



Be a
LIGHTWORKER
... All the Time

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Be a Lightworker....All the Time

Those of us who offer healing energy work may consider ourselves to be lightworkers during those sessions; it is true we bring light and healing to our clients, through the healing energies of Reiki. However, that reality is only part of the picture. To be a lightworker means growing in awareness of the fact that we bring energy (either positive or negative) into the earth all the time, through our thoughts, words, and actions.

Every thought we have creates energy, and this energy influences our own chakra system, as well as the chakra systems of other people. We influence all people, but especially those with whom we have direct contact, or are in close proximity, through our energetic fields.

When we become aware we have brought negative vibrations to others, we have the ability to heal this through Reiki and our intentions. As we live our daily lives more in tune with a higher vibration, it becomes easier to generate positive thoughts. And, when we fall into negativity, we should become aware of it sooner and change the energy.

It is important to remember each of us is on a spiritual path. Everyone else living on earth is on a spiritual path too. Many people do not yet understand the impact their thoughts, words and actions have on their own energy systems, much less on other people. It is not our place to judge where they are at on their journey; rather, we can take the opportunity to help them on their path by sending light and love. This is generating good karma, and we will experience similar blessings from others.



Reiki assists us in discovering our authentic power. This power has always been available to us, but we often fail to realize our full potential. Authentic power is the recognition we are powerful beings, able to manifest the highest good. We are powerful in that we can be instruments in the creation of a harmonious society.

Do you believe this statement? ***“Through my thoughts, words and actions, I have a vital role in bringing peace to earth.”*** If you dismissed, or giggled, at this statement, you have more work to do in finding your authentic self! If you truly believe this statement is true, there is still much work to do, as we are human beings and have many challenges in always living a positive, loving life – it is not easy. Greed, the wrong use of power, jealousies and harmful intentions continue to emit negative energies into our environment. Healing energies are needed more than ever.

In time, all committed lightworkers believe, and know everything is connected. The more each of us can do to bring healing into the world, the better it will become. Become a lightworker, through all the moments of your life!

Reiki Evolves with You

Recently, another Reiki Master commented she often tells her students, ***“Reiki evolves with you.”*** As soon as I heard this statement, I knew it was profound. I have been pondering and meditating on this thought ever since! There are layers and layers of meaning within it.

Anyone who has used Reiki consistently, for more than a year or two, will tell you their experience with Reiki has changed, and continues to change. They report a closer connection to The Universe, and there is a growing trust that Spirit is working with them during sessions. Frequently, the practitioner feels, or intuits, spiritual guidance on where to place their hands where healing is especially needed. They may receive energetic impressions, or specific messages. They move from a belief that healing energies emanate from their hands, to knowing this is true. Knowing the Divine is always available for healing is an essential step in the process of becoming a Reiki practitioner.

The personal ego of seeing oneself as a healer evolves into the realization that one is merely the channel for Divine Healing. What happens on the Reiki table, and beyond, surpasses anything a human being can do. The definition of a miracle is an extraordinary event that surpasses all natural, human powers, and comes from the supernatural world. Anyone who consistently works with Reiki can list many miracles they have witnessed – whether it is a physical cure; the release of an emotional block held for many years by a client; spiritual growth through forgiveness or greater understanding by a client. Healing is possible in all mind, body, spirit aspects of a person, as it is from the Source.

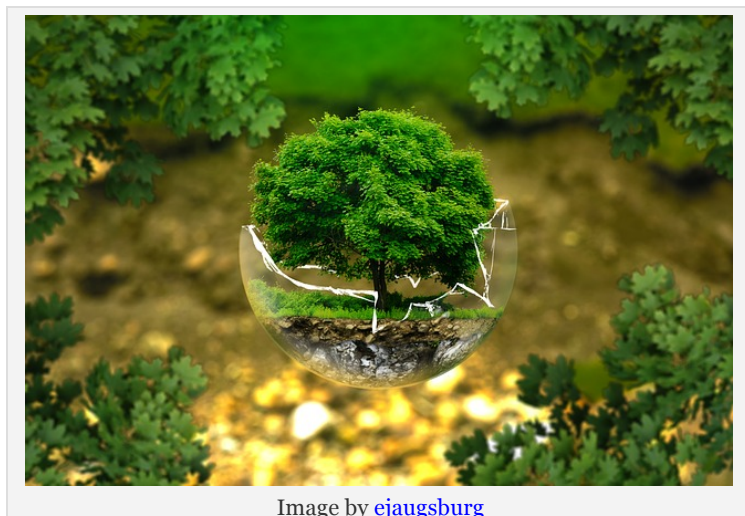


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As Reiki assists us in becoming more aware of the Divine, many wonderful things begin to happen in our lives. Our eyes open to many exciting synchronicities and signs. Making good decisions about material possessions becomes easier. Healthy relationships are greatly desired, and attainable. Ascertaining our life purpose becomes clearer. A persona of peaceful harmony, with ourselves and with others, is developed. Our world has been transformed. Reiki evolves with us.

All of us forgot that Unconditional Love has always been available in our lives, as we were often told we were not good enough, did not pray hard enough, or many other falsehoods. We developed our thought and belief systems around these untruths for years and decades. It takes time to fully integrate Truth into our beings, once again.

The words “*with you*” are vital. This means that we are never alone in our spiritual journey. We are always supported and given many opportunities for spiritual growth. Frequently, we think we are all alone. Nothing can be further from the Truth!

If you have not realized an evolution with Reiki – yet – continue with your Reiki practice and actively pursue healing. Every time you connect with Source, the opportunity for healing is present. Ask for release of any emotional or spiritual block that is bringing disharmony to your life. Ask for guidance – and doors will be opened for you – it may come in the form of a person, a book, an inspired thought. Keep working with Reiki and any other modality of healing that you feel will assist you on your journey.

Don't forget: Reiki evolves with you. Be open to this amazing journey!

Reiki: The Exchange of Energy

At our Reiki II class many years ago, a fellow student challenged our Reiki Master about her practice of charging for Reiki sessions. He stated since healing energies are a gift from the Source, how could she ask people to pay for treatments; he declared he would never consider charging anyone for this gift. She replied with grace and ease,

“Oh, I am not charging for the healing energies. My charges are for my rental space, my liability insurance, the massage table, laundry and supplies. And, my time – it too has value.”

While the student disagreed with this line of thought, I have never forgotten it. This conversation has led me to contemplate this issue many times over the years.

