

LIVING A LIFE YOU LOVE WITH DREAM REIKI®



By Genie Lee Perron

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You deserve to live a life you love! What if you could imagine your ideal situation in any area of your life and you could make that dream come true? What would it mean to you to live a life you truly love!? This idea requires some thought. To really get to the heart of what you want to manifest in your life, you must begin to clarify for yourself what it is that brings meaning and purpose into your life. Then, once you're clear about that, you can begin to attract it to you.

No matter what your definition is, one thing is for sure, you must begin to understand and then get a handle on not just the physical side of life, but the energy side. Every area of life and everything you wish to create in life has two sides, the physical and the energy. The actual manifestation of your desire and the action steps you take to get there fall on the physical side. The energy side is more subtle. It consists of the thoughts you think about this desire and the emotions that these thoughts evoke. For example, if you want to attract abundance into your life, but your predominant thoughts about money are, "Rich people are bad, money is the root of all evil.", how can you expect to attract abundance?

Many people think that you cannot really control your thought and emotions. Dream Reiki® Dreamers know that yes indeed you can. In a regular Dream Reiki® session, you learn to notice your thoughts and gently shift them. You also learn how to practice various emotional states so that you get to decide how you want to feel. You then become a magnet for all the good things in your life that you want to create!

A life you love requires balance in all the different areas of your life. You can look at your life in terms of its different parts, for example, money, personal growth, friends and family, career, fun, home environment, health, spirituality, etc....Each of these areas has physical attributes as well as energy attributes. To gain balance in each area, you must attend to the energy within that area and then take inspired action to move you toward your dream. The wonderful part about self-growth and exploration is that no matter what area of your life you

work on, you have a positive effect on all areas. Each area of your life is connected and so by improving one area, the others begin to shift. Each area of life is like a flower in your garden of life, and you get to decide how to tend to your garden!

So, when you think about the physical part of the different areas of your life, you think about the tangible parts. You also think about the actual action steps that you can take. The physical part of each area of life is often the manifestation physically of what you are dreaming about. It is often times your goal.

The energy is more subtle. The energy side of any area of your life includes the thoughts, beliefs, and feelings. The energy is the power of your mind and spirit, and it is really the fuel for your dreams. As you become more aware of the energy side of life and you begin to work with it, you will be able to create all you desire in life!

Dream Reiki® can help you with both the physical and the energy side of life. In a Dream Reiki® session, you work with a person who is trained as a life coach and a Reiki Master. This person is your Dream Reiki® coach and will walk with you as you craft a life you love.

When you participate in a Dream Reiki® session, you get a very clear picture of what area of your life you wish to improve. You examine where you are right now and then you begin to carefully craft your ideal in that area of life! By verbalizing your desire and really getting clarity on what it is you want, you can then get the energy moving. Dream Reiki® then puts you into a receiving state, where you relax and allow. While in this state, you will become more open to possibilities and you will gain insights into how you can move forward. Together, you and your Dream Reiki® coach will craft an action plan that step by step leads you close to your dream!

Articulating your dream with another person begins the process of shifting the energy around that situation. Working with your Dream Reiki® coach helps you to really begin to see what your life would be like if you achieved your ideal vision. And, if you can dream it, see it and feel it, you can achieve it!

It is very common that as you begin to visualize your ideal state, that you uncover some limiting beliefs and doubts. This is a natural and valuable part of

the process. Now, with awareness and the help of your Dream Reiki® coach, you can face those doubts and reframe them into new, empowering affirmations that align with the energy of your goal and the power your dream into reality.

Dream Reiki® incorporates the best life coaching skills and powerful Reiki energy into one effective self-growth modality! Dream Reiki® uses the soothing energy of Reiki to relax your mind, body and spirit and ease you into the receiving state. Research shows that when the mind is relaxed, you become more open to opportunities and possibilities. So, where you once saw only roadblocks and problems, you can now see a path forward and possibilities.

Now, let's take a look at some life experiences that Dream Reiki® can help you with.

HERE ARE JUST SOME OF THE ISSUES IN LIFE THAT DREAM REIKI® CAN HELP WITH



STRESS: Do you live a stressful life? Worried about work or family obligations? Is your mind constantly racing?

Stress is a part of life, but it doesn't have to paralyze you. I believe that stress is really a type of fear, fear of the unknown and fear that you can't handle the unknown. Fear is always pointing to something important. It is telling you that something needs your attention and that something needs to change.

