

Module 1

Usui and Karuna Reiki®* Transformational Healing Video

Dr. Helen D. Wix



PLEASE NOTE: Although I don't want you to succumb to road rage, neither do I want you to become so relaxed that you drift off to sleep, so please don't use this video while driving or operating any other heavy machinery!

TRANSFORMATIONAL HEALING VIDEO

INSTRUCTIONS

1. Before you begin, take three deep belly breaths.
2. Open the Usui and Karuna Reiki® video and click play.
3. Place your computer or other device so that the crystal on the screen is pointing toward you (front, side, or back). However, it is not necessary to watch the screen the whole time. As I give myself treatments, I put the computer next to me and watch TV (something uplifting and inspirational, not the news!). While having a treatment, you may want to listen to your favorite music, personal/spiritual development programs or affirmations.
4. The video is about 15 minutes in length, but you do not have to run it for the full 15 minutes. Use it for only 5 or 10 minutes if that is all the time you have. If you want to run it twice (totaling 30 minutes), feel free to do so or even longer if you want. Reiki will never harm you, and having an intelligence of its own, it knows how and where to heal you. Follow your inner guidance and do what you feel guided to do.

- 5. If you experience any unpleasant feelings after using this video, release these feelings by using the Emotional Freedom Techniques (or EFT) in Module 9.**
- 6. Treat your sessions like you do personal hygiene: do it every day, if possible.**
- 7. Always drink lots of water after doing any kind of energy healing work.**

***Karuna Reiki® is a registered trademark of the International Center for Reiki Training**

In this module, you will be receiving Usui and Karuna Reiki® through me by video in any setting you choose (home, office, traveling, etc.). It will clear any traumas, large or small. When I use the word “clear” the trauma, what is really more accurate is “transmute” the trauma. According to the Merriam-Webster’s Collegiate Dictionary, the word “transmute” means “to change or alter in form, appearance, or nature and especially to a higher form.”

Humans have both a physical body and energetic bodies. Even though we look solid, we aren’t. Everything in the universe is made of energy; therefore, everything vibrates at different rates of speed. Our energetic bodies vibrate based on our thoughts, feelings, emotions, and beliefs.

When something traumatic happens to us, the negative emotional energy from that incident slows our vibration down. As EFT expert, Margaret M. Lynch explains, “Each day, your thoughts and feelings emit a signal out into the universe...And (as science proves) the universe then returns experiences that are aligned with that signal.” The negative energy you’re emitting then attracts other negative energies from the universe and you tumble into a downward spiral.

However, as you receive treatments using the Usui and Karuna Reiki® video, the Reiki energies will be transmuting your lower negative energies into higher positive energies. This explains why talk therapy, although important, will never be enough! Traditional counseling will never change these negative frequencies into positive frequencies completely. This is how I learned to heal completely and permanently after many years of searching. Energy healing was the missing piece!

By using this video, you will also transmute the unresolved trauma you're carrying from your ancestors, in addition to any personal issues that you have created in this lifetime and past lives which need to be healed.

Please keep in mind that if we were working one-on-one, I would be limited in the number of treatments I could give you per week. Having the Reiki energy available on video allows you to access this healing Force as many times as you like, for as long as you like!

What To Expect As You Heal

Now, I want to share with you what to expect as you begin your healing journey using the Usui and Karuna Reiki® video.

In order to heal completely and permanently, we must heal on all levels: physical, emotional, mental, and spiritual. This is how we become healed and whole. Healer Alice McCall says, "Thought and emotion create all. Negative thoughts and emotions can become buried in the cells of our bodies as dense, heavy energy. Over time, this dense energy can cause a breakdown within the body in the place where it is stored. To ensure healing the cause, it is important to identify what is buried in your cells and transform it. This is critical whether you embrace a traditional approach, a holistic approach, or a combination of the two. Without this work, it is easier for your health issue to return."

Most Western physicians only treat the symptoms of the physical body. That is why we sometimes see a recurrence of disease even after surgery or other Western treatment. The doctors have not gotten to the root cause of the disease, which began on the emotional, mental or spiritual level.

Eastern medicine, on the other hand, treats the whole person, including the spiritual, mental, emotional, and the physical levels. Fortunately, Western medicine is starting to adopt a treating-the-whole-person philosophy, too.

The following are some things you may or may not experience as you heal. Again, it depends on the individual. The following information is provided by Phoenix and Leon, Co-Directors of Your HeartWalk Center in Sedona, Arizona, taken from their article entitled "Cellular Memory...Cell Level Healing":

"As 'healers' or facilitators of healing as we prefer to be called, we see evidence of cellular memory all the time. Especially as it's being released. Although this is purely observational and anecdotal and has no way of being measured empirically or proved that it's coming from anywhere other than the brain, there's no doubt to us or the clients that it is coming from the basic cells themselves.

"Physical evidence of cellular memory release is demonstrated by body movement, twitching, pulsing, feelings of twinges or tingling, even in areas where we aren't working. Even body miracles take place here as demonstrated by blood pressure decrease, blood sugar decrease, pain decrease or elimination or other physical healing.

