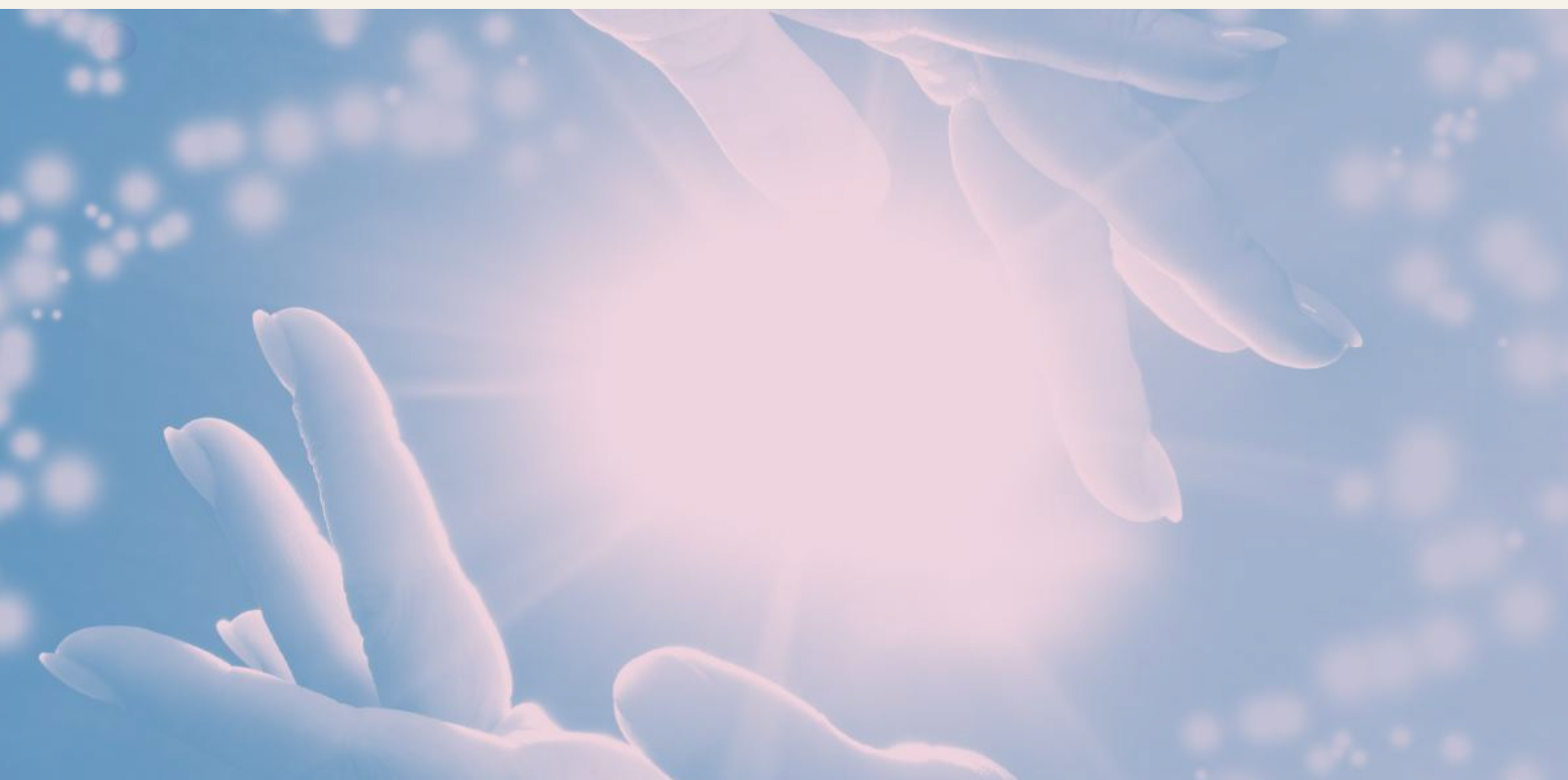




The Intimate Healer DISCOVERING THE SENSUAL SIDE OF REIKI



A guided practice of healing,
sensuality and connection.

BY AMANDA K. RUE / REV. RUCIFER



Disclaimer

This e-book is intended to educate, inspire and support you on your journey of life, healing and pleasure. I am not a psychologist, or a medical doctor and do not offer any professional health or medical advice. If you are suffering from any psychological or medical conditions, please seek heal from a qualified health professional.

I love you and am so grateful you are here.

With all my love,
Amanda K. Rue / Rev.Rucifer

Life is a Journey of Growth & Healing

Like all of life, this is a journey. Less focused on the destination; movement and attention comes into the present moment – the flow, the place of presence. Perhaps you are brand-new to reiki, or have a self-care practice grounded in meditation, or find yourself somewhere in the middle. Regardless of where you find yourself – you are here now, and the healing potential of rei-ki is already within your energetic field. I am excited you are here, and I welcome you to explore sensual and erotic movement and healing through your own personal practice of Sensual Reiki.