A Dream Reiki® session can help ease your stress in several ways. First, in a Dream Reiki® session you have the opportunity to talk about what is going on with a trained, professional and unbiased coach. Just being able to articulate your fears and to discuss your wants is a game changer. To feel really heard and understood helps begin the process of moving forward. Discussing your fears and stressors is the first step to clarifying what you really want. When you become clear about what you don't want you can start to pinpoint exactly what it is you do want. Now your dream begins to take shape.

Once you've gotten clear about what you do what and you've reframed any limiting beliefs that surfaced, we use Reiki in a Dream Reiki® session to relax your mind, body and spirit. As you relax you may receive insights into your problem. You may begin to see solutions. A shift in your mindset and point of view occurs and then, together with your Dream Reiki® coach, you can carefully craft the action steps forward to achieve your dreams!

Lack of Purpose: Do you feel like you're missing something? Day in and day out you do your work, but you're just not satisfied. You may be struggling with a lack of purpose.

Having a purpose or meaning in life is important. A meaningful life is a happy life! Without purpose, your life lacks meaning. Lack of purpose often arises from a lack of clarity. You may be unclear about what your values and goals are in life.

In a Dream Reiki® session, we look at your life as a whole and then really dive in to see where you are now and to get clear about where you want to be. We clarify goals and uncover your motivation.... your "big why".

With Dream Reiki® you begin a journey of self-discovery. You walk away with new awareness and best of all, you do it all from an attitude of judgement-free awareness. You begin to think differently and become adept at shifting limiting beliefs into uplifting power thoughts!

With new thoughts as a foundation, we then use Reiki energy to highlight your motivation and relax your mind, body and spirit so that you become open to new ways to achieve your goals and dreams. You leave feeling refreshed and with action steps that move you toward a more purposeful, meaningful and happy life.

LOSS AND GRIEF: Living life to the fullest means you are going to experience some losses. With loss, comes grief. You grieve the life you once knew, the places you once frequented, or the people and situations you have lost. Sadness is quite a normal emotion to feel. Whether it is loss of a loved-one or loss of a job or any other type of loss, Dream Reiki® can help.

Reiki itself is a Japanese method of stress relief that also promotes healing. Reiki helps with physical health and also spiritual well-being. It reduces stress and promotes relaxation. When your mind, body and spirit are relaxed, you can process your emotions healthfully. When you are grieving, all of these areas can suffer. You feel foggy and bogged down.

To function well and to create a life you love, your body needs energy to flow freely throughout. When energy in the body flows smoothly, the body and mind work together smoothly. This smooth energy flow is important as you try to recover from loss. Grief depletes the body's energy, Reiki renews it.

So, in a Dream Reiki® session you can talk about your feelings with a trained coach and then relax into a soothing Reiki session to replenish your energy. You will begin to process your grief and start the process of crafting a life you love.

SLEEP ISSUES: Are you having trouble sleeping? A Dream Reiki® session can put you back on track for restful, restorative sleep.

Insomnia affects a large number of people and can be debilitating. The average person requires between 7-9 hours of sleep each night. Without adequate sleep you may feel sluggish, irritable, anxious and have trouble concentrating. Prolonged poor sleep can have devastating consequences.

In a Dream Reiki® session you talk with a trained professional coach who can help identify changes you can make in your sleep regimen. You may identify some causes for your insomnia like stress, poor sleep habits, or environmental issues. As you speak about these issues, you and your Dream Reiki® Coach can develop strategies to change. You and your coach will also come up with some personal and powerful affirmations that can help you change the way you think about sleep.

Next, you experience the deeply relaxing energy of Reiki. Reiki is a soothing, restorative energy. From this relaxed state, you can put your problems in perspective. Reiki promotes a sense of connection, connection to divine energy and also connection and support from your Dream Reiki® Coach. Relieving stress and making small behavioral and environmental changes will have you back on the road to good sleep!

FEAR AND ANXIETY: Fear and anxiety are common problems in today's society. You may find yourself facing some fears at some point in your life. A Dream Reiki® session can help alleviate fear and give you tools to turn that fear into energy that moves you forward toward your goal.



Unchecked fear can lead to panic attacks. Panic attacks can be paralyzing. The overwhelm can come on at any time and have real physical symptoms.

