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“Reiki is done through intention, using the natural healing life force energy that is all around us and in us.”



Reiki, an Integral Part of My Life

Angie Webster

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My Path to Reiki

The road that led me to Reiki has had many twists and turns. I have been empathic and able to sense energy as long as I can remember. It wasn't something I could control; it just happened. I learned not to talk about this.

I was able to communicate with animals. I could tell what their fears and pains were, as well as what made them happy. As I got older, I instinctively learned that reaching out to animals through touch or communication often calmed them and helped them with problems they had. I had an intense need to be around animals and to be outside.

As an adult, I feared that being my true self might cause problems for me, so I suppressed my truth even further. Doing this caused an imbalance in my energy. I could feel that things were maladjusted in me, but I was more fearful of the punishment from others than I was for my own well-being. This made me quite sick. I had seizures so many times a day that I could no longer form new memories. I often didn't recall what I had done moments before. The past, present and future were jumbled up in my head, as if there were no difference between them. I was in a great deal of physical and psychic pain.



Image by [astique](#)

I had a near death experience that changed my outlook on life. I returned to the physical body with a deeper knowledge of Spirit and why I was here. It took me many more years

to understand that I needed to release all previous ideas of what life had in store for me. I knew I needed to heal, and I got serious about that.

When I was asked not to come back to a church I had been attending, my world fell apart. I began searching for deeper answers by trying to understand the human history of religion. I read as many different religious and spiritual books as I could find. In the end, I saw that they all have essentially the same message as my Bible does. Love, be compassionate, do not judge, help and heal as many as you can, be at peace, do not fear. I began by healing myself. I practiced these principles of love and healing and I sent love and healing to any that needed it.

I developed a longing to help that I felt as a throbbing, burning in my sacral chakra. I felt that somehow I was called to spread healing to many, to help. I had no idea how to do it. Through a website about Ho'oponopono, I heard of energy healing and my life changed. This began a new path of studying all I could find about energy medicine.

As soon as I learned what Reiki was, I knew I wanted to be attuned. I sought out a Reiki session and was immediately convinced that this was what I had searched for. The ache in my lower belly eased as I sought a Reiki Master. I felt I had found myself and my true purpose. Being attuned to Reiki was the next step in my self-healing. I can now see that everything that led me to Reiki happened in Divine Order. Reiki was seeking me all along.

Self Reiki



It is very important for Reiki practitioners to treat themselves frequently. Daily is best. When you give Reiki to yourself you are staying directly in touch with the sensation of offering and receiving Reiki. For those that are new to Reiki, acquainting yourself with these sensations is helpful. Self Reiki is an excellent way to learn what these sensations are like as well as to experience healing through Reiki, firsthand. When you heal yourself, you become a better healer for others.

Self Reiki will work for you in the same way that receiving Reiki from someone else does. It heals on the mental, spiritual, emotional and physical levels. Anything that manifests on a physical level will have a deeper root in the emotional, mental or spiritual realm. Regular self Reiki treatments can ease these deeper imbalances before they manifest on the physical level. Aside from keeping your physical body well, this allows for greater

emotional freedom, decreased mental stress and deeper spiritual growth. It will also improve your ability to spot an imbalance early, prior to it manifesting physically.

Giving Reiki to yourself can seem different than when giving Reiki to others. This sometimes leads to the nagging feeling that Reiki is not flowing or the self-treatment is being done wrong. However, there is no need to be concerned. Reiki always flows where it is needed, including when you are treating yourself. Trust the Reiki. Worry during the treatment will only cause resistance and inhibit your ability to feel the flow of Reiki. Relax and enjoy the healing.

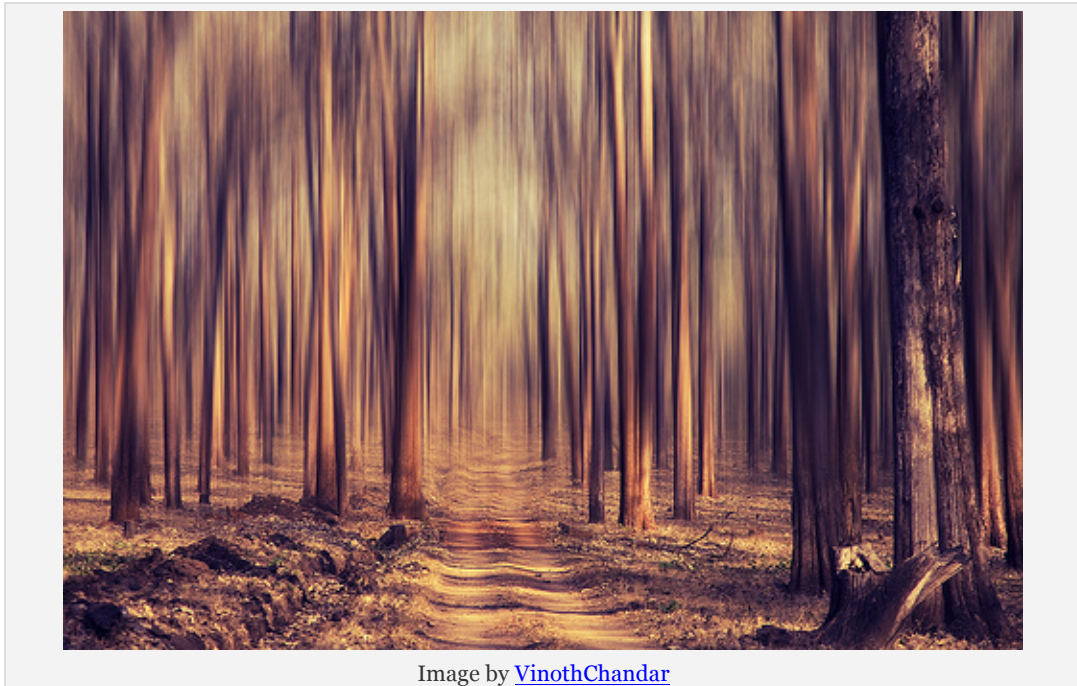


Image by [VinothChandar](#)

Just as when you are treating others, self-treatment sessions will vary from one time to another. You may have times where you don't experience anything at all. Other times, you may be deeply moved and feel emotions coming up for release. You may feel warmth, cold or heaviness in your entire body or only in certain areas of the body. Sometimes you may feel the Reiki flowing intensely from your hands. You may also feel your body pulling the Reiki from your hands. Even if you don't feel the sensations, Reiki is coming through and going where you need it most at that time. Allow yourself to completely feel whatever you are experiencing; in the same compassionate way you would allow a patient to do so. Observe your breath and any sensations you feel as you relax deeply.

When you are feeling unwell, treat yourself with Reiki as soon as possible. Even a mini Reiki self treatment can help shorten the duration of the imbalance, or even eliminate it

altogether. Practice developing an awareness of your emotional, mental and physical state. In this way, you will be better able to self treat early and stay well.

Self Reiki is a wonderful tool to use when you have injured yourself. Apply Reiki directly to the injured area for at least one minute; longer if your intuition guides you to do so. You may find that bleeding stops faster, cuts heal more quickly and swelling and bruising may be minimized when you apply Reiki to an injury. Self-treating an injury right away is best, but even injuries that aren't treated until later will heal more quickly with Reiki self-treatment.

Don't wait until you are sick or injured. Make daily self Reiki part of your routine. When you treat yourself daily, you will begin to notice that you feel better, and are more aware of the flow of energy in your body. Your health will improve and you will find that things seem to flow more easily, even on challenging days!

The Importance of Self Reiki



The very first time we get attuned to our first level of Reiki, we are told that we need to begin doing Reiki self-treatments daily. Daily life is often hectic and it can be easy to lose track of why it is so important to do self-Reiki every day. However, it is of great benefit to us to make this a practice, for many reasons. We can even make it a practice to find unique and interesting ways to fit in a bit of Reiki as we go through our day, making our self-practice our own.

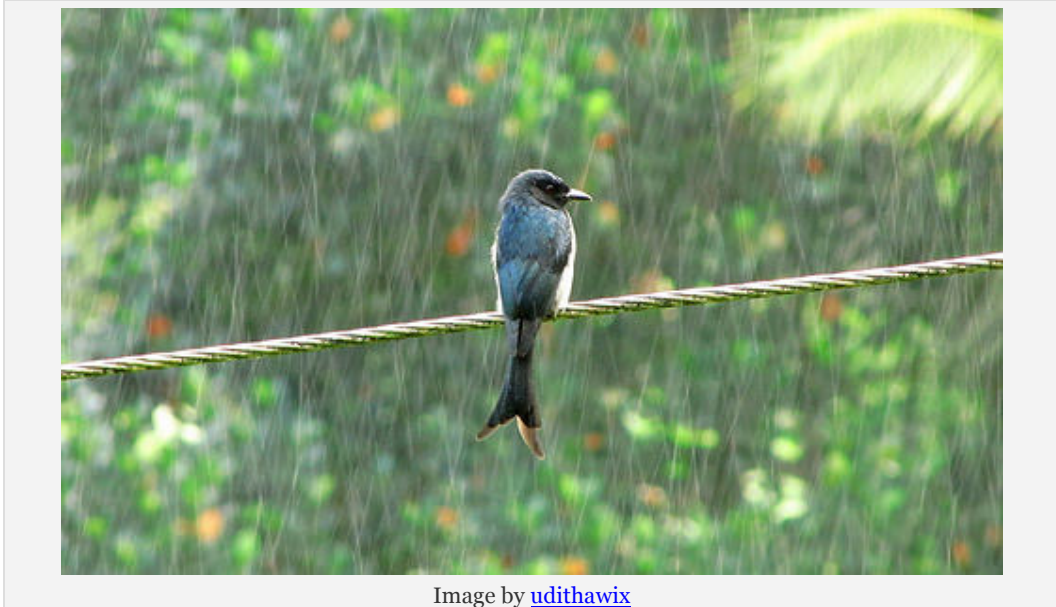
Remember, even if you only have time for a little Reiki, it is still good. A little is better than none! And keep in mind that it needn't be a complex process. You can simply place even one free hand on yourself, on any part of your body, and ask Reiki to flow. No need focus or direct it. Reiki will flow where it is needed.