My rei-ki journey began around well over a decade ago when a friend in LA offered a session after her attunement, and welcoming into Reiki 1.

She was filled with excitement and anticipation to share part of the magic she had just welcomed into her life. Being work colleagues, she invited myself and my roommate at the time over to her house for dinner. As we finished dinner and sipped on another glass of wine, she offered to treat me to my first session at the foot of her bed. The lights were dim, and I could detect the faint scent of incense in the air. While relaxed and open to receiving, I wasn't completely sure of what was happening, but my spirit and soul were curious.

I could feel my body begin to relax, followed slowly by the quieting of my mind. I began to feel the subtle sensations on my skin as her hands moved to different positions over and around my body. A slight tingling sensation moved through my body, however, it was not where she was touching. I was intrigued and enamored despite the fact that I had very little understanding of the practice itself.

That was my first taste of rei-ki, and it illuminated a string of events that would help to prove my trust in a power or entity greater than myself.

Exploring My Own Relationship

I didn't think much of my personal relationship with rei-ki until I was dating a partner who said that he was a rei-ki practitioner, and would be open to offering me a session. I found myself begging for a session, and after months of asking, the time finally felt right. He set up a massage table next to his bed, pulled down the blinds, and lit a single candle. As I settled into the session, I felt my body again relax into a trance-like state and begin to feel a wave of energy move throughout my body. As my mind relaxed, images began to come to my mind's eye, and I saw myself as a small, round pebble in a river bed. I could feel the water flowing over and around me, and yet I sat sturdy as the base of the river. A profound knowing came into my sphere of understanding: anything that was not in service of my highest good was free to go.

As the session ended, I slowly felt my body and spirit return to the room, and begin to try to make sense of my experience. I asked him for a piece of paper, and began writing as I lay on his bed...

66 Acknowledge. Honor. Release. The weight of 30 years bound in every cell of my body — some good, some bad, but regardless — without judgment. Acknowledge. Honor. Release. Only what is needed can stay — all else is invited to leave. It is not welcomed. Cleanse & renew to attract the new. An openness rarely felt — a veil of safety, love and acceptance. That is what there is room for. Ultimate love and acceptance of self — without judgment. A calm rarely felt is welcomed. Gratitude to him for bringing me here. A strong, deep love, building and growing as more space allows. Remove the old that doesn't serve you anymore, and invite the light that will nourish love and support without judgment. A beautiful experience of release, acceptance, and love.

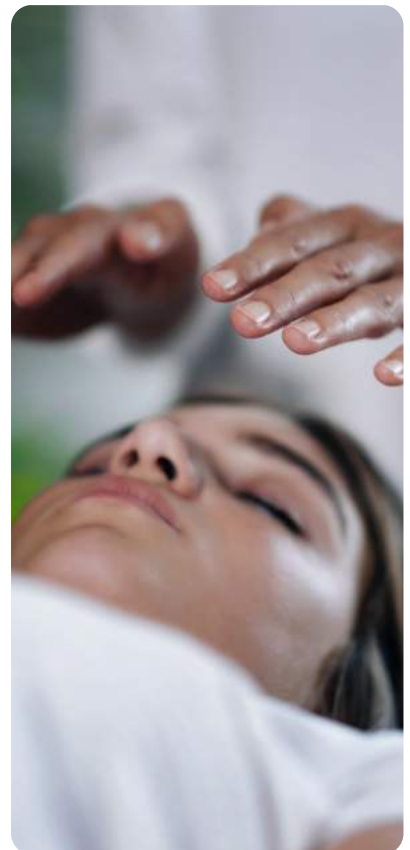
Life Flows As Its Supposed To

As I laid my pen down, we began to embrace and make love in the beauty of the experience.

Ten days later, this partner came to my house carrying a bag of belongings I had left at his place. I was unsure of what was happening, but he made it clear that it was time for our relationship to end. I pleaded and asked for reasons, but he wasn't able to articulate why. Simply that our time together was finished. He left my belongings and my heart on the floor. It was the first time I had truly experienced one of the earth-shattering, out-of-nowhere kind of break-ups that leave you feeling confused, lost and completely unlovable.

I found myself heartbroken, and unable to leave my bed for three days as I mourned the loss of this human and our relationship. My heart ached, as I cried out seeking validation, self-love and clinging to the belief that there was somebody else out there for me. It is in this pain, and through this grief that the sacred process of healing can begin.