When a client agrees to pay your designated charge, the client is making a statement.

“I want to try this form of healing and it is worth the amount you charge. I recognize the value of your work.”

Of course, a Reiki practitioner can rightfully decide to make exceptions, in certain circumstances, to offer discounted, or free, sessions.



Image by KOREA.NET - Official page of the Republic of Korea

There is a concept that all of us must consider – the energy exchange. In the world of economics, setting a fair price for a product or service is done by determining its value for the customer. If the price is too high, no one will purchase it. If it is too low, the value is diminished. In the same way, when a Reiki practitioner offers services to the public, there are expenses and hours of time involved. Unless one is already wealthy, charging for the service is usually a necessity. For the client, choosing to spend money on Reiki may mean choosing not to do something else – a choice that demonstrates the value placed on the treatment.

Money is not the only way to do an energy exchange. Bartering can be a valid method. For those clients who desire Reiki treatments, there are many ways they can pay for your efforts. They may have homegrown vegetables, books they have read, or handmade knitted items to give you. Or, they may be able to provide a service, such as website development, videotaping, or doing some yard work. The only caution about bartering – begin by agreeing that both must be honest and feel comfortable the trade is even. Otherwise, the energy exchange will be tainted with negative feelings. Never a good way to start a healing modality trade! If there is truly nothing you can find for bartering – and you decide circumstances call for a free session – the client can at least provide word-of-mouth referrals, or Internet reviews.

One of my favorite barterers is to exchange sessions with other energy practitioners. Through bartering, I have experienced tuning fork, jin shin jyutsu, intuitive readings, massage and other healing modalities. Not only did I introduce Reiki to others, I found another way to network with like-minded professional folks. I have also had success in bartering with experienced people in social media and computer work, to further enhance my Reiki practice.

The purpose of this discussion is not to suggest there is only one right way to think about the topic of energy exchange. Rather, the purpose is to encourage mindful, deliberate consideration of an important aspect of Reiki practice. If you are faced with a situation where you are uncertain how to handle it, discuss with fellow practitioners. Also, ask for spiritual guidance - you will receive great advice!

Is it Possible to Make a Living as a Reiki Practitioner?

Working as a Reiki practitioner as your primary source of income is certainly a viable possibility. But, it does not happen only with good intentions and positive thoughts – although these are necessary components. It requires careful planning, effective marketing and community networking. A thorough understanding of what it takes to build a private practice – whether you are a marriage counselor, a massage therapist, or a Reiki practitioner – is essential. Just putting out a shingle does not work anymore.

The first question to ask yourself is if you are truly committed to developing a private practice business. Do you believe it is your life purpose? Are you committed to living the Reiki ideals? Are you willing to take a part-time job to provide some income while you build your business? Do you have the financial discipline to set aside money when you have a busy month, to help pay expenses during the slower months? Are you ready to do the constant work it takes to keep new referrals coming through your door?



Image by [bengrey](#)

If your answer to each of these questions is “yes,” let’s look at ways to build a successful Reiki practice. What many Reiki practitioners have found is that it is difficult to build a practice by offering Reiki sessions only. Adding other modalities, such as aromatherapy, crystal healing, color therapy, or others will attract more clients. Become creative in how you can combine various modalities. Some of the other modalities, such as aromatherapy, lend themselves to selling essential oils and other products needed to practice the modality. Or, if you already offer other forms of holistic healing, educate your clients in how Reiki will make other methods more effective.

If you are not a Reiki Master already, consider becoming one. If you are trying to build a practice at the Reiki II level, remember potential clients may choose the person with the higher levels of training. As a Master, you can also offer Reiki trainings, which can be a good source of income, as well as another positive way to bring Reiki into your local community.

Marketing your business can be challenging, and it requires constant attention. In today's world, you need a presence on the Internet – a website and at least two other social media connections. Blog frequently on your own website, and be a guest writer on others. Investigate some of the Reiki organizations and place your business name on directories. Connect with other holistic therapy practitioners in your community and support each other.

Plan a few “events” every month. The type of event should match your personal talents and skills. If you are comfortable with public speaking, present a workshop in your practice space if possible, or at a local metaphysical store. If you enjoy one-to-one contact, be a vendor at a mind/body/spirit festival. Or, offer Reiki share evenings where other practitioners can practice and the curious can receive free treatments, or give a small donation. If you love writing, write articles for local publications, e-magazines and other websites.

Community networking is another must. All private practitioners need a list of referral sources, when clients require other support. Develop your list of massage therapists, psychotherapists, acupuncturists, etc. by asking each practitioner if you can include his/her name on your list. It's doubtful anyone will say no! If this is comfortable for you, ask if they would consider your business for client referrals, when appropriate.



Image by [EcoVirtual](#)

While building a business may seem daunting, remember it is always possible. Tune into your own spiritual guidance to determine if this is your Reiki path. If it is, use your spiritual guidance for every step along the way. You will be successful!

Is this your life purpose? What is your commitment?

Are you willing to put yourself out there? Giving presentations and workshops; meeting potential referral sources; social media contacts. MBS festivals – can make money and give out business information. Write articles in local media.

One of the biggest problems – and benefits – is that Reiki is so accessible, anyone can learn it. I often encourage my clients to consider learning Reiki themselves, for self-treatment. In Reiki trainings, I encourage attendees to find a Reiki friend and trade sessions. In effect, I am losing Reiki clients – but that is the true message of Reiki.

Find other ways to bring in income, that is related. Combining Reiki with aromatherapy, crystal healing, etc. may appeal to a larger audience.

Reiki Practice and Growth of Intuitive Abilities

One memory I have of my Reiki training was my Master's beautiful warning: "Get ready. If you use Reiki frequently, your life will change very quickly. It can be an awesome ride." One common area where many of us Reiki practitioners have grown is the opening of the third eye – and that is an awesome ride.

During a session within several months of completing my Master training, and the opening of our healing center, I saw, in my mind's eye, a healing angel walk into the room and do Reiki with me. She worked on the client's legs and feet, when my hands were around the client's head. When I moved to the lower portion of the body, the angel worked on the upper. I wondered if it was real, or simply my imagination.

My question was answered when the client shared her experience. She said the session was wonderful, and she thought a second practitioner had joined us. She reported she opened her eyes several times as she felt two pairs of hands on her body; she described exactly the various positions of both the angel and me. I asked if she believed in angels, and she did; so, I shared my vision with her. She was astounded!