Reasons That Daily Self Reiki is Important

1. During the 21-day healing cleanse after an attunement at any level, most practitioners experience some type of physical or emotional healing crisis. Doing daily self Reiki can ease the process and ease the transition.
2. Doing self-Reiki allows you to become more and more aware of the Reiki energy and the many ways it works, as well as allowing you to understand better how

Reiki works in and through you as a practitioner. Thus, it refines your attunement to the energy. You can't be an expert at something unless you work with it regularly and understand it on a very deep level!

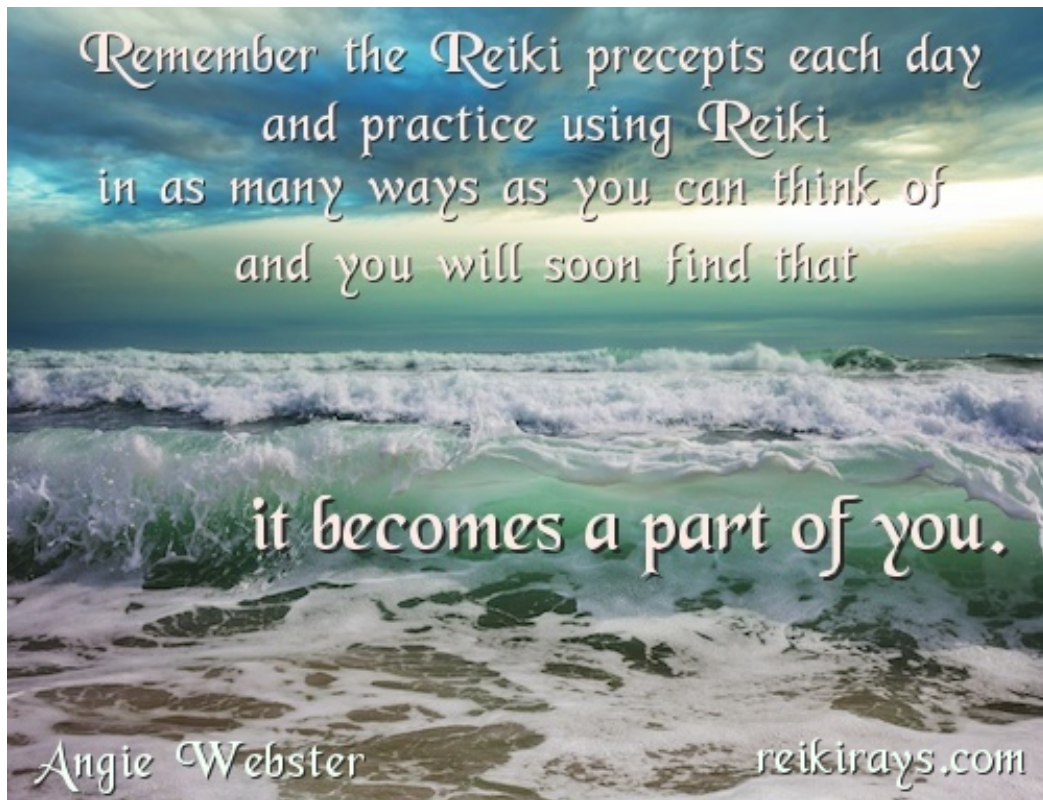
3. The more you allow Reiki to flow through you via self Reiki, the more healing you will allow Reiki to bring to you. Even if you only came to the Reiki path to heal others, you must be aware that healing others begins with healing yourself.



4. The longer you do self-Reiki on a regular basis, the more you learn about yourself and your personal growth will expand. You begin to understand yourself in new ways, physically, emotionally, mentally, and spiritually. This begins to apply to others and the world around you.
5. You will be more focused and stress will have less of an effect on you. One of the biggest things Reiki can do for you is reduce your stress level.

Reiki works on a very subtle level. Because of this, there are many ways you will not even notice that Reiki is having an effect on your life at first, even if you are very aware of its presence and its power. Those subtle effects only make themselves apparent over time. It may soon feel as though problems are not as big as they once were or that the solutions simply come more easily. Sometimes the solutions may seem to come about ways that defy explanation. Finding the time for even a few minutes of Reiki here and there each day will make a huge difference in your life and in your understanding of Reiki.

10 Ways to Use Reiki in Everyday Life



Reiki is not just something I practice on myself to stay well or on others to assist them in their well-being. Reiki is an integral part of my life. It is something I acknowledge throughout my day, from the moment I wake up until I fall asleep at night. I see it as a vast and living energy that connects me, in a very real way that I can feel, to my Higher Power. I ask the Reiki energy to assist me, for the greatest and highest good, in most everything I do throughout my day. I understand it as a critical part of my spiritual path.

Here are some ways you can incorporate Reiki into your day. Use your creativity to see what other ways you can think of to invite this beautiful energy into your life.

- 1.** Infuse your intentions and prayers for the day with Reiki when you first wake up. Also consider doing self-Reiki for a few minutes first thing in the morning.
- 2.** Send Reiki to your food as you make breakfast (or any meal) and also bless it as you sit down to eat the meal. You can send Reiki to your groceries when you harvest them from the garden or buy them at the store as well.
- 3.** Meditation is a wonderful time to tune in to the Reiki energy, allowing yourself to become more familiar with it or to allow the energy to flow to yourself for self-healing.

4. When you leave for the day, take a moment to send Reiki to your car and to the trip ahead. You can also send Reiki to the destination you are headed to and to any situation you will be arriving into.

5. Incorporate Reiki into any spiritual practices you have throughout the day, contemplating ways that this life force energy surrounds and interconnects us all. Think of how this understanding might affect your spiritual practices of compassion, kindness, forgiveness and gratitude.



Image by [h.koppelaney](https://www.koppelaney.com)

6. Most animals very much enjoy Reiki! It is often preferred from a distance, though your own pets may love it hands on. You can also treat their food, water, bedding and toys with Reiki.

7. If you have houseplants, cut flowers or a garden, honor and nourish them as they honor you. Give them an energy exchange by offering them Reiki! It is also useful to treat their soil and water with Reiki.

8. Use Reiki to cleanse and protect the energy of your home or work environment. Reiki chi balls are very useful for this. You can also use Reiki to quickly clear and charge your crystals.

9. If you are having a difficult time or a conflict in a relationship, you can send Reiki to the situation and to yourself to help ease the difficult emotions and bring about a resolution to the issue.

10. At the end of the day, you can send Reiki to your final prayers and to your sleep, asking that you be shown the resolution to any issues you are struggling with as you sleep.

Remember the Reiki precepts each day and practice using Reiki in as many ways as you can think of and you will soon find that it becomes a part of you. Your spiritual practice and Reiki will be intertwined and your life will be a spiritual practice. That doesn't mean you will be perfect, but you will see how to honor life and yourself in more ways all the time.

10 Ways to Fit Self Reiki into Your Day

One of the biggest things I see as a comment from other Reiki practitioners is that they can't find time to do daily self-Reiki. Some say they don't do self-Reiki at all because they don't have time. Schedules are demanding, for sure. So I wanted to make a list of 10 ways that might spark the imagination and get folks thinking of creative ways to fit the wonderful gift of self Reiki into their day, if only for a minute or two here and there. It makes such a difference!

1. Do self-Reiki as you fall asleep at night. No need to make it complicated. Simply place your hands wherever you feel led to that night and ask Reiki to flow. Allow yourself to drift off to sleep like this. Not only do many people find this a simple way to fit Reiki into their day, it is an amazing way to fall asleep!
2. Set an alarm to do self-Reiki for a few minutes when you first wake up in the morning. Some people find they are more able to fit this in and it is a refreshing and relaxing way to start the day. You could make it part of a meditation routine, if you have one.
3. Give yourself Reiki as you browse the Internet.