This was February of 2014, and this coupled with my seasonal depression felt like a weight that I would never be able to fully release. As I was seeking friendship in tending to my heart, a friend passed along a pamphlet of upcoming courses at the New York Open Center. Rather haphazardly, I opened to a random page filled with information about an upcoming rei-ki training in April.



New Year. New Life, and a Growing Heart

My 30th birthday would serendipitously align with Easter that year, and would be right after the next reiki training which felt like the perfect gift for myself. I found myself willing and desiring to give up any altering substances, including alcohol and cannabis, and welcomed reiki with a sober mind and body. It was through this healing that I could access the pain within my heart, and transform that pain into peace, understanding, and gratitude for what we had experienced together.



*Faces blurred for privacy.

This modality resonated with my mind, body and spirit, and I completed Reiki 2 training shortly thereafter, followed by Reiki 3 the following year. Reiki 3 spans over four months and is the 'master' level for those looking to create a professional practice. Feeling called to go further in my practice, the following year I also completed Reiki 4, or the 'master' teacher training level.

Through the modality of rei-ki, I have learned how to listen and care for myself, and connect with my innate value as a human on this planet. I developed awareness around my gifts, and have confronted the physical and non-physical obstacles that have kept me from becoming fully aware of my strength, love, and vibrancy of life.

Traumas from childhood and harmful relationships that I tried to hide so deeply in my body gradually, and sometimes violently, came to the surface. These were aspects and shadows of myself and my being desiring to be seen, heard and fully acknowledged. Deep wounds that I neglected before now, reopening, so that I can care for, and tend to them as part of the healing process. Rei-ki provided a practice to feel into and trust my body on a deeply spiritual and cellular level.



What is Reiki?

Rei-ki, translated in Japanese conveys the meaning of “spiritual life force.” It’s a system of natural healing that offers a modern approach to ancient healing traditions. The Reiki System of Natural Healing can help balance the physical body, subtle energetic body, and electromagnetic fields in and around the body. Rei-ki energy is intelligent, self-organizing, and cumulative in its benefits.

Many teachers share the misconception that practitioners must receive an attunement to practice rei-ki. Rei-ki is life force energy, and is available and accessible to anyone at any time. Attunements can strengthen and deepen your personal rei-ki practice, but aren’t a requirement to practice.

Rei-ki is universal life force energy, channeled (use this language if it makes sense to you) through the hands of the practitioner through light touch. You can practice reiki on yourself or on others, however, advanced training is recommended for a professional practice. Simply take a clearing breath, ask this healing energy to flow through you, and lay your hands on an area of your body that needs care. Breathe, close your eyes if that feels comfortable, and feel the warmth of your hands and the subtlety of sensation.

Through rei-ki, we can come into a sacred space, and feel the connection with the divine within ourselves. We are able to develop a greater understanding of the energy in us and around us, and deepen our sense of knowing and intuition.

A Healing & Meditation Practice

Rei-ki is a simple and safe modality that's available to everyone. As a healing technique, it reduces stress and increases relaxation to bring the body into a more balanced and harmonious state. As your practice deepens, you may connect more to the feeling and flow of rei-ki through the body, as a journey of curiosity, healing, and connection.

Developing a rei-ki practice can be a guiding light, a meditation practice, and a tool to help you navigate through change and moments of uncertainty. Through rei-ki, I have learned to trust both myself and the wisdom and intelligence of universal energy - the life force that supports all of life on the most basic level.

“Nature does not hurry, yet everything is accomplished.”

— Lao Tzu

We are all made of energy, and energy can neither be created nor destroyed. As we grow in our understanding and open ourselves to the mysteries of life, I've seen many begin to experience huge energetic and life shifts through the subtle energetic practice of rei-ki. The healing, support and peace we can experience in this practice is tremendous, life-changing, and live-giving.



Why Reiki is Needed Now

Today, more than ever, many of us are feeling disconnected and numb. We try to cover and suppress the truth of our feelings and experiences, and hide them behind our own judgments. We hide the truth in drugs, alcohol, relationships, jobs, or caregiving for others as we aim to mask, hide, or run from our own shadow and truth. Many of us are also dealing with the after effects of trauma of all types, and feel lost as we search for new ways of connecting and living here on planet Earth.



Self-Inquiry

- How do you numb yourself to the magic and mystery of life?
- What are you hiding from?
- How are you remaining disconnected?

Rei-ki can be a soft, steady, and healing presence that supports the flow of life – your anchor. Through the simple act of placing your hands on your body, and connecting with universal source energy, you can feel rei-ki flow through you and in you, shifting the nervous system from its hyper-vigilant stressed state, to the relaxed, balanced parasympathetic state.