Image by [svenstorm](#)

And, so was I. At that time, I had not considered the possibility that I would be able to "see" any spiritual being, or ever be able to develop that capacity. I thought people who had that talent were few, specifically chosen by the Universe to bring healing messages to others in this unique way. What I did not realize is that every person has intuitive abilities, and each of us can grow in that capacity. The more you learn and practice – and believe in the possibility – the greater your intuition can grow.

Reiki can put you on the fast track of intuitive development. Set your intention and place your hands on the third eye chakra, daily. Invite Spirit Guides to work with you, while you are giving Reiki to others, or to yourself. Read the stories of the famous psychics and mediums. You'll soon learn that each one doubted their abilities, in their early days. They did not think they were special enough, or good enough, or a multitude of other "not enough's." These intuitives are simply normal people, who are open to accepting this gift. Use Reiki to help yourself reach your full potential in intuitive abilities.

Increasing the energy flow of any chakra affects the chakras on either side of it, bringing more energetic balance to the body. It is no coincidence that the third eye chakra borders the crown chakra. As the third eye opens, the spiritual connection is strengthened. As the connection to Spirit grows, the third eye chakra opens even more – and a lovely cycle has begun, and can continue for a lifetime, if intention and positive energy continues. Practice this frequently – and enjoy the awesome ride.

Professional Boundaries for Reiki Practitioners

Many Reiki practitioners begin practice with friends and relatives, and professional boundaries are not a part of the practice. However, when a practitioner works with the public, professional boundaries are a necessity. Boundaries are the limits, or guidelines, that help to keep the professional relationship safe and appropriate. The practitioner has a specific expertise, facilitating healing in a client. It is the role of the practitioner – not the client – to insure good boundaries are kept.

When a Reiki practitioner opens her practice to the public, the first responsibility is to have a private space where the client can feel comfortable. It is not unusual for a client to have a bout of crying, or a need to talk, and no other person should be able to walk in on a session, or overhear a conversation. Because your setting is calm, and you provide a relaxing service, clients may see you as a “friend” and ask questions about your life. You can gently respond that you do not share private information with clients, again establishing this is a professional relationship, not a personal one.



Image by [anatheia](#)

The Reiki practitioner should be a good listener and not feel compelled to have the “right” answer, or to give advice. In fact, doing so may actually be practicing outside the scope of practice. What this means is if you do not have specific training in counseling, you should not engage in prolonged discussions about a problem. The better way to handle this situation is to tell the client you do not have training in psychotherapy, but you can give him a referral to a professional counselor.

One of the most important aspects of good boundaries is to be clear about when it is acceptable to discuss a client situation, and when it is not. Confidentiality must always be maintained. If you are consulting with another Reiki practitioner about a difficulty, you can fully discuss the problem, without giving any identifying information (name, age of client, address, etc.). You should never discuss any client issues in a social setting. You never know when someone may know a few of your clients and quickly figure out who you are discussing – or, think they know who you are discussing.

Many of us have experienced clients who have gone from professional to professional, looking for the right modality, the right answer, the quick fix. Healing rarely happens in one session, and a client may make disparaging remarks that Reiki did not work either, if immediate relief is not experienced. That is when we, as Reiki professionals, have to become objective and remember we do not have a magic wand. The client has to be an active participant in their own healing journey, not a passive bystander.

Maintaining good boundaries is actually one of the most important ways to build your own confidence as a Reiki practitioner. You are clear on what is right, and what is not. You feel confident in your abilities in giving Reiki, and you know what your training included, and what it did not. You do not have to worry if you said the wrong thing to a client, if you did not give any advice at all! Do what you have been trained to do – provide energy healing work for clients.

Reiki, Drinking Water and Positive Thoughts

It was quite a few years ago when a friend lent me a copy of Masaru Emoto's book, *The Hidden Messages in Water*. I was simply blown away! Although my understanding of energy had grown immensely since learning Reiki, seeing actual photos of water crystals deepened this understanding even more. Dr. Emoto had performed a number of experiments where water had been polluted and then loving thoughts were sent to it. Photos of water crystals "before and after" demonstrated how much these thoughts improved the water crystals. Before the experiment began, the crystals were deformed and dark. After positive energy was sent, crystals from the same water source were perfectly shaped and stunningly beautiful.

Drinking clean, healthy water has always been a priority of mine. But, we took it a step further, by adding positive energy to it. It became a ritual in our household to tape loving words on the bottom of our water pitcher, or to send Reiki to any drinking water we imbibed.



Image by [kennymatic](#)

However, the most important lesson of Dr. Emoto's work is the effects of thoughts on physical substances, such as water. In the same way, our thoughts have a direct effect on other people. During one Reiki session, a client presented with back pain. I received the message she was under psychic attack, being "stabbed in the back" by other people's thoughts. Since this is a regular client, and I knew her spiritual beliefs are very open, I shared this

message with her. She stated the message described her work environment exactly. Due to an unpopular stance she took, several coworkers were spreading untrue rumors, attacking her integrity. We discussed ways she could protect herself energetically each day, when she entered her workplace. Her back pain soon disappeared.

Our thoughts about ourselves and our actions are also very powerful, and affect our own energy levels. Think about a time when you felt disappointed in yourself, or ashamed of an action you took. How harsh were your judgments? What words of criticism did you use? Now, think about your body's energy level for the next minutes, or hours. Were you tired, irritable and tense? Did you feel despondent and sad?

Let's rewrite the script, by using this imaginative exercise. Focus on that same situation, when you felt disappointment or shame. But, this time, talk to yourself in a loving way. Tell yourself that you could have made better choices, but you learned a good life lesson and will not do it again. Forgive yourself. Remind yourself you are a human being who is always unconditionally loved by the Divine. Check in with your feelings – you may be feeling calm and peaceful, and perhaps giving gratitude for yet another opportunity to grow.

Sadly, Dr. Emoto died last month, at the age of 71 years. Let's send him positive thoughts and love for being a great teacher to all of us. I will think of him every time I see my joyful words on the bottom of my water pitcher!

Self-Treatment vs. Receiving Reiki

Many Reiki practitioners have pondered the question: Why does it seem receiving Reiki from another person is better than doing self-treatments of Reiki? Since Reiki is Universal Life Force Energy, there are no differences in the quality, or amount, of healing energy being channeled during self-treatments. However, there are other differences worth exploring...