In a Dream Reiki® session, you speak with a professional coach. You have a chance to really look at the possible triggers for your fear. Fear is just your body and mind saying, “Hey, pay attention to this. This is important” Articulating your fear is the first step to taking your power back. Recognizing your fear, naming it and then even thanking it for trying to keep you safe are all ways to start to work with your fear. Fear is always going to be a part of

life, but with some tools, you can navigate fear and turn it into something positively powerful.

As you work with your Dream Reiki® Coach, you talk about your fear and uncover the limiting beliefs that go along with that fear. You create powerful new thoughts that start to rewire how you think about the fearful issues in your life. Once you have crafted your personal power thoughts, you experience the soothing energy of Reiki.

Reiki’s relaxing energy helps lower your stress levels. Research shows that people who have regular Reiki sessions actually have lower stress levels. Stress and fear go hand in hand. Less stress means less panic.

Reiki restores a sense of control. By having Reiki, you are taking an active role in feeling less fearful. You are doing something to restore balance and by doing something, you begin to feel less helpless.

Reiki gives you the opportunity to relax and calm down. Studies show that when you are relaxed, you are able to make better choices. When you feel you have choices, that helps you to alleviate fear as well. Remember fear is not something

to run from, but something to harness. Reiki can help you harness your fear and move powerfully forward toward your goals.

ENERGY BLOCKS: As a human, you are also an energy being. Life force energy flows through you and from you. When you feel vibrant and healthy it is because your life force energy is flowing smoothly.

There are times though that your energy gets sluggish. You may be experiencing energy blocks at these times. Energy blocks can be physical, mental or emotional. A physical block might be the result of an injury that has affected your physical body. A mental block could be a limiting belief you hold about some area of your life. An emotional block can happen as a result of trauma or unresolved emotions. Overtime, these blockages can cause your energy to slow down and become stagnant.

Dream Reiki® is a powerful combination of professional Coaching and Reiki and so it is effective at dissolving energy blocks on all level, physical, mental and emotional. Dream Reiki® sessions begin with a coaching session with a professional certified life coach. During this part of your session, you will uncover your energy blocks. By shining a light on your blocks, you can then bring positive awareness to them. Your coach will share tools and techniques with you during your session that can help you move through those areas that are blocked. Over time, your energy will begin to flow smoothly again.

The next part of your session allows you to relax into soothing Reiki energy. Reiki's gentle energy works with your own energy to move and shift the energy within. This is a time to simply allow and receive. Clients often report insights or new awareness after their Reiki session.

With regular sessions, you will find yourself filled with vibrant energy and ready to tackle any goal! Dream Reiki® can help you achieve your goals and live the life of your dreams.

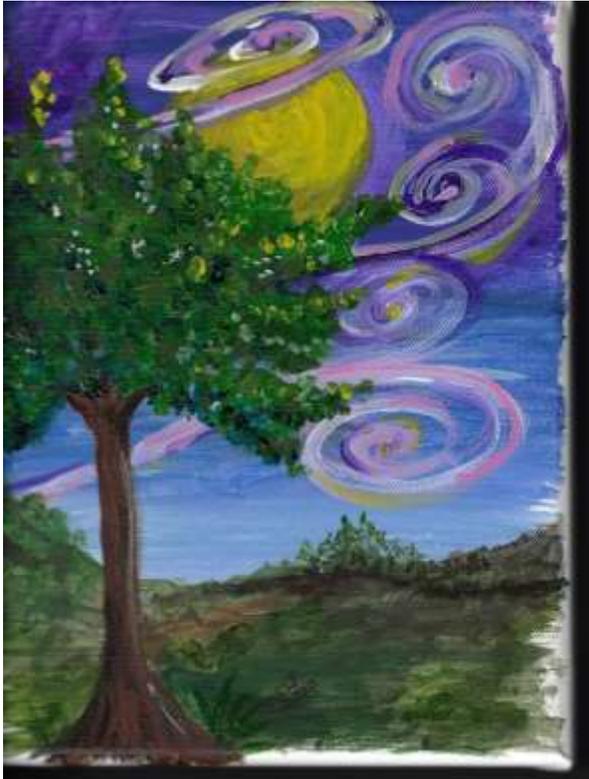
These are just some of the life issues that Dream Reiki® can help you with. Consistent and regular Dream Reiki® sessions help you to look at your life and to fine tune it into a life you truly love! Dream Reiki® is a streamlined effective method for self-growth and empowerment.

Are you living a life you truly love? Are there dream you want to fulfill? Then what are you waiting for?

Contact Genie to see if Dream Reiki® is a good fit for you!

The time is now to start building the life of your dreams!