Rei-ki offers a way to connect with your own space, and love yourself exactly as you are, to support in the development of self-worth and value. We begin to embrace and accept all that we are, and value all of it, without judgment, leading to a strengthening and steadiness that can be felt through every area of your life and energy felt, from your relationships to your work.

Fill Your Cup, Dear One

You may be familiar with the phrase, you can't pour from an empty cup, and many of us are trying, rather unsuccessfully, to do that right now. We're placing an expectation on ourselves to do and be as much as ever, in a cultural and environmental context that is heavy and often heart-breaking. In developing a rei-ki practice, you can begin to tune into your own needs, and offer yourself the support and care needed to fill your cup first to feel more relaxed and at peace through your life, while offering the world supportive, clearing and healing energy.

“

No person ever steps in the same river twice, for it's not the same river and they not the same person.”

– Heraclitus

Who is Reiki For?

My teacher warns that rei-ki is not for the faint of heart. It is a practice for those who are willing to take responsibility to see and care for their own “shit.” It takes courage to come into the fullness of life, and I honor and see you on your journey to embrace all of life. It is for the young, old and everyone in between. If you are open to receiving this healing, then it is for you.



What is Sensual Reiki?

As I continue to develop and allow rei-ki to be a guide through life, I explore my own relationship with this modality, as I encourage all to do as they invite rei-ki into their energetic field. I felt guided to connect more deeply through the sensual and erotic energetic centers to further strengthen and connect with our innate healing ability through access to pain and pleasure.

Sensual rei-ki allows space to explore our healing, and connection with the world, through our sensual and erotic energy. With the power of intention, we bring attention to sensual energetic centers through the root and sacral chakras to support in healing of past traumas and events, including abuse, miscarriage, abortion, endometriosis, and so much more. As we come into communion and conversation with our body, we can find space to come into the fullness of life and access a more vibrant experience in the world.



As I further explored my own sensuality and sexuality as part of my path of healing, I began to feel a felt-sense of the intrinsic connection with rei-ki energy. As rei-ki is supportive of life, so too, I connected with my own ability to create and cultivate life in its broadest sense. My personal practice began to blend aspects of neo-tantra, sensuality, intimacy, kink & BDSM with rei-ki as the foundation to support an even deeper healing and exploration of self.

The Welcoming of Sensual Reiki

Through my exploration into these modalities, Sensual Reiki came to life and began to show up clearly and effortlessly. We know that so much of our external world is informed and affected by our internal pain and trauma, much of which is tethered to the healing we so desperately crave in response to pain or trauma related to sexuality, expression, and identity. In a time when we may be feeling starved for intimacy, we can start building intimacy with ourselves and our experiences through this practice.

Sensual Reiki is Universal energy that aims to create connection and intimacy through hands-on touch. It is not necessarily sexual in nature, but can be used to connect with sexual and erotic energetic flow. This practice provides a channel to connect with yourself while supporting deeper connections and energetic flow in yourself and with romantic, sexual, or platonic partners. As we come more fully into our truth and expression of self, we can release the barriers we've built to come into a place of honesty and vulnerability with yourself or others. When we do this work, we are able to safely move through our fears, allowing us to see and perceive life differently while allowing us to connect in ways that feel natural and supportive.

When we connect with the practice of Sensual Reiki, we are focusing energy through our lower chakra centers with our attention on pleasure and subtle sensations. It does not require sexual touch, and you are welcome to remain clothed if you desire. It can be done as a practice of self-care, or in communion with a partner. Both Reiki and Sensual Reiki sessions do not include tissue manipulation nor massage. When working with friends or lovers, you are welcome to invite this type of touch if it is mutually desired by all participants, but it is not taught as part of the protocol.



Through the practice of Sensual Reiki, we are able to care for our physical, emotional, mental, spiritual, and energetic bodies. We are able to understand our needs and desires and more clearly share these with both ourselves and others. In the practice of Sensual Reiki, I have found many can have more fulfilling, integrated sensual and sexual experiences, full of vulnerability, trust and open connection.

Sensual Reiki strengthens with intention. When used with the intention of connection, sexual healing, intimacy or sensuality, rei-ki can offer a transformative tool to connect with and support this energy that exists within and between yourself and others.

In combining these elements, I hope to further support the mission of making self-healing and self-care through rei-ki more accessible and available to all.

Testimonial

"Sensual reiki is an ideal combination of guided relaxation and permission to be sensually expressive in a safe container; to share personal exploration of pleasure through useful instruction, encouragement. It is a multi-sensory experience and driven by present moment awareness. It is time well spent— I feel a great sense of connection and nourishment and I know it is good for my body. I especially appreciate the goal-lessness of it and focus on sensation, what is felt in the body."

– Rebecca, Sensual Reiki Client

Why Sensual Reiki is Needed Now...