Image by [Digiblue](#)

4. Watching TV or a movie is a very good time to do self-Reiki. Take advantage of the fact that you are sitting still and relaxing to increase the relaxation.
5. While you are waiting in line. Waiting in lines challenges our patience. So take the opportunity to strengthen yourself. Any line works. The bank, the take out place, a long line in traffic. Just one hand placed discreetly on yourself keeps you calm and gives you a dose of self-Reiki.
6. One of my personal favorites is while cuddling with someone. I place one hand on the person I am cuddling and one hand on myself and let the Reiki flow. We make a big Reiki healing loop and everyone benefits.
7. Place one hand over each chakra for 3-5 deep breaths as you let Reiki flow. Do this as often as you have time.
8. If you find you have no free hands and you still want to do a bit of self Reiki, you can simply ask Reiki to flow into you! If you are attuned, Reiki is already flowing through you. Ask for it to flow and notice how you feel in the top of your head, your heart and your hands and feet. You may not always notice much, but very often you will feel tingling and warmth in these areas.
9. Give yourself Reiki while you read! Whether it's a great story, a magazine, a textbook, or something online (even this article--hint, hint!), while you're reading is a great time to place a hand on yourself for Reiki.
10. While outdoors in nature. This is a favorite time for me to take self-Reiki. There are many ways to do it. Ask Reiki to flow as you walk. Sit under a tree and give yourself Reiki or simply ask it to flow. You may feel the energy of the tree, as well. Lay on the ground and do self Reiki, if you have time. I highly recommend doing this at least once. It is an amazing experience. Highly grounding and full of wonderful energy. Very healing.

Remember, the effects of Reiki are cumulative and its effects are often subtle! You have to keep doing it to see the biggest results, but the results are amazing in the long haul!

Connecting With Your Guides

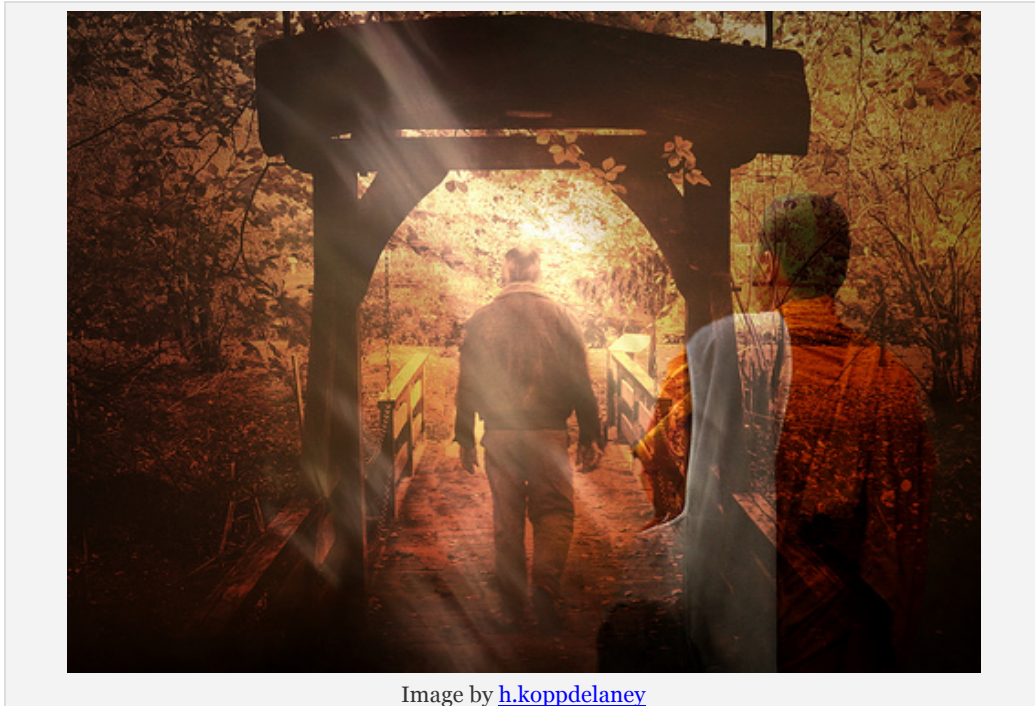
Long before I first heard of Reiki, I was aware of guides in my life. I had been aware of guides and spirits since my earliest childhood memories. However, I found early on that most people either were not aware of their own guides or were not comfortable talking about them, so I learned to stop discussing them and eventually began to wonder if something was wrong with me for experiencing these loving presences. I pushed them to the background as I grew up and went on with the business of making my way in the world.

Later, after a near death experience, the encounters came to the forefront again. I still refused to talk about them with others, fearing even more what would be determined about my state of mental stability. However, I was grateful for their guidance and their love. They always radiated complete love and peace, like nothing I had felt before, except from them and in the space between life and death. Their guidance was always kind and it was always helpful. I didn't always listen or understand the guidance, but I learned to ask questions when I didn't understand, just as you would with a tender and gentle teacher.

I have since come to know many other people who admit to knowing their own guides and trusting them as wise counselors and friends. It no longer seems like such a strange idea to me to be open about this, yet I am aware that for many this is a taboo subject that speaks of witchcraft or mental illness.

I also know that not everyone is aware of their guides. I believe we all have them, some of us simply may not be tuned in or may be expecting to receive a connection in the same way as others do. Our brains are all unique and we each receive information in different ways. Some may receive information from their guides through visual stimulation in the mind, with images appearing in the mind's eye or perceiving things in their environment more clearly than others. Others may receive sounds very clearly in their ears or as words in their heads. Some may receive a sudden "*knowing*", very clear information about something they have no previous knowledge about. There are many ways to receive information and some receive in a combination of these.

You do not need to be connected to or aware of your guides to practice Reiki. Sometimes new practitioners become very concerned that this hasn't happened for them. Chances are, you are receiving information and you simply aren't aware of it. There is no need to worry about being a "*bad*" practitioner or that you aren't spiritual enough if you aren't aware of your guides! You are fine!



You can keep setting the intention that you would like to connect with your guides, in the way that is most appropriate for you. Ask that any blocks or fears you have about receiving information from guides be removed as well. When the time is right, it will happen. Be open to it and be open to the manner in which it may happen. Relax.

Try keeping a dream journal, as messages often come through both our subconscious and our guides in the form of dreams. Writing down your dreams can be a valuable way to see what your dreams are telling you. You may also benefit from taking note of any instances in waking life where you felt inexplicably drawn or led to do something. What happened when you did this? Or what were the results when you resisted?

Don't get stuck on expecting to see a person appear in front of you. Not everyone has this experience. And not every experience with the same guide will be like that, even if it is sometimes. In my experience, when I have "*seen*" guides I saw them in my mind's eye, not with my physical ones and they were not like physical people. They were beings of light. They were auras that emanated light, especially from their hearts.

Whether you think of guides as actual beings, as your Higher Self, your subconscious mind, as God or as intuition, it really makes no difference in the end. It is receiving information from a part of you or through a part of you that is capable of seeing and understanding things in a different and more expansive way. If this is helpful and loving, then why not make use of it? There is also no need to banish logical thinking. A good balance of intuition and logic makes for a balanced mind and a more functional life. Embrace your whole mind, logic and intuition.

Strengthening Your Connection with Reiki

Sometimes practitioners worry that they are not feeling very much energy flowing through their hands or their bodies. This is a question I receive quite a bit. I would like to address this by offering a few suggestions for strengthening the ways with which you can feel your connection with and your understanding of Reiki.

Reiki will flow through your body differently according to how it is needed in each situation and your perceptions will change from time to time as well, so that needs to be taken into account going in. Also know that there is no need to fear that Reiki is not flowing. However, I do believe that, with practice, we can become more aware of how Reiki flows through us and works with our individual systems.

Practice One: Place your hands together in prayer position at the heart. Hold them there for several minutes and simply sense how the energy flows in your hands. Notice the palms or any fingers that offer any sensation. Don't look for something specific. Your sensations are your own. Simply notice what is there. Breathe and notice and keep returning your attention to this area for at least 2-3 minutes, extending to five or so minutes a day. You could also try placing your hands at the third eye in prayer position for a portion of the practice and see what sensations you notice in your hands.

Practice Two: Briskly rub your hands together for a minute or so. Now hold them in front of your body, palms facing each other, about an inch apart. Gently and slowly push the palms towards each other but don't quite let them touch. Do you feel the gentle pushing sensation between your hands? That is the energy in your body. You may also sense a tingling or a heat in the center of your palms, or not. Either way is fine. Now try gently and slowly pulling the hands away from each other. Do you feel how it seems as if you are pulling taffy? The hands seem to be pulling toward each other. You are sensing the magnetic field of the body. These are ways the energy works in the body. Reiki is a part of that and the more you can tune into this, the more you will understand about how Reiki works in your body.



Image by [JefferyTurner](#)

Practice Three: Do self Reiki every single day. Fit it in every way you can, using one hand while you do something else, if you need to. This is beneficial in the sense that your system is getting Reiki. However, if you are having difficulty sensing Reiki flow and you want to understand it better, you really need to take at least ten minutes or more a day to devote solely to self Reiki, so that you can notice how the energy moves through you, both in your hands and as it flows through your body. The subtle sensations may be very difficult to notice if you aren't tuned in with your awareness. Use it as a body meditation. If you feel you are too busy, all the more reason to slow down for yourself, your peace of mind and to honor your practice for ten minutes a day. All practices take some commitment and all skills take practice. It may help you to keep a notebook keeping track of what you noticed in your body, heart, head and hands each day. You may also choose to note a few simple things that you were dealing with in your life, physically, mentally or emotionally, so that you can begin to notice the changes that regular Reiki practice brings about.

