



TravelingLight.World

Inner Peace REIKI World Peace

Traveling Light: Life Path Activation
sparkle like sunlight. move like water.

Learn energy skills to shift unhealthy patterns, transmute negativity and return to, or discover, the life path you came here to travel.



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The Traveling Light program blends the Japanese art of reiki with western positivity training to offer a unique and powerful transformational process.

Here are the steps you'll take:

I. Hugging the Shore



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I. Hugging the shore

You may arrive here feeling unsure of next steps, perhaps unhappily retracing patterns that feel worn out but safe.

→ Assess your situation with: *Heart-Centered Goals Process*

When you default to self-sabotage, or find yourself playing too safe, it may be because *you've been trying to move forward on a goal that's not true to you.*

In *Heart-Centered Goals*, you get honest about what you really want. You let go of rules and beliefs that don't belong to you. You lean IN to goals you *feel in your heart* that align with your soul purpose.

2. Finding the Current



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Energy shifts when you take one step.

→ Move into action with: *Reiki Level One (self-healing practice)*

These days, our goals are often halted or sidetracked by rabbit holes of FOMO and useless information. Reiki Level One gives you a do-able, structured way to invite stillness, focus and clarity.

From this place of reliable inner awareness, it's easier to set intentions that truly align with your goals.

3. Caught in the Weeds



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Resistance *will* arise as old patterns surface in Reiki One.

→Ease through resistance with: *Getting Unstuck with EFT*

Resistance is **normal**. Everything changes when you stop viewing resistance as a “negativity” to push down. Instead, **invite** resistance, blockages, self-sabotage, etc., as **doorways** to your next breakthrough.

EFT Tapping is a powerful mindbody tool that alchemizes negative thought and emotional patterns into inspired actions and change.

4. Clearing the Debris



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Energy healing is not a “one and done.”

→ Maintain energetic hygiene by: *continued awareness and clearing, e.g. Journaling, Qigong, Reiki One practices*

Choose tools to clear emotional clutter daily, even when you're not taking a class. Take breaks to integrate and recenter. Explore on your own. Find like-hearted community.

Allow what no longer serves you to fade and fall away!

5. Steady Flow



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Confidence grows when you share with others.

→Sharpen your skills in: *Reiki Level Two + Reiki Shares*

Reiki Level Two and Reiki Shares strengthen your intuition, your boundaries, and your ability to trust what you feel. Solidify these valuable life skills, whether you become a reiki “practitioner” or not.

Reiki was developed as a path to self-discovery and inner peace.

Health, happiness, inner peace — and compassion for self and others: these emerge naturally when you learn the reiki healing system to develop energetic strength and hygiene.

This is true even if you never see clients professionally.

Your positive energy will be felt by your family, friends, colleagues, customers, community. And outward to humanity at large.

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6. Deeper Dives



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Facing deeper fears and long-held patterns

→Navigate this phase in:

Aligned Abundance and/or Reiki Master Path

Reiki Levels One + Two, and Getting Unstuck w EFT Tapping, give you tools for inner exploration and for breaking longstanding patterns that have perhaps been interfering with your goals or life path.

This next stage invites you to discover your unhealthy programs on a deeper level, and to integrate new healthy energies more completely.

7. Traveling Light



7. Traveling Light

Live with clarity, coherence, and ease!

At this stage, your practice becomes your lifestyle. You travel lightly on your path in a state of perpetual flow. You navigate challenges with grace. You emit compassion for yourself and others.

→ You sparkle like sunlight. You move like water.