As a culture, we're more disconnected than ever. Smartphones have zapped our senses, and texting has replaced touching. We find ourselves spending more time staring at a screen than we do smiling at strangers. Many of us have personally experienced sexual trauma, and challenging or abusive relationships. Romantically, platonically and professionally we are building distrust in ourselves and others. When we do connect with another human, it can feel awkward, strange and unfamiliar.

Our phones have become a familiar pacifier to offer the sensation of connection. For myself, I find that I can easily spend more time with devices than with real human interaction. We deprive ourselves from true and honest intimacy, and look to fill that void with validation: social media likes, swipe-right matches, empty sexting, or unfulfilling relationships.

Developing a Sensual Reiki practice creates a quiet, sacred space where we invite healing energy into our physical bodies and energetic fields. It's an antidote to all that aims to numb and disconnect us from the world. Sensual reiki fills us up. We are able to connect with our essence and intuition, and listen better to ourselves, rather than tuning out with the frenetic frequency of technology. We are left feeling calmer, more focused, more joyful, and more connected with our sense of pleasure.

Rei-ki works on physical, emotional, mental, and spiritual levels, across time and space, and supports the highest good while creating harmony and balance. It may lead into a deeper knowing of self, including your desires and needs.



The Antidote To A Disconnected Life

It may guide you to new adventures that release you from the confines of the past, or it may create more serendipity and seemingly 'magical' moments in your life. Whatever comes through rei-ki, is the exact medicine you need, in divine and perfect timing.

It's also worth noting that rei-ki does not replace traditional medicine. If you feel that you need to see a doctor, please do so.

Through the practice of Sensual Reiki, we first connect deeply with ourselves. We connect the mind, body, and spirit to know the self more intimately – to become anchored in yourself. You may even begin to notice that your preferences and dislikes become more clear – from the food you eat, to the relationships you desire.

Self-Inquiry

- Do you truly know your favorite color, and is it allowed to change?
- What do you really want to eat for dinner tonight?
- If money were no option, how would I fill your days?

We live in a world where advertising tries to convince you of your opinion – trust me, I worked in advertising for well over a decade and was very good at it. To tune out that noise, I have found it helpful to create spaces to truly BE with yourself, and to connect with your own spirit. It's through this that rei-ki can be a flashlight within – a new way of illuminating from inner self, claiming your space, and attuning to your intuition, desires, and self-trust.

A Deeper Understanding of Self

Sensual Reiki gives you a deeper understanding of who you are. The practice guides you to listen to your body and hear the feedback you're always receiving from your intuition.

Through the simple practice of placing your hands on your body, breathing, and relaxing, your physical and energetic systems re-organize. Participants are often left feeling clearer, more relaxed, and more confident in their own body and space. Only when we come into harmony with ourselves, are we capable of coming to harmony with another.

If you're feeling out of touch or disconnected from your own body, Sensual Reiki connects with your physical sensations and desires.

If you're seeking soul-satisfying partnership, Sensual Reiki can support in your healing necessary to attract a new partner.

If your work is unfulfilling and you know you're meant to be doing something else, Sensual Reiki can guide you in aligning with your pleasure.



Fundamentals of Sensual Reiki

Ethics of Touch – The most important aspect of a Sensual Reiki session is ensuring that both yourself and others you may be practicing with are fully informed and enthusiastic about the experience. It is recommended to begin a Sensual Reiki practice with yourself, as this will support in understanding your own energy and comfortability, and will help to inform clear discussions with others about the practice of Sensual Reiki.

1. **Clarify Session Expectations** – Though not a requirement, Sensual Reiki can include caresses and touch of highly erogenous zones, to activate and support the flow of energy. Prior to a session, both parties should understand where and what types of touch could occur in the session. Both parties should be enthusiastic about the touch, and free to opt-in or opt-out of the experience at any time. Consent is of the utmost importance. According to Planned Parenthood, consent is: freely given, reversible, informed, engaged and specific.
 2. **Power Dynamics** – Be mindful of existing power dynamics or structures that may inhibit or cloud one's ability to offer mutual desire and consent for a shared experience. Often, the practitioner is the one in a position of power, and it is your responsibility to ensure the receiver is accurately informed about what will occur during the session
 3. **Getting Lost in the Energy** – As we connect with sensual energetic centers, it is possible to "get lost in the energy," which can potentially lead to crossing of boundaries, or mismanagement of the session. Keeping your eyes open during a session will help to stay connected to the individual and ensure, as a practitioner, that you are able to stay grounded throughout the practice.
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It Begins & Ends with Breath

Breath supports life and is how energy moves. When we connect with rei-ki, we do so through our breath. Purifying breaths can connect us with the present moment and support the flow of energy. When we find places in our body where energy feels trapped or stagnant, we can breathe into this space, offering life and healing. Our breath recharges us.