Practice Four: Use Reiki on others often. This gives you a chance to notice the differences in the ways that Reiki flows with each person and each situation. Also, use Reiki in different life situations in everyday life. Use it on your food, in your bath, on your bed, your car before driving, everywhere you can think of! Practice, practice, practice!

Grounding

Grounding is an important and often overlooked topic in our health. Grounding is simply reconnecting or realigning ourselves with the Earth or the ground. We are electrical beings with electrical currents running through our brains, nervous systems and bodies. It helps us to allow this electrical energy to ground.

There are a couple of really important reasons for grounding. First of all, the Earth has a steady supply of energy, which we would naturally draw upon. Without it, we can feel drained, tired and even depressed. Secondly, we build up excess energy as we go about living our lives, through the charge of emotional energy, interactions with others and interactions with electrical equipment, for example. This can cause a feeling of overwhelm and anxiety, headaches, muscle pain or nausea. Some people have so much build up that they shock themselves or others when they touch things. This excess energy can easily be discharged and bled off into the ground through our feet without causing a disturbance and we will feel a great relief and improved well being.

It is especially important to ground before, during and after doing a Reiki treatment on a client. You will be opening your energy field to the energy field of the client, as well as to the energy of Reiki and for some people this takes their awareness out of their own body and brings more awareness of the client's issues and pain. Grounding can help keep you in your own body awareness, without taking on the issues of your client.



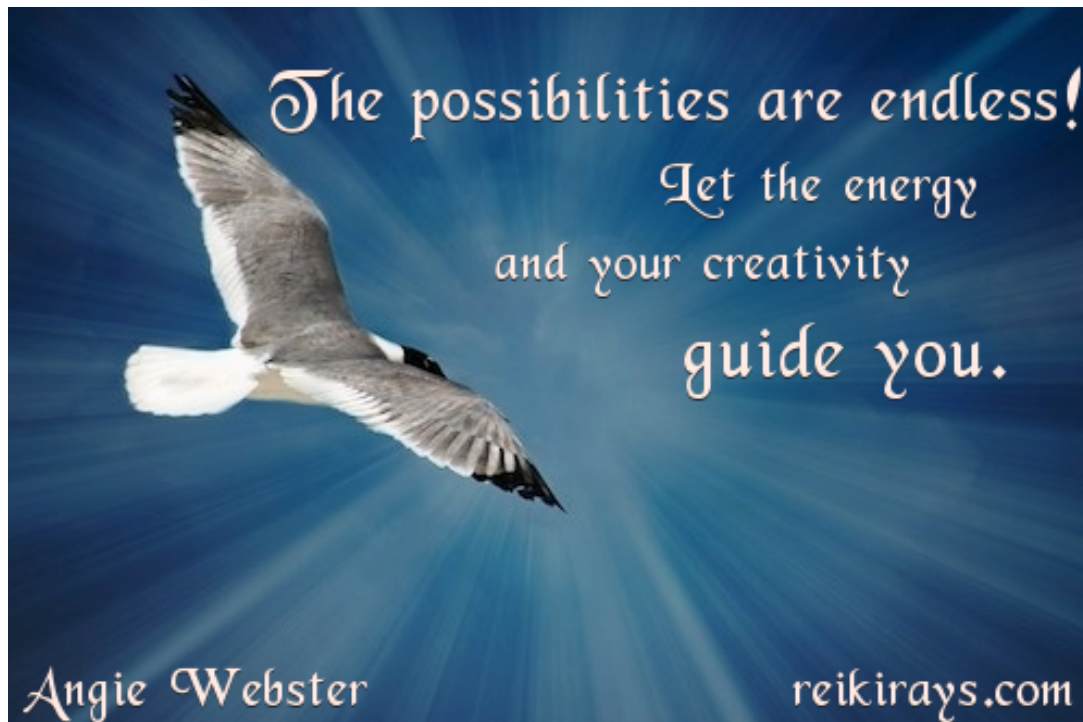
Image by [ivanyen1205](#)

There are several ways to ground, so simply choose the method that feels most natural for you. Over time, it will become so natural that all you will have to do is think the word 'ground' and you will feel the magnetizing sensation in the bottoms of your feet, rooting you to the Earth as the sensation washes over your body and mind.

1. Envision strong roots growing from the bottoms of your feet, growing down into the Earth's core.
2. Walk outside, taking in the fresh air for a few minutes. That can be all it takes. If you feel really in need, take off your shoes and walk barefoot on the dirt or the grass.
3. Trees are very grounding. Sit under a tree, stand with your back against one, place your palms on one, or even go all out and hug one!
4. Play in the dirt or sand. Seriously. Play is grounding. So is gardening and being around any living thing that grows in the soil.
5. Dance.
6. Imagine a ball of light that begins either in your head, heart or belly. See the light drop down the center of your body, along your spine, then down your legs and out the bottoms of your feet into the Earth, connecting you to the light in the Earth.
7. Drink a glass of water or eat something. These things activate your body, so they help to ground you.

It can be helpful to ground yourself several times a day, especially after something very draining or before and after events where you are around large numbers of other people.

Healing Your Home and Your Environment



We can use Reiki and healing energy to bring cleansing, strength/protection and healing into our homes, our work spaces and even extend it out into our neighborhoods. I often use this technique during and after an illness in the house, after an argument or a bad mood has happened, and before and after guests visit. Anytime your home begins to feel energetically heavy and dense or you sense tension and upset is a good time to use this technique or something similar to clear the energy in your space. It is also helpful when you know you could use a boost of strength, such as when a big storm is coming. I will write another article specifically about using Reiki for storm protection very soon as this works very well.

First, sit or stand somewhere comfortable in your home and take a few deep, cleansing breaths to center yourself. Ask the Healing Energy of the Universe to assist you in bringing strength, cleansing and healing to your home and all beings live there. Intend that all that does not belong be cleared away. Call upon the strength of the directions--North, South, East and West, above, below, within. Ask the elements that are the basis of all life to support you--Earth, Air, Water, Fire, Ether. Call upon any guides that feel appropriate to you.

Next, Envision the Power Symbol (CKR) and draw it in the air with your hand, if you like. Then begin making a chi ball in front of your body, about the size of a soccer ball. Roll this energy ball between your hands and begin to feel the energy build as you envision the Power Symbol (CKR), the Mental/Emotional Symbol (SHK) and the Distant Symbol (HSZSN), infusing the chi ball with their energies. Once this chi ball feels

complete, give it a push toward the North facing wall of your home with the intention that it infuse its energies into it, clearing and healing as it goes. Repeat this step with the South facing wall, East, West and then do the same with the floor and the ceiling.



Image by [Mirage floors](#)

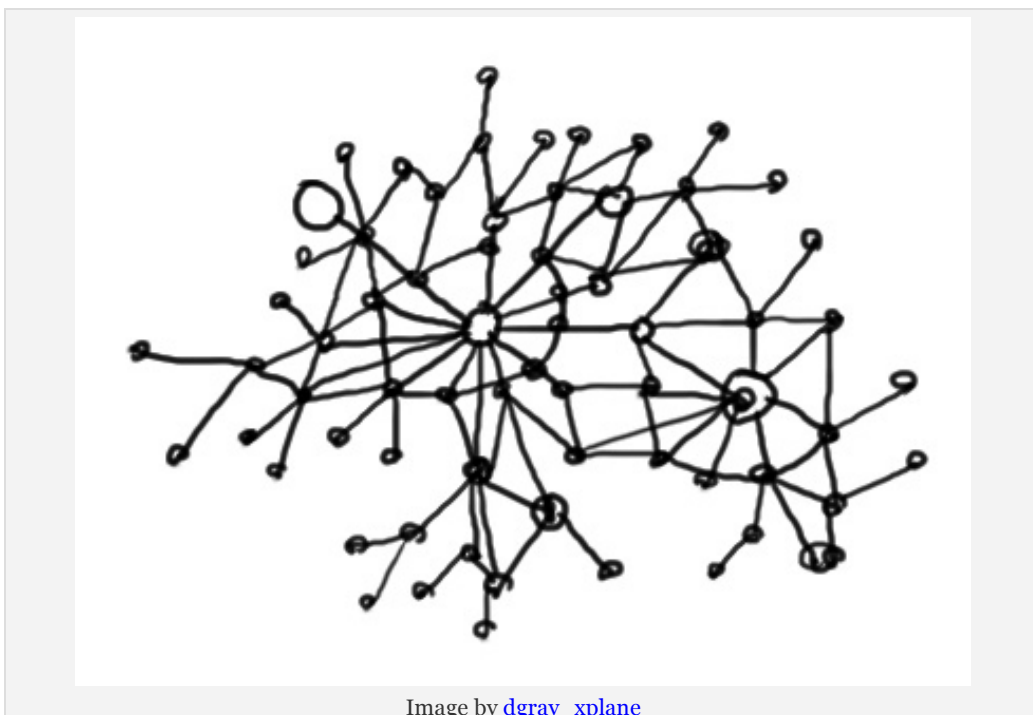
After you have infused all directions, the floor and ceiling of your space with healing chi balls, form another one in the same manner. This new one will be directed specifically into yourself and it will amplify your own healing, strengthening, and cleansing. Once you have formed the chi ball, push it into your heart center and envision it radiating outward from there, filling you with all of the symbols. Imagine CKR, in particular, filling each cell, each molecule until they are now radiating a glowing and healthy light. Imaging that all that needs to be cleansed and released is easily letting go from each cell, each molecule and all is coming back into balance. You may notice pain releasing, or things popping loose as energy frees itself. Allow yourself to sit peacefully and rest, feeling this warm sensation for as long as you like.

