.

Always be aware and careful of your thoughts. Always remember that your thoughts are powerful. Spend time with others who have good thoughts. Stay away from dangerous people who have bad thoughts.

Good thoughts make good things happen.

Spread good thoughts throughout the world!

You have just completed a mere few chapters...

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~Namaste~