Try it now. Take a deep breath deep into the tanden, or life force center. It sits approximately one-two inches below your belly button, and holds your sense of grounding and gravity. Feel the breath come in through our nose, expand deep into your belly, and feel into the willingness of your body to open. Hold the breath in this energetic life force center.

When you're ready, release and feel the energy moving through that life center, through every cell of your body, expanding in every way, illuminating and activating with the exhale. This is the power of breath.

Breath is one of our single most powerful tools. It can ground us into the moment while simultaneously supporting the movement of energy. Try it next time you are in an orgasmic state, or on the verge of an orgasm. Intentionally inviting breath into this space will support the flow of energy and can create a wave of pleasure that extends beyond the sexual energetic centers and moves throughout the the physical, emotional, mental and spiritual bodies.

Foundations of Practice

1. **Clarity & Presence** - We can practice Sensual Reiki on ourselves or with a partner. We connect first by clearing ourselves. We want to be mindful of the energy we bring into the space of divine connection. You can clear your body through breath, sacred herbs, prayer, or any other methods that feel comfortable and indigenous to you. You will want to reset from the day, and release anything that needs to be released from the current moment. Pray - or simply ask - for the highest good to come through the session.
2. **Intention or Invocation.** Whether you are working with a partner or having a solo session, set an intention or invocation for the session. While this practice can be used in different ways, it's important to have a clear intention from the beginning. If using Sensual Reiki as a form of foreplay, it should be clear that the session may evolve into an enthusiastic sexual encounter.



Session Protocol

Ask Permission – Energetically ask yourself, the space, and the person for permission to enter into this union together. You likely will not hear an audible answer, but will feel a knowingness. Trust this.

Connect with the Energy – In this moment, we are connecting with the divine, the universal life force. This energy will move through us, and connect us with our partner in this moment. Connecting with purifying breath will strengthen the flow of energy within the session.

Connect with Self or Partner – Connect with your partner in the present moment, without judgment. Feel your hands on their body. Breathe into your lifecenter, and feel the rei-ki energy flowing through you to your partner. Remember this is not your energy, but a healing spiritual life force flowing through you.

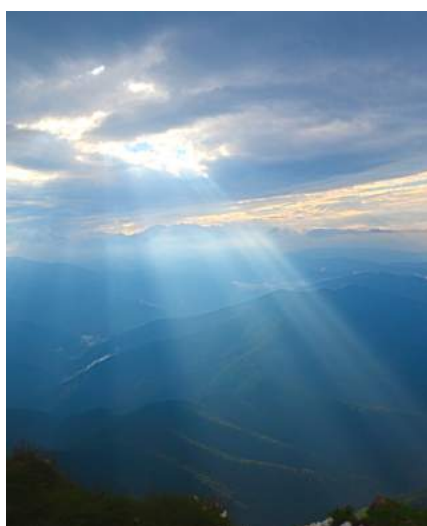
Session Flow – Trust that this is the rei-ki energy, and not your own prana energy. In this exchange, there is no giving or receiving of our own personal energy. We aim to move our personal energy and logical mind out of the way at this moment, and allow the rei-ki to flow through us. I've heard it described before as a channel, and if that language works for you, use it.

Lay your hands on your partner, while they lay or sit in a comfortable and relaxed position. At this moment, shy away from the breasts and genitals. We want to make a simple physical connection first. You may choose to start at the top of the head, or the upper chest, right under the collarbones.



Follow The Energy & Trust The Movement

Wherever you lay your hands is correct (ensuring that it aligns with agreements made prior to session boundaries). If you feel the need to shift or move your hands, trust that. Rei-ki energy is intelligent and self-organizing. My teachers always say, the reiki knows more than we do. When I feel the need to move my hand, I don't question it, if it is congruent with our session boundaries.



Divine Connection

At this moment, we are in divine connection. There is nothing to do, and nowhere to be. You are here and present with your partner at this moment.

Eyegazing may build intensity, and is welcomed, if it feels comfortable for you.

It's also perfectly acceptable for the receiver to be blindfolded, or keep their eyes closed. I find that this tends to drop people into a more relaxed state more quickly, and focuses the attention on sensation rather than visuals.

You may feel tingling, prickling, heat, coolness or throbbing as the energy connects and flows. Stay in each hand position for 2-3 minutes, or as long as it feels right. Trust your inner guidance.



The Journey of Connection

You'll continue this practice as you further connect and attune yourself to the subtle energetic bodies of yourself or partner. Creating intimacy is never just about the mind, body, or spirit. We create intimacy when we allow ourselves to be vulnerable enough to sit with, see and accept all aspects of our humanity.