Bonus Exercise: If you choose to keep going, you can continue clearing energy in your home and even your neighborhood in much the same way. Simply allow the image of CKR to continue to radiate outward from your heart center, infusing cells and molecules. Know that it will be just as healing to whatever you infuse it into as it feels when you infuse it into yourself. You can envision and intend that healing energy in CKR infuse the molecules in the structure of your building, the trees on your property, each blade of grass, the neighbor's homes, the soil, your car, even molecules of the air. The possibilities are endless! Let the energy and your creativity guide you.

Healing Your Family Ancestry

We understand that we are physically affected by our family ancestry through our DNA and mentally through our parent's influence on us during our upbringing, but it goes much deeper than that and carries much further through time and space than we tend to realize. The DNA and the decisions of relatives we never even met echoes through us and those ripples still continue to affect us until they are healed and the waves are calmed once more. Indeed, they will continue to ripple through our lives and even through the lives of our children and grandchildren until the healing is complete.

For example, we all have seen how abuse can carry on from generation to generation, even if it doesn't carry itself out in the same way. Sometimes it will be a husband who abuses his spouse, and the next generation it may be the daughter allowing herself to be abused by her husband, abusing herself or even her children. In the next generation, the cycle will continue in a new, yet familiar way. It doesn't stop until someone is able to recognize a new way and heal the pattern in their mind, their heart and their family. The same is true for cycles of abandonment, poverty, war, religious zeal and many other things. Or for any unhealed pattern or illness in a family line, physical or otherwise.



But how do we heal the patterns in the minds or DNA of family members we may have never met, from our long distant past? Or from far into the future? How can we heal our present family situation when we feel so deeply involved in the outcome?

When we notice a pattern arising in ourselves, particularly if it is one that repeats in similar ways in members of our family, whether it is with a health issue or a negative behavior pattern, then we can send healing to the entire family line, starting with reikirays.com

ourselves and echoing outward. So, in the same way that the illness or damaging pattern echoes out through space and time, we will echo healing energy out through space and time, through all the DNA, molecules, mental, emotional and auric layers of our family ancestry.

To do this, relax and take a few deep breaths as you focus on the pattern or illness that you wish to send healing energy to. Try not to get too emotionally caught up in the outcome of the healing and simply allow the energy to flow. Activate CKR, SHK and HSZSN, and intend that the healing flow throughout all of space and time, to any and all family members affected by this illness or damaging behavior pattern. Visualize the DNA of any who need the healing energy being infused with its light. See their neural pathways shifting and opening to allow for new understandings that will make healthy patterns possible. See the healing energy flowing through their minds and bodies, infusing their cells, flowing through every direction of time and space. Imagine any damage that has been done, now being healed and any lessons that were needed, now have been learned, all flowing in with the healing energy.

Once you feel this is complete for this session, close the session by sending a final boost of CKR through time and space through the family line, past, present and future. Try not to be too focused on a particular need or desire for a specific person or outcome. Instead, just allow the healing echo to continue to ripple throughout time and space as it needs to, trusting that it will find its way where it needs to go, much as water flows into the spaces it must fill.

Healing Past Wounds

We all have things in our past that have caused us pain or trauma. Some of these things can be quite severe and leave lingering effects or keep us living in the past, either reliving the wound or wishing for what we believe should have happened instead. This keeps us stuck, unable to move forward and enjoy our lives in the moment or create the future we would like to live. These painful memories and stuck traumas also tend to manifest in physical ways in our lives through repeating patterns we create without realizing it and through our bodies as physical illnesses.

We can make a big difference in our own lives and the lives of those around us by beginning to do conscious healing work on our past traumas. Each time you notice an emotion that repeatedly resurfaces around an old issue, you are wishing something could have turned out another way or feeling indignation or anger at the way something in the past went, you are likely stuck in an old painful memory. The same may be true if you find that something in the present makes you feel intense anxiety, fear or anger when there is no immediate threat of danger or loss to you.

Pay attention to your body signals when these things happen. Do you feel tight in your chest, throat or belly? Is your jaw clenched and your forehead bunched? Use all of these signs to notice that healing work needs to be done around the issue at hand. If it has gone on a long time, you will likely feel that the emotions are "justified" and you "have a right" to feel that way. You may use this to fan the flames of the emotion and make it stronger. Your feelings are your own and they are telling you that you need to be healed. They are not wrong or right. They are simply a signal.



Image by [Lida Rose](#)

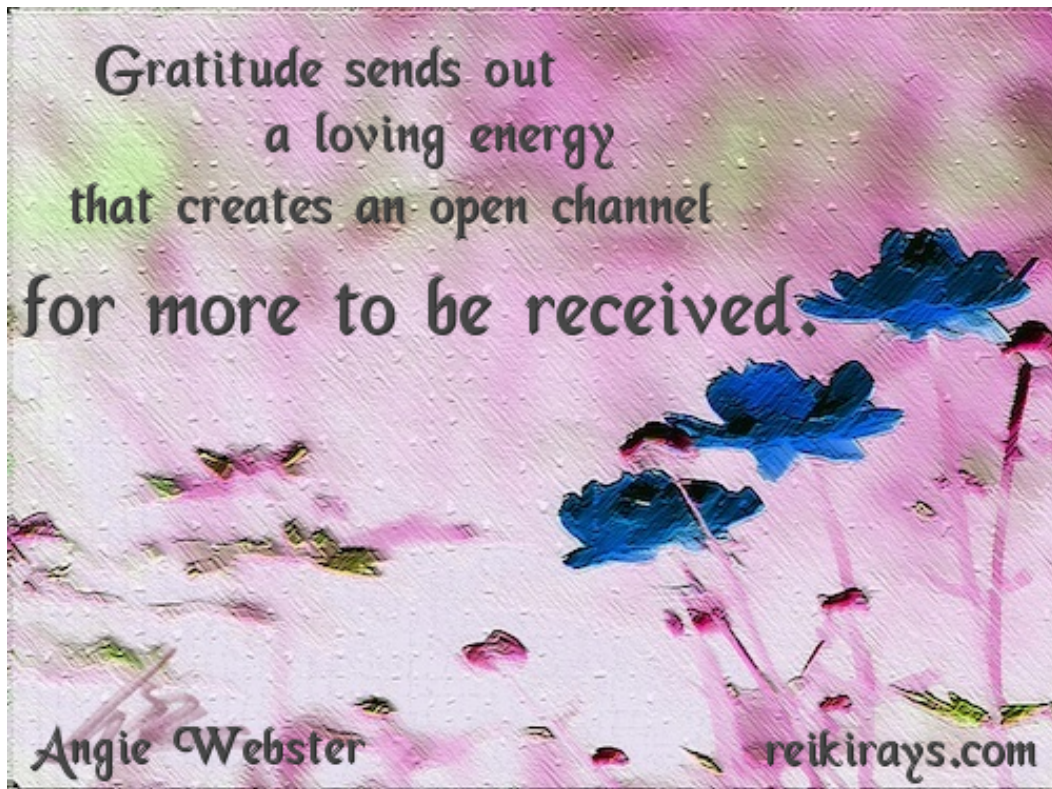
When you have pinpointed the painful memory you are feeling stuck in, write it down on a piece of paper. Go into as much detail as you feel you need to, or simply use a few reikirays.com

keywords that symbolize the memory for you. If you are also finding yourself stuck on playing out what you feel "should" have happened, write that down, too, preferably on a separate piece of paper. Again, use great detail, if that feels right, or a few symbolic keywords. Once you have these accounts written down, hold the memory of what actually happened in your hands and send it healing energy, love and gratitude. Send any healing symbols that feel intuitively appropriate to you. Hold it to your heart chakra as you extend gratitude to the person you are today for helping the person you were then to heal. Send deep love to all versions of yourself, at all ages.

Next, hold the account of what you wish would have happened in your hands. Begin sending healing energy, love and gratitude to what actually is as you allow yourself to let go of this false past. Allow yourself to see that it is not a true past and to grieve it fully so you can release it. It is OK to feel whatever comes up. That is part of the release and the healing. It has been dear to you and it's natural to grieve. Keep sending love to yourself and allowing what really is, knowing that what is now is OK. You can be in the present more fully without tending to a false past. Heal it completely and let it go.