All of us are human beings! Therefore, we bring our human needs, our life experiences, and emotions into the session when receiving Reiki from another. There are special gifts received during the exchange of Reiki between two people. There is the touch of another pair of hands – so soft, warm and comforting. The skin, a living organ of the body, delights in this extraordinary skin-to-skin contact. The practitioner is a testimony to the compassion and caring that is possible in human interactions.

Even though you may receive spiritual guidance for others while giving Reiki, this may not occur as easily during self-treatment sessions. Or, if you do receive intuitive guidance, you may find yourself dismissing the thoughts, or thinking about the message itself. Sometimes, there is a loss of objectivity, since the message is given directly to you. Another issue may be that it is more difficult, or seemingly impossible, to detect energy blockages or imbalances where they exist, within your own energetic field. When you simply relax as a recipient, and let another Reiki practitioner channel the energy, you have a more passive role. You can calm your mind, release any thoughts that may arise, and simply enjoy the experience. For many, it is easier to find the inner stillness when receiving, rather than giving, Reiki to ourselves.



Image by [josh \(www.pixael.com\)](http://www.pixael.com)

When there are two Reiki practitioners involved in a session, amazing things can happen. One plus one is so much more than two! A special bond of understanding is created when two Reiki practitioners work together. As both people have experienced the attunement process and opened their beings to this healing modality, a unique aspect is brought into the relationship of giver and receiver. The mutual experience of Reiki practice brings a deep wisdom, a knowing, to the session, as both persons understand the unlimited possibilities of Reiki.

But, let me emphasize this again – the quality and amount of Reiki healing energies are not diminished during self-treatments. These energies are just as powerful and healing, as those received from another practitioner. The real difference lies in our subjective experience of the events; this is not a negative thing, but rather simply a part of being human, with our own thoughts and feelings. Do not set aside self-treatments, rather use self-treatments frequently, even daily. Occasionally, treat yourself to a Reiki session, because you will benefit from it and simply enjoy the session. It is always a wonderful blessing in our lives!

The Attunement Ritual

Have you ever wondered why the attunement process has so many steps? It took me many hours of practice to get all the steps down, in the right order, to prepare for my first class as a Reiki Master. Often, I wondered why it had to be so complicated! Does Spirit really need this whole process to give someone the gift of being a Reiki practitioner?

The answer came to me one day. The attunement process is for the student – and for me – not for Spirit. Spirit does not need it, but we do!

The attunement process is a ritual, and the lives of human beings are filled with rituals. A couple falls in love, spend much time together for months or years, and then expend many hours of planning, and money, for their wedding day. Why? The marriage ceremony is a ritual full of special meaning. A couple declares to each other, and to family and friends, a lifelong commitment to honor and love each other. Similarly, levels of education end with a graduation ritual; employees retire with the going-away party; even our birthdays and anniversaries are marked with ritualistic activities.

Rituals appear in every culture and belief system. Recently, a young client reported to me she greatly disliked the traditional religion of her youth as the service was always the same, long and boring affair. Then, she stated she had found a new pagan practice that had many ceremonial aspects. Soon, she started to laugh, realizing how she had rejected one set of ritualistic practices for another! We continued the discussion, and she recognized there are always beliefs underlying ritual practices. She now practiced ceremony in accordance with her core beliefs. While the rituals had similarities, the reasons for the acts were not the same.

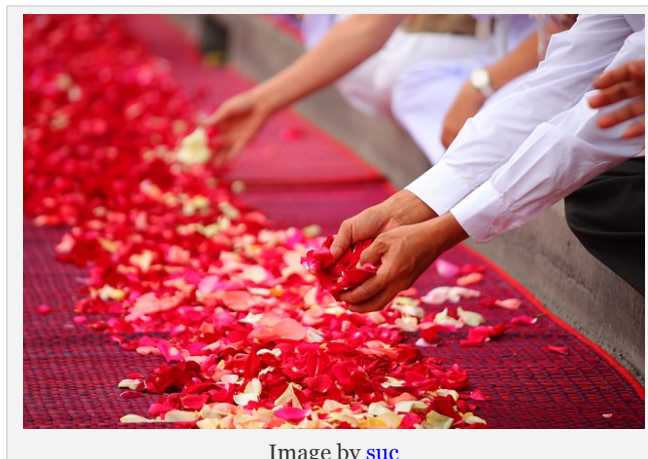


Image by [suc](#)

Rituals can be powerful, sacred ceremonies; each ritual generates an unique energy to those participating in it. Rituals mark an end to a particular phase of our lives, and the beginning of a new one. Gone is an old way of being, with many new possibilities ahead of us - that is certainly true of the Reiki attunement process. Gone are old beliefs that healing is not possible, that there is nothing that can change this physical, emotional or spiritual issue. Gone are old paradigms that never worked in the first place.

Many people have asked me what actually happens during the attunement process. My answer, as I was trained to answer, is we keep the process secret, to maintain the sacredness of the event. I reply that the Universe works in opening the student's channels to energy healing. There is truth in that statement, for sure. Perhaps, the main reason it is a secret is it would be very difficult to explain how a series of steps can have such a large impact on someone's ability to bring healing to others and self. It is one of those mysteries of life, and it is one of those mysteries that we need to accept, on faith. There is no simple, logical explanation.

That is the true beauty of ritual. This element of mystery is much deeper than our humanistic level of understanding. As always, we express gratitude for the mystery of the Reiki attunement process.

Reiki for Your Home - The Ultimate Feng Shui

As our knowledge of energy grows, we become more aware of how everything is energy. Not only does this include our own individual beings, it also refers to our homes. The place where you live has its own energy aspects, as well as each piece of furniture, walls, drapes, appliances, etc. How much thought have you given to the energy level of each item, and the combined energies that compose each room, and ultimately your entire home?

Feng Shui is an ancient understanding of this concept. The practice of Feng Shui encompasses the home's interior; the outside yard, trees, plants, or concrete; the entire neighborhood. When a person buys a house and decorates it, based on Feng Shui principles, you can feel the difference the minute you walk through the door. There is a pleasant serenity, an “ahhhh” feeling. Add the special touch of Reiki to the mix, and you will never want to leave!

The first step in Feng Shui is to declutter your home – not only the areas people see, but also the hidden areas of attics, closets and garage. A healthy flow of energy in a home is impossible when blocked by too many things. Often, items are serving no useful purpose anymore, but no one has made the effort to give them to loved ones, sell them, or donate them to a charity. When items have no meaningful purpose, their energy becomes stagnant. This is not unlike our own energy system, when our life tasks become unclear or meaningless, causing energetic blocks and feelings of being stuck.