Move your hands to another place on your partner's body, this time moving closer to the lower chakra areas near the lower abdomen. When your partner is relaxed and face-up, this is already a very vulnerable position where the yin-side of the body is most exposed and open.

Connecting with Sensual Reiki at this moment may increase stimulation to the area, and will heighten the connection. Again, trust your judgment here. If it does not feel right to touch this part of their body at this moment, trust that. The rei-ki will continue to flow.

Depending on the intention of the session, you may choose to move further into the lower chakra areas. The session follows the energy, but consent comes first. We focus on the lower chakras not just because they're the home of the sex organs, but energetically, this is where we access relationships, connections, and creativity. This is our center of creation and the sensual center in our physical body.

As we move to the root chakra, this is the source of life in our physical body. It is where we create life, and where we come from. It is also the source of pleasure, and speaks to our right to life and right to pleasure in this life. When we connect with, energize, and heal this part of our body, either physically, or through emotional and psychological healing, we invite more pleasure through all aspects of our life.

Highly Sensitive Emotional Centers

These two lower chakras represent the sensual centers of the body. While we have and enjoy sensual experiences all over the body, these are the energetic centers. When we come into communion with another, through the practice of rei-ki, we come into connection with respect, honor, and healing. We know that we are not there to fix or change this person, but simply, see and accept them where they are in this moment. Again, there is nothing to do and nowhere to be.



Important Tip

The lower chakras tend to be our most guarded and tender energetic centers. Take extra care and sensitivity in working with these energies. Do not do trauma work without a trained professional!

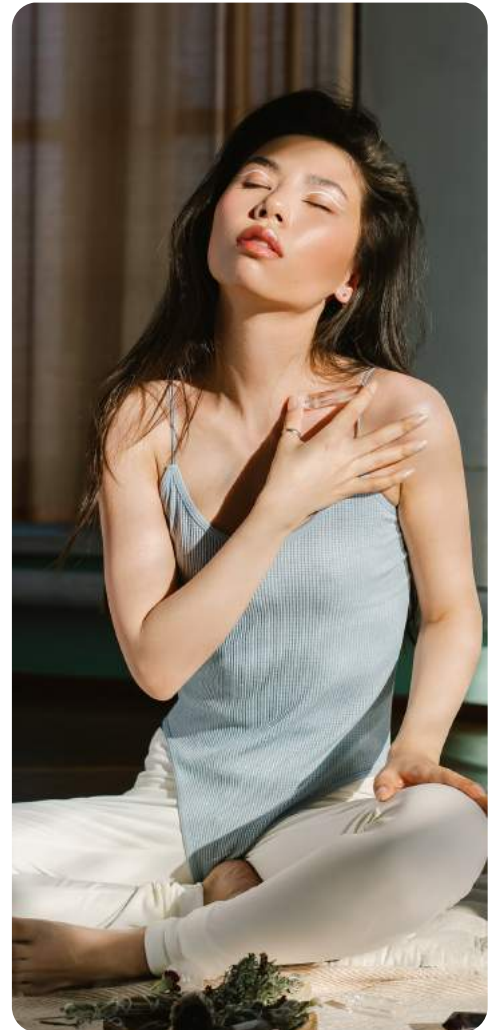
Closing the Session

When it feels like time to end the session, the energy will support that too. Personal care is of the utmost importance during this period. You have just connected on a deep emotional, spiritual, and physical level with another human or with yourself. This can trigger chemical responses in the body, as well as creating a sense of openness for another person. In a session, we create space for these energies to come together. It is conscious and for the moment. We must take that same care in disconnecting from the session.

Coming Home

For some, simply saying your name out loud is enough to come fully back into your body. Listen to what your body needs to connect fully back to itself. This could also be a shower, a walk, or some other form of self-care. The most important part of this aspect is simply returning fully into the body. When we don't do this, we can feel ungrounded, confused or forgetful.

It is also encouraged to check-in with yourself and your partner at the conclusion of the session providing space for anything that wishes to be shared. This can include memories, or emotions that may have arisen, sharing any feedback about the session, and confirming all boundaries were respected.



After Care Questions

How is your mind?
How is your body?
Did I respect all your boundaries?