DREAM REIKI® EXERCISES



THREE GOOD THINGS DREAM REIKI®

STYLE: Life Coaching as a profession has its roots in Positive Psychology. According to The University of Pennsylvania, 'Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.' By focusing on strengths and positive assets, one can move forward toward goals and begin to lead a more meaningful life. Shift the focus of one's

thoughts from what's wrong to What's going well is a powerful tool used in Positive Psychology and Life Coaching.

Since my Dream Reiki® process has its roots in both Life Coaching and Reiki, I use the tool, Three Good Things with my clients often. The process goes like this. You need a journal and something to write with. Each night before going to sleep spend some quiet time. Take some deep breaths as you begin to think about the events of your day. Now, your job here is to write 3 things that went well for you this day and why you think they worked out. Take your time. Once you have your 3 good things, hold them in your hand. Imagine as you breathe in you are bringing in positive energy and as you breathe out you are infusing your journal with positive energy. Imagine this energy swirling around as it begins to signal the Universe that yes....we want more of these things! Continue to breathe feeling the energy of creation. When you feel complete, settle in for a good night sleep.

MAKE A WISH: Everything that has ever been created in this world began with a thought. From the masterpiece painting to the concerto to your daily meal, these all came into existence from nothing but thought. Your dreams that you have for each area of your life are out there in the realm of thought and all you have to do is line up with them! Dream Reiki® is a fabulous way to bring your dreams to life and this is a tool I use often with my Dream Reiki® clients. I call it Make a Wish.

Think for a moment about something you wish to create in your life. Now, close your eyes and take some deep breaths. Imagine who you need to be to fulfill that dream. What would a person like that think.

The process here is to come up with some positive affirmations that will fuel your dream. Thoughts are powerful. As we think, so too do we create. When we are crafting positive affirmations, it is important that we word them as positive, powerful, present tense and personal.

So, for example, suppose I want to create a new home. What are some thoughts that would empower that dream? I might say something like, "I am delighted that the right home for me is here. I easily find the perfect home for me in an area I love and at a price that is comfortable. The right house becomes available for me at just the right time" These thoughts are positive present tense and personal. I need to be a confident secure person to have these thoughts.

Once you have your Power Thoughts, write them on slips of paper. Sit with your eyes closed and the papers within your hands. Imagine sending pure positive energy to your thoughts. Power up your thoughts every night.

During a Dream Reiki® session we always come up with personal, powerful thoughts. Using Reiki to put you in a receiving state sends energy to your thoughts.

Do this on your own. Since you are pure positive energy, you can flow this energy too on your own.

I AM MEDITATION AND BREATHING EXERCISE: It has been said that “I am” are two of the most powerful words. What comes after those two words is a declaration that will shape your life. As you speak these words with feeling, you begin to shape your very existence.

With my Dream Reiki® clients, I like to encourage power thinking. So, this little exercise is one that you can do on your own to begin to foster powerful “I am “ thinking.

Have a journal handy. Begin by sitting and focusing on your breathing. Breathe in and out just a little slower and deeper than normal. Now, begin to think....”I am...I amI am”

Complete the phrase with empowering words. So now, as you breathe in say I am, as you breathe out say powerful....

Then Breathe in I am.... Breathe out....Successful

In....I am....Out....abundant

And so on.

When you feel complete, take out your journal and jot down your “I am “ phrases. Which ones really resonate? How do they make you feel/ Practice feeling powerful, successful, abundant! Watch your life begin to shift!!!

ABOUT GENIE LEE PERRON



Hi everyone! My name is Genie Lee Perron and I am the creator of Dram Reiki®, a Professional Certified Coach credentialed by the International Coaching Federation, an Usui Holy Fire III Reiki Master Teacher and a published author. I wanted to take a moment to share with you a little bit about myself and how Dream Reiki® was born.

I have always been interested in metaphysical areas of life. The mind, body spirit connection has always fascinated me. So, when I heard about Reiki, a Japanese method of stress reduction that also promotes

healing, I knew I had to find out more. In the mid-90's, not many people had heard about Reiki in my area. Around this time my mother and I saw a sign at a local Yoga studio for a free Reiki session. We decided to try it.

At that time, my mom was battling cancer and we were told that Reiki could help bring her body back into balance. We arrived at the studio for our sessions filled with anticipation. I remember feeling an interesting blend of anxiousness and excitement.