Image by [jinkazamah](#)

If your house is cluttered, use Reiki to motivate yourself in getting rid of it. Ask Reiki to assist you in “letting go”, if that is difficult for you. If you continue to struggle, sit down with a journal, sending Reiki to the intention of figuring out where you have an emotional block. Perhaps, you discover you continue to

feel a lack of abundance in your life and giving away things exacerbates those uncomfortable feelings. Perhaps, you have put a piece of furniture in the attic because it was associated with a painful event in your life. Often, our actions (or non-actions) are a result of unresolved emotional issues.

After the items have been removed, clear the room with Reiki. You can simply go into the room, sit comfortably, put your palms up, and begin Reiki by setting the intention to clear the space of all negative energies.

Another wonderful aspect of Feng Shui is the attention paid to **color**. The concepts are similar to the colors associated with the chakras. Feng Shui teaches us to use red's and orange's to bring warmth and security to a home. Use mellow, soothing green's for the walls of a bedroom, encouraging quiet, and a restful night's sleep. In fact, some people think of their homes as having a chakra system with energetic centers, each room being used for different functions. Blessing each room with Reiki is a certain path to bringing full energetic functionality to the space.

This is a very brief summary of a few Feng Shui principles, and there is much more to learn. What is important to know is this: the energies in the spaces where we live – home, work, and play – are interactive. People bring energy to the spaces and the items within them, just as the spaces and items can affect the energy of the people who live among them. Becoming aware of this fact is essential. Otherwise, we can feel exhausted, walking through our doors each evening, without understanding why. Or, we can feel soothed and refreshed, and not sure how we created it. Bring Reiki into your home and the relaxing energies will emanate around you!

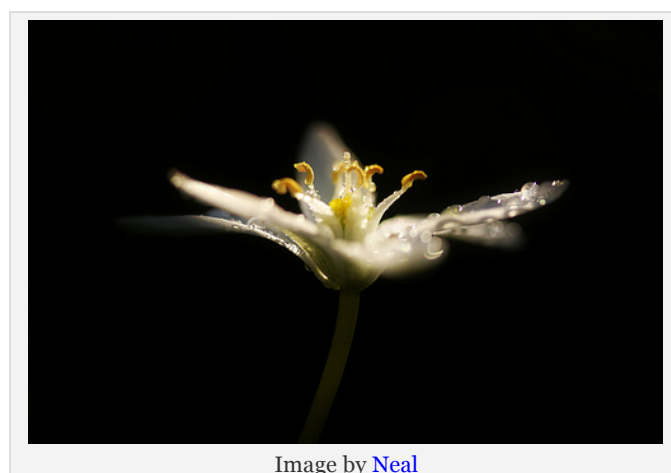
Just for Today...Do Not Worry

The Reiki ideal, “*just for today...do not worry*” seems simple enough, yet often we forget to live this powerful ideal. A life with no worries – is that even possible in today’s complex world?

Using Reiki on a daily basis can certainly help each of us to reach this goal. Our perspective on dealing with life’s challenges can shift. Rather than meeting a troubling situation with anxiety-filled thoughts, we can meet the challenge with a calmer attitude. Let’s look at an everyday situation, from the eyes of a Reiki practitioner.

Your partner works in a corporation where sales have gone down and layoffs seem inevitable. He is living in fear, wondering how the two of you will pay the mortgage and other bills, if he is suddenly unemployed. Your income as a Reiki practitioner varies month-to-month, so a certain amount of needed income may, or may not, be realized. You have a choice – you can also fill yourself with anxiety, or you can bring a healing energy to the relationship.

If you truly believe everything happens for a reason, you will approach the situation with calm and peace. You remember there are opportunities in every dark cloud, and you bring that belief into your home. Rather than focusing on potential losses, you start focusing on new possibilities. Maybe a layoff will assist your partner in leaving a job that he never really liked. Maybe this is the time to return to college, or forge a second career.



The important aspect to recognize is that worry (a negative energy, arising from *fear*) is the opposite of calmness (a positive energy, arising from *love*).

Thoughts of fear will attract fear-ridden circumstances while thoughts of calmness will attract peaceful solutions.

Because each of us is human, this is easier said than done. The first step in developing a peace-filled life is to become aware of any worry-filled thought. Then, focus on changing the thought, just for the present moment. Just for today – just for now – do not worry. Each present moment will lead into the next, and the next, and the next. A shift has occurred.

Another technique for calming worries is to take the opposite tactic – travel deeply into the anxiety and figure out what part is actually making you nervous. It is working through the anxiety, not circumventing it. Revisiting the possible unemployment, ask yourself, “***What is the worst thing that could happen?***” In this case, you two determine the worst thing would be needing to sell your house and moving into a rental apartment. With more discussion, you realize that is not so terrible, after all; it is truly manageable. You still have each other, your good health, your friends, your Reiki practice – and your partner has more time to pursue a new beginning. The anxiety level has diminished. You feel gratitude for all the blessings in your lives. So often, we live in anxiety, but have not defined what it is that bothers us so much.

If you have difficulties with changing thoughts, use Reiki frequently. Place one hand on the side of your head, and the other over your heart – connect the love energy with your cognitive abilities. Send distant healing energies to the situation. Rather than asking Reiki to solve a problem, ask Reiki to go to the best solution possible. Don’t be surprised if the outcome is better than you ever imagined possible! The Source knows the whole picture and will provide loving energy and guidance, if you simply remain open and connected.

Just for today...don’t worry. Be happy.

Reiki and Forgiveness

When a person decides to live her life based on the Reiki ideals, many wonderful changes will happen. Although forgiveness of others is usually not listed as a Reiki ideal, forgiveness is an essential step for healing oneself and living in wholeness. When a person remembers a painful event, and holds onto hurtful, distressing feelings, peacefulness is difficult, if not impossible, to attain.

Forgiveness does not mean the harmful words and actions targeted at you are acceptable. To forgive does not mean you condone or excuse harmful actions committed by another. Forgiveness is not for the other person, but for you. And, it does not mean you have to forget the action. Most likely, there are life lessons in the event – for both of you. Forgiveness is a purposeful action to heal the heart and soul of the one who was hurt. Holding onto pain, anger and revenge never serves one well; it can damage a person's spirit even more than the original event.