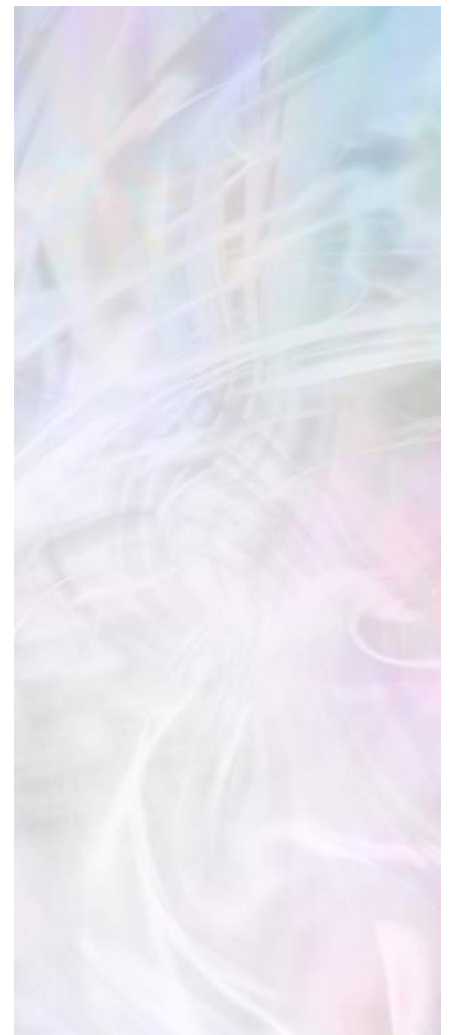
When To Practice Sensual Reiki with A Partner

Practicing sensual reiki with a partner allows you to better understand your own boundaries, and trust your body's signals. I've learned tremendous amounts about my body and expression in this world through my connection with others. I suggest going at your own pace, and as always, doing exactly what feels right for you in this moment.

When we connect with others this is a divine experience. It is the moment of vulnerability, acceptance and the feeling of being seen. It is intimate and should be taken with care. It may seem that I am rather serious about connection, but truly see this as a divine moment that can be treated as such. We are gods and goddesses, and I believe it's in our best interest to embrace that essence.

How Can You Use Sensual Reiki?

- Self-care practice
- Connecting before important conversations or moments
- Foreplay before a sensual or sexual encounter (anticipation)
- Relaxation & healing
- Offering presence & connection
- Aftercare from another session
- Disconnecting from a partner
- Healing past trauma (sexual or non-sexual in nature)
- Planning for the future
- Calming monthly menstruation
- However you wish as long as you are being safe and consensual



Who is Rev. Rucifer?

As I was exploring and growing along my own journey, I began feeling constricted by the judgment of my own path, and how others may perceive me. It was the sense that I was growing and shifting, but still bound by the fortress of an old life. I created Rev. Rucifer as a way to break free from this judgment and come into fuller understanding and vibrancy of life.

Rev. Rucifer is a Reverend in the state of New York, a reiki teacher and practitioner, and a sex-positive advocate. Through this persona, I found myself safely able to explore new worlds, environments, and energies that created more life and abundance through a deeper exploration into the sensual and erotic aspects of rei-ki healing.

Prior to this, I found few reliable sources that demonstrated the care, attention, and healing that is possible through the cultivation and connection with some of our most powerful energy – sensual and orgasmic energetic force. It seemed that most were afraid of exploring these aspects, perhaps held tight again by the fear of judgment and how others may perceive us if we do this work.

It is through this discovery that I began to integrate rei-ki energy in new ways, including erotic self-care, sensual connection, and reiki rope-bondage. As my personal practice developed, I began sharing this with others, and eventually felt called to create more avenues and ways for people to explore their own sensual and sexual healing power.





Testimonial

"I am someone who has done a great deal of transformational work, and Reiki Bondage with Rev provided a brand new, unbelievably valuable opening into what's possible in my relationship with myself. Moving energy via Reiki, combined with the meditative wrapping of myself in rope was a profound combination of practices. I struggle with silent meditation. This provided such a beautiful way to be present with myself and the energy in my body, while focusing on an activity that felt both sexy and super vulnerable. She held incredible space for the entire process, and I felt so safe and welcomed to be in pure self-discovery. I barely have words to describe this experience, but it moved me and brought me to tears, and I will be practicing what I learned in this session for weeks and months -- probably even years to come. The following day, I found myself able to move with ease and grace through a conversation that had been challenging my partner and I for four months, and we got it resolved. It had everything to do with the energy I moved in this session. Thank you so much for sharing your wonderful, unique, invaluable gifts with the world."

— Sasha, Reiki Bondage Client

Conclusion and Final Thoughts

As long as you are safe, clear and consensual with your partner, trust yourself in this practice, and trust the rei-ki energy. I can offer protocol, and scenarios based on my experience, but your moment and connection will be entirely special. It's said that we cannot step into the same river twice.

Trusting the rei-ki energy through this journey will help to relieve any of that self-doubt and fear about "messing up" or not giving the best experience. You are doing the work of connecting with another human and that is absolutely beautiful. Enjoy the journey.



Thank you!

It is with my deepest gratitude that I share this work and practice with you. I hope you are able to come home, trust your body and welcome all the pleasure of Life.

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