



# **LION REIKI**

**Practitioner's Manual**

**Brought to you by  
Element Energy Center  
[www.elementenergy.com](http://www.elementenergy.com)**



### **Copyright Information**

Copyright 2008. This manual may be given freely to students as long as the entire manual is kept intact. No text or portion of this manual may be copied or plagiarized, unless quoted briefly as part of “fair use” in a review or other commentary.



### **For More Reiki Courses and Attunements**

Please stop by the Element Energy Center for Reiki attunements, articles, e-courses, audio meditations, distance healings, e-books, forums, and other energetic resources. If you are a professional Reiki practitioner, you'll also want to add your listing to our free Holistic Directory.

Element Energy Center

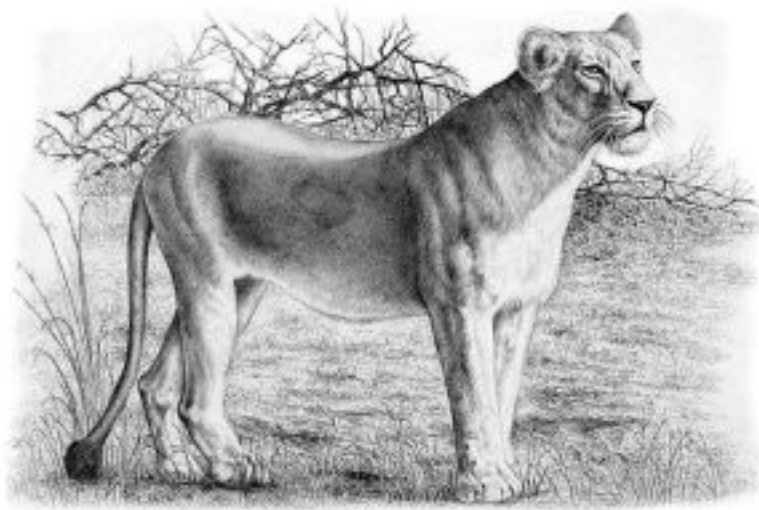
[www.elementenergy.com](http://www.elementenergy.com)



Lion Reiki works with the archetypal energy of the lion. In working with this Reiki energy, you will connect with a lion totem and learn how to embody the positive aspects of the lion archetype.

The lion is often thought of as a “masculine” animal, and images of lions usually show the male lion with his mane in all its glory. The “King of the Forest” is actually a queen much of the time, as it is the female lion who does the hunting while the male lies around and preens with his glorious mane.

As such, there are many different interpretations of the lion archetype throughout history.



As one animal totem website described:

*The “King of the Beasts,” universally linked with royalty, strength, and courage, the lion is usually associated with masculine representations of the sun god in Greece and Rome. However, in the Middle East and Egypt the lion is more frequently represented as a woman. Sphinxlike, both nurturer and destroyer, the goddesses Sekhmet, Ishtar, Astarte, and Cybele rode lions, drove lions, or bore leonine features.*

The lion is considered to be the symbol of the sun. Gold is its color. As the female lion often hunts and works in groups, the lion totem can provide support in dealing with groups.

The lion totem also represents:

Courage

Bravery

Strength

Creativity

Vision

Imagination

Pride

Protection

Feminine Energy

Additionally, the lion teaches stealth. If you have a goal, you do not need to pounce on it head on. You can instead find a less direct path towards the goal and learn how to approach it from a different angle.

The feminine energy represented by the lion is not the stereotypical weak feminine energy often portrayed in Western culture. This feminine energy is not about using feminine wiles to catch a man. Remember, the hunter in the lion family is the female. Thus, the feminine energy represented by the lion totem is that of the strong mother who nurtures and protects her young.



You will receive your own lion totem for use with Lion Reiki. If you already have a totem animal, it is perfectly OK to work with another one. Many people have multiple totem animals they work with. Additionally, some people change their main totem at different points in their lifetime as they evolve and change.

During your Lion Reiki attunement, you may have connected with your lion totem. If you did not connect with a lion totem during your attunement, then you can ask to connect with a lion totem during meditation. Simply go into meditation and ask to meet your lion totem. You may see one or more lions greeting you during your meditation. If you do not hear a name for your totem, then you can give your lion totem a special name as feels right to you.

Your lion totem may be male or female – it does not matter; the right energy that you need will be there for you. Perhaps you may find yourself drawing both a male and female lion totem.

The lion totem will assist you in healings and can also be used for protection. Simply call upon it and ask it for its help.



### Using Lion Totem Reiki

Lion Reiki is activated by intention, by connecting with your lion totem. During your Reiki healing session, ask your lion totem to help strengthen the healing.

In some cases, the person you are healing may need more help. You can ask your lion totem to surround your client with a group of lions. Remember, the lion totem represents working well in groups. The group of lions will surround the person being healed and offer a circle of healing energy to them.

### Lion Reiki Protection

Your lion totem can help provide you and your clients protection from psychic attacks and negative energies. Call upon your lion totem for protection in the following manner:

*Dear lion totem (name), please protect me (or client's name) from any negative energies, entities, or thoughtforms. Thank you.*

When going to sleep at night, you might ask your lion totem to remain with you in your bedroom to protect you from anyone who may intend harm. You can ask for a group of lions to circle and protect you or your home.



This meditation works with the masculine, sun energy of the lion.

Sit in a comfortable cross-legged position or lie down. Ask to connect with your lion totem. Visualize the lion presenting you with your own personal lion's mane. See it as a halo of glowing golden energy surrounding your head.

As you visualize yourself wearing the lion's mane, imagine that you are expressing the positive qualities of the lion: courage, bravery, imagination, vision, etc. Imagine yourself being the best *you* that you can be.

During this time your lion totem may have a message for you. Simply allow whatever message you need to hear to come to you in whatever form it comes. Do not *try* to receive a message. Simply be receptive and open.

When you feel complete, thank your lion totem and go about your day, recharged and ready for action!





To follow is the Lion Reiki attunement process. You are also welcome to use any existing attunement method you are already familiar with.

### **In-Person Attunement**

Most people you attune to Lion Reiki should already be Reiki Masters or at least Level II. If not, you should make sure the person has had a Reiki session in the past week (at minimum).

For the attunement: Have the client sit in front of you with eyes closed to receive the attunement.

Call upon the light and energy of your lion totem to help with the attunement.

To pass the attunement, place both hands on the client's head and send the Lion Reiki energy into the crown chakra, seeing it expand to fill the entire body.

## **Distance Attunement**

Distance attunements are just as effective as in-person attunements. You do not even need to send the attunement at the same time the client receives it (as attunements can be sent through time and distance).

If you want to send the attunement at the same time the client receives it, then you will need to set a mutually beneficial time to do so. Have the client prepare themselves on their end by finding a quiet place to meditate for at least a half-hour.

You can also send the attunement with the intention that the client will receive it when they are ready. All you need to do is send the attunement with that intention, and then direct the client to set aside a time to receive the attunement (a half-hour at least) at their convenience.

For both methods, the client can open themselves up to receiving the attunement by repeating to themselves out loud or silently:

**I am now receiving the Lion Reiki attunement sent by <your name>.  
Thank you.**

To send the attunement:

Call upon the light and energy of your lion totem to help with the attunement. Then, imagine that you are sending Lion Reiki with the intent to attune the client.