Reiki is the great releasing force! As this powerful healing energy is brought into a person's mind, body, and spirit aspects, anger and revenge can dissipate. However, Reiki is not a magic wand – have a session, and all the negativity goes away. Rather, the receiver opens up to the possibility of healing, is given spiritual nudges, and awakens to the true mind, body, spirit connection. Often, we need to use our minds, our thinking selves, to move negative energies from our beings.



True forgiveness is an active, mindful process. The first step in this process is making the decision – setting the intention - to forgive the person for the wrong they committed against you. This can be done privately, by making the

statement silently. Or, you can write down the intention, to ground it. It can be the beginning of a journal entry, adding new thoughts and perceptions along the way.

Next, the forgiving one develops an understanding of what the other person's intention really was. It is getting outside of your own thoughts and feelings, and stepping into the other person's shoes. Journaling on this aspect can bring some objectivity and enlightenment, as empathy towards the other grows.

Then, the statement of forgiveness is made. Depending on the circumstances, it may be done face-to-face; through a delivered, or undelivered, letter; or stating it out loud, in private. The important aspect is expressing the statement and feeling the emotions in your heart. When these emotions are transformed, your energy moves from negativity to love.

Forgiveness is truly one of the most powerful healing experiences a person can have. When we become open to all the ways Reiki can bring love into our lives, the release of emotional baggage is always part of the journey. Reiki is always a powerful pathway to serenity and peace.

Grief Lessons through Reiki

Grief is one of the most powerful emotions a person can experience. When someone you love dies, your heart fills with sadness and pain, as the realization you will not have that person in your life continues to surprise, again and again, throughout the following weeks and months. Reiki can bring comfort and peace during this long journey, in many different ways.

Reiki brings a calming perspective to a person's being. Susan was the primary caregiver for her husband who died from pancreatic cancer. She was exhausted and remained overwhelmed with feelings of guilt and inadequacy, although she provided excellent care to him. She wondered what she would do with the long days ahead, with no essential caregiving tasks to be completed. The healing power of Reiki can give Susan, truly an unsung hero, much-needed rest and reassurance.

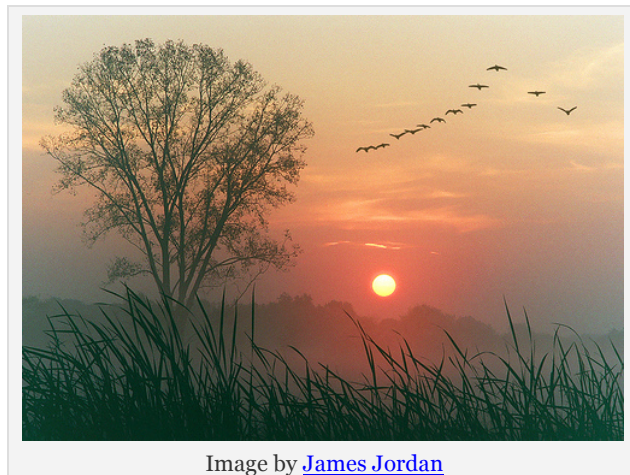


Image by [James Jordan](#)

Attending to normal life activities became increasingly difficult during her grieving process. Completing regular chores like buying groceries, cooking and cleaning the house challenged her. Through a friend's encouragement, Susan scheduled a Reiki session. She slept almost the entire hour and felt refreshed afterwards. The world seemed a little brighter that day.

Reiki can bring a feeling of equilibrium back into someone's life, and often it begins with a good sleep. Often, grieving people have a hard time falling asleep, awaken frequently throughout the night, and generally feel unrested in the morning. Sleep deprivation greatly affects physical and emotional energies, delaying the grieving process. Reiki can help to restore a regular sleeping pattern, positively affecting all areas of a person's life.

Reiki also serves to remind us that each of us is connected to Divine Healing Energy and other spiritual realities. Through practicing Reiki, many of us have developed a stronger understanding of all the spiritual support that is available to us.

After another session, Susan realized she felt less lonely and felt the presence of her husband around the house. Our loved ones and our ancestors continue to be a part of our lives. They communicate with us in dreams and inspirational thoughts. They provide protection and support during difficult times. They give us signs and orchestrate synchronicities to remind us they are watching over us. While this was part of Susan's belief system, his presence became a reality to her.

If a grieving client doubts this possibility, gently encourage him look into it further. There are numerous television and radio programs, dozens and dozens of books, blogs, websites, etc., that a person can investigate. What a difference it makes when a grieving person truly believes the deceased one has only departed physically, and is still alive and well, aware of happenings on earth.

Reiki is not a quick fix technique, simply taking away the hurt. Rather, it is a gentle, loving modality helping us to remember we are never alone. As Reiki practitioners, we are called to share this loving gift with grieving persons. We become a reminding vehicle that Divine Love exists. Each of us will have grief in our lives. Let us use Reiki, for others and ourselves, to support us through this difficult – and life-enriching – process.

The Power of Reiki in Psychotherapy

Reiki was first introduced to me by a colleague, another psychotherapist in a mental health clinic, over 13 years ago. When she was hired, she asked if she'd be able to incorporate Reiki into therapy sessions. Much to our surprise, the answer was "yes." The insurance companies, and our agency's administration, saw it simply as another relaxation technique, like deep breathing exercises or guided imagery. She could use it for the first 10-15 minutes, followed by talk therapy.

All of us loved hearing about the progress of her clients, and some amazing events, during her sessions. Soon, most of us learned Reiki and incorporated it into our work.



Image by [Duru...](#)

Here is a brief synopsis of some of our experiences:

- Clients relaxed immediately. With anxiety and stress decreased, they were able to approach serious issues quicker.
- Clients were more open to therapists' suggestions.
- Explaining Reiki became a way to explore clients' spiritual belief systems.
- Clients accepted responsibility for choices – both good and not-so-good.
- Past memories resurfaced.
- Abused children were able to draw, or write, about their abuse without fear.
- In family therapy, tensions between family members decreased significantly.

- Clients became more hopeful that things could really change.
- And, the list went on.....and on.....and on....

For clients who did not wish to receive Reiki at the beginning the session, the therapist could still utilize its energies. It had been an old practice of mine to say a prayer before every session – for my client’s potential to develop understanding and grow; and for the therapist (me) to have guidance for everything I said.