When we arrived, there were several Reiki practitioners waiting for us. There were multiple massage tables awaiting. I laid on the treatment table and closed my eyes. I was instructed to take nice slow deep breaths. The first sensation I recall was a sense of warmth emanating from the hands of the practitioners. The warmth radiated through my body and brought with it a profound sense of relaxation. I felt as though I was floating on a warm body of water. When the session was over, I was left with a lingering feeling of peace. I slept so well that

night and I remember thinking, if one session felt so amazing, imagine what regular sessions would be like!

I knew from that moment on that I wanted to learn Reiki for myself. Learning Reiki would give me the opportunity to give treatments to myself and others. Now I was left with the task to find the right teacher for me.

In 1998, I received a pamphlet from a little shop that my mother and I had visited a few years earlier called The Angel's Loft. The owners, Kristy and Jerry were offering Reiki classes. I had thoroughly enjoyed other events that I had attended at "the Loft" and so I decided to take the plunge and sign up for my Reiki 1 class training.

The Reiki 1 class was one full day of training and practicing. We learned all about the history of Reiki and then we received the attunement to the Reiki energy. The attunement is part of Reiki training and it empowers the Reiki energy to flow through the Reiki practitioner. The practitioner becomes a conduit for the energy.

The attunement, which we now call the placement, of the Reiki energy was amazing. I and my fellow classmates sat with our eyes closed and hands in prayer position. As the Reiki Masters passed the energy to me, I felt as though my mind was expanding. My world was opening up. I saw vivid swirls of color and at times felt as though I was floating. I could feel my hands tingling and getting warmer. I felt a sudden surge of soothing energy. I felt alive and invigorated!

Right after that class, I asked about taking Reiki 2 and immediately signed up to take Reiki 2 later that year. Learning Reiki 2 expands on the Reiki energy and allows the practitioner to send Reiki energy long distance. This ability opens up many new possibilities.

As a Reiki practitioner, I gave myself Reiki treatments every night and sent Reiki each day. The more I used Reiki, the more aware of the subtleties of the energy I became. This awareness allowed me to follow my intuition better and to trust my instincts.

In 2000, my world was turned upside down. As I mentioned earlier, my mother had been sick with cancer and although I practiced Reiki daily, I also worried a lot. Worry is an energy that saps your energy and it was sapping mine. In February of

2000, I was diagnosed with chronic myelogenous leukemia. In June of 2000, just 4 months later, my mother died. My life as I had known it had been forever changed.

I went through a period of time where I felt extreme sadness over the loss of my mother and the loss of my health and the life I had known. I went through a “why me?” phase. Finally, I decided that I needed to get back into the driver’s seat of my own life. This is when the first small roots of Dream Reiki® began to form.

I remember one morning preparing myself for my day. The kids were off to school and I was showering and having a bit of a cry. As I sobbed a sudden awakening happened. I realized in that moment that I was no different than anyone else, I simply had a scary word attached to me now. In reality, none of us know how long we have here on this planet. And so, then and there, I vowed to live the best life I could for as long as I could. I vowed to make small healthy lifestyle changes. I would become the best me I could be for as long as I possibly could.

Reiki was a big part of my recovery. I began not just daily self-treatments, but I found practitioners to work on me. The more I entered the relaxed, receiving state that Reiki encouraged, the more I could feel myself aligning with wellness. Something was missing, however. Relaxing and improving the flow of energy was important, but there was more.

By now, I was beginning to explore the power of thought. My mother had often talked about how thoughts were important and that keeping good thoughts lead to a good life. I now needed to delve deeper into that. I found various authors at this time in my life, Louise Hay, Wayne Dyer, Cheryl Richardson, Don Miguel Ruiz and more. Each of them had a unique way of offering a similar sentiment, if you change the way you think, your life will change.

Reading and studying this new thought movement became my favorite pastime. I noticed in my own life that when I paid attention to my thoughts and especially noticed my limiting thoughts, that I could change those thoughts. As I shifted my thoughts, I noticed that my life experiences began shifting. I decided to build on this.