"Emotional evidence of cellular memory release is shown through crying, laughing, talking, but not necessarily re-experiencing.
Through intention, it is possible to release cell memory without having to re-experience it. Therefore, trauma does not

have to be re-experienced in order to let it go. This is profoundly different from traditional therapies.

"Mental evidence of cellular memory release is shown through verbal processing, where connections are made that weren't visible before. People will change mental thought patterns that no longer serve them. And suddenly find themselves with patterns that are more helpful. Such as releasing beliefs around having too much money and the possible negative connotations with that. And through realizing that, adopting a more beneficial attitude that money can be used any way you like. There's nothing evil about it. Although again, it's possible to release without knowing what it is you are releasing.

"Spiritual evidence of cellular memory release is demonstrated by elimination of judgment toward oneself and others, a release of guilt and even by past life recall and connections to current situations. There is a stronger connection to all that is, or source energy, and a belief that you may not know where you are going so long as you know you are on your way. True cell level healing isn't just about releasing the memories stored there. It's also about replacing that memory with higher frequencies."

The Usui and Karuna Reiki® from the video replaces the cellular memory with higher frequencies, as Phoenix and Leon mention in their article.

Set an Intention

As mentioned in your "Welcome Letter", Reiki can be sent to the past, present, or the future. It is timeless and multi-dimensional. My intention for including this Reiki Video in this course is to empower you to take control of your own healing/clearing. The Reiki energy has an intelligence all its own and knows where to go and what to work on, **BUT** you can also direct this healing energy at the beginning of the video, if you so choose.

For example, let's say that you have a job interview next Wednesday. At the beginning of the Reiki video, you can say aloud or silently, "Direct the Reiki energy to next Wednesday during my job interview. Help me to remember the answers I prepared for my questions, help me to show up on time and help me to stay calm." Or whatever you want to feel or accomplish.

Or let's say you have some unfinished business in the past that involves traumas. You may not want to share what happened if you were working one-on-one with me. But you can send the Reiki energy back to the past to clear it by simply saying, "Send the Reiki energy back to the time I was beat up on the playground" or whatever happened to you. It is my strong desire to create empowered freedom leaders, and this is one of the ways that you can begin using your power to change your life and then change the world!

Keep a Journal

Before you begin, consider keeping a journal of your healing journey as you begin your Reiki treatments. Make a commitment to yourself to write for at least 90 days. Record your feelings now and as you heal, continue writing. This will help you see clearly over time how much you change. Also, pay attention to the dreams that you have while healing. Immediately write them down upon awakening as they can sometimes be messages for your waking life to show you what direction to follow or actions to take.

Ancestral Healing Prayers

This is optional. You do not have to use the prayers at all if you don't want to. However, if you are so inclined, I have included in this module ancestral healing prayers. If you want to make up your own prayers, please feel free to do so.

The Dynamic, Authentic You!

Imagine yourself living a life without emotional pain; having trusting, meaningful relationships; living a fulfilled life; being free of all addictions; listening to your inner guidance, and boldly and fearlessly taking the inspired actions that you are led to take; and having enough money to do whatever you want whenever you want. Best of all, imagine being the dynamic person that you have always wanted to be making a real difference on this planet!

Living the above scenario is not just a pipe dream. It is very real and possible for you! I'm so happy that you made the decision to make this a reality! By using the Transformational Healing Video in this module, and tools in the other modules, you can discover your true destiny. You will also release all those limiting beliefs and fears that are holding you back from fully expressing your gifts, talents, and abilities.

Over time, as you continue with the Reiki treatments, you will become more and more of your authentic self. By clearing your blocks, the glorious light of your authentic self will shine through, helping you attract the life of your dreams!

About Dr. Helen D. Wix and the MLM Mastery Academy:



Are You Ready to Finally Be Emotionally and Financially Free?

Dr. Helen D. Wix is a certified life and spiritual coach, psychic, Reiki Master Practitioner, Infinity Healer, spiritual teacher, author, and energy therapist.

Dr. Wix, founder of the [MLM Mastery Academy](#), creates Empowered Freedom Leaders. Think of her as a modern-day Harriet Tubman who empowers men and women to create wealth from the inside out by leading them to emotional and financial freedom. This means that Dr. Wix teaches how to free yourself from negative emotions such as limiting beliefs, worries, doubts, and fears.

You will also learn how to create generational wealth for yourself, and your family and leave a legacy. More importantly, Dr. Wix provides transformational tools through the “[My Life Mission Mastery Course](#)” which assists people in clearing their own past traumas plus the unresolved traumas we’re carrying from our ancestors so that we can finally achieve personal fulfillment and world peace. Her “Build Wealth from the Inside Out” YouTube Channel teaches you how to create wealth from the inside out because wealth is an inside job. This will enable you to create a life of happiness, abundance, and success.

What is an Empowered Freedom Leader?

An Empowered Freedom Leader is a man or woman who has decided to free himself or herself emotionally and financially by using the tools available at the MLM Mastery Academy website, and then, as an Empowered Freedom Leader, helps others to free themselves. Empowered means that he or she will be taught how to access their inner Divine Power, so they can write their own ticket for the life of their dreams.

Dr. Wix worked in corporate America for 25 years before leaving to pursue a mission that was more meaningful and truly spoke to her soul. She wants to help others do the same. Contact her at helen@mlmmasteryacademy.com.

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