But when I added Reiki to that practice, whoa!! Another level of peace and guidance came into my work. In the mornings, I’d send Reiki to my entire workday. When I had a few minutes of “alone” time, I’d send Reiki to each individual session. In my 10 minutes between sessions (along with getting water, tea, and using the bathroom), I’d say a quick prayer and ask Reiki to join us. As Reiki helped me to find calmness, I became a more effective therapist.

What I learned in this work situation is certainly not limited to the world of psychotherapy. If each Reiki practitioner sent Reiki to his/her workday, we’d have a different world! Can you imagine it?

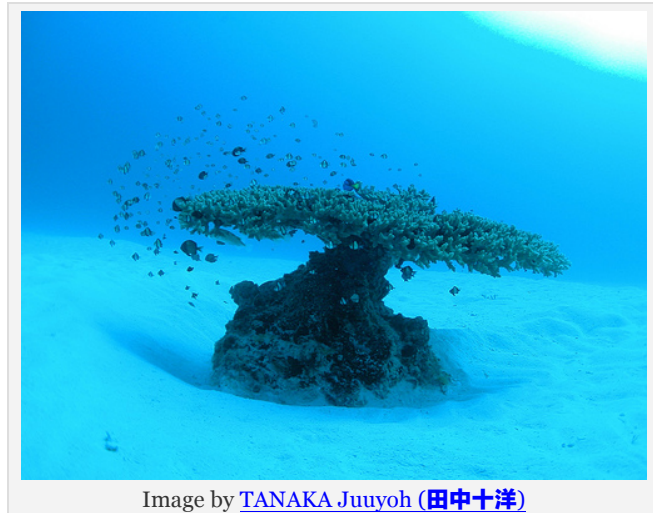
The Crown and Root Chakras

It is fascinating when a client has two chakras with either abundant or depleted energies, or blocks, in only those two areas. And, what is even more interesting is an unresolved issue that has a primary connection to functions in each of those arenas. A common one is the crown and root chakra pair.

Before the Reiki session started, the client reported she is accident-prone and asked me to spend some time on her right ankle. She had twisted it a few days earlier, and it was still quite painful. Beginning with her crown chakra, I immediately felt her strong connection to Spirit. It felt like a powerful force of love and protection. Her other chakras felt balanced, until my hands reached her legs. Oh my!, I thought. The energies were simply depleted.

My Reiki guide showed me the client “traveling in the cosmos,” having a wonderful time being with Spirit and gaining knowledge and wisdom. However, she had difficulties in “returning” to earthly concerns. She needed to get in touch with nature and other important aspects of Mother Earth. When I shared this message with her, she acknowledged that she spends a few hours in meditation every day and does not like to deal with what she considers to be the ordinary aspects of daily life. In fact, the reason she is so accident prone is because she does not pay much attention to her physical environment. The Reiki guide imparted an important life lesson for her. To be in balance, she needs to pay more attention to her physical earthly needs.

Another client had the opposite problem. She scheduled a Reiki session to reduce stress in her life. She explained that her job is very demanding, and she sleeps poorly and is always eating on the run. There was a lack of energy around her crown chakra, and numerous blockages in her root chakra area. After the treatment, we discussed her current life circumstances. She shared she had been without a job for over a year and she was just weeks away from foreclosure on her home, when she finally obtained this current job. She is fearful she could lose this job too and is working many extra hours, to help her feel more secure. She reported she does not find the time to do yoga and meditation. She rarely relaxes, due to this fear. She would like to become more connected spiritually. We discussed ways she can attain balance in her life again.



The crown chakra represents our connection to Spirit, while the root chakra connects us to earthly concerns, such as security, stability and groundedness. When we place almost all of our energies towards either spiritual or earthly concerns, a major imbalance occurs. Reiki assists in bringing clients (and ourselves) to a holistic understanding of life. Achieving a crown and root chakra balance brings balance to all areas of our lives.

The Third Eye and Sacral Chakras

The sixth and second chakras, the Third Eye and Sacral Chakras, have complementary energies and functions. The Third Eye, or Brow, chakra is the seat of intuition, the place of perception and knowing. All our thoughts, interpretations of the world around us, and our inner conversations originate in this energy center. When the energies in this area are clear and balanced, a person may say, “***I see***”, meaning “***I understand***”. When our perceptions are confused or lack clarity, a person may feel disorganized or bewildered.

Intuition is tuning into the realm of full awareness. Every person has the ability to develop intuitive abilities, although many people do not believe it is possible for them. Frequently, people receive inspirational thoughts, but dismiss them as silly ideas, promptly forgetting them. They do not trust the possibility that they have connected with an Unlimited Source of all-knowing, and the thought originated with guidance from the Source.

The Sacral Chakra represents the flow of life, with physical connections to necessary life-sustaining body organs. These organs include the large intestine, the bladder and the reproductive organs. When the elimination organs are functioning well, detoxification and rebuilding of needed chemicals happens easily and naturally. When a person uses their reproductive organs within a loving relationship, greater intimacy and new life (either for the relationship, or by a conception) occurs.

The Sacral Chakra is where relationship issues are centered; these relationships begin with our family of origin network. As we mature, it extends to committed relationships with spouses and partners, and special friends. When close relationships are meaningful and fulfilling, the energies in this chakra are abundant and balanced. When these relationships are strained, or have ended in painful ways, this chakra becomes blocked or depleted.

The interactions between the Third Eye/Sacral chakra pair become apparent as we consider the many correlations between the two. The closer we become to a loving partner, the more we utilize our intuitive perceptions to enhance the relationship. For example, my spouse may have never verbalized his need for times of solitude. However, I notice that whenever he has had an hour or two alone, he seems more centered and serene. I realize he sleeps more

soundly, and he is able to deal with his boss's annoying ways a little easier. Because he is calmer, he becomes more affectionate and open with his thoughts, bringing a new level of intimacy into our relationship.



The opposite can happen. Perhaps, my spouse is estranged from his controlling and critical parents. He perceives my comments and actions to be critical, although my intentions are based in caring, not criticism. This negativity begins to affect our relationship. My stomachaches are now a common occurrence. I begin to mistrust my thoughts and my intuition, not understanding where our relationship problems began. It is all very confusing!