Once you are done, either bury or burn (in a safe place where nothing will catch fire!) the pieces of paper, allowing healing energy to release the memories completely as you symbolically give them up to the elements. Again, use **CKR**, **SHK** and/or **HSZSN** or any other symbols that you feel are appropriate. Spend a few additional minutes simply being aware of your breath, your body sensations and your energy field. You will likely feel a sense of lightness and freedom; however, you may feel somewhat drained and tired as well. Rest if you need to and drink plenty of water to help flush toxins. Do this process as often as necessary and recommend it to your clients, as well.

Healing Your Relationships with Receiving



One thing that has become more and more clear to me as I walk my path of spiritual growth and awareness is that we are literally surrounded by all that we need, always. We are amazing transmitters of energy and conduits to receive energy into our being as well. Information is constantly going in and out of our fields, a non-stop communication transmission between us and the Universe. The truth is, most of us have very little or no awareness that this communication is happening.

Yet, our beliefs, thought patterns, habits, emotional patterns and intentions all send out signals to the Universe regarding what we want, don't want, need and don't need in our lives. They express what we are ready to take on and what we have not yet learned ways to handle. We then receive experiences that match the frequency we are sending out.

Often when we are not living the life we want to live or our life is filled with obstacles or lack, we begin to blame outside forces, such as another person or just "bad luck". We can tend to fall into believing we are a victim of the Universe, rather than an active participant in what we ask for and receive. This then becomes another belief system that influences the signal that your energy sends out. That belief will be reinforced in your experiences until you decide to question its validity.



Image by [MLazarevski](#)

Many spiritual leaders, including Jesus, have taught us that we are co-creators with the Universe by way of sending out signals that then bring in what we need. "Ask and you shall receive," is an example. There is also much mention of doubt being a stumbling block and belief, or faith, being the path to creating what you desire. This speaks to a shift in your understanding of how the energy system works within the Universe and how your thoughts, beliefs, intentions and emotions affect it.

If you wish to create a better awareness of this process, one of the first things to do is to simply ask that the blocks that you have to seeing and understanding the process be dissolved or removed. Set an intention for this every day and pray or meditate with this intention as your specific focus for a few minutes. This is very important, because we will not see the process at work until the beliefs that block it from our sight are gone. Don't try to force the process, simply allow it to happen.

Next, you can begin setting intentions for manifestations. You can start very small, if you like, or go much bigger. I feel that it helps to set an intention for a larger manifestation and then "practice" every day with small ones to build your confidence. Focus on the way you wish to feel, rather than on the precise material path you believe you will take to get to that feeling. Envision yourself in that setting. See what's around you as you feel this desired emotion. Don't ask for things you don't really want!

Keep in mind that small manifestations don't take as long to show up as very large ones. A large manifestation, such as a new business, will require energy to shift and reshape in the material realm on many levels and various areas in order to manifest. And it will likely also require shifts in your thinking and your beliefs, and perhaps a few lessons that you need in order to be able to have the knowledge to handle the request. A smaller

manifestation, such as seeing a particular bird or a butterfly, is something that can happen fairly quickly. As you practice, you may find these small things happen almost immediately after your request.

Always be open to how the manifestation will be given to you by the Universe. You can't see the whole picture, so allow the Universe to do the work from a higher perspective, without insisting that it go your way. You may only create new blocks by being willful about the precise way it manifests.

Express gratitude in advance, and each time you notice something falling into place as the manifestation begins coming into view. Gratitude sends out a loving energy that creates an open channel for more to be received. A simple way to open a channel for abundance to flow using gratitude is through blessing your money and your bills. Before paying your bills, send Reiki to them, being grateful for whoever supplied you with that service and for the money you have to pay for it. Send Reiki blessings to whoever you received the money from as well, and ask that all that the money touches receive a blessing, creating a lovely ripple effect.

Attunement Triggers Healing Crisis

Lots of people believe that once they are attuned to Reiki they will never be sick for very long again. They think they will be able to heal themselves from any illness they previously struggled with, no matter how long it went on. I thought this as well. The truth is, many people who are led to Reiki have a long history of being ill or of dealing with repeated loss or abuse in their life. I think perhaps some of them are guided to Reiki to help them learn to heal these patterns of illness and dysfunction.

But part of the learning process with Reiki is to learn that healing does not mean the same as cure. And healing rarely happens overnight and it almost never happens the way our logical minds plan for it. Healing is a messy process and it is not passive. Receiving Reiki is passive, but the healing itself is never passive. Inner work is done and shifts take place in the life of the person being healed. This is often a very uncomfortable process. And it can look and feel an awful lot like being very, very sick.



Image by [AlicePopkorn](#)

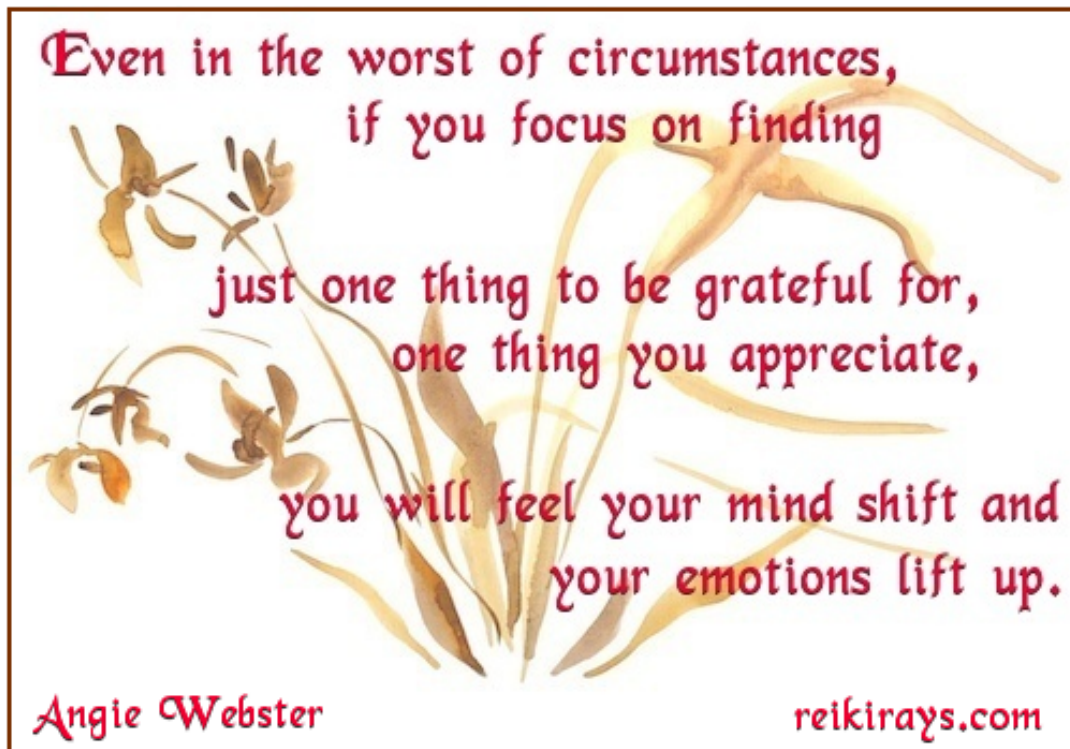
I often think of this the same way as I think of spring cleaning. You clean out a closet, a cabinet, a drawer or even a crowded, cluttered and messy room, filled with junk. When you do this, you have to pull all that junk out. It makes a huge mess all over your house. It looks terrible for a while and you may wonder what you got yourself into. It takes careful sorting through all the clutter and wiping all the dust out from the rooms, closets, and drawers of your house before you finally have a lovely, fresh smelling and tidy home again. It's well worth the work when you keep at it. If you stop in the middle or become disgusted and shove it all back in the closet, then you are left with the same mess you started with or worse.

I think the attunement process can often trigger a very long term healing crisis for some of us. It's a process and it comes in cycles. Particularly when we have had many years of illness or dysfunction in our lives, we must allow time for these layers to peel away. It took many years for them to build up and our system has stored many memories of the traumas associated with these things. All of these must be cleared out. Letting go of these and forming new patterns can be very painful, even though it sounds as though it should be a joyful thing.

To change our lives, we must allow room for things to be shaken up, just like our house during spring cleaning. The Universe will bring into our lives just what we need, and when we open to it, we don't resist the changes or the lessons they bring. It doesn't mean there will not be discomfort, but remember births almost always bring a healthy level of discomfort with them!

If you have had more upheaval or illness in your life since becoming attuned, try taking a new look at the possibilities surrounding why that may be. Allow yourself to grieve each layer of the old life that lifts away from you. Understand the fear that comes with facing new things, even things you wish for. Ask for guidance from the Universe and your angels and guides. Ask for peace and don't forget to keep doing self Reiki every day!

Gratitude and Healing



Gratitude is crucial in healing service. We have to practice gratitude in our lives for our own healing and those we treat will heal much more quickly as they shift into an “attitude of gratitude”. Many references to the Reiki precepts include “I will be grateful for my many blessings”. I think this is because of the importance of gratitude in healing our thoughts and even our past.