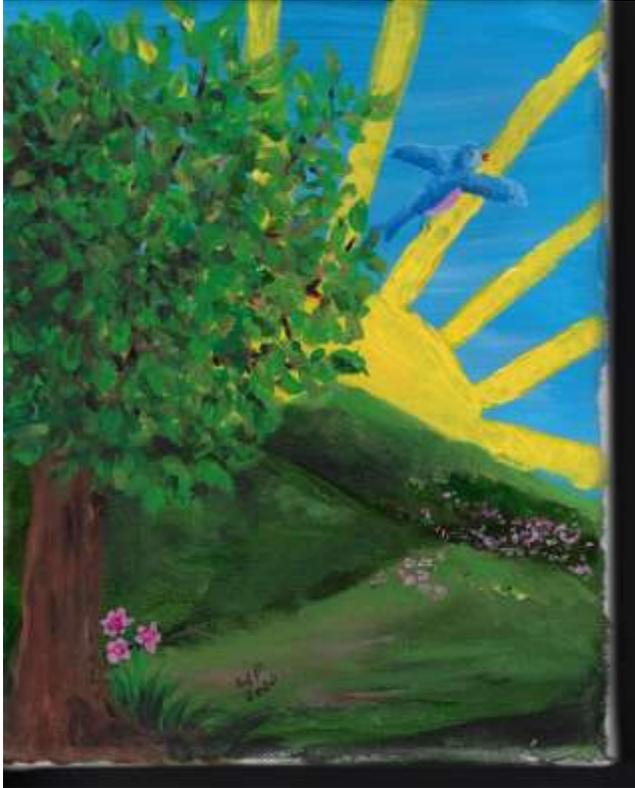
I started a new habit, Intention journaling. Each night before bed I would write an area of my life, let's say health, for example. Then I would think about what I wanted that area of my life to be like. Then I began writing. I wrote as though I was already experiencing the things I wanted to and I wrote with feeling. How was it I wanted to feel as I experienced these amazing things? Every night I would read what I had written and add to it really trying to feel the excitement of what I had written.

I did this with various areas of my life and what I noticed is that these areas started to change for the better. In effect, I was coaching myself toward better thinking and better actions in all the various areas of my life.

In 2013, I wrote my first book, "Things I Wish My Mother Had Said...Or Maybe She Did". I also decided to take formal Life coach training from an ICF accredited program. My life experiences and my formal training in both life coaching and Reiki led to the birth of Dream Reiki®, my signature coaching modality. With Dream Reiki® you get transformative life coaching and powerful Reiki energy to help move you towards your dream life!

Read on to find out how you can experience Dream Reiki® yourself!

HOW TO CONTACT GENIE LEE PERRON FOR YOUR PERSONAL DREAM REIKI® SESSIONS



NOW IS THE TIME TO BOOK YOUR FREE LIVING THE DREAM EXPLORATORY CALL!!!!

Now that you've learned a bit about what Dream Reiki® is and what it can do, now is the time to book your free exploratory call with me, Genie.

To book your free 30 minute call, please email genie@genieleeperron.com. I will get back to you right away to book your free call!!!!

Let's get started building your Dream!!!

Services offered by Genie Lee Perron, Bs in Ed, PCC:

- Dream Reiki® one on one coaching sessions in person or by phone
- Dream Reiki® Group Sessions ... in person or via Zoom

- Usui Holy Fire® III Reiki 1 training
- Usui Holy Fire® III Reiki 2 training
- Usui Holy Fire® Reiki Master training
- 12 week Love Your Life, Reconnect to You coaching

To inquire about coaching or to schedule your own personal Dream Reiki® sessions, please email genie@genieleeperron.com

You may also visit her Dream Reiki® website at www.dreamreiki.net

Genie teaches Reiki in person and online. To enquire about future classes, please email genie@genieleeperron.com

About Genie Lee Perron, BS in Ed, PCC

Author, Artist, Teacher, Coach, Usui Holy Fire III Reiki Master Teacher, and creator of Dream Reiki®

Check out Genie's books: "Things I Wish My Mother Had Said ... or maybe she did", "Swirlie and the Magic Dream Maker", "Swirlie and her Inner Spark", and "Penelope's Journey to Find Happiness", all available on Amazon.

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Genie is the creator and founder of Dream Reiki®, a powerful combination of life coaching and Reiki. Dream Reiki® can be done remotely by phone and is offered as a 1:1 private session. Online group Dream Reiki® sessions are coming soon via Zoom!

To find out more about Genie and her work and to stay updated about upcoming books and events as well as to learn more about Dream Reiki®, please visit her website: www.genieleeperron.com and be sure to like her author page on Facebook www.facebook.com/genieleeperron

Genie created a weekly online radio program called, "Love Your Life" produced by inflowradio.com. You can listen to past episodes on inflowradio and also on iTunes, GooglePlay, Spotify and other streaming services. Simply search for Genie Lee Perron on your favorite streaming service.