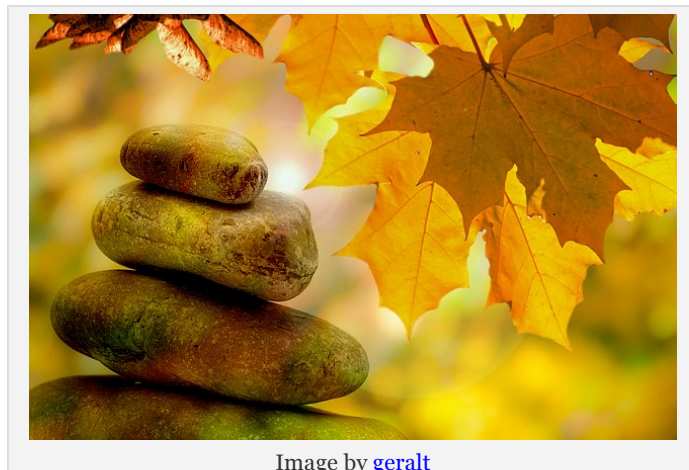
Although we often focus on the seven major chakras as individualized energy centers, this is certainly not the case. The chakras are not separate compartments. All our thoughts, feelings and actions affect each chakra in some way, and they affect every aspect of our beings. A problem in one area of our lives will eventually affect every other area. Understanding the functions, and connections, of each chakra center helps us to be more mindful of our energy levels, thus resulting in a life-enriching balance.

The Throat and Solar Plexus Chakras

Another pair of chakras that has a close association of energetic functioning is the Throat and Solar Plexus Chakras. These are the third and fifth chakras. The Throat Chakra is the center of communication, for expressing our thoughts and feelings, and for receiving information. The Solar Plexus Chakra is the center of our authentic power and our will. The use of authentic power must be expressed, in order for it to have value. This is just the first connection, of many, between these two chakras.

One of the basic necessities of life is nutritional sustenance. The Throat Chakra region encompasses our jaws, teeth, taste buds, esophagus – the lower part of our head and neck region. Everything we use to enjoy food and drink is a function of this chakra. These nutrients then travel to the Solar Plexus region – to the digestive organs such as the stomach, liver, pancreas and small intestine. To achieve good nutrition, the organs of the Throat Chakra and Solar Plexus Chakra must work in harmony.

Unfortunately, we frequently ingest unhealthy components, causing stress to these two chakras. Smoking cigarettes, drinking too much alcohol, eating greasy and sugary foods contribute to overloaded organs. We may overeat, or seek unhealthy foods, when we feel overwhelmed, powerless, or insignificant in our environment. Those feelings arise within our Solar Plexus Chakra, and we can also cause physical harm to this part of our body.



Another major negative emotion that is stirred within the third chakra is fear. Every negative thought and feeling that a person has is based in fear, while all positive emotions are based in love (fourth chakra function). Ongoing, chronic

fears may result in anxiety and worry. These emotions then can lead to physical diseases, especially in the vital organs of the Solar Plexus region. In today's world, gastrointestinal maladies and cancer have become commonplace. This does not mean that every disease is caused by negative emotions; our chemically saturated world is another leading source. However, it is a reminder that our thoughts and emotions can lead to physical difficulties. The mind, body, spirit connection is a reality.

The first step in bringing positive, healing energies into our being is always awareness. The more information and wisdom we attain, the easier it becomes to live in self-awareness. The next time you feel like drinking too much, eating all the wrong foods, or overeating, stop for a minute. Examine what is going on within your being. Ask yourself these questions: Do I feel ignored, or unheard? Do I feel stifled by the people in my life? Have I found my voice – and do I use it? Am I fearful? Am I anxious or worried? Am I living in my authentic power?

Determine what it is that you need to do to activate your authentic power. Then, simply do it. Soon, you will find your thoughts and emotions are based in love, not fear. And, the energies in your Throat and Solar Plexus Chakras will be strong and balanced.

Heart Chakra Colors

Isn't it fascinating there are two colors associated with the heart chakra? Depending on what written material you are looking at, or what website you are searching, you may find some teachers emphasize green, while others cite pink as the primary color. Neither are mistaken; both are right! The heart chakra encompasses many functions in our lives, and each of these colors can be associated with different aspects.

Our physical eyesight can distinguish more shades of green than any other color on the spectrum. Look at a field of green grass waving in the wind, or a forest with many varieties of trees. You will see a variety of dozens and dozens of shades of the color green. This is similar to the many shades of love. We love our spouse and our children; we love classical music and team sports; we love coffee and chocolate. Even the love for our spouse can feel different from minute to minute, as we live complicated lives of work, finances and raising families. Yet, a real commitment of love towards each other will enable us to work through these many variables.

Every spring, we are reintroduced to the many shades of green, as new leaves and plants reappear. Our hearts respond to the new life coming back to the earthly plane. It is a time to reflect upon the joy of our love relationships and to renew our commitment to bring peace and harmony to our personal relationships, and to the earth.

The ***emerald*** is the gemstone often associated with the heart chakra. A beautiful emerald is strong and precious, just as our love for others can be.



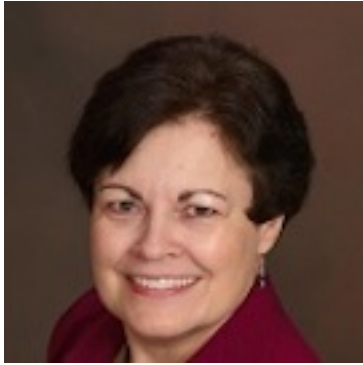
Image by [David Paul Ohmer](#)

The rose quartz is also associated with the heart chakra. While it has a soft, delicate hue, there is an underlying aspect of strength and durability – just like compassion. Compassion is the ability to understand what another person is experiencing, offering understanding and kindness to him. Our words and actions demonstrate support, and the feelings of isolation and aloneness in the other disappear. Compassion is love in action.

Pink symbolizes unconditional love and nurturing. It is the calm aspect of the color red (vs. the fiery, hot aspect). Often, when we think of nurturing, we think of mothers caring for their young children. Yet, all of us need nurturance, throughout our lifetimes. We need to experience love and compassion from another.

Have you ever thought about the nurturance you bring to another person through Reiki? Some clients seek Reiki for the simple act of someone giving them undivided attention for a period of time. They seek the healing touch, the personal intentions, the peaceful experience. Healing begins with the experience of receiving love from another person and from Spirit; Reiki provides this experience.

The Reiki experience can be enhanced with using the heart chakra colors. You can decorate your treatment room with green and pink; you can bring in the energies of these colors through intention and prayer; you can simply offer compassion and love to your clients. That is living the spirit of ***green and pink!***



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