It can sometimes be difficult to pay much attention to gratitude, particularly when we are ill or there are difficult things happening in our lives and in the world. We may be tempted to think there is nothing to be grateful for. Our tendency is to focus our attention on the negative. This is damaging to our minds and our bodies. In order to promote healing, we must begin to shift our perception to appreciation of the good things in our lives.

Neuroscientist Rick Hanson has done a lot of research into how the brain has developed and its tendency to focus on the negative. According to him, our brains cling to any negative experiences and disregard the positive experiences. He has created the term “taking in the good” to describe a practice of intentionally focusing on something positive for a few seconds at a time several times a day in order to offset this biological tendency. (See the Wise Brain Bulletin for more on this and other related topics [here](#)).

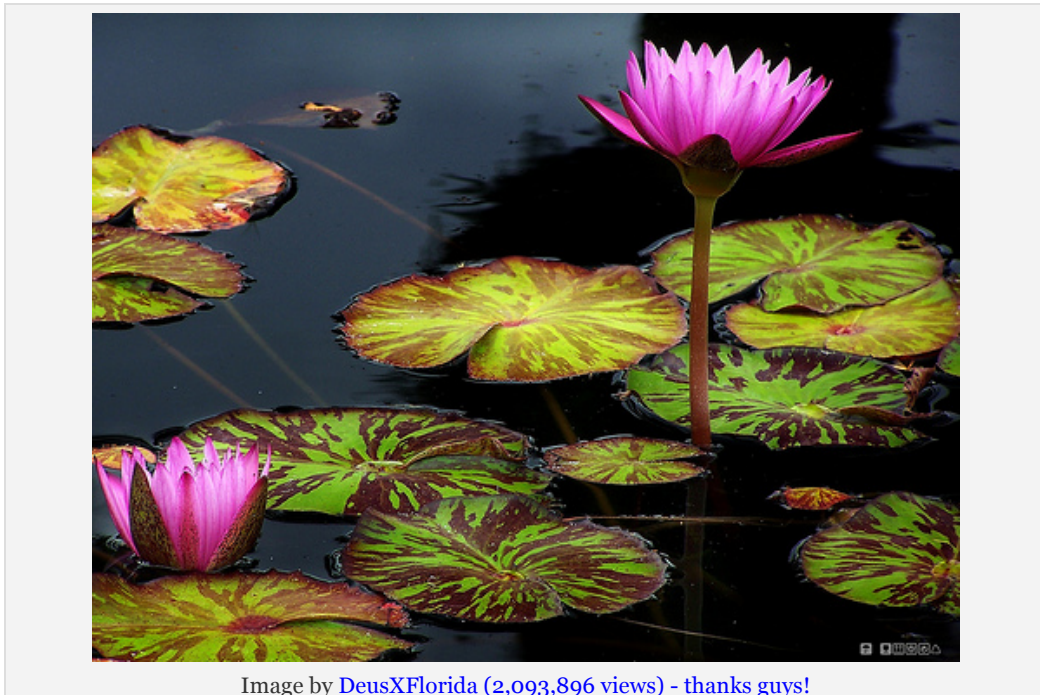


Image by [DeusXFlorida \(2,093,896 views\)](#) - thanks guys!

By focusing on the negative, even subconsciously, we are less likely to see the wonderful things that we have in our lives that are all around us. We are more likely to think the world is bad, that we don't have enough or that we aren't enough. This is harmful to us on a mental and a physical level. Even in the worst of circumstances, if you focus on finding just one thing to be grateful for, one thing you appreciate, you will feel your mind shift and your emotions lift up. You will feel your energy moving more freely in your system. Once you have created this shift, you have triggered healing mechanisms in your system to begin repairing mind, body and spirit.

I find that when I can find something to be grateful for throughout my day, I feel better and things flow more smoothly than when I forget to do this practice. This doesn't mean that I will never encounter any difficulty in my day, but it does mean I am better able to handle the challenges that arise. In fact, I have noticed that when I intentionally find at least one thing to be grateful for in a difficult situation, my feelings toward the situation change completely. I can see that even though the experience feels unpleasant, there is some good to be found in it. Even where there is pain, there is learning and growth.

The practice of gratitude has helped me heal myself. It has allowed me to view even very painful experiences from the past in a new way. I have been able to release these experiences. The longer I practice this, the more it proves to me that I always experience precisely what I need to heal and grow. Try keeping a gratitude journal each evening and write down at least one thing you found to be grateful for that day that you never thought to be grateful for before. You may find that this changes your life and your Reiki practice!

Anger and Worry

The first two Reiki principles or precepts state, "Just for today, I will not worry" and "Just for today, I will not anger." I admit, when I got attuned to Reiki, I spent a lot of time pondering what these really meant. I even wondered if the true meaning was somehow distorted or lost slightly in the translation from Japanese to English. In truth, I still wonder a bit! These two principles are very important and they can guide our daily lives and even the other principles, but we need to be careful how we understand them.

I don't think it is intended that we pretend we don't ever feel the emotions anger or fear (which is what drives worry). Nor are we meant to stifle these emotions when they arise. The wording implies that we are not meant to feel or acknowledge these emotions, but that is not healthy. Most healers recognize that stuffing emotions creates illness.

Emotions are useful tools that give us information about ourselves, our bodies, our environments and our relationships. We would have a much more difficult time on our journey of healing and growth without our emotions as indicators. They can be uncomfortable or very pleasant, but either way, they are giving us useful information. It is up to us to decide what to do with it after that.



Image by [SWR Chantilly](#)

That is where the first two precepts come in. We can receive the information that we are feeling anger and then choose to react and then we are very involved in the anger. At that point, it might be correct to say we **are** angry, whereas before we simply **felt** angry. The other choice is to notice we are feeling anger and not to feed the thoughts, but to simply notice them and notice the feelings in our body. Not easy. Once we allow our thoughts and reactions to become involved in the anger, we are a bit lost in it until we either

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consciously decide to disengage from those or all the outside stimuli that are feeding it subside for awhile. It only takes about 20 minutes for anger chemicals to dissipate from the bloodstream after they are released, assuming we don't keep feeding them with new thoughts of anger.

Similar things are true for the emotion of fear. We notice that we are feeling fear and then we can choose to either become locked into thoughts of worry and 'what-if' thinking, creating anxiety in our mind and body, or we have the opportunity to choose to be open to seeing what happens if we face the fear, even if we have to do it in small steps. We can try being open to not knowing what will happen, if fear of the unknown is what is we are feeling. There is more opportunity and wonder in the mystery than in all the what-ifs our minds could ever create!

More than anything, the first two precepts are really about staying present and aware. You have to be aware of your emotions and your thoughts in order to make a conscious choice in how you will respond to any emotion or habitual thought process. When we live caught up in thoughts of anger, we are really thinking not about what is going on right now, but about what went on when we got angry and the ways we imagine it will make us angry in the future. When we are feeling fear, we are focused on the future and our ability to handle the present is diminished the longer we are caught in worry. You will always be better able to handle any situation when you are aware of the present.

Never feel like you have to ignore or suppress your emotions. Doing so traps toxins in your body and causes illness. Not only that, but tuning out your emotions also tunes out one of the best paths you have to spiritual growth and to hearing what your body and mind need to heal. Choose wisely how to tend to them, but never ignore these tools!

Healers and Money

Is it wrong for healers and spiritual teachers to make a living helping others? Many struggle with this question. When we fall into the belief that we cannot use our talents to heal and make enough to live on, we limit how many we are able to offer healing to. We are, in a sense, rejecting our talent.

A living must be made in order for a healer or teacher to have shelter, food and clothing. If basic needs are not provided for, the healer suffers. The only option is to heal or teach less of the time so that a living may be earned another way. This means fewer are helped, healed and taught.

When healing work is done with a sense of service and gratitude, there is no need to feel that what we are doing is not important or should not be rewarded. We have all been given a talent and a calling to use it for the good of others. Allowing ourselves to be provided for through this type of work is showing gratitude for our talent and our ability to serve others. It ensures that we will continue to be able to serve into the future in health and well being.



Image by [Patrick Feller](#)

Holding ourselves small and afraid of making full use of our talents and of receiving the rewards from doing so creates the inability to allow our talents to help others as fully as we can. It ensures that we don't have enough. It ensures that those we could potentially serve don't receive enough of our abilities. This serves no one.

If we allow ourselves to be supported by our talents, we show appreciation for them. We can help far more people when we allow ourselves to receive in return for our gifts. This
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honors the Divine flow of giving and receiving. There is nothing wrong with not charging, when you feel called to, or charging less for those who have little. But when you feel it is **wrong** to accept money for your healing talents, it might be a good thing to examine where this belief comes from.

Some have a hard time with this because they feel the talent comes from God. However, **all** talent comes from God. Talent for music, writing, healing, teaching, working with machinery, gardening—all these and more come from God. We aren't meant to starve or suffer while we use our talents and we are not meant to stifle our talents. We are meant to share our talents with others and allow them to share with us as well.

Some also feel it is wrong to be fully open to our talents or to have enough. It may seem contrary to being on a spiritual path. In truth, it is more opposed to spiritual growth to refuse to fully acknowledge our abilities and to be open, receptive and grateful for the rewards received from putting them to use for the greatest good.

When we offer our gifts, we honor the Divine. We do the same when we receive abundance through the Divine flow of giving and receiving. Allow yourself to be open to receiving all of the gifts the Universe has for you.

Explaining Reiki to Others

One of the most interesting challenges I have met as a Reiki practitioner has been learning how to explain what Reiki is and the ways it works to help us to those who know little or nothing about Reiki. I find that a different explanation is needed depending upon the person to whom you are speaking.

Some people are ready to learn more than others, so it is best to tailor the explanation to the needs of the specific person. Many people will want to learn more as they take in a small amount of information, whereas if you overload them with too much information at once, they may lose interest or misunderstand something. Think of when you are explaining something very new to a child who has never heard of it before. It is best to give a small bit of information and let them lead the way with their questions.

It may be easiest for you to think back to your own level of understanding when you first heard of Reiki. What sort of things did you wonder about? What information did you find confusing? What information did you find helpful? When I first the word Reiki years ago, I was very confused about how to pronounce it (RAY-key) and what it did. I decided it wasn't for me based on a few pieces of unclear information. This can be the case for many people, so go slow and easy. It is not going to be helpful information if you overwhelm the person and they may become confused.



Image by [Nicholas T](#)

The best way I have found to explain Reiki is to say that it is an energy healing method that is usually done by placing the hands in a series of positions over or slightly above the body. If the person wants to know more, I will explain that Reiki promotes healing by activating the relaxation response and helping the body to balance itself from a very deep
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level. Sometimes it is best to offer a demonstration of Reiki, if the person is open to that. The experience of Reiki says more than words ever could.

Something that can frighten people who are new to learning about [Reiki](#) is the use of spiritual terminology. This kind of terminology can lead to the fear that Reiki is a religious practice or that it goes against certain religions. It can also lead to thoughts that Reiki is ineffective. Many people are uncomfortable with the word “spiritual” or “spirit”. Use your best judgment in deciding if the person is able to understand that healing occurs on all levels, including the soul or spirit level.

Some people will want you to explain how Reiki works. No one really knows the answer to this. But you can tell them that Reiki allows positive energy to flow into the body through the hands of the practitioner and that this balances and heals the energy in the body. You could also explain some of the things that Reiki has been scientifically shown to do, such as decrease pain levels, speed healing and relax the mind and body. Make sure that the person understands that Reiki can only do good and can never cause harm.

Let your own understanding of the person you are speaking to guide you in what to say. When a person wants to know more and is enthusiastic, you will sense that. Likewise, you will learn to sense when a person is not able to take in too much information. Remember, it is not your role to force information onto someone who is not ready to receive it. Allow time and patience and be at peace. When the person is ready to receive more information about Reiki, they will know it is time. As healers, part of the process is allowing things to go forward at the pace that is comfortable to each individual. And acceptance that each of our paths is different.

Explaining Distant Reiki

I have written about [Explaining Reiki to Others](#), but I find that when someone who doesn't know about Reiki wants to know about distant Reiki, it becomes more difficult. Particularly if they want an explanation for how it works. Many people are somewhat able to understand the basic concepts of Reiki in general, but the thought that this could work for someone on the other side of the world can seem too much to take in.

My experience has been that those who are unfamiliar with energy in healing will ask if distant Reiki works through computers, via the Internet or over the phone. They have a hard time understanding how a treatment can be sent without connecting it to something tangible for it to flow through that connects both parties.

I admit I was very skeptical of healing energy being real over long distances until I had had several experiences with it. My first experience was in almost 6 years ago. A woman I was friends with was part of a group that met once a week to send healing energies to those in need. She offered to add my name to the list to help me with numerous health problems I had struggled with for years. I said yes, more to humor her than anything. I felt it couldn't hurt because I didn't think it was real.

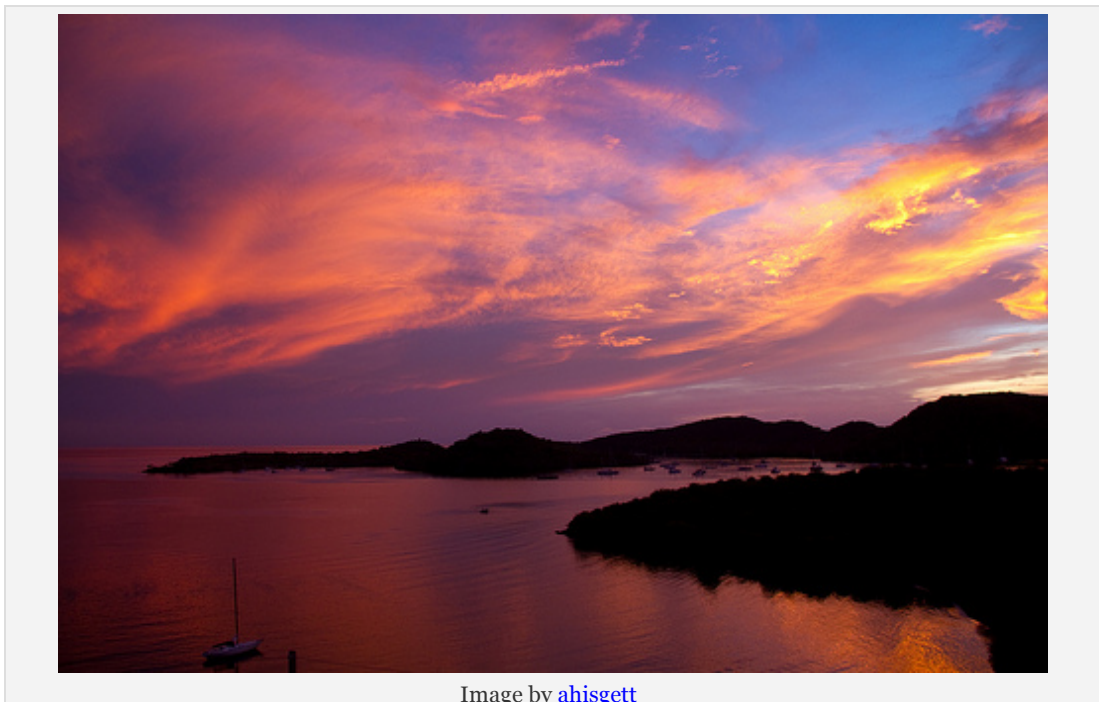


Image by [ahisgett](#)

I was surprised that I could actually feel the energy flow from this group of people each week on the night they met. Even when I forgot about the healing, I would realize I felt

peace wash over me and my pain would ease. Within a short time, my health issues began to fade away. I also had more clarity of thought and ability to cope with life.

Yet, even when I learned about Reiki and energy healing, I was still skeptical that it could work. I had seen prayer work from long distances. I believed there also might be special people that could heal from far away. I doubted that anyone could be taught to do it. And I still doubted anyone who said they could do energy work from a distance until they proved it to me.

The telephone, cable TV and Internet all use energy frequencies we can't see in order to function. The electricity in our homes does the same, as does a radio. All of these have to be tuned to the particular frequency they operate at in order to work. They all have ways to adjust the flow of energy built in so that we can turn them on, off or use them in a different way. And all of them were thought too unbelievable to be true when people first heard of them.

Distant Reiki works the same way. It is energy that must be "tuned" to the person it is being sent to. Once it is "tuned in" it will flow through the energy currents that exist naturally, just the same way that a phone signal or Wi-Fi signal does. Distance is no object for it, just as it is no object for the Internet or phone communications. The energy that surrounds us carries all of these energies to the intended receiver. With Reiki, the practitioner is the conduit of the energy.

It can be a difficult concept to understand that our thoughts, intentions and emotions are energy. Yet most people can feel that their emotions create an energy sensation in the body. They may also understand that the nerve endings and spinal cord help to carry these energies throughout the body. If you go one step further, you can see the relationship between our thoughts and our emotions. It's not much of a leap from there to see that our thoughts and emotions have an effect on our perceptions and the people around us. These things truly change our environment! It is all energy.

We have to be careful to start where the person is when we explain Reiki and distant Reiki to someone. All of this begins to feel like second nature to us. Telephones, Internet, radio and TV all seem like ordinary things to us, too. But to someone who has never experienced them, they seem mysterious and unreal at first. Some may even be frightened by them, until they have experienced them. The same is true with Reiki and other energy medicine techniques. Be patient and clear. Share your experiences and offer to share distant Reiki with them, if they are open to it. As always, experiencing Reiki first hand seems to clear up any doubt!



Angie Webster is a freelance writer, Reiki Master Teacher and meditation teacher. She lives in central Illinois with her husband and her cat. She incorporates yoga; meditation, healthy food, Reiki and spiritual practice to guide and heal her body, mind and life. Reiki and a healthy lifestyle contributed to her recovery after a 20-year struggle with neurological and other health issues. She comes out the other side with a new perspective on life and now seeks to empower others, reminding them of their own healing abilities. You can follow her at:

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